WHAT IS GARLIC?

Garlic (Allium sativum) is a member of the Amaryllis family (Amaryllidaceae), which also includes leeks, onions, and shallots. It is a perennial with an underground bulb (head) composed of pungent bulblets commonly called cloves. Approximately 90 percent of the garlic grown in the United States is grown in California. California Early and California Late are the two major commercial varieties. California Early has white skins and is planted in December for harvest in July and August. The largest garlic variety, Elephant Garlic, has a very mild-flavored clove and is a close relative of the leek.

The pungent flavor of garlic is caused by a chemical reaction that occurs when the garlic cells are broken. The flavor is most intense shortly after cutting or chopping. This chemical reaction cannot occur after garlic is cooked, which is why roasted garlic is sweet rather than pungent.

HARVESTING GARLIC

If you grow your own garlic, it is important to let it mature after harvest. Spread the harvested garlic heads or bulbs on newspapers or wire racks out of direct sunlight in a well-ventilated place to cure for 2 to 3 weeks or until skins are papery.

STORING GARLIC

Commercially, garlic is stored near 32 degrees F. However, most home refrigerators are too warm for ideal long-term storage of garlic. Instead, store in a cool, dry, well-ventilated place in well-ventilated containers such as mesh bags. Storage life is 3 to 5 months under cool (60 degree F) dry, dark conditions.

PEELING GARLIC CLOVES

Peeling whole cloves requires that the papery skin be removed without cutting into the clove. If the garlic is going to be chopped or sliced, the skin can be removed by pressing the clove with the flat side of a knife until the clove and skin crack. The skin can then be easily removed.

ROASTING GARLIC

Roasted garlic, which has become popular in recent years, is sweet to the taste and is delicious on bread or crackers as an appetizer or served as a vegetable side dish. To prepare roasted garlic, leave the head whole and cut off the tip of the head, exposing the cloves. Allow one-half to one head per person. Put the head (or heads) in a baking dish or wrap them in aluminum foil, sprinkle with olive oil or pat with butter, and season with a little salt and pepper and some fresh or dried thyme if desired. Bake at 350 degrees F until very soft and tender (about 45 minutes to 1 hour). The roasted garlic cloves can be easily squeezed from their skins and spread with a knife.

DRYING GARLIC

Dry only fresh, firm garlic cloves with no bruises. To prepare, separate and peel the cloves. Cut in half lengthwise. No additional predrying treatment is necessary. Dry at 140 degrees for 2 hours, then reduce heat to 130 degrees until completely dry or crisp. If desired, garlic salt may be made from dried garlic. Powder dried garlic by processing in a blender or food processor until fine. Add 4 parts salt to 1 part garlic powder and blend 1 to 2 seconds. If blended longer, the salt will become too fine and cake together in clumps.
Alicia’s Pico de Gallo
 Courtesy of Alicia, Annuals

2-3 jalapenos, chopped
2 med. tomatoes., chopped
½ med. onion, chopped
2 cloves garlic, chopped
⅓ lime
Cilantro to taste
Salt to taste

Mix jalapenos, tomatoes, onion and garlic in bowl. Add lime juice, cilantro and salt to taste. Mix well and serve.

Becca’s Garlic Green Beans
 Courtesy of Becca, Hardgoods Co-Supervisor

1 pound green beans
1 tablespoon butter
1 tablespoon finely chopped garlic
¼ teaspoon salt
2 teaspoons chopped fresh oregano leaves

Place beans in 1 inch of water in a 2-quart saucepan. Heat to boiling; reduce heat. Simmer uncovered 6-8 minutes or until crisp-tender; drain. Heat butter, oregano, garlic, and salt in same saucepan over medium heat 1-2 minutes. Add beans; toss to coat.

Becca’s Dilly Beans

4 Lbs. green beans, washed, topped & tailed
6 Garlic cloves, peeled and sliced
1 Cup fresh dill weed
2 Tablespoons dill seed
1 Tablespoon black peppercorns
4 Cups distilled white vinegar
2 Cups water
¼ Cup sugar
2 Tablespoons salt

Cut beans into lengths 1 inch shorter than a pint jar. Pack the beans vertically in 8 clean, hot jars, somewhat tightly. Divide the garlic, dill weed, dill seed, and peppercorns among the jars. Combine the vinegar, water, sugar, and salt in a medium nonreactive saucepan, and bring to a boil. Pour the hot brine over the beans to cover by ½ inch. Leave ½ inch of headspace between the top of the liquid and the lid.

Beth’s Garlic-Infused Honey
Courtesy of Beth, Tagawa Gardens Manager

One quart of honey
One whole garlic, broken into cloves, peeled & chopped.

Warm the honey over low heat, add chopped garlic. Continue to warm over low heat about half an hour or longer. Watch carefully so the honey does not overheat and foam (if it does, let it cool and remove foam). Turn off heat and let sit for several hours then pour into bottle to store. You can strain the honey to remove garlic, or leave it chunky. Honey acts as a preservative and will keep the ingredients from spoiling.

Great glaze on grilled chicken, meats, vegetables or other dishes when you want a spicy-sweet flavor! Try it on crackers or warm, crusty bread as a sweet and spicy spread!

Dee’s Garlic Mashed Potatoes
 Courtesy of Dee, Foliage Supervisor

6 large russet potatoes, peeled and quartered
2 tablespoons minced garlic
1 1/2 cups heavy cream
2 to 4 ounces of butter
1 teaspoon sugar
Salt and pepper to taste

In a saucepot, add potatoes and fill with cold water. Add a little salt. Slowly boil potatoes for 30 to 40 minutes until potatoes come cleanly off of a pairing knife. In another saucepot, caramelize garlic, then add the cream and sugar. Reduce cream by 30 percent. In a large stainless steel bowl, add hot potatoes and garlic cream. Hand mash together. Add salt and pepper and check for seasoning.
**Dee's Garlic Mayonnaise**  
Courtesy of Dee, Foliage & Water Gardening  
Supervisor

This simple, yet delicious recipe is easy as pie. Choose the amount of garlic mayonnaise that you want to make (1/2 cup, 1 cup, etc.). Measure out that amount using either regular mayonnaise, light mayonnaise, Miracle Whip or other. Finely chop or dice garlic to add to the mixture and mix. The more garlic used, the stronger the taste. Cover and refrigerate at least 24 hours to allow the garlic flavor to fully infuse the mixture. Keep refrigerated and use as needed for sandwiches and as a condiment for roasted meats such as chicken, pork or beef.

**Helen’s Garlic & Herb Dip w/Sour Cream**  
Courtesy of Helen, Tagawa Office

1 cup sour cream  
4 or more minced garlic cloves to taste  
1 tbsp fresh, chopped or 2 tbsp crushed, dried each of your chosen herbs  
(I used fresh basil, oregano, parsley, dill, and thyme.)  
1 tbsp lemon juice  
1 tsp Worcestershire sauce  
½ cup grated cheese of your choice, optional.  
(I used Parmesan)

Combine all ingredients together and refrigerate for 4 hours or longer.

Serve with chips or fresh vegetables for dipping.

**Holly’s Cajun Guacamole**  
Courtesy of Holly, Tagawa Office

4 avocados  
1/4 cup lemon juice  
1 tsp. salt  
1 green pepper - finely chopped  
1 1/2 cup cherry tomatoes, chopped  
1 bunch scallions - thinly sliced  
5 lg. cloved garlic - finely chopped  
1 tsp. hot paprika  
1/2 tsp. celery salt  
1/2 tsp cayenne pepper  
tortilla chips for serving

In serving bowl, mash together avocados, lemon & salt. Fold in remaining ingredients. Serve with tortilla chips.

**Holly’s Calico Beans**  
Courtesy of Holly, Tagawa Office

3 med. onions - sliced  
6 bacon strips - diced  
4 garlic cloves - minced  
3/4 c brown sugar  
1/2 cup cider vinegar  
1/4 tsp ground mustard  
1 can Northern beans - rinsed & drained  
2 cans Ranch beans  
1 can Kidney beans - rinsed & drained

In dutch oven, saute onions, bacon & garlic until onions are tender. Add brown sugar, vinegar and mustard; bring to a boil. Reduce heat and simmer, uncovered for 20 minutes. Stir in beans. Transfer to a 3 qt. baking dish, cover and bake @ 350* for 1 hour.

**Jere’s Garlic Popcorn**  
Courtesy of Jere, Annuals & Production Co-Manager

3 extra-large cloves fresh garlic, pressed  
2 tablespoons butter or margarine  
Pinch of sweet basil  
1 tablespoon oil  
1/4 cup popcorn kernels  
salt to taste  
2 tablespoons parmesan cheese

Place garlic in a custard cup, along with butter and sweet basil. Heat a small amount of water in a sauce pan and place custard cup in it to melt butter and infuse it with the herbs, or melt in microwave oven 30 seconds. Heat oil in a heavy iron or stainless steel pot. Drop one kernel in the oil, and when it pops, add the rest of the popcorn and cover. Shake pot now and then as it pops. When all corn has popped, add butter mixture and stir in vigorously. Add salt and parmesan cheese and stir or shake to coat well.
Kent’s Garlic Marinated Medley
Courtesy of Kent, Events Coordinator

1/4 cup olive oil
1 cup vinegar
1 TSP each garlic salt, celery salt, dill seed, black pepper, and meat tenderizer.
1/2 tablespoon salt
7 or more cloves garlic, minced (I like the Purple Stripe variety, Chesnok Red)

Pour over assorted fresh vegetables, such as broccoli, carrots, and cauliflower. To make it more colorful, look for cross-varieties of veggies, such as broccoflower, etc. Marinate for at least 8 hours. Overnight is best.

Kris’ Garlic Chicken
Courtesy of Kris, Annuals Co-Manager

One 18 oz jar of Spicy Pickled Garlic (we sell this product)
One whole Chicken

Place chicken in crock pot and add the whole jar of Spicy Pickled Garlic. Crock on low in crock pot for 6-8 hours. Chicken will fall off the bones. Remove Chicken from the pot and serve over rice.

Rose’s Garlic and White Bean Dip
Courtesy of Rose, Tagawa Human Resources

½ cup Roasted Garlic Oil (recipe Follows)
1 ½ cups chopped onion
½ teaspoon salt
1 15 oz. can cannelloni beans, rinsed
½ cup Oil-Poached Garlic Puree
1 teaspoon lemon juice

Put oil, onion and salt in a large skillet and cook over medium heat until the onion is softened but not browned, 6 to 9 minutes. Stir in beans and cook until heated through, about 2 minutes. Transfer to a food processor. Add garlic puree and lemon juice and puree until smooth. Serve warm or cold. Makes 2 cups.

Rose’s Oil-Poached Garlic Puree and Roasted Garlic Oil

This process for preparing garlic yields two culinary treasures: a rich-tasting puree that can be enjoyed on its own or used as a cooking ingredient as well as an infused oil

1. Bring 4 cups of water to a boil in a medium saucepan. Remove from the heat, add the separated but unpeeled cloves of 4 heads of garlic, stir to submerge the gloves and let sit until the garlic skins are softened and cool enough to handle, about 50 minutes. Strain the garlic, remove the skins and cut off the hard nub where the clove was attached to the head.

2. Place the garlic, 1 ½ cups of canola oil and ½ cup extra virgin olive oil in a medium saucepan; bring to a gentle simmer over medium-low heat. Reduce the heat to low and maintain a very gentle simmer (it may be necessary to slide the pan to the edge of the burner). Simmer until the gloves are golden and very soft when pressed with a fork, 40 to 50 minutes. Let cool for 30 minutes.

3. Transfer the cooled garlic to a sieve to drain, reserving the oil. Transfer the garlic to a food processor and puree until smooth, scraping down the sides occasionally. Store the puree and the oil separately in the refrigerator.

Makes ½-2/3 puree (Depending on the size of the garlic) & 2 cups garlic-infused Oil.

Mary Ann’s Garlic Sauerkraut Kielbasa
Courtesy of Mary Ann (Grandma Mimi), Events Staff

3 large onions, chopped
8 garlic cloves, chopped
1 cup brown sugar
3 Tablespoons butter or oil
3 1 lb. bags/cans sauerkraut
3 Tablespoons black pepper
2 packages Kielbasa, diced

Brown onion and garlic in butter till tender. Add sauerkraut (juice and all), pepper and brown sugar. Stir until well mixed. Put into a large oven proof dish and place in 325 degree oven for 2 1/4 hours. Stir often. Add water as necessary to keep sauerkraut moist. Add kielbasa and bake 45 more minutes. Serve hot.
Susan’s Roasted Hot Garlic Butter
Courtesy of Susan, Annuals

1 lb. sweet cream butter
1 head roasted Chet’s Italian Red garlic
basil, rosemary, thyme, oregano

Roast garlic and allow to cool. Chop garlic and mix well with other ingredients. Chill before serving. Can be served on toast points, small bread pieces, or crackers.

Susan’s Roasted Sweet Garlic Butter
Courtesy of Susan, Annuals

1 pound sweet cream butter
1 head roasted Romanian Red garlic
1/2 cup chopped basil

Roast garlic and allow to cool. Chop garlic and mix well with other ingredients. Chill before serving. Can be served on toast points, small bread pieces, or crackers.

Lisa’s Garlic Green Potatoes
Courtesy of Lisa, Perennials

5 pounds potatoes, cut into chunks
6 cloves garlic, crushed
1/4 c. green onion tops, chopped
1/4 c. fresh basil, chopped
Salt & pepper to taste

Combine all ingredients in a large pot. Add enough water to just cover potatoes. Cover and cook on medium heat for 1 hour or until potatoes are tender, stirring occasionally. Let stand 10 minutes before serving.

Serves 12

Linda’s Garlic-Basil Tomato Sauce
Courtesy of Linda, Cashier & Guest Services

1 28 oz. can crushed tomato
Fresh basil 3/4 to 1 cup torn coarse
2 Tbsp. brown sugar
10 cloves fresh sliced garlic
Olive oil
3.5 oz. jar of capers

Put tomato, brown sugar, and basil in sauce pan to simmer.

While simmering, slice 10 cloves of garlic.

Cover bottom of frying pan with oil. Saute garlic until almost brown. Drain capers and put in pan with garlic. Stir for 30 seconds.

Put garlic, capers, and oil in pan with simmering tomato sauce. Simmer uncovered for 2 hours.

Kris’ Garlic Olive Tapenade
Courtesy of Kris, Annuals

1-6oz can sliced black olives, drained
1/4 tsp pepper
1 clove garlic, minced
1 T olive oil
1/2 tsp dried basil
3 T grated Parmesan cheese

In a small bowl, combine drained olives, minced garlic, dried basil and pepper. Stir in olive oil and Parmesan cheese. Mix until well combined, cover and refrigerated for at least one hour before serving. To serve spread Tapenade over toasted garlic bread or crackers. Makes 6-8 servings.
**Lynne's Cold Garlic & Almond Soup**

*Courtesy of Lynne, Annuals*

2 Slices of toasted white Spanish bread  
1 Cup shelled almonds  
3 cloves of garlic, peeled  
1/2-1 tsp salt  
8 tbsp olive oil  
2-3 tbsp sherry vinegar  
9 oz white seedless grapes

Soak the white bread in some water for a few minutes. Puree the almonds with the garlic, some salt and the drained bread in a blender. Gradually add the oil and finally the vinegar. Add some more water depending on the required consistency. Season the soup with salt and vinegar, and pass through with a fine sieve. Pour into soup plates and garnish with the grapes.

**Rose's Creamy Garlic Herb Cheese**

*Courtesy of Rose, Human Resources*

2 8 oz. packages cream cheese  
1 pint sour cream  
½ cup butter  
3 cloves fresh garlic, pressed  
½ cup snipped chives

Mix all ingredients in blender or food processor. Chill in refrigerator several hours. Warm to room temperature before serving with crackers, or as a dip for fresh raw vegetables.

**Mimi's Garlic Penne Pasta**

*Courtesy of Mimi, Events & Outreach*

1 (16 oz.) pkg. uncooked penne pasta  
½ cup olive oil  
1 medium head garlic, peeled and chopped  
1 T. chopped fresh basil  
1 T. chopped fresh oregano  
2 T. chopped fresh parsley  
1 T. crushed red pepper flakes  
1 cup grated parmesan cheese

In a large pot of lightly salted water over medium heat, bring water to a boil. Add penne pasta and cook for 8 to 10 minutes or until pasta is al dente. Drain water from pot and transfer cooked pasta to a large bowl. In a medium skillet over low heat, place olive oil. Add chopped garlic and sauté until tender, about 10 to 15 minutes. Stir in basil, oregano, parsley, and pepper flakes. Remove from heat. Pour garlic and herb mixture over pasta and let sit for 3 to 5 minutes. Sprinkle with parmesan cheese and toss until well mixed. Makes 8 Servings. Vegetables or shrimp are optional to add.

**Rose's Artichokes Castroville**

*Courtesy of Rose, Human Resources*

6 to 8 Artichokes (I used hearts)  
½ cup bread crumbs  
½ c grated Parmesan cheese  
5 cloves fresh garlic  
2 tbsp parsley  
Salt & Pepper to taste  
Olive Oil

Clean outer leaves of artichokes and cut tops and bottoms so they lay flat. Scoop out the choke, if desired. (I used them out of a jar.) Mix bread crumbs, cheese, 3 cloves of garlic (minced), parsley, salt and pepper. Spread leaves of artichokes and fill in every leaf with bread mixture. In a low saucepan large enough to hold artichokes, heat 1 TBSP. of oil and sauté remaining 2 cloves of garlic is slightly brown. Stand artichokes in the pan with water to about 1 inch deep. (Water level depends on the size of the artichokes-do not allow water to reach bread crumbs stuffing). Cover pan with aluminum foil to allow artichokes to steam. Cook until tender. If water evaporates before artichokes are ready, add more water.
**Holly's Garlic Zucchini Appetizer**
*Courtesy of Holly, Office Staff*

4 cups unpeeled zucchini, grated  
1 ¾ cups biscuit mix  
½ cup parmesan cheese  
½ cup vegetable oil  
4 eggs, beaten  
1 large onion, chopped or grated  
3 cloves fresh garlic, minced  
3 tbsp. minced parsley  
½ tsp. salt  
½ tsp. oregano crushed

Combine all ingredients in large mixing bowl and stir until well blended. Spread in greased baking dish 13x9x2. Bake in preheated 350°F oven for 25 to 30 minutes until golden brown. Cut into bite-sized serving pieces. May be served hot or cold.

**Mimi's Black Bean & Pumpkin Soup**
*Courtesy of Mimi, Events & Outreach*

2 Tbsp. extra-virgin olive oil  
1 yellow onion, chopped  
1 clove garlic, minced (more can be used!!!)  
3 cups gluten-free vegetable broth  
2 (15 oz.) cans of pumpkin puree  
1 (15 oz.) can diced tomatoes (don't drain the juice!!!)  
1 (15 oz.) can black beans, drained  
1 cup heavy cream  
1 tbsp. curry powder  
1 tbsp. cumin  
½ tsp. cayenne pepper  
½ teaspoon paprika  
1 tsp. Cholula hot sauce (optional)  
1 tsp. salt  
Chives for garnish, chopped (optional)  
Sour cream for topping (optional)

Heat olive oil in medium to large pot over medium/high heat. Add onion and garlic and sautee for 3-5 minutes, or until translucent.

Add broth, pumpkin puree, diced tomatoes and black beans, stir. Bring to a boil.  

Reduce heat to medium/low and stir in cream, curry, cumin, cayenne, paprika, Cholula, and salt. Simmer for 5-10 minutes. Garnish with chopped chives and a dollop of sour cream. And enjoy!

**Pam's Garlic Plum Sauce**
*Courtesy of Pam, Hardgoods/Dick's Corner*

2 1/2 lbs. plums, pitted & chopped  
½ cup cider vinegar  
½ cup brown sugar, lightly packed  
½ cup soy sauce  
3 tbsp. freshly grated ginger  
2 garlic cloves  
1 star anise

Combine the plums, vinegar, brown sugar, soy sauce, ginger, garlic, and star anise in a large non-reactive pot, and bring to a boil. Reduce the heat and simmer until thickened, 20 to 25 minutes. Fish out the star anise and discard. Puree the sauce with a stick blender.

Ladle into bowls or jars. Cool, cover, and refrigerate for up to 3 weeks.

**Next Recipe**
*Courtesy of ?*