



The Etna Library's



**Spice**  
of the  
**Month**  
Program

## Spice for June, 2024: **GARLIC**

Fun Facts about Garlic (from bastapastamd.com)

### 1. Garlic is a Superhero

While not actually an Avenger, garlic does have so many health benefits that it deserves to be considered a superhero. By cutting into garlic bulbs, thio-Sulfinite compounds in them turn into allicin, which is an amazing compound. Allicin is antibiotic and anti fungal, it is believed to lower bad cholesterol by inhibiting enzyme growth in liver cells, and it helps nitric oxide release in the blood vessels relaxing them and lowering pressure.

### 2. You Eat 2 lbs Per Year On Average

Obviously, some people eat way more garlic than others, but overall, the average person eats about 2 lbs of garlic each year. That's actually a lot of garlic! With the average clove weighing about 3 grams, 2 lbs of garlic are over 300 cloves.

### 3. 2/3 Of All Garlic is Grown in China

Garlic is common in cooking in a wide range of cuisines, from Italian to African and many others, and it is cultivated and grown in nearly every country. As of 2012, however, 2/3 of the garlic grown in the world, nearly 46 billion pounds per year, comes from China. Garlic is originally native to Central Asia, so this makes sense.



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## Pizza Popcorn



**Prep Time: 5 min**  
**Cook Time: 10 min**  
**Servings: 4**

This delicious pizza popcorn recipe is an ideal party food. This recipe can also be enjoyed as a quick tasty snack perfect for kids or adults.

### Ingredients:

1 packet Cobs Sea Salt Popcorn  
40g butter, softened  
1 tablespoon pizza sauce  
2 teaspoon Tuscan seasoning  
1 teaspoon paprika  
1 teaspoon garlic powder  
1 teaspoon oregano

### Directions:

Pre-heat oven to 180°C/160°C fan forced, rease and line 2 oven trays

Grease and line 2 oven trays

Combine butter, spices and pizza sauce

Put popcorn into a large bowl, add the butter and spices. Stir to combine

Spread onto the trays evenly in a single layer. Bake for 10 minutes, stirring half way through

Remove from oven and pour into a bowl and serve

Optional: Sprinkle with parmesan and mozzarella a few minutes before taking out of the oven.

Source:

source: <https://myfoodbook.com.au/recipes/show/pizza-popcorn>

## Great Garlic Bread



**Prep Time: 10 min**  
**Cook Time: 15 min**  
**Servings: 8**

Italian garlic bread is always great with pasta! This cheese-covered garlic bread is ready in minutes.

### Ingredients:

½ cup butter  
1 ½ tablespoons garlic powder  
1 tablespoon dried parsley  
1 (1 pound) loaf Italian bread, cut into 1/2 inch slices  
1 (8 ounce) package shredded mozzarella cheese

### Directions:

Preheat the oven to 350 degrees F (175 degrees C).

Melt butter in a small saucepan over medium heat; stir in garlic powder and dried parsley.

Place bread slices on a medium baking sheet. Using a basting brush, brush bread generously with melted butter mixture.

Bake in the preheated oven until lightly toasted, about 10 minutes.

Sprinkle bread with mozzarella cheese and any remaining butter mixture. Continue baking until cheese is melted and bread is lightly browned, about 5 minutes

Source:

<https://www.allrecipes.com/recipe/21080/great-garlic-bread/>