

## PLANT \* GROW

- \* Garlic is normally planted in October or six weeks before the ground freezes and is harvested 9 months later, often in July.
- \* Garlic thrives in rich, well drained, composted soil.
- \* Hardneck garlic produces a green "scape" or flower stalk that is also edible. Scapes should be removed in spring, giving the garlic bulbs more energy.
- \* Softneck varieties mature sooner and are great for braiding.
- \* There is a positive correlation between the size of the bulb planted and the size of the bulb harvested.
- \* Separate cloves just prior to planting. Plant cloves with growing tip up, 4-6" apart. Cover with 1-2" of soil. Space rows 12-18" apart.
- \* Weeds must be controlled by shallow and constant cultivation.
- \* Garlic is normally harvested after the stalks turn brown and fall over.
- \* It is important to let garlic cure after harvest. Spread the harvested garlic heads or bulbs on newspapers or wire racks out of direct sunlight in a well-ventilated place to cure for 2 to 3 weeks or until skins are papery and dry.

### Cornell University Home Garden Websites:

#### General gardening:

<http://gardening.cals.cornell.edu/>

#### Garlic specific:

<http://www.gardening.cornell.edu/homegardening/scene568b.html>

## PURCHASE

- \* New York State garlic is becoming quite popular due to the superb taste produced from the types of soil found in the central New York area.
- \* Choose garlic that is plump, dry and firm with tight skins.



## ENJOY YOUR GARLIC

Garlic is low in calories, fat free, and sodium free.

**Garlic Bruschetta:** Combine 4 minced garlic cloves, 2-3 chopped tomatoes, basil leaves, oregano, and olive oil. Spread on sliced, toasted, crusty bread.

**Garlic Salsa:** Make a salsa with mashed roasted garlic, diced red pepper, green onion, cilantro, a jalapeno pepper and olive oil. Serve with baked tortilla chips.

**Garlic Sauce:** Top whole wheat pasta with a combination of olive oil, basil, and sautéed garlic for a heart-healthy sauce.

**Garlic Hummus:** Combine roasted garlic cloves with chickpeas, lemon juice, olive oil, and dill for a rustic hummus spread. Serve with assorted vegetables.

**Garlic Marinade:** Combine low-fat Italian dressing, Worcestershire sauce, and minced garlic to make a marinade that complements steak, shrimp, or chicken.

### Websites for Healthy Eating:

USDA: [www.myplate.gov](http://www.myplate.gov)

Cornell University Food & Nutrition Education in Communities (FNEC):  
<https://fnec.cornell.edu/>

## PREPARE

- \* **Peeling garlic.** If the garlic is going to be chopped or sliced, the skin can be removed by pressing the clove with the flat side of a knife until the clove and skin crack. The skin can then be easily removed.
- \* **Baked garlic.** Preheat oven to 350°F. Lightly coat 3 heads of garlic with vegetable or olive oil. Place each head of garlic in a piece of aluminum foil and fold over. Bake for about 30 minutes until soft.
- \* **Grilled garlic.** Peel outer wrappers of a bulb of garlic until one or two wrappers still cover the cloves. Drizzle olive oil on the bulbs and wrap them in aluminum foil. Place on center rack of the grill and slow roast for 45 minutes.
- \* The pungent flavor of garlic is caused by a chemical reaction that occurs when the garlic cells are broken. This chemical reaction cannot occur after garlic is cooked, which is why roasted garlic is sweet rather than pungent.

## RECYCLE \* COMPOST

- \* Disease free garlic scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- \* Vegetable scraps are the "green" additions to your compost.

### Composting Resources:

Cornell Waste Management Institute:  
<http://cwmi.css.cornell.edu/resources.htm>  
Composting at Home publication:  
<http://cwmi.ccs.cornell.edu/smallscale.htm>

## PRESERVE

- \* Garlic should be stored in a cool, dark place, but not in the refrigerator in well-ventilated containers like mesh bags. It can be kept for several weeks or months.
- \* Canning of garlic is not recommended. Garlic is a low-acid vegetable that requires a pressure canner to be properly processed.
- \* Freezing garlic: Chop the garlic, wrap it tightly in a plastic freezer bag or in plastic wrap, and freeze. To use, grate or break off the amount needed.
- \* Do NOT store garlic in oil at room temperature.

### Food Preservation Websites:

**National Center for Home Food Preservation:**  
[www.homefoodpreservation.com](http://www.homefoodpreservation.com)

**CCE Herkimer County Food Preservation Resources:** <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>

## Garlic Mashed Potatoes

- 6 medium potatoes, peeled and quartered
- 4 to 5 garlic cloves, peeled
- 5 cups of water
- 2 tablespoons olive or vegetable oil
- 1/2 teaspoon salt (optional)
- Pinch of pepper

In a medium saucepan, bring potatoes, garlic and water to a boil. Reduce heat; cover and cook for 20 minutes or until potatoes are tender. Drain, reserving 2/3 cup cooking liquid. Mash the potatoes. Add oil, pepper, reserved liquid, and salt (if desired). Stir until smooth.

*Yield: 6 servings; serving size 1/2 cup (150 calories, 4 grams fat, 0 grams trans fat, 2 grams fiber, 0 mg sodium)*

## Garlicky Green Beans

- 1 pound fresh green beans (3 cups)
- 1/2 cup water
- 2 to 3 garlic cloves, minced
- 3 Tablespoons butter or canola oil
- 1/8 teaspoon salt (optional)
- Pinch of pepper

Wash and trim green beans; cut into pieces, if desired. In a saucepan, bring beans and water to a boil; reduce heat to medium. Cover and cook for 8-10 minutes or until beans are crisp-tender; drain and set aside. In a large skillet, sauté garlic in butter until lightly browned, about 1 minute. Add beans, salt and pepper; heat through.

*Yield: 6 servings; serving size 1/2 cup (80 calories, 6 grams fat, 0 grams trans fat, 2 gram fiber, 50 mg sodium)*

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### Herkimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



**CREATING  
HEALTHY  
PLACES**  
to LIVE WORK & PLAY

### Cornell Cooperative Extension Herkimer County

[www.cce.cornell.edu/herkimer](http://www.cce.cornell.edu/herkimer)



HERKIMER COUNTY  
**HealthNet**

<https://www.healthnetinc.org/>

### Creating Healthy Places

# GARLIC

