

Garlic Presentation by Terry Aitken For Madison Herb Society – 9/21/2024

Garlic Family Tree

Kingdom: Plantae

Phylum: magnoliophyta

Class: Liliopsida

Order: Liliales

Family: Liliaceae

Genus: Allium

Species: Sativum

Subspecies: Sativum (Softneck)

- Artichoke
- Silverskin

Ophioscorodon (Hardneck)

- Rocambole
- Purple Stripe
- Porcelain

Garlic Chemistry

Allinase

Allin

Allicin:

- Ajoene
- Diallyl Disulfide
- Diallyl Trisulfide
- Allyl Methyl Trisulfide
- Etc.

Garlic Syrup (For cough, Bronchitis, etc.)

From *Illustrated Encyclopedia of Healing Remedies* by C. Norman Shely

Peel and chop 6 to 8 cloves of fresh garlic. Place the chopped garlic in a jar and cover with 8 Tbls. of honey. Let stand for several days then strain. The garlic-infused honey can be given by the teaspoonful. (4 tsp. for an adult)

Garlic Fungicide/Insecticide Spray

From Rodale's *Successful Organic Gardening Herbs*

Mix 3 oz. of finely minced garlic with 2 tsp. of Mineral Oil and let stand for 24 hours. Add 16 oz. of water and strain into a glass jar for storage. Combine 1 to 2 Tbls. of this concentrate with 16 fluid oz. of water before spraying on your plants.

Four Thieves Vinegar

4 cloves garlic, peeled and crushed

2 Tbsp. chopped fresh Lavender

2 Tbsp. chopped fresh Rosemary

2 Tbsp. chopped fresh Mint

2 Tbsp. chopped fresh Sage

2 Tbsp. chopped fresh Marjoram

2 Tbsp. chopped fresh Anise Hyssop

1 quart white wine or apple cider vinegar

Add ingredients to a 1-quart mason jar and allow to marinate for 7 to 10 days. Strain through a fine mesh sieve into a second clean 1-quart mason jar. Store as you would any seasoned vinegar. Can be used to clean and sterilize kitchen and bathroom counters.

Garlic Sources

Filaree Farm

182 Conconully Hwy.
Okanogan, WA 98840
<http://www.filareefarm.com/>

Gourmet Garlic Gardens

Route 1 Box 44
Bangs, TX 76823
<http://www.gourmetgarlicgardens.com/>

Bobba Mike's Garlic Farm

PO Box 261
Orrville, OH 44667
<http://www.garlicfarm.com/>

Planting Garlic

The best time to plant is in the fall, two to three weeks before the first frost to give the plant a chance to put down roots before winter. Planting in the early spring is possible, but will generally yield much smaller heads. Occasionally, spring-planted garlic will grow a small head with no division into cloves. These are called marbles. If left in the ground until the following year, they will continue to mature into regular garlic bulbs. When planting, garlic prefers full sun, but will grow successfully in partial sun. The soil should be well drained and high in organics, since garlic is a heavy feeder. The best soil pH is 6.0-6.8.

Garlic grows as a bulb underground. You get your "seeds" by breaking apart a head of garlic to plant the individual cloves. Cloves should be planted 3- to 6-inches apart with rows 8- to 12-inches apart. Each clove should be planted flat end down in a hole twice the depth of the clove's length. If possible, mulch after planting to help protect it during the winter.

Once the plants start growing in the spring, weed and water as necessary. Garlic does not do well if competing with weeds, so I usually mulch between the rows to help keep the weeds down. About midsummer some types of garlic will send up "scapes". Scapes are a thick green shoot similar to a Lily stem and should be cut off as they appear since they draw energy from bulb growth. Continue watering through the summer until the leaves start to turn brown then try to keep the plants free of water.

Harvesting Your Garlic

Harvest is usually sometime from mid-July through August, depending upon conditions and the type of garlic. Bulbs should be dug-up when plants are 50 to 75 percent brown. Be careful not to bruise or injure the bulbs and gently remove excess dirt. Prior to use, the entire bulb and stalk should be dried for 2 to 3 weeks in an airy, well-ventilated location. Once dry, the roots should be trimmed off and the stalk removed about an inch from the head. Remove as much dirt as you can to help keep it from deteriorating. Long-term storage is best at about 40 degrees and 60 percent humidity. Bulbs store best with good air circulation on all sides.

Books

Garlic is Life – book by Chester Aaron