

# NEW YORK FARM TO SCHOOL



# Garlic & Onions



## Varieties Grown in New York State

### GARLIC

- Softneck varieties
- Stiffneck varieties
- Elephant or great-headed varieties

### ONIONS

- Yellow
- Sweet
- Red

## Nutrition and Health Benefits

- Garlic can help boost your immune system and combat sicknesses like the common cold.
- Garlic and onions may help reduce the risk of heart disease.
- Garlic and onions have anti-oxidant and anti-inflammatory properties!

## How It's Grown

- Garlic is planted after the first fall frost, but before the ground is frozen.
- Whole garlic cloves from seed companies or nurseries are planted right in the ground.
- Onions can be grown from seeds, transplants, or “sets.”
- Onions are a cold-weather crop.
- Garlic and onions shouldn't be grown in the same soil every year—rotate your crops!

## Storage Tips

- Wrap sweet onions in a paper towel and keep them in the refrigerator.
- Store your other onions in mesh bags or pantyhose!
- Store garlic somewhere dark and dry, like a wire mesh basket in a cupboard.

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## Selection

- Choose firm, unbruised onions.
- Garlic bulbs should be plump and compact with tight, unbroken skin.
- Different onions are best for different recipes. Choose a yellow onion if you're unsure. Sweet onions are great raw in salads, relishes, salsas, and as garnishes. Try red onions raw on salads and sandwiches. Red onions are your best bet for roasting, grilling, and pickling.

## Preparation & Cooking Tips

- Garlic is usually cooked, but enjoy onions cooked or raw!
- Always use a sharp knife to chop, dice, slice, or mince garlic and onions.
- Garlic and onions should be peeled before preparing.

## Kid-Friendly Eating Tips

- Use garlic and onions to add flavor to veggies! Sautee broccoli or green beans with minced garlic, or add a sprinkle of chopped onions to homemade pizza.

## RECIPE

### GARLIC ROASTED CARROTS

#### Ingredients:

- 24 baby carrots
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 5 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper, to taste

#### Directions:

Preheat oven to 375 degrees. Lightly coat a baking sheet with non-stick spray. Place carrots in a single layer on the baking sheet. Add olive oil, balsamic vinegar, garlic, and thyme. Add salt and pepper to taste. Gently toss to combine. Bake for 35-40 minutes, or until tender, and enjoy!

### GREEN BEANS WITH ONIONS & ALMONDS

#### Ingredients:

- 1 Tablespoon butter
- 1 small onion, chopped
- ¼ c sliced almonds
- 2 Tablespoon brown sugar
- 2 Tablespoon 100% orange juice
- 1 Tablespoon mustard
- 4 cups green beans, cooked fresh, frozen or canned

#### Directions:

Melt butter in a skillet over medium heat. Add onion and almonds and cook until onions are clear and tender. In a small bowl, mix together brown sugar, orange juice, and mustard. Add sauce to onion mixture. Cook 2-3 minutes, until sauce thickens. Stir in green beans and cook for 3-5 minutes more. Enjoy!

### QUICK TOMATO & ONION SALSA

#### Ingredients:

- 1 can diced tomatoes
- ¼ c chopped onion (sweet onion, yellow onion, red onion or 2 green onions)
- 1 garlic clove, chopped
- Juice from 1 lime
- 1 can diced green chiles
- ¼ fresh cilantro, optional

#### Directions:

Combine all ingredients, except cilantro, in a blender and blend to desired consistency. Chop cilantro and stir into salsa. Serve immediately with whole grain tortilla chips or veggies!