



GTCG WEEKLY

Recipes, Garden Pests and TidBits

Newsletter

Issue #11

Garlic

[Scientific name: *Allium Sativum* |

GROWTH

True wild garlic comes from hot, dry, harsh summers with intense sunlight and long cold winters. When it moved from Central Asia to Europe, it was forced to adapt, creating the many varieties of garlic we know now. Most varieties of garlic have lost their ability to produce flower stalks or flowers, making most of the garlic grown today a result of random mutations. If you're wanting to grow garlic, it does best in full sunlight and in well-drained soil that is high in organic matter. Plant garlic in later summer or early fall for the best chance of a fruitful harvest.

CONSUMPTION

Flavor any soup/stew, pasta dish, bread or meat with garlic. Be cautioned, garlic is a low-acid vegetable and can support the growth of toxic bacteria. This can occur in home canning and improper preparation and storage of fresh garlic-in-oil mixtures. To reduce this risk, store soft-neck varieties for up to 9 months at 32 F.



HISTORY

Garlic originated in Central Asia where it still is one of the only places in the world that grows genuine, wild garlic. Although its origins are in Central Asia, garlic's name comes from an Anglo-Saxon name meaning "spear-shaped leek." Garlic, to some, has Italian roots, but this common myth comes from the introduction of garlic to the United States by Italian immigrants.



PRESERVATION

One method to preserve your garlic at home is by drying it. Tips and tricks are below:

- Dry only fresh, firm garlic cloves with no blemishes.
- Separate and peel the cloves and cut them in half.
- Dry prepared cloves in a dehydrator at 140 F for two hours, then reduce the heat to 130 F and continue to dry for another four to six hours.
- Pack into an airtight container and store at room temperature or in the freezer.

Recipe of the Week

Roasted Garlic Spread



INGREDIENTS

- 4 whole garlic bulbs, unpeeled
- 2 tablespoon olive oil
- ¼ teaspoon salt
- 1 teaspoon Italian seasoning
- ½ teaspoon black pepper
- ¼ teaspoon paprika

DIRECTIONS

1. Preheat the oven to 375 F.
2. Slice the top ¼ inch off from each garlic bulb's head, leaving the bulbs intact.
3. Place the garlic bulbs cut-side-up on a large piece of foil; drizzle the oil on each bulb and sprinkle with salt.
4. Tightly wrap the bulbs in the foil and bake until the garlic is soft and has a light caramel color, about 45 minutes.
5. Allow to cool to room temperature before removing garlic from its peel. You can do this by squeezing the garlic cloves from bottom to top.
6. Mash the cloves in a small bowl with a fork until you have the desired consistency. Add seasonings and stir.
7. Add to a salad dressing, sandwich or meat dish.

CONSUMPTION

Bulb mites are common pests of garlic and can stunt plant growth, reduce stand and rot the bulbs. They allow secondary invasion by other pathogens. To prevent damage by bulb mites, do not plant successive crops of onion or garlic in the same location, and allow the field's residual organic matter to decompose completely.

Purple blotch is a common fungal disease of garlic that occurs typically in cooler temperatures when garlic's leaves are wet. Gray-purple fuzzy growth on garlic's leaf surface occurs and will turn the leaves yellow. To prevent this disease, rotate crops to non-allium species for three to four years and plant in a well-draining area.

NUTRITION

Garlic has antioxidant properties that may protect you against heart disease, cancer and immune system infections. Consuming one to two cloves a day is recommended.



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EXTENSION

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