

# Growing Great Garlic

**Andrew & Ellen**  
**Lily Bend Farm**





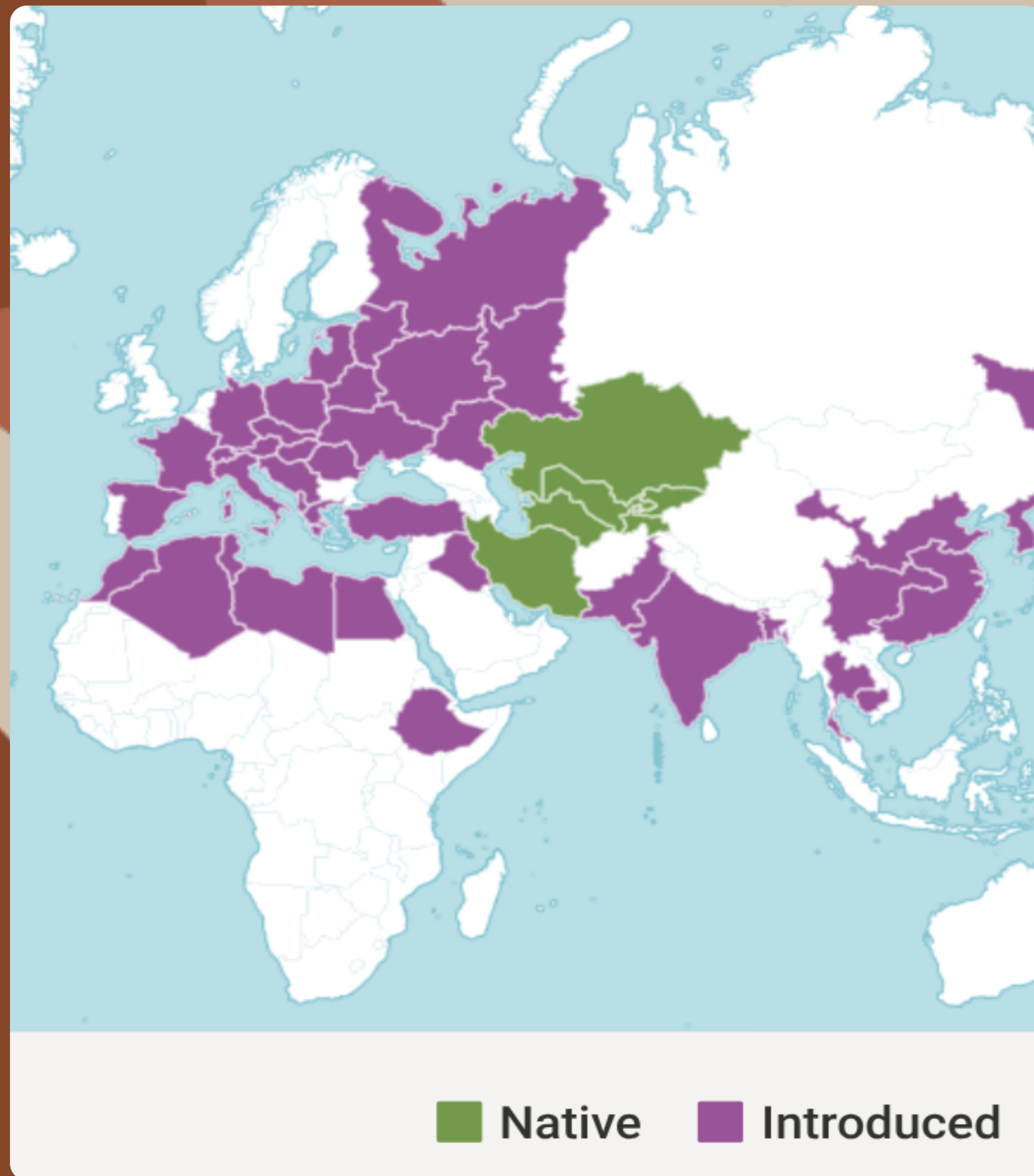


**Garlic (Allium sativum) is a member of the onion family.**

- **Low Maintenance: It is naturally pest-resistant and takes up very little space.**

**The Lifecycle: Planted in the fall, dormant in winter, harvested in summer.**





## “The Garlic Crescent”

- Iran, Kazakhstan, Kirgizstan, Tajikistan, Turkmenistan, Uzbekistan
- Cultivated for thousands of years and is found in every cuisine on the planet.
- Garlic was found in the tomb of ancient Egyptian pharaoh Tutankhamen.



# Hardneck vs. Softneck – The Great Debate

Feature	Hardneck Garlic	Softneck Garlic
Climate	Cold-hardy; needs winter chill.	Prefers milder winters.
Flavor	Bold, complex, and spicy.	Mild and subtle.
Storage	3–6 months (shorter).	9–12 months (long-lasting).
Specialty	Produces edible <b>scapes</b> .	Can be <b>braided</b> for storage.



## Planting for Success

- Timing: Plant in late autumn (4–6 weeks before the ground freezes).
- Preparation: Break bulbs into individual cloves (keep the "paper" skin on).
- Select only the largest cloves for planting.
- Method: Depth: 2–3 inches deep.
- Orientation: Pointy end up, blunt end (root) down.
- Spacing: 4-6 inches apart.





## Organic Care & Overwintering

- Mulching: Cover beds with 4–6 inches of straw or shredded leaves to protect against "heaving" during freeze/thaw cycles.
- Soil: Add compost or aged manure before planting. Garlic is a heavy feeder of nitrogen. Or use your preferred organic fertilizer



## Water & Summer Care

- Mulching: Helps to suppress weeds and maintain more consistent soil moisture
- Watering: Garlic can rot, so be sure to maintain moist (not wet) soil.





## Chive Scapes – Bonus Harvest

What are they: Curly green flower stalks produced only by hardneck varieties.

- Why remove them? It directs the plant's energy back into the bulb, making it 25% larger.
- Harvesting: Snip them off once they complete one full loop.
- Culinary Tip: Use them like green onions or asparagus. (Popular for pesto or stir-fries!)



## How To Harvest

- **Grip garlic scape as low as you can on the stalk and pull gently upwards. The scape should “pop” and release a longer scape from within the stem.**



## Harvesting & Curing

- **When to Harvest:** When the bottom 2–3 leaves turn brown, but the top leaves are still green. 3-4 weeks post-scape harvest
- **Withhold Water:** Reduce or stop watering 5-7 days before anticipated harvest
- **The Process:**
  - Loosen soil with a garden fork (don't just pull!).
  - Shake off dirt; do not wash with water.



# Harvesting & Curing



Harvested too late

## Curing & Storage

Drying: Hang or lay in a dry, shady, well-ventilated area for 2–4 weeks until the outer skins are papery.

- Processing: When stem is thoroughly dried, remove head, brush off papery outer layer, and store in ventilated containers

Storing: After curing, garlic keeps best in dark cool (55-65F) room temperatures.



## Culinary Versatility

**Fresh vs. Roasted:** Fresh garlic is sharp and pungent; roasting makes it buttery and sweet.

- **Fermentation:** Black garlic (slow-heat aged) or honey-fermented garlic.

**Preservation:** Dehydrate for garlic powder or freeze peeled cloves in oil.





# Medicinal Powerhouse

**Allicin:** The active compound released when garlic is crushed or chopped.

- **Health Benefits:**

- **Immune Support:** Natural antibacterial and antiviral properties.
- **Heart Health:** Helps lower blood pressure and cholesterol.

**Anti-inflammatory:** High in antioxidants that fight oxidative stress.



## Allicin

May Help Ease Inflammation

May Help Lower Cholesterol

A Natural Antibiotic

Supports Cancer Prevention

## Pro-Tips

**Save Your Seed:** The best garlic to grow is the garlic you already grew! Save your biggest bulbs for next year's planting.

- **Support Local:** Avoid grocery store garlic for planting (often treated with sprout-inhibitors) buy from organic seed farmers.



# Triple Divide Organic Seeds

## Triple Divide Organic Seeds

Cooperative fills an important role in our region's effort to reestablish local and regional control over our food supply. Seed, and in particular seed grown under organic practices in our region's soils and climatic conditions, creates resiliency in our food supply for both farmers and gardeners.



