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The Miracle of Garlic: Practical Tips for Home & Health

Dr. Penny Stanway

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Garlic is a vital ingredient not only in cooking, but also for health and well-being—and who knows: it may even keep vampires away, too! This indispensible guide offers advice on choosing, using, and cultivating garlic, along with information on its history, its role in the Mediterranean diet, its popularity, and its value as a medicine, complete with an A-Z of ailments. Best of all, a selection of international recipes includes everything from vegetables and sauces to pasta and pizza!

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