



Please visit Bluewatermelonproject.org and “Resources” to find this kit’s video
Recipes provided by Cory Alexander, Director of Child Nutrition, Osborn School District

Garlic Edamam, 2 servings

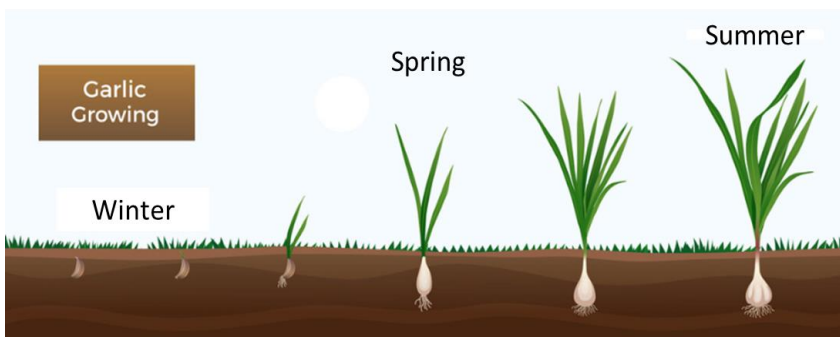
- 3/4 cup edamame beans
- 1 ¾ cup garbanzo beans (or 1 can), drained
- 1/4 cup olive oil
- 1 head of garlic
- 1 lemon (¼ cup juice)
- 1/2 teaspoon salt



Recipe Instructions:

1. Your kit will come with the garlic already roasted and ready to use! Just squeeze it into a bowl and set it aside.
2. Wash your lemon and cut it in half. Squeeze the juice into a measuring cup and remove any seeds from the cup.
3. Add lemon juice, salt, drained garbanzo beans, edamame and about ¾ of the roasted garlic to the blender.
4. Blend the ingredients until smooth. If it's too thick you can add more liquid. Depending on what you have you can add lemon juice, some of the liquid from the garbanzo beans, olive oil, or even just a little bit of water.
5. Serve with pita bread or fresh crunchy veggies!

Planting Garlic with Master Gardener Mr. Pikle:



Garlic grows in heads or bulbs which are made up of a group of cloves or lobes. One garlic clove will grow into a bulb. The garlic clove is planted with the flat, bottom side down (sometimes you can see little roots there). Dig a hole a couple of inches deep. Put the flat end down into the soil with the pointy end up. Fill in the dirt around the clove, completely covering it and making sure the clove is standing upward; it doesn't want to be sticking out of the soil. The garlic won't do much

of anything until spring. Once spring comes it will start growing and by the end of spring or the beginning of summer, it will be ready to harvest. One clue when to harvest is when most of the leaves at the bottom turn brown. Did you know there's a town in Arizona named Ajo? The word "garlic" in Spanish is "ajo", so that must be Garlic Town, Arizona.

Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject & #chefinthegardenaz
We love to hear from you!

Meet your Farmer:

Whipstone Farm provided all the garlic in your recipes today. Whipstone is a family farm located in Paulden, Arizona. All of their produce is grown without fertilizers or pesticides to ensure they are environmentally friendly. The farm grows over 100 varieties of vegetables and flowers, which are sold at farmers' markets, in their CSA program, and at farm stands throughout the state.



History

Garlic has a long and rich history and is thought to be one of the oldest cultivated plants in the world. Garlic was so important that it has been found in Egyptian pyramids, ancient Greek temples and was even found in the tomb of the famous Pharaoh Tutankhamun. Ancient texts from Egypt, Greece, Rome, China, and India each discuss garlic and its potential impact on health. At first, garlic was used only for medicine, but over time it made its way into our food. Garlic has touched every major civilization of the ancient world but its true origins lie in West and Central Asia (Central Asia stretches from the Caspian Sea in the west to Western China and Mongolia in the east and from Afghanistan and Iran in the south to Russia in the north). Today, garlic is one of the most popular flavorings in the world, together with ginger and onion.



Did you know that China is still one of the largest producers of garlic in the world?



Garlic and Health

Garlic is an antioxidant, which protects your cells against damage from free radicals. Free radicals are angry little molecules that can bounce around your body causing damage. Our body makes small amounts of free radicals when we break down food but they can also be created when we are exposed to too much sun or pollution. Other foods like berries, tomatoes, and most fruits and vegetables have lots of antioxidants too. You can think of antioxidants as mini cars inside your body that drive around grabbing free radicals. By protecting your cells, antioxidants help fight bacteria and help keep you from getting sick. Antioxidants can keep your immune system and the rest of your body strong!

Whether there is a virus, it is cold outside, or you are just trying to stay healthy, adding antioxidants to your diet (which means eating fruits, vegetables, and garlic) can help you feel better. Can you think of all the fruits and vegetables that you like to eat? Is there a fruit or vegetable that you might be willing to try?

Cooking skills

The garlic in your kit was roasted. Roasting is a slow-cooking process, using indirect heat to cook your ingredients. It is a dry-heat cooking method where hot air surrounds the food and cooks it evenly on all sides. When roasting, water is released from the vegetables in the form of steam, and the natural sugars in the vegetables break down making it easier for our tongues to taste them. We refer to this process as caramelization. Caramelizing vegetables can change their smell and add an extra, often less bitter, flavor and gives foods that light brown color.

We can use garlic fresh, roasted or dried, and powdered. How much dried powdered garlic is equal to one fresh clove? $\frac{1}{4}$ of a teaspoon!

This kit was made possible due to generous support from:

