



Wild garlic (*Allium ursinum*)

Common names: wild garlic, ramson, buckram, broad-leaved garlic,
wood garlic, bear leek, bear's garlic

Latin name: *Allium ursinum*

Plant Family: *Liliaceae*

What does wild garlic look like?

It's leaves are oval shaped long green leaves and smell of garlic.

It's flowers are small and white.

When foraging for wild garlic make sure that you don't mistake
the plant for Lily of the valley
which is very poisonous to be consumed and can be fatal.

Where can you find wild garlic?

Wild garlic is found in the countryside in the UK on
hedgerows and you can also find it in woodlands.

What can you do with wild garlic?

You can put wild garlic leaves into a homemade soup, a homemade pesto,
a homemade sauce or you can even chop it up and add to a healthy yummy salad.
Its flowers can also be eaten and used to decorate a salad.

What medical properties does wild garlic have?

Good for detoxing

Blood cleansing

Anti-oxidant

Helps to boost your immune system

Helps with stomach disorders.

Help ease headaches

Helps to balance high blood pressure

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Wild garlic

Magical uses

Used in healing spells
Good luck spells
Used in protection spells
Wards off evil
Used in shapeshifting rituals
Power animals - Connects you to the spirit of the bear

It's ritual time

Small bunch of wild garlic leaves
Small bunch of sage leaves
Small bunch of rosemary leaves
3 star anise
3 Cinnamon sticks
Black thread

Create a bundle using all the herbs and black thread. On the front of the bundle place a 3 cinnamon sticks and 3 star anise.

Hang on your front door to protect your home from any negative energies that may wish to come into your home.

When you hang up the herb protection bundle imagine your home surround by love and protection, put your left hand on your heart and say loudly 3 times.

Surround my home with love and grace x 3
My home is safe and a welcoming place. X 3
All are protected here and now x3

And so, it is and so it is, and so it is, so mote it be, blessed be, thank you.