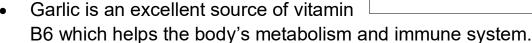
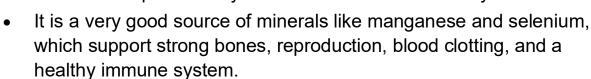




CHARACTERISTICS

- Garlic is a vegetable that belongs to the onion family. It has a pungent, spicy flavor that mellows and sweetens with cooking.
- Although garlic is a vegetable, it is more commonly used to flavor foods.
- Choose garlic bulbs that feel firm. Avoid garlic that feels hollow, dehydrated, soft, or has visible mold.







PREPARE

Remove the garlic skins from the clove. To do this, place the clove under flat side of a knife and press down. Remove skins and chop as desired. Try garlic:

- Minced and added a homemade vinaigrette or marinade
- Sautéed with vegetables and olive oil
- Mixed with a can of diced tomatoes for an easy pasta or pizza sauce

STORE

- Room temperature: Store garlic as a whole head at room temperature in a dry, dark place for up to 6 months. A single clove of garlic will last about 3 weeks.
- Freezer: Peel and mince garlic cloves. Transfer to a container or freezer bag. Store for up to 3 months.