



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Garlic

Lakota: pšíŋkčeka



Pick it!

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

Try it!

Used whole,
chopped,
crushed, pressed
or pureed in
dishes.

Like it!



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

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UNIVERSITY EXTENSION

Garlic



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.

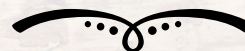
Cooked garlic has a milder flavor than raw; bitter when overcooked.

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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S-0001-18

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Garlic

Lakota: pšíŋkčeka

- A bulb is made of single cloves; dry skin must be removed.
- Select large, dry, firm heads, smooth white covering, roots in place.
- Do not buy garlic with green sprouts growing.
- Store in a mesh bag at 32-40 degrees for up to 3-6 months.
- Use whole, chopped, crushed, pressed or pureed.
- Peel, crush by pressing with the side of a large knife blade, chop finely, crush again. Let stand 10 minutes.
- Cooked garlic has a milder flavor than raw; bitter when over cooked.

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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: nds.u.edu/agriculture/extension/publications/field-fork-garlic

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 breasts halves, cut into bite size pieces
- 1 Tablespoon fresh parsley (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

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Garlic



Lakota: pšíŋkčeka

Sampling Display Instructions

Garlic and Herb Butter

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 teaspoon serving on ¼ slice of bread			
Butter, softened	½ cup	¾ cup	1 cup
Dried parsley, basil, or herb of choice	2 Tablespoons	3 Tablespoons	4 Tablespoons
Minced garlic	½ teaspoon	¾ teaspoon	1 teaspoon
Lemon juice	2-3 teaspoons	3-4 teaspoons	4-5 teaspoons
Salt and pepper	To taste	To taste	To taste
French bread or whole wheat bread	½ loaf	¾ loaf	1 loaf

Directions:

1. Mix all ingredients together.
2. Shape the mixture into a roll. Wrap it tightly with plastic wrap. Freeze up to 6 months. Thaw and soften before transport.
3. Slice whole grain bread into quarters or French bread into slices and then in half.
4. Place bread squares and softened prepared butter in separate airtight containers and transport to the store.
5. At the store, spread 1 teaspoon of the prepared butter on each bread square.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates, plastic forks
- Table knife for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
[youtube.com/watch?v=ppf-BI-wWqis](https://www.youtube.com/watch?v=ppf-BI-wWqis)



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Place only a few samples out at a time on paper plates. Ask parent's permission before children may sample.
- Ask them if they use garlic often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe can be used on breads or vegetables.
- Lakota word translated by Jeshua Estes.

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Garlic

In season:



Spring,
Summer and
Fall

Lakota: pšíŋkčeka

Sampling Display Instructions

Orzo Garlic Chicken

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Orzo pasta, uncooked	1 cup	1½ cups	2 cups
Olive oil	2 Tablespoons	3 Tablespoons, 1 teaspoon	¼ cup
Garlic cloves, minced	2	3	4
Crushed red pepper	¼ teaspoon	⅓ teaspoon	½ teaspoons
Boneless, skinless chicken breast halves (cut into bite size pieces)	1 pound	1½ pounds	2 pounds
Parsley, fresh	1 Tablespoon	1 Tablespoon, 1 teaspoon	2 Tablespoons
Spinach leaves, fresh	2 cups	3⅓ cups	4 cups
Grated parmesan cheese, reduced fat	¼ cup	5½ Tablespoons	½ cup

Directions:

1. Bring a large pot of water to boil. Add orzo pasta, cook for 8-10 minutes and drain.
2. Heat the oil in a skillet over medium-high heat and 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 parsley and cooked orzo.
5. Place spinach in the skillet; continue cooking for 5 minutes, stirring occasionally until spinach is wilted.
6. Transfer to heated crock-pot for transport. Serve 2 Tablespoons per serving, topped with a sprinkle of parmesan.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
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S-0001-18

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