

Garlic Growing & Activities



Garlic is a fabulous crop for young learners. Its unique growing period allows for gardening in late winter and spring. Its strong flavor is loved by many and is excellent for sensory exploration and delicious recipes! It also stores well over winter to allow for year round local snacks and lessons.

Books

The Shy Garlic -- Elisa Anderson

Freddy Garlic is one shy garlic and he hides from everyone. Somehow, he manages to make some friends but they all get into danger and Freddy Garlic is the only one who can save his new friends.

Pasta Sauce!: Grow Your Own Ingredients -

Cassie Liversidge

Easy-to-understand instructions for planting and growing all the ingredients you need for making pasta sauce.



Activities

- Peel the garlic with the kids and make a flower. Talking about the layers and how they are protecting the cloves.
- Place unpeeled cloves in a sealed jar, pass around taking turns shaking the jar in order to peel cloves for use in cooking.
- As you explore garlic in these lessons, take time to engage all of the senses by smelling, tasting, and feeling the different parts of the plant.



Song

The Little Garlic Clove

The little garlic clove digs its cave
under the snow

Under a blanket of hay the little garlic
clove sleeps

The little garlic clove grows its roots
into the earth

In the warm breeze of spring the little
garlic clove wakes up

And stretches to the sun a tiny sprout
of green

The little garlic clove grows and grows
tall toward the sun



Growing Garlic

- Plant garlic in early fall while the soil is still warm (August - September).
- Separate the garlic head, keeping skin on the cloves. Give one clove to each child: point out the layers and the bottom part where the roots will grow.
- Dig a trench about 4in deep. With the flat part down and pointy side up, plant the cloves 2in deep and 4in apart. Fill in your trench and gently pat soil down. Mulch and water well.
- Mulch with extra straw 4-6 inches deep to cover for winter.
- Cut off scapes (flower stalks) if they emerge in early June. This helps bulbs grow larger. Use the scapes like green onions in salads or stir fries.
- Harvest in July or August when at least 3 of the lower leaves are dry.



Recipes



Fresh garlic pesto - Blend garlic, olive oil, Italian spices, and pine nuts (or other seed or nut) until smooth. Eat with veggie sticks, crackers, or thick bread.

Roasted garlic green beans - Slice or mince garlic. Toss with olive oil, spices, and green beans. Roast at 350F until light brown (approx 20min). Almonds or Parmesan optional.

Hummus - Blend garlic, tahini or nut butter, olive oil, Greek spices, and your choice of cooked beans or beets until smooth. Serve with veggie sticks or crackers.

Use hand crank blenders and have children take turns cranking to engage the entire class in cooking!

Family Engagement

- Invite family members to help plant garlic in the fall and harvest it in the summer. Plan a potluck afterwards to celebrate!
- Create a garlic-themed newsletter to send home with fun facts, tips for growing garlic at home, and a simple recipe.
- Ask families to share a favorite recipe with garlic; compile the recipes and create a cookbook.

Questions? Comments? Get in touch!

This resource was created in collaboration with Denver Urban Gardens and Rooted (WI).

Reach out to Rooted at wifarmtoece@rootedwi.org Visit our website at rootedwi.org for more Farm to ECE resources.

Reach out to DUG at www.dug.org or email us at programs@dug.org to learn more.

