

**Persian transcript:**

سیر که تو... با هر غذای... شما با هر غذایی می توانید بخورید. علاوه بر مصرف غذای، مصرف دارویی هم دارد. وقتی برای زانو درد و این چیزها دارید... توی قسمت های که خیلی نمناک است، خیلی باران زیاد می بارد مثل غرب آمریکا، خیلی باران زیاد است، خوردن سیر خیلی مهم است. یعنی باعث میشود آرتروز نگیرند.

**English translation:**

Garlic, that in... with every meal... you can eat with every meal. In addition to food use, it has medicinal use as well. For when you have knee pains and these things... in places that are very wet, [where] it rains a lot, similar to the West of America... [where] there is a lot of rain, eating garlic is very important, meaning it prevents the development of arthritis<sup>1</sup>.

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use every day. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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<sup>1</sup> Lit., “becomes the cause of not catching arthritis.”