



The Garlic Press

FILE #13



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

SPRING 1992

SPRING FLING '92

Senior Citizen's Hall, Cantine Field
Saugerties, NY

SATURDAY — MAY 2, 1992

GARLIC SEED FOUNDATION MEETING: 9:00 AM
Admission: GSF \$5.⁰⁰, Others \$10.⁰⁰

GSF POT-LUCK LUNCH

Bring Dish to Pass and Table Service — We'll Provide Drinks

1:30—4:00 PM

Join Pat Reppert and the Shale Hill Herb Farm for the afternoon program.

DIRECTIONS: Exit 20 of NYS Thruway, take Route 212 & 32 East towards Saugerties. Left onto Market Street, with Cantine Field and Senior Center on Right. From 9W (Main st., Saugerties), take Market Street North. Site on Right.

MORE INFORMATION?

Pat 914-246-6982

David 315-587-9787 (p.m.)

GARLIC DAY 1992

GARLIC FESTIVAL OF THE HUDSON VALLEY

September 27-28, 1992

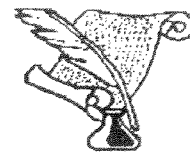
Saugerties, New York

CO-SPONSORED BY:

Kiwanis Club of Saugerties

Garlic Seed Foundation

Wear Your Breath Proudly!



DIRECTOR'S NOTES

ON THE ROAD I

24 February 1992

Brattleboro, VT

Vermont has always had a strong membership in this organization. These men and women are good farmers of good food. This is the womb of the organic (ecological/sustainable) agricultural movement we are living with today. Through the many mailing labels or letters, I've gotten to know these names and people. These folks farm both the rocky hillsides and the rich bottom lands, but now it's winter and time to gather, show slides, eat, and talk. This is our winter work, while the garlic sleeps. Part of our discussion today was whether or not we make any money producing the garlic—not in terms of what we sell it for, but how much we pay ourselves as farmers, including use of land and equipment, producing and marketing value of our precious seed material, and years of our own research. It's a good and honest consideration for all farmers to talk about. Society asks us to produce—expects it of us—but is willing to give very, very little. We shouldn't have to struggle to stay alive or in business. All farms, but especially small farms, have very little support to buffer them from the bitter winds of market forces. Eat more garlic!

Off to visit with nine Vermont vegetable farmers tomorrow in Rutland. My thanks to Vern Grubinger, that "Lone Vermont Extension Vegetable Specialist," who was my host and organized this gathering. Everyone enjoyed my "chocolate-covered garlic cloves," my traditional contribution to the other delicious pot-luck lunch entrées. We farted our way through the stimulating afternoon round table. Thanks Vermont.

ON THE ROAD II

27 March 1992

Elversin, PA

When you travel by car you get the feel of the land and its relationships with water and man. Leaving this farm (land) on the Ontario Lake plains and traveling south, I (man) drove along the narrow and deep Cayuga (lake), then east to the broad Cortland Valley, and south past Binghamton (city), crossing the lazy Susquehanna (river) as I rose into the western side of the Appalachians (mountains). I grew up in these Appalachians; my adult life started in southern West Virginia (state). I crossed the Blue Ridge (trail) and down into the rusty hillsides of Scranton (city) and the anthracite fields of the Wilkes-Barre seam (coal-black gold) and on into the Chesapeake Basin (estuary).

It was not my good fortune that I became intimate with one particular piece of land when I was detained for over four hours on the Pennsylvania Turnpike after coming on a traffic accident involving a ruptured hazardous waste transporter (sign of our times). I made some new friends and had to deal with a few frustrations; however, the reality is that the automobile is polluting, slow, uncomfortable, and wasteful.

Our society takes so much for granted—"food and fuel forever." Enough of this.

This organization, with its single common bond, the Garlic, first emerged in meetings in the packing sheds and barns of friends, then moved into the Grange halls and extension facilities. Today, it is in the oak-trimmed and wall-to-wall carpeted conference room of the Rodale Press in Emmaus (PA). Lunch wasn't a pot luck either, but a great feast prepared by Rodale Kitchens and Perose Aquaculture in Allentown. A fine day and program organized by Frank Pollock. Wonderful people (both farmers and writers) sold some T-shirts, videos and memberships. The GSF is a source listed in the new *Rodale Encyclopedia of Organic Gardening* and we've already gotten inquiries/responses. It was a pleasure to meet Joanna Poncavage, author of "Growing Great Garlic," the *Organic Gardening* article last fall that brought several hundred of you to join us, an award to Joanna for her writing, and a place in the next *Novi Fermer* (ex-Soviet *New Farm*)!

I realize that getting out like this is the "gravy" of this task—unlike the other parts. Garlic people are an interesting lot, and after meeting hundreds and hundreds of you, I can tell you we're our best resource. We share ideas openly. We listen to each other. We strive for a quality crop *and* pesto! We never get enough of it! Amen.

FROM ROSE VALLEY

10 April 1992

Rose, NY

Spring's here and Peeper orgies! Sap's up! Time for a nip of the tonic (or Garvel, down cellar)! Garlic's in its second leaf and holding, ground temperature's at 46° at 4" depth, mulch is off the snow white elephant sprouts. Time to become a vegetable farmer again, work off this winter flab, get dirty with grease and clean with the earth. I have my usual list to share with you all.

🍷 *A Garlic Testament—Seasons on a Small New Mexico Farm* by Stan Crawford will soon be available. Stan's been a GSF member for years and produced the beautiful El Bosque Garlic Farm poster many of you have seen at our gatherings. I've just received a copy of this beautiful book and will have a review in the next *Press* and hopefully some information on its availability. Congratulations to Stan! Nothing published on garlic for 50 years, and now two books in 12 months!

🍷 A special newsletter for *all* the Alliums and Family Liliaceae: *G.A.R.L.I.C.* (Growing Alliums And Related Liliaceae In Cultivation), *not* specifically about the stinky stuff we love to eat—Quarterly; \$20/year. Mark McDonough, 30 Mt. Lebanon St., Pepperell, MA 01463.

🍷 George DeVault, editor of Rodale's *Novi Fermer*, is looking for GSF garlic producers to exchange information and seed material with farmers in the Commonwealth of Independent States (ex-Soviet Union).

Contact George at: Rodale Press, Inc., 33 East Minor St., Emmaus, PA 18098. He told us at the Meeting that the price of the garlic has increased 600% in that country and is much in demand. Years ago we joked about organizing a trip over there; maybe it's time to stop laughing!

- 🕒 Add a bulb of finely-chopped garlic to your next batch of chocolate chip cookies. A delicious accent!
- 🕒 Send in your questions to Alice!
- 🕒 The GSF will publish a list of "garlic suppliers" in the fall of 1992 and then yearly. Please use the enclosed mail-back form (see back page). I'll put this information together and make it available to all who inquire.
- 🕒 GARLIC DAY '92: September 26-27 will be an excellent opportunity to sell and buy garlic. Booth space is available—cheap! Please plan to attend. More information in next *Press*!
- 🕒 Green mark on your label date? You are two years behind in dues (this date indicates when your membership expires) and need to send in 2 years' dues to get current and continue to stay on our roles. Thanks or Goodbye!
- 🕒 Red line on your label after your zip code? To qualify for a reduced postage rate we've sent our membership computer disks to the post office and they added the "plus four" and/or corrected our disk. In some cases they could not give us a "plus four," so I'm asking you to

go to your post office and get this information and send it to us. This will reduce our high mailing costs. Thanks, and please help.

🕒 Two more publications to share with you: *Growing for Market* (Fairplain Publications, PO Box 365, Auburn, KS 66402, \$24/year) full of useful and creative information for people growing for market. *The Farmer's Own Newsletter* is another monthly ag-rag that's useful and beautiful (ad enclosed). I'm not sure how I'd choose between these two, maybe send a couple of bucks for a sample copy or give it as a gift to someone close in your family, or as a gift to yourself. Support them. They support us!

🕒 We've all done our own research over the years, but this winter three GSF members have shared their work with me. Dick Foskett in Ft. Collins, CO (an allium breeder) has put together a collection of ornamentals and eatables. David DeVilliers, near Ithaca, NY is looking at different production techniques. Vern Grubinger has a variety trial going in Vermont. Others would be interested in this and *all* research. Please write up a story for the *Press* and send it in!

I wish you all a good Spring and Summer. May your bulbs swell and grow; may you take a respectful heart to the field and your labor be in joyful spirit. I hope our paths cross, either in Saugerties in Spring or Fall, or at one of our summer field days (which will be announced in our next *Press*). Happy Spring!

(D.S.)

GARLIC SEED FOUNDATION VARIETY TRIALS: UPDATE

Our variety trials are off to a promising start. At last year's Spring Fling, GSF members decided to expand our efforts in variety testing. Now we have a growing network of 13 test sites, each of which planted a trial last Fall with an identical set of 4-5 varieties (2 topset, 2 softneck, 1 elephant type). Most cooperators report the trials went in smoothly and are emerging well, despite the relative late Spring. Cooperators will be taking systematic data on yield and plant characteristics at harvest this summer. This information will be collated, statistically analyzed, and the results summarized to share with all GSF members. Hopefully, we'll be able to identify varieties with superior performance potential at all of our test sites.

Eleven of our cooperators are located in New York, including sites at Victor, Lindenhurst, Geneva, Stillwater, Ithaca, Little Falls, Holley, Memphis, Troy, and Stafford. The other two cooperators are situated in Hardwick, VT and Lynn Center, IL. We have already heard from several GSF members who would like to participate in future trials. All we ask is that you make a commitment to provide some growing space, follow our trial format, take systematic data and provide the results for analysis. The GSF will identify test varieties, prepare and distribute seed stock, supply data sheets, analyze and summarize data, and publicize results. If you would like to join the effort, drop a line to: Jim McFerson, USDA-ARS Plant Genetic Resources Unit, Cornell University, Geneva, NY 14456-0462.

The FARMER'S OWN NEWSLETTER

A monthly newsletter edited by L.R. Miller
and published by Small Farmer's Journal

Subscription rates \$25.00/yr or \$40.00/2 yrs. (Canada \$32.00/yr U.S. currency.
Other countries \$37.00/yr U.S. currency.)

We presume to try to be helpful.

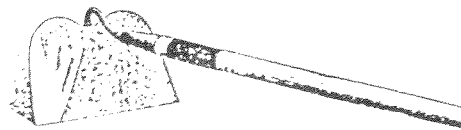
We honor contradiction.

We believe in independent family farms.

We believe name-calling has its place.

We believe that the hope of others deserves our care.

In this newsletter you'll find NEWS about weather, markets, farm legislation, trends, new products, curiosities, and from time to time odd but good recipes.



This newsletter is not for everybody. If you get bored easily by farm news or statistics, if you get angry when you read criticisms of our federal and state farm policies, and if you don't read well you probably shouldn't subscribe to this newsletter. However if you like the above and appreciate brevity give it a try. Your satisfaction guaranteed or money back.

Write:

The FARMER'S OWN NEWSLETTER
c/o SFJ Inc.

PO Box 2805 Eugene, Oregon 97402
or phone in credit card orders to (503) 683-6486



As daylight lengthens, I can begin to feel renewed growth. Subtle, obscure, and far from bringing overt activity, there is awakening a new vibratory level that precedes the first days of Spring. The sun is farther south now, seeds are singing, earthworms and microbes stir from their sleep, and the human spirit seeks to rise and

make itself ready.

Culturally, we face such awkward levels of change that life seems designless until we seek out the way of nature. We earnestly gouge and rearrange the face of the earth until fewer and fewer living patterns of true ecosystems exist. We are still, by in large, able to seek the wisdom of natural selection and reprogram ourselves to purposeful living. As people, we deny the peskiness of our existence. Our predatory hunter instincts, our wanton waste and our pitiful disposal habits all create (magically it seems) culture. We redefine the negative in ourselves as the newest form of justice, and we temporarily live out indulgence and feast on desire until we are in a state of dis-ease.

By getting back to the patterns of seasons and nature's wondrous random assortments, one can experience a symmetry that belies all things. But in cities, villages and towns, we cluster like cancers, overpopulate and use up. Like army ants fiercely consuming the earth, we march on and on. It is best, then, if but for me, to look to the finch and warbler, the slowly swollen, bulging leaftips and emerging blades of garlic or leek, to see the warming trends and lengthier days and feel that this is my umbilical connection, my inner link to purpose.

It is in the apprehension of truth and its application that the true occupation of our species lies. Our sensory role on the surface of this great planet is the responsiveness of our attunement to change, a seasonal reflex. Our very survival is inextricably linked to it, and therefore it seems we must all go back and work for the earth, for life, and for continuity of habitat; we must reaffirm our role as stewards.

Realistically, we can't all be planters and harvesters, but we can support the use of least harmful technologies. We must learn to espouse those who are righteous and expose those who are not. The revolution is within as well as without — and it is constant. The wobble of our sphere is the imbalance of our natures, our indifference, and a sign of entropy. Few people seem to listen to the murmur from below, the distant and dull sobbing cries of the earth for regeneration. Like all health on the planet, it is threatened and irreversibly souped in a new chemical environment. As Spring comes, so must we, renewed, to heal, to sprout and grow, and to give service.

Here in the northeast, the weather plays trick on us. The garlic rose early in March, but like Punxatawney Phil, must have seen the shadows of the rising spears and the energy has frozen again, restricted under the spring snows. There is a whisper, though, a hint of the coming days of warmth, and we all share in this. More than a promise, the

OUT OF MY HEAD

Foundation, too, has grown and begins to reach skyward. The Spring Fling is coming, and we will celebrate our very survival with joy. The sharing of our long season of waiting will bring tears to our eyes and a special sulphurous scent to our lips. It is a noble profession, this love of garlic, and it nurtures us all to be rooted in the sheaths of commitment, the wrapper leaves of purpose that enclose us all in a healing environment. It is time to reach out and renew ties in our communities. It is time to advertise to our markets, to reengage our friends and neighbors in the glory of garlic, and to cultivate growth. The garlic eaters are waiting for us with baited breath, so the clearer we think the better they'll stink!

Happy Days (B.D.)

THE PLEASANT PEASANT'S FOOD

by Iona Bulb

There's still not one thing finer
than garlic in a stew
or baked and served on good brown bread
its aroma coming through.
This magic herb, a precious food
that fans the healing flame,
through all adversities survives
and returns from whence it came.
And man or crow complete the cycle
by spreading broken cloves
across the land, like apple seeds
these yearly stalks to grow.

To nose or tongue, the world around
this splendid gift is known.
From ancient times, in highest climes
no culture is alone
in digging up this earth's delight
that awaits the watchful eye
and gives us all such joyous taste
soon after it is dry.
So chopped or minced and mangled
by jaws that eat it raw,
we celebrate this ancient gift
that stinketh up our craw!

The Garlic Press is produced seasonally for members of the Garlic Seed Foundation. Membership in the GSF is \$10 per year and includes this newsletter and reduced rates at official functions. All submissions for **The Garlic Press** should be sent to the editor, and are published at the discretion of the editor and dependent on available space and the relevancy of each issue's theme. Please address all correspondence of newsletter value to Bob Dunkel, 2079 Washburn Rd., Stanley, NY 14561.

ORNAMENTAL ALLIUMS

One of the joys of this passing season of quiet has been the opportunity to catch up on reading, and one book that really was quite enjoyable to peruse was *Harrowsmith's Illustrated Book of Herbs* by author Patrick Lima, a native of central Ontario, Canada. For the allium lover, there is a wonderful section that explores the wide range of onion and garlic relatives and has some striking photos and illustrations as well. After the interesting descriptions of the edible varieties that most of us may be more or less familiar with, came a section on ornamental alliums that I found intriguing. Originally, while working on our primary test site with Jim McFerson, he off-handedly mentioned that as we got further into variety testing as an organization, perhaps some members may become interested in other types of alliums that are less ordinary. He mentioned a couple of varieties that were rekindled in my mind in the book I have referred to, and so I thought I would try to do a short description of some of these for any members that might be interested.

Allium aldopilosum: The literal translation of this from the Latin is "white shaggy onion," and it is reputedly other worldly. Referred to as a sort of vegetable alien, this allium has six-pointed, star-shaped flowers of a lilac tint that "radiate from a common centre on thread-like stems to form large, gleaming globes that seem ready to hurdle skyward." It does also have certain pesticidal properties that make it a very useful addition to a flower garden or showy area of your vegetable patch.

Allium aflatunense: Recently dubbed 'purple sensation' by one retail grower, this variety of ornamental onion is a spring sensation. Growing up and out of three-foot stems, the grapefruit-sized spheres are clustered with tightly packed purple stars and in the North country will blossom for three weeks from the end of May until the colorful displays of late June take over. The author remarks that his original patch of just six bulbs has grown, without any attention, to sixteen or more over a four-year period. This allium is at home in either full sun or light shade.

Allium giganteum: Resembles the flowering pattern of the above variety with beautiful purple splendor but grows much taller. Ascending upwards off of six-foot stalks, this native of the Himalayas certainly lives up to its name. Apparently, however, the biggest drawback to this variety is not only the expense of the bulbs, but a rather finicky nature. The author bemoans this fact; he would have been happy to retain the original numbers he planted, but after the first year of growth, flowering was spotty. It could be that other climates may do better with this showy giant, and although one bulb may be as costly as a dozen of the 'purple sensation,' it sounds like a tantalizing but limited trial possibility. This variety blossoms in our area in mid-July.

Allium moly: This dwarf variety takes us to the other end of the spectrum in growth habits. Though only eight inches tall, it blossoms into a wondrous yellow display. The long-lasting flowers appear in June, and although they do not self-sow, they are steadily-increasing bulb growers. This plant

has taken on the name of "golden garlic," not only because of the flowers, but also because of the pungent smell when any parts of the plant are crushed. Legend has *A. moly* as one of the best floral talismans and attributes the good fortune and prosperity of many a garden to its presence. Apparently, as long as one grows this petite ornamental, all bad omens from black cats to voodoo dolls lose their spell under the charm of this ancient symbol of protection.

Allium karataviense: A central Asian native, it has a foliage that is described as being "broad, blue green edged in red and softball sized flower heads of pale lilac, almost gray, and appears on six inch stems." The author goes on to remark that the bulbs grow well and do seed in almost pure gravel.

Allium caeruleum: The only blue-flowered onion recognized is a fragile and slender plant that is difficult to increase in numbers. Mr. Lima claims to have lost some of his original dozen bulbs over the past several seasons, but the enchantment of their color alone excites me into giving them a try.

Allium cowanii and **Allium oreophilum** are the author's final listings. They are referred to as dwarfs that are white and mauve, respectively, and used for nooks in rock gardens.

So *ad allium infinitum* we see that there is a world of exploration just waiting for us lovers of this wide-ranging family of plants. We encourage any of our members who may have experience growing these, or those who may try them in the future, to update us and pass on comments as well as critiques of their regional successes.

All ornamental alliums prefer well-drained soil (preferably on the sandy side) enriched ahead of time with organic matter. Plant bulbs as deep as their height or width, whichever is greater. Space smaller species 4-6 inches apart, larger ones 8-12 inches apart. Water regularly during growth and bloom period, but when foliage begins to yellow, cut back or even let soil go dry. Plants may be left alone unless flowers decline from overcrowding. At that time, dig clumps after foliage has died, divide bulbs and replant by early autumn (and don't forget to add plenty of organic matter to soil).

Following is a short list of possible sources for bulbs, also anyone knowing of other is welcome to write to us:

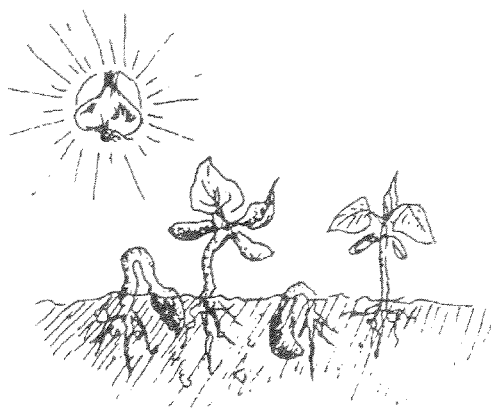
BLACKTHORNE GARDENS, 48 Quincy St., Holbrook, MA 02343-1989. They require a \$2 refundable-with-order charge and list Alliums.

COMPANION PLANTS, Rt. 6 Box 88, Athens, OH 45701, requires \$1.50 refundable and lists rare herbs.

GLADSIDE GARDENS, 61 Main St., Northfield, MA 01360 is listed as another source for rare bulbs.

DACHA BARINKA, 46232 Strathcona Rd., Chilliwack, BC V2P 3T2 lists seeds for garlic, herbs and oddities.

RALEIGH GARDENS, 24236 Evergreen Rd., Philomath, OR 97370 also lists garlic and shallots from a Western source.



PLANS TAKE SHAPE FOR ... HUDSON VALLEY GARLIC FESTIVAL IV

WHEN: Sunday, September 27, 1992
WHERE: Cantine Field, Saugerties, NY
TIME: 12 noon to 5 p.m.

I would not have believe it had anyone told me 6 months ago that plans for Garlic Festival IV would move as quickly and as smoothly as they have. If all this good luck can be considered an omen, then this Festival will top our wildest expectations.

First, the Kiwanis Club of Saugerties, NY has adopted the Festival as one of its fund-raising projects. This was a blessing. The insurance problem was an insurmountable one for Shale Hill Farm & Herb Gardens and the GSF. With the non-profit status of the Kiwanis Club, raffle tickets and such may be sold, which will help to underwrite some of the costs of the event.

The committees have been put into place and are as follows: Education & Workshops - David Stern; Finance, Budget and Legal - Dr. Richard Kappler & Patti Praetorius; Registration & Information - Jean Davis & Alice Tipp; Publicity - Pat Reppert & Joan Feldman; Craft, Plant & Fresh Garlic Vendors - Patti Praetorius & David Stern; Food Vendors, Amateur Garlic Cook-off & Chef's Showcase - Maureen Huben, Pat Reppert, Rich Erickson; Book Table & Author Signing - John Moree & Harriet Tomasko; Music & Entertainment - Cliff Steen; Printing - Richard Kappler; Setup & Decorations - Bob Yerick & Michelle Szydal; Clean-up - Greg Chourvas.

The success of the Festival depends on many things, but two key elements are: lots of freshly harvested garlic, garlic braids and wreaths and GOOD GARLIC FOOD. We will be contacting chefs, caterers and professional food vendors to entice them to do certain dishes for the Festival - things like Garlic Marinated Broiled Ribs, Garlic Spiedies, Pesto & Pasta Bar, etc., etc. Here's where you, the garlic growers, come in. **WE HOPE THAT YOU WILL BE WILLING TO SET ASIDE A GOODLY AMOUNT OF GARLIC TO SELL AT THE FESTIVAL.** To make it an offer you can't refuse, the vendor fee for growers

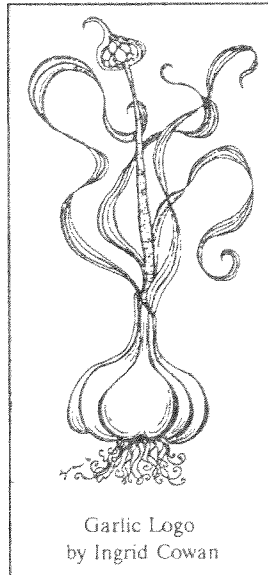
will be only 2 lbs. of freshly harvested garlic or the equivalent in a garlic braid or wreath. We will be using these for Raffle Prizes and Door Prizes. We need 5 or 6 wreaths and at least that many garlic braids for the prizes.

We are going to work very hard on the publicity for the event. Press Kits will be going out to major magazines in April - ones like *Gourmet*, *Bon Appetit*, *Herb Companion*, etc. A free lance journalist is writing two articles for us - one for *Travel & Leisure* and one for *Hudson Valley Magazine*. Press Kits will be going to all local and regional newspapers - and then to the big guys too - like the *New York Times*, *Boston Globe*, *Washington Post* and the AP wire. Whether we get national publicity for this remains to be seen, but we are certainly going to try for it. Radio, TV, tourist information - all of those will receive information too. I feel that with the Kiwanis Club behind us here in the Hudson Valley, and with just regional publicity, we will draw large crowds - if the weather is good. So, this should be a fantastic marketplace for all of you.

The annual meeting of the GSF will be the day before the Garlic Festival - Saturday, September 26, 1992 - from 9 a.m. to 5 p.m. - in the Senior Citizens Hall at Cantine Field. The least expensive rates that I could find in this area for a motel room were at Howard Johnsons Motor Lodge in Saugerties. They have reserved a block of rooms for the Garlic Festival. If you fill these 30 rooms, the rate will be \$39/room for 1 person; \$49/room for 2 people. This rate will be guaranteed until September 12, 1992, so please do make your reservations before this date. **REMEMBER THAT THIS IS THE BEGINNING OF FALL FOLIAGE** and there are several other events in the area that same weekend.

We will continue to keep you informed through the newsletter. Talk it up. It should be one of the best Garlic Festivals ever in this region.

Pat Reppert
Shale Hill Farm & Herb Gardens
Saugerties, New York
(914) 246-6982



Garlic Logo
by Ingrid Cowan

CULTURE CORNER

TIMELY TIDBITS FOR THE TRAVELER

| | | | |
|--------------|---|--------------|---|
| English: | Clove of garlic | French: | Je vous en prié, mettez encore un peu d'ail dans nos plats. |
| French: | Gousse d'ail | Italian: | Vorebbe aggiungere un po d'aglio in piú al pasto? |
| Italian: | Spicchio d'aglio | Spanish: | ¿Le gestaria agregar a la cornida un poco de ajo extra? |
| Spanish: | Diente de ajo | Netherlands: | Zou U aan de maaltijd wat extra knoflook willen toevoegen? |
| Netherlands: | Knoflookteen | | |
| English: | Would you mind adding some garlic to this fodder, so that we at least get the impression that we are eating at all! | | |



ASK ALICE? (IS ALICE IN?)



1. *I'm no vampire but her garlic kills me. My Fiancee Myra loves garlic. She shakes it on pizzas, chops it on steaks, crumbles it up in her soup and even rubs it on matzos. She claims it cures everything—anxiety, ulcers, indigestion, diabetes, headaches, back pain and colds—even cancer. She also thinks the smell of garlic is beautiful and sexy. I'm hopelessly in love with Myra, but I can't stand her breath. Any ideas on how to deal with this?* Pea Brain, Hartford, Conn.

Dear P. Brain:

Myra seems to be suffering the symptoms of sulfur self-indulgence. Often, the preoccupation with creating room for a non-garlic-loving relationship will temporarily seem to balance her improprieties, but in the long run, it's you who must surrender to forces beyond your control and begin to experiment with new ways of using this cogent cultivar for dual pleasuring. In other words, Pea Brain, love it or leave her.

2. *I have just moved to your fine country and would like to know the difference between garlic powder and talcum powder. Help me Alice.* Juan Dano, Brownsville, TX.

Well Juan, I understand your confusion, especially on those days when your sinuses may be acting up or you're just not quite aware and the two containers may be next to one another. The real giveaway is the tendency for

garlic powder to clump up on your skin and not dry properly. Talcum powder, on the other hand, leaves a notably chalky taste in sauces and, oddly enough, has the same clumping effect in a saute. Try putting them both out on a mirror or shiny surface and sniffing lightly to learn to distinguish the subtle differences.

3. *Dear Alice, I'm embarrassed to admit that my daughter asked me questions at the farm market that I couldn't really answer. How do people wear those garlic braids, and is it really good for your hair?* All Tied Up, Dry Raftus, Utah.

Well let me unravel this little mystery for you by beginning with hair. As King Tut surely knew upon his embalming, garlic provides that perfect environment for holding the curl and glamour of hair. In studies under near-laboratory conditions, countless hoards, from pharaohs to pharmaceuticals, have had garlic on the brain. As far as the braid goes, our best living examples of fashion come from the Caribbean Islands, where traditionally, as the braids are tied by long haired people, it was discovered that interleaving at least three layers of hair and garlic holds the braid in place and can even be proven to gently massage the back as it stimulates vertebrae as the body moves. So if you're really looking for your hair to grow out or keep that holding power, give a braid a try.

CORMY, BUT TRUE

After our question in the last issue pertaining to those tiny corms produced by elephant garlic, we received an inquiry from a member from Maryland. Mr. Orlick, a master gardener and volunteer consultant for cooperative extension, has written that he has had many requests from growers in the area who are having difficulty finding a method for sprouting these corms.

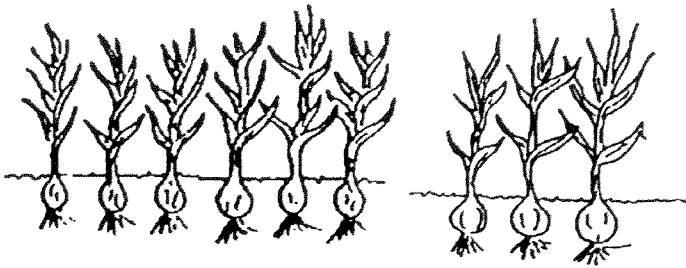
It seems that for the past three years, Mr. Orlick has tried a number of different approaches to this laudable task, and he believes that he may be onto something. Direct plantings monitored over these three years have not proved successful. Soaking or freezing the corms hasn't worked either. One possibility that may be tried is cracking or cutting the outer shell in a way similar to one's experience with hard-sprouters, like morning glory that is successfully notched and grown. Since the corms have a double layer of protection, this may not be enough.

It seems Mr. Orlick may be approaching something that could help all of us who grow elephant garlic to potentially double or triple our harvest through using these mysterious corms. However, each year he has been able to gather no more than about one thousand corms for his experimentation.

Mr. Orlick is asking us to come to his aid in two ways. Any of you who have had success in sprouting the corms are asked to please write to him and detail your experiences. He also hopes that those of you who find no direct use for these corms may consider sending them his way to allow some of the variables that are as yet unexplored to be tested.

Mr. Emanuel Orlick can be contacted at 16815 Milltown Landing Road, Brandywine, MD 20613.





GREEN TIPS — Springing Into Action

After the quiet winter of rest and indoor activity, there is a sudden flutter to the heartbeat as one sees the emerging green fingers poking through the mulch or soil. We all find ourselves looking for this early sign of the changing season and the coming period of rapid above-ground growth. Variables, more than constants, seem to be the determining factors of each year's overall health and quality ratings. No two years bring the same end result. Moreover, it is the creative interaction with the changing face of nature and climate that makes garlic-growing the challenge it is.

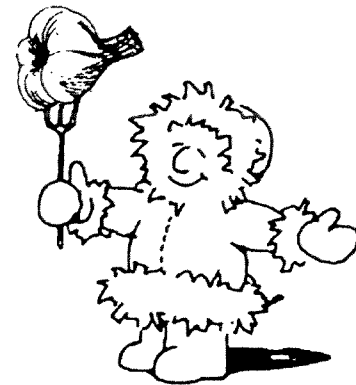
Annual precipitation must be an individual interpretation of the moisture-holding abilities of your soil type as well as an indicator of certain reactive patterns. Irrigated systems admittedly have a certain advantage in being able to more scientifically maintain adequate, not excessive levels. To Northeastern growers, however, there is often not enough economic rationale to investing in costly systems. For many growers, this means learning to make other choices, such as working with mulches, to regulate moisture conditions. Some growers will mulch through the winter months to protect the crop from heaving or frost damage, then find that a wet Spring can be their undoing by literally drowning the garlic if the mulch is not removed. Others are more trusting of their Fall-planted garlic and choose no means of cover protection. They often choose to mulch in the Spring, after a growth of at least three inches has lifted the leaves to a safe enough level to allow the mulch to be spread on the soil without stressing the plants.

Fertilization for weed control also may be begun before the mulch is added, but it is perhaps more recommended to consider the use of a foliar spray. Kelp powders or fish sprays are becoming more and more available and seem to provide adequate nutrient accessibility for the demands of this stage of garlic growth. Unlike synthetic soil amendments, these powders and sprays direct nutrients to the plant, not to the emerging cycles of weed seeds. Of course, this does not preclude the proper preparation of the soil in the Fall, when the balancing additions of organic materials and rotational crop systems allow for the best possible conditions for your seed stock. Once again, the variables of your own soil types, weather conditions, types of planting stock, etc. come into play.

In general, the most critical period for regulating growth is Springtime. Fertilization from early March to the middle of May, at two-week intervals, using foliar sprays, is a reliable standard. Making sure not to fertilize until a couple of days after rain and not during those periods of the day when

outside temperatures may stress the plant's ability to use the nutrients you are feeding, is a very important step in nurturing a healthy crop. Ron Engeland, of Filaree Farm, recommends levels of 2 pounds per acre fish spray, with the possible addition of ½ pound of powdered kelp to protect against cold frosting in early Spring. This is accomplished by using approximately 100 gallons of water per acre of garlic. The recommended level for small growers is 1½ ounces per gallon, per 1000 square feet of garden. The usual plant response should be a deep blue-green leaf color as they seem to reach upwards in thanks for this early boost of energy. Remember, the growing intensity of May is no time to decide that the garlic needs some help. Too much leaf growth has already taken place by then, and plants that are stressed or yellowing are not readily improved this late in the season.

You are your best interpreter of what needs to be done, from irrigation to cultivation and feeding.



GARLIC SMORES

Who needs a marsh to be mellow?

By now we are all well acquainted with the mouth-watering delicacy of baked garlic spread on a fresh slice of warm bread. Last summer we found ourselves spending many a nice summer evening having a bonfire out back. The next morning I would always find myself out checking the coals and making sure the last night's fire was well died down. After garlic harvest, and as I worked into evenings cleaning seed stock or practicing my braiding, I found myself tossing some questionable culls into the fire or ash, and I discovered that there was more to baking garlic than the traditional oven method we had always used.

As expected by the title of this, we began tossing whole, unpeeled bulbs of garlic onto the ash bed, and if not using the traditional combination of graham cracker and chocolate around our roasted garlic, we came up with a great breakfast toast with endless possibilities. So next time you're camping out, or find access to an open fire, take the time to throw a couple of bulbs of garlic in with your unhusked corn or potatoes and rediscover the magical melt-in-your-mouth wonder of slow whole cooking. And next Christmas you may find yourself changing the lyrics to what's roasting over that open fire.

GSF TREASURER'S REPORT

| | | | |
|--------------------|-----|------------|------------|
| Balance March 1991 | | | \$2,125.20 |
| 3/13/91 | W/D | (170.58) | 1,954.62 |
| 4/10/91 | D | 144.50 | 2,099.12 |
| 4/10/91 | W/D | (200.17) | 1,898.95 |
| 5/1/91 | D | 394.00 | 2,292.95 |
| 5/1/91 | W/D | (269.10) | 2,023.85 |
| 5/24/91 | D | 198.00 | 2,221.85 |
| 8/30/91 | W/D | (311.60) | 1,910.25 |
| 9/19/91 | D | 459.00 | 2,369.25 |
| 9/24/91 | D | 855.00 | 3,224.25 |
| 11/15/91 | D | 1,300.00 | 4,554.25 |
| 11/25/91 | D | 350.00 | 4,904.25 |
| 11/25/91 | W/D | (4.65) | 4,899.60 |
| 12/6/91 | W/D | (443.95) | 4,455.65 |
| 12/23/91 | W/D | (97.86) | 4,357.75 |
| 12/23/91 | D | 339.00 | 4696.79 |
| 1/2/92 | W/D | (2,338.61) | 2,358.18 |
| 1/2/92 | W/D | (200.00) | 2,158.18 |
| 2/19/92 | D | 697.00 | 2,855.18 |
| 2/19/92 | W/D | (744.41) | 2,110.77 |
| 2/21/92 | D | 266.00 | 2,376.77 |
| 3/11/92 | D | 314.00 | 2,690.77 |
| Balance March 1992 | | | \$2,690.77 |

INVENTORY

T-Shirts
 Printed Materials
Growing Great Garlic (books)
Gift of the Gods (Videos)
 Garlic Keepers
 Garlic Cook Books

MONEY OWED

30 Copies Video (@\$20) = \$600.00
 Garlic Keepers (unknown)

Accountant: Al. Rocambole
 Dewey, Cheatem, and Howe
 Allicinville, NY 12345

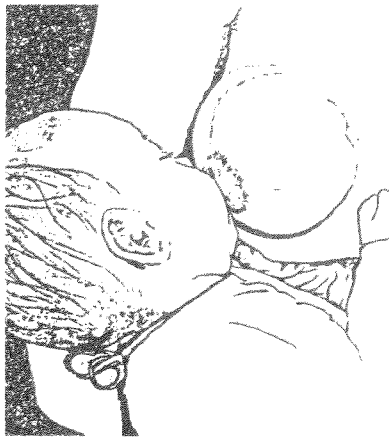
COMMENTS TO THE MEMBERSHIP ON THE TREASURER'S REPORT

The biggest expense is the printing and mailing of the *Press*. We are currently going to a "Zip plus 4" First Class rate and investigating offset printing vs. cheap Xerox. The other expense is the day-to-day mailings in response to information requests, memberships, shirts/video/literature/keepers. No money is spent for the salary or telephone expenses of Bob Dunkel or myself. Much of the Xeroxing for the literature is done at no charge.

This 3/91-3/92 financial report is all but typical of the GSF: the May in/out is the Spring Fling, the September and

November deposits are the memberships from the *Organic Gardening* story, December's withdrawals paid the explosion of printing and postage costs from these memberships, the large withdrawal in January repaid the original 1989 loan for the printing of 400 T-Shirts and Ron Engeland's books (\$200), the \$744.41 in February was the layout, xeroxing and mailing of 600 newsletters. All income is from the membership dues, sale of T-shirts, literature, books, videos and keepers. All records are open to inspection by members.

David Stern



FLAVORED BREAST MILK!

"Old wives tales" suggest that nursing moms take a wee nip of their favorite spirit to increase their child's appetite, help a finicky kid relax, or boost their milk production. Julie Mennella and Gary Beauchamp, from the Monell Chemical Senses Center in Philadelphia, have studied such things and found that babies drink significantly less of the "spiked" milk. The researchers could detect a change in smell and so might the baby, or it might inhibit the sucking ability, or it might temporarily reduce maternal milk production. Interesting, eh?

So what in the mother's diet would increase nursing times and volumes? That's right, our favorite stinky little herb, the garlic! Two hours after the moms took the garlic capsules, there was a strong garlic odor to their milk, but the babies seemed to prefer the taste, remaining attached to the breast longer and enjoying greater volumes. They are not sure, however, if it increases milk production. I can just see some of you advertising this now: **FOOD FOR THE ENTIRE FAMILY — GARLIC!**

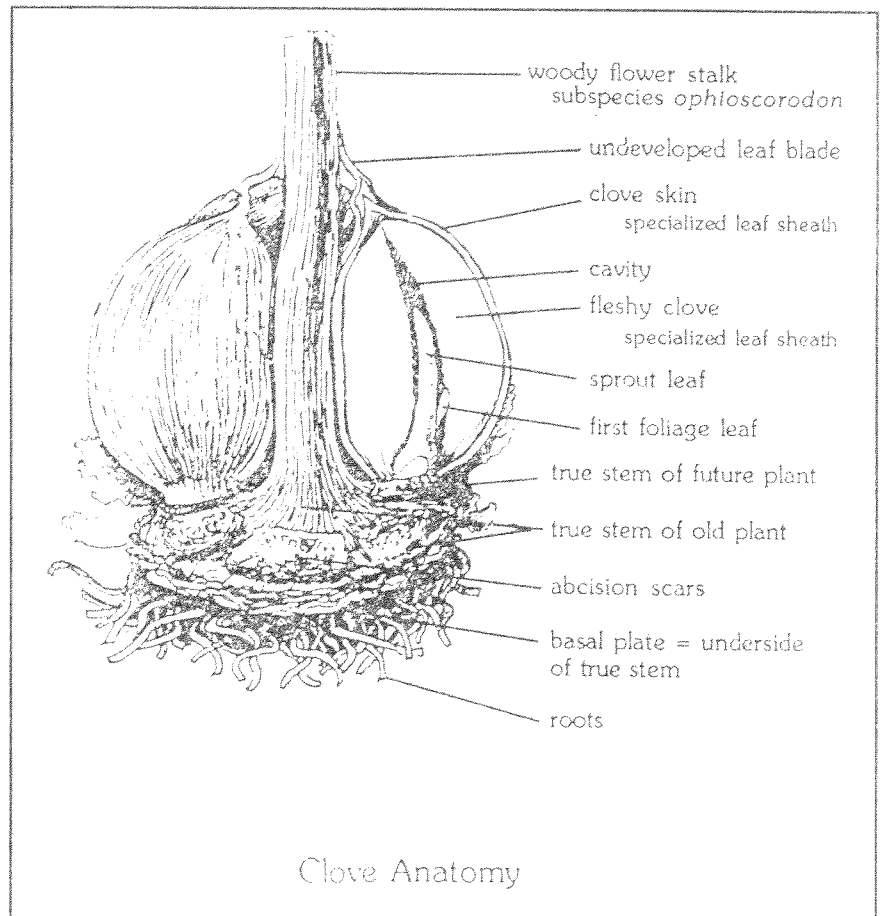
(D.S. — *Science News*, 10/12/91)

OOPS!

With a sigh of garlic upon our breath, we apologize to Ron Engeland and to the many readers who have sought out information on obtaining a copy of *Growing Great Garlic*. It is available through:

Filaree Productions
Route 1, Box 162
Okanogan, WA 98840
(509) 422-6940

Growing Great Garlic, 226 pages, paperback, ISBN # 0-9630850-1-8 (Book design and typesetting by Columbia Publishing).



ORDER FORM

Please send _____ copy(ies) of *Growing Great Garlic* to:

Name _____ Date _____

Address _____

Enclosed is \$12.95 per copy plus \$2.00 shipping and handling per copy (total \$14.95 each). Washington state residents please add 7.5% sales tax (97¢) per book (total \$15.92 each). All money in U.S. Funds.

Make check or money order payable to "Filaree Productions."

Enclosed is my check _____ money order _____. Total enclosed _____.

Return order form with payment to Filaree Productions, Route 1, Box 162, Okanogan, WA 98840.

LABEL GREEN? Time to renew membership!

Spring Fling
Fertile Garlic
Ornamental Alliums
Garlic Breast Milk

GARLIC SEED FOUNDATION
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ROSE, NY 14542-0149

