



# GARLIC FAQ

## HANDLING & STORAGE

- **When buying garlic**, look (and feel!) for bulbs that are plump and firm with the papery outer skin intact. Avoid garlic that is soft, shriveled, moldy, sprouting or light in weight.
- **When sautéing garlic**, be careful not to burn it. Burned garlic will have a bitter taste, so discard it and start again. FYI: the longer you cook garlic, the milder it becomes.
- **To store garlic bulbs**, keep in a cool, dry, preferably dark, well-ventilated place. Refrigeration is an option but do not store in a plastic bag. Garlic needs air circulation so store in an open container, basket, net bag or open cardboard box. A small wicker basket is ideal for storing on the counter as long as it's not near heat or moisture (oven, sink or direct sun!).
- **Fresh garlic bulbs may last** from 2 to 6 months if stored properly, and whole bulbs will store longer than individual cloves. Braids may last longer because they are usually hung on the wall, allowing air to circulate them.
- **To peel garlic**, the easiest way is to flatten a clove with the large, flat side of a knife and remove the skin. To keep the cloves intact, pour hot water over them for a few seconds. This will loosen the skin and allow it to be pulled off easily with a paring knife. Other methods: soak cloves in cool water for a half hour or microwave for about 5 seconds.
- **To store PEELED garlic**, keep it constantly refrigerated at cold temps - 32° to 37° is best. Under ideal conditions, it can stay fresh for up to 7 weeks from date of peeling, but look for the "best by" date on the bag when purchasing.
- **Can garlic be frozen?** You can freeze garlic but it changes the consistency. Frozen garlic turns mushy when thawed but most of the flavor remains. It's best used in sauces or dishes that don't need chunks or pieces of garlic. Place peeled cloves on a cookie sheet, freeze until hard and put in an airtight plastic bag or vacuum sealed bag and freeze for 3 to 6 months. It may be necessary to double bag so the aroma does not "travel".
- **Can I store garlic in oil?** We NEVER recommend storing garlic in oil because of the potential for bacteria growth.
- **To store braids**, hang in a cool, dry area away from heat, moisture and the sun. Cut a bulb from the top of the braid as needed. Braids for decoration only will last indefinitely if not touched (the garlic inside the skins will slowly deteriorate over time but the braid will stay intact if not touched.)
- **Our fresh garlic bulbs and peeled garlic are gluten free.** However, our jars are not considered allergen or gluten free since we do not have dedicated lines for our jarred products and cannot guarantee that our items have had no contact with allergens or gluten.
- **Jar equivalency & storage:** 1 to 2 tsp. jarred garlic = 1 clove fresh garlic (minced garlic is 2 teaspoons, chopped garlic is 1 teaspoon). Our jarred products are good for 3 to 4 months after opening as long as they are kept refrigerated.
- **To remove garlic odor** from your hands, rinse with fresh lemon juice or scrub with a bit of salt, toothpaste or dry coffee grounds, then rinse hands with cool water. Try rubbing your fingers thoroughly with the bowl of a stainless steel spoon under running water, then wash hands with soap.
- **To freshen breath** after eating garlic, chew on fresh parsley, apple slices, lettuce, mint leaves, a coffee bean, a slice of fresh lemon or lime or breath mints - but time (a day or two) is the only real cure for garlic breath!