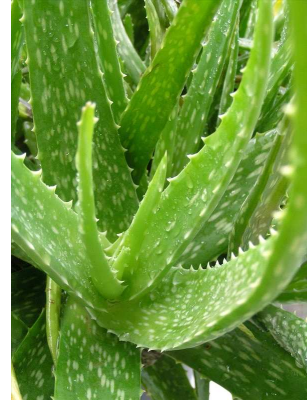


Aloe, Burn Plant

Family	Xanthorrhoeaceae
Botanical	A. vera
Parts Used	Gel from the leaves
USDA Hardiness	8-11
Light	Light Shade
Soil	Well drained, sandy
Duration	Perennial



Propagation	When potted, aloes become crowded with "pups" growing from the sides of the "mother plant", they should be divided and repotted to allow room for further growth and help prevent pest infestations.
Water	Dry, spray with mister
Growing	Aloe plants can burn under too much sun or shrivel when the pot does not drain the rain. The use of a good-quality commercial propagation mix or packaged "cacti and succulent mix" is recommended, as they allow good drainage. Terra cotta pots are preferable as they are porous. Potted plants should be allowed to completely dry prior to rewatering.

Medicinal Uses	Demuculent, emollient, laxative, vulnerary and emmenagogue.
Benefits	Mainly for skin conditions such as cold sores, burns, frostbite, sunburns and other damage from the sun. Treatment for jaundice and other liver complaints.
Preparation	Gel: Internally, 2 oz. each time, up to 1 pint daily. For chronic constipation, gastritis, hyperacidity, stomach ulcers. Fluid Extract: Internally, 1/2 to 1 teaspoon 3 times daily. For chronic constipation, gastritis, hyperacidity. Externally: Applied to athlete's foot, sores, wounds, skin irritations, abscess and insect bites. The gel of aloe is applied topically to heal severe burns and skin rashes. It can be left on for 2 days without changing the application.

Fines Herbes

Culinary Uses Aloe vera gel is also used commercially as an ingredient in yogurts, beverages, and some desserts.

Strawberry Banana Aloe Vera Smoothie

Ingredients:

- 1 banana
- 1 1/2 cups unsweetened vanilla almond milk
- 4 strawberries, quartered
- 1 cup fresh aloe vera, cubed
- 1/2 cup ice

Directions:

1. Place everything in a blender.
2. Blend for about a minute until smooth.
3. Serve and drink immediately.



Historical Facts 6000 year old stone carvings in Egypt contain images of the Aloe plant, which they referred to as the "plant of immortality". It was given as a burial gift to deceased pharaohs. Early records of Aloe vera use appear in the Ebers Papyrus from the 16th century BC and in Dioscorides' De Materia Medica and Pliny the Elder's Natural History - both written in the mid-first century AD. It is also written of in the Juliana Anicia Codex of 512 AD.

Additional Tips

Nutrition Facts Aloe boasts a natural infusion of 20 minerals, 18 amino acids, and 12 vitamins that are important to your overall health. In fact, Aloe vera is the only vegetarian source of vitamin B12.