
Selection

Try to purchase fresh garlic, as this will give you maximum flavor and nutritional benefits.

Select garlic that is plump and has unbroken skin. Gently squeeze the garlic bulb between your fingers to check that it feels firm and is not damp.

Avoid garlic that is soft, shriveled, and moldy, or that has begun to sprout. These may indicate decay.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ When storing garlic put in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight.
 - ◆ Whole garlic will keep fresh outside of refrigerator for about a month.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ You are making a healthy choice for you and your family.
 - ◆ What you spend supports the family farms who are your neighbors.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
 - ◆ Buying local lets you see and meet the people who produce our food.
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FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

Originally developed by: Jennifer Blazek,
UW Extension Polk County, Balsam Lake, WI;
<http://polk.uwex.edu> (June, 2014)



Garlic
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Uses

Garlic can be used in so many ways that only a few can be named.

The most common use of garlic is to add it to many dishes as a spice. Garlic can be pressed, chopped, sautéed, and roasted.

Use garlic as a healthy and easy way to add flavor to meats and vegetables. Garlic pairs well with many vegetables, everything from asparagus to greens to potatoes to squash. Also add garlic to baked goods like breads, muffins and biscuits for a savory treat!

Nutrition Facts

- ◆ Excellent source of Manganese
- ◆ Sodium free
- ◆ Good source of Sulfur
- ◆ Good source of Vitamin C
- ◆ Good source of Vitamin B6

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Primary Sources: WH Foods; Photos found on Goggle Images

Try It!

Garlic Green Bean Salad

INGREDIENTS

2 pounds	Fresh green beans
4	Large garlic cloves
1 1/2 tsp.	Salt
1/2 cup	Oil
1/2 cup	Apple cider vinegar
1/4 cup	Minced green onions
1	Small can of green chiles, chopped
	Peppers

INSTRUCTIONS

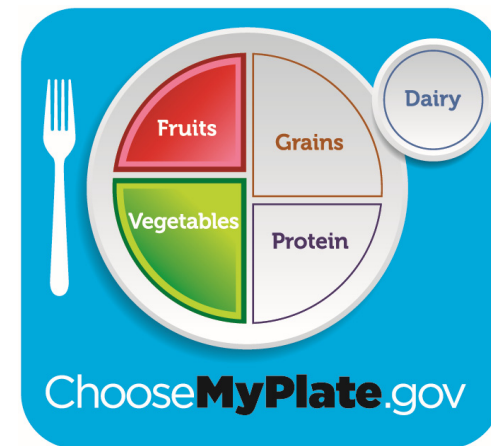
1. Cut beans in 2-inch lengths. Boil until tender-crisp and drain.
2. Peel garlic and mash with salt. Add oil, vinegar, onions, and chiles.
3. Pour over beans while hot.
4. Toss gently. Refrigerate.

Yield: 6 servings

Recipe Source: www.recipesource.com



Garlic Green Bean Salad



History & Fun Facts

Native to Central Asia, garlic is one of the oldest cultivated plants in the world and has been grown for over 5000 years. Ancient Egyptians seem to have been the first to cultivate this plant. Ancient Greek and Roman athletes ate garlic before sporting events and soldiers consumed it before going off to war.

Over the last few years, garlic has gained unprecedented popularity since researchers have been scientifically validating its numerous health benefits.