

FOOD FESTIVAL

By Aspens

Seasonal Food Calendar

SEPTEMBER



Tomatoes

OCTOBER



Pumpkin

NOVEMBER



Pears

DECEMBER



Parsnips

JANUARY



Leeks

FEBRUARY



Beetroot

MARCH



Carrots

APRIL



Rhubarb

MAY



Chillies

JUNE



Courgette

JULY



Garlic

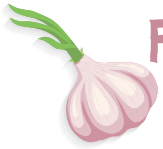
Garlic



Fact
1

Garlic is a plant that is closely related to the onion. Its bulbs are a very popular cooking ingredient.

During World War II, garlic was used as an antiseptic to disinfect wounds.



Fact
3

Garlic grows underground much like onions. It is planted in the winter and harvested in the summer time.

Garlic is known for having a very strong smell.



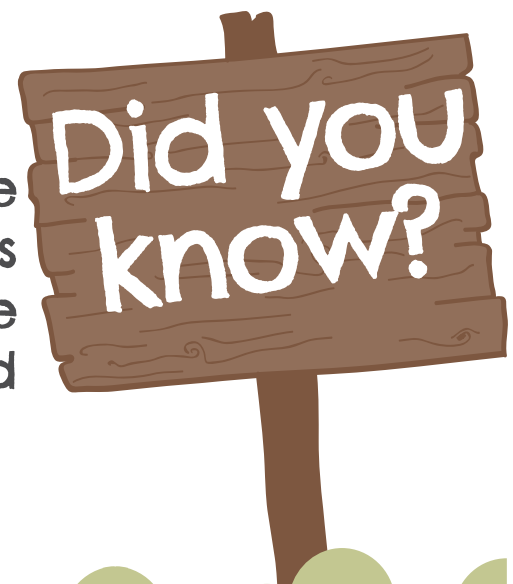
Fact
5

Garlic is a bulb that is made up of a number of segments called cloves.



International Fact

Garlic was dedicated to Mars the Roman god of war and Roman soldiers traditionally ate garlic before battle in the belief that to do so provided courage.





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Recipe from Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes GARLIC! The winning dish will feature on our menu.



NAME OF DISH



INGREDIENTS

METHOD



Name:

School Name:

Class: