

# Garlic

DID YOU KNOW  
HARDNECK GARLIC  
VARIETIES ARE BEST  
SUITED FOR  
NORTHERN  
CLIMATES?

## WHEN CAN I GROW GARLIC?

Garlic is a superfood, and an extremely healthy component to add to your diet. It can boost your immune system and reduce blood pressure. High in antioxidants, garlic reportedly is an effective preventative against both Alzheimers and Dementia. Softneck varieties of garlic (like Inchelium Red, Italian Purple and Lorz) can be grown in the South in October or November depending on the weather.

## HOW TO GROW GARLIC

Garlic plants grow best in light, well-draining soil. Plant in a spot with full sun exposure about 6 to 8 hours a day. Although garlic is not a heavy feeder, if your natural soil is lacking nutrients, it is important to amend it with compost and add an organic fertilizer. Blood and bone meal are recommended. Plant your garlic cloves about 6 inches apart, and 2 inches below the base of the soil and add mulch. Garlic requires consistent watering. Side dress in the early spring with more nitrogen. Fish Emulsion is a good choice. Stop feeding when bulbs begin to form because nitrogen produces green tops, but now you want the plant's energy focused on bulbing.



## HARVESTING AND STORAGE

Your garlic may send up a flower stalk called a scape. It should be removed so growth is directed to the bulb. These are a tasty treat, too! About a month before harvest, you can stop watering. Garlic matures better if it gets less water for several weeks. Harvest in May or June when 1/3 of the leaves have died back. Don't wash them after picking them. Once fully cured (10 days), you can knock the soil off, cut the leaves off and the harvest is done or braid your garlic and store in a cool, dark, dry place.