



# Garlic

## Planting in the Garden

**When to Plant:** Plant individual garlic cloves directly in the garden in the fall after first frost. Push each clove 3” deep with pointed end sticking up.

**Recommended garden type and methods:** Direct sow, strawbale, hoop house, field grown, and raised beds. Cover with 4” of straw through winter but remove once garlic has sprouted.

**Spacing:** 6” apart

**Companion plants:** Tomatoes, cabbage, peppers, spinach.

## Harvesting

1 clove = 1 bulb

**Days to Harvest:** about 9 months

**Directions:** When just a few of the lower leaves are brown and dry, dig with a spade or trowel to lift the garlic bulbs from the soil. Don’t pull up on the stem. Brush extra soil from bulb. Remove to a shaded, airy spot immediately. Let dry on screens or by hanging for several weeks. Once cured, cut the stalks to an inch above the bulbs, and trim the roots. More soil will fall away. Store the cured heads in net bags in a cool, dry spot or rehang until needed.

## Use in the Kitchen

**Vegetable subgroup:** n/a

**Preparation:** Loosen bulb and separate cloves, trim end, peel, mince or crush

**Menu Planning Ideas:** Sauté

**Suggested Flavor Enhancers:** Use as a flavor enhancer to sides and entrees



## The Lifecycle of Farm to School

This institution is an equal opportunity provider.