

# The Garlic Press

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



## Through the Looking Glass: Garlic from the Inside Looking Out

While we hesitate to advocate the specifics of "folk remedies" because of the constraints of the current dilemma in medicine that surrounds health claims, it is still important to recognize the very advanta-

geous benefits of garlic in the diet. Due to this we are required to offer a disclaimer that says one must always seek out the advice of a medical consultant in cases of serious medical concern. Our resident expert, Dr. Clove O'Garlic, has asked for some space in this article to speak a little bit about some matters relating to the inside works of our favorite allium.

The detoxifying effect of garlic on our bodies is not a subject that is easily generalized precisely because we all undergo unique individual exposures to both environmental and ingested toxifying elements. In the digestive and eliminative systems we see increased perspiration and stimulation of the kidneys that increases the flow of urine. Therefore, excess fluid and wastes can be more effectively eliminated from the body. It is essential, however, to drink plenty of water while eating garlic so as not to dehydrate while these cleansing effects are taking place. In the digestive system we see increased gastric secretions that enhance the mobility of the stomach walls and stimulate appetite. Along with this, garlic can prevent putrefactions, the typical anaerobic splitting of proteins by bacteria and fungi, which result in foul smelling, incompletely oxidized products. An interesting note here is that if garlic is not readily accepted by the stomach it can be because the mucous membranes are inflamed or ulcerated, which may be all the more reason to gradually incorporate garlic into the diet and stimulate a healing process.

By stimulating the liver, garlic helps in elimination of heavy metals and other foreign toxins that accumulate in the body. Not only does garlic increase the flow of bile (a liver secretion that aids in digesting and absorbing fats), but it is high in sulphur, which is used in the liver for synthesizing operations like the production of hormones,

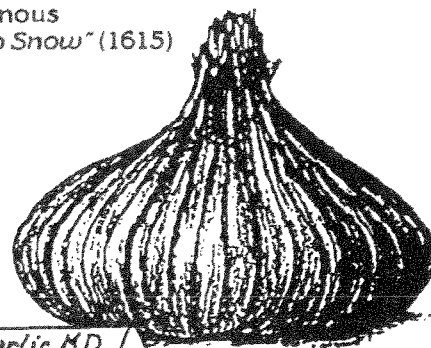
enzymes, immune system substances, etc., and it revitalizes the liver in general.

This purifying action of garlic is valuable because so many conditions are actually the result of accumulated or uneliminated wastes. Thus, by revitalizing the liver, garlic can help heal a wide range of conditions, such as acne, constipation and diarrhea, headaches, joint pain and arthritis, to name only a few.

For all of us who are involved in the great work of helping the garlic grow, it is important to realize that although we can not prescribe garlic as the only answer for a specific ailment, we should know in our hearts and within our minds that we are supplying an essential food and herb that has miraculous capabilities. It is indeed a great catalyst and a wonder to all who have worked with it. In future issues of this publication, and without invoking the ire of the medical community, I should like to continue this column from time to time to remind us all of the essential contribution we make.

*"Our apothecary's shop is our garden full of pot-herbs, and our doctor is a good clove of garlic."*

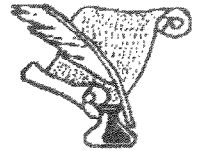
—Anonymous  
"A Deep Snow" (1615)



Clove O'Garlic, M.D.  
Lung Specialist

# Director's Notes — Getting Down to Business

David Stern



Instead of my usual ramble of personal thoughts, I thought I'd use this space to share my ideas about the Foundation. Many of you send us a check — "In God and Garlic you trust" — and our relationship begins. We get 25 to 50 letters a week! Now I enjoy my work with the GSF, but there are other tasks that this vegetable farmer wants to do with his time/life.

I'm cultivating my neighbor Debra to pick up on the routines of answering inquiries, noting renewals, signing up new members, and maybe helping with the mail order requests. This will greatly improve our response time and service to members, new and old. This is the first time the GSF has paid anyone for work performed.

This arrangement will also free me up to work on the additional Foundation projects that I'm going to mention below. If any of these are of interest to you, please give me a call and let's talk about your ideas and/or concerns.

So, what needs to be done? These are mostly jobs started from here and they don't include the *Press*. Bob Dunkel takes care of 90% of the publication from his home in Stanley, NY and needs additional people to contribute. I'm happy to report that the GSF purchased a Brother 5750DS Word Processor for Bob to use in his work. The following aren't in any order of importance, but each is needed to make us more efficient and of greater benefit to you, our members. Each will be done, as time and energy permit.

- X **GSF Brochure.** I've made 5,000 copies of this thing—probably on the 5th generation xerox we first made in 1986! We need something "sharp" and well illustrated, on nice recycled paper stock, membership form included (no more stuffing!), and printed on a press in numbers large enough not to worry about every 3 to 4 months!
- X **T-Shirts.** We don't make a lot of money, but folks enjoy wearing them. We have several designs in mind: 1 or both sides, multiple colors, different prices, high quality and print enough to have a good selection of sizes.
- X **Renewals.** We lose up to 25% a year. Many times members just forget or don't understand our low-budget/energy system. Our mailing list computer program can kick out dates and labels and a letter has been drafted to send out. It's going to take more time and money, but maybe it will keep us more consistent.
- X **#387 Garlic Bulletin.** We've distributed 5,000 copies of this piece and we need to update it with

the greater knowledge and experience we have. There are people in different parts of the country reviewing and updating the material for their region. This will broaden its scope and usefulness.

- X **Board of Directors.** With \$8,000 in the bank and almost 1,000 members, we need a goal-setting and decision-making group. Although based in the Northeast, we continually ask ourselves how we can serve members in the Midwest, South, Northern Plains, West, and Pacific Northwest. We need to learn to capitalize on our diversity, not have it get in the way of our efforts.

- X **Press Index.** I've started the Index for our first two volumes of the *Press* (to Summer 1992 - #14). Each 6 future issues will be printed, bound and contain its own index.

- X **Marketing Brochure.** Several years ago we attempted to put together a low-budget, very generic brochure that members could remove from the *Press*, photocopy with their farm/market location and information. The design was for point-of-purchase or mail order sales for the consumer to enjoy and become educated—and keep your name on their refrigerator! We need to try this again, better quality, to see if you can use it by removing a good copy from the *Press* and printing and folding it as you need it.

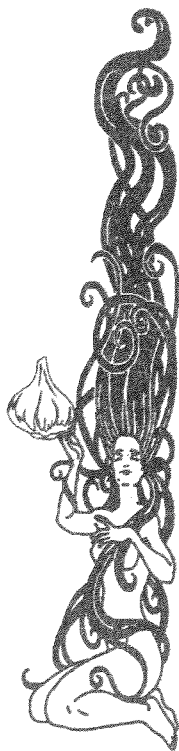
- X **Variety Trials.** There continues to be interest in this work, but we need to become better organized. This isn't an easy task and the effort needed is considerable. Our ultimate goal was not just to trial, but to be able to sell planting stock under the GSF name. This would be small amounts, reasonably priced and *not* meant to compete with our members.

Nice list, eh? And that's not all! I still want to write more for the *Press* on sustainable garlic cultural practices and promote more field days and round tables across the country. We always need more festivals to celebrate and sell our crops at. Our (GSF/Kiwanis) festival in Saugerties could use more support, and the GSF files *always* will need organization.

It has been a long winter already for us in the Northeast and great for cross country skiing (which I'm about to go do!), reading, and relaxing. Seed orders just about complete, machinery questions being answered, markets being approached and cultivated, and waiting for the return of the sun and the geese. Take care Brothers and Sisters.

## ALLO-FILE

- 🍷 Please note your **RENEWAL DATE** is the date on your mailing label. We're going to start sending renewal notices, but you can help by taking the responsibility to send us a \$10.00 check and put **RENEWAL** on it! Thanks.
- 🍷 We continue to receive good press: *Troybilt Owner News* carried a nice story, and *Country Folks Grower* ran a nice profile on the Chesnok Garlic Farm (Mike and Helen Wovkulish, Apalachin, NY) throughout the Northeast. If your local paper prints an article, please send it to the GSF.
- 🍷 Grace Reynolds put together a paper diagramming the topset string braid (that was developed by Bob Yerina). If you'd like a copy, send a stamped, self-addressed envelope and we'll send you one.
- 🍷 At long last, Royal Garden has developed a Garlic Shampoo: "an exquisite shampoo and conditioner using natural extracts (cherry-bark, chamomile and capsicum) and specially processed natural garlic extract." It will leave your hair clean, sparkling, conditioned and smelling like spaghetti sauce! (16 oz. for \$8.00, 1-800-221-1152).
- 🍷 GFS went to two garlic meetings in Vermont and Massachusetts this winter, and Doug Bowne, Jim McFerson and Dave Piedmont put together a big session at the NYS Vegetable Growers Conference in January. Can you help us getting garlic meetings in your area?
- 🍷 Summer Field Day: We're putting together a Field Day in our area that I wanted to share with you. There are 6 to 8 garlic operations along a 40-mile stretch of highway. We're going to meet in the morning at the far western farm and travel east, stopping at each place, looking at equipment, cultural practices, and of course the garlic. We'll finish on the far eastern farm for a pot luck supper. We'll notify all members in our area. How can we help you and members in your area with this type of Field day?
- 🍷 More T-shirts are coming! New Graphics, colors and prices! Next *Press* will have this information.
- 🍷 Anyone have photos or slides of their farm, equipment, fields, gardens or crops? Please send us copies.



# THE REAL DIRT:

## Farmers Tell About Organic and Low-Input Practices in the Northeast

A new title published by the Northeast SARE (Sustainable Agriculture Research and Education Program). It was edited by Miranda Smith with members of the Northeast Organic Farming Association and the Cooperative Extension.

*The Real Dirt* gives a vivid snapshot of organic and low-input farming in the northeast United States in the early 1990's. In interviews with more than 60 farmers in eight states, practical methods are described for ecological soil, pest, disease, crop, greenhouse, and livestock management. It offers a farmer's eye view of how to go about the site-specific work of designing rotations, selecting crops, and surviving economically. It also poses many questions that farmers and researchers need to answer for the future.

To order by mail, send \$13.95 plus \$3.50 for shipping/handling to NOFA-NY, PO Box 21, South Butler, NY 13154-0021; make check or money order payable to NOFA-NY.

### Garlic for Remembrance

From *Cooking with Love and Wheat Germ*  
by Jane Kinderlehrer

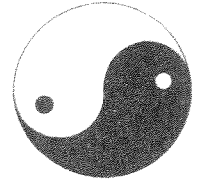
"One of the big after-60 complaints is 'I keep forgetting things.' Well, join the crowd and try garlic. It's an ancient folk remedy for failing memory. It is said that Eleanor Roosevelt was also a member of the club, and to keep the facts straight and peoples' names tripping lightly from the tongue, she ate 3 honey-covered cloves of garlic every morning."



## OUT OF MY HEAD

# The Continental Divide

Bob Dunkel



For a long time now we have spoken of softneck and topsetting garlics as the yin and the yang, the plus and minus varieties of this noble herb. Slowly, from the West we have heard of Asiatic and Continental strains that seem to indicate that there is another way of perceiving things.

I know from my own variety trials that in the case of what is called the continental or porcelain group, there seems to be a noticeable difference in growth habits and in general appearance that allows one to sit back and quietly ask what exactly is going on? The types I have acquired seem to grow about one foot taller, have very hard and elongated cloves, and quite often the bulb consists of only four cloves. It is also rather common to find a similarity in clove shape to elephant garlic, or the leek family. They seem to have blue-green spear-shaped leaves that are quite long and, in a set of four cloves, one will be large and wrapped around the midstem, which causes it to have a very uneven surface on the inside while attaining good size. What is it, however, that we are seeing when some softneck varieties have centers that are only one to three cloves surrounded by a single whorl of large symmetrical cloves? This is certainly unlike the silverskin that has twenty to thirty cloves and centers like slivers. It seems the varieties that do well in the north country have greater clove mass and therefore are better adapted to overwintering in extreme conditions, whereas areas of the country that have the multi-cloved softnecks seem to be warmer in climate and have quite different moisture requirements.

It reminds me of the simple perceptions of evolution observed in a specie like the finches of Darwin's studies, the incredible variation that environment and climate can create. Garlic has certainly been carried around the world, and in each of the many bioregions it has been able to adapt and survive by maximizing the elements therein. These time capsules we call bulbs have amazing and unlimited capacities for survival and also provide a means for accessing the mineral-rich stores that are part of their regenerative and healing nature. Just the very nature of their pungency, which is related to their ability to utilize sulfur, is a mechanism of survival both by repelling the scavenging tongues of foragers and by being the wondrous healing herb that has for centuries been prized for antifungal and antiseptic qualities.

What do you think about all this? Do you think that our role over the centuries—dividing and replanting the cloves—has been a result or the cause of garlic's loss of sexuality? Is there an evolutionary ladder-type model that

can track the rise of *Allium longicuspis*, see the development of *Allium sativum* and *Allium ophioscorodon* and now has created two possible sub-classifications for Continental and Asiatic strains? Or is garlic just garlic? Some of our members feel that there is a certain phenomenon that occurs over the years of trialing varieties that results in a type of uniformity and all the strains start to look very similar. Others contend that through selection there are designer strains that seem to be evolving. In both situations, we are seeing an adaptive mechanism that will provide for all of us a lifetime of learning.

No matter which side of the divide you are on, may the winds of sulfur blow through you, and may the healing forces of this gift of the gods truly bless you with wisdom and long life.

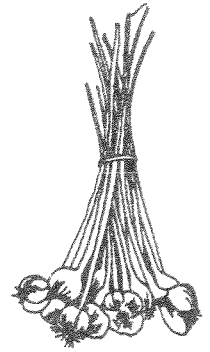
### Out of the Womb

In the dead of winter  
hear them sing  
tiny cloves that beckon Spring.  
Amidst the solace  
of barren field  
stretch the roots so well concealed  
down into the chamber's trove  
where mighty minerals spirits dove  
to surrender splendors rare  
unto the allium's silken hair.  
And therein dwells a swelling force  
that over time will take its course  
to bring to rise a thirsting tongue  
on a changing season still so young,  
and there will build and ever rise  
the noble spears unto the skies  
till longest day the tone does sound  
and energies descend on down  
to where is formed a cloven head  
that hides again beneath the bed.  
But before the  
daylight shadows sing,  
before there comes another Spring,  
let us give thanks  
and loving praise  
to garlic that itself does raise.

(B.D.)



# ASK ALICE

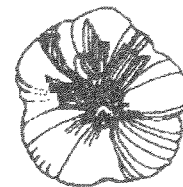


**Alice:** *First to be planted, so long 'til it's seen. Why then, please tell me, is it so hard to clean?* Millie Novanilli, Muddy Flats, MS.

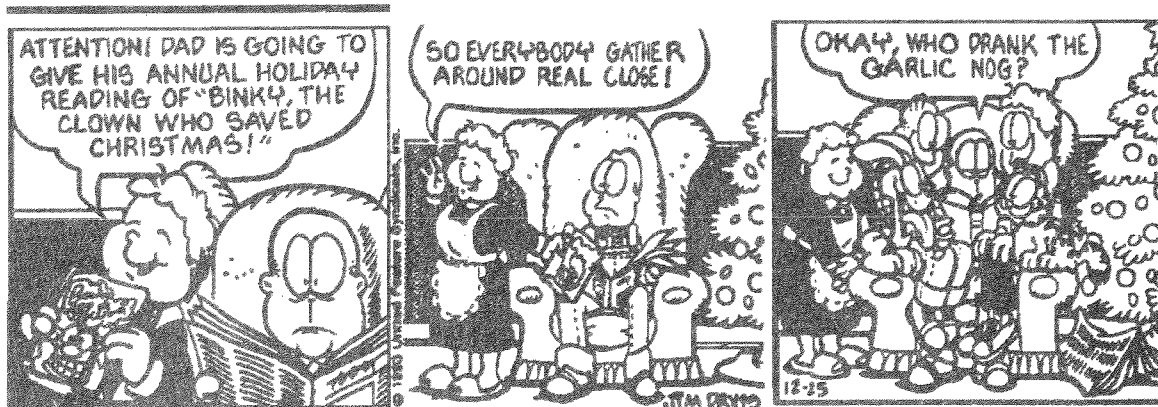
Well, Millie, this gets to the real dirt on the subject. If you want a really firm grasp on the situation, then I'll come clean. First of all, forget the washing machine; in spite of the bleach rinse, the whole idea will just get your head spinning. You must take a good look at the way you do things. Was it a wet or dry year? Was it wet or dry at harvest? Did you hang it out to dry or windrow it? What condition was it when it was brought inside to dry? Evaluating these variables will give you a way to determine if the factors in your cultural habits are part of the problem or "the answer, my friend, is blowin' in the wind." Actually, what I have noticed is that on drier years the garlic comes out of the soil clean and has even begun to dry out. Of course, if you're digging in mud to get it out and you don't get cleaned off or dried out quickly, there's going to be a natural absorption into the wrappers, a possible staining and a longer process to get the garlic looking clean. Another issue involved in the question is soil type. Denser soils seem to play a role in things by exerting more pressure against the expanding bulb. A loose tilth and a light soil at the prime harvest conditions is certainly the ideal. Finally, just the actual proper drying conditions and waiting as long as possible to remove the drying wrappers will keep your garlic more disease-free for a longer period of time. Then, with outwardly appearing darkened skins, a careful downward and slightly outward push of the thumbs will reveal the porcelain wonder within.

**Alice:** *Why are my bulbs small with I plant big cloves?* I. Wanda Bigwons, Tynytown, IN.

I think I'd better come on down to Tynytown and take a look around. It could be your soil, it could be no mulch, it could be no water or it's down in a gulch. Frankly, my dear, I think the answer may not be simple. Is it your own seed? If so, how long has it been replanted, and do you rotate? If it's not, where did you get it? Is it locally adapted? Are you selecting the larger cloves out of small or medium-sized bulbs? How close are you spacing both in and between rows? Was there a drought for an extended period of time or was it excessively wet? Did you plant early and have emergence before spring? Did you get it in late and not set roots well or even plant in spring? If you mulched, was it too wet or plants restricted in emergence? You see, the variables are endless it seems. It is always better when choosing seed to look for uniformity in clove size. Be sure to space properly and use good mulching or cultivation techniques. If summers are hot or there is a lack of rain, try to keep a steady source of moisture available so as not to stress the crop. Generally, we all have good, bad and mediocre years, and over time your seed should level out and adapt. Love it and don't leave it.



## Garfield



# From Dip to Dinner



## Recipes from *Glorious Garlic: A Cookbook*

by Charlene Braida

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### Hummus

*This Middle Eastern dip or spread is made with chick peas (also known as garbanzo beans) seasoned with zesty garlic, and tahini, a thick sesame paste.*

- 1 cup chick peas, cooked
- 1 large garlic clove, finely chopped
- ¼ cup tahini
- ¼ teaspoon salt
- ½ teaspoon vinegar
- 3 tablespoons vegetable oil
- 4 tablespoons water

In a blender, mash the chick peas and the garlic into a thick paste. In a separate bowl, combine the tahini with the salt, vinegar, 2 tablespoons oil and 1 tablespoon water and mix well. Add this tahini mixture to the blender. Blend with the remaining oil and water until smooth. Add more water or oil as needed to obtain desired consistency. Serve as a dip for cracker or matzoh.

Yield: 1 cup

Preparation Time: 10 minutes

### Glorious Garlic Soup

- 1 medium onion, sliced
- 10 cloves of garlic, finely chopped
- 4 tablespoons butter
- 1 teaspoon vegetable oil
- 1-2 tablespoons fresh parsley, chopped
- salt and pepper, to taste
- 4 cups water
- 4 chicken bouillon cubes (optional)
- 4 slices Italian or French bread
- 4 slices Swiss cheese

1. Sauté onion and garlic in butter and oil until the onion is soft. Do not brown. Add parsley, salt, and pepper.
2. Pour in 4 cups water and bring to a boil. Add bouillon cubes and simmer, covered with a lid, for 30 minutes.

Serves 4

Preparation Time: 60 minutes

*Optional:* Broil bread on both sides until crisp. Turn off broiler, and then place slices of cheese on the bread. Keep the bread in the oven until the cheese melts. Place one slice of bread on top of each individual serving of soup. Serve immediately.

### Chicken Provencal

by Walter W. Blood III, Maplewood, MN

- 1 cut up fryer, about 3½ pounds, washed and towel dried
- 2 very large onions, chopped
- 8-10 large cloves garlic, chopped
- 22 oz. can of plum tomatoes
- ¼ cup dry vermouth
- ½ cup chopped parsley
- 1 teaspoon dry basil
- 1 teaspoon dry oregano
- 2 Tablespoons sweet butter
- 4 Tablespoons olive oil
- salt, pepper, flour

Heat 10-12" skillet, add 2 tablespoons olive oil and 2 tablespoons butter. Sprinkle chicken with salt and pepper and lightly coat by rolling in flour or shaking with flour in a bag. In two batches, sauté chicken pieces until they are light golden brown on all sides (about 6-7 minutes a batch). Chicken will still be rare inside and juices red. Set chicken aside. You may need a little more olive oil to cook the second batch.

Add onions, garlic, another tablespoon olive oil and about a tablespoon of flour to the hot skillet and stir, scraping up any brown bits from the bottom of the skillet. After a minute add the vermouth, stir, cover and reduce heat. Cook for a few minutes, until onions are just starting to turn a golden color. Return chicken to skillet. Break up tomatoes a little and spread over the chicken, discarding the can liquid. Sprinkle with the herbs and some more freshly ground pepper. Cover and simmer over *low heat* about 30 minutes. Be careful not to let the onions burn.

This is very good with pasta or rice, petite peas, and a dry white wine, such as a chardonnay or a white Graves. When serving this dish, spoon the onion "gravy" over the chicken and pasta or rice. *Optional:* Serve with freshly grated Parmesan cheese.



TEAR OFF

# GSF 1994 MEMBERS SURVEY

To better serve our membership, we need to learn more about you and your cultural/culinary practices. PLEASE take a couple of minutes to complete this survey, which we'll compile and publish in a future *Press*. Thanks!

Are you a  Gardener  Farmer  Neither

- Years growing garlic? \_\_\_\_\_ What state or country? \_\_\_\_\_
- How many row-feet did you harvest in 1993? \_\_\_\_\_  
How many row-feet in 1990? \_\_\_\_\_ How many (hopefully) in 1996? \_\_\_\_\_
- How much garlic do you eat a year? \_\_\_\_\_ pounds
- Types of garlic grown? Softneck \_\_\_\_\_ Topset \_\_\_\_\_ Elephant \_\_\_\_\_  
If you grow Softneck, how many varieties do you grow? \_\_\_\_\_  
If you grow Topset, how many varieties do you grow? \_\_\_\_\_  
If you grow Elephant, how many varieties do you grow? \_\_\_\_\_
- What type of planting system do you use?  
 Single row: rows \_\_\_\_\_ inches apart  Double rows: rows \_\_\_\_\_ inches apart  
 Beds: (please describe spacing): \_\_\_\_\_
- What month do you usually plant? \_\_\_\_\_ Harvest? \_\_\_\_\_
- Does garlic make you fart?  Yes  No
- Do you irrigate your garlic?  Yes  No  
How Often? \_\_\_\_\_ Equipment used? \_\_\_\_\_
- If you are rotating, please describe \_\_\_\_\_  
\_\_\_\_\_
- If you use specific green manures or cover crops, please describe \_\_\_\_\_  
\_\_\_\_\_
- Please describe methods of weed control and tools used: \_\_\_\_\_  
\_\_\_\_\_
- Do you mulch garlic?  Yes  No  
What month? \_\_\_\_\_ With what? \_\_\_\_\_  
Entire planting or specific varieties? \_\_\_\_\_
- Please describe timings, amounts, and types of fertilization used last year: \_\_\_\_\_  
\_\_\_\_\_
- If growing Topset, when do you remove the scape? \_\_\_\_\_  
Are these sold?  Yes  No Price (per #): \_\_\_\_\_
- Ever tried growing/marketing greens for early spring sales?  
 Yes  No Price (per bunch): \_\_\_\_\_
- How do you know when to harvest? \_\_\_\_\_  
\_\_\_\_\_
- What tools do you use to dig/lift your crop? \_\_\_\_\_  
\_\_\_\_\_
- Describe how you cure your garlic harvest: \_\_\_\_\_  
\_\_\_\_\_
- What do you tell people when they remark on your foul breath? \_\_\_\_\_  
\_\_\_\_\_

[OVER]



# GSF 1994 MEMBERS SURVEY [continued]



• How do you clean your garlic for market? \_\_\_\_\_

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• Where do you sell your crop?

Farmers Market     Roadside     Restaurants     Foodstore     Mail Order

Wholesale     Friends and neighbors     processing     Other \_\_\_\_\_

• For 1993 Harvested crop:

Total pounds harvested: \_\_\_\_\_ Pounds kept for seed: \_\_\_\_\_

Average Price per pound: \_\_\_\_\_ Pounds Not Sold damaged, diseased, given away, etc. \_\_\_\_\_

• Of the above "Pounds Sold," to the best of your knowledge? What % for the kitchen? \_\_\_\_\_

What % for seed? \_\_\_\_\_ What % do you braid or decoratively market? \_\_\_\_\_

• Any "special" cultural techniques to share? \_\_\_\_\_

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• What can the GSF do for you? \_\_\_\_\_

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• Suggestions for the *Press*? \_\_\_\_\_

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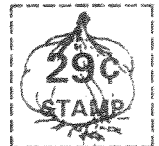
• If you would like to be a GSF contact person in your area, please give us your name and address:

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ADDRESS \_\_\_\_\_

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# *Boiling-mad housewife marinates cheatin' hubby in garlic sauce!*

by Irwin Fisher

An angry housewife marinated her bound-and-gagged husband in garlic sauce and threatened to cook him alive after she caught him with another woman, say cops.

Police Sgt. Joseph Mack of Osnabruck, West Germany, said Patricia Hager has been charged with assault in the incident that could easily have progressed to murder.

The woman had every intention of cooking Albert Hager on an outdoor barbecue, he added.

She was actually stoking the fire when cops responded to an anonymous tip and rescued the man from the bathtub he was marinating in.

## **She planned to cook him alive, say cops**

"It was unbelievably bizarre," Sgt. Mack told newsmen. "The woman had a bonfire going in her big backyard barbecue and there is no doubt she was planning to throw her husband into the flames."

"When we got to him he was tied and gagged in a bathtub full of salad oil and garlic cloves.

"The man was terrified. He told us he had been soaking for six hours while his wife described how she was going to cook him."

Hager, 51, refused to discuss the bizarre incident with reporters. But he told cops that his wife went crazy after she caught him with another woman.

Sgt. Mack said Mrs. Hager, 48, is smaller than her husband but was so angry that she easily subdued him. She allegedly tied the man's hands and legs with rope and used a strip of linen to gag him.

Sgt. Mack said investigators found two five-gallon cans of salad oil — the kind used by restaurants — and a grocery receipt for two pounds of fresh garlic outside the bathroom door.

"She apparently decided to marinate her husband to make him suffer," said the cop.

If convicted as charged, Mrs. Hager could spend up to two years in prison.



## **On The Spiritual Side**

from

## ***The Spiritual Properties of Herbs***

Gurudas, Cassandra Press, 1988



### **Garlic**

Its spiritual properties are interesting in that mankind has somewhat misunderstood them, which is apparent from the legends regarding vampires and garlic. Garlic helps in the transition time during death. One becomes more relaxed and acquainted with the dimension that one moves to after leaving the physical body, which is essentially a level of the ethers. In rejoining and connecting with the soul, one feels an energy which is quite strong. Human beings stand next to this energy at all times, but they resist, filter, or change it so they may go on with their lives. The filter is lowered by using garlic. This is one way it has been mythologized, as if to protect an individual from the spirits of the dead. True protection does not involve

shielding oneself but means understanding life after death, recognizing potentials, and seeing the possibilities while passing from the physical plane. These processes are assisted with garlic.

Garlic is often used in many cultures with food. Today, there is greater acceptance of death. Mankind is not now so afraid of death as it has been in the past, and part of the reason for this is the widespread use of this herb. There are many ramifications to this. To become more aware of garlic's spiritual properties, place a small quantity, perhaps a thin slice of one clove of garlic, in a glass of warm water to two hours. Then filter the water, and there will be very little left of a garlic scent or smell. Next, place the water in the sun for about two hours, and then drink it. This

will enhance some of garlic's spiritual properties while at the same time not fully bringing it into a pure flower essence.

The ability to make contact with individuals beyond the grave is enhanced slightly by garlic. It is also easier to understand negative thought forms, to see their purpose and thus to change your vibration so they are transcended. Some individuals are still afraid of this, and garlic eases this fear. You see this on an even higher vibrational level with garlic flower essence. Negative thought forms, which are partly expressed through the actions and very existence of insects, are often repelled by the flower essence.

Today, new discoveries are being made with garlic. This is primarily because the increased

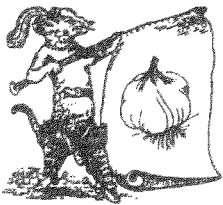
## The Spiritual Side [continued]

intelligence of the devic spirit is here to assist mankind with this plant. New discoveries, such as the ability of garlic to change body chemistry and to assist in fat absorption, are the direct influence of a very intelligent devic spirit. Today, the plant's karmic purpose is to connect this devic spirit to scientists and to those who study plants and herbs.

Animals develop a greater appreciation of the life force. As animals come to know death, they tend to understand life. It is wise,

in working with animals you are close to when garlic is utilized such as for deworming or cholesterol problems, that you recognize the life force may increase in the animal. Train the animal or help it to channel enhanced life force energy by playing with it or showing it constructive things to do with this energy. It is not a long lived energy; it will last from a few minutes up to one or two hours after the ingestion of garlic. But beware of this, so that the new life force energy or appreciation of life is cemented within the animal.

Garlic is, of course, an important herb to use in companion planting and as a spray. But these things help primarily on the physical level. At a certain level, the devic spirit may be available as an extremely intelligent organism to assist individuals who are studying and working with garlic in agriculture for use as a spray, for purification or for companion planting with new and unusual plants that are now being bred. That is its primary use at this time, as one vehicle to combine spirituality and agriculture. The test point is the medulla oblongata.



## ALL ABOUT ALLICIN

This magic little sulfur compound has been stirring up quite a few heads in the last few years. Although we attribute the great "aroma" of garlic to this compound, here are a few more recent facts that are quite interesting.

- ❖ ALLICIN is believed primarily responsible for the anti-bacterial and anti-mutagenic effects of garlic.
- ❖ The ALLICIN content of whole garlic averages about 0.4% of the total garlic weight.
- ❖ While isolated ALLICIN is highly unstable in most environments, the ALLICIN content of stored bulbs is fairly stable and seldom declines more than 10% maximum even after long storage
- ❖ The ALLICIN content of garlic can, however, vary 5 fold depending on the soil and climate where it was grown. In samples of foreign grown garlic, the percentage of ALLICIN ranged from 0.65% to 0.125%. In samples of U.S. grown garlic from four states, the range was 0.458% to 0.23%. Soil appears to be the primary factor affecting ALLICIN content.
- ❖ The ALLICIN content of Elephant Garlic is much lower than that of true garlic.
- ❖ The ALLICIN content of processed garlic products was found to vary from 0.0% to about 75% of the ALLICIN found in whole garlic.

These conclusions are based on a technical paper published by Larry Lawson, S. Wood, and B. Hughes in *Planta Med.* 57 (1991), pp. 263-270.

## Garlic Lovage Soup

Recipe from Patricia K. Reppert, Shale Hill Farm & Herb Gardens, Saugerties, NY

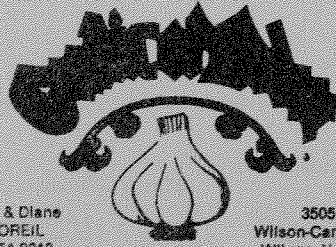
2 large onions - peeled & sliced  
12 cloves of garlic, peeled & sliced  
5 Tablespoons butter  
6 to 8 potatoes, peeled & cut up  
1 teaspoon salt  
3 cups water  
1 quart well-seasoned chicken stock  
1 cup half'n half or milk  
1 cup lovage leaves, chopped  
1 cup parsley, chopped  
salt & pepper to taste

Sauté the onions in the butter until wilted. In the last 3 minutes, add the garlic and sauté. Don't allow mixture to color. Add the potatoes, water and salt. Cook until the potatoes are soft. Add the stock, half'n half (or milk), lovage and parsley. Cook for 15 minutes. Then run the soup through a blender or food processor. Grind some nutmeg on top and black pepper. Garnish with finely minced fresh parsley and a teaspoon of sour cream dusted with cayenne.



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