

# Garlic Ajo



Try It!



## Selection

When purchasing garlic try to purchase fresh as this will give you maximum flavor and nutritional benefits. Purchase garlic that is plump and has unbroken skin.

Gently squeeze the garlic bulb between your fingers to check that it feels firm and is not damp. Avoid garlic that is soft, shriveled, and moldy, or that has begun to sprout. These may be indications of decay.

## Uses

Garlic can be used in so many ways in that only a few can be named. The biggest use is to add it to many dishes as a spice.

Garlic can be pressed, chopped, sautéed, or roasted, just to name a few ways to prepare it.

### BROCCOLI WITH GARLIC AND LEMON

#### Ingredients

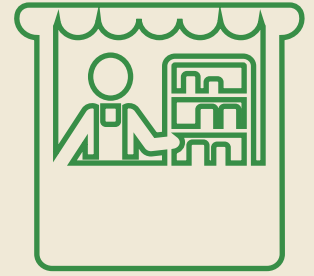
- 4 cups broccoli florets
- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 1 teaspoon lemon zest
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

#### Instructions

1. In a small saucepan, bring 1 cup of water to a boil. Add the broccoli to the boiling water and cook for 2 to 3 minutes or until tender. Drain broccoli.
2. In a small saute pan over medium-high, heat the oil. Add the garlic and saute for 30 seconds. Add broccoli, lemon zest, salt and pepper. Combine well and serve.

# History & Fun Facts

Native to Central Asia, garlic is one of the oldest cultivated plants in the world and has been grown for over 5000 years. Ancient Egyptians seem to have been the first to cultivate this plant that played an important role in their culture. Garlic was not only bestowed with sacred qualities and placed in the tombs of Pharaohs, but it was given to the slaves that built the Pyramids to enhance their endurance and strength. This strength enhancing quality was also honored by the ancient Greeks and Romans, civilizations whose athletes ate garlic before sporting events and whose soldiers consumed it before going off to war. Over the last few years, garlic has gained unprecedented popularity since researchers have been



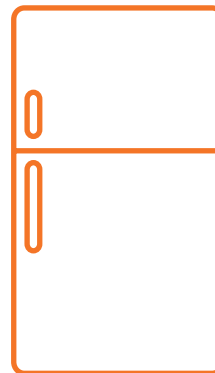
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- When storing garlic put in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight.
- Whole garlic will keep fresh outside of refrigerator for about a month.



### NUTRITION FACTS

- Excellent source of Manganese
- Sodium free
- Good source of Sulfur
- Good source of Vitamin C
- Good source of Vitamin B6



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## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <http://www.mayoclinic.org/healthy-lifestyle/recipes>

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