

Allium sativum

Family: *Liliaceae* - lily, tulip, onion, chives

Parts: bulb (stalks are edible)

Garlic has been used since ancient times for food and medicine giving it many names such as heal all, the stinking rose, and nature's antibiotic. It can be easily incorporated into meals for daily use while increasing to medicinal dosages when its powerful antibiotic properties are needed.

Properties

Anthelmintic, antibacterial, antifungal, antioxidant, antispasmodic, antibiotic, carminative, expectorant.

Energetics: heating, drying, pungent

Systems Affected: cardiovascular, immune

Uses

- Antibiotic (4 cloves is equal to 1 dose of antibiotics)
- Cough, cold and flu
- Sore throat, strep, tonsilitis
- Respiratory ailments, bronchitis, croup, pneumonia, etc.
- Fever reducer
- Heart health (it clears out the plaque in arteries)
- Lowers blood sugar (useful aid in treating type 2 diabetes)
- Immune booster (stimulates white blood cell production)
- Antiseptic (kills 99% of known bacteria on contact, the other 1% in 24 hours)
- Infection fighter
- Ear infections (herbal oil, add mullein flowers for extra power)
- Circulatory issues
- Poor digestion
- Intestinal worms
- Ulcers
- Food poisoning
- Athletes foot and other fungal infections
- Yeast infection
- Meningitis
- Cancer prevention
- Lice

Herb Preparations

- Garlic should be chewed, chopped, or bruised, then let it sit for 10 minutes before using, this allows for the highest concentration of healing properties to be released.
- Use it fresh in culinary dishes like pesto, guacamole, dressings, sauces, etc. Try replacing fresh garlic in your recipes that call for powdered garlic.
- Herbal oil; use internally and externally, directly on area of concern. Rub onto the soles of the feet, wrists, behind ears and along throat and chest to get the garlic into the system quickly.
- Poultice, compress; place over wrists to absorb right into the blood stream or over the area of concern. Make sure to wrap the crushed garlic in cheese cloth or flannel before placing on the skin to avoid irritation.
- Pickled garlic; takes the burning bite out of fresh garlic and is so yummy, it retains all the potent healing properties of fresh garlic.
- Honey, syrup
- Tincture
- Juiced
- Powder, capsules (not as potent as fresh garlic)

Care/Harvesting

- Garlic prefers open, sunny areas to partial shade in well drained, loamy soil.
- Plant in early fall, using cloves from an organic bulb. Plant pointed side up, 4 inches apart and 2 inches deep. Cover with soil, then mulch. It can also be planted in early spring for harvest in the late fall.
- Cut back flowering stalks (called scapes) to increase bulb size. These can be made into a delicious, infused oil. Fill a glass jar with the scapes and cover with olive oil. Let sit in a warm place for 2-3 weeks. Straining is optional, just store in a cool dark place. Green stalks can be added to any dish for a mild garlic flavor.
- Harvest bulbs in the summer when the stalks have five leaves or have yellowed.
- Lift out of soil with a digging fork or shovel, shake off gently – don't bruise or wash.
- Dry on screens or tie them together and hang.
- Once dry, rub off excess soil and store in a cool location but protect from moisture and freezing.