

Education on the Making of Ginger Powder Herbal Drink in the Benangka Community in Banangkah Village (Benangkah), Burneh District, Bangkalan, East Java

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ABSTRACT

Indonesia is the largest producer of spices, one of which is ginger. Ginger is a plant that is easily grown in all types of soil, so it is easy to obtain, apart from cooking spices, ginger can also be used as an instant drink which is beneficial for the health of the body. Instant ginger powder is made from 100% ginger which is processed using household appliances so that everyone can make instant ginger powder drink easily and practically. The purpose of the community service in the village of Bangkalan, Bangkalan Regency, is to socialize the manufacture of good and correct instant ginger powder, so that it can produce really good powder, while the benefits are that many people still do not understand about instant ginger powder and its contents and benefits. The results of the dedication That from the ginger plant to instant powder and even the dregs can be used for some minor ailments that they don't know about and how to process ginger into instant ginger powder.

INTRODUCTION

Ginger is a plant from the Zingiberaceae tribe which is commonly used in the life of Indonesian people. According to the Central Bureau of Statistics in 2016 ginger production in Indonesia reached 340,345,036 kg (BPS, 2016). This abundant amount of ginger actually creates its own problems, namely ginger is not utilized optimally.¹

Instant ginger can also be used as an energy drink because it contains vitamin A and niacin. Energy drink is one of the food supplements which consists of multivitamin components, macronutrients (carbohydrates, protein), taurine with or without caffeine and usually added herbs such as ginseng, ginger, etc. in liquid dosage form Internal Medicine (COD) in 150 volume bottles. mL, 250 mL or powders and tablets which are dissolved into drinks, which in each package contain a minimum of 100 kcal of energy, and the indications are to increase energy, freshness, stimulate metabolism, maintain health and stamina, which is taken when working hard or after exercising exercise.²

Herbal plants in Indonesia have various health benefits and have been processed into functional drinks, one of which is a functional drink made from ginger. Ginger functional drink is useful as a refreshing drink and warms the body, for blood circulation and can lower cholesterol levels.³

In Indonesia, three types of ginger (sunti ginger, elephant ginger and emprit ginger) are cultivated intensively in the Rejang Lebong area (Bengkulu), Bogor, Magelang, Yogyakarta and Malang, and are used for cooking spices, herbal medicinal ingredients and for drinks.⁴

IMPLEMENTATION AND METHODS

Place of Service and Time

Implementation of community service regarding education on making ginger powder herbal drink which took place at the location of the Village of Bangkalan Madura, Bangkalan Madura Regency on Saturday, January 28, 2023.

Method and Planning Phase

There are several stages in the education of making herbal ginger as follows:

1. An explanation of the benefits of ginger and its contents was delivered directly by the head of the service, namely the lecturer and assisted by 2 students.
2. The second stage is the manufacture of ginger and the process of how to step by step so that it is formed into powdered ginger which is ready to be packaged.
3. The third stage was a question and answer session between the people of the village of Bangkalan, Bangkalan district, and the resource persons.
4. The evaluation stage where at this stage there are several things that need to be conveyed at this community service event so that in the future it will be even better

Material and Tools

The equipment includes:

1. Activity banner
2. Containers,
3. Pans, stoves,
4. LCD projectors
5. Clip Plastik
6. Blender

Tools:

Ginger, Sugar, Pandan, Water

RESULTS AND DISCUSSION



Picture 1. The Socialization of the Process of Making Instant Ginger Powder

As for the implementation of this community service event to find out education about making instant powdered ginger for practical herbal drinks. From this activity, approximately 25 participants collected from the agenda determined by 30 participants. This community service is scheduled for Saturday, January 28, 2023, which is addressed in the village of Bangkalan, Burneh, Bangkalan Regency, to be precise at the Balai Village of Bangkalan, the

participants were very enthusiastic during the event process. so that the research results went according to what was planned, as evidenced by the participants and speakers conducting a question and answer session as well as the feedback from this community service activity during the event process. And based on our scientific journal, this community service program is to educate the manufacture of instant ginger powder which is delivered directly by demonstrating the process from ginger to ginger powder which can be made into herbal drinks.

CONCLUSIONS AND RECOMMENDATIONS

The manufacture of Instant Ginger powder is very interesting, especially for the people of the Bangkalan Village of Bangkalan, besides knowing the benefits of ginger. So they get new knowledge about making instant ginger powder, where they only know how to make ginger drink by cutting it. This socialization is very useful for housewives to make production land so that ginger can be used as a home product which can improve the economy, especially for the people of the village of Bangkalan.

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