Tips to Improve Your Own and Your Garden's Wellbeing

How was your harvest this year?

Have you sown and planted enough cultivars for your optimal health?

Many people's health seems to be affected by modern lifestyles and bad habits: how, when and what we eat; what and when we drink; the abuse of alcohol, energy drinks, tobacco and other stressors, such as background radiation of all sorts; not enough exercise – and the list goes on.

All these can lead to the thickening and clodding of the blood and possible conditions such as stroke, as well as damage to the arterial walls, creating plaque and leading to heart attacks.

🧄Traditionally, there was a most versatile and simple remedy for all this called GARLIC.

Amongst other things, it helps circulation and thins the blood naturally.

A few years ago, I suffered a mini stroke, and GARLIC has helped me, together with Nattokinase, ever since, alongside the use of certain essential oils and HIIT workouts, to improve my health to be better than before.

Besides, what would mushrooms or other dishes taste like without the use of GARLIC?

🌱TIME TO PLANT GARLIC

The time of year is perfect for planting garlic bulbs or cloves now, following the cabbage family in your rotation and bringing that sulphur process of cleansing into the soil, as well as connecting the soil with the spirit of the place.

🧄What do you have to consider?

There are two types of garlic.

The two types of garlic grown in the UK are hardneck varieties and softneck varieties. Softneck varieties keep the longest as a general rule.

Softneck garlic also produces more individual cloves, but they are smaller compared with hardneck garlic. Hardneck varieties are said to have a deeper, richer flavour; however, that depends greatly on your taste buds.

🌦️WEATHER CONDITIONS

Both hardneck and softneck garlic seem to grow equally well in all climatic zones of the UK.

🌱SOIL CONDITIONS

The best prerequisite for successfully growing garlic is a well-drained, light soil.

If you have heavy soil, prepare it well now by digging in lots of well-rotted biodynamic compost and, preferably, some sharp horticultural sand, which will provide good drainage.

This is a good time to stir a pinch of Mäusdorfer Starter around sunset into 2 litres of lukewarm rainwater for 20 minutes and apply it in droplet form to your well-conditioned soil.

📅TIMING FOR PLANTING

The earliest and largest garlic is grown in the UK by planting it in late autumn.

🍂Plant cloves outside in autumn/winter:

The last week of October until the third week of November (UK average).

The advantage is that the roots grow deep and the cloves split up properly into 10–14 cloves in the new bulb, producing abundant growth and yield in spring.

🪴Plant cloves in pots/for spring planting:

The last week of November (UK average).

🌱Plant cloves outside in spring:

The last week of February to the second week of March (UK average).

🌿Transplant garlic outside:

The first week of April.

I personally recommend planting garlic cloves in the autumn for the best yields and healthy plants.

🧄HOW TO PLANT

The top of the bulb should be just below the surface of the soil or with a tiny part protruding. Don’t let too much be visible, if any, above the soil surface, as birds love to pull them out of the ground.

📏Individual cloves can be planted 12cm / 5” apart, with 30cm / 12” between rows.

🌙Make sure you plant the garlic in the afternoon, with the moon in a root constellation when it is descending, which is the constellation of the Virgin.

Apply the horn manure preparation after planting to enhance rooting and rapid growth before the frost sets in.

🛒CAN I BUY MY GARLIC BULBS IN A SUPERMARKET?

Yes, you could do that, but this has two main disadvantages.

The garlic probably won't have been grown in the UK, and the variety may well not be suitable for our climate.

Secondly, the bulb will almost certainly have been treated with chemicals of some sort, which may well affect its ability to grow well.

🧄There is no food which tastes quite the part without garlic, and in these challenging times it is the best blood thinner and immune system booster.

🌱Happy planting and boosting of your wellbeing.

Hans-Günther

✨LIVE SESSIONS & COURSES

Please make a note in your diary to sign up for our Live Q&A sessions every second Tuesday of the month and our monthly forecasts and latest tricks of the trade on the last Tuesday of the month.

👉You can get access to all these live sessions if you sign up on:

🌱SPROUTS

The beginners' course of 12 masterclasses to start your new garden and 12 live sessions, with a free 2027 Grow Your Own Health Calendar and access to the WhatsApp Forum called SEEDS.

🌿SEEDLINGS

The intermediate and advanced learner course of 38 recorded sessions, 38 recorded Q&A sessions and 38 handouts, with a free 2027 Grow Your Own Health Calendar and access to the WhatsApp Forum called SEEDS.I've used emojis mainly as section markers, rather than decorating every paragraph, so the long post is easier to scan in a Facebook feed.