

Kind

There are about **forty kinds** of garlic in Japan.

Among them, we will introduce three popular kinds of garlic!!

1.



- Big pieces
- Have distinctive sweetness

2.



- Many big, hard pieces
- Purple with a dash of red

3.

①



- Harvest garlics before they are ripe
- Young leaves are "garlic leaves".

②



- part of the stem
- The sign of the beginning of reproductive growth

③



- Harvest each piece of garlic
- Nutritional value is high
- the smell doesn't last so long

Future

We thought about Garlic's future. Garlic has a lot of effects.

Therefore, it is necessary for us to make it a rule to eat garlic. So, we made an easy recipe.

Ingredients: garlic, shrimp, shellfish you like, a spargus, mushrooms.

"Garlic whole Ahijo"



Make such easy dishes and eat! Let's eat Garlic! Let's live longer and be healthy!!

GARLIC'S PAST AND FUTURE

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Motive

Aomori has special products such as apples, Chinese yams, and Bur dock.

This time, we wanted to study the details.

History

B.C. 3200



Garlic was made in ancient Egypt.

B.C. 140



Garlic spread to China.

B.C. 8



Garlic spread to Japan.

Most people started to eat it after the Meiji era.

Elements

There are 3 elements to garlic.

1. Allicin

Helps people absorb vitamin B1.



It is related to recovery from fatigue.

2. Allicin

Be made by heating Allicin, has no smell and keeps things fresh.

It rejuvenates the metabolism and body fissue.

3. Scordinin

It is included only in garlics.

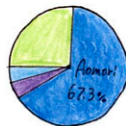
It helps Natural killer cells.



The amount of harvest

Most of the garlic eaten in Japan now is grown in China.

<the amount of harvest in Japan>



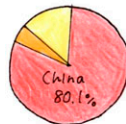
No.1 Aomori 67.3%

No.2 Fagawa 3.5%

No.3 Hokkaido 3.1%

About 15,000 tons of garlic is grown in Aomori every year.

<the amount of harvest in the world>



No.1 China 80.1%

No.2 India 5.0%

No.3 Korea 1.4%

About 20,000,000 tons of garlic is grown in China every year.

→ Japan is No.35!

60% of garlic eaten in Japan is grown in China. The future problem is that production in lesser known regions is necessary.