

GARLIC

- TYPE:** Perennial
- SUN:** Full Sun
- HEIGHT:** 24 inches
- GROWING IT:** Well turned rich, moist sandy soil.
- PARTS USED:** Leaves, bulbs.
- HARVEST:** When flowers and leaves die back, remove bulb from soil and hang to dry in an airy place.
- CULINARY:** Fresh leaves as seasonings. Crushed cloves are almost indispensable in culinary cooking. Natural flavoring for cooking and salt reduced diets.
- OTHER:** To remove the aroma of garlic from the breath, fresh parsley can be chewed.

TRY IT!

HERB AND GARLIC STEAK

- 6 large garlic cloves
- 2 sprigs of fresh rosemary
- 8 sprigs of fresh thyme
- 4 Tbs. extra virgin olive oil
- 4 Tbs. balsamic vinegar
- 2 lbs. flank steak
- Salt and pepper to taste

Finely chop the garlic cloves. Remove the rosemary and thyme from the sprigs and finely chop. In a shallow container combine garlic, herbs, oil, and balsamic vinegar. Place flank steak in container, cover and place in refrigerator overnight to marinate. Preheat the grill or place a large skillet over medium high heat. Grill or cook the steak for about 4 minutes per side for medium rare. Transfer the steak to a cutting board and set aside to rest for about 10 minutes. Using a sharp knife, thinly slice the steak against the grain and fan the slices on a platter.