Pickled Garlic

This recipe comes from Rosemary Gladstar's Medicinal Herbs. Pickled garlic is gentler on the stomach and doesn't have the bite of fresh, raw garlic.



INSTRUCTIONS

- *Whole peeled garlic cloves*
- *Apple cider vinegar*
- *Bragg's liquid aminos or tamari*

DIRECTIONS

1. *Fill a pint jar with whole peeled garlic cloves (make sure they are organic or from your garden).*
2. *Add enough tamari and/or apple cider vinegar to completely cover the garlic. I like to use half and half.*
3. *Place in a warm spot and let sit for 3-4 weeks.*
4. *Strain off the liquid and divide it in half.*
5. *Use one half as a marinade or stir fry, the other half place in a saucepan and add an equal amount of raw honey. Warm over very low heat, you just want to incorporate the honey, but not kill its healing properties.*
6. *Pour this back over the garlic, recap, and let it sit for another 3-4 weeks.*
7. *They are now ready to eat! Store in a cool, dark location like a fridge where they will keep for a year or longer.*

