



# Local garlic

Availability:  
july to january

## Benefits

→ It adds delicious flavour to your dishes!

Whether used fresh, powdered, crushed or puréed, garlic has no equal when it comes to enlivening your recipes. Store the bulbs in a cool, dry spot and keep peeled cloves covered in oil in the freezer.

→ Even its stem is edible!

Commonly known as garlic scapes, the stems are a tasty substitute for green onions or chives. Choose plump, firm bulbs with unbroken skin and no signs of spotting or sprouting.



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Garlic dip



PORTIONS: 250 ML (1 CUP)

10 MIN

### Ingredients

- 80 ml (1/3 cup) sour cream
- 160 ml (2/3 cup) plain yogurt
- 2 gloves garlic, chopped
- 10 ml (2 tsp) Dijon mustard
- 45 ml (3 tbsp) cucumber, finely chopped
- 30 ml (2 tbsp) fresh herbs (ex.: parsley, mint, thyme)

### Directions

- 1 Mix together all the ingredients in a small bowl.
- 2 Serve with raw veggies.

Source: Julie Strecko, RD

## Roasted garlic and eggplant caviar



PORTIONS: 4

10 MIN 55 MIN

### Ingredients

- 1 large eggplant
- 2 heads of garlic
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) lemon juice (optional)
- Spices to taste (Cayenne pepper, cumin...)

### Directions

- 1 Preheat the oven to 180°C (350°F).
- 2 Prick the skin of the eggplant and place it on a baking sheet.
- 3 Cut off the tops of the heads of garlic. Place the heads on the baking sheet and drizzle with olive oil.
- 4 Bake in the oven for 55 min.
- 5 Let cool several minutes. Cut the eggplant in half. Scoop out the flesh with a spoon and place it in a blender.
- 6 Use your fingers to squeeze the garlic cloves out of their skins above the blender.
- 7 Add the lemon juice and blend.
- 8 Season to taste.

### Note

Serve with oven-toasted pita triangles.

Source: Julie Strecko, RD

## Cooking with kids!

- Make things fun for your kids by varying the shape of the vegetables. Use cookie cutters with turnips, sweet potatoes and rutabaga. Cut broccoli and cauliflower into florets.



### Tip!

- Remove the green germ that is sometimes found in the middle of the clove. It can make the garlic difficult to digest and cause bad breath.