Garlic

What Am I?

Garlic is one of the most commonly used herbs. A garlic plant, also known as a garlic bulb, consists of several cloves that contain a strong scent. This scent comes from sulfur-containing compounds found in the plant.

How Do I Grow?

- Garlic is planted in the fall and matures after 250 days.
- New garlic plants grow by planting existing garlic bulbs.
- The bulb of the plant remains underground during the growing process, while green stalks form above ground.

Nutrition

Garlic contains selenium, vitamin B6 and manganese. It also contains antioxidants, which have been studied for their role in treating chronic disease.

Fun Facts

- California, Nevada and Oregon produce the most garlic in the U.S.
- Although considered a vegetable, garlic is primarily used in small quantities as a flavoring ingredient.
- In addition to its raw form, garlic can also be in the form of powder, dried, or ground.

WISCONSIN DEPARTMENT OF
Public Instruction
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