



Glorious Garlic

Garlic is a kitchen essential for us. Cooked, raw, fresh, or dried, we love the complexity of this beautiful crop.

Understanding Garlic Flavor

An enzyme called allinase is the root of garlic's flavor. This enzyme is released the moment the cloves' cells are damaged which triggers a chemical reaction and a cascade of flavor changes. How we handle the garlic can create a variety of different flavor profiles for different uses.



Cooking with Garlic

Knife Work - The more you break down the cell walls, the stronger the garlic flavor will be. (One minced clove will have more flavor than one sliced clove.)

Heat - Heat tames the garlic flavor. The Maillard reaction creates sweetness and complexity. But don't overbrown! This produces bitterness.

Acid - Steeping minced garlic in an acid (like lemon juice) inhibits the release of allinase. This mellows flavor and is a great tool to use when you want just a hint of the garlic bite - like in hummus or salad dressing.

Time - After cutting or mincing, letting the garlic rest before cooking increases flavor complexity and strengthens the flavor. Try a 10 minute rest, and see if you notice a difference.



How to Roast Garlic

1. Preheat your oven to 400 (F).
2. Slice the tops off the heads of garlic to expose a little bit of each clove.
3. Put each head of garlic on a small sheet of aluminum foil, cut side up.
4. Drizzle olive oil over the garlic cloves and add a pinch of salt and pepper.
5. Fold the foil up over the heads of garlic and pinch them closed at the top.
6. Bake these foil balls in the oven for about 30 minutes.
7. Once cool, remove the soft cloves from their skins like squeezing toothpaste out of its tube. Start at the base and start squeezing towards the open top. The roasted garlic cloves will slide out of the top.

Roasted garlic can be added to hummus, used in bread, or on grilled corn or a baked potato. Add it to stir-fry or use it as a dip with crackers (mixed with a little olive oil and parmesan cheese!). We also love it on pizza - whether its in the sauce or as a topping.



Introducing... A Meadowlark Minute!

We're leaving social media, but still want to share our farm's story with you! We'll continue sharing cooking inspiration with The Meadowlark Monthly. You can look forward to also receiving Meadowlark Minutes - pictures and brief reflections about life on the farm. Anything in particular you'd like to see? [Let us know!](#)

 The Sunshine Movement presents:

Treat the Lonely Bakers Showcase

MARCH 28, 2021
12 PM - 3 PM

at *The Lodge at Mauston*
104 Lodge Lane
Mauston, WI 53948



We have gathered the best bakers and food artisans into one room for you! Remember to pick up a treat to share with a someone who needs a little sunshine in their life!



Mark Your Calendars!

We'll be bringing baked goods highlighting our produce to [The Sunshine Movement's Bakers Showcase](#). They're calling it "Treat the Lonely" because little acts can be a big deal to someone who is feeling lonely. This event will be a great time to pick up a little edible gift for someone! Hope to see you there!

Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your kitchen adventures.



Pasta Carbonara

Gabriella's favorite meal at the moment is Pasta Carbonara. We use [Marcella Hazan's recipe](#). I am not a purist when it comes to carbonara. We usually add sauteed spinach from the freezer or a sprinkle of microgreens. Once we even added leftover chicken, broccoli, peppers, and onions. It's on the menu for tonight!



Your Local Library

Looking for more cooking inspiration? Visit your local library - online or virtually! I love our local Wonewoc Public Library. I'll request piles of cookbooks at a time. Love cooking magazines? See if your library has Flipster - it gives you free, digital access to magazines. Bon Appetit and Eating Well are my go-to cooking magazines.

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Meadowlark Community Farm
W8130 Van Wormer Rd
Wonewoc, WI 53968
Craig and Lauren Kreutzer | 608-464-3434
www.meadowlarkcommunityfarm.com

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