



# Garlic

## What Am I?

Garlic is one of the most commonly used herbs. A garlic plant, also known as a garlic bulb, consists of several cloves that contain a strong scent. This scent comes from sulfur-containing compounds found in the plant.

## How Do I Grow?

- Garlic is planted in the fall and matures after 250 days.
- New garlic plants grow by planting existing garlic bulbs.
- The bulb of the plant remains underground during the growing process, while green stalks form above ground.



## Nutrition

Garlic contains selenium, vitamin B6 and manganese. It also contains antioxidants, which have been studied for their role in treating chronic disease.

## Fun Facts

- California, Nevada and Oregon produce the most garlic in the U.S.
- Although considered a vegetable, garlic is primarily used in small quantities as a flavoring ingredient.
- In addition to its raw form, garlic can also be in the form of powder, dried, or ground.

