

*Did you know?*

Garlic is a vegetatively propagated crop, meaning it's typically grown from cloves rather than seeds.

## Overview

- Garlic is one of the oldest cultivated plants. Garlic has been used for over 5,000 years.
- Garlic is part of the allium family that includes onions, leeks, scallions and shallots.
- The sharp flavor of garlic is produced because of a chemical reaction that takes place when the garlic cloves are cut, chopped, etc. This chemical reaction produces allicin which is the culprit for garlic's strong flavor.

## Production

Garlic is an aromatic herb used in cooking as well as in traditional remedies in medical applications.

Garlic is not pollinated; it is grown from cloves.

Garlic is a root vegetable that is available year-round and can be found fresh, pickled and dehydrated.

# Garlic

**Kingdom:** *Plantae*

**Order:** *Asparagales*

**Family:** *Amaryllidaceae*

**Genus:** *Allium*

**Species:** *Allium sativum*



## Nutritional Information (Single clove 3g)

Calories 4.5	Fat 0 g
Protein 0.2 g	Saturated 0 g
Carbs 1 g	Potassium 12 mg
Fiber .1 g	Calcium 5.4 mg
Sugar 0 g	Sodium .5 mg

Sources:

<https://www.ndsu.edu/agriculture/extension/publications/all-about-garlic-pocket-guide>

[https://www.canr.msu.edu/news/stinking\\_facts\\_about\\_garlic](https://www.canr.msu.edu/news/stinking_facts_about_garlic)

## Garlic Anatomy

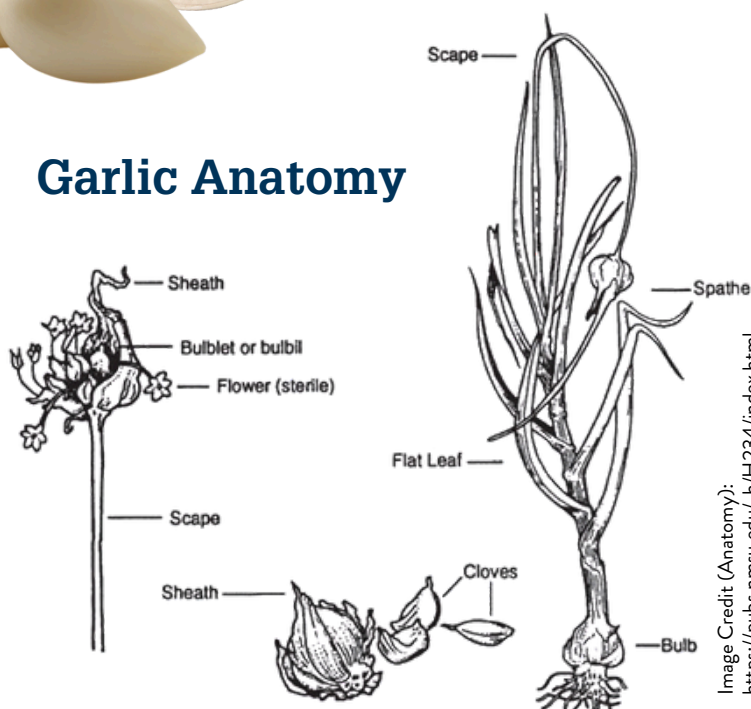


Image Credit (Anatomy):  
[https://pubs.nmsu.edu/\\_h/H234/index.html](https://pubs.nmsu.edu/_h/H234/index.html)