



Garlic

Planting & Harvest

Avoid planting in sites where other members of the onion family have been recently planted. Garlic should be planted in area with full sun and well-drained.

Plant 4-6 weeks before the last frost. After planting, mulch the bed with 3-5" of straw, compost, or shredded leaves to suppress weed growth and conserve moisture.

In late June/early July, when the majority of the plants turn brown/yellow and begin to die back, the garlic is ready to be harvested. They should be hung upside down in a dark, cool, well-aerated space for two weeks to cure them before eating. Garlic can be stored for up to 3-6 months.

Nutritional Benefits

Garlic

Source	Rating
Vitamins	EXCELLENT
Minerals	EXCELLENT
Fiber	MODERATE

Introduction

Garlic belongs to the Allium family, closely related to onions, shallots, and leeks. Garlic is low in calories but is rich in vitamin C, B6, and manganese. Throughout ancient history, garlic was used for its medicinal properties. Studies have shown that including high doses of garlic into one's diet can reduce blood pressure for those with high blood pressure, and can lower LDL cholesterol.

Preparation and Storage

Fresh Storage:

- Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight.
- Depending on its age and variety, whole garlic bulbs will keep fresh for about a month if stored properly. Remove any cloves that appear to be dried out or moldy. Breaking the bulb reduces its shelf life to just a few days.

Freezing:

- The National Center for Home Food Preservation performed research that confirmed that mixtures of garlic in oil stored at room temperature are at risk for the development of botulism. Therefore, garlic in oil should be made fresh and stored in the refrigerator at 40 degrees F or lower for no more than 7 days.
- Freeze garlic in oil in glass freezer jars or freezer boxes, leaving 1/2 inch headspace.

Drying:

- Peel and finely chop garlic cloves. Odor will be pungent! The estimated drying time in a dehydrator is 6-8 hours.

Vegetable state	Use by
Raw (cloves)	1-2 months
Freezing	10-12 months
Dried	2-3 years



Garlic

Garlic contains antioxidants that protect against cell damage and aging, which may reduce the risk of Alzheimer's disease and dementia.

Prepare Garlic Like This:

- Baked
- Boiled
- Grilled
- Raw
- Roasted
- Sauteed
- Steamed

Try Garlic In:

- Omelets
- Pastas
- Rice
- Salads
- Soups
- Stir-frys

Preparation

Recipe 1: Garlic-Chive Baked Fries

Serves 4; Prep and Cooking Time: 20 minutes

Ingredients

- 1 medium russet potatoes, cut into 1/4" strips
- 1 tbs. olive oil
- 4 tsps. dried minced chives
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper

Directions

- Preheat oven to 450 F. Rinse potatoes well and pat dry.
- Transfer potatoes to a large bowl. Drizzle with oil; sprinkle with the remaining ingredients and toss to coat. Arrange in a single layer in two large baking pans coated with cooking spray.
- Bake 20-25 minutes or until lightly browned, turning once. Enjoy!

Recipe 2: Garlic Broccolini

Serves 6; Prep and Cooking Time: 10 minutes

Ingredients

- 2 bunches broccolini
- 6 cloves peeled garlic, sliced thin
- 1 1/2 tbsp. extra virgin olive oil
- salt
- pinch red pepper flakes (optional)

Directions

- Trim about 1 1/2" off broccolini stems and discard. Slice the broccolini in half lengthwise.
- Bring pot of water to a boil. When boiling, add broccolini and cook 2 minutes. Quickly drain and run under cold water to stop it from cooking.
- Heat a large sauté pan over medium-high heat. Add the oil and garlic and cook until golden, about 1 minute. Add the drained broccolini, season with salt to taste and red pepper flakes (optional), and cook 1 minute, or until heated through.