

GAAAARLIC!

SEASON: August harvest, stores through spring.

GROWING: Garlic is planted in the fall for harvest the next summer; farmers plant one clove from the year's harvest for every head they want the following year.

WHAT TO EXPECT: In the New England climate, hardneck varieties (with a thick stem in the middle of the head) grow better than pure white California softnecks you find at the supermarket. They have fewer, larger cloves per head, & skins may be shaded from silver-grey through pink & lavender.

VITAMINS AND MINERALS: Lotsa manganese, vitamin B6 & C.

STORAGE: Garlic keeps for months if kept cool, protected from light, & with good air circulation (a basket or paper bag is good). It dislikes cold, warmth, closed storage, & dampness.

WHY BUY IT LOCALLY? Freshly harvested garlic's texture is like a crispy apple, firm but bursting with juices, still vibrantly tasty from the soil. Its unmuddled youthful flavor is especially good raw; pesto, garlic mayonnaise, salsas, & on tomatoes.



Cooking with Garlic

PREPARATION

✿ Peel; that's all you do. Another secret advantage to hearty hardneck garlics? They peel very easily! Break a clove from the head, then cut the bottom flat part off. Pull papery covering off, and slice or chop.

BASIC COOKING

✿ There is one rule: Don't burn the garlic. It gets acrid and bitter. When heating in oil for sautés and stir-fries, don't add it to hot pan first, but let other ingredients buffer the heat to preserve flavor.

✿ Garlic butter or oil: Dice one clove of garlic for every two tablespoons of butter or olive oil. Warm fat over low heat, add garlic, and let bubble slowly for 2-3 minutes. Store leftovers in refrigerator.

SERVING IDEAS

✿ Use garlic butter or oil for garlic bread, or drizzled over lentil soup, minestrone, mashed potatoes, green veggies, or grain side dishes.

✿ Blend minced fresh into home-made or store-bought sauces & spreads -- juice up mayo, pasta sauce, dipping oils, stuffing mix, canned soup, deli salads, hummus, dressings... make 'em your own!

✿ Puree 1 can chick peas, garlic, parsley, lemon juice, & oil, eat on bread.

✿ Use garlic mayo (recipe below, or with ready-made), for potato salad.

AN ACTUAL RECIPE - Aioli (garlic mayonnaise) and New Potatoes

1 pound baby new potatoes (one-bite sized)	Deep frying oil	
1 farm-fresh egg	$\frac{1}{4}$ t. dijon-style mustard	1 T fresh lemon juice
$\frac{1}{2}$ t salt	$\frac{1}{2}$ cup olive oil	4 cloves fresh garlic, chopped

✿ Scrub potatoes, and boil them until tender (it's easy to insert a toothpick). Let cool and dry on a towel while you make the aioli. Place egg, mustard, lemon, and salt in a blender and whiz just to mix (or use a whisk in a bowl). Very slowly, while blending constantly, add oil in fine stream and blend until thickened. Add garlic to mix in thoroughly. Now heat frying oil to 400 degrees, at least 1 inch thick in a pan. Gently lower in potatoes (it may take a few batches) and fry briefly until skin darkens a little. Remove to paper towels to drain. Dip in aioli and eat.

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