



# Garlic

## Preparation

Remove the outer papery wrapper from the bulb and separate the individual cloves. To remove the skin from each clove, first cut away the base. Place smooth side down a cutting board and gently apply pressure with the flat side of a broad knife, just barely crushing it. This will loosen the skin which you can then peel with your fingers. Then chop the cloves to the desired size. Garlic can be used in dressings, stir-fries, sautes, soups, stews, and more.

## Storage

Store whole in a cool, dark place with good ventilation. Garlic can keep up to a month or two in good conditions.

## Nutrition

Garlic has many health benefits. It is rich in vitamins and nutrients that improve cardiovascular health. It also has anti-inflammatory benefits that reduce the risk of cancer.

Garlic also has antibacterial and antiviral benefits that help to boost the immune system and fight against colds and stomach flus.

