



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Garlic

In season:



**Spring,
Summer and
Fall**

Lakota: pšíŋkčeka

Preschool Lesson Plan

Objectives

Participants will:

- identify garlic as a vegetable and the part of the plant that garlic come from.
- increase knowledge in harvesting, cleaning and use of garlic.
- demonstrate use of garlic in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Garlic visuals
- Actual garlic if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- Orzo Garlic Chicken

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Measuring a Dry Ingredient
- Knife Safety and Cutting Boards

Other Cooking and Food Safety Skills

- Storing garlic and leftovers

Supplies for Garlic Lesson

- Orzo Garlic Chicken
 - » Measuring cups
 - » Measuring spoons
 - » Knives
 - » Cutting boards
 - » Saucepan
 - » Skillet
 - » Spoon

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> Brides in ancient Greece carried bouquets of this instead of flowers. It is a close relative of onions. This is a staple for many cooks. <p>(Answer: Garlic.)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of garlic.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruit each day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruit a day.</p>	<ul style="list-style-type: none"> Point to the MyPlate poster.
<p>Garlic is a member of the onion family.</p> <p>Even though it is related to onions, it is very different from onions. Garlic is a cluster of cloves rather than one big bulb like an onion. Each cluster, of bulb, of garlic contains a dozen or more cloves. The larger outer cloves have the best flavor. The bulb is covered with a dry, loose outer skin.</p> <p>Garlic is also different from onions because it has flat leaves and onions have round, hollow leaves.</p> <p>Garlic and onions both grow underground.</p>	<ul style="list-style-type: none"> Show visuals of or an actual bulb of garlic to show the size, make up of cloves and outer skin.
<p>What food group do you think garlic belongs to? (Answer: The vegetable group.)</p> <p>Garlic is considered a vegetable but it is not usually eaten by itself like other vegetables.</p> <p>If garlic is not eaten by itself, how is it used? (Answers: In stir-fries, soups, sauces, stews, salads, pickles, salad dressings, etc.)</p> <p>Garlic is used to flavor and add a good smell to foods.</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>There are two types of garlic:</p> <p>Hardneck garlic which has stems that are used like green onions for mild garlic flavor.</p> <p>Softneck garlic which is the common variety found in grocery stores. It can be stored for a long time.</p> <p>You may also have heard of elephant garlic. Elephant garlic is related to leeks rather than to garlic. It's much larger than real garlic. The bulb can weigh up to one pound! Elephant garlic has a mild flavor. It's sometimes eaten raw or used as an appetizer.</p>	<ul style="list-style-type: none"> Show visuals of the two main types of garlic pointing out their differences.

What You Say:	What You Do:
<p>If you are buying garlic at the grocery store, what might be some things that we want to look for?</p> <p>Check for bulbs that are plump, firm and dry with tight skin. You may want to squeeze the garlic bulb between your fingers to make sure that it is not soft.</p> <p>Do not buy garlic that is shriveled or moldy or that has begun to sprout.</p>	<ul style="list-style-type: none"> • Call on participants that would like to answer. • Show a bulb of garlic that is firm. • Demonstrate how to check the garlic by squeezing it between your fingers.
<p>How should we store garlic?</p> <p>Fresh garlic should be stored in a covered or uncovered container in a cool, dark place. It should be kept away from heat and sunlight to prevent it from sprouting.</p> <p>If garlic becomes soft or moldy, throw it away.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>Before we use garlic, we must first remove the papery skin from the whole bulb of garlic. To do this quickly, separate all of the cloves and put them in a metal bowl. Place a lid on the bowl and shake the bowl for about 1 minute. This will peel the papery skin off from all of the cloves.</p> <p>To peel an individual clove of garlic, lay the clove under the flat side of a large chefs knife. Press the knife with the heel of your hand, until the clove and skin crack. This will loosen the clove of garlic from the skin and it can easily be removed.</p>	<ul style="list-style-type: none"> • Demonstrate removing the papery skin from a whole bulb of garlic using a bowl with a lid. • Demonstrate how to remove the skin from one clove of garlic using a chefs knife.
<p>Garlic can be chopped, minced or crushed. The finer garlic is chopped, the more flavor it will give to foods. The flavor of garlic is strongest right after chopping.</p> <p>You can chop and mince garlic with a sharp knife. You can also use a garlic press to mince garlic.</p>	<ul style="list-style-type: none"> • Show a garlic press and demonstrate how it is used.
<p>Sometimes our hands will smell like garlic after handling it. What can we do to help remove the smell from our hands?</p> <p>(Answer: We can try rubbing a cut lemon or pouring some lemon juice on our hands to remove the smell.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>We can also purchase garlic in powder form at the grocery store. It is located in the same section as other spices.</p> <p>When substituting garlic powder for fresh garlic, in a recipe, we can use 1 teaspoon of garlic powder for 1 fresh garlic clove.</p>	
<p>Are you ready to try a recipe using garlic?</p> <p>What is the first thing we need to do before preparing food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Orzo Garlic Chicken

Equipment List

- Measuring cups
- Knives
- Saucepan
- Spoon
- Measuring spoons
- Cutting boards
- Skillet

What You Say:	What You Do:
Today we will be making Orzo Garlic Chicken. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> • Pass out the recipe.
How many food groups are in this recipe? (Answer: 4. Orzo pasta - grain. Garlic and spinach - vegetables. Chicken - protein. Parmesan cheese - dairy.) Are there any food groups missing? (Answer: Yes – the fruit group.)	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Call on someone who would like to answer.
We will be cooking the orzo pasta in boiling water. What does the cooking term "boil" mean? (Answer: To heat a liquid until there are big bubbles on top of the water.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
We will be chopping the parsley and mincing the garlic. What do the cooking terms "chop" and "mince" mean? (Answer: Chop means to cut food into bigger pieces with a knife; mince means to cut food into really small pieces.)	<ul style="list-style-type: none"> • Talk about the different cooking terms.
We will be using a knife and cutting board to chop and mince. What are some things we need to remember when using knives and cutting boards?	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Knife Safety and Cutting Boards skill sheet.
After the garlic, red pepper and chicken is cooked and the parsley and orzo are added to the mixture, the spinach will be added. The recipe says to cook stirring occasionally, until the spinach is wilted. Does anyone know what spinach looks like when it is wilted? (Answer: Droopy, wrinkled, shriveled, limp, etc.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
If there are any leftovers of this recipe, what should be done with them? (Answer: Place them in a covered container and refrigerate within two hours. Leftovers should be used within three to four days.)	
Who's ready to start the recipe? What do we need to do before we start cooking? (Answer: Wash our hands.)	<ul style="list-style-type: none"> • Review handwashing guide.

Visuals



Garlic growing in a field



Garlic flowers



A head of garlic contains several cloves



If garlic is not used fast enough the cloves will begin to sprout

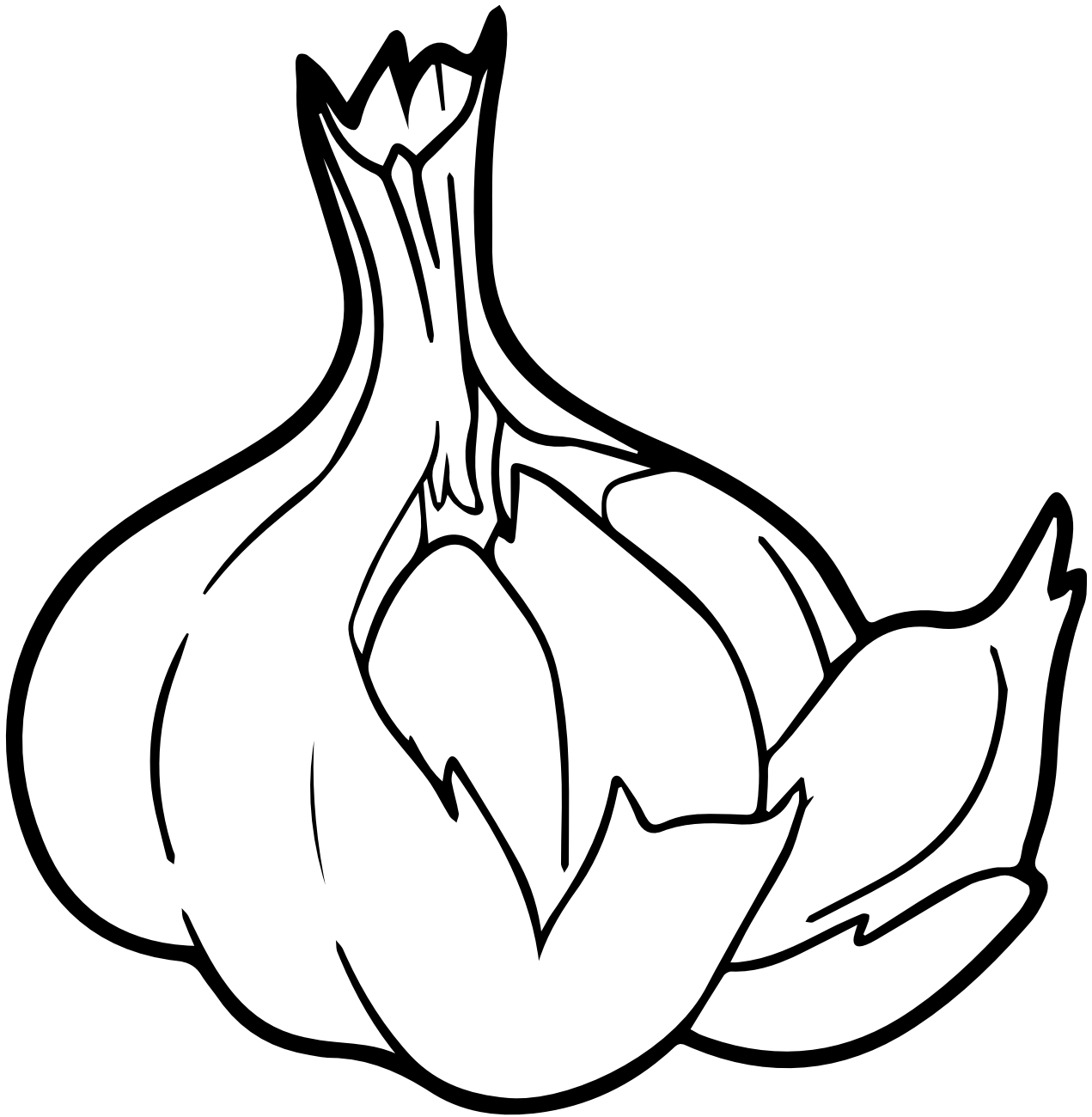
Garlic Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Garlic	1 clove	4	0.1	0%	0.9	12	--
Garlic, minced	1 teaspoon	5	0.1	0%	1.6	16	--
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age.	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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GARLIC



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Garlic Sources

Recipe

- dinnertonight.tamu.edu/recipe/orzo-garlic-chicken/
- ndsu.edu/agriculture/extension/publications/field-fork-garlic

Clues

- softschools.com/facts/plants/garlic_facts/1069/

Other

- anrcatalog.ucanr.edu/pdf/7231.pdf
- ag.ndsu.edu/publications/food-nutrition/from-garden-to-table-garlic
- eatfresh.org/discover-foods/garlic
- store.extension.iastate.edu/product/5490

Lakota translation

- Translated by Jeshua Estes

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Garlic

In season:



Spring,
Summer and
Fall

Lakota: pšíŋkčeka

Pick it!

A bulb is covered with dry, loose outer skin, made up of individual cloves; skin must be removed.

Select plump, dry and firm heads with a smooth white covering.

Choose large sized bulbs with roots still in place.

Do not buy garlic with green sprouts growing from it.

Store in a mesh bag at 32-40 degrees for up to 3-6 months.

Member of the onion family; strong flavor and smell for flavoring food.

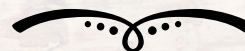
Cooked garlic has a milder flavor than raw; bitter when overcooked.

Try it!

Used whole, chopped, crushed, pressed or pureed in dishes. The more finely garlic is chopped the stronger its flavor.

Peel the outer skin off; crush by pressing with the side of a large knife blade, chop finely, crush again. Let stand at room temperature about 10 minutes.

Cook for as short a time as possible.



Types of Garlic

Softneck: multiple plant stems braided for drying, common variety, long shelf life

Hardneck: stems used like green onions, mild garlic flavor

Elephant: related to leeks, strong smell but mild flavor



Did you know...

Phytochemicals, substances in plants, may protect health. Phytochemicals reduce or neutralize free radicals that damage cells. Garlic contains phytochemicals.

Like it!

Garlic and Herb Butter

Ingredients

- ½ cup (1 stick) softened butter
- 2 Tablespoons finely chopped parsley, basil or herb of choice
- ½ teaspoon garlic; minced
- 2-3 teaspoons lemon juice
- Salt and pepper to taste

Directions

1. Separate the garlic cloves. Crush, remove the coating.
2. After crushing, mince the garlic.
3. Mix all ingredients together.
4. Shape the mixture into a roll.
5. Wrap tightly with freezer quality plastic wrap.
6. Freeze up to 6 months.
7. Slice off amounts as needed.

Yields 8 servings

Nutrition Facts per Serving:
Calories 100; Fat 12g; Cholesterol 30mg; Sodium 140mg;
Carbohydrates 0g; Sugar 0g; Fiber 0g; Protein 0g

Source: ndsu.edu/agriculture/extension/publications/field-fork-garlic

Lakota word translated by Jeshua Estes

Orzo Garlic Chicken

Ingredients

- 1 cup orzo pasta; uncooked
- 2 Tablespoons olive oil
- 2 cloves garlic; minced
- ¼ teaspoon crushed red pepper
- 2 (8 ounce) boneless, skinless chicken breast halves, cut into bite size pieces
- 1 Tablespoon fresh parsley; chopped (1 teaspoon if dried)
- 2 cups fresh spinach leaves
- ¼ cup reduced fat, grated Parmesan cheese for topping

Directions

1. Bring a large pot of water to a boil. Add orzo pasta, cook for 8-10 minutes and drain.
2. Heat the oil in a skillet over medium-high heat. Cook the garlic and red pepper 1 minute until garlic is golden brown.
3. Stir in chicken and cook 2-5 minutes, until lightly brown and juices run clear.
4. Reduce heat to medium and mix in the parsley and cooked orzo.
5. Place spinach in the skillet. Continue to cook for 5 minutes, stirring occasionally until spinach is wilted.
6. Serve topped with Parmesan cheese.

Yields 4 servings

Nutrition Facts per Serving:
Calories 370; Fat 12g; Cholesterol 85mg; Sodium 150mg;
Carbohydrates 33g; Fiber 1g; Sugar 2g; Protein 33g

Source: dinnertonight.tamu.edu/recipe/orzo-garlic-chicken/

**Find more recipes
and videos at
extension.sdstate.edu**

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