


Food for Health: Garlic

Glassworks Vines - Sartell, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Garlic was one of the first herbs cultivated.

Originally used for medicinal purposes, it's now mostly used as a spice that enhances the flavors of a dish.

Throughout time, garlic has been a staple in virtually every cuisine around the world.

Joy Hoppe is a 5th generation farmer of Glassworks Vines. She believes food is at the center of health equity.

Health equity is the equal opportunity for everyone to achieve good health by reducing barriers like limited access to healthy food.

Garlic is found in the bulbs of bulbous plants. There are two types of garlic: softneck and hardneck. However, softnecks do not grow well in MN because of our colder climate.

Pungent flavors of garlic and other herbs can replace excess salt in food. Most Americans consume too much sodium from processed foods. Cooking at home is a way to maintain healthy sodium intake.

Garlic is also full of vitamin B6 and C, copper, manganese, selenium, and phytonutrients.

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“There's nothing better than growing your own food and buying local so you know where your food comes from.”

- Glassworks Vines

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Rather Roasted Garlic Red Pepper Sauce Pasta

Directions

1. Cut the top off the garlic head to expose cloves. Drizzle with oil and wrap in aluminum foil.
2. Roast red bell peppers skin side up, onion, and garlic at 425 F for 25 minutes.
3. Place peppers in tupperware and cover for 30 minutes. Peel the skin off the peppers.
4. Squeeze garlic into a blender and blend along with remaining ingredients.
5. Cook pasta and reserve pasta water. Add water to blender until sauce is at desired consistency. Add sauce to pasta and enjoy.

Ingredients

Pasta sauce:

- 1 whole garlic head
- Sunflower oil
- 2-3 red bell peppers, halved and cored
- ½ onion
- 1 tomato
- 2 Tbsp fresh or dried basil
- Salt and pepper to taste
- 1 cup parmesan or 2 Tbsp nutritional yeast
- Reserved pasta water
- 1 lb pasta

Garlic has a pungent, spicy flavor that sweetens once cooked

Storage: store unpeeled at room temperature

To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

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