

# F E R M E N T E D H O N E Y   G A R L I C

## **Benefits:**

The preparation is very easy and only requires good raw local honey, fresh garlic, and a little patience. If you're worried about the garlic being too strong, don't be. After a few weeks, the honey softens the garlic and the flavors blend into a gentle syrup tolerated well by kids and husbands well.

## Benefits of Fermented Garlic Honey

When a garlic clove is chopped, crushed, or chewed, garlic releases a powerful compound called allicin which is the compound responsible for its strong smell. Allicin doesn't last long as it is fragile, but during those first few hours after chopping, it works incredibly hard to support our health.

Allicin has natural antimicrobial and antiviral properties, which is why garlic has been used for generations to fight off colds, coughs, and all sorts of seasonal allergies which is enchanted when paired with local honey. It can help to thin mucus and reduce inflammation. Which is why so many grandmothers' remedies started with raw garlic.

Raw honey is full of enzymes, antioxidants, and other natural soothing compounds. When honey is combined with raw garlic, you get a powerhouse combo that's both protective and restorative.

Fermentation helps mellow the garlic and boost digestion, absorption, and shelf life.



## **Ingredients:**

- 10 to 12 heads of garlic
- 12 ounces raw local unfiltered honey

## **Supplies needed:**

- Clean glass jar and lid
- Knife
- Cutting Board

## **Note:**

The fermentation process to make garlic honey takes 2 to 3 months (on average) until it is ready for use.

If you notice you are running low, start a new jar before you think you will need it.

## Instructions:

1. Find yourself a clean quart sized jar with a good lid, such as a mason jar or very cleaned recycled pickle jar etc..
2. Next, peel all of the garlic. Cut away any visible blemishes and do not use a clove if it is discolored, over-ripened, or soft.
3. Before filling the jar, it is important that you damage the garlic in order to release the allicin by cutting the garlic in half or thicker bulbs into thirds. When you come across the smaller or thin bulbs, just puncture with knife to create some holes.. Peel and slice enough garlic to fill your jar  $\frac{2}{3}$  of the way.
4. Fill the jar with honey until you have covered the garlic with at least a good inch of honey above the cloves. Use a BBQ skewer, knife, or long-handled spoon to poke around in the garlic and encourage the honey to get to the bottom of the jar. This also helps to remove any trapped air bubbles.
5. Put the lid on the jar so that it is finger-tight and place it in a cool, dry place for 2 to 3 months. Burping occasionally.

## How to burp your jar:

1. Every few days, you will have to “burp” your jar to let out any carbon dioxide that may have built up by loosening the lid to let the gas out, then lightly tighten the lid.
2. Once the lid is secure, turn the jar upside down 2-3 times gently so that the honey coats the cloves that were previously exposed towards the top, and return the jar to the cabinet.

## FAQ's and Troubleshooting:

- Do I have to use raw honey?

Yes. Pasteurized (regular store-bought) honey has been heated, which kills the enzymes and good bacteria that help with fermentation. Raw honey keeps everything alive and active—and it's what makes this work.

- Do I need to burp the jar every day?

Not really, unless you sealed it too tightly too soon. I always start with the lid just loosely screwed on to let it breathe. If you ever do put the lid on tightly, just unscrew it every couple of days in case gases build up.

- Can I eat the garlic cloves too?

Yes! Absolutely.

- How long will it last?

A long time. Raw honey is naturally shelf-stable, and fermentation preserves the garlic even more. Keep it in a dark pantry, cabinet, or the basement indefinitely until it is all used up.

- Is it supposed to bubble?

Yes! Bubbles are a sign that it's fermenting. You might see a few at the top or notice the honey becoming runnier – that's all normal.

- My garlic turned blue or green – did I mess up?

Nope. That's a normal reaction between garlic's sulfur compounds and acidic environments like vinegar or honey. It's harmless and safe to eat. If it bothers you visually, just slice the garlic instead of crushing it – it happens less often that way.

- It smells off . What should I do?

If it smells rotten, yeasty, or like alcohol it may have gone bad. Trust your nose.

If it just smells like strong garlic and sweet funk, that's normal. **When in doubt, throw it out!**

- There's white stuff on top. Is that mold?

If it's fuzzy or colorful, toss it. If it's just a bit of separation or cloudiness from the garlic, you're fine. This is why I like to stir or tip the jar gently every couple of days. It keeps the garlic coated and prevents anything weird from forming on the surface.

- The honey is separating. Do I need to do anything to fix it?

No, natural separation happens. Just give it a stir or gently shake before you use it. If it ever crystallizes after long storage, you can gently warm the jar in a bowl of hot water to loosen it up. Do not boil as the honey will lose it's beneficial properties.

## **Can Fermented Garlic Honey Cause Botulism?**

- The concern of “will my fermented honey garlic end up containing botulism?” is a common one.
- Honey can contain a bacteria called clostridium botulinum, which is why it should never be given to infants under 12 months of age.
- Fermented garlic honey is absolutely safe if made correctly. Botulism cannot grow in a pH lower than 4.6 due to the acidity.
- To keep your mind at ease, there are litmus test strip kits that can be used to test the pH level of your honey. The pH level of honey ranges between 3.2 to 5.4. This number varies depending on which plants the bees use to make their honey.

## **How to Use Fermented Garlic Honey:**

- You can use the honey in recipes as you like. For immune support, adults should take 1 tablespoon daily or when starting to not feel well and children over 3 years of age can take 1 teaspoon. Toddlers can be given 1/2 teaspoon. Do not give to babies under 1 year old.
- If you start to feel run down, develop obvious cold or flu symptoms, or feel foggy and fatigued, pair the honey garlic with my elderberry syrup recipe. And as always consult your doctor family doctor.