



GARLIC



Did you know?

One garlic bulb isn't just one piece of garlic, it is made up of several individual cloves!



Vocabulary

Bulb - that part of the plant that grows underground and stores nutrients.

Clove - one small section of a bulb

Curing - drying after harvest to help it last longer

Harvest - When farmers collect a crop that is ready.

Farm Facts

- Garlic is planted from individual cloves.
- The bulb grows underground
- Garlic leaves grow above the soil.
- Garlic is often dried or cured after harvest.
- It can be grown in gardens and on farms.

Nutrition

- Vitamin C and Vitamin B6
- Good source of fiber
- Has manganese

Vermont Facts

- Commonly planted in the fall and harvested during the summer in Vermont



GARLIC



Quick Facts

Plant type: Perennial, bulb forming
Family: Allium (onions, leeks, chives)
Growing Season: Fall planting
Harvest Season: Mid to late summer in Vermont
Sunlight: Full sun, 6-8 hours daily
Soil: Loose, fertile, well-drained soil
Pollination: None
Harvest Method: Carefully lifting from the ground; small farms do it by hand
Storage: Cure by allowing to dry in a well-ventilated area

Uses and Forms

- Cooking
 - Pasta
 - Soups
 - Sauces
 - Meat
 - Vegetables
 - Breads
 - Dips and spreads
- Fresh Garlic
 - Used directly after harvest
- Preserved Garlic
 - Garlic powder
- Garlic Scapes
 - Curly green flower stalks harvested before the bulb

Nutritional Facts (per 1 raw clove)

- About 4 calories
- 1 gram of carbohydrates
- Less than 1 gram of protein
- Less than 1 gram of fat
- Small amounts of Vitamin C, Vitamin B6 and manganese

Vermont Agriculture

Many Vermont growers plant garlic in the fall, allowing the cloves to establish roots before winter. The plants begin growing again in spring and are generally harvested during the summer. Garlic is well suited to Vermont's growing conditions and is grown by farms throughout the state.

Many Vermont farms sell garlic through farmers' markets, farm stands, grocery stores, restaurants and community supported agricultural programs.

Buying local garlic helps support Vermont farm families and the state's agricultural economy.

