

Tick Repelling Pesto

Spring
Pesto



A Swedish military study (prospective, randomized, double-blind) found that eating the equivalent of 1 clove of garlic per day (or a pill with 1200 mg *Allium sativum*) significantly reduced tick bites (20%) when compared to a placebo.



In addition, in vivo studies demonstrate that garlic as well as other herbs and medicinal plants (oregano, thyme, cinnamon, cumin, allspice) are promising for treating Lyme and chronic Lyme infections.

This dairy-free pesto uses spring green garlic that contains lots of allicin (sulfur compound that is an antioxidant). If you don't have a garden or local farm that harvests green garlic, substitute with fresh garlic cloves and increase greens.

Garlic is a powerhouse with therapeutic properties against cancer, heart disease, blood pressure, diabetes, musculoskeletal diseases, and more due to its antioxidant, anti-inflammatory, antibacterial, and lipid-lowering effects. Fresh garlic should have plump, firm cloves covered tightly with white and/or purplish papery husks. Avoid soft, browned, and sprouted garlic.

Basil and other green herbs and greens are good sources of B vitamins, folate, vitamin C, vitamin E (alpha-tocopherol) and provide some minerals such as copper, iron, manganese, magnesium, phosphorus, potassium, and zinc. In addition, they have high concentrations of phenols and flavonoids that promote healthy cells, support immune and cardiometabolic health.

Pumpkin seeds provide healthy fats, fiber, and micronutrients such as manganese, magnesium, phosphorus, iron, copper, zinc, riboflavin, folate, and vitamin E.

Combined, these provide a good dose of antioxidants, help balance blood sugar, support the heart and cardiovascular system, boost mental health, and reduce oxidative stress.

Pesto Ingredients:

- 6 stalks firm, fresh green spring garlic, trimmed, green and white parts chopped
- ½ cup packed basil leaves (or cilantro or baby kale or baby spinach)
- ¼ cup pepitas (pumpkin seeds), toasted lightly in a skillet
- 1 lemon, juiced
- 2 tablespoons nutritional yeast (grated parmesan may be substituted)
- ¼ cup extra virgin olive oil
- Salt to taste
- Fresh black pepper, cayenne, or hot sauce (optional).
- Variation: add an avocado to create a thick, creamy, pesto.

Directions:

- Add all ingredients except olive oil to a food processor.
- Pulse 10-20 times to chop.
- With the blade running, pour in the olive oil until a coarse paste forms. Add a few tablespoons of water if needed to break down the garlic completely.
- Storage: refrigerate for up to 5 days or freeze in airtight container for up to 4 months.

References

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