

## Gourmet Garlic at the Cobblestone Farm Paris

We use pro-certified organic garlic seed to grow all our gourmet garlic varieties. We follow organic growing methods but we are not certified organic.



### Varieties:

#### Siberian

Marbled Purple Stripe garlic variety that is prized for its very high content of allicin. Allicin helps boost the immune system and improves circulation. Siberian has a great aroma, a slightly wild flavour but not too hot.

#### Music

Large bulbs with lasting flavour. Music has a very hot flavour when eaten raw. When cooking or roasting, Music loses its heat but offers a lasting garlic flavour with a hint of sweetness.



#### Hungarian

Intense, smooth flavour, with outstanding stability and a higher level of heat. This variety is great for roasting.

#### Russian Red

The Standard of Excellence for flavour in racambole garlic. This variety has a strong garlic flavour and warm sweet aftertaste.

#### Portuguese

A Bold Flavour and Superb Taste. A favourite of growers.

If you love Garlic, be sure to check out the  
Stratford Garlic Festival – September 10 & 11, 2011

### Interesting facts about Garlic???

- Garlic is believed to ward off heart disease, cancer, colds, and flu.
- Consuming 2 garlic cloves per day can lower blood cholesterol levels and reduces the build-up of plaque in arteries.
- The smell of garlic can be removed by running your hands under cold water while rubbing a stainless steel object.
- Garlic is considered both a vegetable and an herb.
- Garlic is a member of the onion family which also includes leeks and shallots.
- Garlic has been used medicinally since ancient Greek and Roman times.
- Egyptian slaves built the pyramids on a diet of garlic, bread, and water.
- In medieval times, garlic was regarded as an antidote to drunkenness and overeating.
- There are over 300 varieties of garlic grown all over the world.
- Garlic is said to fight off evil spirits and keep vampires away.



Check us out on the web at: <http://www.thecobblestonefarmparis.com>