

♥ 1,890

**Growing
for the
future.
#kysuag**

LEARN MORE

INFORMATION FROM
KENTUCKY STATE UNIVERSITY
COOPERATIVE EXTENSION

Garlic

Dr. Leigh Whittinghill, Assistant Professor of Urban Agriculture

Planting

- Garlic should be planted in October or Early November for a harvest the following year.
- Garlic can be planted in the spring, but it tends to be less productive.
- Plant cloves root end down, 2-3 inches deep and 6 inches apart.
- Planting larger cloves will ensure larger bulbs at harvest.
- Cover the bed with mulch to help the bulbs overwinter.



Care and Harvest

- Garlic needs 1 inch of water a week, including rain, but stop watering 2 weeks before harvesting, this is when the leaves start to die back.
- Fertilizer can be applied next to the plants every two weeks until bulbs form.
- Scapes, the stalks that form in early June that will develop flowers, can be harvested and eaten when young. These should be removed to improve bulb formation.
- Garlic bulbs begin to form around the summer solstice.
- Harvest bulbs when the leaves have yellowed by loosening the soil to pull the whole plant out.



Storage and Use

- Garlic should be left to dry in a partly shaded storage area for about 2 weeks before removing the tops. Dried garlic can last for 6-7 months.
- Garlic is best stored in a cool, dark, dry place. Leaving the skins on will prevent cloves from drying out.
- Garlic can be frozen without blanching. Peel the



- garlic before freezing.
- Garlic can be pickled in vinegar. Peel the garlic and fresh pack it into jars leaving ½ inch of head space. Process in a boiling water bath for 10 minutes, or according to the recipe.
- Garlic is used as a flavoring in a great many recipes.

Roasting Garlic

- Preheat oven to 400°F.
- Peel and discard the outer layers of the garlic head. Cut ¼ to a ½ inch from the top of the cloves. Or Separate the garlic cloves from the bulb and discard the outer layers.
- Sprinkle with olive oil.
- Arrange heads of garlic or cloves on a baking sheet. Using a muffin pan will keep them from rolling around. Or place in a terra cotta garlic roaster.
- Bake for 40 minutes to 1 hour uncovered or in a terra cotta garlic roaster, or 30-35 minutes if covered with aluminum foil, until garlic is soft and squeezable.
- Remove and let cool. Serve or use in another recipe.



References

Bauer, E. 2018. Roasted Garlic. https://www.simplyrecipes.com/recipes/roasted_garlic/ (accessed 19 June 2018)
 Culinary Hill, 2017. Pickled Garlic Recipe. <https://www.culinaryhill.com/pickled-garlic-recipe/> (accessed 19 June, 2018)

Home Vegetable Gardening in Kentucky. ID-128. University of Kentucky Cooperative Extension Service
 Markham, B.L. 2014. The MiniFarming™ Bible: The Complete Guide to Self-Sufficiency on ¼ Acre. SkyHorse Publishing. New York, New York.

Renoux, V. 2018. How to Roast Garlic and How to Use It. <http://www.vegkitchen.com/tips/how-to-roast-garlic-and-how-to-use-it/> (Accessed 19 June 2018)

Savethefood.com. 2018. I want to store vegetables. http://www.savethefood.com/food-storage/vegetables?gclid=EAIaIQobChMIlcD4wODV2wIVC77ACH35tAAVEAAAYAAAEgLVnPD_BwE (accessed 15 June 2018)

Swiader, J.M. and G.W. Ware. 2002. Producing Vegetable Crops, 5th Ed. Interstate Publishers, Inc. Danville, Illinois.