



## Garlic –

- Garlic loves free draining soil in full sun.
- Dig over your plot, add seaweed and sheep pellets and a little lime. Bury each clove pointing upwards at least 5cm below the surface.
- Keep them watered if there is no rain. I always keep them well mulched with pea straw, also helps keep weeds away.
- When the leaves start to brown in summer, stop watering.
- When there are 6-8 green leaves left it is time for harvesting, otherwise they don't keep as well.
- Leave them to dry in the sun for a few days, then store them in a cool, dark and dry place.
- Do not store them in the fridge as they will sprout and taste bitter.

### Benefits include

- Helps to promote healthy circulation
- Its anti-inflammatory traits can help fight auto immune disease
- Helps support healthy blood pressure
- It's antioxidants kill bacteria, which can help support skin health