

NUTRITION FACTS

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Serving size: 1 cup Alaska Grown garlic

Amount Per Serving

Calories 203 Calories from Fat 6

% Daily Value*

Total Fat	1g	1%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrate	45g	15%
Dietary Fiber	3g	11%
Sugars	1g	
Protein	9g	

Vitamin A	0%	Vitamin C	71%
Calcium	25%	Iron	13%

*Percent Daily Values are based on a 2,000 calorie diet.

HEALTH BENEFITS

Garlic contains the compound Allicin, which is believed to give garlic many health benefits. Garlic combats sickness, like the common cold. Garlic can:

- Lower blood pressure.
- Reduce the risk of heart disease. by improving cholesterol levels.
- Contains antioxidants.
- May improve bone health.
- Helps detox heavy metals.



BUYING AND STORAGE TIPS

Look for firm, tight, heavy, and dry bulbs. Do not choose bulbs that are soft or that have any blemishes or dark patches.

Place unpeeled garlic in an open container and store in a cool, dry place away from other foods. Garlic stored in this manner can keep up to three months.

Do not freeze or refrigerate unpeeled garlic. Garlic that is sprouting is still good, but the flavor is milder. Remove the green sprout before mincing, because the sprout has a bitter flavor.



Kid Connection: Plant a clove in the fall and watch for it to grow the following spring!

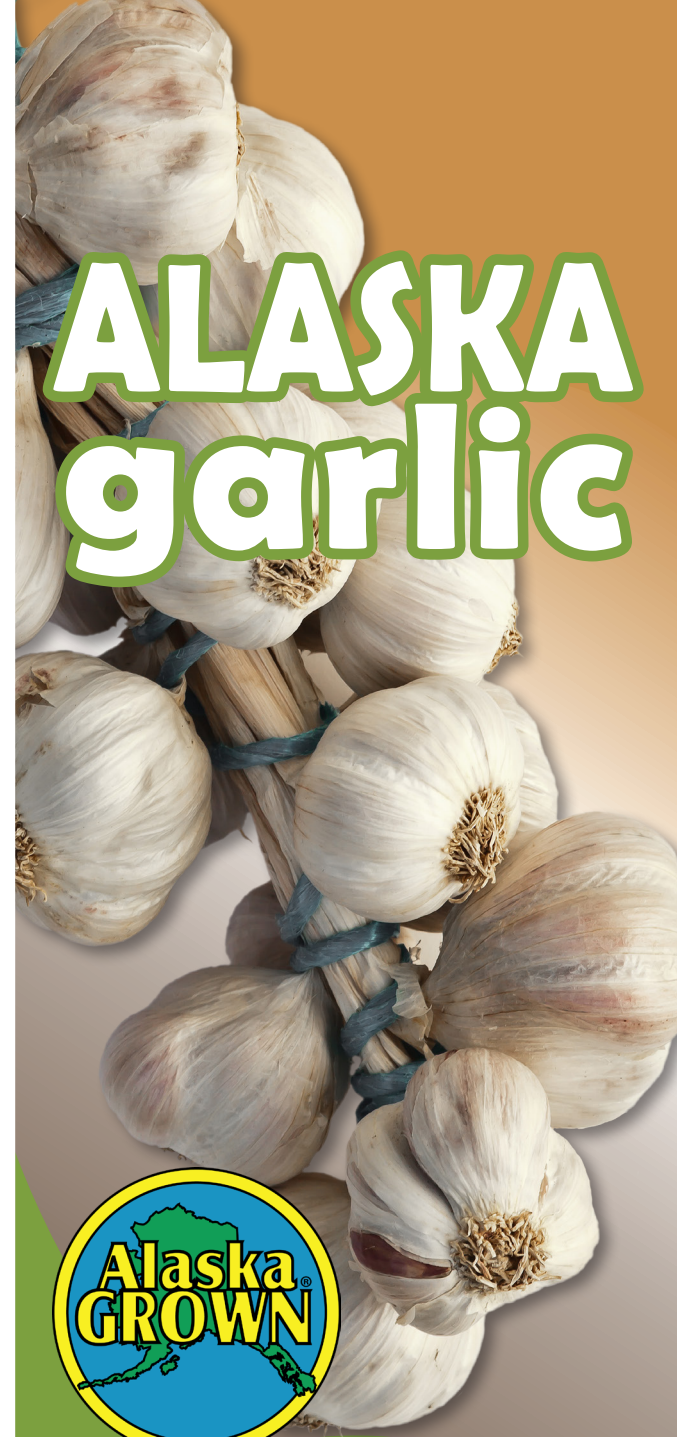


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ALASKA garlic



*Good for your heart,
 good for your health!*





FUN GARLIC FACTS

- Garlic smell can be removed by running your hands under cold water while rubbing a stainless steel object.
- Garlic is a member of the onion family and was once used to treat acne, warts, and toothaches.
- “Chicagaoua” is a Native American word for garlic.
- Garlic is one of the earliest documented plants used for the treatment of diseases and maintaining health.
- Garlic has been used in ancient cultures to reduce fatigue and enhance the working capacity of laborers.

~ ALASKA FACT ~

For a summer harvest plant garlic after the first frost the previous fall. Popular garlic varieties in Alaska are Music, Siberian, Chesnook Red, and German White.



GARLIC COOKING TIPS

Roast: Slice off top of the head of garlic, drizzle with olive oil, and season with salt and pepper. Wrap in foil and place 350 degree F oven for 40 minutes. Once cooled, squeeze the bottom of the bulb to get the roasted garlic out of the peel.

Raw: Chop, mince, or smash into a favorite recipe.

GARLIC BREAD

Ingredients:

4 cloves Alaska Grown garlic, crushed
2 tablespoons butter
2 tablespoons extra-virgin olive oil
1 loaf crusty bread, split
3 tablespoons grated cheese, Parmigiano or Romano, optional
Chopped fresh parsley

Directions:

Combine garlic, butter, and oil in a microwave safe dish or in a small saucepan. Heat garlic and butter and oil in microwave for 1 minute or in a small pot over moderate-low heat for 3 minutes.

Toast split bread under broiler. Remove bread when it is toasted golden brown in color. Brush bread liberally with garlic oil. Sprinkle with cheese, if using, and parsley. If you added cheese, return to broiler and brown 30 seconds. Cut into chunks and serve.

Recipe courtesy:
<http://www.foodnetwork.com/recipes/rachael-ray/garlic-bread-recipe.html?oc=linkback>

GARLIC ROASTED POTATOES

Serves 8

Ingredients:

3 pounds small red or white
Alaska Grown potatoes
¼ cup olive oil
1 ½ teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons minced Alaska Grown garlic
2 tablespoons minced fresh parsley



Directions:

Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.

Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.

Recipe courtesy:
<http://www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html?oc=linkback>

