



Garlic

- Scientific Name: *Allium sativum*
- Taste: Garlic has a sharp, tangy taste with a distinctive smell.
- Use: Garlic is used to flavor many dishes whether it be cooked, baked or grilled.

Purchasing Specifications

Availability:

Year round

Growing Regions:

Chile, Mexico, Peru, USA

Receiving Information:

- Selection: Choose heads of garlic that are firm to the touch and have no signs of decay or mold.

Storage/Handling:

- Molding; sprouting; root growth: Exposure to high temperatures and high humidity.
- Maintaining adequate air circulation will also help prevent molding, sprouting, and root growth.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

Nutrition Facts

Serving Size: 1 teaspoon

Amount Per Serving

Calories 4	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	0%
Trans Fat	
Cholesterol 0 mg	
Sodium 0 mg	0%
Total Carbohydrates 1 g	1%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	0%
Potassium 11 mg	0%
Vitamin A 0%	Vitamin C 1%
Calcium 1%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.