



Growbag

Guide to growing, caring
for and harvesting garlic

All the information supplied is extracted from The Growbag Toolkit suitable for EYFS and primary school settings.

The Toolkit includes growing guides, written by horticulturists to provide a step-by-step, year-round framework that walks you through the growing year.

Supported by a monthly Diary and individual Growing Cards, you will learn how to sow, plant, nurture and harvest up to 35 different vegetables, fruits, flowers and herbs.

The 'How to' instruction sheets are linked throughout the diary to help you understand all you need to know about gardening.



Contents

Diary - when to plant and harvest

How to - plant, harvest and mulch your garlic

Growing card - additional care information

Bulb lesson plan

For more information click here: www.growtoschool.co.uk/growbag

Garlic diary



Sept

Oct

Nov

Dec

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

You will need

Tools Hand forks or trowel, weed buckets, watering cans, seed markers and pens

Other equipment Garlic seed bulb, about 50cm square of soil, straw for mulching

October - November

Plant garlic **1** Follow instructions on growing card for spacing and depth

The numbers in circles refer to the How to pages.

December - June

Weed well around plants using scissors as there is a risk of damaging the bulb by pulling up weeds.

Water in dry weather and mulch around plants as they grow **3**

June - July

Harvest garlic when leaves are yellow and dying off **2**



1

How to: Plant the onion family



Garlic Cloves (supplied as bulbs)

Each bulb is made up of cloves, break open the bulb and separate into the individual cloves. Each clove will grow into a new bulb of garlic!

1. Push each clove into the ground 10 - 15 cm apart in rows according to the growing card.
2. Make sure the pointy end is facing up and push the clove into the soil.
3. Check growing cards for depth and spacing.
4. Water well after planting and in very dry weather.

This clove has
already started
growing, yours might
not have.

So don't forget
POINTY END UP!



2

How to: Harvest



Did you know you can also eat the leaves of peas, beans, beetroot, garlic and radish in salads? Make sure the plant is big enough (10 leaves or more) and only pick 1 or 2 baby leaves.

LIFTING - used for **carrots, radish, potatoes, garlic, leeks, beetroot, spring onions and onions**. Harvesting can be carried out in stages over a few weeks to ensure a steady supply of vegetables.

How do you do it? - for best results water the ground the day before. Using a garden fork or hand fork dig to the side and deep underneath the vegetable and lift out, shaking off the soil. Be careful not to damage the edible parts of the plant.



3

How to: Mulch for summer



A summer mulch is a thick covering of a material, in this case straw, that helps to block out light from around your plants. It does two important jobs in the summer. Firstly it helps to keep the moisture in the soil so we don't need to water as much and secondly it helps to stop weeds growing around our plants.

You will need: Straw and watering cans

1. Before mulching water the soil around the plants well. This helps to trap the moisture in the soil.



Nature hates bare soil and covers it with weeds! A mulch keeps our plants free of weeds by covering the soil.

2. Apply lots of straw around the plant. Make it at least as deep as the digging part of a hand fork. Keep a small gap around the plant to let the air in and try not to let any of the mulch touch the stem of the plant. Afterwards water the straw well to stop it from blowing away.



The digging part of a hand fork is about 10cm!



Onion Family - Garlic growing card

Garlic - four stages of growth

1



2



3



4



Spring Term			Summer Term					Autumn Term			
Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec

Sow

Plant

Harvest

Cover with Netting

Garlic



Plant

Plant cloves of garlic upright - pointy end up. In heavy soils plant 2.5cm deep, in light sandy soils plant 10 - 15 cm deep. Space 15cm apart and leave 20 - 30 cm between rows.

Care

Garlic needs very little care, just be sure to water in dry weather and mulch around plants as they grow ③ Weed well around plants using scissors as there is a risk of damaging the bulb by pulling up weeds.

Crop

From June onwards. Garlic is ready to harvest when the first six leaves have turned yellow. Hang by the leaves in an airy shed or cupboard to dry or eat fresh from harvest.

Germination: 21 days



BULBS Lesson plan

Through the examination of common edible bulbs, children understand and monitor how bulbs are formed and how they grow and can reproduce.

Science: Plants

Learning objectives: Observe and describe how seeds and bulbs grow into mature plants
Find out and describe how plants need water, light, and a suitable temperature to grow and stay healthy

Activity time: 50 mins

Preparation time: 5 mins

Resources: Onions, shallots, and garlic bulbs jars or glasses, cocktail sticks, water

Instructions:

1. Ask the children if they know what a bulb is and split the class into four or more teams.
2. Show the children the three different types of bulbs you have. Explain they are all bulbs and that bulbs can grow into plants.
3. Using the garlic bulb, explain that bulbs can grow into more than one plant. They do this by dividing, in the case of garlic we call each one a clove. Break the garlic open and give each team some of the cloves to look at, counting as you do so. Explain that over time each clove can grow into a whole new garlic bulb. How many garlic bulbs can you get from your bulb?
4. Hand out an onion to each team, and some shallots, naming them as you do so.
5. Allow the children to observe and study the bulbs, asking them to describe the differences between them. Point out that each bulb has a bottom where the roots grow and a pointy top where the shoot will sprout.
6. Explain that the class is going to grow the bulbs. To start the bulbs off and to help them grow quickly they need to have the outer skin removed.
7. Allow the children to peel the outer layers of skin off the garlic cloves.
8. When they are peeled, either select one to grow or as many as you have jars and/or glasses to hold them.
9. Hand out four cocktail sticks for each clove you are going to grow. Model, using one of the cloves, how the sticks are to be stuck into each one. (See illustration below)
10. Allow the children to take turns sticking the cocktail sticks into the cloves.
11. If you are only growing a few, it is possible to use more than four cocktail sticks per clove as they are just to keep the clove sitting on the water.
12. Place the cloves as illustrated, on water, with just the bottom of the clove submerged in the water. Place on a warm sunny windowsill.
13. Change any water that becomes cloudy or dark and watch the cloves grow! Garlic can be very fast growing, you might even see growth in a few hours!

Health and Safety:

Do not do this activity if any children in your class are allergic to garlic or the onion family.

Do not be tempted to use other bulbs as many bulbs are poisonous to touch and should be handled with gloves.

Rules for children:

Be mindful of others.

Take turns.

Listen carefully to instructions.

