

Herbs For Healing Newsletter

Wild garlic – nature's pharmacy is in bloom

If you drive or walk through any piece of British woodland in the Spring, the chances are that you will notice strong garlic scents in the wind. It seems strange to smell garlic miles away from a kitchen.

The wild garlic is related to the cultivated garlic (*Allium sativum*) we can buy in shops or grow in the garden.

Allium ursinum is its Latin name. Bear's garlic.

This wild plant has traditionally been used for the treatment of heart disease, high cholesterol, fatty deposits, arteriosclerosis and a variety of infections in the respiratory and digestive system.



Forage for food and medicine in the woods!

Wild garlic can be used in salads, soups or mixed with vegetables. It contains large numbers of sulphur compounds which detoxify the blood and also the digestive tract, up to 4 times more than the cultivated garlic.

It also contains vitamin A and C and iron, magnesium, manganese and adenosine. Adenosine is a key component in the regulation of high blood pressure and fast heart beat.

Wild garlic contains about 20 times more adenosine than cultivated garlic. And it is freely available. It is free food and medicine.

Wild garlic also proved superior to cultivated garlic in reducing LDL cholesterol levels, which is great news. Many people suffer more or less

severe side effects from taking cholesterol-reducing medication (statins), so why not try using this medicine from the woods around you? Or, even better, use wild garlic to PREVENT high cholesterol levels. After all, to prevent is better than to cure.

Wild garlic with its many sulphur compounds clears the inside of the digestive tract. It detoxifies the gut from pathogens and at the same time supports the 'good' bacteria. It kills many parasites and assists in clearing candida albicans, a common yeast infection. Wild garlic is a truly versatile plant.

Find delicious recipes overleaf...

So you've found and harvested **Wild Garlic**, what now?

Try Wild Garlic Soup...

Serves 4 - Ready in 30 minutes

Ingredients

- 300g wild garlic
- 1 l chicken or vegetable stock
- 1 large onion
- 3 tbsp crème fraiche
- 1 tbsp oil
- salt & pepper

Preparation

Heat up the oil. Slice the onion finely and fry for a few minutes

in the oil until tender but not brown. Add in the wild garlic and cook for 5 minutes.

Pour in the stock and cook on a slow heat for 20 minutes.

Blend, add the crème fraiche, and adjust the seasoning to your taste. Serve immediately.



Wild Garlic Pesto

Ingredients

- 1 cup washed wild garlic leaves
- 1 cup grated parmesan cheese
- 1 cup pine nuts or walnuts
- enough olive oil for a pouring sauce
- salt and pepper

Preparation

Put the garlic leaves and pine nuts (or walnuts) into a food blender and mix until smooth.

Blend in the parmesan. Gently pour in the olive oil until you have a smooth pesto sauce. Season with salt and pepper.

Store in air-tight jars in a dark cupboard. The pesto will keep for several weeks.

Avocado Salad with Wild Garlic



Ingredients

- 1 avocado
- 1 bunch washed wild garlic
- 3 tomatoes
- 1 red pepper bell
- 2 tbsp extra virgin olive oil
- sea salt or organic salt
- 1 pinch cayenne pepper

Preparation

Cut the peeled avocado and the pepper into thin slices. Dice the tomatoes and put everything into a medium-sized bowl. Add the finely chopped wild garlic.

Pour over the olive oil, mix well and season to taste with salt and pepper.



Luzia Barclay DBTh MIRCH
Registered Medical Herbalist

Salisbury Herbal Practice
54 Hamilton Road
Salisbury SP1 3TQ

Telephone: 01722 330663

Email: info@luzia.co.uk

Site: www.herbsforhealing.org.uk