Ginger and turmeric have been used widely throughout history in many different types of cuisines for their spice and flavor, and these spices may also provide a number of health benefits. Ginger and turmeric are considered helpful for gastrointestinal problems, inflammatory conditions such as arthritis, and several other disorders.

Learn more about the health benefits of ginger and turmeric as well as how to grow, harvest and clean these spice crops.

The field day will include a field visit, examples of value-added products, and presentations from experienced growers, Extension Specialists and health professionals.

November 5, 2015
8:00 am – 12:00 pm
VSU Randolph Farm
4415 River Road
Petersburg, VA

CLICK HERE TO REGISTER ONLINE
REGISTRATION FEE: $10 Per Person
Registration may be paid on or before November 4. Cash or Checks only payable to “VSU.”

FOR MORE INFORMATION OR TO REGISTER
BY PHONE CONTACT: Mollie Klein, (804) 524-5960 or email mklein@vsu.edu

Visit www.agriculture.vsu.edu for information on this and other upcoming events.