

# Fresh Facts:

## Garlic



### HEALTHY INSIGHTS

### Chef Ben's cooking tip:

You can increase the nutritional benefits of garlic by letting it sit after you have chopped it or crushed it. Prep your garlic first as you begin cooking to give it some rest time, and don't be afraid to really chop and mash it to release those healthy compounds.

- Garlic is packed with flavor, yet it contains no fat, sodium, cholesterol, sugar, or gluten.
- Garlic bolsters immunity, helps regulate blood pressure + works as an anti-inflammatory.
- Allicin lends garlic its health benefits. It can be destroyed by heat, so avoid cooking garlic above 140 degrees!

### FRESH TRIVIA

In Central European folklore, garlic used to be a power agent for warding off vampires, werewolves and demons. How to use? Rub garlic on keyholes and chimneys or hang garlic cloves on windows or simply wear a garlic necklace!



**SPICE**  
— FIELD KITCHEN —