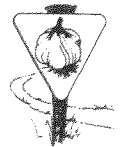




# The Garlic Press



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

SUMMER 1993

#17

## GSF GARLIC DAY FOR GROWERS

Saturday, September 25  
9 AM — 3 PM

Senior Citizens Hall, Cantine Field  
Saugerties, NY

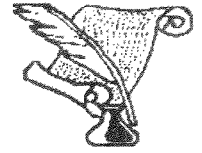
This will be the Foundation's Annual Meeting for the sharing of information, GSF business, and fellowship. We urge all growers to attend. Bring your slides, ideas, experiments, and questions to share with others. This will be in our usual informal format.

---

Bring a dish to pass — GARLIC ONLY — and table service for lunch! (Also recipe cards to share with others). This is always a great garlic gastronomic gourmet gargantuan, gluttonous GAG-FEST!

GSF will provide coffee/tea, donuts and fruit  
\$10 Donation for GSF members. \$15 for nonmembers

## DIRECTOR'S NOTES



Tomorrow's my 47th birthday. Not exactly a milestone in life, but the fact that it's 1993 means that I've grown on this dirt farm for 20 years. I returned to upstate New York from where I was living/working in West Virginia as a prodigal son to care for my elderly ill parents. I was 27 and as strong and as energetic and as ignorant as you can be at 27. In the dim recesses of my brain I can still remember the first time I walked this farm—25 years abandoned and in the process of being reclaimed by nature—and accepted the challenge!

Twenty years of my life as a farmer and builder of homes and community. This anniversary has focused many thoughts in reflection on these years and the decisions, 7300 days and the millions of tasks, 20 cycles of the seasons and the lessons learned. Time has eroded the highs and lows, joys and sorrows, successes and failures. As many of you know, farming is not an easy life. It challenges the mind, body and spirit. Few of us would defend it on the one hand, or change it on the other. We work in the earth with our eyes toward the sky, accepting the cards we are dealt with thanks, eternally optimistic that it, and we, can only get better. Twenty years seems a long time, but what will I be thinking in 2013?

The harvested garlic hangs in the shed. Not the best crop, or the worst. The disastrous weather conditions of

1992 weakened our planting stock and hurt our rotations for weed suppression. We worked long hours on weed control this year and the crop grew well, but June was very dry. Last year I looked to the western horizon and cursed the rain clouds. This year I cursed the lack of them! Maybe there will never be that "perfect" year when all factors line up in order. And so it goes with this farming game: plant your cloves and harvest your bulbs, take good care of your land, make wise decisions on your planting stock, row spacings, equipment and markets, and keep your fingers crossed.

Those of us who grow food for our families or markets share a special bond. This bond tightens because we also share a common crop. We know and understand the food system because we produce the raw material that others touch, and we both gain wealth from our labors. We must not give our food away! Good deals for consumers don't keep us farming. We're little fish in a big pond, and we must use our heads as well as our hands to stay alive.

Happy fall to you all. I look forward to the upcoming garlic gatherings and the opportunity of sharing some time with others of foul breath.

(D.S.)

---

## ALLIO-FILE

Not much to share with you in this *Press*, not much time to do anything but work this farm, or it work me. We have some new contributors to this issue and we thank them for their efforts. I also want to thank you for your patience with me and my failure to respond to your requests. Very little is lost, much is late, reminders help.

- 🍷 Questions on the use or misuse of olive oil? Call their hot line at 1-800-232-6548.
- 🍷 Thanks for sending your business cards and garlic logos. We'll use them soon in the *Press*.
- 🍷 Some of our members produce their own catalogs (see ad for Greg Anthony's in this *Press*). I must also mention: Chesnok Garlic Farm (RD 1, Marshland Rd., Apalachin, NY 13732) and Filaree Farm (\$2.00, Rt. 2, Box 162, Okanogan, WA 98840-9774).
- 🍷 Bob Dunkel, *Press* editor, and Bill Thomas from GSF/West are putting together a survey for members. We don't know who we are anymore and thought this might help give us some better direction.
- 🍷 I'm going to concentrate on information to help us become better farmers. With some surveys of my own and reprinting information from others, I hope to concentrate on the culture and our practices as growers. Your suggestions are always welcomed.

(D.S.)





## OUT OF MY HEAD



Part of growing up for me has always involved the mysterious wonder of watching plants grow. A sense of magic has always been with me as I've watched seeds cycling into seeds and the bounty that accompanies this seasonal sojourn. Garlic, as you all know, has a unique pattern of its own time and sequence that carries us from fall to fall. For this summer's harvest and the beginning of the drying, curing, and braiding period it seems that just a little of the magic has disappeared somehow. Perhaps it's the years of watching, hoping, waiting and slowly getting to know a little more about this amazing herb we grow. The magic has not died, but slowly is being exchanged for increments of a wisdom that comes first to the eyes, nose and fingers and eventually translates into language in the brain. To a certain extent I think about what a slow learner I am or how easily I forget things. There is a balance, however, that must be found, and it lies somewhere in between magic and middle ground.

The magic somehow seems to account for the mysterious plant forces and energies that we as growers can only partially control while we step back and allow the garlic to grow. The middle ground is the medium and methodology—our soil consistency, our planting schemes, and our cultural habits that meet our mechanical or physical needs. Put together, we have a prescription for success. The magical spell of our selected seeds and our overzealousness and love for the garlic are tempered over the years with a wisdom that splits through us like midstem bulbils. Technique and fertilization timings, cover crops and rotations, all our intellectual and technological tools need to be accessed to provide a nurturing environment, a happy home for the cloves to shrink and swell in optimum health.

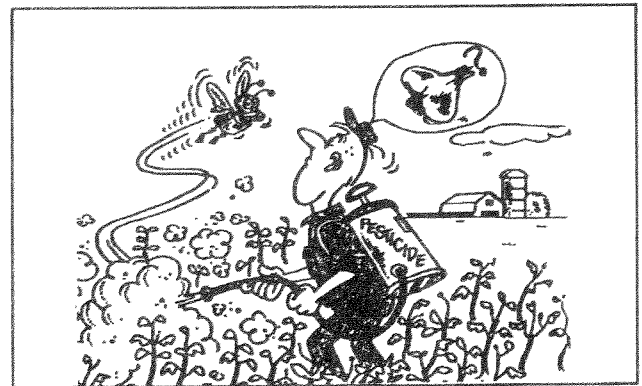
Harvest is a time of joy for me—the spading fork gently lifting the often scarlet to purple and half dirt-covered bulbs out of middle ground into the air and finally in view for the long awaited verdict, and that touch of magic that sees the long cycle that never fully ends. We shall grow garlic forever!

In my plantings I do variety trials in the field and also have small plots behind my house for newer introductions and to grow out seed that isn't ready for the field test. Alternating the hard necks and soft necks in plots works well at harvest but often still finding it hard to get my scapes off in timely manner and with ease, I decided next year to alternate a pathway, then a hardneck, leave a center for the soft neck, another type of hardneck and then a pathway. This gives me two sides to get at the scapes and, as soft necks dig out earlier, harvesting is also easier.

I always know at harvest time what changes I need to make for the next season—even though, like campaign promises, these resolutions may not all be fully realized, still as these bulbs arise they seem to speak out and chastise or thank me for their long stay. Some varieties I will not plant as deeply, others need more light and space and do not do as well in beds and the soil by July never is loose enough in this NY state clay. I'll try rye/vetch in my beds and buckwheat in the field and will try to fertilize at planting this year and twice more in Spring. I would also like to experiment with my varieties that have double cloves and do some weight/space comparisons, as I notice the volume of garlic in two heads (Siamese bulbs) is often better than one and seem to not necessarily impact the seed value.

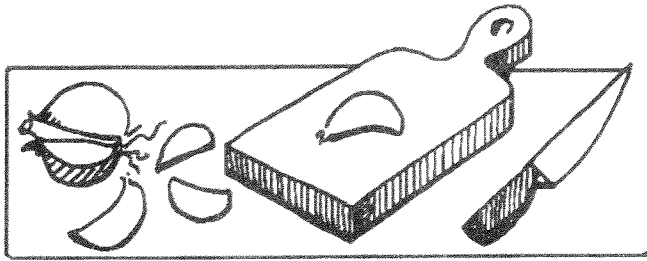
Those are some of my ideas; How about some of you folks sharing with us your hopes and trials and secrets for success? I know I'll never lose my sense of wonder as I gaze at the awesome colors of these bulbs and think of the touching, feeling and tasting that lies ahead. So I hope you've all grown another year along with your crop and that I'll be seeing you in September in Saugerties. Please send in more of your input, advice, criticism of this newsletter and let me know how we can serve you better.

Grow in peace and multiply . . . . (B.D.)



*The Garlic Press* is produced seasonally for and by 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.

# ROASTAMANIA



Renee Shepherd, from Shepherd's Garden Seeds, was kind enough to send a copy of her second cookbook, done in collaboration with Fran Raboff, called *Recipes from a Kitchen Garden (Vol. 2)*. In it she marked two mouth-watering recipes that feature roasted garlic in a great way to celebrate this harvest season.

To this is added a breakfast special from Dan Smith, of the Thyme's Restaurant in Kingston, NY—one of the featured chefs from last year's festival.

## ROASTED POTATOES WITH GARLIC AND HERBS

*The aromas of roasting potatoes, herbs, and garlic make this an irresistible dish.*

- 3 tablespoons olive oil
- 1 dozen small or 6 medium potatoes, washed but not peeled, but in 1/2-inch slices and patted dry
- 1/2 to 1 head of garlic, separated into cloves and peeled, or to taste
- 4 or 5 sprigs, 4 to 6 inches long, of rosemary, thyme or basil—your choice

Preheat oven to 400°

Spread olive oil in bottom of a 9×13-inch glass baking dish. Toss potato slices and garlic cloves in baking dish to coat with oil, then arrange into a single layer. Lay the sprigs of herbs on top of the potatoes. Cover the pan with foil or a cookie sheet and bake 20 minutes. Uncover and bake 15 to 20 minutes more or until potatoes are tender and begin to brown. Carefully remove herbs and discard. Serve immediately.

Serves 4

## ROASTED GARLIC SALAD DRESSING

*This dressing is delicious with any green salad and will make your salad course a real event. Roasting the garlic gives it a wonderfully mellow and sweet mild flavor.*

- 5 or 6 fat cloves of garlic, unpeeled
- 1/4 cup olive oil
- 2 medium tomatoes, chopped and drained
- 2 tablespoons freshly squeezed lemon juice
- 3 chopped scallions, white part only
- 2 tablespoons any herb vinegar or use wine vinegar
- 1/2 cup finely chopped fresh basil

Heat oven to 350°.

Brush the garlic cloves well with 1 teaspoon of the oil, reserving the remaining oil. Roast the oiled garlic cloves in a pan until golden and soft—about 10–15 minutes. Watch carefully so garlic does not get over-brown. Remove and cool. When cool enough to handle, peel the garlic and combine the pulp with the reserved oil and rest of the ingredients in a blender. Blend until smooth and use to dress any mixed green salad.

Makes about 1 cup.

## THE THYME'S FRESH CORN & ROASTED GARLIC PANCAKES

- |   |                       |
|---|-----------------------|
| 1 medium onion, finely chopped            | 1/2 tsp. baking soda  |
| 2 cups fresh corn, off the cob            | 1 tsp. sugar          |
| 8 cloves garlic, blanched and pan roasted | 1 tsp. salt           |
| 1 cup yellow cornmeal                     | 1/2 tsp. white pepper |
| 1/2 cup all-purpose flour                 | 1/4# butter           |
| 3 eggs                                    | 1 cup milk            |

1. In a medium skillet, gently cook the onions with the butter. When soft, add in the garlic then the corn. Continue cooking for 2 minutes, stirring often.
2. Meanwhile, in a mixing bowl combine the milk and eggs. Add in the dry ingredients and stir to combine. Add in the corn mixture with the excess butter and mix.
3. At this point you can add more milk to achieve a batter-like mixture and control the thickness of the pancakes.
4. In a medium hot non-stick pan, drop approximately 1 tablespoon of batter to form small cakes. Cook for 1 minute, flip and continue cooking 1/2 minute.
5. Serve warm with sour cream and smoked fish as a first course or serve room temperature as a base for various hors d'oeuvres.

Yield: approx. 20–3" cakes



# ASK ALICE

## HARVESTER'S MOON

Late in the day  
when your back, like the light,  
is bent and weary  
and your pants begin to  
sink in the south,  
out comes the harvester's moon.

***Alice, What came first, the clove or the bulb? I Gauthou, Puzzler, PA***

In case you thought I'd chicken out of this one, Ill tell you that I don't eggsactly know. (Maybe it depends on how you call them, or perhaps you'd have to have been there to really find out . . .). So . . . if the clove is the bulb's way of making another bulb, then the bulb is the clove's way of making another clove. Now either you're doubly confused or the answer is plainly clear. For the bulb to appear the clove must disappear, and for the clove to appear the bulb must disappear. So much for my vanishing act. Was it the smoke or the mirror that gave me away . . . or just my breath?

***Alice, What works best, hanging the garlic in bunches or using drying racks and laying them out? Willy Nilly, Hoonose, WY***

The angle of the dangle or the lean of the screen you ask? Well the gravity of the issue is surely the key. In both systems one has to use common sense. An overly large bunch or an overladen rack with damp stalks is an

invitation to mold and a breeding ground for penicillium. Good circulation is a must with garlic—not just to tout the "heart healthy" logic of our diets, but to keep the crop at its best there must be good air flow and some controls on humidity/dampness. I find myself using both means of drying and curing. With bunches I try to go no more than 10-15 plants and then I stagger the heads so they hang only lightly touching each other. I leave the barn doors open for a cross breeze, but in a shed in damp weather, some folks do use fans for a while. On the rack or screen I lay out my heads up and across and then layer my following rows so that the heads rest in the air space between two stalks. Halfway across the rack I often use my planting stake or a piece of "one by" to create some extra air space and then as I reach the bottom edge of the rack I work my tops in at an angle and create a tepee effect that keeps the stalks draining and layers for air flow. In humid conditions you might also consider trimming root hairs to about a half inch to speed drying. So I hope this gives you a clue for what to do, but don't spread a false rumor, forgive my dry humor.

## VARIETY TRIALS UPDATE

With the 1993-94 season at hand, now is the time to start planning to make those changes that mean an even more successful year ahead. A good way to do this is to add at least one or more new varieties/strains. Find one of your nearest GSF members and try a swap. Whether it's 1 pound or 10, you must realize that for an adequate trial and an adaptation period to your soil/climate, three years are really needed for full evaluation.

Our variety trial people are looking now at the third year, and it's time to at least begin a rotation of one to three new strains. We suggest that the seed swap may be the best direction to head in. There are farms that may wish to grow out specific numbered varieties from our current three-year list, but rather than expanding into more and more data files, maybe individual members can get going on their own and, by using our basic information sheets, we can get members swapping and growing out each others different garlics and see what happens.

There will be a meeting in Saugerties for variety trials people and we will try to plot out what we want our primary and secondary sites to work toward. However, for any new members interested it may be best to start a project of your own that we can have you track and report on and then let us know if you would like to swap with another member or if there is a particular strain you might be looking for. Dave Stern already has his hands overflowing, so for now please address any variety trial information to Jim McFerson or to Bob Dunkel at the address listed for newsletter items. Especially, though, look for those old timers who have been growing for a long while and pick up a few pounds, give it a name or number, and we will all benefit.

(B.D.)



## Stinky Replies



### MINNESOTA FATS

Letter from Tim King

Route 2, Maple Hill, Long Prairie, MN 56347



The Great Minnesota Garlic Experiment proposes to introduce garlic to Minnesota. It's an idea that started small, has moved with the speed of a tortoise and the tenacity of a wood tick. These are both qualities that serve agricultural experimentation well, we have learned.

The project started with a conviction that garlic should be grown commercially, a commitment by the Staples Irrigation Center Research Farm, and financing from the Central Minnesota Initiative Fund.

In 1990 we grew garlic at the Irrigation Center, Maple Hill Gardens, and Camphill Village Minnesota. We spent the summer kicking the tires of our idea, so to speak. By harvest we were convinced that we were onto a workable idea.

In 1991 we replanted and began talking like we knew what we were about. We used the field trials, which included date of planting and mulching experiments, at the Irrigation Center to give two public demonstrations. A growers guide was published relying on information from GSF and about 5 years of garlic experience at Maple Hill. At the end of the season our modest funding ran out.

Minnesota is blessed with the presence of the Agricultural Utilization Research Institute. They are a largely Legislator-funded entity dedicated to adding value to Minnesota agricultural products, who occasionally allow the likes of us to experiment with new crops.

They funded us for 18 months in early 1992. The object was to increase the number of growers involved in the project, create a liaison with the University of Minnesota, and, most importantly, explore marketing opportunities.

By the fall of 1992 we had 10 growers ready to plant garlic that was largely obtained from GSF member Bob Dunkel. During the winter our planting guide was revised with David Stern's able assistance. The guide has been circulated to over 100 Minnesota farmers and gardeners and has stirred a fair amount of interest. Although there is essentially no garlic production in the state, we have been approached by a start up processor with a delicious garlic sandwich spread.

We continued our educational efforts in 1992 and 1993. In March of 1993 we had our first Spring Equinox Garlic Fiesta. We'll have a June field trip.

We'll also seek further funding to expand our efforts in marketing and scaling the size of people's initial 1992 experimental plantings to an actual commercial size.

We move ahead at the pace only a farmer could appreciate. The seasons and weather allow for no more nor no less haste.

### TO RUSSIA WITH (C)LOVE

From Bob Yerina

R.R. 1, Box 13, Little Falls, NY 13365



Back in newsletter #14 or #15 you asked for people to write to Russian farmers. As of last week I have 22 letters from Russia. Most are small notes asking for information or growing and seed stock; 2 wanted jobs here in the U.S.

The Russian government has given land to most of them from 2/10 of an acre to 150 acres. One wanted seed to plant 25 acres, another 10 acres. There are students, ex-army personnel, teachers, factory workers and farmers. All want to try garlic as a farm crop. Garlic brings about 10 times the price of all other vegetables sold in Russia!

They call their garlic winter garlic, although most of them spring plant. It seems to be of the 4-clove topset type we saw in Canada several years ago. We are unable to send garlic to Russia without a permit from the State Department of Plant Protection, Ministry of Agriculture, Moscow 107139 and New York State. From what NY State told me, only California and Arizona are states with rules on garlic shipping. The rest say as long as the bulbs are for food and have no soil, you can ship. I sent for a permit, but have not gotten an answer.

I shipped two braids last September, before I knew you needed a permit. They never made it. It was \$40.00 by air, so it went by ship for \$12.00 (at \$10/lb. by air, \$4/lb. by ship). It's out of reach for one person to ship much. What should be done is to start up one Russian farmer with a seed bank. After 2 or 3 years, he can give seed to others, who can return it the next year.

The *New Farm Magazine* said they may hand carry some seed over this summer. I haven't heard from them on when they are going or how much they can take. Anyone wanting to give some seed to Russian farmers can let me know at (315) 823-1241 or drop me a line [address above].

I have answered all 22 letters. Anyone wanting to write, let me know. I have only heard back from 3. The post office said they don't know if all mail always makes it to Russia. Ron Bennett may also have some information on Russia. He has received several letters.

### AAH. . .

From Steve and Barb Benyo,

3072 Hillview Dr., Big Flats, NY 14814



Just a note to let you know the garlic this year (so far) looks excellent. I've pulled some greens and they are quite potent; selling them for \$3/lb in a local grocery store (2 years now) and they seem to disappear!

Enjoy reading *The Garlic Press*, but wish more recipes were included. Thanks for all the information.



# OPHIO! OPHIO! WHEREFORE ART THOU, OPHIO?

By Walter W. Blood

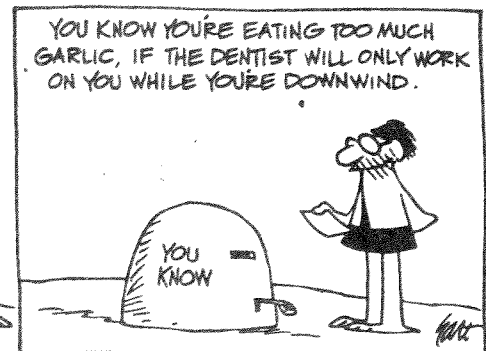
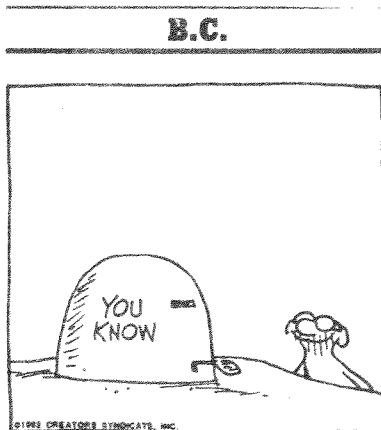
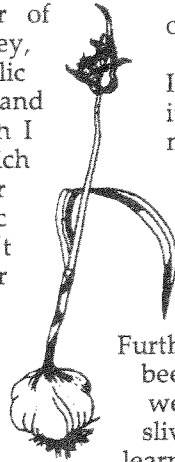
I began growing garlic sometime in the mid-70s, but did not become conscious of garlic's top setting potential (the *ophioscorodon* characteristic) until about 1978 or 1979. Then I discovered, through a purchase in St. Louis' Soulard Market, this very favorable, purple streaked garlic with fat, easy-to-peel cloves. I have been growing it ever since, but it has changed along the way. In the first growing season I discovered this variety of garlic put up a false flower head. Most of these I cut off on the theory that their development would be detrimental to bulb size. But I let a few go out of curiosity and found that instead of seed, the flower produced a cluster of miniature cloves, which I called "garlic nut." (Hey, none of my garden books discussed this facet of garlic horticulture.) In turn, I planted some in the fall and learned they produced one fat, round bulb, which I called "garlic rounds," (interesting coincidence) which in another year brought me a full bulb with another false flower. While I continued to grow other garlic varieties because my "St. Louis" garlic just didn't keep for more than a few months, its delicious flavor and intriguing habits had me hooked.

In September of '81 my wife and I moved to the Seattle area and I successfully grew my "St. Louis" garlic there. In July of '83 we moved to Vancouver, WA. In Vancouver I had the best garlic growing conditions I have ever had. All my alliums thrived, including my "St. Louis" garlic. Unfortunately, in August of '85 I was transferred to Anchorage, Alaska. Anchorage is not a garlic grower's paradise, but I tried anyway. I managed to grow little bulbs that had four small cloves and a tiny little flower head with a few garlic "nuts." In '87 to flower heads disappeared and the cloves were even smaller.

In the summer of '87 I knew a transfer was again at hand, and that it might happen during the winter, so I

sent some fresh cloves to my mother in Arkansas. Sure enough, in January of '88 I was transferred to Chicago, Illinois. I left some "St. Louis" garlic behind me, under three feet of snow in below zero temperatures, and was thankful I'd sent some of my St. Louis garlic south. My mother is a first-class gardener, but the small clove size led to small bulb size in '88, and again no flower head. I had pretty good growing conditions in Chicago, but the dozen or so cloves I had to work with were so small that mostly they produced small bulbs and no flower.

In May of '89, before these bulbs were even out of the ground, I learned I was being transferred again as of October 1st to St. Paul, Minnesota. I knew that I would not have gardening space until early '90, so it was back to Arkansas with my friends. My mother's part of Arkansas had poor conditions for garlic in the ensuing year and what came back were cloves still smaller yet. Planted in the fall of '90 some of these produced only rounds. Actually, that was a blessing, as the rounds produced medium-sized bulbs in '91, but no flower heads, or spathes as I'd learned to call them by then. Furthermore, while the color was similar to what it had been, and the flavor close to my memory, the cloves were no longer just one layer. There were some small sliver-like cloves where the stem belonged. I had also learned that stress could cause garlic to change its growth characteristics and that they could recover, so I was expectant in '92. The bulbs in '92 were the largest since Vancouver, and many of the cloves clearly reminiscent of the St. Louis variety, but alas, no spathe. Maybe our unusually cool wet summer had something to do with it. So this year I wait again with another *ophioscorodon* variety planted nearby to gauge its progress, hoping my old friend will return to form.



## THE NUTRACEUTICAL "GARLIC"

By Lyn Ciocca

[Lyn will be a featured speaker at the Hudson Valley Garlic Festival, September 26!]

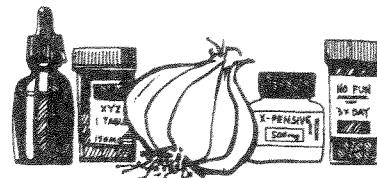
"Eat Nine Cloves of Garlic and Call me in the Morning" read the title of an article in the February 15, 1993 issue of *Business Week*. The story was the result of a "Nutraceutical" Symposium in New York. A nutraceutical, according to Dr. Stephen DeFelice who coined the term, is "any substance considered a food, or part of a food, with medical or health benefits, including the prevention, treatment or cure of disease. Such products include traditional foods, isolated nutrients, plants, dietary supplements (vitamins), genetically engineered designer foods, herbs, and processed foods, such as cereals, soups and beverages." According to this definition, garlic is a nutraceutical.

The symposium, "A Comparison of the U.S., European and Japanese Nutraceutical Health and Medical Rules," was sponsored by the Foundation for Innovation in Medicine, a non-profit organization founded by Dr. DeFelice to encourage innovation in medical and health research worldwide. As part of a Nutraceutical Initiative, the symposium goals were to help educate the public about the Food and Health Administration's prohibition on medical and health claims for nutraceuticals as well as to propose a new regulatory category called "nutraceuticals" that would include a mechanism for claims and incentives for research. Due to the great interest in this area, the symposium attracted representatives from diverse industries—natural products, food and drug companies as well as government, academia and medicine.

This author presented garlic as an example of a plant-based nutraceutical. The garlic case compared the regulatory environment and the marketing support for garlic supplements in Germany, Japan and the U.S. Garlic has been considered both a food and a drug for thousands of years. Its use to prevent and treat disease was well known to the great civilizations of Egypt, China, Greece and Rome. This tradition has been passed down and is widely accepted in certain countries and even in segments of our culture.

One of the largest garlic supplement markets in the world today is Germany. The strength of the market is due to a system that allows health claims to be made for nutraceuticals. In the 1980s, a commission was established to review plant-based products and then publish monographs that determine how products should be manufactured and used, as well as what claims can be made. The requirements for plant-based substances are tailored to take into account historical safety and efficacy evidence. The German government believes that for garlic there is sufficient usage and scientific data to allow garlic supplements to claim "aids in the prevention of arteriosclerosis" (hardening of the arteries) and "helps to lower cholesterol." Consequently, the German garlic supplement market is currently worth \$200 million dollars. The number one garlic supplement, Kwai, marketed by the Lictwer company, enjoys a 36% share of market and is one of the leading plant-based products in Germany.

In Japan, garlic is regulated as a food. While garlic products are not allowed to make disease prevention or treatment claims, components of garlic, particularly "aged garlic extract," are included in popular tonic products. These tonics make general claims for overall restoration of health. The most widely used, Kyoleopin and Leopin



Five, are marketed by the Wakunaga company, the developer of "aged garlic extract." Together these products account for 90% of the garlic-containing tonic market, which is valued at over \$150 million.

Meanwhile, in the United States, no health claims can be made for garlic or garlic supplements. Consequently, the garlic supplement market at \$40 million is much smaller than either Germany or Japan. But, the U.S. market is growing due to the positive media coverage of garlic's healthful properties as well as the considerable investment in advertising and promotion by manufacturers of garlic supplements.

It should be no surprise that the two leading U.S. garlic supplements, Kyolic and Kwai, are manufactured by the same companies that dominate in Japan and Germany, respectively. For over two decades, Wakunaga has developed Kyolic's U.S. Business in health food stores. Currently Kyolic's annual sales are about \$20 million. Kwai, while only introduced in the early 90's, has spent millions of dollars in the mass media. Additionally, Kwai is sold through drug and food stores, outlets that were not serviced by the natural products industry until recently. Today, Kwai's business is also approaching \$20 million per year.

Compared to other countries, the U.S. is far less progressive in its acceptance and, as important, legislation of nutraceuticals. Discussions throughout the Nutraceutical Symposium focused on the need for reform in the way nutraceuticals are governed. The Nutraceutical Initiative offered some important features that complement the 1992 Health Freedom Act, which was initiated to provide a structure in which health claims can be made for natural products and nutraceuticals. Given further legislation that will be presented to Congress during 1993, this year will set the stage for the future of all natural products and nutraceuticals. Garlic supplements will, of course, be effected. But, with the tremendous amount of research that has been conducted and is in progress, garlic supplement manufacturers can make a good case for the legitimacy of their products from both safety and efficacy standpoints.

So what does all of this mean for you, garlic lovers and garlic growers? In the U.S., nutraceuticals and natural products are gaining in popularity, particularly in the area of prevention. Of all the natural products studied, garlic has demonstrated some of the more promising clinical results, particularly for prevention of cardiovascular diseases and certain types of cancer. As the years go on, we can probably expect to see garlic receive even more favorable press and garlic supplement manufacturers continue to spend multimillion dollar budgets to promote their brands. As awareness of garlic's medicinal powers grows, it is likely that the U.S. garlic supplement business will also increase. From this trend, there should be a positive spill over effect to the raw garlic market as well, particularly as more and more people are trying to get what they can out of the foods they eat rather than from supplements. While it will take time and necessitate major changes in our current regulatory structure, maybe one day the old adage, "take two aspirin and call me in the morning," will actually be changed to "take nine cloves of garlic ...."



## BOOK REVIEW

by Geoff Kern

Crawford, Stanley. *A Garlic Testament*. New York: Harper Collins, 1992.

When David Stern asked me to review this book for the *Press*, he told me he's always getting calls from people disappointed that the book isn't more about garlic. And to a certain extent, they're right, the book actually being about life—using garlic as a metaphor. The subtitle, "Seasons on a small New Mexico Farm," perhaps lends more of a clue to what may be found within.

"My garlic lies beneath the ground in neat, even rows," Crawford writes, "and while it is there I too live a kind of subterranean life—indoors, in abstraction, in books, in pieces of paper and notebooks, making my way across those small white fields with meticulously applied marks." This passage is typical of the marks he has applied in creating this book, perhaps meticulous, but also with very few exceptions unassuming, fluid, and grounded in patterns and mysteries of the natural world. Being myself college-educated and a writer, and knowing how the ebullience and abstraction of language combined with the very solipsistic act of sitting alone for hours at a typewriter can produce an arrogance, or at least an inaccessibility, I was much impressed with the humility, centeredness, and simplicity in Crawford's writing. The germ of these may always have been with him, but I suspect his twenty years of rural life and market gardening have nurtured and brought them out.

We are taken on detailed, vivid jaunts through the seasonal activities of the small garlic grower, through cultivations, irrigation, harvest, grading, and hoeing, all leading from nuts-and-bolts descriptions on to honest, vulnerable "testaments" of what is being thought of at the time, of how a once soft-bodied writer has come to be in the middle of garlic rows:

And who know[s] that there can even arise a sense of almost erotic pleasure at learning to move the body well again, even in a task the envious self will call demeaning: a pleasure in the well-placed blade that slices through the stalk with a slight hesitation and pull, at the bending down and standing up with a dance-like grace, at attending the workings of one's own hands and arms and feet and legs, at taking even a certain pride at their weathered and work-scarred forms. And who can gradually claim the right to point to all accumulations of small gestures over the days and months and years that bloom into something as quietly satisfying as a field of garlic or a mud house or a small farm, and all that which has been labored for, not simply bought or found or taken.

Thus the mundane leads effortlessly to the macroscopic again and again, but not so often as to suggest the breakthrough, the new connection, is more important than the working and waiting journey from which it emerged.

Perhaps the most intriguing theme Crawford has discovered, and which he returns to several times, is the concept of "no metaphor," of the suspicion and growing acceptance of the truth that most of life is carried on by "the need to haul water and cut wood and hoe your rows . . . there can be no metaphor here, unless eating and clothing and housing oneself, unless consumption itself, are to be somehow transformed into metaphors too." And again, "for those who stay at home, there is no figure of speech here, no metaphor: these are lists of the

real chores by which the notion of home, both of house and of landscape, is made and defined."

If you are looking for information on the growing of garlic, perhaps ten pages of facts are spread throughout a 240 page book. But if you are interested in how a fellow grower perceives and articulates the universe, then this narrative of adobe-brick making, magpie raising, weeds, "cranky farmer talk," and marketing will seem like just a beginning.

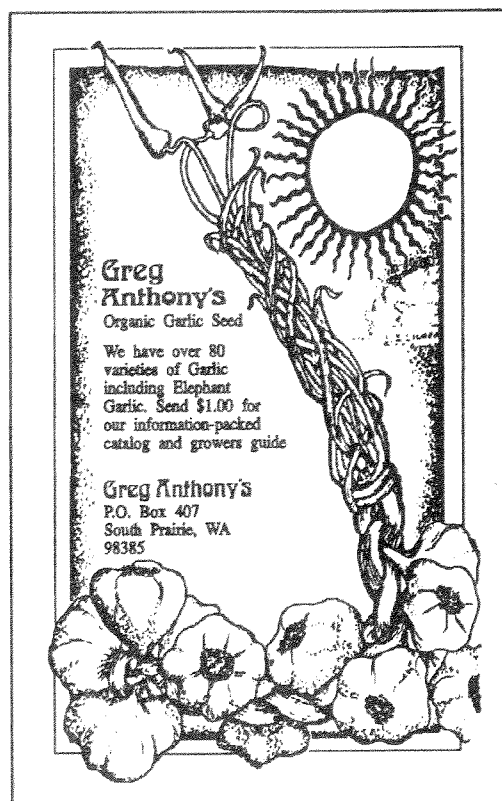
I've tried to make this review mostly a presentation of quotations, to let the material speak for itself. Inevitably, some of my own ramblings have, I'm sure, managed to squeak their way in. So, as a first-year garlic row-hoer much too recently escaped from college, I humbly apologize, and end with a passage on the subject of garlic for seed:

But above all in the long garlic stack, which resembles some sort of low thatched shelter in the depths of the shed, there lies the promise of another year or another decade of such labor, or even more: an invitation to usefulness that nothing else so forthrightly poses.

This is your task, the garlic says, this is your job, and you can have it as long as you can walk, as long as you can bend, as long as you can see, as long as you can imagine.

Little else in the world I inhabit speaks as clearly as this.

[Stanley Crawford is also author of *Mayordomo: Chronicle of an Acequia in Northern New Mexico*. *Garlic Testament* is available through GSF.]



## A SPECIAL INVITATION TO THE GARLIC SEED FOUNDATION MEMBERS . . . to attend the 2nd ANNUAL HUDSON VALLEY GARLIC FESTIVAL

*From Pat Reppert of Shale Hill Farm and Herb Gardens  
and The Saugerties Kiwanis Club*

I must say that I had no idea when I started The Garlic Festival in 1989—in our gardens here—that it would grow at the rate it has. And it is just unbelievable. Thank goodness it is out of our front yard and at Cantine Field.

The interest in garlic is at an all time high. Almost every day I feel it in the number of inquiries I get about how to grow garlic, telephone calls about the Hudson Valley Garlic Festival, and most particularly from the number of inquiries I've received about names of garlic farmers.

The momentum for the 2nd Annual Hudson Valley Garlic Festival is building up more rapidly than I ever imagined. It truly has taken on a life of its own as newspapers and magazines are calling me for information rather than the other way around. AND the New York State Tourism Bureau has selected the Garlic Festival as one of the events promoted through their I Love NY campaign. As a result of all this, we are planning with the expectation of at least double the crowds of 5000 that we had last year. If the weather is good on the day of the Festival, we will not be surprised at all if around 15,000 to 20,000 people attend. Our planning is based on these figures.

There are several reasons for the Garlic Board to make these estimations. First, articles or information of some sort will be appearing in three magazines in September (coming out in August)—*Organic Gardening*, *Hudson Valley Magazine*, and *New York Magazine*. If all of this materializes, that alone would be sufficient publicity to attract the crowds we're speaking of. However, Press Kits will be mailed by August 20th to all major newspapers on the East Coast—down to Atlanta and throughout the northeast—and west to Chicago along with information to radio and television stations, mainly in the northeast. There has also been an inquiry from a photographer who is considering doing a documentary about Garlic & the Garlic Festival for PBS. Nothing definitive yet, but this shows the tremendous amount of interest and excitement in the "stinky bulb."

Please note that the hours for the Festival have been extended this year. The Festival **starts at 10 a.m.** So, you'll have to get up earlier and get your stands set up at Cantine Field. The Set-up Committee has selected a more prominent location for the Garlic Farmers Market. During your meeting on Saturday, September 25th, I will tell you all about that. **Please bring as much garlic as you possibly can to the Festival.** If we really do pull huge crowds, I would be very surprised if you don't sell all that you bring.

The **garlic farmers' fee for space** at the Festival will be \$10/farmer along with a 5 lb. donation of fresh garlic—or garlic braids—to the Kiwanis Club. These will be used as prizes for the Raffle Drawing. The fees have doubled for all vendors (Food Vendors went from \$100 last year to \$200 this year.) Since we cannot charge an admission fee at our present location, vendor fees are our

only source of income along with a Souvenir Program booklet being sold this year.

I have worked with David in planning some fun for you all after the Annual Meeting on Saturday, September 25th. The Saugerties Lighthouse Conservancy has invited all of you to come to the lighthouse at 5:00 p.m. for a **Sunset Reception**—to watch the sun set over the river and the beautiful Catskill Mountains and to have some light refreshments. For those of you who went to breakfast there last year, you know what a splendid setting the Lighthouse enjoys. It sits on a spit of land jutting out into the Hudson River. Breezy and beautiful. There is no charge for this. At 7:30 p.m. The Seasons Restaurant will host the **Annual Dinner**. This award-winning restaurant is situated on Route 212, halfway between Saugerties and Woodstock, NY. The setting is tranquil and beautiful with gardens surrounding the building. There will be two entree choices for you: Pasta Primavera (vegetarian pasta dish) and Breast of Chicken in a Tomato and Basil Cream. The cost for the entire dinner (including tax and gratuities) is \$12/person. The food is excellent. The Garlic Seed Foundation will be collecting the fee for the Annual Dinner and taking food choices as I have to notify the restaurant by September 19th as to how many people want Pasta and how many want Chicken. So please get your checks and choices into David before then. [see back page for return form]

I have once again solicited **motels** for the lowest rates for garlic farmers. They are as follows:

Howard Johnsons - Saugerties (914) 246-9511 - \$59/night  
Howard Johnsons - Kingston (914) 338-4200 - \$49/night  
Super 8 - Saugerties (914) 246-1565 - \$51/night  
Super 8 - Kingston - SOLD OUT

When you make reservations, please tell them that you are with the Garlic Farmers in order to get the special rates.

There are several B 'n B's in the area:

Kenny's BnB - (518) 678-9010, Palenville, NY

If 5 couples (or people willing to share a room - some have twin beds) get together these people will give you a very special rate. It is a minimum 2 night stay. Please call them. The rate will be less than any of the above. But you must have 5 couples in order to receive this discount.

Bed By The Stream - (914) 246-2979 Saugerties, NY  
Kaaterskill Creek BnB - (518) 678-9052 Palenville, NY  
Upstairs at Cafe Tamayo - (914) 246-9371 Saugerties, NY  
Parnassus Square - (914) 679-5078 Woodstock, NY

At the meeting on Saturday, September 25th I will have a listing of restaurants, fast food places and diners for your convenience as well as other items of information. So put on your best pair of jeans, pack all the garlic you can into your pickup truck and head to Saugerties, NY for the 2nd Annual Hudson Valley Garlic Festival. We'll be waiting for you. Oh, and bring a big straw hat—because the SUN'S GOING TO SHINE ON SEPTEMBER 26TH.





LABEL ORANGE? Zip + 4  
 LABEL GREEN? Time to renew  
 membership!

**DATED MATERIAL**  
**Reply by Sept. 11**

*Garlic Day '93*  
*Our New "Neutraceutical"*  
*Review of "A Garlic Testament"*  
*Seed for Sale Form*

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

FIRST-CLASS MAIL  
 ZIP + 4 PRESORT  
 U.S. POSTAGE PAID  
 Rose, NY  
 PERMIT No. 7

**ORDER FORM**

T-SHIRTS S — M — L (Tan, Watermelon, Lilac, White) *Limited Supply* (2 or more)	_____ X \$ 9.00 = _____ _____ X \$ 8.00 = _____
GARLIC KEEPERS (unglazed ceramic)	_____ X \$18.00 = _____
GSF GARLIC BIBLIOGRAPHY (1989 — 180 Selections, 10 pgs.)	_____ X \$ 3.00 = _____
GSF/CORNELL REPORT #387 (1990 Garlic, 10 pgs.) (Comes with membership)	_____ X \$ 3.00 = _____
CANADIAN GARLIC REPORT (Dr. Brammall, 6 pgs., Summer 1990)	_____ X \$ 2.00 = _____
WORLD GARLIC CONGRESS ABSTRACTS (48 pgs.)	_____ X \$ 8.00 = _____
EARLY FACT SHEET & SMALL BIBLIOGRAPHY (10 pgs.)	_____ X \$ 3.00 = _____
GIFT OF THE GODS VIDEO	_____ X \$30.00 = _____
ONIONS AND GARLIC by Louis Van Deven	_____ X \$ 7.95 = _____
MEMBERSHIP IN GARLIC SEED FOUNDATION (includes GARLIC PRESS subscription and #387)	(per year) \$10.00 = _____
	TOTAL _____

Make Checks Payable to: **Garlic Seed Foundation, Rose Valley Farm, Rose, NY 14542-0149**

\* all prices include postage