



Growing Together

GROW, COOK, EAT, SHARE.

Grow your own... Garlic

Garlic is easy to grow and one of the few vegetables that you can plant through winter.

Garlic is a staple of Indian, Chinese and Italian cooking.

- ✓ Easy to grow
- ✓ Contains Fibre
- ✓ Contains Protein
- ✓ Grow from Nov to Feb
- ✓ Grow in your garden
- ✓ Harvest in 20 weeks

From your growing pack, you will need:

✓ Free draining soil

✓ Container or tub



PLANT

1. Prepare your soil. Clear it of any weeds and dig in some sand or grit if it is a bit claggy. If you are using compost in a pot, mix 50:50 with topsoil and a handful of grit or sand. It needs to be free draining or your bulbs will rot.
2. Break the bulbs into individual cloves.
3. Plant the cloves 15cm apart in a grid pattern. Push into the ground about 3cm deep.



GROW

1. Remove any weeds by hand, being careful not to damage the growing bulbs.
2. Water in dry weather.
3. Break off any flower stems that start to grow.



EAT

1. When the leaves start to yellow, dig up the bulbs carefully with a trowel.
2. Bulbs can be used fresh or dried in a shed or outside in the sun.

Top tip: Lemon juice or chopped parsley is said to get rid of the 'garlic breath' smell.