

Harvest of the Month



May



Garlic



Pick:

- Choose garlic that is plump and has unbroken skin.

Store:

- Store garlic in a cool dry place away from heat and sunlight.
 - Avoid refrigerating fresh garlic as this decreases the flavor and will dehydrate the bulb.

Prepare:

- Garlic comes in bulbs that can be broken apart into cloves.
 - Remove the papery layers from each garlic clove. (Hint: you can smash the garlic cloves with the side of a knife to help peel the skin)
 - Garlic can be minced, smashed or placed in a garlic press.

Nutrition Info

Garlic has many vitamins and minerals including vitamin B-6 and manganese.

Fun Facts

Garlic has been around for thousands of years – King Tut had garlic with him when he was buried!

Get rid of the smell of garlic on your skin by running your hands under cold water while rubbing them on a stainless steel object.

Uses

Garlic adds flavor to many dishes! The smaller you cut garlic, the more intense the flavor.

Garlic is tasty in pizza and spaghetti sauces, casseroles, dressings, breads, and soups!
Garlic can be used to season many recipes. You can also use fresh garlic in place of powdered/granulated garlic.

1 clove of fresh minced garlic = 1/4 teaspoon of dried garlic

Family Friendly Activities

Grow your own garlic at home this spring! All you need is a few garlic heads, potting soil, and a planting pot. Follow the easy steps below:

1. Fill your container with soil.
2. Separate the cloves (leave the papery leaves on) and place them at about 1 inch deep in the soil and cover with soil.
3. Place your container in the sunlight and water regularly.
4. When the green tops begin to dry up in the fall, your bulb can be dug up and used. Alternatively, young “green garlic” can be pulled up and used for a more mild flavor.

Farm2School Updates

20 square foot garden kits are being donated to ReNEW La Crosse for their annual revitalization and community development efforts for the Lower Northside Neighborhood in La Crosse. The kits, which include frame, hardware, soil and how to guide, are being donated by Mayo Clinic Health System Franciscan Healthcare, WisCorps Inc., and Purple Cow Organics as a means to help improve community wellness. Seeds and seedlings, featuring some of the 2017 Harvest of the Month items will be donated along with the kits. These are being facilitated by Hillview Urban Agriculture Center, the La Crosse Seed Library and GROW La Crosse.
For more information about how to receive a square foot gardening kit or to volunteer for the event visit:

www.habitatlacrosse.org/programs/renew-la-crosse/

Nutrition Facts

Serving Size (258g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 340mg **14%**

Total Carbohydrate 38g **13%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 7g

Vitamin A 4% • Vitamin C 35%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Garlic Mashed Potatoes

Serves 6

Ingredients:

- 8 medium red potatoes, quartered
- 3 cloves of garlic, peeled and minced
- 2 Tbsp. butter
- ½ cup milk, warmed
- ½ tsp. salt
- ¼ cup parmesan cheese, grated

Directions:

Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are very tender. Drain well. Add the butter, milk and salt; mash. Stir in cheese and serve.

For more information on Farm2School visit www.laxf2s.org.

Color
Garlic!

