

HARVEST OF THE MONTH: GARLIC



NUTRITION FUN FACTS:

- Garlic is a great source of vitamin C and vitamin B6.
- Vitamin C keeps our immune system strong and vitamin B can help our cells grow and stay healthy.
- Garlic is also a source of manganese, which helps keep our bones and nervous system healthy.

Fun snack ideas!

HOW TO EAT GARLIC:

1. You can make quick and easy garlic hummus dip. Purée fresh garlic, canned garbanzo beans, tahini, olive oil and lemon juice .
2. Sauté steamed spinach with minced garlic, and add some fresh lemon juice.
3. Simply add garlic to your favorite dipping sauces and soups.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Select smooth garlic with intact skin
2. Give the garlic a gentle squeeze to make sure it feels firm.
3. Avoid soft, shriveled, moldy, or sprouted garlic.

BEST TIME TO EAT:

JULY- AUGUST



RECIPE: WHOLE WHEAT GARLIC BREAD STICKS

DIRECTIONS

1. Preheat oven to 300 degrees and line baking sheet with tint foil or parchment paper.
2. Spread one teaspoon oil on each slice of bread.
3. Sprinkle each slice of bread with garlic powder and Italian seasoning.
4. Stack bread and cut each slice into 3 equal parts.
5. Place the slices of bread in one layer on the lined tint foil or parchment paper.
6. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

INGREDIENTS

For 6 servings:

- 6 slices bread (100% whole wheat)
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning (or as needed, to sprinkle on)

[HTTPS://WWW.MYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/WHOLE-WHEAT-GARLIC-BREAD-STICKS](https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/whole-wheat-garlic-bread-sticks)

ACTIVITY: GARLIC SHADOW MATCHING

Some vegetables look very similar to garlic.

Can you match the vegetables to their shadows?

Draw a line between the colorful vegetables and the right shadow.

