



Clove is All You Need

Simple garlic recipes and
know-how for all seasons





SPRING



Which garlic is available?

“Holdover” garlic in storage: garlic that was harvested the previous fall and is ready to be used up! Even garlic that is slightly sprouted can usually still be used, as long as it isn’t moldy or bad-smelling. Use your best judgement!

Green Garlic: the new baby garlic plants that are growing in your garden, about the size of green onions. Very delicious chopped up raw or cooked in spring dishes for a mild garlic flavor.

*Note: Best practice for a green garlic harvest is to plant green garlics from your smallest cloves in fall in their own special place, then harvest them come springtime specifically for this purpose (they can be planted closer together). You can also plant leftover stored cloves in early spring for a mid-season green garlic harvest.



GRILLED ASPARAGUS WITH GREEN GARLIC SAUCE

Grilled veggies are one of our favorite simple dishes in all seasons and a chimichurri-style sauce is an awesome condiment to pair with it! This recipe highlights two amazing spring vegetables and gives you an excuse to break out the grill for the season!

Ingredients to serve 4 folks

1 lb of asparagus, tough ends snapped off

Olive oil for drizzling

Sea salt to taste

For the Sauce:

1/4 cup finely chopped green garlic

1/2 cup parsley

1/2 cup extra virgin olive oil

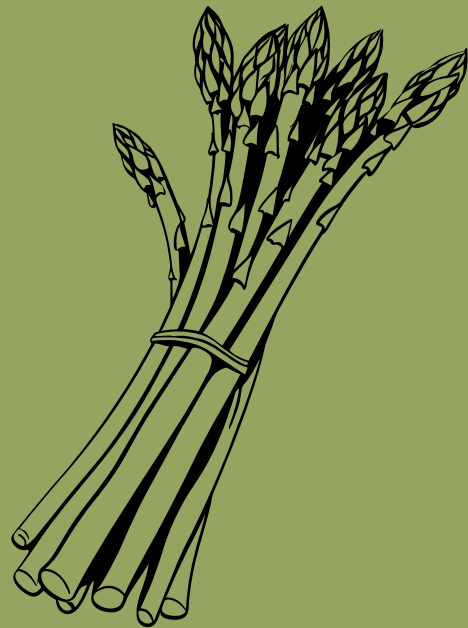
1 TBSP chopped fresh oregano or herb on hand

Sea salt and fresh-ground pepper to taste

1 TBSP red wine or balsamic vinegar

Optional Delicious Topping;

1/2 cup feta or goat cheese crumbles

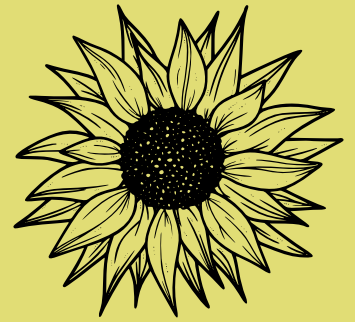


Directions

- 1 Prepare a charcoal grill. (Alternatively, you could broil the asparagus in the oven). Make the green garlic sauce by stirring together chopped green garlic, chopped herbs, 1/2 cup olive oil, salt and pepper to taste, and a couple Tbsp of water to thin out the sauce as needed. Taste and adjust seasonings.
- 2 Drizzle the asparagus lightly with olive oil and season with sea salt. Transfer to grill grate placed close to the coals. (If broiling, place close to broiler element.) Let cook for about 5 mins until nicely charred and blistered. Keep an eye on it!
- 3 Transfer grilled asparagus to a serving platter. Stir the vinegar into your green garlic sauce. Spread the sauce generously over the asparagus and top with crumbled cheese, if using. Bon appetit!



SUMMER



What garlic is available?

Garlic Scapes: A late-June treat (on our Wisconsin zone 4 farm) that must be pulled/snapped off to make the garlic size up properly.

Scapes are the flowering structure of the garlic, and they are so yummy! Just be sure to snap them off before they become woody and stand straight up. Scapes taste best and are most tender when only 1 curl has formed

Fresh Garlic Heads: About 3 weeks to 1 month after scapes form, garlic is ready to harvest. You can pull some heads early for cooking, or save a few in the fridge once you do your big harvest and send the rest to cure out and become shelf stable. For more tips on harvesting and curing garlic, check out our website.



GARLIC SCAPE PESTO

We learned this recipe from our farmer friends at Fruition Seeds. The garlic-passionate folks out there can use scapes only in this pesto, but many will prefer to use some basil or greens of choice to tone it down a bit. To each their own! Serve this pesto with pasta, grilled spring veggies, or on a decked out sandwich.



Ingredients to make about 1 cup

11 tender garlic scapes

1/4 cup nuts or seeds of choice (Pine nuts are classic, but anything you have on hand will do! Sunflower seeds and walnuts are good options.)

1/2 cup extra virgin olive oil

1/2 cup basil or greens/herb of choice (optional)

Juice of a lemon

1/4 cup freshly grated parmesan cheese

sea salt to taste

Directions

- 1 Pulse garlic scapes in a food processor for about 30 seconds, then add nuts/seeds and pulse 30 seconds more.
- 2 Add olive oil and pulse on high speed for 30 seconds or so. Scrape down sides of bowl as needed.
- 3 Add Cheese and pulse to combine. Then add basil/greens if using and lemon juice and pulse until just combined and desired consistency is achieved.
- 4 Add salt to taste and correct for seasoning! Bon Appetit!

GARLIC MOJO SAUCE FOR ANY TACO

This recipe comes from the amazing Chef Rick Bayless, a true champion of small farmers! We think you'll love this mojo sauce just as much as we do. It can be used to enhance any taco or grilled meat dish! Our favorite is to pair it with mixed mushroom tacos, another recipe we learned from Rick Bayless. Let's make the most of long, lazy summer days and peak season meals with this gorgeous condiment!

Directions

- 1 Preheat oven to 325. Meanwhile, lightly smash garlic cloves. This can be done while peeling off their skins, or peeled cloves can be put into a plastic bag and lightly smashed with a rolling pin.
- 2 Add the lightly smooshed garlic, salt, and olive oil to an 8x8 glass baking dish. Ensure that all the garlic is submerged in oil, then bake for around 45 minutes or so until garlic becomes lightly browned.
- 3 Add lime juice to the baking dish, stir, and continue baking for another 20 or so minutes until the garlic becomes golden brown.
- 4 Remove from the oven and carefully mash the garlic with a potato masher to make a rough puree. The mixture is ready to use! Store leftovers by pouring them into a wide mouth glass jar that allows all the garlic to stay submerged in oil. Keep in the refrigerator for up to 3 months as long as garlic is submerged. A delicious condiment to have on hand!!

*Let the mixture come to room temp and stir it thoroughly before using in a recipe. This delicious mojo can be used for tacos, burgers, roasted veggies, and pasta. It is also a lovely addition to a seafood meal or grilled meats.

Ingredients for about 3 cups

- 4-5 heads worth (about 1 3/4 cup) of peeled garlic cloves
- 2 cups high quality extra virgin olive oil
- 1 Tsp salt, to taste
- 1/2 cup fresh squeezed lime juice





AUTUMN



What garlic is available?

Cured garlic heads: Come September, your harvested garlic should be cured out and ready to store for the rest of fall and winter! Be sure to cut tops and roots if you haven't already and give them a gentle clean-up for storage. These "shelf-stable" heads are best kept in a cool (but not refrigerated) area like a basement or pantry where the temperature and humidity stay relatively stable.

*Remember to save your biggest and most healthy heads to plant next year's crop (and be especially careful not to damage any cloves or the root plate when cleaning up seed garlic). On our farm, we plant garlic around the end of October depending on the season.



GARLIC— ROSEMARY ROASTED POTATOES

If you're craving comfort food, potatoes always seem to hit the spot! This is a simple but delicious preparation that tastes decadent and smells amazing! You can also try making these in an air fryer/toaster oven for an even faster preparation time.

Ingredients for 4-6 folks

3lbs small yukon gold or baby red potatoes

3 TBSP extra virgin olive oil

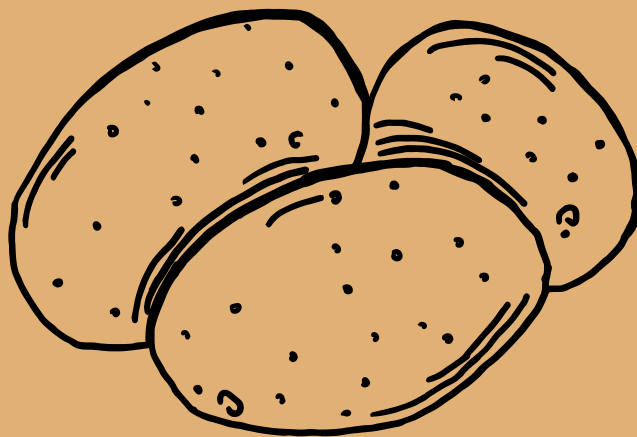
4-7 cloves of minced garlic (if your cloves are huge, you can use less)

2 TBSP chopped fresh rosemary

salt and pepper to taste

1 Tsp salt, to taste

Fresh cracked black pepper, to taste



Directions

- 1 Preheat oven to 400 F. Cut potatoes in halves or quarters depending on size, but try to use baby potatoes here! Keep the potato peels on for this recipe.
- 2 Place all other ingredients into a mixing bowl with the potato chunks, other than the freshly ground black pepper. Mix to coat the potatoes evenly in oil and seasonings.
- 3 Spread your potatoes onto a large sheet pan in one layer--don't overcrowd the pan, or they won't crisp up and nicely! Place the cut sides down for best results. Bake for 50-55 mins, stirring once halfway through. The potatoes are done when they are golden brown and fork tender.
- 4 Top with freshly ground black pepper and additional fresh herbs, if desired, and serve! Bon appetit!

SIMPLE GARLIC DIPPING OIL FOR FRESH BREAD

As much as we love a thick spread of butter on fresh warm bread, sometimes it's so wonderful to change things up and make a fragrant and flavorful dipping oil. It adds just a bit of elegance to any meal, while still being delightfully easy to make. Be sure to find yourself a fresh local loaf, preferably sourdough. Even better if you make it yourself!!



Ingredients to serve 2-4 folks

1 large garlic clove, grated or minced

Approx. 1/4 cup good quality olive oil depending on your serving bowl size (we use a small shallow bowl)

Pinch of crushed red pepper or aleppo pepper

Flaky sea salt (such as Maldon), to taste

A sprinkle of finely grated aged cheese (parmesan or asiago work well)

Freshly ground black pepper, to taste

Fresh, warm bread for serving (cut into “dippable” slices)

Directions

- 1 Finely grate or mince a large clove of garlic into a small, shallow serving bowl. (Ours is a 4x4 shallow square dish made specifically for dipping oil, but any small bowl will do).
- 2 Place remaining ingredients into the bowl with the garlic and stir gently to combine. Adjust for seasonings.
- 3 Serve with warm slices or chunks of high quality bread and enjoy! Bon appetit!



WINTER



What garlic is available?

Cured Garlic Heads: 'Tis the season of holiday gathering, chilly noses and toes, and long winter's naps. Your garlic is safely tucked away in your pantry for all kinds of nourishing winter foods, and it's at the ready to be an ally for the inevitable season of cold and flu!

*Keep an eye out as winter progresses for signs of garlic desiccating, sprouting, or spoiling. Sort and remove those garlicks as needed. If necessary, do a garlic preservation project to use up anything that is starting to deteriorate. Many folks have their stored garlic last till spring, but often it starts going downhill around February or March.



FERMENTED GARLIC AND HONEY

This is a recipe for the folks out there who enjoy fermenting projects! The garlic really mellows over time, and allows you to eat a clove a day for holistic health support. The honey is also amazing drizzled over pizza or toast.

*Please ferment safely with lots of attention to cleanliness! Use your best judgement and do your own research to learn the process--if something smells or looks off, trust your instinct and don't eat it!!

Ingredients for a pint jar

1 cup of peeled garlic cloves

1 cup of RAW honey (no exceptions here!)-- have extra on hand just in case

sterilized, clean wide mouth pint jar and lid



Directions

Add peeled garlic cloves to a sterilized wide-mouth pint jar.

1 Pour raw honey over the garlic cloves to completely cover and submerge the garlic. It will likely take around 1 cup (plus or minus a little) of honey. Have extra on hand just in case.

2 Put the lid on the jar and loosely tighten it. Let your garlic honey ferment in a dark spot on your kitchen cupboard or pantry where you can remember to attend to it for about a month. Putting a plate under the jar to prevent sticky messes is a good idea.

3 Every day for about a month, tighten the jar lid and flip the jar upside down to ensure the garlic cloves stay coated in honey. Return it to upright position, loosen the lid, and place it back in its dark spot.

4 After about a week, you'll see bubbles forming (signs of fermentation!) Keep flipping the jar, as noted, for about a full month from your start date.

5 *This garlic, once fermented, will store for many months on the cupboard. It tastes best after it has mellowed out for a month or more.

*To test product safety, you can always check the pH with a pH strip to make sure it's less than 4.6. This is a high enough acidity to prevent botulism growth. However, always use your own best judgement and do your own research prior to fermenting.

*A slight change in color of the garlic cloves is to be expected.

*Using clean utensils, jars, and hands and is essential to have a safe fermentation.

SOPA DE AJO (SPANISH GARLIC SOUP)

This is quite possibly our favorite garlic recipe of all time. Seriously. It's not only delicious, but feels extra nourishing during times when we're worn down or ill. It uses a downright luxurious amount of garlic. We adapted this recipe from the *Joy of Cooking* by Irma Rombauer, which we highly recommend you add to your cookbook repertoire if you haven't already. It's full of staple recipes like this one.

Ingredients to serve 4 folks

15-17 cloves of garlic, peeled

3TBSP olive oil

4 slices sourdough or French bread

1 TBSP Hungarian paprika

1/4 Tsp cumin seeds

4 cups good quality chicken broth

1/2 Tsp sea salt

freshly ground black pepper, to taste

4 eggs, optional

Directions

- 1 Heat 3TBSP olive oil in a soup pot over medium-low. Add your peeled garlic cloves (all but one!) to the soup pot and cook for about 12 minutes, stirring frequently. Remove the garlicks with a slotted spoon and set aside in a bowl.
- 2 Turn the heat to medium high and fry your slices of bread in the garlicky-scented oil for 1-2 minutes on each side. Remove the bread from the pot. Cut your last remaining raw garlic clove in half and rub it all over the bread slices.
- 3 Meanwhile, add paprika and cumin seeds to the pot and let them bloom for 30 seconds or so, giving them a stir.
- 4 Add the cooked garlic cloves back to the pot along with the 4 cups of chicken broth and sea salt. Add pepper to taste. Bring the mixture to a boil, then reduce the heat and simmer for about 20 minutes or so until the garlic cloves are very tender.
- 5 Preheat your oven to 400 F (if using the eggs). Remove the now-tender garlic cloves from the soup pot and mash them thoroughly with a fork. Add the squished garlic back to the soup pot, then let the soup come to a gentle simmer. Divide the soup between 4 ovenproof soup bowls set on a baking sheet. If using the eggs, carefully crack one into each bowl.
- 6 Put the baking sheet of soups into the oven, and bake until the egg whites are just set (the yolks should be runny yet). It will take about 3 minutes or more, depending on your oven. Carefully remove from the oven and top each bowl with a garlic-fried bread slice. Serve, and enjoy! Bon appetit!



BON APPETIT!

Wishing you abundance in the garden, good health, and many delicious meals of simple, fresh, and seasonal food! Cheers!

Be Well,
Hannah and Justin
the farmer folks of Rue de Bungalow Farm



ruedebungalow.com