



# Garlic

**Plant:** Garlic should be planted in mid-fall, preferably in October. It is best to plant within two weeks of the first frost. Conventional garlic cloves are often treated with a chemical that prevents them from sprouting, so be sure to purchase plantable cloves from a nursery, seed catalogue, or use organic.

**Grow:** Garlic cloves should be planted root side down about 6 to 8 inches apart and 4 inches deep. Garlic prefers well-drained, loam soil. If the soil is dry, water well. Within a couple weeks of planting, you should mulch with organic matter such as alfalfa sprouts, hay, or grass clippings. Fertilize in the spring when green shoots, called garlic scapes, begin to appear. Scapes should be trimmed and can be used for cooking. Keep beds moist, but do not over water. When the leaves begin to die, stop watering so the bulbs can properly form.

**Harvest:** When most of the leaves have turned brown, it is time to harvest. Use a small shovel to lift the bulbs out from under the ground. Remove excess soil and tie stems in small bundles. Hang in a dry, well-ventilated area for

Nutrition Facts	
Serving Size 1 clove raw (3g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 5</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 0g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4 to 6 weeks until completely dried out. Store in a cool, dark place.

## Nutrition Information:

Garlic is fat-free, sodium-free, and very low in calories. It has antioxidant and anti-inflammatory properties that support heart health.

## How to Prepare:

Garlic can be consumed raw or cooked. Gently pull individual cloves away from the bulb. Remove the skin of the cloves by placing a clove on a cutting board and gently tapping it with the flat side of a wide knife. You can then remove the skin with your fingers. Finely chopped garlic can be added to soups, marinades, sauces, dips, etc. It has a strong flavor, so use small quantities. You can also roast garlic by chopping the bulb in half, rub with olive oil, wrap in foil, and roast for approximately 45 minutes at 350°F.



## Sautéed Spinach with Red Onion & Garlic

**Yields:** 4 servings

**Serving size:** ½ cup

### **Ingredients**

16 oz fresh spinach, chopped

2 ½ tsp fresh garlic, minced

5 oz fresh red onions, diced

1 ¼ tsp olive oil

1/3 tsp kosher salt

1/3 tsp ground black pepper

### **Preparation**

1. In a medium sauté pan, heat olive oil over medium heat.
2. Add garlic and red onions and sauté for 2 minutes or until onions are translucent. Add spinach. Stir, sauté and toss until spinach is tender.
3. Stir in salt and pepper. Serve immediately.

### **Nutrition Facts per Serving:**

50 calories, 1.5 g fat, 7 g carbohydrates, 2 g fiber, 3 g protein