

# GET COOKING WITH GINSENG

GINSENG RECIPES, FROM BREAKFAST TO DESSERT





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# What is Ginseng?

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*Panax quinquefolius* ginseng (also known as Canadian ginseng or North American ginseng) is a root commonly used as a supplement in herbal medicine, is native to Canada and is one of our oldest trades. The ginseng plant is a leafy green crop that grows to about a foot in height and produces bright red berries and a fleshy tap root. The root is generally around two to three inches in length and its colour ranges from pale yellow to brown.

For centuries, ginseng has been used to support health and vitality. Ginseng has been a part of Traditional Chinese Medicine for over 2,000 years. It is highly sought after for its medicinal properties by both the Indigenous and the Chinese culture. Canadian ginseng has long been revered as the miracle “man-root” and is believed to be good for the body as a whole

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Canadian ginseng is found in a variety of product forms but is typically used as:



Dried root  
(whole or slices)



Powdered root



Powered extracts  
(in capsules)



Tonic



## Why Choose North American Ginseng from Ontario?

The clean air, water, and the native soils in southwestern Ontario help to ensure the high quality of Ontario's ginseng. Ontario-grown ginseng is considered by the majority of people to be the most potent and powerful of all ginseng varieties, closely mimicking all the sought-after properties of wild ginseng.

We are proud to say that ginseng grown in the fertile soil of Ontario, Canada is far superior quality than ginseng grown elsewhere.

## Adding Canadian Ginseng to Your Diet

The flavour of ginseng root is slightly bitter and earthy, with a touch of sweetness. Some also describe it as highly aromatic with a sweet flavour and earthy undertones.

## When to Take Ginseng and Dosing

Ginseng root can be consumed in many ways. A fresh root can be eaten raw or steamed lightly to soften it. Dried ginseng root can be found whole, sliced, or powdered. Ginseng root extract is also available as an oil, tablet, or capsule. If you want to get creative in the kitchen, tea can be made by brewing it in water. Simply add sliced ginseng to hot water and let it steep for a few minutes. Also, ginseng can be added to your favourite recipes such as soups and stir-fries.

A well-known herbal supplement, *Panax quinquefolius* ginseng has been used traditionally for centuries in Chinese medicine. Ginseng is recognized for its anti-inflammatory effects and antioxidant properties. In addition, ginseng may support the immune system, improve brain function, fight fatigue, and much more!

If you are looking to improve a health condition or simply boost your general well-being, ginseng certainly deserves your attention.



# Health Benefits at a Glance

Throughout history, this humble root has been highly regarded for its holistic health benefits. Canadian ginseng contains an active compound called ginsenosides, and they have some incredibly powerful health benefits for your brain, body, and spirit, including:



## Supports a Healthy Immune System

As an adaptogen - meaning it normalizes body functions - ginseng has medicinal potential in a variety of body systems and disorders, including supporting the immune response, which helps fight infections. Research shows that extracts of Canadian ginseng are effective in the treatment and prevention of colds and flu ([Predy GN, 2005](#))



## May Benefit Brain Function

Canadian ginseng may help improve cognitive functions like memory, mood, and behaviour. Several clinical trials showed that Canadian ginseng extract enhanced memory in 18-64-year old adults. The primary active ingredient in Canadian ginseng is a group of chemicals called ginsenosides. These ginsenosides have many pharmacological actions, including various actions on the central nervous system ([Zhao H, 2009](#)).



## Reduces Stress and Anxiety

Maintaining healthy stress levels and control over anxiety are some of the most important factors to overall health. Whether your stress level is high or low, you may benefit from the gentle relaxing support of Canadian ginseng, which stimulates GABA receptors (nerve cells that receive the chemical messages that help to inhibit or reduce nerve impulses) and induces a calming effect on brain function and the body.



## Improves Cardiovascular System

Extracts of Canadian ginseng have been shown to protect against endothelial cell damage. Endothelial cells line blood vessels and their dysfunction is considered to be at the center of a wide spectrum of cardiovascular diseases. This is extremely important because although women have lower incidence of cardiovascular disease compared to men, women have a higher mortality and worse prognosis after acute cardiovascular events.



## Control of Blood Sugar Levels

Controlling after-meal blood sugar levels is an important strategy in both the diabetics and non-diabetics. Blood sugar spikes can affect your mood and energy levels, making you irritable and tired when levels start to crash. Consuming Canadian ginseng before or during a meal may help lower and control blood sugar, which has a positive effect on mood and energy levels.



# BEVERAGES







# Ginseng Coffee

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*Why try ginseng coffee? Because it combines the improved focus, attention and short-term memory boosts of Canadian Ginseng with the flavour of coffee! It doesn't get any better than that.*



5 min



2 min



1-2

## **INGREDIENTS:**

- 1/2 tsp Canadian ginseng root, grated or powdered
- Ground coffee of your choice

## **DIRECTIONS:**

1. Add 1/2 tsp of dried Canadian ginseng root directly to your coffee grounds for every one cup of water.
2. Brew your coffee-ginseng mix with a drip coffee maker, french press or pour-over.
3. Add cream, milk, plant-based milk, sugar or honey (pg 32) to taste.



# Ginseng Tea

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*Making ginseng tea from scratch couldn't be easier, and it allows you to make it as strong as you like! Just 4 simple steps to a healthy, hot treat!*



5 min



2 min



1-2

## INGREDIENTS:

- 1 cup water
- 6 - 8 thin slices Canadian ginsengroot
- Ginseng honey (pg. 15), to taste

## DIRECTIONS:

1. Bring 1 cup of water to boil.
2. Meanwhile, add ginseng root slices to a mug; add boiled water, cover and steep for 3-5 minutes; strain.
3. Add honey to taste.

# Ginseng Smoothie

*Ginseng smoothies are a delicious and easy way to make sure you are getting in your daily servings of fruits, vegetables and nutrients! Try adding Canadian Ginseng to your favourite smoothie recipe!*



10 min



0 min



1-2

## INGREDIENTS:

- 1/2 tsp Canadian ginseng root powder
- 1 cup prepared smoothie

## DIRECTIONS:

1. For every 1 cup of prepared smoothie, add 1/2 tsp of Canadian ginseng root powder.
2. Ginseng goes well in tropical, berry, and fresh green smoothies. The flavour pairs well with other spices like cinnamon, ginger or nutmeg.











# Ginseng Iced Tea

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*Ginseng iced tea is both delicious and good for you! A rich ginseng taste with a hint of sweetness makes this the refreshing choice for a nutritional beverage.*



2 min



5 min



2-4

## **INGREDIENTS:**

- 8 cups water
- 1/4 cup fresh or dried Canadian ginseng root, sliced
- 1 lemon, sliced
- 3 tbs of ginseng honey (or more to taste) (pg. 15)

## **DIRECTIONS:**

1. Bring water to boil in a saucepan.
2. Add ginseng root slices, steep for 20 minutes; strain.
3. Add ginseng infused water to juice jug or pitcher. Squeeze juice from lemon slices and add to water, stir in honey to taste.
4. Cool in the refrigerator until ready to use; serve over ice.

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**1-2 grams of raw ginseng root or 200-400 mg of extract can be taken daily**

# BREAKFAST

Breakfast

GET COOKING WITH GINSENG

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# Ginseng Honey

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*Add the goodness of Canadian Ginseng to your daily diet through a homemade ginseng honey! Add a sliver of dried ginseng to locally sourced honey to offset its sweetness.*



2 min



0 min



8-10

## **INGREDIENTS:**

- 1/2 tsp Canadian ginseng root powder
- 1 cup honey

## **DIRECTIONS:**

1. Add 1/2 tsp of dried Canadian ginseng root powder per 1 cup of honey; stir until combined.
2. Use in tea, on toast, or in recipes where a touch of sweetness is required.











# Ginseng Smoothie Bowl

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*Instead of drinking your smoothie from a glass, use a spoon and enjoy all the extra toppings for a filling and satisfying way to start your day!*



10 min



0 min



1-2

## INGREDIENTS:

- 2 cups (500 mL) chilled almond milk
- 1 cup (250 mL) each chopped kale and baby spinach
- 1 cup (250 mL) frozen pineapple chunks
- 1 frozen banana, sliced
- 1 ripe avocado, diced
- 3 tbsp (45 mL) honey
- 1 tsp (5 mL) Canadian ginseng root powder

## Topping:

- 1 cup (250 mL) blueberries
- 1 cup (250 mL) raspberries
- 1/2 cup (125 mL) granola
- 1/4 cup (60 mL) toasted coconut chips
- 2 tbsp (30 mL) hemp hearts

## DIRECTIONS:

1. In blender, add almond milk, kale, spinach, pineapple, banana, avocado, honey and ginseng; blend until smooth. Divide evenly among 4 bowls.
2. Sprinkle blueberries, raspberries, granola, coconut chips and hemp hearts over each bowl.

Tip: Add a scoop of protein powder or chia seeds to almond milk mixture if desired.

Tip: Replace berries with chopped apples if desired.

# Ginseng Oatmeal

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*Start your day right by adding Ginseng Root Powder to your morning oatmeal. Canadian Ginseng Root is high in antioxidants which help boost the immune system and relieve fatigue, guaranteed to kick-start your day.*



5 min



2 min



1-2

## INGREDIENTS:

- 1/2 tsp Canadian ginseng root powder
- 1 cup prepared oatmeal
- Optional toppings: cinnamon, apples, banana, peanut butter, honey, maple syrup, fresh berries

## DIRECTIONS:

1. Add 1/2 tsp of dried Canadian ginseng root per 1 cup of oatmeal. Top with cinnamon, berries, bananas, honey and, of course, Canadian maple syrup!







# LUNCH

Lunch

GET COOKING WITH GINSENG

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# Ginseng Soup

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*Kick your favourite soup recipe up a notch by adding in fresh, grated ginseng for an extra dose of health and flavour. Pairs well with chicken, turkey, mushrooms, and root vegetable soups.*



15 min



30-45 min



4

## **INGREDIENTS:**

- 1-2 tsp of fresh, grated Canadian ginseng root or root powder
- 4 cups prepared broth-based soup

## **DIRECTIONS:**

1. Add 1-2 tsp of fresh, grated Canadian ginseng root or powder to your favourite broth-based soup recipe.
2. Ginseng root has an earthy undertone, so be careful not to overpower your recipe's original flavours. Start with 1/2 tsp per recipe, add more as desired.

*Also try our delicious Ginseng Pumpkin Scallop Soup recipe on pg 32.*



# Ginseng Power Bowl

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*This bowl is packed with goodness and will satisfy your hunger. The tofu provides protein and the whole grain rice adds complex carbohydrates. Ginseng in the dressing adds flavour and boosts the overall benefits of this meal in a bowl.*



15 min



5 min



4

## INGREDIENTS:

- 2 tbsp (30 mL) vegetable oil
- 1 clove garlic, minced
- 1 pkg (12 oz/350 g) extra-firm tofu, cubed into 1/2-inch (1 cm) pieces
- 2 tbsp (30 mL) light soy sauce
- 1 tbsp (15 mL) water
- 1 tsp (5 mL) cornstarch
- 3 cups (750 mL) cooked brown rice
- 2 cups (500 mL) steamed broccoli florets
- 2 cups (500 mL) thinly sliced red cabbage
- 1 ripe avocado, sliced
- 2 green onions, sliced

## Ginseng Vinaigrette:

- 2 tbsp (30 mL) rice wine vinegar
- 1 tbsp (15 mL) lime juice
- 1 tbsp (15 mL) honey
- 1 1/2 tsp (7 mL) Canadian ginseng root powder
- 1 clove garlic, minced
- 1/4 tsp (1 mL) each salt and pepper
- 1/4 cup (60 mL) vegetable oil

## DIRECTIONS:

1. Ginseng Vinaigrette: Whisk together rice wine vinegar, lime juice, honey, ginseng, garlic, salt and pepper. Whisk in oil until blended.
2. Heat oil in skillet set over medium heat; sauté garlic for about 1 minute or until fragrant. Add tofu; sauté, turning, for 3 to 4 minutes or until golden brown on all sides.
3. Whisk together soy sauce, water and cornstarch; add to skillet and sauté for 1 minute. Divide rice evenly among bowls; top each with tofu, broccoli, cabbage, avocado and green onions. Drizzle with vinaigrette.

# Ginseng Banh Mi

Recipe courtesy of Beef Farmers of Ontario

*This Vietnamese-inspired baguette is filled with savoury ginseng-marinated steak and topped with quick-pickled carrot and daikon radish, and fresh cucumber and cilantro for a flavourful and easy weeknight meal. A zippy sriracha mayo makes this sandwich complete.*



15 min +  
30 min marinade



15 min



4 sandwiches

## INGREDIENTS:

- 2 tbsp (30 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) fish sauce
- ¼ cup (60 mL) hoisin sauce
- 2 tbsp (30 mL) canola oil
- 1 garlic clove, minced
- 1 tsp (5 mL) Canadian ginseng root powder
- ¼ tsp (1 mL) pepper
- 1 8 oz (225 grams) Ontario striploin steak, trimmed
- 1 carrot, julienned
- ½ cup (113 grams) julienned daikon radish
- ¼ cup (60 mL) unseasoned rice wine vinegar
- ¼ cup (60 mL) mayonnaise
- 1 tsp (5 mL) sriracha (optional)
- 4 6-inch baguettes or sandwich rolls, split lengthwise
- ½ cucumber, thinly sliced
- ¼ cup (60 mL) chopped fresh cilantro
- 1 hot red Thai pepper, thinly sliced (optional)





***DIRECTIONS:***

1. In a large sealable freezer bag combine soy sauce, fish sauce, hoisin sauce, canola oil, garlic, ginseng, and pepper. Add striploin steak, seal the bag and marinate in the fridge for a minimum of 30 minutes, up to 4 hours, or overnight.
2. When ready to enjoy, preheat the broiler to high with a rack 6-inches from the broiler. Arrange a wire rack on a baking sheet. Pat the steak dry and arrange on the rack. Broil for 6 minutes per side, 12 minutes total, until cooked to medium. Let beef rest for 10 minutes before slicing.
3. Meanwhile, in a small bowl stir together the carrot, daikon radish, and rice wine vinegar. Set mixture aside to pickle for 10 minutes. Drain and rinse pickle mixture under cold water and set in a small bowl until ready to assemble. For the sriracha mayonnaise, stir together mayonnaise and sriracha in a small bowl, set aside.
4. To assemble, spread sriracha mayonnaise on one half of baguette. Top with sliced striploin steak, pickled vegetables, cucumber, cilantro and hot pepper (if using). Top with remaining bun half and serve.

# DINNER

Dinner

GET COOKING WITH GINSENG

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# Ginseng Stirfry

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*Canadian Ginseng makes a delightful addition to your dinner table, and works perfectly in most stirfry recipes. Some people add Ginseng Root Powder to their marinade, but we prefer it diced finely and added with your veggies.*



5 min +  
marinating time



15 min



2-3

## INGREDIENTS:

- 1 lb meat, meat substitute or tofu, cubed
- 1 cup marinade of your choice
- 2 tsp Canadian ginseng root, diced finely
- 1 red pepper, thinly sliced
- 2 cups snap peas
- 1 227g package mushrooms, shiitake, crimini or white
- 3 stalks green onion, thinly sliced
- 2 cups cooked rice

## DIRECTIONS:

1. In a large bowl or ziplock bag marinate meat, meat substitute or tofu for 30 minutes to 24 hours.
2. In a wok or fry pan heat ½ tbsp oil. Add protein/tofu; Reserve marinade. Stir fry 5 minutes or until cooked through.
3. Add red pepper, snap peas and mushrooms and sauté until slightly softened, about 3-5 minutes. Add diced Canadian ginseng root and sauté for 1 minutes. Add reserved marinade or sauce. Sauté for 2-3 minutes; until marinade is heated through.
4. Serve over rice.





# Easy Crockpot Beef Stew

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*Recipe courtesy of Mushrooms Canada*

*This beef stew is as easy as “set it and forget it!” Simply toss all your meat, veggies and seasonings into the crockpot and simmer on low all day. By dinner you’ll have a fragrant and delicious Fall meal the family will love. Any leftovers can be packaged up and refrigerated, and believe me, this stew is even better the next day!*



15 min



6 hrs



4

## **INGREDIENTS:**

- 1½ lbs. stewing beef
- 1 medium onion, diced
- 3 stalks of celery, diced
- 3 carrots, diced
- 6-8 small new potatoes, quartered or diced
- 1 package (8oz) sliced crimini mushrooms
- 2 tbsp tomato paste
- 2 tsp minced garlic
- 1 tsp herbs de Provence
- 1 tsp (5 mL) Canadian ginseng root powder
- 1/8 teaspoon ground allspice
- Salt and pepper
- 2½ cups beef stock
- 3 tbsp flour (optional)

## **DIRECTIONS:**

1. Combine beef, onion, celery, carrot, potatoes, mushrooms, tomato paste, garlic, herbs, ginseng, allspice, salt & pepper and beef stock in crockpot. Give it one big stir to ensure all the seasonings are evenly distributed. Set crockpot to low and cook stew for 6-8 hours.
2. In the last hour of cooking, remove lid and sprinkle in flour. Stir until well combined. This will help to thicken the stew. If you prefer your stew a little runnier, you can omit the flour.
3. Serve hot with a slice of crusty bread for mopping up all the beefy goodness!



# Pork Tenderloin Wraps with Asian Ginseng Slaw

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*This fresh slaw is packed with flavour and the addition of Canadian ginseng. It is delicious teamed with lean pork tenderloin. Enjoy it in a portable wrap on-the-go or for a meal at home.*



15 min



20 min



4

## INGREDIENTS:

- 1 pork tenderloin (12 oz/350 g)
- 1/2 tsp (2 mL) each salt and pepper, divided
- 1/4 cup (60 mL) vegetable oil, divided
- 3 tbsp (45 mL) hoisin sauce
- 2 tbsp (30 mL) sesame oil
- 2 tbsp (30 mL) rice wine vinegar
- 1 tbsp (15 mL) lime juice
- 1 1/2 tsp (7 mL) Canadian ginseng slices, lightly crushed
- 1 tsp (5 mL) honey
- 2 cups (500 mL) bean sprouts
- 1 cup (250 mL) matchstick carrots
- 1 cup (250 mL) matchstick red peppers
- 2 green onions, sliced
- 4 large flour tortillas



***DIRECTIONS:***

1. Preheat oven to 375°F (190°C). Pat pork tenderloin dry with paper towel; season with half of the salt and pepper. Heat 1 tbsp (15 mL) vegetable oil in large skillet set over medium-high heat; cook pork, turning occasionally, for 6 to 8 minutes or until browned all over.
2. Meanwhile, whisk hoisin sauce with sesame oil; divide in half. Brush tenderloin with half of the hoisin sauce mixture. Transfer to rimmed baking sheet; bake for 12 to 15 minutes or until instant-read thermometer inserted in centre registers 155°F (68°C). Let stand for 10 minutes; slice thinly.
3. Meanwhile, whisk together remaining hoisin sauce mixture, rice wine vinegar, lime juice, ginseng slices, honey, and remaining salt and pepper. Slowly whisk in remaining vegetable oil. In bowl, combine bean sprouts, carrots, red peppers and green onions; toss with dressing. Wrap with pork slices in flour tortillas.

*Tip: Add fresh cilantro leaves and sliced red chili peppers to tortillas if desired.*

# Ginseng Pumpkin Soup

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*Kick your favourite soup recipe up a notch by adding in fresh, grated ginseng for an extra dose of health and flavour. Pairs well with chicken, turkey, mushrooms, and root vegetable soups.*



15 min



2 min



1-2

Dinner

GET COOKING WITH GINSENG

## *INGREDIENTS:*

- 1 tsp Canadian ginseng powder
- 1/2 fresh pumpkin
- 5 scallops
- 50 ml fresh milk
- 150 ml water
- fresh parsley, chopped
- salt, to taste

## *DIRECTIONS:*

1. Peel and de-seed pumpkin, cut the flesh into uniform cubes and steam until tender. Then blend until smooth. Add the pumpkin to boiling water.
2. Add milk and scallops to the boiling water, bring to a boil, turn down the heat and cook for another 2 minutes.
3. Add Canadian ginseng powder and garnish with fresh parsley and salt.





# DESSERT

Dessert

GET COOKING WITH GINSENG



# Ginseng Power Balls

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*These power-packed bites will give you a boost of energy in a tasty little nugget – whenever you require it.*



15 min



0 min



16 balls

## **INGREDIENTS:**

- 1 1/4 cups (300 mL) pitted Medjool dates
- 1 1/2 cups (375 mL) old-fashioned oats
- 1/3 cup (75 mL) unsweetened shredded toasted coconut, divided
- 1/4 cup (60 mL) toasted chopped walnuts
- 1/4 cup (60 mL) cocoa powder
- 1 tbsp (15 mL) Canadian Ginseng Slices, lightly crushed
- 1/3 cup (75 mL) chunky natural peanut butter
- 3 tbsp (45 mL) honey

## **DIRECTIONS:**

1. Soak dates in hot water for about 10 minutes or until softened; drain and set aside.
2. In food processor, pulse oats, 3 tbsp (45 mL) coconut, walnuts, cocoa powder and ginseng slices until finely ground.
3. Add reserved dates, peanut butter and honey; process until mixture comes together in a ball, scraping down sides of bowl as necessary. Roll into 1-inch (2.5 cm) balls and coat in remaining coconut.
4. Place on parchment paper-lined tray; refrigerate for at least 30 minutes or until firm.



# Ginseng Chai Tea Rice Pudding

*Recipe courtesy of Egg Farmers of Ontario*

*This is not the traditional rice pudding from your childhood. The addition of fragrant chai and earthy ginseng modernize this creamy classic making it a welcome addition to your breakfast or dessert table. Dust with ground cinnamon before serving.*



10 min



35 min



6

## INGREDIENTS:

- 2 cups (500 mL) water
- 1 chai tea bag
- 1 cup (250 mL) dry 15-minute brown rice
- 1 tsp (5 mL) ground cinnamon
- 1 tsp (5 mL) Canadian ginseng root powder
- ¼ tsp (1 mL) ground cloves
- ¼ tsp (1 mL) ground coriander
- 2 cups (500 mL) milk, divided
- ¼ cup (60 mL) honey
- Pinch of salt
- 1 egg, beaten
- 1 tbsp (15 mL) butter
- 1 cup (250 mL) raisins (optional)

## DIRECTIONS:

1. In a medium saucepan over medium-high heat, bring water and tea bag to a rolling boil for 1 minute. Remove tea bag and set aside for later use. Stir rice into boiling water. Reduce heat to low, cover and simmer for 15 minutes. Remove from heat and set aside for 5 minutes; do not remove the lid.
2. In a large saucepan over medium heat, combine cooked rice, reserved tea bag, cinnamon, ginseng, cloves, coriander, 1½ cups (375 mL) milk, honey and salt. Stir until thick and creamy, about 15 minutes. Remove tea bag. Gradually stir in remaining ½ cup (125 mL) milk and beaten egg. Cook 2 minutes, stirring constantly. Remove from heat; stir in butter and raisins (optional). Cool and serve for dessert or a decadent breakfast.

*Takes this recipe up a notch by topping with candied nuts, dried fruits, lemon curd, candied ginseng, brown sugar, or whipped cream.*



# Meet Our Growers

Like most farmers in Canada, our ginseng growers are hard-working, dedicated folks whose land and experience in growing ginseng have often been passed down for generations.

To learn more about our hardworking ginseng growers, visit our website: [ginsengontario.com/about-ontario-growers](https://ginsengontario.com/about-ontario-growers)





King Lake  
EST. 1988



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