

# How to soak and preserve ginseng with standard honey at home

Korean ginseng and honey are wonderful gifts that nature bestows on people. Since ancient times, people have known how to combine these two foods together by soaking ginseng with medium honey to help preserve ginseng better and also an extremely precious medicine for health. In today's article, TipsMake.com will tell you how to soak Korean fresh ginseng with honey as well as how to preserve them most effectively!

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## What does honey ginseng use?

When combining Korean ginseng with honey, they will bring extremely practical health benefits such as:

1. Enhance the immune system, improve health
2. Reduce blood cholesterol
3. Improve insomnia, help you sleep better and sleep better
4. Stimulates delicious eating
5. Balancing blood pressure, helping improve liver and kidney function, eliminating toxins from the body
6. Recover memory if there are signs of decline, enhance brain function
7. Supporting diabetes treatment, reducing atherosclerosis

8. Beauty skin, anti-aging
9. Improve physiological functions for both men and women
10. Regulating menstruation, limiting the negative effects of menopause



## **How to soak ginseng with honey**

### **1. Prepare materials**

1. 1kg fresh sam can choose from 8-10 tubers / kg, or if there are bigger soaking conditions, the better. Note, should choose ginseng about 6 years of age to bring the best quality. In particular, tubers must not have deep, broken or crushed phenomena.
2. Pure honey is about 1 to 1.5 liters.
3. Glass jars have been sterilized and allowed to drain.



## 2. How to do it

### Step 1: Prepare ginseng

1. Soak fresh ginseng in a pot of clean water for about 30 minutes to remove sandy soil .
2. Can be used, brush from the top to the roots so that the sandy soil is quickly removed
3. Soak for about 30 minutes in solution soda banking to remove pesticide residues
4. After 30 minutes, rinse with clean water
5. Dry



## Step 2: Thai ginseng

1. Cut the upper part and small roots separately. Only use the body to soak with honey
2. The main body and root are sliced very thinly, each slice is from 1 to 3 grams.
3. Note: The knob and the small roots you can use to cook soup, cook with red apples to drink. If you do not intend to use immediately, you can cover and store in the refrigerator, can be about 1.5 months.



## Step 3: Conduct Korean fresh ginseng with honey

1. You can soak in 4: 6 ratio, about 750 grams of ginseng with 1 liter of honey or can adjust the amount of honey according to your preference.
2. Add the ginseng slices to the jar and then pour the honey slowly
3. Cover tightly



## **How to preserve fresh ginseng soaked in honey**

### **How long will it take to soak the honey?**

Pine ginseng honey soaked for about 1 month you can use it. However, if you want the properties in ginseng to be released much to the highest efficiency, you should leave them for about 5-6 months, at which time the soaked mixture will have the most characteristic aroma and flavor.

With favorable storage conditions, you can leave the ginseng soaked in honey for years without worrying about broken mold.

### **How does the fresh ginseng preserve soaked honey?**

Preserving honey ginseng in dry, cool conditions, avoiding direct sunlight.

## **How to use ginseng honey soaked to achieve the most effective**

Obviously we cannot deny the benefits that honey soaked ginseng brings. However, for them to be fully utilized as well as bring the most safety you should note:

1. Use honey soaked ginseng 2 times / day in the morning and noon, ensure before 5 pm to enhance alertness, anti-fatigue and health promotion
2. Do not use ginseng soaked in honey in the evening because they will create excitement for nerves leading to difficulty sleeping, insomnia
3. It is recommended to use a pre-meal mixture for 15-20 minutes to stimulate the digestive system, to help eat more deliciously, to absorb food more easily.
4. For those wishing to use it to enhance physiology, use it in the evenings
5. Do not use the mixture at the same time as drugs, so take 1-2 hours apart
6. You can pick up ginseng slices to take it directly or mix with warm water to enjoy.

Above we have introduced to you how to soak ginseng with simple honey at home. Let's start working today to have a nutritious drink for the whole family. If you need genuine Korean ginseng, please contact us at the following hotline numbers: In Hanoi: **024.3568.6969** or in HCMC: **028.3833.3366**

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