



Garlic: The Mighty Bulb

Natasha Edwards

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A guide to growing, preserving, cooking and healing with garlic.

There is perhaps no better author for a book on garlic than one who grew up on a garlic farm and is also a formidable cook. ***Garlic: The Mighty Bulb*** is a colorfully illustrated treatise of praise and practical information about the "mighty bulb." The book covers the world of garlic and the many ways it can be used around the house and for improved health.

The topics include:

- Garlic: an essential ingredient
- Buying, storing and preparing garlic
- Garlic around the world and through history
- What is garlic, its origins, classification and varieties
- Growing, harvesting and storing garlic
- Health and remedies
- Garlic myths.

A chapter on garlic and modern medicine describes garlic's healing properties and describes conditions and treatments for cardiovascular disease and poor circulation, cancer, heavy metal toxicity, infections, skin problems, viruses and more.

Fifty delicious recipes demonstrate how to use garlic in a variety of culinary treats, including appetizers, soups, side dishes, salads, entrées, dips, sauces, dressings and breads. Dishes from around the world include such garlic-rich standards as bruschetta, aioli, pesto, tzatziki, salsa, chicken with 40 cloves of garlic, and garlic and rosemary focaccia. Some of the innovative creations are: garlic, cumin and beet fritters; marinated minty garlic carrots; spicy purple sprouting broccoli; roasted butternut squash and garlic risotto; moroccan dressing; and caramelized garlic and tomato tarte tatin.

Garlic: The Mighty Bulb is an important addition to any cookbook collection and an excellent resource for every enthusiastic cook.

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