

Garlic

**April 19 is
National Garlic Day!
It is a wonderful day to
celebrate, unless you
have *alliumphobia* —
the fear of garlic.**



**GARLIC
FACT**

1

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

Be sure not to burn your garlic when cooking because it will taste bitter and ruin your dish.

Raw minced garlic is pungent and sharp. Roasting whole garlic cloves renders them buttery soft, nutty, and sweet.



**GARLIC
FACT**

2

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

**Although garlic is nicknamed
“the Stinking Rose,”
it is actually a member of
the lily (liliaceae) family,
as are onions, chives, leeks,
shallots, and asparagus.**



**GARLIC
FACT**

3

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

Garlic comes in different colors, including white, pink, and violet.

There are soft-neck garlics, which grow in a wide range of climates, and hard-neck garlics, which are more challenging to grow but are more colorful and have a wider range of flavors.



**GARLIC
FACT**

4

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

**We eat the bulb of
the garlic plant.
A bulb, or head,
contains lots of cloves,
all individually wrapped
in thin papery skin.**

**To grow garlic, plant garlic cloves
with the tips pointed upwards.**



**GARLIC
FACT**

5

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

When buying garlic, look for bulbs that are firm and tight, and that feel heavy in your hand.

If you keep garlic too long it will start to sprout. You can still use it but it won't be as flavorful.



**GARLIC
FACT**

6

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

About 90% of the garlic grown in the United States is grown in California. China is by far the world's largest garlic producer.



**GARLIC
FACT**

7

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

A clove of fresh garlic has very little aroma until it is crushed or cut. Once the cell walls are broken, the sulphurous aroma of garlic is released.



**GARLIC
FACT**

8

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

Garlic is a good source of selenium, manganese, and vitamins B6 and C and has been shown to help lower cholesterol and blood pressure.



**GARLIC
FACT**

9

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Garlic

The Ebers Papyrus, an Egyptian medical document from 1,500 BC, lists 32 illnesses that can be treated with garlic.

Bulbs of garlic were found in the tomb of Tutankhamun, the young pharaoh who was buried in 1320 BC.



**GARLIC
FACT**

10

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER