

# 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 PLATE <sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



<sup>SM</sup>

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.**



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**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.**



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**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.**



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**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.**



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**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.**



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



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**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.**



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



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**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.**



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