



It's Time To Plant Garlic Out and Bring Rosemary In

Two of my culinary and medicinal favorites Garlic and Rosemary! One needs to be planted this time of year outside and the other needs to come into the home for the winter. Both are great healing herbs for the dreaded cold and flu season. In this newsletter I will give tips on growing garlic for fall planting, as well as growing Rosemary in the house. We can use both of them for our health this winter just by adding them to our cooking. Our families won't even know how we are keeping them so healthy! Rosemary added to our

bathwater will make even the worst cold seem like it's gone forever, never to return. I will include a bit of history on these herbs as well. Both have been used for centuries all over the world.



Let's stay healthy this winter with Garlic and Rosemary

About Rosemary

About Rosemary *Rosmarinus officinalis* The Latin name, "Rosmarinus," means "dew of the sea"; it was so called because it grew around the Mediterranean.

The upright rosemary can grow 4 – 6 feet tall and 4 feet wide shrub in zones 6 – 8. Here in zone 4-5, it may never get much taller than 18". The thick leaves are long, narrow, and tend to turn in on themselves. It produces small flowers that are pale blue, white, or pink. There is also a trailing variety

that works great in hanging baskets. It tolerates poor, rocky soil and drought outside, also is wonderful in container gardens, as a houseplant or pruned into a bonsai. Must have a hot sunny area outside. Shearing the top encourages the side branches to get thicker. Take care not to trim plants back beyond the last bit of foliage. Plants that are cut back too far tend not to sprout new growth.

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Rosemary & Garlic

Rosemary is one of the oldest healing herbs and is a favorite in many herb gardens; Rosemary is both a culinary and medicinal herb, with many healing properties

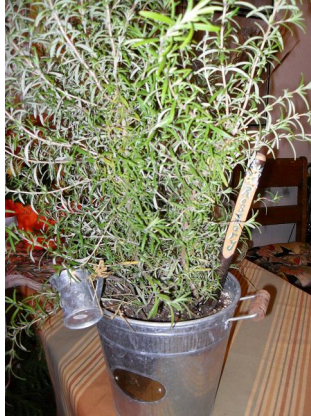
Garlic is nature's wonder drug. Its medicinal value has been understood by herbalists for at least 2000 years.

Usefulness of Rosemary

Rosemary (*Rosmarinus officinalis*) is for remembrance. In Shakespeare's day, Rosemary was a favorite herb used to help people with their memory. Now in various research studies done today it looks like they were right on target with that. It's been said that Rosemary helps to boost the memory and increase alertness. Many Herbalists have been telling people for centuries that rosemary has stimulating effects on the brain.

Aroma: The oil is extracted by steam distillation and has multiple applications in aromatherapy.

Cosmetic: Can be an ingredient in shampoos and



conditioners used to decrease dandruff and works as a tonic to stimulate.

Culinary: The flavor has been described as a cross between sage and lavender with a touch of ginger and camphor. Great used to flavor breads, pork, lamb, potatoes, egg dishes, fish and chicken. I like to throw a couple of sprigs in the charcoal when grilling out.

Medicinal: It is a very strong antioxidant. Used to increase circulation, fevers, reduce headaches, digestive issues and fight both bacterial and fungal infections both in people and plants.

Note: Always consult a Medical Doctor before treating with any medicinal herbs.

Growing Rosemary Indoors

When I bring Rosemary in for the winter, I make sure that I repot it in good organic potting soil or add worm castings to any soil that doesn't have it. This will help the roots system of the plant stay stronger and healthier. When purchasing Rosemary this time of year or for the Holidays, the soil it is generally planted in is awful. My advice would be to change the soil as soon as possible to give it a better chance of surviving indoors.

To much water will damage the roots and cause the plant to die, so I let the soil dry, then water thoroughly. I always say Ivies don't like wet feet,

neither does Rosemary.

Rosemary needs a south, southeast, southwest exposure with 5 to 6 hours of sun. My kitchen window is perfect for this. I have it in a southeast window. A cooler room about 60-70* during the day and a bit cooler a night would be preferable.

There is no need to mist Rosemary, however it can get powdery mildew in the house. I will only mist it to treat it for powdery mildew with 1 tablespoon of baking soda, 1/4 teaspoon of liquid soap, 1 gallon of water, then put in a spray bottle.

Note: The soap will help it cling to the leaves.

Preparing Rosemary Tea

Pour 1 cup of boiling water over 1 teaspoon of dried rosemary leaf, cover, steep for 5-10 minutes, strain, and drink. May add touch of lemon and honey too.

Besides drinking rosemary tea, you can benefit from it by:

- adding it to bath water to soothe sore muscles

- soaking a washcloth in it and applying it to the skin to heal wounds and treat conditions like eczema.



Rosemary Throughout History

Since the times of the ancient Egyptians and Greeks, rosemary has symbolized love and loyalty, friendship, and remembrance. Rosemary has long played a part in rituals and ceremonies associated with both marriage and death. Medieval physicians believed that nightmares and anxiety could be avoided by placing rosemary under a pillow at night. In Greece students wore garlands of rosemary because they believed it would help their memory, so instead of studying all night for an



exam they wore rosemary around their necks or even around their heads. To this day, students in Greece, who are about to take exams, burn it in their homes thinking they will do better on their tests. French medics during WWII burned a mixture of rosemary leaves and juniper berries in field hospitals to prevent infections. Christians called rosemary the "Holy Herb" and associated it with Mary, who, according to Spanish legend, draped her cloak over a rosemary bush on their flight to Egypt, turning the color of the blossoms from white to blue.

About Garlic

Garlic (*Allium sativum* common garlic) is part of the "lily" family and is a relative to shallots, garlic-chives, and leeks. The bulb is made of a series of bulblets called cloves. The garlic bulb has a papery exterior skin that varies in color from white to purple. There are many varieties of garlic with the "sativum" or "softneck" being the most common variety. The Hardneck garlic produces a "woody" flower stalk. The cloves



are much larger than the Softneck and easier to peel. Softneck garlic does store better than hardneck varieties.

Patty's carries **Gourmet Garlic (Spanish Roja)** it is a hardneck variety that is famous for its pleasantly hot and spicy bite. It's perfect for planting in our zone. Spanish Roja has a bluish pinky-red color and is very easy to peel.

Approx. 7-10 cloves per bulb.

Why Plant Garlic This Fall?

Fall is the perfect time to plant Garlic. There have been studies done that have shown garlic bulbs planted in the fall produce twice as much than bulbs in the spring. You need to plant garlic about 4-6 weeks before the ground freezes so it can set roots but not necessarily sends new

shoots up. If you get a some growth before winter arrives no need to worry, your garlic plants will be perfectly fine.

Plant Garlic now to enjoy next summer!



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Health Benefits of Eating Garlic

Garlic has been used for centuries for both medicinal and culinary purposes. Garlic has been shown to lower cholesterol, reduce the risk of heart disease, fight infection and boost immunity. And, as if that isn't enough, there are new studies that show garlic could be a strong preventative for cancers of the digestive system, including the esophagus, stomach, colon and rectum. I put garlic in almost everything I cook, especially during the cold and flu season to help keep my family healthy. Cook with it for the health of your family too this winter!

Fun Facts About Garlic

- In Ancient Egypt it is said that the masters of slaves fed garlic to them to increase the worker's physical power.
- During the years of plague in Europe, many people ate garlic daily in an attempt to protect themselves from the deadly illness.
- World War I & II also played a part in the history of garlic. During the war years, when the supply of sulfur drugs ran out, the British used garlic for effectively treating wounds.

Planting Garlic

Plant

Put the cloves 5-6 inches apart in rows 12-15 inches from each other. Set them 2 inches deep. Garlic grows best on crumbly, light soils that are high in organic matter, with a pH range of 6-7. Heavy clay soil creates misshapen bulbs and makes harvesting difficult. Add organic matter like, Happy Frog Soil Conditioner, composted cow manure, worm castings, crushed leaves, mushroom compost, grass clipping to the soil on a yearly basis to keep it rich. You may need a soil test for your particular garden soil. Plant with a good organic slow release fertilizer, you can also dust the bulbs with bone meal. Planting garlic in a area by its self or better yet in a raised bed is perfect for them. This way you won't be disturbing the bulbs when you till the rest of your garden in the spring.

Watering and Mulching

Garlic must be kept evenly moist, as dry soil will cause irregular-shaped bulbs. It doesn't have a very extensive root system, so summer watering is essential. Mulch garlic to preserve soil moisture. Do not divide the bulb into cloves until you are ready to plant, as early separation may decrease yields. Mulching with straw will help strengthen their survival. Snow cover is an excellent mulch if mother nature provides us with some this winter.

Harvest

the garlic bulbs when the plants have three or four bottom leaves that are dead and five or six green leaves left on

the top. Usually around July depending on the summer weather. Dig up a bulb or two to check the size and status before digging the entire crop to make sure they are ready. Use a digging fork to loosen the soil, and then remove the garlic from the ground. Be careful not to bruise the garlic cloves when digging or handling the freshly dug bulbs. You must not leave the bulbs exposed to strong sunlight for any length of time or the bulbs will sunburn.

Curing

takes about two weeks. Remove 1/4" of the roots, do not wash off with water. They need a well ventilated area on a drying rack or put in a mesh bag. You can tie 10 or so together for hanging. Make sure they aren't getting direct sun during this process.

When Using Fresh Garlic vs Dried

Equivalents: A head or bulb of garlic usually contains about 10 cloves. 1 clove = 1 teaspoon chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice
Substitutes: granulated garlic (provides flavor, but not texture) OR garlic flakes (Substitute 1/2 teaspoon garlic flakes for every clove of garlic) OR garlic powder (Substitute 1/8 teaspoon powder for every clove of garlic called for in recipe.) OR garlic salt (Substitute 1/2 teaspoon garlic salt for every clove of fresh garlic called for in recipe. To reduce salt in recipe.)