



# The Garlic Press

File #11

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

FALL 1991

## SPRING FLING '91

Each time we get together to discuss and learn more about garlic, it becomes a memorable event. This was a good time for the 40 in attendance. Howard Marks started our meeting explaining his research project at Geneva looking at sulphur compounds and their relationship to cancer. This meant educating us in types and stages of cancer and if and where garlic and other vegetables can have an effect (look for Howard's article in this *Press*).

Dave LoParco, Cornell Plant Pathologist, then reviewed the sampling procedures for taking and sending disease specimens to him in Ithaca (*Press*, Spring '91). Steve Heller, elephant producer from Amherst, Mass. then shared his operation and innovative techniques and equipment. We always can learn from other farmers, and Steve was most entertaining. Next, we spent some time on GSF business. **Chapters:** In concept a good idea, but is their energy to pull it off? "GSF Central" can help, but local/regional members must take the initiative. **Committees:** The discussion here centered on the future direction of the GSF in research and looking at the work study proposal. Jim McPherson has started putting some proposals down on paper for us to consider. **Legalities:** There's no doubt that we need to become a legal entity, and

John Swenson (retired lawyer and invited luncheon speaker) gave us much useful advice on which direction to go and volunteered to produce some documents in accordance with NYS and IRS regulations. We shall see these by-laws and incorporation papers soon.

Hungrily, we drove the mile to Moretti's for a delicious lunch of baked garlic, chicken, veal, spaghetti, or eggplant! Michael Moretti was a wonderful host and made us feel comfortable and welcome. John Swenson then took us on a trip 6,000 miles away to Central Asia, through the bazaars and into the bleak and barren hills from which garlic sprang to be carried by man and beast throughout the world. A most entertaining talk and slide presentation by a man who is most definitely a lover of the stinkin' rose. Jim McPherson then took everybody back to the Geneva Station to review his work and facilities.

Many thanks to Howard, Steve, Dave, John for their presentations, Bob Dunkel and Jim McPherson for the organizing, and Michael for the culinary delights! Spring Fling '92? Location? Topics?

(DS)

## GARLIC SEED FOUNDATION VARIETY TRIALS

A group of GSF members met last April during the Spring Fling and agreed to invigorate our efforts in variety testing. The goal is to identify varieties with superior performance potential. To achieve that goal we need cooperation and input from members.

First of all, we need to identify 5-6 growers in the Northeast who are willing to serve as final test sites. Each should make at least a three-year commitment to conduct this tests, growing and systematically taking research data on 8-12 varieties. annually.

We also need a number of growers to serve as observational test sites. These growers might not be able to make a three-year commitment, but would agree to take a limited amount of observational data on newly introduced varieties.

The format and all procedures will be discussed in a workshop at the upcoming Garlic Day. The GSF will identify test varieties, prepare and distribute seed stock, supply data sheets, summarize data, and publicize results. If you would like to cooperate in this effort, or need more information, please contact Bob Dunkel (716-526-5779) by 10 September.

(J.M.)

## CORNELL REQUEST

Cornell University once again is requesting garlic (15 pounds) from the Foundation.

Results of last year's study were encouraging and showed tumor reduction with our garlic. These effects were almost doubled when grown in Selenium enriched soil (a lab control is necessary, do not attempt at home).

We are once again asking that growers bring some garlic to donate to this on Garlic Day, or contact the Foundation.

Thank you.

Don Lisk/Cornell



## OUT OF MY HEAD

This has been one of those seasons that truly exemplifies the saying, "It's not over 'til it's over." More than once I have sat down to try to evaluate the climate and soil conditions that have made up this period of erratic change from an early emergence to an unusual harvest.

In the spring it was looking like an incredibly perfect year was in store, as rainfall was abundant and the soil warmed early. It wasn't long thereafter that the realization of not enough winter precipitation linked with this sudden early warming left us all facing what was to be the now famous June drought. For the first winter in quite a while, I had decided not to mulch in the fall unless we were headed for some extreme frigid weather. This was, in part, due to the presentation on irrigation that we had last Garlic Day. Having listened to the rationale of keeping the soil possibly too wet in spring, and the chance that this coupled with a wicking effect on spring rains, I had decided to forego the straw until the first weeding period.

Needless to say, my intuition did not pay off this year, as the soil rapidly lost moisture and shortly after emergence I was in a mad scramble to get my mulch on as fast as possible. Some of my beds never did get mulched in order to allow some sort of comparison to my late change of plans, and these proved to be by far the smallest and earliest varieties for harvest. Trying to mulch some of my beds so late, and in desperation, also caused some trouble as I was forced to remove some straw that was hindering the growth and greening of the newer plants. Not only did I find I lost valuable time, but I also stressed my garlic a bit in this crazy attempt to make up for lost time.

It's not always easy to admit to one's shortcomings, but I do think it is valuable to share some of the situations that can arise when weather is unusual. To sum up the harvest this year, I must admit that only the topset varieties really survived and came out well. My softnecks, due to the dry month and the unusually early die back, suffered the most (except for a couple of varieties that, for some reason, prospered). The elephant garlic, which I am still just finishing in harvest, did benefit by the rainfall in July, but generally they were only medium sized and elongated. Although the scapes seemed to come on early in June, or even before, it seemed that getting them off early set back the dying back period enough to just catch enough rain to come to full flavor as well as good size.

Next year I will be looking at increasing the organic matter of my soil to be more moisture retentive and will return to a fall mulch of straw on the beds; and my planting depth may be a bit shallower to allow for less than adequate precipitation. Irrigation of some type will certainly have to be contemplated also, because I witnessed the critical line that exists during dry season. Let's all hope by sharing our successes and shortcomings we can be better prepared in the future.

B.D.

## THEM GARLIC GUMMERS

by Tom Reed, Randan Corp., Gilroy  
[in *Country News*, July-August, 1991, Vol. 2, No. 3]

How bout them garlic gummars—  
Ain't they funny guys  
Eatin' garlic in they soup  
Putin' garlic in they pies!

Eatin' it cooked  
Eatin' it raw;  
Eatin' that garlic  
Suits they craw.

How 'bout them garlic gummars  
Goin' outa they mind;  
Runnin' round shoutin'  
It's garlic gummin time.

Them hot breath garlic gummars  
From North and South

Stickin' them garlic cloves  
In they mouth.

## ABOUT THOSE CHAPTERS ...

When we broke up in groups at Spring Fling to set some visions down for the future of the Foundation, one of the areas of consideration was having chapters that functioned regionally.

The small group that discussed the issue came up with the conclusion that there are three general concentrations of growers that could comprise chapters (Long Island, Central and Western), but there were no strong indications that more localized leadership would happen. It was my feeling, therefore, that we were not ready for such a change of structure, and that we should concentrate on general Foundation projects and leave the subdivisions until later.

Since then, I have been contacted by two groups (Central and Long Island) with project reports and localized events, and I guess it's time to open the doors up to ask for more response from our members and perhaps volunteers who might like to be county or regional contact people or resource workers in their areas.

Hopefully, there will be more time on Garlic Day to clove out the issue, so start thinking about it, please.

# GARLIC DAY '91

SATURDAY \* SEPTEMBER 14 \* BATAVIA, NY  
KENNEDY BUILDING \* GENESEE COUNTY FAIRGROUNDS

## GARLIC: MEDICAL USES AND RESEARCH

REGISTRATION: 8:30 A.M. — PRESENTATIONS: 9 TO 4:30

Clement Ip, PhD.  
Roswell Park Cancer Institute  
Selenium and Cancer Prevention  
"The Garlic Connection" (a.m.)

Eric Block, PhD.,  
SUNY Albany  
current research with the Stinking Rose  
(a.m.)

"Journey to Mecca"  
Notes and slides from Gilroy  
D. Stern, Director (a.m.)

Other special invited (non-confirmed)  
guests

Hints and tips from local chefs

Bring your slides  
to share

\$5 member  
\$10 non-member

POT LUCK LUNCH! Bring your favorite dish to pass (must contain garlic!)  
Drinks and snacks provided.

Garlic judging and munching.  
Bring 10 bulbs of your favorite entry.  
Special prize for biggest vote getter.

Bring Seed Stock to sell or trade,  
money to buy.

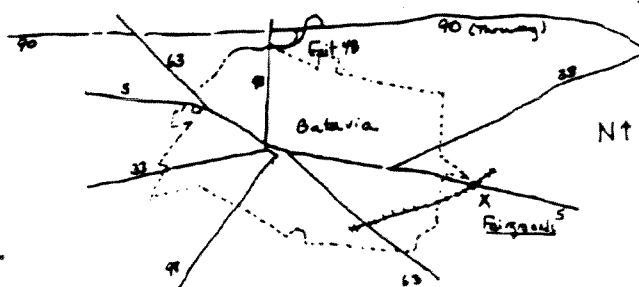
Contact GSF for lodging in Batavia

Also, support the GSF: Buy a  
T-shirt, keeper or publication

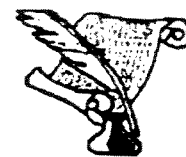
Garlic Video, slide show, and demonstrations in afternoon

### DIRECTIONS

Genesee County Fair and Speedway.  
Route 5 (East Main)  
Just east of the city limits of Batavia  
on the south side of the road,  
between VALU and a Ford/Mercury Dealer.  
Laing Kennedy Building.



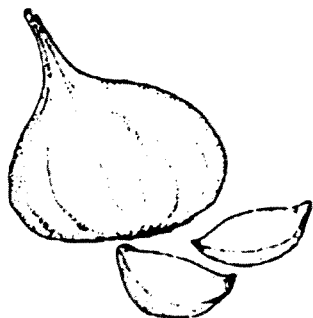
## DIRECTOR'S NOTES



Each year brings new challenges to the farmer, and something we call experience when the year's over. No doubt this has been a rough one for some of us, but overall, from the calls I've made and received, the garlic's come out of the ground larger than expected and with less disease. That's certainly been the case here at Rose Valley with 95% of the 30 trial selections exceeding last year's size.

It has been very difficult for me to keep afloat with the mail and requests that come to the GSF (4-10 pieces weekly). As I've often said, it's always better to call after dark on any evening except Wednesday. As Garlic Day '91 approaches, I look forward to seeing you all again. Here are my notes:

- \* There are two publications that might be of interest to you (both carried GSF info. in their latest issues). If you're interested in gardening with your snowshoes on, check out the *North Country Gardener* "for people gardening in northern New York," a beautifully produced and informative newsletter, published bi-monthly by Philip Harnden, Route 1, Box 119A, Richville, NY 13681 (\$9/year). For the past 15 years the *Small Farmer's Journal* has been the agricultural Bible for thousands of new and well seasoned farmers. This quarterly features horse-powered and animal agriculture, but is loaded with practical information for everybody. If you haven't seen it, send \$6 for an issue to: SFJ, 3908 W. 1st St., Eugene, OR 97402 (\$19/year subscription).
- \* It's been a year since we talked about a marketing flyer for GSF members. We include a copy for you to remove, copy, fold and pass along to your customers. Hopefully, you'll find it attractive and useful. There is a place for you to stamp your name, phone, whatever. Your comments and suggestions for next year will be appreciated.
- \* As in past years, we include the "buy-sell" form in this *Press*, encourage you to send it in immediately, and we'll do a better job putting people in touch. Honesty in description, weight, and price is important for fair transactions.
- \* We're not the first, or only *Garlic Press*! A GSF member from Maryland sent me an issue of the Newsletter from the Takoma Park Silver Spring Coop in Silver Spring, MD. I'll send them some copies of this issue.
- \* Date change: Garlic Festival, Shale Hill Herb Farm, Saugerties, NY, **OCTOBER 12** (was Oct. 5). We hope to be working with Pat Reppart next year as a combined Garlic Day (Festival '92)!
- \* The latest Garlic Video has just been released! *The Gift of the Gods, The vital history and uses of garlic*, produced and directed by David Douglas is 70 minutes of our favorite herb. Davis and his Australian film crew were in this country last year filming, and even mentions the Garlic Seed Foundation! In this *Press* we'll include the video slick (cover) and I'll bring my copy to show at Garlic Day '91. David is going to send us some copies to sell and at this time we're negotiating quantities, price and shipping from Australia.
- \* Although Dr. Phil Simon (*Press*, Winter 90-91) wasn't able to visit with us this summer, we did talk on the phone about our work and his. He's volunteered to look at some of our selections and determine if indeed they are the same or different cultivars. We did, however, get a visit from Dr. Rich Hannan, an NSDA Horticultural researcher from Pullman, Washington (and works with Jim McPherson at Geneva) who works with a number of crops including ... GARLIC! We'll be exchanging plant materials and information with Rich and hope that one day he'll be able to attend a GSF gathering.
- \* The date on your label is when your membership expires (we don't send reminders), and please send us change of address cards when you move. Thanks.
- \* Lastly, I wanted to tell you all that I attended the Gilroy Garlic Festival in California July 26, 27, 28 invited by and as guest of Pat DeStasio, who works at Christopher Ranch (2000 acres producing 25,000,000 pounds). 150,000 people generate some \$6,000,000 for local charities, eat over 100,000 pounds and drink 1,000 kegs of Budwieser beer. I helped, and took lots of pictures, talked with production people, drove to the fields and toured the sheds and plants. I'll be writing something for the next *Press* and will show some slides at Garlic Day '91.



(D.S.)

# ARE GARLIC POWDERS AS THERAPEUTIC AS RAW GARLIC?

by Howard Marks, graduate student - Cornell University

Garlic is one of the oldest of all cultivated plants and has fascinated humans for thousands of years. Recently, researchers have started to unlock the mysterious therapeutic properties and powers of garlic. Garlic has been implicated in reducing cardiovascular disease by its ability to lower blood lipid levels and blood pressure and decrease the ability of blood to coagulate. Recently garlic and various garlic constituents have been shown to inhibit the process of experimental carcinogenesis, possibly helping to prevent various human cancers. There are also numerous other effects garlic and its constituents have on the body. Some are helpful, some are not.

In order to understand what in garlic is causing these benefits, one must have some understanding of what happens to garlic when it is crushed, cooked, or processed. Scientists have been studying these special properties of garlic for well over 100 years. Basically their findings have centered around a few "active" components of garlic. Briefly, I will describe what is considered the essence of garlic chemistry.

When garlic is crushed, alliin, an amino acid present in garlic, reacts with the enzyme, allinase. Normally these two components are physically separated but can react together during physical disruption. This enzyme can convert the amino acid to highly reactive sulfenic acids. These acids can spontaneously rearrange to form allicin, which in turn may also spontaneously rearrange to form a myriad of organosulfur compounds such as diallyl sulfide, disulfides, trisulfides, and other complex sulfur compounds. It appears that heat or the process of cooking could speed up these reactions. It is these sulfur compounds which impart garlic's characteristic odor and taste. Interestingly, the amino acid alliin is odorless, but the thiosulfinate is highly pungent.

It is thought that allicin and/or the organosulfur products are responsible for garlic's special therapeutic properties. Scientists have isolated many of these end-products and found

them to be therapeutic. It does not seem though, that alliin has any therapeutic properties by itself.

Recently garlic powders and "odorless" garlic powdered products have been touted as "therapeutic." This claim has dramatically increased the "marketability" of garlic. Are these "therapeutic" claims for garlic powder as proven as they are for raw garlic. It seems that this may not be the case.

In one scientific study (Saito et al., 1989, *J. Assoc. Off. Anal. Chem.* 72:917-920), researchers compared levels of allicin and alliin in processed garlic powders. Interestingly, they found that of the 20 garlic powders analyzed, eight contained no detectable level of alliin or allicin. Those products which did contain either of these two compounds had average levels of only 3.5 mg. alliin or allicin per g product. In addition, products which contained alliin did not contain allicin and vice versa. Raw garlic has been analyzed and is found to contain approximately 30 mg alliin per g garlic (on a dry weight basis). There is almost a 10-fold difference between concentrations of precursor compounds found in raw garlic vs. processed garlic products.

Since commercial processing of garlic is quite severe, destruction of certain key garlic components could occur. In addition, if alliin is present in a powdered garlic product, it may not be able to react with allinase when in the dried form, thus not being able to produce important therapeutic organosulfur compounds.

Clearly, garlic has been shown to possess certain therapeutic properties. Many active constituents have been isolated from raw garlic. It will be interesting to see how the pharmaceutical companies support their evidence for the therapeutic properties of garlic powder. Much research still needs to be done regarding what happens to garlic constituents when garlic is processed. Why be sociable, raw garlic probably still works the best.

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## ETHIOPIA YATAKETE KILKIL (Vegetables with ginger and garlic)

Mary Bayramian

8 small boiling potatoes  
3 large carrots, peeled, cut lengthwise into quarters  
and then crosswise in 2-inch lengths  
4 pounds fresh green beans, cut in 2-inch lengths  
4 tablespoons vegetable oil  
2 onions, quartered and cut in ½-inch slices  
1 large green pepper, cut in strips

2 whole fresh hot chilies, chopped  
1 tablespoon GARLIC, or more, chopped  
2 teaspoons fresh ginger root, finely chopped  
1 teaspoon salt  
½ teaspoon white or cayenne pepper  
6 green onions, cut in 2-inch lengths,  
including green tops

Peel the potatoes. Then, with a small, sharp knife, cut out narrow V-shaped wedges ½-inch deep at ½-inch intervals all around the length of the potatoes. In a large kettle, boil lightly salted water and drop in potatoes, carrots and string beans. Let the vegetables boil briskly, uncovered, for 5 minutes. Drain in a colander and run cold water over them to stop their cooking. In a heavy large casserole, heat the oil until hot and add the onions, green pepper, and chilies, stirring frequently, and cook for about 5 minutes or until vegetables are soft but not brown. Add the GARLIC, ginger, salt and pepper, and stir for a few minutes. Add the potatoes, carrots, string beans and the green onions to the casserole. Stir until vegetables are coated with the oil mixture. Reduce the heat to low and cook for about 10 minutes or until the vegetables are tender but still somewhat crisp. Serve immediately. Serves four.

# SOME REMARKS ON THE USE OF GARLIC AGAINST VAMPIRES

By Rob Brautigam [publisher of *INTERNATIONAL VAMPIRE*]

The use of GARLIC (*allium sativum*) as a charm against the powers of evil seems to date back to ancient times. According to Lewis Spence, the ancient Egyptians believed in a vampire-like ghost that killed sleeping children by sucking up their breath. And, believe it or not, the repellent that was used against the attacks of this murderous creature was ... a wreath of garlic.

The Imperial Dictionary (1894) tells us that garlic is "a hardy, bulbous perennial, indigenous to the south of France, Sicily, and the south of Europe." However, it would appear that nowadays the use of garlic is known all over the world, not only as a tasty culinary asset, but also as a charm against evil spirits. The English expert on vampires, Montague Summers, gives us some examples. Even in places as exotic as China or Malaya people smear the forehead of their children with garlic to protect them from vampires, and in the West Indies too, garlic is used as a means of protection against the evil practices and magic spells of witches and sorcerers.

Adrien Cremene confirms that in Romania garlic is a weapon of very great importance in the everlasting battle against vampires. Lots of Romanians make sure they eat some garlic every day for their personal protection. But they also smear garlic on the windows and the doors of their houses, on the gates to their farmyards, and even on the horns of their cattle. They believe that the STRIGOI (vampires) have a great fear of garlic. According to the stories that are told, it sometimes happens that these *strigoi* come up to someone's house to ask him, "Did you eat garlic?" And if this happens, it is better not to answer this question, even if you did eat garlic, for the *strigoi* might get very angry and put a magic spell on you.

But this is not the only manner in which USTUROI (garlic) is employed against Romanian vampires. If a deceased person is thought to be in danger of becoming a *strigoi*, one of the most common protective measures is stuffing some pieces of garlic into the orifices of the corpse, especially the mouth. This is done to prevent evil spirits from entering the dead body. At the same time it serves the purpose of preventing the soul of the deceased from reentering its body. Another interesting anti-vampire practice that we can find in Romania is the anointing of the corpse, especially the heels, with a mixture of oil, fat, incense, gunpowder and, of course ... garlic.

From a book by Chedo Mijatovich, we learn that among the Serbian peasants the night of Shrove Tuesday is considered to be a very dangerous night. According to the Serbians, lots of evil witches are unusually active on this particular night. Therefore, on this night, lots of Serbians sleep with a piece of garlic under their pillows. Or, alternatively, they may wear a small piece of garlic locked in a special amulet around their necks.

We would be much mistaken, however, to think that it is just the bulb or the cloves of garlic that can be used to keep vampires at a comfortable distance. In Bram Stoker's masterpiece *Dracula* we find how Professor Van Helsing fills up a bedroom, not with wreaths of garlic bulbs, but with GARLIC FLOWERS instead, in a commendable attempt to protect Lucy Westenra from the bloodthirsty advances of Count Dracula. But of course that is just fiction, or is it? For in a book by Tekia Dömötör, a serious Hungarian professor of ethnography, we find a photograph of a wreath made from the stems of garlic flowers, which is used in Hungarian villages as a means to ward off evil spirits.

And, from personal observations, I have learned that it is no uncommon occurrence to find the remains of garlic flowers on graves in the churchyards of Romanian villages. And so it would appear that really each and every part of the powerful garlic plant can be used as an apotropaic.

The French occultist Robert Ambelain has his own remarkable ideas about the use of garlic against vampires. He thinks that originally it was not GARLIC but ARSENIC that was thought to have a power against evil. Ambelain claims that the shepherds in the Carpathian mountains used to eat very small quantities of arsenic and feed some arsenic to their animals as well in order to protect themselves from vampires. According to Ambelain, the alchemists of Prague and other cities in Moravia and Bohemia used to burn arsenic to drive away the powers of evil. The burning of arsenic produces toxic fumes that have the same unpleasant smell as garlic. The thrifty peasants must have noticed that the alchemists' magic fumes smelt just like garlic. And they figured that it would be cheaper to use garlic and forget about hiring an expensive alchemist to do an exorcism. And that, according to Ambelain, is how people came to use garlic as a defense against vampires. All in all, Ambelain's hypothesis seems rather farfetched, to say the least, and I doubt if it would stand up against any serious criticism.

It goes without saying that the ingestion of arsenic, even in small quantities, is a very hazardous undertaking that I won't recommend to anyone. I think it could prove quite unhealthy, and I do believe that it is much more wholesome to eat some garlic instead. However, even the use of garlic is not without its dangers. In 1973 an unpleasant incident happened in the English town of Stoke-on-Trent, where they discovered the corpse of a Mr. Demitrius Myciura, an immigrant of Polish origin. At the inquest it was found that the unfortunate man had died by choking on a piece of garlic, which he had put in his mouth before going to sleep in order to ward off vampires during the night.

From *The WALM* (The Smell)  
Publication of the Vriennen Van De Stinkende Roos



Please complete the following if you are interested in BUYING garlic:

Date \_\_\_\_\_

NAME \_\_\_\_\_

FARM/COMPANY \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ BEST TIME TO CALL \_\_\_\_\_

Please describe what you are interested in purchasing (seed stock, bulk, braids, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Topset \_\_\_\_\_ Softneck \_\_\_\_\_ Elephant \_\_\_\_\_

Quantity \_\_\_\_\_ Pack size \_\_\_\_\_

Price ranges (by # or pack) \_\_\_\_\_ to \_\_\_\_\_

Date you need garlic \_\_\_\_\_

Please add any additional information to help describe what you are looking for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GSF members have demonstrated a great deal of interest in buying and selling garlic. While the Foundation was not set up to broker garlic, we do want to put these two groups in contact with each other as a service to our membership. Note that we do not inspect the garlic being transacted, and imply no endorsement by collecting and offering this information.

Return to: Garlic Seed Foundation  
Rose Valley Farm  
Rose, New York 14542-0149

Please complete the following if you are interested in SELLING garlic:

GSF members have demonstrated a great deal of interest in buying and selling garlic. While the Foundation was not set up to broker garlic, we do want to put these two groups in contact with each other as a service to our membership. Note that we do not inspect the garlic being transacted, and imply no endorsement by collecting and offering this information.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

FARM/COMPANY \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ BEST TIME TO CALL \_\_\_\_\_

GARLIC DESCRIPTION: (Please note and use our GSF measurement system: Take 10 representative bulbs; weigh in ounces then divide by 10 for average weight; place side-by-side on yardstick starting at zero, then divide by 10 for average diameter; split bulbs apart and count cloves then divide by 10 for average clove per bulb):

Average weight \_\_\_\_\_ oz. Average diameter \_\_\_\_\_ inches

Average cloves per bulb = outer: \_\_\_\_\_ inner: \_\_\_\_\_

Softneck \_\_\_\_\_ Topset \_\_\_\_\_ Elephant \_\_\_\_\_

Skin color \_\_\_\_\_ Have they been cleaned and trimmed? \_\_\_ YES \_\_\_ NO

Are bulbs overgrown? \_\_\_ YES \_\_\_ NO

Are they ready for retail sales? \_\_\_ YES \_\_\_ NO

Quantity available \_\_\_\_\_

Size of pack \_\_\_\_\_

When available \_\_\_\_\_

Price ranges (indicate: by # or pack) \$ \_\_\_\_\_ to \$ \_\_\_\_\_

Please add any additional information to help describe your product:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

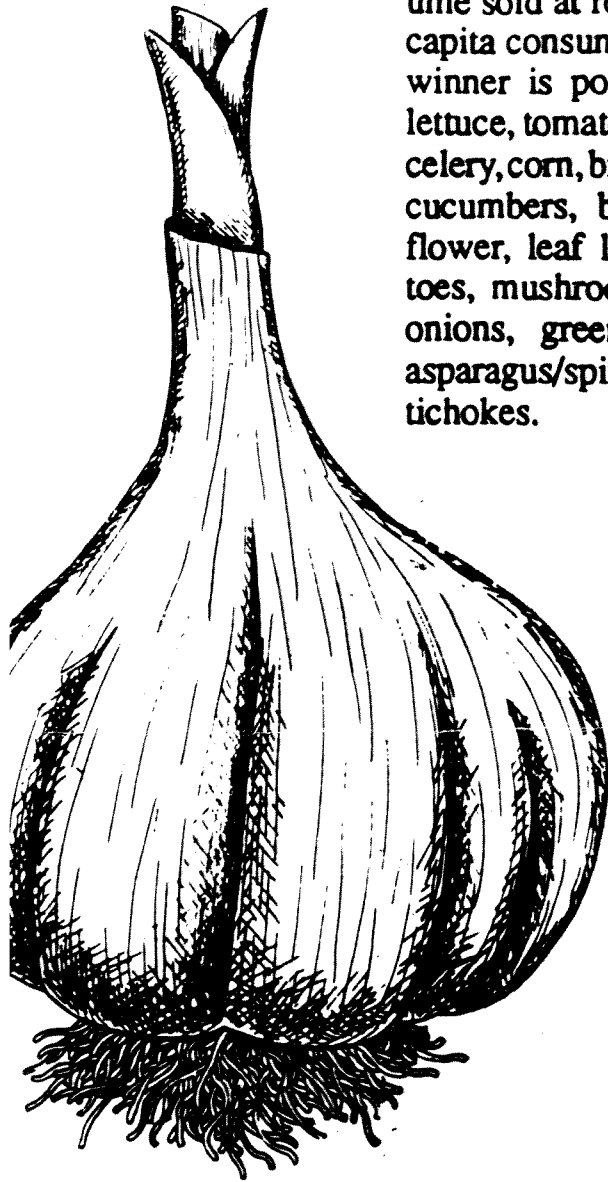
Please use a separate sheet for each garlic you have available.

Return to: GARLIC SEED FOUNDATION, ROSE VALLEY FARM, ROSE, N.Y. 14542-0149



# Top 20 Vegetables

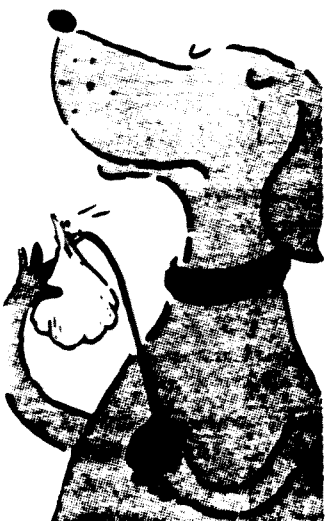
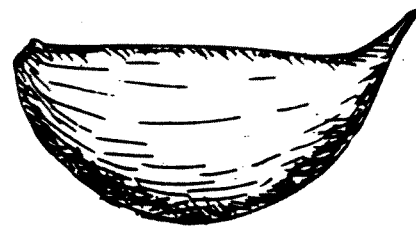
The Produce Marketing Association and the United Fresh Fruit and Vegetable Association have published their lists of the top-20 favorite vegetables based on volume sold at retail and USDA per capita consumption figures. The winner is potatoes followed by lettuce, tomatoes, onions, carrots, celery, corn, broccoli, cabbage and cucumbers, bell peppers, cauliflower, leaf lettuce, sweet potatoes, mushrooms, squash, green onions, green beans, radishes, asparagus/spinach, garlic and artichokes. ♦



## For Fast-Developing Cloves, Don't Shade Garlic

That's according to experiments conducted in England with shade covers transmitting 25, 40, 50, or 70% of incident light. Cloves of unshaded plants developed most quickly (90 days to completion) with no shade and most slowly (140 days) with the heaviest shade. Soil temperature appears to have only a minor effect on the rate of clove development. So, if you're trying to produce mature cloves in the least time possible, make sure your plants aren't shaded.

Reference: M.A. Rahim and R. Fordham (Wye College, University of London, North Ashford TN25 5AH, GREAT BRITAIN), "Effect of Shade and Environmental Conditions on the Initiation and Development of Garlic Cloves," *Scientia Horticulturae* 45(1-2), December 1990, 21-30. (Elsevier Science Publishers B.V., Journals Dept., P.O. Box 211, 1000 AE, Amsterdam, THE NETHERLANDS.)



## GARLIC-FLAVORED DOG FOOD

is just the thing if Fido has fleas, according to McCormick & Co. Inc., the Baltimore spice company. In fact, adding garlic to your flea-bitten pooch's chew is just one of many spicy suggestions from the company. For example:

- Plagued by barnacles on the hull of your boat? Add a good dose of cayenne pepper to the paint the next time you repaint the hull and the barnacles will attach elsewhere.
- Are raccoons raiding your garbage can? One whiff of cayenne pepper sprinkled around the cans and, odds are, the raccoons will be long gone.
- Ants in your kitchen cabinets? Sprinkle a little cinnamon in the corners of the cabinets.
- Are your hiking boots wet inside? Put a few red peppers in the toes.

We have to admit, however, that we haven't tried these suggestions. So we're not sure why red peppers would help boots dry out, and we're a little concerned about the garlic in



● GENO IS expecting his 154th child

**A SEXY old street peddler credits garlic for his long, potent sex life — and 153 kids.**

Geno Gribaldi is so sexually potent that he is awaiting the birth of his 154th child, hopefully in time for his upcoming 88th birthday. And he even contributes once a week to the local sperm bank!

### Baby fatigue

"I get double the going rate at the sperm bank because they say I'm so potent," he claims.

Geno, the potent peddler from Palermo, Sicily, has, in fact, worn out 18 wives. However, when he was a young man, things were not so good. Sixty years ago, after doctors told him he could not have children because his sperm were not virile enough, he checked himself into a hospital.

"But the doctors couldn't help me," he recalls. "I was on the verge of committing suicide. For an Italian man, not to be able to father children is the greatest disgrace."

Devastated by gloom, he confided in the cleaning lady at the hospital. She told him not to worry. Her husband once had the same problem. But her mother told her to make her husband a big plate of spa-

ghetti with plenty of garlic every night. Two months later, she was pregnant. Geno leapt from his hospital bed, raced to the nearest vegetable market and bought a string of garlic.

After eating the garlic, he went home and told his wife to get ready. They were going to have lots of kids.

"She said, 'Wonderful. The doctors have cured you.'"

"I told her, 'No, the doctors are idiots. But the cleaning lady is a genius.'"

Six weeks later, Geno's wife was pregnant. She had 11 more children before she ran away, swearing she never wanted to see another baby.

Over the next four decades, Geno wore out 17 more wives.

### Unable to explain

"After six or eight kids, they get tired and frightened, and want to get away. So I move on to the next one," he explains.

Among his current 153 children, there are a dozen twins and seven sets of triplets. At least 40 of his children are by chambermaids, wet nurses and assorted paramours.

Although unable to explain Geno's potency, aside from the 10 cloves of garlic he eats each day, Dr. Enrique Virga attests

# Sexy oldster, 87, says:

# Garlic keeps me young and virile



● A CLEANING lady told Geno to eat plenty of garlic every night

# ...& I've got 153 kids to prove it!

that Geno has, indeed, fathered at least 153 children. Twenty-three-year-old Angelina, his current wife, is already showing signs of baby fatigue.

"I can understand why his other wives ran away," she explains. "It's not just that he's at it five or six times a day, that awful stretch of garlic gets to you after a while."

## AS THE CLOVE FALLS ...

When I began to expand my garlic planting two years ago from 2,000 sq. ft. to 10,000 sq. ft., I began to realize the amount of labor that would be required to grow an acre or more of garlic. It became obvious to me then that I would have to mechanize at least some of the more time-consuming parts of my operation if I were to grow the quantity I wanted to grow. Since planting accounted for about 30% of my labor at that time, I began to inquire as to the feasibility of using a planter or transplanter for garlic. The response I got from most people was that no such device had been developed because of the difficulty in designing equipment that would place the cloves right side up in the rows. Cloves not planted in an upright position, I was told, would not produce as large bulbs as those properly oriented.

The year before, I had accidentally planted a few cloves upside down. These were readily recognizable because of the 180 degree twist of the stem at the neck, and yes, these bulbs did generally seem to be smaller than the others. But I didn't have any experience with cloves planted on their sides, so I decided to do a little experimenting. That fall I planted my garlic 4 rows to a bed. In some of the beds I planted 3 of the rows conventionally, but the fourth row was planted with the cloves placed on their sides. I did this with three TS cultivars. When I harvested I weighed each row individually and compared the weights of the rows. I found that the yield in the rows where the cloves had been planted on their sides was virtually the same as the other rows.

Please keep in mind that this was not a scientific experiment. The seed wasn't graded, I didn't count the number of cloves planted in each row, nor did I measure the distance between them accurately, and the data were not analyzed for statistical significance. I just planted as consistently as I could by eyeballing it, took my weights and made my observations. Readers should do their own experimenting before drawing any conclusions. However, I found these results encouraging, and am now determined to pursue the possibility of using a machine for planting garlic.

Since the initiation of this experiment, I have corresponded with a grower in New Mexico who is using a Holland transplanter for planting garlic and has found it satisfactory. He says his cloves right themselves over the winter. Growers in Canada are now using a mechanical device as well. Apparently they aren't concerned about clove orientation either.

If there are any other growers who are using planting implements or have experience with non-upright plantings, I would very much like to hear from you. My address is: Grace Reynolds, Hillside Organic Farm, RD#1, 74 Carrolls Grove Road, Troy, New York 12180.



## RITE OF AUTUMN

Maples burst into fire.  
Stems lose their grip.  
Lazy  
lilting  
leaves land  
to be eaten by the Earth.

Air feels cool like brass.  
Reluctant trees hold hands  
with writhing vines.

Now and always, we plant  
ALLIUM SATIVUM.  
Tearing the Egyptian parchment,  
we break the globe, color of bones, apart.

And plunge  
the  
pungent pulp  
into the Earth.

Mary Ann Hadlock  
63406 Saddleback Place  
Bend, OR 97701

## FROM LONG ISLAND ...

At times farming is like doing a high wire act without a net. The reasons we continue to farm are as varied as the people who farm. We started to grow garlic because a good supply was scarce to non-existent. We were introduced to the art of growing garlic by Dave Stern. Then I realized that growing garlic was also a great teaching tool for our children. So we started doing field trials and showing neighbors how to grow, giving talks and demonstrations on weekends, and building up a mailing list of people who had to have naturally grown garlic.

Well, looking back on the initial, innocent conversations with Dave (bless his heart for his patience and perseverance), it amazes me to picture all the lives we have touched through garlic. Chris Spindler at Peconic River Herb Farm (516-369-0058) is hosting the second annual Garlic Day at her farm on September 28. People are coming out of the woodwork to sign up for this eventful celebration of garlic. *N.Y. Newsday* did a feature story on Bridge Gardens, centerfold with color photos. The phone at home hasn't stopped ringing. The people who phone are fanatical about garlic. The requests are insatiable. I don't think you can ever grow enough. I believe the people we've been able to reach are only the tip of the iceberg. The people who want garlic are as varied as the reasons they want it (you can read need instead of want).

This year it may be time to seriously look at a sub-region or chapter of GSF for Long Island, not to polarize, but to help the information flow more freely. In the meantime, the weekends in the fall are booked with lectures and demos. One local Arboretum has us scheduled in 1992 already! Our crop is still hanging and I know it's committed. I'm glad we contacted the GSF those many years ago; you never know what might happen.

Peace, D.A.

# Suburban Garlic, Wow!

Michael and Maira Conway

As suburban gardeners, my wife and I did not expect our first attempt at garlic growing to be overly successful. Since we had no idea of how to grow garlic, when to plant it, when to harvest it, or any of the other intricacies of garlic cultivation, we enrolled in a course offered locally, on the eastern end of Long Island. During this afternoon course we learned all we needed to know in order to make an attempt at proper planting and the seeds of hope for a bountiful harvest were planted. The cloves we used were of both the soft neck and hard neck types, secured from a Long Island garlic grower, Dominic Antignano. The following is a description and calendar of what, how, and when.

## Bed Preparation

Since our small suburban garden is completely planted in raised beds, we saw no reason to treat the garlic differently. The beds at 8" tall, 4' by 8'. The soil in the bed was double dug. When we turned the lower 10" we added about 4 cubic feet of peat moss. While turning the top 10" we added 48 gallons of composted maple leaves and 48 gallons of composted horse and cow manure. Finally, approximately 4 cups of an organic fertilizer with a 4-4-4 composition was tilled into the soil. The bed was left to sit for about 30-45 days before planting. The bed has a complete southern exposure and receives sunlight from early morning to almost sundown.

## Planting

Following the instructions we were given during the garlic course we had taken, we planted on October 21. We made furrows 2" to 2½" inches deep. In each furrow we dropped a line of 4-4-4 fertilizer, about ½ cup per 4 foot of row. The garlic cloves were placed basal end down about 4-5 inches apart in the row with the rows 7 inches apart. The soil was gently firmed over the cloves. This was all followed by a generous sprinkling of buckwheat and a heavy watering.

10/21/90 Planted 30 hard neck cloves and 30 soft neck.

11/11/90 All hard neck emerging; no soft neck emerging.

11/17/90 Hard neck plants about 4 to 5 inches tall. Six soft neck plants up, about 1" to 1½ inches tall.

11/25/90 Hard neck at average of 8.5 inches tall, tallest 11 inches tall. Soft neck still only 6 plants showing. Mulched with dry straw about 4-6 inches deep.

12/02/90 Hard neck average 9 inches tall, tallest at 12.5 inches tall. Six soft neck plants now range from 1-4 inches tall. Remove straw insulation from half of both types of garlic. Sporadic intervals of 50-70 degrees Fahrenheit. Cut hard neck leaf to taste; tasted like garlic. Where cut, strong aroma.

12/06/90 Hard neck in western-most row turning slightly yellow.

12/12/90 All plants green again. 11 soft neck plants now visible.

01/15/91 Two mild snow fall several inches each, but one in 2-3 days. Garlic still green and standing straight.

01/20/91 Hard neck still averaging about 9-10 inches tall. Soft neck plants did come up, but none more than 5 inches. Garlic tops turning yellow again.

05/05/91 Hard neck garlic now average 23 inches tall. Soft neck just slightly shorter. (Took pictures of hard neck.)

06/05/91 Noticed flower stems and flowers appeared. They were not there several days ago; heavy rain and heat for past few days. Cut flowers off about one quarter of the way down the stem.

06/13/91 All garlic beginning to yellow and droop. Soft neck seems to droop more severely.

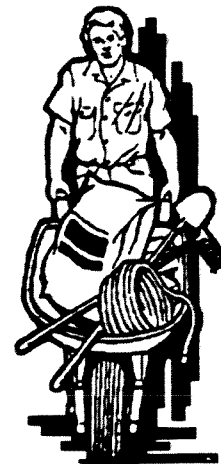
06/22/91 Dug up first soft neck to take a look. Head about 4.5 inches in circumference. Heavy network of white roots. All plants yellowing, very slowly.

07/01/91 Dug up all soft neck. Most heads average size, about 5-6 inches in circumference. Hung to cure with tops intact.

07/04/91 First hard neck dug up now only 7.5 inches in circumference.

07/25/91 First hard neck now 7.25 inches in circumference and 2 ounces in weight.

At the time of this writing, our garlic is still curing. We have used a small bit of it here and there just to have a taste. Great stuff! During the months from January to April we would occasionally cut some of the garlic tops as a garnish for salads. Fortunately, although we worried much, it did not seem to affect our first garlic harvest. We felt that our outcome was a good one and that it will be worthwhile to save some of our garlic for planting October of this year.



# DISEASE PREVENTION IN SEED STOCK

Over the past few weeks I have frequently been asked how to reduce the possibility of spreading diseases in garlic. In an ongoing effort to share information as accurately as possible, I wondered what procedures were followed by growers of tulips and other bulbs. Cornell Cooperative Extension has a short paper, (no reference number) "Managing Gladiolus Diseases." The paper presented many considerations applicable to garlic that are very timely for fall planting. I will address the primary points.

## Sorting

Disease organisms may be carried from one season to the next. All planting stock should be carefully sorted before storage and also before planting. Discard all corms (bulbs) that show brown spots or rotten areas.

## Rotation

Nearly all disease organisms attacking the gladiolus may live for several years in the soil. Rotation to a new planting site is a very important practice in disease control. In soils where gladiolus diseases occurred, do not plant gladiolus again for at least 4 seasons.

## Pre-planting Corm Treatment

The value of corm treatments has varied greatly. No single material has yet been proven effective against all common and serious diseases.

## Lysol Treatment

This treatment uses Lysol Brand disinfectant and may be a convenient treatment for home gardeners. Soak corms for 6 hours in a solution containing 1 pint of Lysol to 25 gallons of water (4 tablespoons to 3 gallons). Cormels (bulbets) should be soaked 14 hours. Plant immediately after treating.

As an organic grower, I question the use of Lysol where it will be used in the food system. If the garlic is being grown exclusively for seed stock, this would be another issue.

Several other observations that have been made regarding garlic are: the longer the time between breaking up the bulbs and planting, the greater the chance of contaminating the cloves; injured cloves or those that have lost their "shell" or skin seem to become easily infected; and, if buying seed stock, know your source — buying infected stock can be very expensive.

Your thoughts and comments are welcomed.

Doug Bowne

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## SUMMER TABOULI



This past June garlic growers in eastern New York gathered in Little Falls to talk about garlic and share in a potluck lunch prepared with GARLIC SCAPEES. Jim Palmer of Hartwick, NY brought a wonderful tabouli. Now that the season for scapes is over, substitute cloves to satisfy your taste.

1 cup bulgur  
1 or 2 tomatoes, chopped  
½ cup garlic scapes, chopped  
2 cups finely chopped fresh parsley  
½ cup finely chopped fresh mint  
¼ cup olive oil  
¼ cup lemon juice, more or less  
2 cups boiling water

Place bulgur in medium bowl. Cover with boiling water and soak until water is absorbed (about 1 hour). Fluff to separate the grains. Add the rest of the ingredients. Taste to correct seasons. Refrigerate.

Doug Bowne

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