



How to braid onions and garlic to extend their shelf life

Step 1: Choose 3 large or 5 small garlic heads. Tie them together at their necks using an elastic band.

Step 2: Divide the garlic bunch into 3 strands of equal thickness.

Braid by taking the strand on the right and crossing it over the middle strand. Lay it between the middle strand and the left strand.

Step 3: Take the strand on the left and cross it over the middle strand. Lay it between the middle strand and the right strand.

Step 4: Take the strand on the right and cross it over the middle strand. Add a new garlic head by placing it over top of the right strand. Tuck the stalk of the new garlic head in the middle along with the strand of stalks from the right side.

Step 5: Take the strand on the left and cross it over the middle strand. Add a new garlic head by placing it over the top of the left strand. Tuck the new stalk in the middle along with the strands from the left side.

Step 6 and 7: (Repeat steps 4 and 5) You can add 1 to 3 garlic heads at a time, always incorporating their stalks into the bundle of stalks you are working with. Alternate between the right bundle of stalks and the left bundle of stalks to make your braid.

When you have finished adding garlic heads to your braid, continue braiding until you have about 12 to 15 inches in free braid, with no garlic heads in the braid.

Step 8: Tie the top of the braid with twine to secure the braid and provide a loop to hang it with.

Step 9: Trim any roots on the garlic heads and any stray pieces of stalk before hanging.

Hang in a cool, dry spot to dry and cure over 5 to 7 days. Protect from frost if necessary.

Using your hands brush off any loose papery skins before bringing it indoors to your kitchen.

To use cut off the garlic head from the braid using scissors.

Garden grown onions or shallots may also be preserved by braiding and hanging in your kitchen.

