

HOW TO GROW GARLIC INDOORS IN A POT

Garlic (*Allium Sativum*) is one of the most consumed food flavoring worldwide which spans several thousand years of inclusion in human diet. It is a species of bulbous flowering plant which is closely related to leeks, chives, shallots, and onions. It is also highly regarded as having medicinal properties as a traditional medicine for common colds, digestion illnesses, stomach ulcers, high blood pressure, etc. Health supplements and food flavoring purposes alone would make garlic high on our list of edible plants in our home gardening.

Preparing to Plant Garlic:

- A. It is best to purchase organic garlic bulbs from gardening stores or online shops but not from local supermarkets since they have been exposed to chemicals to make them last longer.
- B. Choose at least 8 inch deep container to make enough room for garlic roots to grow. If you plant 3 cloves of garlic, the container should be at least 12 inches wide so that proper spacing can be done.
- C. Check for drainage holes at the bottom of the container. Proper drainage is essential to prevent garlic cloves from rotting.
- D. Fill it to about 2 inches of high quality soil-less potting mix composed of vermiculite or perlite to promote drainage and retain moisture.
- E. Check if the container is draining normally by pouring 240ml of water in it before putting in the garlic cloves.



Planting the Garlic

- A. Break open the bulbs with husks on around 1-2 days before planting them.
- B. Use your fingers to create small holes 2-3 inches deep and 5 inches apart for each garlic clove in the container.
- C. Put in the flat end cloves facing down at least 1 inch into the holes.
- D. Place the pot in a location that gets 6-8 hours of full sunlight every day. If there's no full sunlight in your area, you may supplement with fluorescent lights to help them grow indoors.
- E. Regular watering is required and make sure excess water is drained out of the container.

Garlic Care

- A. Apply liquid fertilizer once a month.
- B. Water the garlic plants regularly depending on the home temperature, sunlight exposure and humidity levels. Be careful not to oversaturate the plants.
- C. Keep an eye out for pests and mice that may damage the plants. Apply natural insecticide if necessary.

Harvesting Garlic Greens & Bulbs

- A. Harvest the garlic greens when they have reached 6 inches tall.
- B. Trim the greens at the base using scissors and leave an inch of growth. This will allow the garlic plant to expend more energy into growing the bulb.
- C. Cut the greens into pieces and use them as garnish or seasoning.
- D. After 8-10 months, once the leaves die off, you may pull the cloves out of the soil and hang them in a dry location. It will approximately take 2 weeks for the garlic to be completely dried and cured.



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