

How to Grow, Harvest, and Use Organic Garlic

Detail Introduction :

If you're new to the world of organic garlic, learning how to grow it, harvest it, and understand its Allium content may be helpful. You can also find out about common uses for this wonderful vegetable. This article will cover all of these topics, plus more. Continue reading to learn more about organic garlic! And don't forget to try some of the many recipes featuring this delicious vegetable! And remember: you're never too old to enjoy a garlic-flavored meal!

Growing

If you're looking for a great way to sell your homegrown organic garlic, consider growing it yourself. Garlic is a relatively low-maintenance plant. While it won't need to be watered over the winter, it requires some spring maintenance. To prevent soil erosion and provide your plants with more nutrients, apply cottonseed meal to your garlic soil. If you have a problem with the garlic odor, contact the company to get a refund or replacement.

You can keep 20 pounds of garlic during the second season and sell the rest at seven dollars per pound. If you plan to sell your garlic, you should budget about \$1,290 per hundred pounds. A third-season crop will yield three times as much as the first two seasons, meaning you can earn \$6 to \$9 per pound. To start, check out some online gardening magazines to learn more about growing garlic. Listed below are some resources that will help you start growing organic garlic.

When growing garlic, choose a variety that suits your climate and soil. When you plant your garlic, you should reserve some of the best bulbs for next year. Eventually, you'll develop a special micro-strain adapted to your climate and soil. By doing so, you'll be sure to enjoy fresh, delicious garlic all season long. And you'll have plenty of cloves for next year.

Harvesting

If you grow your garlic, there are several ways to harvest it. Garlic can be planted on bare soil or plastic mulch, depending on the climate and growing conditions. In far northern regions, black plastic mulch is beneficial for holding moisture, and green plastic mulch is ideal for raising soil temperatures in the spring. In more temperate climates, bare soil production systems are recommended. In addition to soil amendments, you should apply manure to your garlic patch to enrich it with essential nutrients and improve the soil's quality. Manure is derived from animals, such as chickens or horses. Bird guano is another effective organic fertilizer. Remember that manure can pose a health risk and should only be applied 60 days before harvest. Aside from compost, garlic also needs nitrogen. It grows best in dark soil with good drainage. It also needs phosphorus and potassium to grow healthy leaves and a bulb. Garlic contains sulfur compounds directly

related to its healing properties and flavor. You can use organic manures or gypsum to add more sulfur to your soil. You can also use a combination of organic manures or soil conditioners to boost the soil's pH. Once you've planted garlic, keep an eye out for flowering. Many garlic plants produce flowers called scapes, and it's important to cut them back so the energy from the plant can go toward developing a larger bulb. Some garlic varieties need to be harvested after the flower opens. Harvesting your garlic before this can prevent the bulbs from being overly prone to disease and pest infestations. So, take the time to follow the growing cycle of your garlic and reap the benefits!

Allicin content

Organic garlic is rich in allicin. Several studies demonstrate its antifungal activity. In addition, the bioactive compound allicin has several stages of activity, including diallyl thiosulfinate, organic polysulfides, ajoene, and dithiins. The bioactive compound is present in up to 73% of all garlic cultivars and is readily absorbed into the body. It is known that garlic can be effective against many kinds of fungal infections.

Aside from its bioactive constituents, garlic also contains S-allyl-cysteine (AGE). However, this compound is limited in its therapeutic potential and lacks the benefits of allicin. In addition, AGE inhibits the generation of allicin. It is better to use organic garlic with higher allicin content to reap the benefits of garlic. Arizona's organic garlic products contain high levels of allicin, a key constituent of garlic.

In addition to its unique aroma, allicin may help relieve inflammation in the body and block free radicals. Organic garlic is rich in allicin, and EDN Farms offers bulk orders of fresh organic garlic. You can purchase organic garlic online if you're interested in boosting the level of allicin in your diet. It's also available in various forms, including supplements. This means that you can find one that suits your needs and budget.

Common uses

There are many common uses for garlic. This herb is edible and is a close relative of onions and shallots. Crushing fresh garlic releases the sulfur compound allicin, responsible for its pungent flavor. Fresh garlic is also edible, though most people discard the outer layer in preparation. On the other hand, Aged garlic has a high activity level due to a compound called S-allyl-cysteine.

While garlic grows on average, it prefers well-drained soil with a near-neutral pH. Although it is easier to handle soft neck varieties, all garlic is susceptible to root rot when there is inadequate drainage. In high-humidity climates, supplemental heat can accelerate the curing process. Once the garlic is ready for harvest, store it in clean boxes at a temperature of 32-35 degrees F and a minimum of 65-75% relative humidity.

The benefits of garlic extend beyond its medicinal value. Its intense aroma and distinct flavor are common in both culinary and medicinal uses. A typical serving of garlic contains the essential nutrients below 10% of the Daily Value but contains several in abundance. Garlic is high in vitamin B6, vitamin C, dietary minerals manganese,

and phosphorus, thiamin, and pantothenic acid. It is also rich in calcium, iron, and zinc.

Health benefits

Studies have shown that taking a supplement containing organic garlic has beneficial effects on the heart and blood pressure. Garlic has sulfur that activates red blood cells, which helps expand blood vessels and lower blood pressure. Taking garlic supplements is an effective way to increase cardiovascular health. These sulfur compounds also have a positive effect on the immune system. So, eating garlic is not the only way to get the health benefits of garlic. Here are the top five benefits of garlic.

Research shows that ingesting garlic regularly may help prevent cancer. Many chronic diseases are caused by chronic inflammation, and garlic has several anti-inflammatory and antibacterial properties. In a study on rheumatoid arthritis, participants consuming garlic showed decreased levels of inflammatory markers and reduced tender joints. A study in *Phytotherapy Research* showed that garlic supplementation reduced the production of cholesterol. This could explain its ability to fight off cancer.

Various nutrients found in garlic are essential to the human body. Several types of vitamin C and B vitamins, including selenium, can be found in small amounts in garlic. Other minerals such as calcium and magnesium are also found in trace amounts in garlic. In addition, garlic contains bioactive compounds that are thought to be responsible for garlic's health benefits. In addition, garlic is an excellent addition to a heart-healthy diet, along with plenty of exercises, and quitting smoking.

Cross-contamination issues

There are several potential cross-contamination issues with organic garlic. These include possible contamination with livestock feed, compost, or potting soil. Growing garlic on US soil is not a concern for Olam because its farm is on the west coast. However, garlic grown in China is not immune to contamination from other plants and animals. This means that some growers should take extra precautions to avoid consuming contaminated garlic.

Several methods can be employed to avoid cross-contamination problems. Organic garlic may be stored in sealed packages to avoid cross-contamination. It is advisable to store it away from moisture and in a well-ventilated area to prevent drying. For convenience, organic garlic can be stored side-by-side in a cooler if there is no contact between them. The organic product may rot quickly if it dries on the bottom.

For example, European legislation requires that allergens be listed in the ingredient list. These spices are officially listed under the category of herbs and spices. But food inspectors found traces of other allergens in the same fields as the spices. These inspections are conducted regularly. As a result, consumers should look for a reputable organic garlic supplier. The EU requires that all food products be labeled with their ingredients.