

ELEPHANT "GARLIC" *Allium ampeloprasum*

- EASY TO PEEL, MILD TASTE

ARTISAN GARLIC VARIETIES, GROWN ORGANICALLY • BERWOOD FARM, STERLING MA

TASTE

The cloves are milder and sweeter than true garlic varieties

NUTRITIONAL VALUE

Elephant garlic bulbs are an excellent source of vitamins E, C, and A. Similar to conventional garlic, Elephant garlic also contains allicin, which has been known for its antibacterial properties.

USAGE

Elephant garlic can be used raw or in cooked applications as it is often treated as a vegetable versus an herb because it is so mild in flavor. Roasting, baking or grilling will enhance its flavor, and its large size makes it perfect for slicing and deep frying to make garlic chips. It can also be roasted whole and used as a spread on bread. Elephant garlic's mild flavor also makes it ideal to be used raw in salads. Crushing, chopping, pressing or pureeing Elephant garlic releases its essential oils and provides a more assertive flavor than slicing or leaving whole. Use Elephant garlic in any application that you would use true garlic varieties with the knowledge that it will have less pungency. Elephant garlic pairs well with pasta, poultry, parsnips, potatoes, broccoli, and asparagus. Un-cut Elephant garlic will keep for a couple of months when stored in a cool, dry, and dark place away from humidity.

RECIPE IDEAS

- Leek Elephant Garlic Soup
- Tofu or Seitan or Chicken Bruschetta With Minced Elephant Garlic
- Roasted Seasonal Veggies w/ Elephant Garlic Cream
- Roasted Elephant Garlic + Cauliflower
- Steakhouse Potatoes with Roasted Elephant Garlic, Caramelized
- Elephant Garlic Bread

HISTORY

Elephant garlic, botanically classified as *Allium ampeloprasum*, is not garlic but is a **type of leek**. Also known as Giant garlic and French garlic, it gets its name from the fact that it looks like a giant clove of common garlic. Unlike true garlic varieties, which are harvested both young and mature and utilized for their scapes and flowers, Elephant garlic is only used for its mature bulbs. Elephant garlic is believed to be native to China and was brought to the United States by local immigrants from Czechoslovakia and Northern Yugoslavia, and began being cultivated in the US after the 1940s.