

# Garlic

(*Allium sativum*)

## Recommended Varieties

California Late  
California Early

Garlic, if correctly handled, does well in most parts of California. A few feet of row give an ample supply. Plant in fertile soil in late fall, winter, or early spring. Fall planting is best if winters are not severe. Give the crop the same care as described for onions. Harvest when the plant tops begin to die. Use a garden fork to lift bulbs out of the ground. Pulling plants by hand could crack bulbs and reduce storage life. Let bulbs dry outdoors in the sun for about 3 weeks until the skins become papery. If you only grow a few plants, you can store them by braiding the tops and hanging the rope of garlic in a cool, dry place for use as needed.

Elephant Garlic is a popular garden vegetable. It is similar to garlic, except the bulb consists of one or two large cloves and numerous small cloves at the base bulb. Cultural requirements and culinary aspects are similar to those of garlic.

Garlic is related to onions, leeks, and chives (members of the *Allium* family) and therefore suffers from similar pest, disease, and cultural problems.

## Nutritional Value

Serving size:	3 cloves, raw	<u>Primary Nutrients</u>
Calories	13	None of the nutrients meet
Fat	0.1 g	or exceed 5% of the RDA
Calories from fat	7%	
Cholesterol	0	
Sodium	2 mg	
Protein	0.6 g	
Carbohydrate	3.0 g	

## Problem Diagnosis for Garlic

What the Problem <u>Looks Like</u>	Probable Cause	Comments
Tiny bulbs. Roots look white and normal.	Wrong variety Wrong time to plant Weed competition	Plant right variety at proper time. Garlic and onions do not compete well with weeds

## Problem Diagnosis for Garlic (continued)

What the Problem Looks Like	Probable Cause	Comments
Seedstalks develop	Cold weather after plants are 6-10 weeks old	Plant right variety at proper time. Do not "overwinter"
Roots rotted and pink in color. Yields drastically reduced	<b>Pink rot</b> Caused by soil fungus	Grow a pink root-resistant variety. Rotate crops to reduce disease severity.
Tunnels and cavities in bulb and underground stem. Plant may die or become wilted and yellow. Tips may turn brown	<b>Onion maggot</b> (Adults are small flies. Larvae are off-white, legless)	Preventive controls only. Nothing practical can be done once pest occurs on growing crop. Destroy cull onions after harvest
Leaves turn silvery Leaves can also have white streaks, blotches	<b>Onion thrips</b>	Most common during dry, warm weather Use insecticidal soap
Yellow or white areas on leaves. Leaves and stalks bend, wilt, and die. Soft, white to purple spore (mold) growth during wet, humid weather	<b>Downy mildew</b> (Fungus attacks plants only in onion family -- <i>the Allium</i> family)	Destroy old plant debris Keep soil well-drained. Allow plants to dry out between irrigations. Keep air circulating. Use resistant varieties.
Plants collapse. Bulbs have soft, watery rot Leaves and/or bulbs have white, fuzzy growth speckled with black bodies	<b>White rot</b> Caused by the fungus <i>Sclerotium</i> spp. in northern California	Destroy diseased plants To prevent spread in soil, do not compost. Rotate crops. Fungus survives in soil for years.
Seedlings are pale, thickened, deformed. Older plants are stunted, limp. Leaftips are dying. Bulbs swollen at base.	<b>Stem and bulb nematode</b>	Use certified seed. Do not plant onions in areas where onions, garlic, leeks, or chives grew in previous years. Parsley and celery are also hosts. Remove and destroy infested culls.