

# Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

**GARLIC**



Presented by  
Harford County  
Master  
Gardeners  
and  
Family &  
Consumer  
Sciences  
Educator

## Roasted Garlic Cauliflower

### Ingredients

3 tablespoons olive oil  
2 tablespoons minced garlic  
1 large head cauliflower, washed  
and separated into florets  
Salt and pepper to taste  
1/3 cup grated Parmesan cheese



Combine olive oil and garlic in a large bowl, and toss until cauliflower is coated. Pour into the casserole dish and season with salt and pepper. Roast in the oven for 25 minutes, stirring halfway through. Remove from the oven and turn on the broiler. Sprinkle cheese over the cauliflower. Return to the oven and broil until golden brown, 3-5 minutes.

*Nutrition Info per 1/2 cup: Calories 118, Protein 4.7g, Carbs 8.6g, Sodium 110mg*

### Directions

Preheat oven to 450 degrees F. Grease a 9x13 inch casserole dish.

## Garlic Cheese Bread

### Ingredients

1/3 cup olive oil  
6 garlic cloves grated or finely  
chopped  
1/2 teaspoon salt  
1 16 ounce loaf French bread,  
cut in half lengthwise  
1/2 cup shredded mozzarella cheese



In a small bowl mix together the olive oil, grated garlic, and salt. Place the two bread halves, cut sides up, on the baking sheet. Spoon the garlic and olive oil evenly over the cut sides, and sprinkle with the mozzarella cheese. Bake for 10 minutes or until the cheese is melted and the bread is crispy on the bottom. Cut into 8 pieces and serve.

*Nutrition Info per serving: Calories 107, Carbs 23, Protein 12g, Fat 12g, Sodium 189mg*

### Directions

Preheat oven to 400 degrees F and line a large baking sheet with parchment paper.

## Roasted Garlic

### Ingredients

One or more whole heads of garlic  
1 tablespoons of olive oil



Drizzle olive oil over the cloves and wrap loosely in foil. Bake for 30 to 40 minutes. Cool and then squeeze the roasted garlic cloves out of the skins. Use immediately or freeze. Our gardeners use roasted garlic in salad dressing, roasted chicken dishes, mashed potatoes, homemade hummus, and as a spread on toasted French bread.

*Nutrition Info per serving: Calories 101, Fat 12g, Carbs 1g; Protein 1g, Sodium 1mg*

### Directions

Preheat oven to 400 degrees F. Peel the papery outer layers from the garlic bulb. Leave the skins of the individual cloves intact. Using a sharp knife cut 1/4 inch from the top of the cloves to expose the individual cloves of garlic.

*Recipes courtesy of Harford County Master Gardeners*



## Who said this?

*I use those medical gloves that fit very tightly and are disposable for all chopping - peppers, onions, garlic, etc. Very Lady Macbeth, I think.*

- **Nora Ephron, American Filmmaker**

*A nickel will get you on the subway, but garlic will get you a seat.* -**An old New York Saying**

*My mother was making \$135 a week, but she had resilience and imagination. She might take frozen vegetables, cook them with garlic, onion and Spam, and it would taste like a four-star dinner.*

- **Andre Dubus III, American Novelist**

*There are five elements: earth, air, fire, water and garlic.* - **Louis Diat, French-American Chef**

*And, most dear actors, eat no onions nor garlic, for we are to utter sweet breath.*

-**William Shakespeare, British Playwright**



## Believe It or Not!

1. Garlic is among the oldest known horticultural crops. Ancient Egyptian and Indian cultures referred to garlic 5000 years ago and there is clear historical evidence for its use by the Babylonians 4500 years ago. Some writings suggest that garlic was grown in China as far back as 4000 years ago.
2. Garlic is a natural mosquito repellent. What a great reason to eat more this summer!
3. The average person eats about 2 pounds of garlic each year. With the average clove weighing about 3 grams, 2 pounds are over 300 cloves. That's a lot of garlic!
4. Central European folk beliefs considered garlic a powerful ward against devils, werewolves, and vampires.
5. The record for the most garlic cloves eaten in a minute is 42, held by Bharat Bista, of Nepal.
6. The heaviest head of garlic was 2 lbs. 10 oz. grown in Eureka, CA, in 1985.
7. Garlic ice cream is featured at many garlic festivals. It is a flavor consisting mainly of vanilla or honey to which garlic is added.



## What is... Garlic?

Garlic is a flowering plant native to Asia. Considered a vegetable, it belongs in the onion family with leeks and chives. Garlic is easy to grow and requires very little space. Ancient Egyptians made use of it as a food flavoring and medicine. China produces 76% of the world's garlic.

Garlic consumption has quadrupled in the United States since 1980 and now stands at about 2 pounds per capita. Around 24,000 to 26,000 acres of garlic are planted annually in the United States with total production of around 400 million pounds. U.S. production is concentrated in California.

Garlic has an intense aroma and flavor and is used in most kitchens around the world. It is used as a flavoring ingredient in recipes rather than being the main dish itself. Garlic can be used in soups, sauces, marinades, spice rubs, and stir-fry meals. Other garlic uses include adding whole garlic cloves in Dutch Oven chicken or pork. Mince garlic for meatloaf or meatballs. Smash garlic, mix with herbs and spices and then coat your favorite vegetables with the mix and roast. And always add garlic to spaghetti sauce!

At Eden Mill Nature Center we plant garlic cloves in the fall and harvest them on June 21st which we call our Midsummer Night's Dream Harvest. We line the garlic along the edges of raised vegetable beds which allows the bed centers to be planted with other crops in the spring.

## Health Benefits

Garlic is low in calories and rich in vitamin C and vitamin B6. It is believed that garlic can help protect against illnesses like the common cold or flu. High doses of garlic may improve blood pressure. Garlic supplements seem to reduce LDL (bad) cholesterol. Garlic contains antioxidants that can help protect against cell damage and aging. It may reduce the risk of Alzheimer's disease and dementia.

Many studies are inconclusive about the health benefits of garlic, but garlic is easy to include in your diet and it adds flavor.

Source: <https://www.healthline.com/nutrition/11-proven-health-benefits-of-garlic>

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