PLANTS & HERBS

How to Grow an “Endless” Supply of Garlic at Home

By bestfolkmedicine · 20/06/2018 · 2 min read



Without doubt, garlic is the staple of a lot of different cuisines because it makes meals more flavor-rich, tasty, and of course, healthy. However, nowadays, there is a lot of talk about imported garlic from China which is believed to contain a lot of pesticides and other harmful chemicals so more and more people are growing their own supplies of garlic. This being said, in today’s article we decided to show you one of the easiest methods for planting and growing garlic at the comfort of your own home. Amazing, right?

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Why Opt for Organically-Grown Garlic?

1. **Strengthens the immune system**

Garlic is often referred to as a “superfood” because its regular consumption can avert colds and flu by staggering 63 percent. It is also beneficial natural remedy for ear infections too.

2. **Averts cancer**

When you consume it on a regular basis, garlic will decrease your chance of colorectal, stomach, and liver cancer, according to studies.

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3. **Protects the heart**

Specific compounds in garlic have the power to keep your cholesterol levels under control and thus, minimize the risk of strokes and cardiovascular disease. It can help you avert hypertension better than over-the-counter meds.

Step by Step Guide for Garlic Planting

Planting time: Early October if you plant it in your garden outside (this does not apply to garlic grown indoors)

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You need to plant organic garlic cloves only

Make sure you use loose and fertile soil and remember to top it with 3 inches of organic matter

Make shallow furrows 6 inches apart

Break a large organic garlic head and use the biggest ones for planting (use the others for cooking or for natural remedies)

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Plant them in the soil 2 inches deep and 4 inches apart from each other in the furrows

The pointier end of the clove needs to be faced upwards

Next, fill the holes with dirt and then water them well

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You can add compost and dead leaves if you want to

In spring or whenever you notice the plants popping up, add fertilizer and water them when the soil is dry (do not exaggerate with the watering)

Cut off any growing flowers

When the plant reaches 6 green leaves, pull them up

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You can wash and eat them right away or store the harvest for later in a dark and ventilated area

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