

Garlic



Garlic is a good source of Vitamin C, zinc, iron, potassium, and dietary fibre if we eat them in large amounts. We often don't get much nutrients from garlic because only 1-3 cloves are used.



Garlic is locally grown throughout Hawaii all year round.



The garlic seeds come from the purple flowers they produce.



Garlic grow just like onions. They grow in the ground, and the plant above can grow up to 1 meter tall.z