*Fresh Vegetable*

# GARLIC



Ref: GAR-04

Italian name: Aglio

Weight order: 2-3 kg

Description: Italian garlic can easily be distinguished from other garlics by its appearance. Its solid bulb is almost uniformly rounded, the bulb contains a thick central scape and about six to eight plump cream colored cloves in relatively easy-to-peel skin. The cloves are aromatic, spicy, rich and bold in flavor, which only increases with maturity. When eaten raw, a little bit goes a long way with Italian Purple garlic: Its flavor lingers for quite a while.

Season: from May to January

Serving suggestion: Garlic is used for soups, side dishes, roast meat or sausages. It is only when garlic cloves are cut or crushed, and the cellular walls breached, that an odor-causing reaction takes place, as enzymes mix with volatile sulfur-containing compounds. Crushing, chopping, pressing or pureeing garlic releases more of its essential oils and provides a sharper, more assertive flavor than slicing or leaving it whole.

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