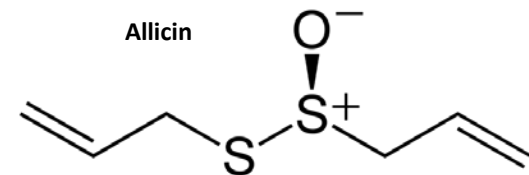
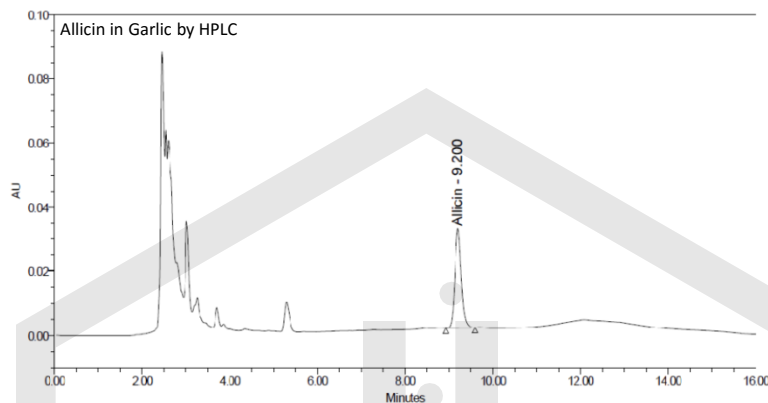




## Plant of the Month

By Jonathan Crellin, Alkemist Labs  
\\NAS\Station 15\Plant of the Month\



### Chemistry

The main active component in garlic is allicin. This is an organosulfur compound responsible for raw garlic's pungent taste, and its aromatic smell when chopped. Other organosulfur compounds provide the spice in mustard, horseradish, and wasabi, and the eye-watering effects from chopping onions.

# Garlic

*Allium sativum*



### Sales

Manufacturing: \$15,200,00 (13<sup>th</sup>)  
Consumer: \$5,300,00 (14<sup>th</sup>)

### Botany/Preparation

Garlic is part of the Allium family which also includes onion, scallions, and chives. It is thought to have originated in Asia, but is grown today all over the world, with the largest producer being China. Garlic can be grown year-round in mild climates by planting cloves in the ground. The bulb's small cloves contain the active ingredient used for cooking and medicinal purposes



### History/Traditional Use

The use of garlic has been traced back as far as 3000 BC. It was thought to have medicinal properties that promoted extended life spans, and cure several diseases. It was popular in India among the lower classes, and was thought to be a strong stimulant and aphrodisiac. As a food, it was favored by the Hebrews in biblical Egypt. Today garlic is still used in cuisine throughout the world.

### Pharmacology

Preliminary research suggests that allicin in garlic may slow the development of atherosclerosis (hardening of the arteries), a condition that can lead to heart disease or stroke. Garlic's most common uses as a dietary supplement are for high cholesterol, heart disease, and high blood pressure. Other folk or traditional uses include prevention of certain types of cancer, including stomach and colon cancers.



## References

1. <https://unitproj.library.ucla.edu/biomed/spice/index.cfm?displayID=14&keyword=garlic>
2. <http://www.indepthinfo.com/garlic/>
3. <https://nccih.nih.gov/health/garlic/ataglance.htm>