Greetings Fresh Food Fans,

Garlic is a staple in so many meals, it's a wonder more of us don't grow it ourselves.



It's easy to cultivate and because it's an attractive curly plant, it can be tucked in with your perennials. This Thursday, Tender Soles Farm will have seed garlic available. If you've never planted it before, now is the perfect time.

Like other bulbs, garlic likes loose, well-drained soil. Break apart your bulbs into individual cloves and plant them 3 inches deep, 5-6 inches apart in a sunny location. Water them in and forget about them over the winter.

When the plants emerge in the spring, remember to water and fertilize on occasion. You'll be rewarded with a nice garlic harvest in late summer!



This is also the perfect time of year to take home a garlic garland. Hang it in your kitchen until you need a bulb then pop a few cloves into a stir fry, curry or marinara sauce.

With Halloween around the corner, those garlands will also come in handy in the event you have to ward off a vampire.

See you in the Bickford Pavilion!

Amy

