

Harvest of the Month

Garlic



FUN FACTS:

Garlic grows under the ground and looks similar to an onion plant with a long stem and thin, green flat leaves coming out of the bulb. Inside each bulb are 10-20 individual cloves.

Allicin in garlic gives garlic its pungent smell and its healing properties. It becomes active when garlic is cut, crushed or bruised.

Roasting garlic mellows the flavor. While sautéing, be careful not to cook garlic too long or at too high a temp as a bitter flavor may develop.

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