Fresh Vegetable

FRESH BABY GARLIC



Ref: GAR-03

Italian name: Aglietti Verdi

Weight order: 3-4 kg

Description: Each individual garlic has a green stalk with a small, translucent white bulb. Baby green garlic has a bright, fresh grassy garlic flavor that is sweeter than mature garlic, though still quite pungent, especially raw. Cooking can mellow and add depth to its flavor. All varieties of garlic possess antibiotic properties to some forms of bacteria, viruses and intestinal parasites. Plants in the garlic family lower blood pressure and cholesterol, and may also be used a diuretic, an anti-inflammatory agent, an expectorant or a decongestant.

Season: Spring

Serving suggestion: Green garlic is entirely edible, though the tops are often trimmed if too fiberous or woody. Pair green garlic with similar fresh, spring vegetables such as asparagus, morels, green herbs, peas, leeks and fiddlehead ferns. Braise or saute whole as a vegetable or use in pestos and sauces. Baby green garlic pairs well with seafood, pasta, eggs, lamb and potatoes.

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