



Harvest of the Summer

Garlic

Nutrition Information

- Garlic is low in calories but full of flavor.
- It has vitamin C and vitamin B6.
- Garlic is in the "other vegetables" subgroup.

Selection and Storage

- Pick garlic that feels firm and dry.
- Skip garlic that's sprouting or soft.
- Keep garlic in a cool, dry place.
- Use it sooner after you break it apart.
- If you peel or chop garlic, keep it in the fridge.

Fun Facts

- People have been growing and eating garlic for thousands of years!
- Washington State is one of the top states for garlic farming in the U.S., often coming in fourth after California.
- Inchelium garlic started in Washington. This type of garlic was first grown on the Colville Indian Reservation in Inchelium, WA.
- Every August, people gather in Centralia, WA, for "Garlic Fest" to celebrate all things garlic. There are tastings, tips for growing garlic, and lots of local garlic to try.



Recipes*



- [Beef Picadillo](#) – ICN Recipe Box
- [Beef Goulash](#) – ICN Recipe Box
- [Black Beans With Plantains](#) – ICN Recipe Box
- [Caprese Bruschetta](#) – ICN Recipe Box

*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many standardized garlic recipes available, garlic is commonly used to add flavor to soups, sauces, roasted vegetables, and grain dishes. You can create or modify your own garlic-based recipe, just be sure to verify its crediting and nutrition info using [USDA's Recipe Analysis Workbook \(RAW\)](#).

Educational Resources

- [Garlic basics](#) – SNAP-Ed. Food Hero
- [Garlic Recipes, Newsletters, Coloring Pages, and Other Resources \(Spanish\)](#) - SNAP-Ed. Food Hero
- [How Does it Grow Video Series](#) – Washington Agriculture in the Classroom

Sourcing

- Use the [Washington Food and Farm Finder](#) to find garlic and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- Can't find garlic in your area to feature? Consider using other locally grown alliums like onions, shallots, or leeks as substitutes.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).