



# GARLIC

April's Try Day Friday brought to you by:



## Health Benefits

Garlic is chock full of vitamins & minerals, including Vitamin B6, Vitamin C & Manganese. It's also touted for its immune-boosting properties & high levels of antioxidants, as well as its ability to reduce blood pressure, improve cholesterol, & detoxify the body from heavy metals.

## Know Your Garlic!

Conventional or "grocery store" garlic is often imported from countries like China or Mexico, sometimes even being treated with chemicals to prolong shelf life. Smaller scale or "farmers' market" garlic has much more flavor because growers choose varieties based not only on their storage ability, but also the garlic's taste.



## It's More Than Just a Bulb

Most people are familiar with using the mature, whole garlic bulb, but did you know there are two other ways to enjoy this flavorful plant? Green garlic is the first taste of this beloved aromatic in spring. It is immature garlic that's been harvested early, much like a scallion. Green garlic is used the same as the whole bulb, but has a more bright, delicate flavor.



Garlic scapes are the whimsy flower stalks that appear mid season atop hardneck garlic varieties. These scapes have a lovely mild garlic taste & really shine when chopped & added raw to salads or thrown in a pan with a stir-fry. Whole scapes make a flavorful side dish when roasted or grilled, & they can also star as the main ingredient in a fun take on pesto.

**For more local garlic info & recipes, please visit [oriesfarmfresh.com](http://oriesfarmfresh.com)!**