

# Garlic



## SEASONALITY



## NUTRITIONAL PROPERTIES

Garlic is a great item to flavor dishes and entrées. It's naturally low in sodium and provides vitamin C, zinc, and calcium. Garlic can help reduce inflammation in the gut. Garlic is also high in antioxidants.

## STORAGE

Keep the bulb in tact, store in a cool (60-65 ° F), dark, and dry place. Lasts up about 6 months.

## PRESERVATION

Whole and un-peeled garlic bulbs can be frozen in a plastic bag. Minced garlic can be stored in water for a couple days or in oil for a couple weeks. Peeled cloves of garlic can be braised in olive oil and stored in the fridge.

## HOW TO PREPARE

1. Remove a clove of garlic from the bulb.
2. Peel the skin off the clove.
3. Smash with a knife to release oils.
4. Mince.
5. Add to dish.

Cooked garlic can be added to most meals.  
Raw garlic has a sharp and dominating flavor.

## RECIPES FROM HDFFA

*with garlic*

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- Vegetable Stir Fry
- Potato Onion Frittata
- Mediterranean Oven Baked Cod
- Spaghetti and Crispy Broccoli

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