



# Garlic

*Allium sativum*

## Nutrition Facts

- One serving of raw garlic provides 25% of the recommended daily value of Calcium.
- 71% of the recommended daily value of Vitamin C is in one serving of garlic.
- Garlic has been reported to help reduce high cholesterol, high blood pressure and works to prevent heart disease.

## Planting

Plant 11/15-12/15

(Guidelines for planting in raised beds)

A single garlic clove can be planted and will grow into a garlic bulb. Remove the cloves from the bulb, but do not peel the individual cloves. Plant garlic 6-8" apart in rows that are 3-6" apart. Plant garlic in holes 3-4" deep. When putting the garlic in the ground, make sure that you put the root side down and the shoot side up (this is the pointy end). After the garlic is planted, spread a layer of straw about 4 inches thick on top of the planted garlic.

## Care

In early spring when the sprouts appear, fertilize your garlic with organic fertilizer. Keep garlic watered throughout the spring. In late spring/early summer you will notice a seed scape forming from the top of the garden plant. Remove the seed scape as soon as possible as the garlic plant will put its energy into developing the seed scape instead of increasing the size of the garlic bulb. Garlic scapes can also be eaten in stir-fry or salads.

## Harvest & Storage

Stop watering your garlic two weeks before harvesting. When the leaves start to die they are ready for harvest. You can double check by digging up a bulb. If the wrapping around the bulb has begun to break, it is ready to come up.

Use a shovel to loosen the soil around the garlic and pull the bulbs out by the stalk.

Garlic must be cured after harvesting. To do this, gently clean off the dirt around the garlic. Hang garlic in bunches in a cool, dry place where the air circulates for at least two weeks. Bulbs will stay fresh for months.



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