

Garlic: The Must Grow/Eat Vegetable (Find Out Why)

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What's not to love about garlic? Garlic is really easy to grow (plant December/January), it makes food taste awesome AND it has to be just one of the healthiest things you can eat, I mean seriously the list of ailments garlic is supposed to help with is extensive. I think traditionally most people associate garlic with lowering blood pressure and general heart health, but it actually used for so much more...

Check out the link below to find out about some of the medicinal and herbal uses for garlic. My advice - you can easily grow enough garlic to last a year in a four foot square patch - get planting!

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(Photo from: Herbs Info)