

Garlic Nutrition Facts

  @thewildharvest

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Interesting Facts:

Hippocrates would prescribe garlic to treat:
Respiratory problems
Parasites
Poor digestion
Fatigue
Garlic was used in WWI to treat wounds.

Health Benefits:

Cancer - bioactive sulfur compounds
Heart protection- reduces plaque build up
High cholesterol/blood pressure- polysulfides open and widen blood vessels.
Common cold- antimicrobial, antiviral, and antifungal properties
Antioxidant

How to Store Garlic:

Room temperature in a dry and dark place .
Circulation is important so place in a wiremesh basket or open paper bag.

Other Uses:

Used to treat ear infections.
"Fire Cider" is used to prevent colds.
"Black Garlic" is higher in antioxidants, made by letting regular garlic age in temperatures between 140-170 degrees for about 3 weeks.

References:

<https://www.medicalnewstoday.com/articles/265853.php>
<https://draxe.com/nutrition/7-raw-garlic-benefits-reversing-disease/>