

# GARLIC

Scan for videos & resources



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## 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.
- Garlic is an excellent source of vitamin B6 which helps the body's metabolism and immune system.
- It is a very good source of minerals like manganese and selenium, which support strong bones, reproduction, blood clotting, and a healthy immune system.



## 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.