

Sacks of Snacks



Offering a hand up, not a hand out
April 19, 2024

How much garlic do you use in your house? Are you part of the group who cannot have enough garlic? Check out 2 ways to make Garlic bread. Which do you prefer? Email me your preference. Check out the benefits of garlic. You might want to learn new ways to use garlic in your food preparation. Happy National Garlic Day!! If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn County



Extension - Nutrition
Education Program

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trena Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

April 19th is National Garlic Day. Americans favor garlic food is Garlic Bread. I have included two ways to make garlic bread. Which method does your family prefer?

Garlic Bread

- Crusty Italian or French bread, thickly sliced
- Butter, softened
- Garlic cloves
- Parmesan cheese, grated



Arrange bread slices on top of a broiler pan. Crush one garlic clove for each bread slice and mix into softened butter. Spread on top of bread slices and sprinkle with grated Parmesan cheese. Toast under broiler until lightly browned.

Source: <https://extension.psu.edu/growing-and-using-garlic>

Recently, garlic has been gaining popularity for its antioxidant properties, which can decrease inflammation and help repair damage caused by free radicals which may decrease the risk for heart disease and cancer. Garlic is a good source of potassium, which helps with muscle contraction and heart function. It also contains selenium that our bodies use in reproduction and deoxyribonucleic acid, or DNA, production. The mineral manganese can also be found in garlic and is used by the body for building strong bones and maintaining a healthy immune system.

Research continues to determine the best way to take advantage of garlic's benefits, whether through supplements, consuming it raw, lightly sautéed, roasted, tinctures (concentrated herbal extracts), essential oils, etc. While one preparation method is not currently recommended over another, one popular way to eat garlic is garlic bread style. To do this, follow the steps below:

1. Chop one clove of garlic.
2. Mix with a teaspoon of oil.
3. Toast a piece of whole-wheat bread.
4. Spread the garlic/oil mixture on the toast while it is still warm.

Source: https://www.canr.msu.edu/news/eat_garlic_for_your_health



It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

Sacks of Snacks



It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.