

# The Garlic Press



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

FALL 1993

#18

## Saugerties '93

What a wonderful weekend! Pat Reppert and the Kiwanians outdid themselves, and as Pat said, early on "the festival was off an' running like a scalded cat." Saturday morning began with the slow but steady assemblage of growers from all over the East Coast. By mid-morning we had a lively group of about 100 enthusiasts ready to "put a stink on." General discussions of Foundation business, newsletter concerns and growers' exchange left us by noon with a list of members that will comprise our new Board of Directors and a real growing energy that began to gather around the long table of garlic delights. The garlic feast always seems to get a little bigger and fuller each year, between sampling garlic beer, exchanging recipes and making sure to visit around while making a run for a heap of second helpings, the time is always too short. Happily engulfed in the "smell of the gods," the afternoon session focused on an impressive set of growers' slides highlighted by what is obviously becoming a trend among our more seasoned growers — advanced methods of partially mechanized planting and harvesting systems. It makes me laugh to think that five years ago my pogo stick planter was high-tech, and now I think we really are getting serious about the quality and consistency of our whole-system approach to gourmet garlic. No doubt our markets have grown—demand for seed never stops and there is a new "scent" of excellence in the air.

This year, for the first time, we gathered in the evening at the beautiful old log-crafted Seasons Restaurant in Woodstock. It was delightful to sit amidst tables of our families and

friends and relax and share the more intricate and personal details of our lives and adventures on the garlic trail. A perfect end to a great day.

Sunday began with a cool drizzle, but by 8:00 a.m. the energy was already there. Vendors were busily firing up the cookers and grills and setting up stands and tarps; the air of expectancy was thick. Conservative estimates for the day were 12,000, and when the rain ended by late morning, the crowds were steady for the rest of the day. The organization was much more intact, but with early rain the P.A. system was not set up, so announcements were lacking. This did not, however, seem to affect sales in the least and probably only limited the attendance at lectures and demos. Our group of growers was on the main way, beginning with the GSF table. Lots and lots of seed was sold and hundreds of braids, and our literature was gone much too soon, but there were no regrets from anyone. Perhaps by next year we will have more actual data, but everyone sold plenty and the smiles were everywhere. I'm sure this festival is here to stay, and I hope that any of you who couldn't attend are looking ahead to the last weekend of September next year and planning to be a part of this gathering.

It seems that each year Garlic Day Weekend has become a ritual type of cleansing. All of those questions, experiences, trials and tribulations come to the surface from deep within and emerge as we finally share some common ground with each other. As we all wear our breath proudly and indulge so happily in our garlic

gastronomic glut-out, it seems to clean out the pipes and set in place a new level of energy and renewed vigor with the hope of a better and wiser harvest in the year ahead. As I write this, I see the faces of the hundred or so of us who gathered and grew a little closer again. The solidarity was there both days this year, each of us helping one another assemble cover tents, set up or break down, or watch each others' areas, and in general sharing the joy of our love of garlic and the words of wisdom that have grown from our experience.

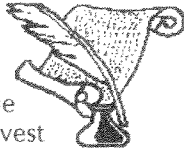
There's something special here that's growing a little more each year—and it has to do with the way we really are. I think it is a way of becoming one with the garlic. We become more accustomed to overwintering/setting our roots deeply and being ready to emerge with Spring with renewed energy to watch the factors of our growth. We've learned to balance our needs and desires and have become leaf and leaf-wrappers. We've learned limits to our growth and the folly of the bulbil personality that exhausted the bulb's potential — or we've learned to be patient and know that our actions will be timely, through introspection and evaluation. And finally, maybe we've all become a little bit stinky in our aging and happily indulged in a sulphurous spirit. But whatever it is, it seems to be right.

Happy seasons to you all. I thank you for all we've shared together and wish you the peace and serenity of the time at hand.

[B.D.]

## Director's Notes

David Stern



The fields are cover-cropped, the firewood's stacked and covered, the harvest is completed, the equipment is repaired and ready for Spring, and the garlic is planted. Fall chores on this farm. Now it's time for winter and some quiet time, when Mother Nature takes control of this land. It's the ritual of planting the garlic that gives hope to the next year. I went out and carefully dug some cloves yesterday, finding beautiful white roots already 8" into the loamy soil! The cloves seemed "sharp" to my taste.

I have much to do this winter (besides cross-country ski and read). I'll be working full speed on my house (an old farm house I've been rebuilding for many years), continuing my work as a mediator and in school board conflict resolution programs. I'll also continue my efforts with men in county jail (incarcerated for domestic violent and abusive behavior) and in the NYS correction facilities. But there's additional work to be done with this Garlic Seed Foundation,

First of all, a Board of Directors will come together this winter to formalize our legal status and start to claim the associated benefits. A new brochure and graphics are needed reflecting more accurately our mission and objectives. These will be printed instead of photocopied. Our files, containing thousands of articles, books and reprints, are unusable because they aren't organized. These will be put together, along with an indexing system. More articles for the *Press* will be generated, along with an index of past issues and a new system to more easily track membership and renewal notices. Maybe a new T-shirt will be generated, and I hope to work with some of you to organize local meetings and/or festivals.

Our membership continues to grow, but our renewals are no better than 50%. We'll survey the membership to try to establish a clearer identity of who/what we are. And of course, we need to find more people to help.

Probably the two most exciting garlic-related events for me this year were the trip to Minnesota and the Hudson Valley Festival. Garlic brings people together, and it's wonderful for me to be part of those events. I seem to feed off all the positive energy when your names and labels become flesh and blood. 12,000 people in Saugerties! All with bad breath, eating great food and buying beautiful fresh garlic. I was proud to be associated with the farmers at the festival; everyone came together for a great Grower's Day and an impressive display of vending bulbs/brains.

On behalf of the GSF, may I wish you all the happiest of holidays and Peace and Good Health in 1994.

## ALLIO-FILE

- ❁ "Beautiful" garlic (and vegetable) candles! Pure beeswax, hand-molded and hand-painted, smokeless and dripless. You won't believe these! BURT'S BEES, P.O. Box 28, Guilford, ME 04443-0028, 200-876-4391 (sets of 6 for about \$24)
- ❁ The GSF has been contacted by a producer of instructional videos inquiring if there would be any interest in such a thing. As one who has never owned or lived with a television, it's difficult for me to tell. Any comments?
- ❁ HELP! HELP! WE NEED HELP!
- ❁ Irregular *Press* publication and membership renewals — yes, that's the way it goes. We do this as we can. There will be a new renewal system (you'll get a letter from GSF) that we'll try. Because we're so irregular in the publication, we leave most everyone in for 1½-2 years. We've never been accused of shortchanging anybody!
- ❁ Looking for a cheap and easy holiday or birthday gift? Why not give bad breath (with great taste) for only \$10.00 a year! I'll be happy to include your card in the GSF membership packet that goes out!
- ❁ Why not organize a regional garlic meeting in your area? Or a pot luck dinner, or a field day? We'll be glad to help. Start now, 'cause it takes a while. Help us grow!
- ❁ Last in the file is to tell you all I'll be presenting a short paper at the National Onion Research Conference, probably on the very day you all will receive this! I'm in a garlic session and will be talking about the work of the Foundation. This is a great opportunity to meet more USDA and University types, chemists, extension and industry folks, and even some "experts" from far distant lands. I'm excited at the chance to meet individuals whom I've read and read about and talked with on the telephone. I'll write it up in the next *Press*.
- ❁ 1994 Hudson Valley Garlic Festival: Sunday, 25 September, 1994, 10 AM - 5 PM, Saugerties, New York. Can we advertise and/or promote one for you? Please tell us!

(D.S.)

### Northeast Meetings

December 13  
1—4 PM

**Garlic Growers Roundtable**  
Noon: Pot Luck Lunch  
Brattleboro Extension Office  
Contact: Vern, 802-257-7967

December 14 **New England Small Fruit & Veg Conference**, Sturbridge, MA  
Garlic in "Specialty Crop" Session

# THANKS MINNESOTA!

From David Stern

Here I sit in the Minneapolis Airport awaiting my journey home to Rose via Detroit and Rochester. This airport (which has moving sidewalks) is the main hub of Northwest Airlines, and I can see over five N.W. jets out these windows. This has been a wonderful trip—a few days off the farm and my first visit to this very beautiful and friendly state to talk garlic and organic/sustainable agriculture. Each trip/journey/excursion like this overloads my senses with observations and impressions.

This is the land of 10,000 lakes, where every car has a bumper hitch to tow a boat and almost every highway has been "adopted" (cleaned) by farmers, businesses, churches, 4-H or civic groups. For the past three days I have travelled 675 miles at a legal 65 mph on roads where the entrance ramps to the fast-lane highways have computerized traffic lights that regulate the flow! This country is the northern edge of the Great Plains, and this year it is suffering from too much rain—40" too much rain—and cold. Great lineal and pivot irrigation structures (installed to combat the droughts of the 1980s) now sit suspended in lakes in the center of corn, soybean and sunflower fields. The soils are black—both the heavier clays and the sands. One farmer told me that one day it rained over 5 inches, but he was able to plow his fields two days later! The mid-state potato fields are wind-erosion protected by geometric and stately pine wind breaks planted by the great-grandfathers of today's farmers. I crossed both the Mississippi and the Missouri Rivers, still 3 or 4 times their usual widths. Great Blue Herons are much tamer here and seen adjacent to roads, parks and homes. Everywhere I went farmers had set out Bluebird boxes.

This country is wide open ("Big Sky" as they call it) with straight roads and distant towns announced by the spires of the church and Cargill's elevator — small, quiet towns, like Little Falls, Red Wing, Buffalo, Staples, Motley, Lake Wobegan, Young America, Long Prairie and Saulk Center, made famous by Sinclair Lewis. (Yes, I stopped and walked up and down *Main Street*). I saw some interesting combinations of businesses sharing the same building. One was a muffler shop and a bridal salon; another was a health food store and a funeral parlor! Minneapolis/St. Paul is the home of the "Mall of America," the largest shopping mall in the world! I had to stop there on my way home this morning —talk about culture shock! Hundreds of stores/shops, thousands of people (at 10:00 a.m.), and a full-scale amusement park in the center of it all! Too much ....

A giant 747 apartment house just lifted off and my flight is boarding. My grateful appreciation to Tim, Jan, and Collin King, who brought garlic growers together from North Dakota, Wisconsin and Minnesota (and introduced me to the "pocket gopher"); Steve Schwen, who organized the gathering of organic producers; and Ann Houghton (Michael and Brian), whom some of you will remember as the garlic grower from Minnesota who joined us at the 1988 Garlic Festival in Rose, for providing and coordinating the very generous hospitality. It's been a great trip. Time to go home. Thanks Minnesota.

# DIRECTOR'S AWARD

Award

Each year it's my pleasure to award, on behalf of the GSF, a token of appreciation to individuals who contribute to our work. The 1991 awards went to Bob Dunkel (*Press Editor*), Doug Boone (early co-founder of GSF) and Dr. Eric Block (sulphur chemist). In 1992 we honored Pat Reppert, for her tireless effort in organizing the Hudson Valley Garlic Festival, and Dr. Jim McFerson for helping us organize our variety trials.

The 1993 Award goes to Tim King of Long Prairie, MN. Tim first wrote me four years ago with an interest in helping farmers in Minnesota look at garlic as a cash crop. He secured some friends to conduct experiments, and in 1992 first published *Gardening Garlic in the North Country*, a short paper reflecting the field trials. This was revised this year and the GSF now carries reprints (see order form). Tim found additional money to sponsor and coordinate the Minnesota garlic meetings this past summer.

It's individuals like Tim, with the energy and skills to organize regional research and gatherings, that really make the difference. The GSF is too large and disorganized to focus down to local work and the needs of garlic producers and garlic lovers. It is the hard work, unpaid and often unrecognized, that I appreciate so much and choose to recognize with this year's Director's Award. Thanks Tim King!

(D.S.)



# TREASURER'S REPORT

As of Friday, 19 November 1993, the following funds belonging to the Garlic Seed Foundation were noted and accounted for:

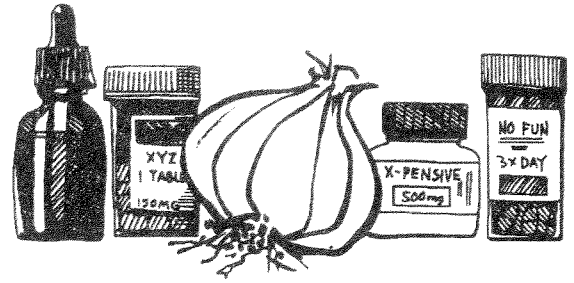
1. Savings account (Fleet Bank, N. Rose, NY)	\$6,867.76
2. Post Office account (Rose, NY P.O.)	130.25
3. Cash	<u>956.42</u>
TOTAL	\$7,954.43

At this time we are free of any debt, having paid the full amount for the Australian videos and a local potter's ceramic garlic keepers. The large "cash" amount (above) reflects sales from the Hudson Valley Garlic Festival and will be used to pay for the copying, labeling and mailing of this *Press*. Our current inventory of shirts, books, videos, jewelry and reprints/publications is approximately \$485.00. More copies of the book *Onions and Garlic* and the *Gift of the Gods* video have been ordered to replenish stock.

(D.S.)



## OUT OF MY HEAD Romancing the Clove



Indulge me, if you will, to digress from the celebration of the clove to speak about magical matters. In the past we've touched upon issues of trace mineral balance, the essential role of Selenium and Germanium, and the wonder of Sulphur. We've spoken of amendments to our soil and of our health in general. Now, for a moment, though I admit it is still a bit of a mystery to me, let's look at Omega-3, a very essential fatty acid that apparently performs a critical role in growth and development on a hormonal level.

Among the class of Linoleic acids, this fatty acid is necessary in the conception of a child and critical in the first thirty days and last six weeks of pregnancy. Without Omega-3, the development of prostaglandins and, in turn, hormone production is affected. Imbalances, such as obesity, PMS, endometriosis, and prostate problems, are indicative of a need for proper levels of these Linoleic acids. Other signs, such as stress and weight gain/loss, are related to this hormonal imbalance and result in lowered immune response.

Omega-3 embodied the essence of the fish oil fads of the 1970s and 1980s, but as a vegetarian for nearly twenty years, I've followed the edges of this health and nutrition debate until I found a very usable source in flax seed oil. Although quite expensive and vulnerable to breakdown by light, you may find it properly pressed and emulsified in those small black refrigerated containers in health food stores.

All of us who grow food have walked the tightrope of the nutrition debate by becoming more and more educated and concerned with being careful stewards of the earth and guardians of the quality of the foods that sustain us. Somehow, though, there is always an equally valuable level of devotion and care that exists along with any of our systems of logic. We will always discover more and more of the intricate, scientific, finite values that remain committed to, yet removed from, our inborn sense of the whole, the infinite. This dichotomy is never more obvious to me than when growing food.

Before I stray too far afoot, though, you know where else they found Omega-3? In watermelons! How could something 90%+ water hold this secret ingredient to sustaining life and nutrition? It's in the seed! Where else have they found Omega-3? In eggs! It is what sustains growth in the embryonic transformation and triggers a tremendous sequence of development. Finally, where is Omega-3 hiding also? IN GARLIC!!! More specifically, it is found in garlic oil. Interestingly, this nutrient, so important in the first trimester of growth, goes hand-in-hand with our past discussion of garlic and breast milk. There it seems to increase a suckling response in the emerging magical child and we thought it was cute. Likewise, at this year's festival in Saugerties, there is a faddish sense to garlic, an unknown magnetism that attracts multitudes to celebrate, outrage, and overindulge in this mysterious herb.

Science is a finger that points at things ... yet too many of us look at the finger pointing and think we understand the thing itself. My wonder is with all. There is a balance that defies all logic and all systems, that cycles itself through everything and meticulously survives. For this reason, I won't detail the science of Omega-3 and its extraction from anything, but use it to dignify all of us, to give a deeper sense of purpose to the thread that binds us. We reap what we sow, and how little we know, but garlic will live forever.

## Fall or Autumn

Fall or autumn  
we're headed for bottom  
where the cycle of night  
eclipses the light  
and the days grow small.

Yet we plant just the same,  
regardless of name,  
and surrender the cloves  
to the earth's mineral troves  
wherein they may sleep.

So on down the rows,  
with fingers half froze,  
we're tucking them in  
again and again, again and again  
until we've run out.

'Tis then we surmise  
they'll come true to their size,  
for the roots of their dreams,  
through this season it seems,  
will continue to grow.

Their fullness is there  
only echoed in air.  
A response like a spring  
that's contracting again  
yet still hidden from view.

The mystery for me  
is not what we see,  
for from this dark tomb  
that is the earth's womb  
a new life will arise.

So surrender your eyes.  
One last look to the skies  
where a cold season stirs  
and but the pines and the firs  
remember our steps.

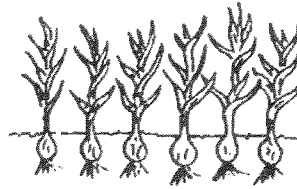
Where we hastened to tuck  
'neath mulch or the muck  
this magical seed  
that someday indeed  
will arise in the light.

So, Autumn or Fall,  
Fall or Autumn,  
the cycle of clocks,  
of roots then of stalks,  
goes on and goes on.

(B.D.)



# ASK ALICE



## SECRETS OF THE SOIL

*Alice, Oh Alice, Oh where is it found? Where is the Allium Underground? Stanley Sleuth, Sulphur Canyon, SD*

I'm not usually asked to reveal information on the more secretive side of our study, but I can't resist. Here in the East there are many small bands of the A.U. known to cluster about and share some of the centuries-old rites of passage. As the clove is the communal symbol of transformation and the bulb (being full) represents growth and cycling (as does the moon), members of the Underground are often found gathering, huddled in the dusky light of a slimming fall, and murmuring incantations that hypnotize the fields into sleep with a suggestion, deeply rooted, to rise on command of the Spring light and stand full and ready. In true allegiance to the Underground, these brothers and sisters of the sulfurous phew, stand as sentinels of *distinktion* awaiting each and every one of you to call them forth.



## ROUND AND ROUND WE GO

*Alice, it seems that every year I have tried to grow elephant garlic I end up with most of my plants having one single large round bulb. What's up? Mary Goround, Sleek Isle, ME*

This is a good question and one that I hope our readers may help answer over the coming season. It would seem to me that part of what we're talking about has to do with the fact that elephant garlic is not a true garlic and is actually more closely related to and termed a leek. Also called "Great Headed" garlic, it seems that in areas farther north there is a greater likelihood that the plant will not clove or section and will instead produce a large "round" that itself may be replanted and then may clove the following year. Stress factors, such as temperature extremes, irregular watering, and nutrient imbalances, can increase the factor limiting this multiplication. Many of our readers have also tried to multiply the corms, or tiny nut-like nodules that grow off the roots, but as yet there are no successful results I have heard of. Organic matter should be maximized, however, to provide greater nutrient availability that allows greater growth and, in turn, perhaps an increased likelihood of sectioning. Finally, I could suggest a much later harvest date than your other alliums, as I have seen little negative results except in extremely wet years.

## Garlic thought to ward off food poisoning

"At a Glance," Packer (8/7/93)

LONDON — Garlic supposedly not only wards off vampires, but food poisoning as well.

Microbiologist David Hill of the University of Wolverhampton said the oil in garlic works against bacteria that cause food poisoning in the digestive system—but only if it's taken regularly.

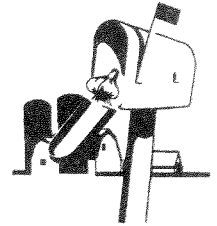
"We monitored the total normal population of bacteria naturally present in the intestines. We found that in the presence of garlic, normal bacteria grew, but pathogens were eliminated," he said. Normal bacteria help in digestion and produce vitamins such as vitamin K.

The team of British researchers used listeria bacteria and are testing other bacteria that cause food poisoning, such as salmonella, according to Reuters. Researchers think that sulphur compounds found in garlic may be the specific ingredient that fights food poisoning.

*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.



# Stinky Replies



## REPORT TO GSF TEST GROWERS

From Ron Bennett

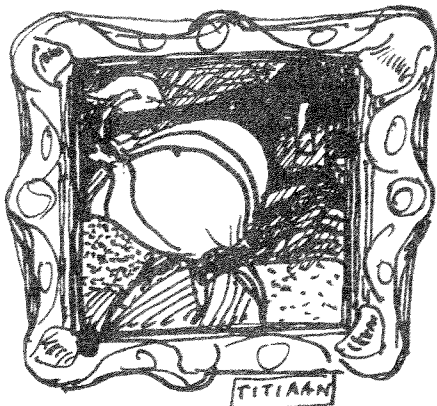


My 1994 garlic and shallot crops are in the ground, just in time for Filling Moon. The soil condition, HELP placing 20,000 seed pieces in proper orientation, and two beautiful sunny days got the job done, but this sure left my legs stiff and sore. My neighbor had 4 big (300 Bu.) loads of rotted sheep manure, and a pass with a spreader at wheat planting with granular fertilizer (15-15-15) should give my crop a good chance, if it rains next May and June,

I went back to 32" row space from 30" in 1993. Why? I felt that my tractor tires were too close to rows at cultivation and packing too close to rows on each side of the tractor. I am fortunate to have lots of land to use as I like.

As you know, breaking up seed is a big job, but I get a good idea of what my different strains of both hardneck and softneck are like. You hardneck folk can raise all you want and my share, too. It sprouts roots, skins stick tight, and it has those sliver-size cloves that squeeze in the middle—to name a few points. I expanded my Vacario strain of softneck and found a new strain from C.C. Farm, Ontario, NY, a very good softneck sativum, grown for years, with 6 big cloves on the outer circle and 2 center pieces—and with flavor!

Let's all give a lot of thanks to David Stern and Pat Reppert for a good Garlic Festival and help all we can to promote our garlic crops. Good Growing in 1994!



## NOT SO FANTASTIC PLASTIC

From Leo and Jean Pitches-Keene  
Blue Moon Farm



At the GSF meeting and again at the festival we noticed that many of the growers are using poly net bags for packaging and wanted to tell you about something we found. When we first decided to pre-package our garlic in ½ and 1 pound packages (on request from a store that tried it loose the year before), we started making inquiries about cotton mesh bags or brown paper bags with cotton string windows, or *something* that wasn't *plastic*. After much research and persistence (amazing how many samples of plastic we got even after we explained what we were looking for!), I happened to see an ad in a magazine for cotton mesh shopping bags. We contacted that company on the off chance that they might be a direct link to the manufacturer, who might make other things besides shopping bags out of his cotton mesh! What we ended up with is a mesh tubing that is used by mussel farmers for cultivation! It has worked well for us, and the satisfaction of using a natural, bio-degradable package more than compensates for any drawbacks we've encountered. We have a little dispenser that puts the tape around the ends.

I will drop a note today to my source to check on availability and prices, as it has been a couple of years since we have ordered. I will pass on any information either to you or interested growers. What do you think?

We enjoyed all the delicious dishes we sampled at the GSF lunch and wanted to send you our recipe for pickled garlic. I hope you have a chance to try it—we're addicted!

There was an article in our paper the day we returned from our trip East concerning garlic and its cholesterol-lowering properties. I will forward you a copy (when I get to town to make one) in case you didn't see it. It was apparently something that was in *Newsday*.

[For more information, contact Keenes at Blue Moon Farm, 3584 Poosey Ridge Road, Richmond, KY 40475]

## Sense & Scents from the Desert

From RAK (Arizona)

Here are the "few words" you suggested I say to my garlic friends.

Hi from the land where you can still purchase regular leaded gasoline at all service stations, and yet, with so few cars here, it still feels safe to breathe the air. We live in Tsehootsooi, which the Spaniards later called Canyon Bonito.

We moved here after a wonderful year in Charlottesville, VA. There Betsy studied and became a family nurse practitioner at UVA. I spent much of the year working at the Thomas Jefferson Memorial Foundation—Monticello as a garden advisor and interpreter of 18th-century gardens there. The best part was having free reign over Jefferson's home and learning the details of his monumental life. Even our dog Gordon often went to Monticello and swam in Jefferson's fish pond.

After a two-week East Coast Farewell Tour of 14 cities, we headed southwest to the Navajo reservation. Betsy had a job here with the Indian Health Service and I was ready for retirement and dabbling in the local aboriginal cultures. Betsy indeed works very hard with the broadest experience she will ever have anywhere. She has a diverse medical practice and prescriptive privileges, as open and free as the Wild West itself. There is real need for help, and help is scarce.

We live in government housing all clustered together, ready for a 150-year-old-ago attack from the canyon walls. A few weeks after arriving and with only half the boxes unpacked, we dug up the backyard soil and caliche, a very hard salt-clay layer, to which we added tons of horse manure. The garlic went in by 14 November, still clear weather in this 7000-foot-high desert country. Only a softneck showed before the snow. Since garlic took up all the freshly dug garden, we enlarged in the Spring for other crops, and a few attempts with Indian irrigation techniques. The garden has taught us many new things. Now that we are in harmony with our environment, the garden and native plants give us wonderful production.

In a very short time the community has consumed us. We never would have known or gained what we have without settling here. While Betsy spends most of the time at the hospital, I constructively dabble as teacher and director of a local preschool, teach gardening (even after the poisoned experience at Cornell), plant biology and two education courses for the Navajo Community College, write for the *Navajo Times*, garden for the Navajo Zoological and Botanical Park, take courses at the College in Dine' (what Navajos call themselves) culture and educational philosophy, work with Indian veterans, medicine men, storytellers, carvers. One of my garden students won Most Outstanding Farmer in the Gardening

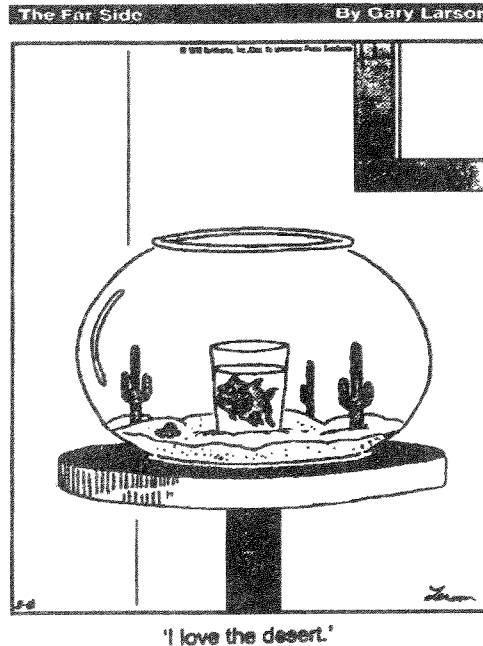
Class at the Navajo Nation Fair. But my greatest joy is being with the 40 students at the preschool. It is the hope of the Navajo Nation, and the parents entrust me with their most valued possessions. Now on my second class, I follow them into their next school, and when they get into trouble, the parents call me in to talk to them. It is true love.

So, we are well, often fatigued, but much in love with our surroundings and with each other. We do get away to cities where we buy our filo dough, bagels and coffee and return quickly to the reservation. We visit friends in Santa Fe (where I chatted with the very affable Stanley Crawford), Albuquerque, Flagstaff, but it is the untamed places we find most fascinating. One of our more comfortable outback spots is Ghost Ranch, the last home of Georgia O'Keefe. We go because I am on their farm advisory board, and for Betsy it is a great escape.

Back home, in addition to our Dine' friends, we have several close Hopi friends on the nearby mesas. They are ancient gardeners and grow lush crops in this desert that averages 8 inches of rain annually. The Hopis invite us to special ceremonies, two full days sitting on their town plaza in the brutal sun and being so enraptured that we hardly notice. Their ancestors' cliff dwellings are all around us, down many canyons we hike with remnants of their corn and pot shards and habitation still in common evidence. But Betsy, trained to the universal chlorophyll, has to journey east every few months to get a taste of home. Problems are here, but they are manageable and the characteristics of the people make them worth solving.

Thanks for continuing to send the *Garlic Press*. It does conjure up those good and productive times we had as the GSF took root. Now, with the reported 15,000 attending Garlic Day, it was a great event and I marvel at the growth, but I am glad Betsy and I are travelling on our present route. Safe journey to you, the caretakers of Mother Earth.

[D.S. Note: This Foundation started when several farmers came together with a Cornell associate to look at garlic as a production "specialty" crop. This associate was sincere and dedicated in his service to small farmers and gardeners, 4-H kids, master gardeners, and consumers. He was the driving force with energy and support, wrote #387 (that each of you has in your garlic file), and started the first "modern" garlic research and varietal collection in these parts. But it was difficult to be dedicated and sincere at Cornell, and he no longer works for that institution. Many of you who knew RAK have asked about him, so we include this recent letter from Arizona. Betsy is RAK's partner/wife and my close personal friend for over 20 years.]



## 1992-93 NEW YORK EXPERIMENTS

W. T. Angell and L. A. Ellerbrock  
Department of Fruit and Vegetable Science  
Cornell University, Ithaca, NY

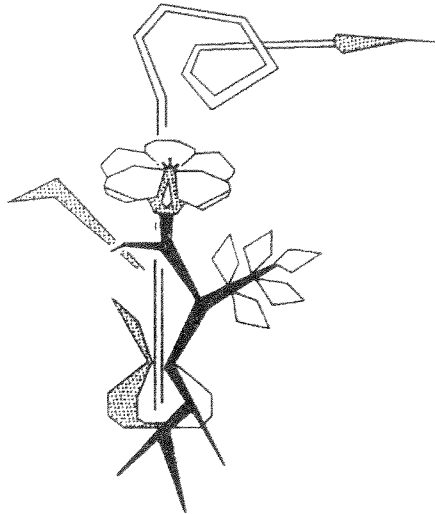
Several experiments involving cultural practices in garlic production were conducted on a sandy loam soil at Cornell's East Ithaca Research Farm, following somewhat similar experiments in 1991-92. Depending upon the experiment, strains of softneck, topset, and elephant garlic were used in the experiments, which were planted on October 6-8 and harvested during the period of July 22-27. Though soil moisture levels were fairly dry during much of the 1993 growing season, no irrigation water was applied.

Below are a few of the more interesting observations and conclusions associated with the 1992-93 experiments.

1. Straw mulch. A straw mulch, applied and left in place through the remainder of the growing season, greatly improved garlic (softneck, topset, and elephant) survival over the winter, increased bulb yield, provided good weed suppression, and reduced the incidence of *Fusarium* bulb rot. The beneficial effects were especially apparent with shallow plantings. Though the mulch minimized *Fusarium* bulb rot, it promoted development of Penicillin blue mold, presumably because of the cooler, more moist environment under the mulch.

It appears that in addition to minimizing winter kill, the mulch conserved soil moisture, thereby reducing drought stress in the mulched plots. In the previous year, when there was more rainfall, yield increases were not as great.

Though the cost of applying a straw mulch would be considerable, this might be outweighed by improved yields, absence of irrigation costs, and reduced weed control costs. Though presence of the mulch precludes mechanical cultivation, it may be economical to manage the reduced weed populations in the mulch by handweeding or use of selective herbicides. If Penicillin blue mold continues to be a problem in mulched garlic, it may be necessary to move some of the mulch away from the plants in the spring.



2. Depth of Planting. When cloves were planted at depths of 1, 2 or 3 inches (measured from top of clove to soil surface), survival of softneck, topset, and elephant garlic was best at the deeper plantings. This was especially true when no mulch was applied.

3. Plant Spacing. Topset garlic was planted at a population of 87,000/A in four spacings (12 in between rows and 6 in between plants; 18 in between rows and 4 in between plants; 24 in between rows and 3 in between plants; and 36 in between rows and 2 in between plants). When garlic arrangement was varied at a population of 87,120 plants/A, yields remained similar until row spacing increased from 24 to 36 inches, whereupon yields decreased. At a population of 87,000/A, therefore, it would appear that row spacing need not be closer than 24 inches to obtain maximum yield.

4. Nitrogen Sidedressing. Two ammonium nitrate sidedress applications in the spring of 80 lbs/acre (30 lbs N/A) resulted in greener leaves and generally more vigorous growth; however, for all types of garlic there were no differences in yield between sidedressed and non-treated plots. This was surprising since the soil was low in organic matter and growth responses were observed. Not surprisingly, more disease was observed when plants received sidedressed nitrogen.

5. Scapes (Seedstalk) Removal. The scapes of topset garlic were removed at four different times (1-when first appears; 2-in second coil; 3-after straightening; and 4-not removed). As in the previous year, the longer the scape was left on, the lower the yield. Since yield reductions were rather minimal, however, it is not clear that the yield increases associated with scape removal would warrant the time and effort required.

### Clove Power

"There's a curious superstition in some parts of Europe, that if a morsel of the bulb be chewed by a man running a race it will prevent his competitors from getting ahead of him, and Hungarian jockeys will sometimes fasten a clove of garlic to the bits of their horses in the belief that any other racers running close to those already baited, will fall back the instant they smell the offensive odour."

M. Grieve, *A Modern Herbal, Volume I* (1931)  
Quoted in Louis Van Deven, *Onions and Garlic* (1992)



# Sugar & Spice ... Everything Nice



## GARLIC CUSTARDS

(1st Course)

From *Bon Appetit Magazine*

30 unpeeled garlic cloves

1 Tbsp butter                      3 eggs  
1 Tbsp flour                        1 cup heavy cream  
2 cups chicken broth            ¾ cup (3 oz.) grated parmesan  
¼ cup dried thyme                1 finely chopped garlic clove  
pepper

Put garlic in boiling water 1 minute. Drain and skin. Make sauce of flour, butter, and chicken broth, stirring often to boil. Add whole garlic and cook until tender and sauce is reduced to 1¼ cups (about 10 minutes). Add thyme and pepper. Whisk eggs and cream, add cheese and chopped garlic. Gradually whisk in sauce. Pour into 6 ½-cup spaffle dishes or custard cups, dividing garlic evenly. Put into pan, add hot water to come up half way. Bake at 300° until just set (30 minutes). Remove from bath. Serve warm or room temperature. May garnish with sprig of thyme.

## GARLIC CHIP COOKIES

From *Garlic Lovers Cookbook, Vol. 2, Gilroy, GA*

10 cloves garlic  
½ cup maple syrup  
1 cup butter, softened  
¾ cup brown sugar  
¾ cup white sugar  
2 eggs  
1 tspn vanilla  
½ tspn salt  
2½ cups chocolate chips  
½ cup chopped nuts  
2½ cups flour  
1 tspn baking soda

Drop garlic into boiling water for 5 minutes, until tender. Peel and chop garlic and soak in maple syrup 20 minutes. Beat butter, sugars, eggs and vanilla until light and fluffy. Combine flour, baking soda and salt and add to other mixture. Stir in chocolate chips and nuts. Drain garlic and add to batter; mix well.

Drop batter by tablespoons onto cookie sheet about 2 inches apart. Bake at 375° about 8-10 minutes, or until lightly browned. Makes about 5 dozen.

## PICKLED GARLIC

From Blue Moon Farm, Richmond, KY

Adapted from *National Gardening Magazine, August, 1990.*

Peel garlic cloves. Place in half-pint, pint, or quart canning jars. Cover with boiling water and let stand for 10-15 minutes. Pour water off and repeat the procedure.

Meanwhile, combine vinegar (red, white, or cider) with a selection of your favorite herbs (basil and oregano are very good) and chopped cayenne or Jalapeño peppers to taste (black pepper, salt optional). (Herbs are also optional - hot peppers alone are great!)

Bring to a boil. Pour over garlic in jars to fill. Seal with sterilized lids and rings. Process in boiling water 10-15 minutes.

## SWEET AND SOUR "CURED" GARLIC

From Irene Kuo, *The Key to Chinese Cooking* (New York, A. A. Knopf, 1981)

Garlic, plump with a rich marinade, is one of the best relishes in the world. Mellowed by the sauce over a long period of time, the cloves are mild, sweet, and tasty.

6 large heads of garlic    *Marinade:*  
  ½ cup dark soy sauce  
  ½ cup sweet sherry  
  ½ cup cider vinegar  
  ¼ cup sugar

Separate the cloves but do not remove the peel.

Measure the marinade ingredients into a small pot and stir to dissolve the sugar. Add the garlic cloves, set the pot over medium-low heat, and slowly bring to a boil as you stir every once in a while. Let it simmer vigorously for 1 minute, then pour cloves and marinade into a large jar. When cool, cover and let the cloves marinate for 2 days at room temperature, then chill in the refrigerator about 20 days before eating them. The garlic keeps indefinitely and the flavor improves as time goes on.

For the robust, there's nothing better than eating them whole. For the delicate, peel and mince the cloves and serve them doused with their own sauce—as a seasoning dip for plain boiled meat. Just as with flavor-pot brine, the sauce may be kept "alive" indefinitely for curing additional garlic; just add more of the sauce ingredients.

## A CLOVE A DAY KEEPS THE INTERNIST AWAY

By Joanna Poncavage



Garlic really does lower cholesterol! That's the conclusion of a recent study from researchers at New York Medical College in Valhalla. For a review published in the October, 1993 *Annals of Internal Medicine*, Stephen Warshafsky, Russell S. Kamer, and Steven L. Sivak evaluated the results of studies reported since 1987 that had suggested that garlic is effective in decreasing cholesterol levels.

The purpose of the review was to determine if garlic lowered cholesterol at a consistent rate. The physicians found it does: They determined that as little as one-half to one clove of garlic a day could reduce total serum cholesterol levels by 9 percent. "This estimate is conservative," they wrote.

Why is this research important? High serum cholesterol levels are linked to coronary artery disease. According to an editorial in the same issue of *Annals*, only 49 percent of U.S. adults have desirable cholesterol levels; of the remaining 51 percent, at least 29 percent, or 52 million adults, would require dietary therapy. This therapy usually involves diet modification: Now physicians can recommend garlic, too.

The studies Warshafsky et al. evaluated were performed in Germany, the U.S. and Thailand. The garlic consumed was either Kwai tablets, a spray-dried powder, or Kyolic aqueous extract. Would the results have been different if the experiments used fresh garlic? We'll have to wait for that answer.

You can request a reprint of the article from Steven Warshafsky, M.D., Section of General Internal Medicine, Department of Medicine, New York Medical College, Valhalla, NY 10595.

## Big Whiffs of Garlic Repulse Insects, Too

From *Wall Street Journal*, 6 August 1991

The search for nontoxic insect repellents may be overlooking one of the most repellent natural substances known to mankind.

"The oil of garlic is a very potent thing," says James Duke, a botanist at the Department of Agriculture who studies economic uses for plants. He occasionally slaps on a dash or two of garlic while doing field research.

Mr. Duke says Soviet researchers discovered decades ago that garlic oil was effective at repelling—and in high doses, actually killing—certain types of dog and deer ticks. "Some people even say that if you eat enough garlic, it will keep them off," he says.

Mr. Duke prefers rubbing himself with the more fragrant leaves of mountain mint or pennyroyal, two wild plants that contain pulegone, a chemical compound that repels insects. But in a pinch, a freshly crushed clove of garlic will do—though he advises that it may repulse more than ticks.

"You're going to lose a lot of friends," Mr. Duke says. "But if you're out on a dog-eat-dog fishing trip, who cares?"

## For David

### STINKY STUFF

That was the year  
we ate so much garlic,  
pickled and raw,  
by the clove, by the head,  
colors seemed brighter,  
We all fell in love.

Though we were poor,  
we all felt taller,  
moved with more grace.  
We waltzed. If you cook  
out the flavor, you  
lose all the nutrients.

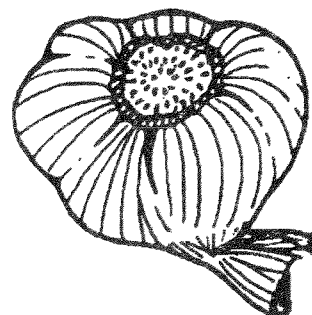
Plant in October,  
half a foot apart,  
two inches down.  
Keep the sprouting end up  
or you'll force it to grow  
all the way round.  
Honorable as northern pine.

We're known all over  
Wayne County  
for growing the stinky stuff.  
We give Californians  
a run for their money.  
My! How the furniture blurs  
when you're dancing  
tickled by garlic and grins.

There goes the mirror  
over the highboy,  
just now saw Millie  
riding the draft,  
Fred a blue streak  
ensconced on the sofa —  
recognize his devilish laugh  
and the arc and the depth  
of his chewing tobacco.

Wild thing, you stinky stuff.  
There's bulbs in the pantry,  
bulbs on the porch.  
There's bulbs in the outhouse.  
Cash crop, penicillin,  
cure for warts.  
Can't ever be bulbs too much.

— Judith Rosenberg



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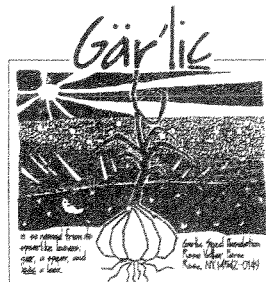
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