

# THE GARLIC MIRACLE

DISCOVER THE AMAZING HEALTH, BEAUTY, &  
DETOX BENEFITS OF THIS POWERFUL HERB



V I C T O R I A   L A N E

# **THE GARLIC MIRACLE**

*DISCOVER THE AMAZING HEALTH, BEAUTY, & DETOX  
BENEFITS OF THIS POWERFUL HERB*

**Victoria Lane**

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# THE STINKING ROSE

Garlic is a bulbous part of the small plant which resembles onion and has a pungent flavor. It is used as a condiment and flavoring agent in many cuisines. It is cooked, consumed raw or pickled. Though the flowers and the leaves of the plant are also edible, the moment someone says garlic, the white cloves with a spicy smell come to mind. Starting from garlic bread to the spicy side dishes, garlic is an important condiment in today's kitchen.

Garlic has been used by the human race for thousands of years. There are historic evidences that it was in use in China, since 2000 BC. Starting from the Greek and the Roman soldiers to the Giza pyramids slaves of the Egyptians, garlic has been an integral part of history. It is very obvious that garlic has a lot of myths and folklore attached to it. If you believe in vampires (not the romantic ones from Twilight), you would know that rubbing garlic in keyholes, windows, chimney and other places and hanging strings of garlic outside the house are said to ward off vampires. Some cultures see garlic as an evil element. Some sub-cultures of Hinduism, Jainism and Islamic prohibit usage of garlic during the auspicious days or while offering prayers, as garlic is considered to increase the sense of pleasure and desire in humans, due to its aphrodisiac property.

Even if you do not believe in vampires, garlic would protect you from a lot of pathogens. It has vitamins, a lot of trace metals, fiber, selenium and many others. It has been used as an alternative medicine for many years. There are a lot of advantages in using garlic, on a daily basis.

## THE SUPER HEALER

There is a long list of medical conditions, which can be cured or prevented by using garlic. It is one of the medicines which Gaya (the Mother Earth) has prescribed to us. It is a very vital element according to the scientific researchers and according to superstitions. There is no doubt that if you consume garlic, it would provide you a lot of health benefits. Garlic is a super medicine, but there are no concrete scientific evidences to prove it. Why is it so? Why would a company spend millions and millions of dollars in learning about garlic, when they cannot even patent it? It is a waste of money, according to R&D departments, all over the world. However, there are minor researches done to learn more about the mystic clove.

You do not even have to eat it to derive benefits. It is said that touching, smelling or rubbing garlic is also helpful. Remember the epic story of Odysseus, who saved himself by simply holding on to a string of garlic and thus, preventing from being turned into a pig. I agree it is superstitious or mythical or a folklore which would have the same effect as, Popeye the sailor man, had to influence children to eat spinach. However, there are many other recordings of just touching or smelling garlic, being good for your health. The slaves of Egypt gained most of their energy by eating garlic, leeks and onions. Are you a Viking fan? The Vikings and the Phoenicians carried a large quantity of garlic with them during their voyages to avoid outbreak of any diseases.

## TYPES OF GARLIC

Garlic is often tagged as the 'stinking rose'. There are three main varieties of garlic. The American, Italian and Tahiti. The American has the strongest flavor of all and has white skin. Italian has a lot of cloves and is pink in color. The Tahiti is the largest among the three. It measures up to three inches.



## WHAT DOES THIS BOOK HAVE FOR YOU?

This book would smell of garlic, every page (do not try to smell it). It talks about the advantages and side effects of using garlic, the art of growing garlic and also provides a few recipes which would help you to add more amount of garlic to your menu. Garlic helps to nourish and strengthen the body and also when used in high amount, it would give you a bad breath and leave you, a pariah. Do not worry about the bad breath; eating an apple after consuming garlic would remove the bad breath.

The uses of garlic in history are numerous. There are many anecdotes, poems and historic writings which explain how garlic was used in the olden days and the benign effects of eating garlic. Roman, Greeks, Vikings, Asians, Egyptians and many others used garlic as an important ingredient. Let's leave out the vampires, Odysseus and other tales to the bedtime. This book would talk about garlic in a scientific and practical way and as a super healer, not a magic wand.

# WHY GARLIC?

Vegetables, fruits, herbs and many other spices or condiment are used for detoxing and healing the body. Why is there a big fuss about garlic? This chapter would explain every known advantage of using garlic. Starting from the oldest medicinal remedy to the new alternative medicine concept, this chapter would tell you why it is worth to have garlic in your home and give garlic a deep kiss (If it were me, I would avoid the kiss, if someone is around).

## WHAT IS IN GARLIC?

Let's say God has planned to compete with the other brands of food products by giving a packaging and label to garlic, what would the nutrient listing of garlic look like? A single clove gives just 4 calories, but the minerals included are Potassium

Iron

Calcium

Phosphorous

Magnesium

Copper

Zinc

Sulfur

Selenium

Germanium

No, it is not a part of the periodic table. It is the list of minerals found in one clove of garlic. Not just mineral, it contains Vitamin B1 – Thiamine

Vitamin B2 – Riboflavin

Vitamin B3 – Niacin

Vitamin B5 – Pantothenic acid

Vitamin B6

Vitamin B9 – Folate

Vitamin C

Protein

Fiber

Last, but not the least, it contains only 1 gram of sugar for 100g of garlic.

## MEDICINAL ADVANTAGES OF GARLIC

To be clear, you should not consume just one clove and expect garlic to wave its magic wand and cleanse your body. It has to be taken in moderate amount, continuously to get the medicinal advantages of the bulb. For a few medical conditions, garlic would provide an instant relief and for a few, it would take more time than the medicine prescribed by the doctors. Thus, garlic is an alternative medicine, which has to be used along with the doctor's medicine for major medical conditions.

Helps to decrease the yeast, fungal and bacterial infection Reduces cholesterol level in the blood and also eliminates the storage of cholesterol.

Decreases the triglyceride levels in the blood.

Reduces LDL and VLDL in the blood

Reduces gastric lipase levels

Reduces the liver lipids by increasing the lipid excretion Reduces platelets clotting by increasing the blood coagulation time Decreases blood pressure and blood sugar level by increasing the blood vessel dilation and the blood insulin level, respectively.

Decreases the prostaglandin production

Decreases the free radicals in the body.

Reduces effect of radiation toxicity and heavy metal toxicity on the body, by increasing the heavy metal excretion rate and binding capacity.

Reduces the Nistosamine production

Reduces the risk of gastric cancer

Increases HDL in the blood

It has anti inflammatory effects

These are the actions of garlic on the human body. Due to these properties or actions, garlic can help to prevent, cure or reduce the effects of a lot of different types of infectious and non-infectious and minor and fatal medical conditions.

Due to its antibacterial, antiviral and antifungal properties, it helps to control the invasion of worms, yeast, fungal, bacterial and viral infections. It plays a very vital role in preventing or decreasing the effect of food poisoning, by killing bacteria like Salmonella and E-coli.

The external fungal infections like ringworm and athletes foot are also reduced, by consuming garlic.

It has anti-clotting properties which reduce or prevent the formation of blood clots in the vessels and thus, reduces the risk of major heart related medical conditions.

It reduces the risk of heart attacks, atherosclerosis and other heart related problems. It also protects the heart from the damage done due to free oxygen radicals.

It prevents the hardening of the arteries, by preventing the formation of clots.

It reduces the arterial plaque formation by lowering the cholesterol storage and the level of cholesterol in blood.

As the age increases just like every machine around you, the efficiency of organs and systems inside the body starts to decline. The blood vessels would lose the ability to stretch. Garlic helps to reduce it and also prevents blockings in the vessels.

It has anti-inflammatory properties and helps to fight airborne allergies.

Raw garlic juice is said to reduce the itching due to bug bites and rashes.

It reduces the frequency of the common cold. It treats throat irritations too.

It helps to reduce (not completely cure) many respiratory tract infections and aids against lung disorders, like asthma. It also helps in promoting expectoration which is helpful for those people who suffer from chronic bronchitis.

Due to its effect on the insulin and blood sugar level, it can be used for treating or controlling diabetes.

Applying garlic extracts on corns and warts help to decrease the possibility of any skin related problems.

It is known to lower the risk of a few types of cancer. It is proven to reduce the risk of breast cancer in women. Moderate consumption of garlic is proven to reduce the risk of colorectal and renal cancer.

Improves the iron absorption by the body and also improves iron metabolism.

Applying crushed garlic on the affected tooth, tooth aches can be reduced. If you have a sensitive gum, it would cause irritation so, use sparingly.

Due to elimination of cholesterol and anti-inflammatory effects, it is used to regulate the fat cell formation and inhibits the conversion of carbohydrates into fat cells and prevents weight gain.

It reduces the risk of stomach ulcer by reducing the growth of H. Pylori, a bacterium.

It helps to increase the weight of the unborn child.

It boosts the immune system and helps to fight against congestion and chest infections.

Garlic also helps in treating hyperthyroidism

In many communities, impotency is treated with garlic. Nevertheless, use



of garlic for treating impotency has not been proven yet It helps to grow new cells and also assists in mood swings, due to the presence of vitamin B6.

Aged garlic has powerful antioxidants in it.

It is also helpful to fight against hysteria, dropsy and scurvy, to an extent.

It cleans the digestive system and cures flatulence.

Garlic based mouthwash or garlic infused water used as mouthwash helps in fighting cavities.

It is used for easing menstrual cramps, muscle pain and sciatica.

It induces sweating and helps to expel wastes through the skin.

## OTHER USES

Apart from consuming garlic for treating medical conditions, garlic is also used for other purposes too.

It is used as an insect and pest repellent against white flies, spiders and aphids.

It kills mosquito larvae and certain types of ticks.

It can also be used for repelling mosquitoes, black flies, fleas and fruit flies.

Garlic is also demonstrated to repel bigger pests like moles, rabbits and even, deer.

Placing garlic in the drawers would repel moths.

Rubbing clove juice on paper, it can be used as an adhesive.

Garlic with lemon or cider vinegar is a good facial cleanser.

When garlic is used in moderation in your diet, you can achieve all the above stated medical benefits. According to the WHO, a clove of garlic a day, over a long period of time, would keep you healthy, all your life. If you are using garlic to treat some medical conditions, you can consume 2-3 cloves. There are a lot of garlic supplements available in the market. In case of using supplements, it is

better to chose powdered supplement over capsules. In the process of making tablet or capsules, a lot of chemicals in garlic are removed. As usual, the natural form is the best form, for consumption and usage. If you could get hold of raw garlic, it is much better than the supplements.

## GARLIC ESSENTIAL OIL

Unlike the other essential oil, it is topical usage oil and should be consumed, in a very small amount. There are a lot of uses of garlic essential oil. Garlic infused in the oil is not the same as that of garlic essential oil. The health benefits of using garlic essential oil are; Inhaling the scent of seven drops of oil in hot water would keep most of the infectious respiratory based diseases at bay.

It is used as a part of massage to increase the blood circulation and reduce blood pressure.

Add three drops of garlic, thyme, lavender, rosemary and cedar wood essential oil, use any type of carrier oil for improving the hair growth.

For arthritis, mix equal amount (3-4 drops) of garlic, rosemary, ginger and black pepper into any carrier oil and massage it on the skin. Massage it for 30 minutes or till the oil is absorbed by the skin.

Add a few drops of garlic oil into a tub of water (warm) and place your legs in it to reduce the stinky feet smell and also to fight fungal infections between the toes.

Adding a few drops of oil to your diet can reduce recurrent infections  
Smooths irritating skin

Reduces congestion

Has antiseptic, antibacterial, antiviral, antifungal and anti-yeast properties

Reduces congestion issues

Stimulates the body's metabolism, when used , as a part of massage.

Speeds up healing of wounds, sores and bruises Helps in treating earache and other infections Works as an excellent mosquito repellent and other repellent for other insects.

Used in face packs, skin care lotions and in creams for toning the skin.

Used in coconut oil for hair care.

Used in Aromatherapy for

Relieving pain

Clearing the mind

Increasing concentration

Reducing tiredness

Rejuvenating the body

Improve the metabolism

Reduce hysteria and other mental disorders

Promote healthy functioning of the brain

Treating insomnia

For detoxing

Treating cold and other respiratory problems

## CAUTION WHILE USING THE OIL

Not all garlic oils are consumable. Consume it only if it is mentioned so, on the pack.

Use only 1-2 drops of oil in large amount of water or tablespoons of carrier oil.

2 drops are enough to put a house, under garlic spell.

Should not be used or consumed by pregnant women and breastfeeding mothers.

Should not be used on the skin of babies, younger than a year.

If you have sensitive skin, do not use carrier Olive oil, coconut oil, almond oil, canola oil, vegetable oil and any other oil (except other essential oils) can be used as carrier oil.

Do not apply it over big burns or open wounds. Apply it around the wound. Do not use it over big burns.

It might cause headache in a few people. Use sparingly.

If you are allergic to garlic, you would be allergic to the essential oil, too.

Do not consume without diluting; it can cause severe medical problems.

If consumed concentrated or if the oil that is not meant for consuming is ingested, get emergency medical help, immediately.

Think twice before you mix it with another strong essential oil.

It has a strong pungent smell which would not only keep the vampires and evil spirits away, but also friends and family. Thus, you should use sparingly.

Garlic oil and garlic essential oil are not the same.

To check the purity of the oil, add a few drops on a blotting paper or tissue. If it is pure, it would not cause any stain or ring, after evaporating.



# GARLIC AS A COSMETIC

You got to be kidding to consider garlic as a cosmetic item. However, believe it or not, garlic oil is used in a few famous perfume brands. There is much more to garlic than its pungent smell. Its anti-aging and smoothing benefits have made it an important element of skin care.

## SKIN CARE BENEFITS OF GARLIC

The high sulfur content in garlic helps to tone the skin.

For the same reason, it gives more luster to the hair.

The vitamins in garlic act as an anti-aging element and prevents the loss of elasticity in the skin. Thus, it helps to prevent wrinkles and other aging signs. It is a prevention mechanism and the curing part has not yet been proved.

It is also used for treating and preventing dandruff. However, not all people would have the same type of dandruff, which could be removed by garlic. However, you can try adding minced garlic on your hair. The minced garlic should be added immediately as the compounds in garlic start to degenerate, after it is minced.

The Selenium in garlic helps to prevent and also slow the signs of aging. It is not known to cure or remove the signs of aging.

Rubbing crushed garlic on the acne would help to remove it. It works on persistent pimples too.

Mixing garlic juice with lavender oil and coconut oil or other carrier oils would result in a mixture, which can increase the glow of your skin.

Garlic juice with rosemary, vodka and water is a good hair lotion and makes your scalp healthy.

Add minced garlic to a container of clear nail polish. You can also add garlic juice. Let garlic get infused for about a week. Apply it on your nails and you will get stronger nails. However, your hands would smell like a garlic factory.

# HOMEMADE GARLIC PACK FOR COSMETIC USES

## *BLACK HEAD REMOVER*

### Ingredients

Garlic – 2 cloves (crushed)

Oatmeal – 1 tablespoon (ground) Tea tree oil – one drop

Lemon juice – 3 drops

Honey – 1 tablespoon.

### Directions:

Mix all the ingredients in a bowl and add honey to it.

Spread it over your skin and let it stay for three minutes.

Rinse with warm water.

Using this pack for three times a week, there will be a visible decrease in the blackheads.

## *PORE CLEANSER*

### Ingredients

Tomato – 1 (smashed or squeezed) Garlic – 1 clove (mashed)

### Directions:

Mash and mix the ingredients together.

Apply it on your face and let it stay for 20 minutes.

Wash with lukewarm water.

Your pores would be cleansed. To seal the pores, wash your face with cold water.

## *RED SPOT OR PIMPLE REMOVER*

### Ingredients

Garlic – 1 clove

### Direction

Mince garlic or mash it and apply it over the pimple spot.

Rub it slowly around the area.

Wash it with lukewarm water.

The swelling and redness would be reduced within a day.

# ANTI-AGING PACK

## Ingredients

Fresh garlic – 2 cloves

Honey – 1 tablespoon

Green grapes – 10

Cornstarch or corn flour – 3 tablespoon Kaolin clay – 1 tablespoon (if not available, use more of corn flour or cornstarch) Egg – 1

Tea tree oil – ½ teaspoon

## Directions

Blend the grapes, egg and garlic together.

Add honey, corn flour or starch and clay to it.

Sieve corn flour, starch or the clay prior to the mixing Add the tea tree oil to the mix.

Make a paste out of it. If watery, add cornstarch to it.

Apply it on your face and let it stay for 15 -20 minutes.

Wash with warm or lukewarm water.

After you wash it, you would not be able to smell garlic on you.

You can also add almond oil to it.

It is always better to use the raw and fresh garlic, while using it on your skin. Garlic powder available in the market may or may not be pure. Small chemical particles may block the pores and cause irritation or problems. Thus, it is always better to use the fresh ones. After cutting, mincing or grinding, all the chemicals in garlic will be readily available. However, the chemicals are short-lived after mincing or grinding. Thus, make the paste just before you want it and apply it immediately. You can use these packs before you go to bed, so that you would not smell like a walking garlic, when you venture out of your home, the next morning.



# GARLIC IS NOT PERFECT

Nothing in this world is perfect. Everything has its own list of disadvantages. When it comes to garlic, the number of disadvantages are very few, when compared to the advantages. Most of the disadvantages occur due to over-usage of the substance. Anything used more than what is required would result in problems. Here are a few side effects of garlic, which you should be aware of.

The bad breath is the main problem, when it comes to using garlic. Garlic tablets can be used to avoid this problem.

Some people might experience heartburn, nausea, vomiting and burning in the mouth and stomach, while consuming raw garlic.

Garlic reduces the blood clotting time. If you are using too much garlic or garlic supplements, stop using them at least 2-3 weeks, before and after you undergo any surgery.

Few people may be allergic to garlic and can have asthma or other allergic reactions.

Do not apply garlic on blistered, open cuts or severe burns. It would cause irritation.

Garlic is safe to be consumed by pregnant women, in a small quantity. However, it is unsafe to be used as supplements, when a woman is pregnant or breastfeeding.

It can cause bleeding disorder, digestion problem or irritation in the

stomach.

If you are consuming medicine for HIV, keep consumption garlic to the minimum. It interacts with the HIV drugs like Saquinavir and reduces its effectiveness.

## WHILE USING AS A COSMETIC

If your skin is very sensitive, do not use a lot of garlic. Apply the paste under your arm and wait for a few minutes to check whether you have a burning sensation, irritation or rashes.

Garlic powders which are sold commercially may cause allergic reactions, in a few people.

Garlic oil extracts should not be used on infants. Garlic can cause severe irritation of the digestive tract in young children.

## IS GARLIC BAD FOR HEALTH?

It is not a common allergic item. It is not known to contain any toxin which is harmful to humans. There are chances for garlic to contain pesticide residue. If you want to avoid it, you can opt for organic garlic or grow your own in the backyard. None of the above stated problems would arise, if garlic is used occasionally in cooking. Garlic stored in oil should not be kept at the room temperature. No matter how pure garlic and the oil are, it would produce botulism.

## HOW TO REDUCE THE IRRITATION?

For any of the above stated side effects, if you experience discomfort, it is better to consult a doctor and talk about inclusion or avoiding garlic from your diet. If the raw garlic is too strong for you, you can reduce the irritation, by cooking it. Boiled or roasted garlic would have less effect on the digestive system. Garlic should be exposed to heat only for 15 minutes. If exposed to heat for more than 15 minutes, it would lead to loss of essential compounds in the product.

## CONSUMING GARLIC SUPPLEMENTS

Adding a few more cloves to your dish may lead to a spicy and eye-watering item, but would not have any long term effect than a little heartburn or a burning sensation in the mouth. These signs can be removed by consuming something cool. However, in the case of garlic supplements which are used for medicinal purposes, the dosage should be maintained, as per doctor's advice.

## CONSUMING LARGE DOSE OF NATURAL GARLIC

Consuming large dose of natural garlic would lead to a burning sensation in the stomach, mouth and irritation in the digestive tract. But, what happens to the excess garlic? As a matter of fact, most of us consume garlic more than what is required every day. What happens to the excess garlic? The excess garlic compounds would be expelled by the body, by sweating. Those who consume a lot of garlic tend to sweat a lot and have a garlic body odor.

People who are allergic to garlic would be allergic to both the natural cloves and also to the supplements. Some cultures restrict the usage of garlic for nursing mothers, though there are no known harmful effects of garlic on the nursing child.

# YOUR OWN GARLIC PLANT

Garlic is one of the top 20 food items which has residual pesticides in it. All the harmful actions of the pesticides can be included to the side effects of consuming garlic. To overcome this, you must either consume organic garlic or grow your own bulb. Garlic is a perennial plant. Though it has a large flower, it does not have any seeds. When the bulb falls on the ground and break into individual cloves, it will reproduce naturally. It is easy to grow as it needs a little maintenance.



## SOWING GARLIC

As stated before there are no seeds. You need to sow garlic cloves in the soil. It grows well in acidic and alkaline soil. It needs drained and rich soil with organic content. If your backyard has clay soil, loosen it up with a digging fork. Add mulch to the soil during the winter season and remove it during the spring season.

## PLANTING

You need not peel the clove for planting. Break them from the bulb. Do not break the clove. It would not produce two plants. The pointed end should be up and it should be planted 1-2 inch deep. Bigger the clove, deeper it should be planted. The plant should be planted in the fall, at least two months before the ground starts to freeze. Spring planting should be done if you are planting garlic for its leaves and not for the bulb.

Garlic can be planted along with roses. This would improve their scent. When planted around a fruit tree, it would repel pests. Garlic with roses would reduce the insects and diseases, which affect the roses. It should not be planted along with other legumes like beans or peas.

## TEMPERATURE

Garlic is the archenemy of vampires. It thrives in the sun. If grown in shade, it would produce small bulbs. The plant needs a combination of cold and sun. Some people would recommend you, to chill the bulb before planting, if you experience warm climatic conditions. For bulb formation, it needs sun and light and for development of the bulb in size, it needs low temperature.

## WATER

The soil should have a good drainage. Garlic needs water only when it is dry. Do not water the plants for several weeks before you harvest so that the outer layer of garlic would stay dry. Do not let the plant dry and wither, while it is growing. Water to its need and do not use drop irrigation. The soil should not always be wet.

## INDOOR GARDENING

You can use a small container and grow garlic in your window sill. It can be grown as an ornamental plant. The flower will bloom in purplish pink color and it would add aesthetic value. The bulb would not be big, but, the greens would be thick and healthy. This also protects the plant from extreme environmental conditions.

## PROBLEMS IN CULTIVATING GARLIC

There are a lot of diseases which you need to ward off, while growing garlic. Pests would be a problem. Since you want a pesticide free bulb, you ought to get the aid of sprays. Thrips or mites can destroy the plant. It has to be removed manually and fish oil can be used to reduce the effect of the pests. The worms, gophers, maggots and others might invade your plant. Grow the plant in a box lined with hardware cloth. If any bulb is infected, remove it immediately.

When it comes to diseases, the yellow dwarf virus would cause yellowing of the leaves and produces small bulbs. Many fungal diseases and white rot attack the root and the leaves. When garlic can protect us from fungal infections, why can't it protect itself? To prevent mold and fungus from attacking the plant, the soil should be dry. The pink root disease and onion smut are the other common diseases, which would attack garlic plants. If any plant is infected, remove it immediately.

## HARVESTING

When the flowering stalk starts to uncoil, it is time for pruning. Some species need not be pruned. Each plant has to be pruned, at different time of the year. The pruned bulbils can be consumed or can be replanted. However, the growth of these bulbils would be very slow and it would take almost 2 years for them to mature and produce bulbs.

The best time to harvest any plant is in the morning after the dew has dried. However, if the climate is dry, you can harvest them, even at night. Usually, the harvesting time would be between June and July which is about 9 months from planting them. How to know when it is time to harvest? If 50% of the leaves have become brown and have fallen, it is time to harvest. However, you should make sure to check the plant as a few diseases would also cause browning of the leaves. It is better to dig up a bulb and check the cloves for readiness, before you harvest all of them. Do not pull the bulb, destroying the plant. Dig it out with a fork. The garlic you have just dug out would not be pungent. It would be flavorful, delicious and sticky.

## AFTER HARVESTING

You need to cure, preserve and store the garlic, after harvesting. The garlic, you harvest, would hardly smell or taste like garlic, which you buy from the supermarket. Yes, you have harvested at the right time and yes, it is garlic. It has to be cured to strengthen the flavor and also to increase the shelf life.



## CURING

The curing is simply a drying process, which increases the flavor and decreases the moisture content. There are a lot of ways to cure garlic. The main intention is to dry it. Garlic can be tied together and hung from a string or a nail. Do not burn it. Curing in the sun would peel out the skin and make it impossible to store it, for a long time. The tops and the roots should be kept intact, till the curing is done. It can be cured by spreading over a sheet of paper, in a dark room. It would take several weeks to cure. When the outer shell becomes dry, the curing process is completed. Do not lock it up in a large chest. The room should have proper air circulation.

## STORING GARLIC

Garlic has to be kept in a shady and slightly cool place where the air circulation is high. Wire bags, baskets, boxes and even spreading it would on a plate, would be fine. Refrigerating garlic would lead to mold. At the end of the storage season, some of the cloves would start sprouting. You can either use them in your garden or for usage and consumption. The sprouts would not change the taste or flavor.

Garlic can be stored in oil. However, it should be used immediately and should be kept in the refrigerator. Otherwise, the chances of botulism are high. You can freeze it and use it, when needed. Do not store it for more than a week. Freezing the cloves is a good way of storing garlic. However, it should be used at the end to extend the shelf life to a few more weeks or months. Freezing may change the color of the cloves from white to yellow, but the flavor would remain the same.

Garlic can be pickled in vinegar and seasoned with mustard seeds, onion, sugar and salt. The other way of preserving garlic is by making it into powder, salt or chips.

## USING GARLIC

Garlic is one of the most commonly used food flavoring agent. It is used in baked items, beverages, gum, ice creams and in a lot of dishes, ranging from stew to grilled meat. Cooking garlic would make it sweeter and milder in flavor. It would add a nutty and a rich taste to the dish. Garlic can be minced, powdered, ground, cut into matchsticks or chips.

Using garlic does not just mean using only the bulb. The flower and the leaves can also be used too. The leaves need to be refrigerated for 2 weeks. However, all the other food would smell like garlic. It can be used, just like the spring onions. The flower is also consumed in many cuisines as a salad ingredient.

# COOKING WITH GARLIC

The best way to consume garlic is to chew and eat a clove, first thing in the morning and consuming a lot of water. But trust me; it is far worse than any other punishment. The easiest way to consume garlic is by using them in delicious dishes like garlic bread, garlic chicken and many others. This chapter would talk about a few recipes through which garlic can be used in our daily life.

## GARLIC BREAD

This would be the easiest way to consume garlic. It is an integral part of Italian cuisine. Parsley is rich in Vitamin A, C and K, folic acid and antioxidants.

### Ingredients

Italian bread – 1 loaf

Garlic – 6 large cloves (minced)

Salted butter – 6 tablespoons

Italian parsley – ½ cup (chopped)

### Directions

Preheat the oven to 375 degrees.

Cut the loaf horizontally, so that you would have two slices of the loaf (not as bread slices).

In a bowl, add butter, parsley and garlic. Mix it together.

Spread it as a thick layer on both the slices.

Place it on a baking sheet and bake for about 15 minutes or till it becomes brown.

Let the bread cool and slice it into thick bread slices and serve.

## GARLIC CHICKEN

Chicken is high in protein and has a high amount of phosphorus which is required for healthy bones and teeth. Thyme, used in this recipe, is a medicinal herb which prevents and cures a lot of respiratory problems and also gives a clear and radiant skin. Rosemary is another medicinal herb, which is an antiseptic, astringent, anti-inflammatory agent and also is rich in antioxidants.

### Ingredients for preparing the chicken

Chicken – 3 ½ pounds

Thyme – a few sprigs

Rosemary – a few sprigs

Butter – as generous as possible

### Ingredients for stuffing

Butter – 4 tablespoons

Onion – 1 (finely chopped)

Chicken liver – 4 ounces (finely chopped; do not use the one in the chicken used in this recipe) Thyme leaves – 2 teaspoons

Bread crumbs – 1 cup

Chopped parsley – 2 tablespoons

#### Ingredients for the sauce

Garlic – 4 heads

Parsley – a few sprigs

Mustard – ½ tablespoon

Duck fat or pan juice of chicken – 3 tablespoons Bread crumbs – 2/3 cup

Milk – to mix

#### Directions

Preheat oven to 400 degree F. Season the chicken with the butter and put the herbs into the cavity. Rub butter all over the chicken.

Melt the butter in a pan for the stuffing. Add liver, thyme and onion. Cook for two minutes. Remove it from heat and add parsley and breadcrumbs.

Stuff the bird with the mixture.



Place the chicken in the baking tray. Place garlic along with it, wrapped in a foil. You need to remove garlic, after an hour. You might need to add more liver to the chicken, if needed. To check whether the chicken is done, insert a skewer into the chicken and the juice should be clear.

Remove garlic and cool it. Peel away the skin and blend it with parsley, mustard and duck fat. You can also add bread crumbs and blend, till it becomes smooth. Add milk till it gets a pouring consistency. Do not make it too watery. It should cover the chicken, when poured. Add salt and pepper to the sauce.

Coat the sauce over the chicken generously. Sprinkle the chopped parsley over the chicken.

Serve the chicken with roast liver and garlic sauce.

## GARLIC FOR DIPS, SANDWICH SPREAD AND PIZZA SPREAD

Greek yogurt is rich in protein and low in carbohydrates. It is rich in calcium too. Cucumbers are natural coolants which aid in digestion and weight loss. They also helps to fight against several types of cancers. Dill is a weed which aids against digestive problems, insomnia, menstrual disorders and bone degradation.

### Ingredients

Greek yogurt – 2 cups

Cucumber – 2 (diced)

Garlic – 2 cloves (minced)

Olive oil – 1 tablespoon

Lemon juice – half of the fruit

Dill – 1 tablespoon (chopped)

Salt – to taste

### Directions

Mix all the ingredients and blend them together with hand. You can also use electric blender, if you want a smooth mix.

The mix has to be chilled for an hour in the refrigerator.

It can be mixed with milk and used as a dip. It can be used as a spread on burger, sandwich or pizza.

## ORANGE GARLIC PASTA

Though pasta is criticized to be a high carbohydrate filled food, it is good for the skin and promotes healthy vision. It also helps to grow healthy hair, as it has folic acid. It is rich in potassium and reduces cholesterol in the body. However, go easy on pasta, as it is very rich in carbohydrates. The orange zest or the peel of orange helps to reduce the effect of skin cancer, reduces cholesterol and weight, aids in digestion and fights infections. Artichoke aids in digestion and is an aphrodisiac. Do not buy artichokes, which are preserved in brine. Use the fresh ones or the ones soaked in oil.

### Ingredients

Salted butter – 2 tablespoons

Olive oil – 6 tablespoons

Garlic – 2 cloves (peeled and chopped)

Rosemary – 2 tablespoons (chopped)

Kalamata olives – ½ cup (pitted and halved)

Artichoke heart – 6 (quartered)

Dry white wine – 1/3 cup

Zest of orange, grated – ½ orange

Pasta – 7 cups

Salt and pepper – as required

### Directions

Melt butter in a pan and add garlic, olives, artichoke and rosemary. Now sauté it for three minutes.

Pour the wine and cook for 2 more minutes, till the wine gets evaporated.

Add orange zest, salt and pepper. Mix everything together and remove it from the heat.

Cook pasta in salted water, as per the instructions on the pack.

Drain the excess water and add the mixture into the pasta.

Heat as you stir and mix the mixture with the pasta.

Serve hot

## MASHED GARLIC POTATOES

Though potato is a weight inducing food, it is a comfort food. It is high in fiber and baked potato has less amount of carbohydrates. It has copper, potassium and manganese. Olive oil helps to reduce blood pressure, risk of heart diseases and oxidative stress.

### Ingredients

Garlic cloves – 6

Olive oil – ¼ cup

Grated Parmesan cheese – ¼ cup

Baking potato – 7 (peeled and cubed)

Milk -1/2 cup

Butter – 2 tablespoons

Salt – ½ teaspoon

Ground black pepper – ¼ teaspoon

## Directions

Preheat the oven to 350 degree F

Place garlic cloves on a baking tray and add olive oil, so that it would cover the garlic cloves. Make sure to peel the cloves, first. Bake for 45 minutes. It would be golden brown in color. The roasted garlic can be consumed alone, by adding salt and pepper to it.

In a big pot, add the cubed potato and salt. Add water to cover the potato and boil it. Add water as and when needed. Let it cook till it is tender and soft. Drain and add the potato into a bowl.

Mix the roasted garlic along with the oil, milk, cheese and butter to the bowl.

Add salt and pepper, as per taste. Go easy on the salt as the potato would have absorbed the salt from the water while cooking.

Beat it with an electric mixer or hand blender.

## GARLIC PRAWN PASTA

Prawns are a good source of unsaturated fat. They help reduce the blood cholesterol level. Prawns are also a source of omega 3 fatty acids. They aid against heart diseases, cancer and arthritis. They are rich in protein, phosphorous and potassium.

### Ingredients

Pasta – 8 ounces (any type)

Tiger prawns – 8 (peeled and deveined)

Olive oil – 6 tablespoons

Garlic – 2 cloves (sliced)

Grated Parmesan cheese – ½ cup

Chopped parsley – 1 teaspoon

### Directions

Add water to a large pot and bring it to boil. You can also add salt to it.



Add pasta and cook for 10 minutes or as stated on the pack.

When the pasta is cooked, drain the water and return the pasta to the pot. You can toss a few drops of olive oil to make sure that the pasta does not stick.

In a large pan, heat oil and add garlic to it. Sauté for 5 minutes and add prawns and cook for 5 minutes. Remove from heat and place it on a plate. Separate the prawns from the garlic.

Pour more oil over the pasta. You can use the oil used for sautéing garlic. Sprinkle cheese and other ingredients to it.

Now, add prawns to the pasta

## GARLIC ONION BURGER

Beef is a good source of protein, phosphorous, iron, zinc and vitamin B. The Worcestershire sauce increases the functionality of the immune system and contains Vitamin B6, Vitamin E and antioxidants. It also helps to reduce hair loss. Onion is rich in chromium which helps to regulate sugar. It improves immunity, increases good cholesterol, prevents cancer and also reduces the risk of ulcer.

### Ingredients

Ground beef – 2 pounds

Worcestershire sauce – 1 tablespoon

Garlic – minced cloves (3)

Minced onion – ½ cup

Salt – to taste

Ground black pepper – ½ teaspoon

Italian style seasoning – 1 teaspoon

### Directions

In a bowl, add beef, sauce, onion, salt, pepper, seasoning and garlic.

Mix them together using your hands and refrigerate for 4 hours.

Preheat the grill to high

Make patties out of the beef mixture. Use oil to grate and cook the patties for 6 minutes.

## ADDING GARLIC TO YOUR FOOD

Garlic is used in the kitchen for long. It should not be hard to add a few cloves to your diet, every day. No matter what cuisine you follow, you can incorporate a few cloves. 1 to 2 cloves per day is more than enough. Eating more garlic would lead to sweating and expelling of garlic, making you smell, like garlic. So, here are a few tips to use garlic.

Ground garlic and ginger together with a little water. This paste can be used for any spicy food, dressing meat or curries.

Garlic goes well with any seafood, may it be fish or prawn or other seafood.

All meat can be use with a garlic flavoring.

For marinating food items, you can use a mixture of garlic and lemon juice.

Adding garlic to baked foods would increase the sweetness. Baked or roasted garlic will have a slight sweet flavor. It is used in dishes like lasagna, baked potato or baked eggplant.

If you are using any condiment, you can add garlic to it. It would increase the taste and the flavor of the condiments.

Garlic can be added to the oil before tossing in any vegetables to increase the flavor.

Garlic boiled in milk or steamed garlic can be given to children.

## RAW GARLIC IN THE DISHES

The health benefits are the highest, when you consume raw garlic. You would know why vampires are afraid of garlic, only when you eat it raw. However, there are other ways to eat garlic.

Add raw garlic, onion and olive oil to your salsa to increase flavor. Due to the oil, garlic would be less strong in smell and taste.

Minced raw garlic can be added to salads, along with lime juice and parsley.

Fermenting garlic in brine would increase the beneficial enzymes in garlic.

Minced raw garlic can be mixed with butter or mayo and can be used as a spread for toast.

Mix minced garlic with mashed avocado and you would have a spicy and nutty flavored avocado.

Add minced garlic to the pasta sauce, after it is cooled.

Add raw garlic to the honey and lemon tea and consume immediately.



## GARLIC WINE

No recipe chapter is complete without the recipe for wine.

### Ingredients

15 clusters of normal garlic

Golden raisins – 1 pound

Granulated sugar – 1  $\frac{3}{4}$  pound

Water – 7 pints

Acid blend – 1 teaspoon

Campden tablet – 1 crushed

Yeast – 1 teaspoon

Champagne or wine yeast – a little

### Directions



Break the cloves and peel it. Slice the cloves, very thinly.

In a large pot, add water to it and bring it to boil.

Add minced raisins and garlic, in a straining bag. Tie the bag and add it to the water. Add one pound of sugar, water and other ingredients, except the yeast. Cover it with a cloth.

Let the water sit for 24 hours. Now, sprinkle the yeast into it. Adding yeast into the hot water would kill it. Do not stir after adding yeast.

Let the liquid ferment for 2 days and then, stir the liquid. Let it ferment for another 7 days. Stir it, twice a day.

After 7 days, remove the bag and squeeze the liquid into the water. Use gloves, so that you would not smell, like garlic.

Add the remaining sugar and stir till the sugar gets dissolved.

Close it in an airtight container. Let it sit for 30 days.

You may need to rack it for three times, till the wine clears. It would take three weeks.

Wait for another three weeks, before bottling up the wine.

This is the cooking wine and should not be used for drinking, directly. No matter

what method you use for making the wine, it is a cooking ingredient. It would add excellent flavor to your dishes.

Garlic is one of the wonder foods, which is available in nature. Use it moderately every day to get the best out of it. If you are planning to use garlic as an alternative medicine, make sure to continue with the drugs provided by the doctor. Other than the HIV medicines, garlic is not known to interact with any other medicines. However, if you have a life threatening medical condition, consult a doctor before you use garlic essential oil in your diet. Fresh garlic can be used, without consulting the doctor.

## About the Author

Hello my name is Victoria Lane and I currently reside in Austin Texas. My goal is to write books on subjects that I have a deep understanding of and am truly passionate about. I began writing in college as a hobby and kept detailed journals about my life. With the advent of self publishing I started to turn my hobby into a career and thanks to all those that have bought my books I am now proud to call my self a full time writer!

In my books you will find a healthy dose of entertainment mixed with education. I believe people learn better when they aren't bored to tears. Therefore, I try to inject humor and witty anecdotes into my books to keep things interesting.

I am a huge animal lover and our family currently has three dogs and if my husband would let me I might have more :) I couldn't do all this without your support! My passion is to serve you and write books that will provide you with maximum value and insight. Please scroll down to see if any of my books would interest you.

Your Friend,

Victoria Lane

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# THANK YOU

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Thanks a million for reading this book all the way to very end!

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