

# FREEDOM HARVEST FARM

## Fermented Garlic & Honey



Natural Illness Preventative | Cold & Flu Remedy

### Ingredients

Mason Jar with Lid (of desired size)

Local Raw Honey

Organic Fresh Garlic Bulbs

Peel the garlic cloves. Trim the tops of each garlic clove & cut each clove in half if they are large. Use enough garlic to fill your mason jar about  $\frac{3}{4}$  full. Pour local raw honey over the garlic cloves until the garlic is covered.

Apply jar lid and place on your kitchen counter. Turn/shake the jar daily to make sure the garlic is coated. This prevents bacterial growth.

Burp jar lid daily for 2 weeks if not using a fermentation lid. Simply open lid and replace.

The active fermentation period is approximately 2 weeks. When you no longer notice bubbles, the active fermentation period is complete and daily burping is no longer required. It should also be noted that the honey is thinner due to juices being released from the garlic cloves. The garlic cloves will begin sinking rather than floating as when it was first made. Once the garlic cloves have sunk to the bottom of the jar, no more daily turning/shaking is required.

The honey will darken significantly as the fermented garlic & honey ages. There is no expiration to this fermentation and no refrigeration is required. The older it becomes, the better it tastes.

## How to Use

- Eat one garlic clove and a spoonful of the honey once a day as a preventative for general wellness.
- At the onset of an illness, consume one garlic clove and a spoonful of the honey every 2-3 hours until symptoms resolve.

## The Health Benefits

- Immune System Support
- Illness Prevention
- Anti-inflammatory
- Antiviral
- Antifungal
- Antibacterial
- Promotes gut health
- Cardiovascular health