

Aloe Vera

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When to Plant: Year-round

When to Harvest: Year-round

Uses in Medicine: The gel of Aloe vera can be used to soothe sunburnt skin and support wound-healing process by providing moisture to the affected area. Additionally, Aloe is used a natural laxative and can be used to alleviate constipation (The Mayo Clinic recommends no more than 0.17 g of dried aloe juice).

Uses in Cooking: Aloe Vera is typically not used in cooking however the gel can be used in salad dressings, typically mixed with fruit. Aloe can also be pressed into juice. Aloe juice can be found at a local supermarket, or can be produced at home if desired.

Fun Facts: Aloe Vera has been found depicted on 4,000 year old sumerian tablets describing its benefits in aiding digestion.

