



Tincture of Garlic

Following on from his US study tour, Wilco Van Eck has enthused us into trying tincture of garlic in those cases where previously we would have used a shot of Penicillin. Great in theory but we couldn't buy it anywhere. Hanna resorted to one of her Herbal Remedy books and guess what - we found a recipe. The result to date has been fantastic; we have administered 5 ml per adult goat (when sick) down the throat. Here is the recipe we followed:

- Clean enough garlic cloves to “overfill” a 5-litre bucket.
- Chop the garlic in a vitamiser, and put it back into the bucket, it is now about 20mls short of the top of the bucket.
- Add 1 litre of methylated spirits. If you were thinking about using the remedy for yourself I would substitute with a good alcohol!
- Add 3 litres of lukewarm water.
- Seal tight (it stinks!).
- Each morning and night tip the bucket over to mix.
- After two weeks the mix is ready to strain, firstly pour the contents of the bucket through a fine kitchen sieve and then strain the resulting liquid through fine gauze.
- The final liquid is your tincture, we are told that this will keep for “a couple of years” but we are already making our next brew!
- The chopped garlic was put back into the bucket and left for the goats to pick at as they were coming out of the milking parlor, by the end of milking it was all eaten. We didn't notice a taint in the milk.

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