

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is **GARLIC**

GARLIC FACTS:

Considered a **superfood**, garlic is a plant in the **onion family** that is grown for its distinctive taste and health benefits. Garlic is **rich in antioxidants**.

There are **450 varieties** of garlic. It can grow up to four feet in height.

Garlic should be stored unpeeled in a dark, cool, dry place, away from other foods. Refrigerating unpeeled garlic is not recommended.

Garlic translates into 'spear plant' largely thanks to its unique leaves.



China is the **largest producer and exporter** of garlic, offering a maximum of 66% of the garlic consumed worldwide. **90% of U.S. garlic** production comes from **California**.

The first ancient civilization that included garlic into their diet was Egypt. Six bulbs of garlic were discovered in the tomb of the Egyptian Pharaoh Tutankhamun who ruled 1332 - 1323 BC.

Garlic was used as a wound antiseptic and cure for infections in World Wars I and II.

TOASTED GARLIC BREAD RECIPE:

Prep: 10 mins Cook: 5 mins Total: 15 mins
Servings: 10

Ingredients

- 1 (1 pound) loaf Italian bread
- 5 tablespoons butter, softened
- 2 teaspoons extra virgin olive oil
- 3 cloves garlic, crushed
- 1 teaspoon dried oregano
- 1 cup shredded mozzarella cheese
- salt and pepper to taste

Directions

1. Preheat the broiler.
2. Cut the bread into slices 1 to 2 inches thick.
3. In a small bowl, mix butter, olive oil, garlic, oregano, salt and pepper. Spread the mixture evenly on the bread slices.
4. On a medium baking sheet, arrange the slices evenly and broil 5 minutes, or until slightly brown. Check it frequently so they do not burn.
5. Remove from broiler. Top with cheese and return to broiler 2 to 3 minutes, until cheese is slightly brown and melted. Serve at once.

HEALTH BENEFITS OF EATING GARLIC:

- Helps prevent and reduce the severity of illnesses like the flu and common cold
- Appears to improve blood pressure for those with known high blood pressure (hypertension)
- Supplements seem to reduce total and "bad" (LDL) cholesterol
- May protect against certain types of cancer
- May reduce the risk of Alzheimer's disease and dementia
- May help with digestion, prevent constipation and relieve gas
- May improve bone health
- Works as an anti-inflammatory

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