



## EVERYTHING Herbal

— by Cheryl Jabz —



Herbs. Health. Healing. Naturally.

# GARLIC

## (Fall-Planted Crop)

*A garden essential with big flavor  
and amazing health benefits!*



GROW IT  
LOVE IT  
USE IT!

### GROWING TIPS



**Sunlight:** Full sun



**Soil:** Rich, loose, well-drained soil



**Water:** Moderate—consistent moisture



**Planting:** Plant cloves in October (before ground freezes). Place cloves 2 inches deep, 4–6 inches apart



**Care:** Mulch heavily for winter protection. Remove flower stalks (scapes) in spring



**Harvest:** Ready in July when lower leaves turn brown. Cure (dry) bulbs for 2–3 weeks before storing



**QUICK TIP:** Good spacing and rich soil are the key to growing large, healthy garlic bulbs!



### USES & BENEFITS



Boosts immune system



Supports heart health



Aids digestion



Natural antibacterial & antioxidant



Adds rich flavor to countless dishes



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SCAN ME



Healthy Soil  
Happy Plants  
Happy Life!



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