



The Garlic Press

File #7

THE REGULAR, AND NOT SO REGULAR, NEWSLETTER OF THE GARLIC SEED FOUNDATION OF NYS

SPRING 1990

What a Spring it is!

Time seems to be unraveling quickly these days, and the deep green look is here for a while. The garlic seems to be off to a good start and the rains have kept coming. All in all, it seems a busy time.

Earth Day was a wonderful chance for all of us to celebrate a new decade and a time to reflect on the part we each play in maintaining the health of the planet. It would be even nicer if we had learned the lessons from all those twenty years and really could celebrate the health of a global community. We all have work to do.

I'm sure that we will all encounter a new force or energy at the marketplace this year. People are becoming more and more connected to food. Safety in packaging as well as in processing are major concerns of the majority of shoppers these days, so we should be ready to defend the great nobility of our garlic as a curative for both blandness in cooking and conviviality. It is a wonder food we grow—one that leaves no nose unturned indeed! Perhaps there are only garlic lovers and other lovers, so it's time for romance.

Sharing the stories is what it is all about. As it expands in an exponential way, we too all seem to have strong memories attached like bulbils to the past seasons of growth. The fact that we do share this, and in as much create the underpinnings of history, is a unifying experience and one that this new decade is causing to be realized by an ever-growing new membership of consumers who now do

really want to know where it all comes from. For us, we sowed the seed in another time and now celebrate the emergence so full and ready. Let's all feel that strength growing in cycle and dedicate to each other this year as one of good growth and welcome changes.

The first weekend of June holds much promise for the Garlic Seed Foundation. It will be our first fundraising effort of the new season and will be spearheaded at two different events in the state. David Stern has been asked to speak at the Brooklyn Botanical Gardens' garlic day and will be representing all of us. With the help of the members in that part of the state, it will be an opportunity to get our name around and also to sell some of our items like tee shirts, pens, our article done with RAK, and some of our newly produced garlic keepers, done by Carol McCormick of Geneva. We should all appreciate the efforts David is making in this and in helping to finance our latest purchase of tee shirts. He is a well-respected grower and very capable of being the spokesperson for the GSF.

Besides this gathering, the Dunkel family will be venturing off to East Otto,, in the southwest corner of New York, to set up a table for the foundation at the herb fest at Herb Hollow, one of the largest gatherings in our part of the country that hopes to draw up to 10,000 people this year. Anyone who, at this late notice, is willing to help out, please contact David or Bob.

Planning Survey Update

Surveys were returned by 55 of you, and the response is most appreciated. This information now provides the Foundation with clear priorities to work on to meet the needs of growers and further the production of garlic.

The survey identified 22 areas related to Foundation work (in order of importance): (1) Post harvest handling, (2) Identification and selection of strains, (3) Identification of strain characteristics, (4) Harvesting, (5) Fertilization, (6) Production of seed stock, (7) Storage, (8) Disease, (9) Identification of sources of seed stock, (10) Identification of markets, (11) Mechanization, (12) Weed control, (13) Planting, (14) Research library, (15) Economic aspects of production, (16) Irrigation, (17) Tissue culturing, (18) Pricing, (19) Tours of garlic farms, (20) Medicinal properties, (21) Processing, (22) Speakers and workshops. Winter mulching systems and obtaining grants to carry on Foundation projects were two additional areas that were proposed.

At the present time, many of the areas are being addressed. Certainly, however, there is more that can be

done. If you are interested in sharing your time to work on a given project, it would be most appreciated. You do not need to be an expert (none of us are), and you will find it adds a lot to your interest and knowledge in a particular area. For more information or input, please contact Doug Bowne, R.D.2, Box 185D, Little Falls, NY 13365.

REPORT COPIES AVAILABLE

Copies of the new publication on garlic, which is a cooperative report by Roger Kline and the Garlic Seed Foundation, can be ordered at the piece price of one dollar (\$1.00) per report. This will supply some greatly needed revenue to our efforts of expanding the scope of GSF as another planting year appears. Members are requested to engage in helping us get in touch with reference sources like public or private libraries or research stations in order to provide further information on our favorite Alliums.

50 ATTEND "SPRING FLING" (D.S.)

"We had a good day — Loads of information!" was the common feeling following our first Spring meeting of the GSF. Our Fall gathering often doesn't give us enough time to talk about more in-depth garlic topics. On March 24, Saturday, we had a full day of speakers and a good crowd of listeners.

Luis Lanfranconi, a vegetable crops graduate student at Cornell, started our morning session with an informative presentation on garlic growing in Argentina. Luis shared with us some of his undergraduate work in garlic seed stock production and an excellent slide show. The slides showed the equipment and cultural practices used in Argentina and the impressive results of their breeding program. Luis has donated some slides to our collection, as well as a manual for growers and researchers (in Spanish). Following Luis' talk, samples of garlic from Argentina were distributed for GSF members to trial. This can be Spring planted here in N.Y. state, with good results reported.

Dave Loparco, from Cornell Plant Pathology, was our second speaker. Dave has continued the research he started last fall, identifying pathogens in samples supplied by GSF members and educating us in his investigative process, his results, and good cultural practices we can use to avoid problems. Dave is working with GSF member Ron Bennett in a fungicide experiment on Ron's Farm in Victor, N.Y. and will share the results in the fall.

Next was Mike Orlove, who is a student of the planet, and alliums are one of his interests. Since *Allium Sativum* (as we know it today) is asexual—no male or female or true seed—"from whence did it come?" Mike took us on a botanical journey through the species in word and picture. We next enjoyed our lunches and the delicious homemade cookies that RAK made and shared with us.

Jim McFerson, from the B.D.A. germ-plasm lab in Geneva, was our after-dinner speaker. Jim's primary job is looking at onions for beneficial characteristics and breeding these into potential commercial varieties. His job takes him to other countries, and he showed some slides of work being done elsewhere. Garlic, being a first cousin, is also of interest, and Jim plans to be growing some and sharing samples with us. In turn, he will be looking for material from us. Jim invited the GSF to join him at the Geneva Station for a tour and meeting so we might plan that for 1991 or 1992.

We are sorry to report that Clement Ip, from the Roswell Cancer Institute, was unable to be with us (due to important research concerns), so Roger Kline spoke with him (by phone) and briefly reported to us. Selenium is being used in cancer studies with rats (see article, this *Press*). Clement is working with a research chemist at Cornell who is growing garlic in high selenium soil; another Genevan is freeze-drying this garlic and mixing it in the rat food. We will invite Clement Ip to be with us at future meetings. (This is exciting stuff!)

RAK also led a discussion on "good growing practices" and the importance of improving our soil. Our product can only be as good as we take care of it and the soil is the first place to start. We ended the day in a circle discussion on

the future of the GSF, using the survey from the last newsletter (summary in this *Press*) to give us some direction. I personally appreciated everybody's openness in sharing their ideas on ways we can work together.

We are big enough to become a bonafide organization and a group will be meeting to incorporate and present some By-Laws. More on this in the next *Garlic Press*. Please send your ideas for next year's Spring Fling and we'll get to work on them.

Many thanks to Luis, Dave, Mike, Jim and RAK for preparing and presenting. Also to RAK for organizing the space and audio-visual machines (and those cookies!), to all who came (especially the Connolls from Nova Scotia!). See you all at Garlic Day, September 15?

DIRECTOR'S NOTES (D.S.)

This has turned into a rotten Spring! It started so nice, but today I see standing water in the field. The crop looks alright, but sure stopped growing since the rains have begun. There's only one month of growth left for this year!

Most of the "garlic" work has been getting ready to go to N.Y. City and East Otto (two opposite ends of the state) on June 3rd. Graphic Connections (70 State Street, Geneva, NY 14456, 315-789-2762) has printed 36 dozen T-shirts and Carol McCormick (a potter in Geneva) is creating 125 beautiful unglazed pottery "keepers," which will also be sold to raise funds. These are opportunities to meet lots of people who eat tons of garlic and want to support our efforts, and it would be unfair to deny them the chance! Four Chimney's Winery in Himrod (NY) is fermenting the beverage "Gloire D'Ail." The Antignano family (and hopefully other Long Island members) and I are in NYC at the Brooklyn Botanic Gardens, while the Dunkel and Vickner families are in East Otto (see front page).

After many printings, our brochure is getting a face-lift, thanks to Ester Heller from the Flour City for the typesetting and creative energy. ● Also, thanks to Bob Dunkel for taking responsibility for this newsletter. ● Once again, the Ontario Garlic Growers Association is having their Tour and Field Day on June 28th. Anyone interested in organizing a bus trip up there? Contact Tony Temmor, RR #3, Langton, Ontario, Canada N0E 1G0, for the map and program. Last year it was 2 farm tours, lunch, and a visit to Simcoe Horticultural Experiment Station, all for \$10.00.

I am very appreciative that a member of our Foundation brought to my attention concerns about a piece included in the last *Press*. It was from a newspaper, sent to me by a Rochester area member, and it alluded to a specific religious figure's life. My policy has been to include all notions and ideas pertaining to garlic. If it mentioned **G-a-r-l-i-c**, I printed it. I apologize for offending you and your beliefs and convey this apology to those folks who did not write.

Lastly, I hope you've had the chance to look through the Cornell Garlic Bulletin that was sent this week. Please let us know how you like it (or not). Information to add? We're going to update this regularly as we learn more about this herb/vegetable.

Happy Trails, Good Growing in a Green & Peaceful World!

What Next? . . . Your Turn?

The time has come to ask all of our members to get involved! After our Spring Fling, we began a new process of meeting as a group council to discuss the future paths of the GSF. With the central concern of filing incorporation papers, and thus achieving a not-for-profit status, we step into a new arena that allows us to be more available for grants and better able to establish a more definable program for the future.

Many people came forward in their willingness to help be a part of this transition, and now is the time to ask for input. If you can help—in any way—please start by jotting down your ideas: ways to expand study of planting, cultivation, harvest, or storage techniques; fundraising ideas or contacts; alerts on upcoming local herb or other related festivities; or conferences where you can help do a small table or get our name at least out. Any of these types of projects can be incorporated into business activities for the Foundation and will help us determine what flexibilities exist in the garlic market.

We need to expand and make alliances with other producer and consumer oriented groups in order to both make our work more creditable and allow us to help educate more small growers about the viability of becoming gradually an upscale garlic producer. Our cards are on the table and its time to move. Please make it part of your commitment as a member of GSF to find ways to help all of us continue to grow and expand.



Garlic Seed Foundation of New York State

'Tis the season to wear t-shirts!

We still have plenty of these left and continue to offer them at \$9, which includes postage and mailing. For choice of colors or quantities please contact:

Garlic Seed Foundation
Rose Valley Farm
Rose, NY 14542-0149

Regional Groups?

One of the concepts discussed at the spring gathering was the development of regional groups. The advantages in this type of structure is not only in the building of localized markets, but in allowing smaller groups to study and gather and take on a greater variety of projects than our statewide group has been able to. Not only might this include perhaps four or more "Garlic Days" located around the state, but it will also allow our membership to grow by making it easier to contact producers and users of garlic in smaller geographic areas.

At this point we are asking for volunteers to help coordinate local groups and also for feedback. We need to ask ourselves what we can do in our immediate areas to help educate and spread the glorious word **GARLIC**. There is a potential for endless variety and cultivational studies and swaps of strains that can all feed back into an information file that the Foundation can compile and build as our data bank on New York's finest.

So please put on those thinking caps, go pop a couple of cloves and fill the air with the breath of a new season. Also, let's all start jotting down the dates of local upcoming festivals and gatherings where we can set up informational tables about the Garlic Seed Foundation. Now that we have our first information publication and are also developing fundraising-type products, it is time to start looking around us and making connections. This is one way we can all truly contribute to the growth of the Foundation and not feel like we have to go too far away from the work at hand.

Happy growing—and please send in any of this type of info so that together we can build the true foundation of a healthier society.

GARLACRONYMS

- Garlic Actively Repels Large Insect Colonies
- Dr. A Sativum
- Germ-free Antibiotic Resistant Living Immune Culture
- Gene Ajoene
- Garlic And Radicchio Love Italian Cuisine
- Jess A. Yeppy
- Grow Alliums Repel Little Insects Chomping
- Will "Al" Bee
- Gourmet Antipasto Relies Largely In Cloves
- Uncle Pesto
- Glorious Aromatic Religious Like Incense Cooking
- Allison Sawtay
- Garlic And Roses-Live In Companions
- Al Tryatt
- Garlic Aids Respiratory Lung Infections Consistently
- Dr. Meeyup
- Grow And Reap Life In Cloves
"Harve" Ester Daly

NO COMMON HERB by Michael Vickner

When Bob asked me to do an article for the newsletter, I thought about what would interest fellow garlic growers. Thoughts of titles — *My Life With Garlic*, *How Garlic Affects My Life*, or *The Magic of Garlic* — entered my mind. I don't know how any of you got started with the Garlic Seed Foundation or growing garlic, but I don't need to tell you we are not involved in the growing of a mere common herb.

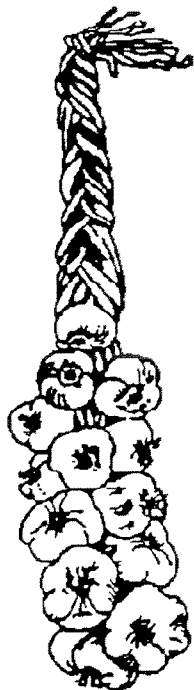
Garlic! The name evokes more than a shrug of the shoulder. Some people, when informed that we grow garlic as a cash crop, either attempt to get closer to catch the aroma of garlic on our breaths or want to get a deal on a few pounds of their favored herb. Others will take a step away and say, "How nice" or "I didn't know it grew here."

Growing, selling, braiding and being around garlic has been an enlightening, educational and enjoyable experience. During our selling season, people will actually be walking by our table and turn, as if led by the nose, and come back over. Then, after handling and smelling the garlic, will proceed to tell you for the next thirty minutes how they grow or used to grow garlic, their favorite uses of the stuff, family history, and if they are widowed Italian men, they propose to my wife. I mean, people want to talk about garlic. Do you think they would be so engaging if it were basil or dill? I guess that if you love the garlic, you love it with a passion!

It starts out innocently enough—few heads or pounds given to you in the fall with instructions to plant any time after October 1. So there you are, out in the freshly tilled fall garden soil, the leaves off the trees, frost in the air, the geese heading south, the gardening season drawing to a close, and you are planting for next year. The eternal gardener-farmer knows the geese and the sun will return,

and there to meet them will be the beloved garlic shoots announcing themselves through snow, frosts and spring rains.

What is it about these plants? Is it the expectation of harvest? The pounds of odoriferous bulbs drying in the warm summer days? Yes! Yes! Yes! Yet there is more, as they are up and growing at the slightest sign of spring. They look forward to the coming season as much as you or I. They seem to be able to stand all of the rigors of nature with little need for us. A natural when it comes to pest resistance, don't we wish all our crops had that ability? A humble plant that draws little attention to itself and asks only for good soil and that weeds be kept at bay, suddenly shows its regal nature as it is dug, dried and cleaned. Noble in fragrance, it stands a head above the rest.



I know there is more to this garlic than its physical properties. Maybe it's the rich history or folklore, or the good fellowship of other garlic lovers. Maybe it's the smell, the smell that's unmistakable, the smell that awakens memories of ancients in our genes. Maybe it's the memories at times long forgotten, that soil, water, sun, man and air are not isolated pieces of a puzzle, but wondrously interconnected, woven together as a fabric by a glorious creator.

Wow! **Garlic!** Heavy Stuff! I think so. To plant, cultivate, nurture, store and consume our garlic connects us to each other and to the earth, and to the past and the future. There has to be something about it. At our first Garlic Day we met growers from Nebraska and Nova Scotia. They weren't just passing through; they drove up to 1000 miles to meet, share and learn from other growers. It seems like garlic gets under your skin, into your pores, and even into your mind. Let's make it the crop of the nineties!

SELENIUM

A trace element, essential to good nutrition and naturally present in soil (safe limits .1-.3ppm), selenium is in a special spotlight these days, both because of its value as an anti-oxidant and for general protection against heart disease. Recently, the work of chemist Orville Levander of the USDA, using studies he had made in China, was the basis of a change in dietary standards (RDA) issued by the Natural Research Council. Finding a debilitating heart condition known as Keshan disease to be linked to selenium deficient diets, the new RDAs recommend 70 mcg for men and 55 mcg for women.

Fresh garlic is an excellent source of selenium, and for this reason is being used in a number of studies to determine various anti-cancer actions, increased life spans and for cardio-vascular therapy. Although it is generally supposed that the soils of the Eastern U.S. are more deficient

in selenium due to past glacial skimming of topsoil, it is of note that the selenium that is still present is maximized by garlic and is, therefore, a valuable food source of this essential element.

This should be viewed as another feather in the cap of our community of producers—to be responsibly supplying a high-quality, balancing food to our markets. As science, in its slow but steady march of verification of natural sources of medicinal foods, uncovers more and more amazing qualities of garlic, we will see the credence of more of the well known folk traditional remedies verified. Those of us who grow and use this wonderful food will always know in our hearts that there is a certain undefinable magic about garlic that is there as a centuries-old remedy, and through all our efforts will be there for centuries to come.

GARLIC ROUTES — "Just Call Me Al"

Al Longicuspis grew up as wild member of an Asian family. Coming of age, he hitched a ride on a caravan heading west. Reaching areas today known as Eastern Europe, he met a lovely pollen-headed gal and fathered a child. The new member of the family was also named Al, after the father, and took a new name Sativum. As time passed there were a number of this new family that had traveled ever westward, and in its trail had left many of its own seed. Clusters of Sativums grew up throughout Europe, and in 1492 the New World, too, would have a cultural taste of this family of scentsitive individuals. So through plagues and war, good times and bad, this garlic loving family kept their heads together and survived.

FOR THE BOLD & ADVENTUROUS

Garlic Tonic:

In a small narrow-bottomed glass, add one Tbsp Oil, one clove garlic that is crushed and ½ tsp. cayenne. Stir slowly and add enough water to allow a slow swishing stir to take place. Drink in one gulp and try to avoid the tip of the tongue.

Guaranteed to get you moving . . .

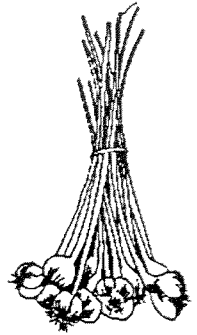
Try Sailing Away

One of our favorites from the garden is young plum tomatoes. We slice them lengthwise and make a shallow incision in them and put a freshly peeled clove of garlic there. Then we pick a leaf of basil or mint and erect the sail.

You can feel like the great god Neptune and swallow up this tiny vessel and await the warm glow that will be growing within.

ODE TO GARLIC

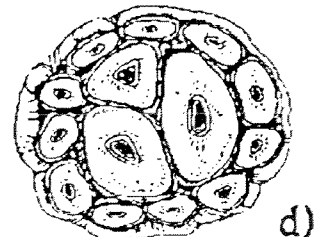
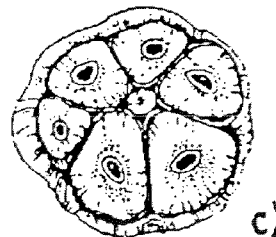
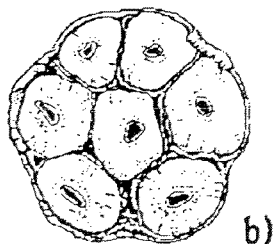
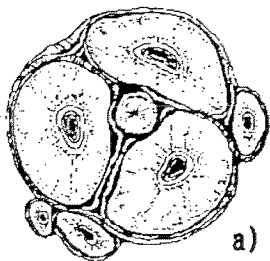
Down on my knees
is the smell I please
eau de garlic
Down on the ground
where the bulbs abound
eau de garlic
Mud on my boots
checkin out those shoots
eau de garlic
Then we have a talk
me and the stalk
eau de garlic
Rollin up my sleeves
and feeling those leaves
eau de garlic
I won't be late
snappin off that spate
eau de garlic
The fun never stops
cookin up the tops
eau de garlic
Tasty as can be
its inside me
eau de garlic
And while diggin it out
I could almost shout
eau de garlic
While the sun is high
I'm watchin it dry
eau de garlic
And I still can't wait
till it's sittin on my plate
eau de garlic
While the geese fly by
I'll be waving goodbye
eau de garlic
Once it's in the ground
it goes round and round
eau de garlic
It's the smell they say
that never goes away
eau de garlic



— Alice Sinn

GARLIC WHIZ?

No, these are not suburban housing plans. They also are not images drawn from space or microscope. See if you can correctly identify each image. Answers at harvest time, or, for those who can't wait, see last page.



© Judith Ann Benedict 1990

GARLIC SEED FOUNDATION
ROSE VALLEY FARM
ROSE, NY 14542-0149

Answers to Garlic Whiz:

1) elephant garlic; b) soft neck variety; c) top set variety d) that "other" soft neck type

If you have any advise or comments about what you would like to see in upcoming issues of the **Garlic Press**, or submissions for publication, please address correspondence to Bob Dunkel, 2079 Washburn Rd., Stanley, NY 14561.