

The Garlic Press

SPRING 1994

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



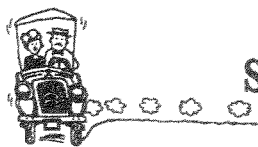
#20

CENTRAL NEW YORK GARLIC TOUR

An opportunity to visit 7 garlic producers and their fields and enjoy the fellowship and knowledge of other GSF members.

We'll start in the West, visiting Ron Bennett in Victor, NY, then drive 7 miles to Frank Palermo's in Canandaigua. Next we'll visit with Elmer Dodds in Stanley, and then to Bob Dunkel's and Jim McFerson's in Geneva, where we'll look at both Bob's and the USDA collection. We'll finish in the East, south of Auburn, and look at the work of Clair and Keith Culver, the Merrifield Garlic Merchants. We'll grab lunch on the road (or pack a sandwich) and dinner is a garlic potluck at the invitation of the Culvers.

So carpool with other folks in your area, bring your rain gear, cameras, questions and ideas, garlic dish-to-pass and table service (GSF to provide drinks)! This is a great opportunity to observe how others are doing it! Equipment, spacing, fertilization, varieties, etc. — it's going to be a great day!



Come join us. Everyone is invited!
SUNDAY • JUNE 26 • 10 AM • VICTOR, NY

DIRECTIONS TO RON BENNETT'S Locust Lane Farm, 1870 Strong Road, Victor

From NYS Thruway — Exit 45

Head towards Victor on Route 96
Take Right at light onto Fishers Road
1st Left onto Philips - go to end
Turn Right - 2nd Left onto Strong
Approx. 4 miles to farm - watch for sign

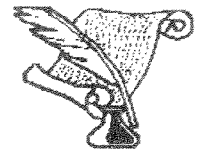
From 5 & 20

Turn North on Caanan Road (near green water tank), which turns into Bennett Road and deadends at Strong Road.
Farm in front of you.



FOR MORE INFORMATION - CONTACT GSF AT 315-587-9787

Director's Notes



David Stern

One night during planting last fall, as I emptied my pants pockets, I unintentionally placed an elephant garlic "round" in my dresser drawer. This morning I picked it up and noticed that a 1½" green sprout had emerged. No roots, no water, no sunlight, and no soil — but there it was, on its own clock, creating its own energy, its life force doing the only thing it knows to do, and with the incredible will to live. How powerful is my life force, my will, my constitution? Could I continue without sunlight, space, community or food? For if these are my basic needs, how much do I value them — and my own life?

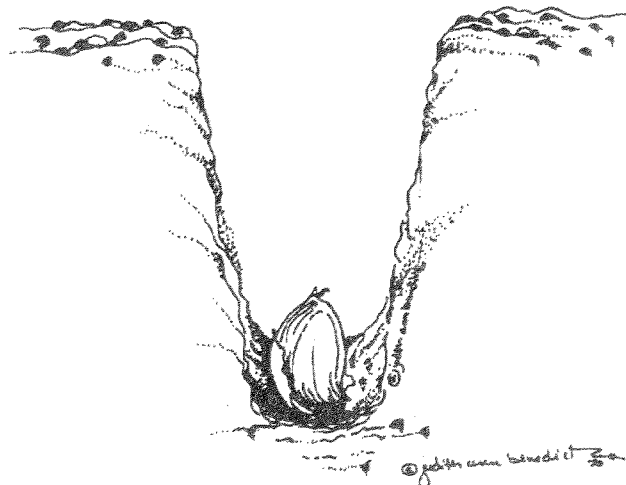
This is on my mind tonight, because my friend Jim has been told he has only months to live. A common man of many parts, a caring, loving man and provider for a large family, doing what he had to do in accepting his responsibilities. Over the years he gathered a wide array of skills and friends and respect for his work and word. But as a farm boy, there was some questionable exposure/use of chemicals, and for many years he smoked cigarettes. Last year they removed a lung, but the cancer is still with him.

How would each of us react to this news? We're a funny culture — we think that we'll go on forever, invincible, that our days aren't numbered or death won't come for us. So, I've been thinking of my reaction if I was given only a short period of time and what I'd do and wouldn't. Am I living a good life? Am I happy? Do I

balance what I give and what I take, work and play? Am I empathetic and/or sympathetic to others? Do my actions outside reflect my feelings inside? One of the great opportunities we have as farmers is the chance to start again each season, year after year, hopefully getting smarter/wiser as we take advantage of accumulated experience. But not so with our lives; we only get one chance.

Most of the garlic that I've seen looks good. We got some much needed rain last week, which really gave it a boost. Weed control is critical at this point, and the early cool season grasses and duckweed are giving way to the lambsquarter, ragweed, and morning glory. The dry weeks of April gave us the chance to get onto the garlic with some early tractor cultivation. It also aerates the soil, which in turn warms the earth. The scapes will soon appear. We've been harvesting/eating the greens for 5 weeks now, some in their third flush of leaves. It's a busy time for the garlic farmer, but the sun is warm and our bodies once again limber, our minds on the harvest, our eyes to the clouds, thinking of the labor of harvest and curing and a quality product and price.

Peace on your journey, Brothers and Sisters, and to you also Jim. Let's all live our lives to the fullest, enjoy them to the "max," respect each other and our earth, and keep our faith with the garlic. I planted that elephant round in the flower garden this evening ... for Jim.



ALLIO-FILE

- 🍷 **Growing For Market** is a monthly publication for the market gardener. Each month they feature a special topic (this month's is "Presenting workshops," including our friends at Peconic River Herb Farm), news briefs, farm profiles, produce and flower prices, etc. \$26/year (\$30 Canada), P.O. Box 3747, Lawrence, KS, 66046. Lynn Byczynski, Editor/Publisher.
- 🍷 This spring we sent out a 500-piece mailing to all those (we thought) who had let their memberships expire. Thus far we've had almost 150 folks return to our ranks and we're happy to report that our membership has grown to over 1000! However, we also uncovered some errors in our record keeping that had "unexpired" members "expired"! We're sorry for these goof-ups, and please, if we're in error with something, just let us know and we'll make it right — promise.
- 🍷 Now some of you are asking, we haven't gotten a *Press* in many months, how does this subscription work? Well, we never contact you 'til well after your year is up, but we're thinking about a new system where instead of a calendar year, we'll go a *Press* Number system. More on this
- 🍷 SEED FOR SALE? The next *Press* will contain the form to fill out and send back. We get hundreds of requests for planting material and would like to include **you**. Get ready to return it to the GSF A.S.A.P.!
- 🍷 Joanna Poncavage (garlic friend and writer for *Organic Gardening*) is heading out to the Arizona Garlic Festival and promises to write it up for the next *Press*.
- 🍷 Garlic designer neckties are as beautiful and tasty/tasteless as you'd ever want to wear. Available soon
- 🍷 We've had many requests for the topset garlic string braid diagram and will continue to send them to all who request them and provide a stamped, self-addressed envelope.
- 🍷 Special thanks to Ron Engeland and Filaree Publications for giving us the permission to use their beautiful graphics by Jim Anderson.
- 🍷 Be sure to check out the two new garlic festivals this year in this *Press*. There's also some interest from Canada, but no final news yet. The GSF can help you put one together; just give us a call.
- 🍷 Proceedings from the NY State Vegetable conferences are available from the NYS Vegetable Growers Association, P.O. Box 4256, Ithaca, NY 14852 (607-539-7648). They contain the latest info on a wide array of topics and tastes (including the stinky garlic in 1994).
- 🍷 Who can tell me how to make garlic jam? We need to share this with the many members who request such a recipe!
- 🍷 Want to swap some of your favorite garlic with someone? Are you looking for a new variety or taste experience? Send us what you've got or want, and we'll start an exchange column.
- 🍷 If you haven't sent in your GSF Member Survey, please do so soon. Bob is putting these together for a report in the next *Press*.
- 🍷 Beautiful handmade paper from garlic leaves and skins — very special and unique! Garden Note Cards, \$2/each. Contact Denise DeMarie: The Grassroots Paper Co., 322 NW 59th Street, Newport, OR 97365.

GARLIC PAPER

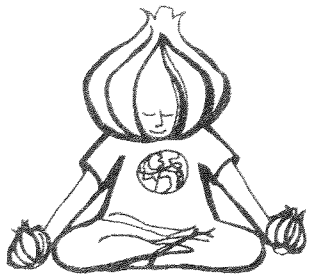
By Denise DeMarie

Paper isn't made from trees; paper is made from **fibers**. The usually discarded parts of the garlic plant, the leaves and skins, yield a good fiber content suitable for hand paper-making.

The by-products are shredded, soaked, cooked, rinsed and mashed into a pulp. The pulp is suspended in a vat of water and, using a framed screen, the pulp is sieved and lifted out of the water. Then, left to dry on the screen, it slowly transforms into a sheet of aesthetic paper. Any garlic "buttons" or roots accidentally left in during this process simply add character and texture to the finished paper. The paper peels off the screen and "cures" for a week or so under a weight before being printed or used as cover and endpapers in hand bookbinding.

The garlic plant is very easy to work with and turns out a fine handmade paper with little difficulty. The leaves work particularly well and could possibly be used for paper-making on a larger scale in commercial production of paper products.

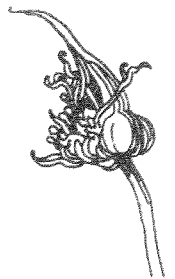
[For order information, please check "Allio-File" above.]



OUT OF MY HEAD

Interactive Reality

Bob Dunkel



It's amazing the ways we learn. Today I was listening to the five kids playing one of the newest video games. As much as I've rebelled, time marches on, and the world is just not the same as it was in my youth. The more I listened and stopped judging, the more I was amazed at how much learning, interaction and communication was taking place. You see, there are pitfalls, dangers and paths to safety and even bonuses in this multi dimensional game, and they actually help each other steer their way through, each learning by each other's mistakes and joint knowledge.

Something went click! I thought of the recent media attention on the issue of antibiotic immunity, which we as parents have all seen coming for a long time. It's the same thing with pest resistance to insecticide, or historical cycles of aggression and liberation. All in all, its the incredible information and usage game we generally refer to as life!

From my nutritional studies of blue-green algae, I learned about the astounding ability of bacteria to communicate with one another and how this new adaptive information is passed about almost instantaneously, resulting in their survival and incredible resistance. Much like the hundredth monkey concept, we learn in levels sometimes called paradigms, and suddenly we or our children—or bacteria and insects worldwide—make tremendous breakthroughs we see as resistance through an immunity, and civilizations and species rise or fall. They either functionally cope and survive or lose stride and perish.

All of a sudden the youngest children are doing things I couldn't begin to grasp. Bacteria are to our warlike minds amazingly resistant. Perhaps we all need to jump to a new paradigm, a new group level that says our environment is one and this group entity we call life is constantly instructing us and guiding us to survive through learning not to repeat the mistakes of our own or the world's history.

As an organization, we must see the same connection. Through the survey we are part of relearning the basics and unfolding a new century of trials and experiments at survival in a "brave new world." Even if you think what you do is too simple or that you need to learn more, that is the first step into tomorrow. Please, if you haven't, send in a survey, or a suggestion, or tell me more that I can do to share *our* life and what we have learned. That is what sustainability is all about. There is no war to fight, only a peace to find.

Happy Spring to all of you.

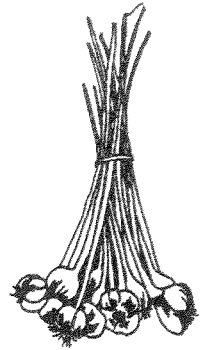
RESURRECTION

In the wheel of time
The spokes come round
Ever resting on the ground
Yet pointing, oh so many ways
This is the story of our days
Beginning, ending with the seed
Within a womb that fills our need
For us it is a hallowed clove
Our fingers to the cold earth drove
Then we waited firm in faith
Envisioning the noble spathe
That someday would indeed arise
And engage our focus to the skies
But time and seasons we endure
As patience is a holy cure
For only gently root tips strain
To chase the shadows of the rain
And when secure and anchored deep
Awakes the sprout from its long sleep
The child is born! It leaps on out
Emerges forth to look about
Tho barren ground surrounds it, still
The race is on in spite of chill
For readied now the message strong
To grow and stretch till day is long
Imbues this youth to adolesce
Maturing till it does senesce
Which means but part the cycles done
A lifting bulb to curing sun
It's back to barns and drying sheds
A time of rest that changes beds
Preparing them to start anew
As fingers pick the chosen few
That represent the best of best
And to the world does go the rest
A million ways to share this gold
From royal feast to curing cold
So in this season we call spring
When birds about the garlic sing
Let us see this wheel come round
Our spokes and knees back on the ground
And there give thanks for ever more
To Mother Earth that is the door
That houses us just like the clove
And while we're resting in the grove
Thank Father Sky and Brother Rain
And Sister Sun with this refrain:
As ever do the cycles turn
But what we give is what we earn
Remember yet the hourglass
Is overturned when last we pass

[B.D.]



ASK ALICE



Alice:

What type of barbecue sauce was Mrs. Hager planning to use to roast Albert, and how do you think he felt afterwards?

**Mrs. Wannabe Horrible
Hells Kitchen, CA**

Well, so far, Albert has been pretty tight lipped about the whole episode and is still dripping with guilt and garlic. He did supposedly mention that it was a lot better than the traditional method of boiling one's spouse in oil and was quite overwhelmed by the quality of the fresh garlic that Patricia had purchased. (If it's from a member, please come clean!)

Some of the miraculous effects of his experience have made Albert quite happy though. He no longer has a problem squeezing into his tight jeans, and never again will he have to worry about commercial mouthwash. His dandruff and tan disappeared and bugs will never bother him again.

As for the sauce, Mrs. Hager is reportedly consulting with Paul Newman on a new product concept that could increase sales for garlic growers everywhere. Although she is still quite fired up over the future possibilities, it seems that perhaps they have fallen in love again and have been frequenting spas and athletic clubs where she does cooking lectures and Albert gives fingerprints that are a bit runny but smell great!

Dear Alice:

Should I mulch shallots like my elephant garlic? Will topset garlic keep indefinitely in my refrigerator? When planting greens, do you get more than one year out of them? And do I plant single cloves or the whole bulb?

**Fred Schmelzer
New Berlin, NY**

Well Fred, as far as the shallots go I would say you have to see, first of all, whether spring or fall works better. The members are pretty evenly divided on this issue, but if you fall plant and mulch (because you have to plant deeper that time of year), I think you should remove the deep mulch in the spring because shallots come up with more and weaker shoots than garlic. Then I would cultivate once and feed and return a thin layer of mulch for weed control after it's up about 4-6 inches.

Your garlic will not keep in the refrigerator, because the humidity is too high and hanging is still my best standard recommendation.

As for the greens, the fact that you can cut them and get two or three harvests pretty much exhausts the vigor and it is safer then to remove them rather than to try to get any bulb. Also, as far as the planting for greens goes, it's more a question of what and how you plant. Some folks scatter their tiny cloves in a row to get full growth. Others, who can afford to plant larger cloves, get sizeable returns this way. And some of us plant whole bulbs, which certainly puts up a lot of greens quickly while compromising root growth and competition. Generally though, since the end result is an early market product, it is best to know the demands of your clients' needs and which method will do best.

TIME FOR A SPRING CLEANING

SPRING-TONIC GARLIC BROTH

From Mary Carroll, Minneapolis, MN

If your body needs a wake up call, this mellow broth may be just the thing:

Preparation: 15 minutes; Cooking: 20 minutes; Serves: 4

2 small heads of garlic, unpeeled but cloves separated
1 bay leaf
6 cups water
½ cup chopped parsley
½ tsp. dried sage
½ tsp. curry powder
Pinch saffron
1 large onion, peeled and quartered
2 stalks celery, cut in thirds
Salt and pepper to taste (optional)

Wrap garlic and bay leaf in a piece of cheesecloth. Place with all ingredients except salt and pepper in a heavy saucepan or pressure cooker. Cover and bring to a boil. Lower heat and simmer for 20 minutes or pressure cook for 10 minutes. Remove from heat and let cool slightly. Remove wrapped garlic and bay leaf. Puree broth and vegetables in a blender or food processor. Season to taste with salt and pepper if desired.

Per serving: 1g protein; 3g fat; 9g carbohydrates; 0 cholesterol; 23mg sodium.

BREAKFAST KOKO RICE

From Jack Stupka

Here's a real hot breakfast!

1. Medium to coarse grind organic brown Basmati rice.
2. Add to lightly salted boiling water (go easy on the salt).
3. Cook at medium heat for a while.
4. Add halved garlic cloves (take off the skin coverings unless you love fiber).
5. Cook a couple of minutes to warm up garlic (not until mush).
6. Add oleo or butter and eat plain.
7. Drink a lot of peppermint tea (quart or more).

This usually goes through my system by suppertime.

HOT GARLIC SAUCE

From Ron Ebel, Jefferson, WI

Can be served with all types of vegetables.

4 slices whole wheat bread
1 small head garlic, peeled and crushed
1 small hot pepper, finely chopped
6 Tbs. olive oil
4 Tbs. finely chopped fresh coriander leaves
3 Tbs. vinegar
½ tsp. salt

Soak whole wheat bread in water for a few minutes. Squeeze out water with hands and place in a food processor. Add remaining ingredients and process into soft paste. Use immediately or store in a refrigerator for future use.

Note: This is a very hot sauce which should be used in moderation.

POTATO-GARLIC SALAD

From Ron Ebel, Jefferson, WI

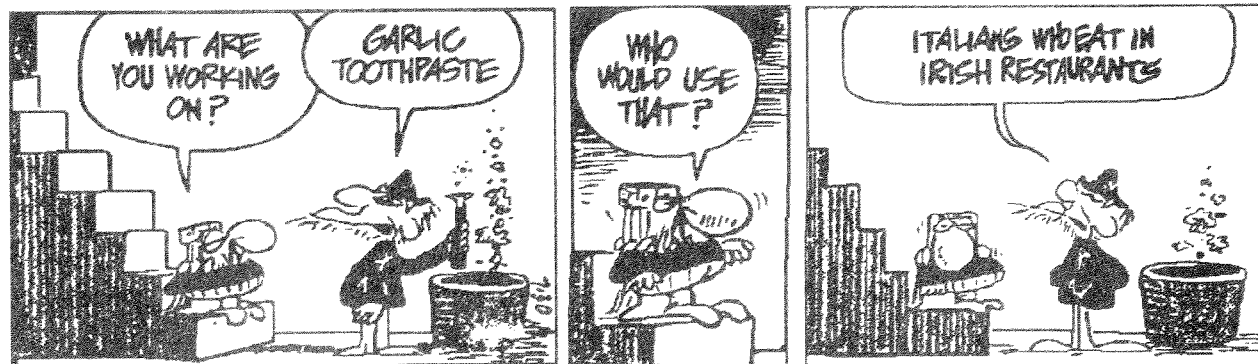
2½ lbs. peeled and boiled potatoes, diced into ½-inch cubes
2 Tbs. finely chopped fresh coriander leaves
½ cup green garlic leaves
4 Tbs. olive oil
4 Tbs. lemon juice
½ tsp. sea salt
½ tsp. fresh ground pepper
½ tsp. powdered mustard
⅛ tsp. cayenne

Place potatoes in a salad bowl. Stir in coriander leaves and set aside.

Place remaining ingredients in a blender and blend for a minute. Pour over potatoes and toss just before serving. Serves 8.

[Natural Food Associates, P.O. Box 210 Atlanta, TX 75551, Jan./Feb. 1992]

Wizard of Id



Garlic Trial Plantings - Staples Irrigation Center

By Tim King, Staples, MN

Garlic was planted and harvested for the third consecutive season at the Staples Irrigation Center in 1993. The emphasis on the trials, as in previous years, was on mulching techniques, date of planting, and public education.

The fall 1992 Staples planting was made in early October. Garlic was planted one inch deep under a straw mulch, spun polyester, and bare ground. Garlic from all treatments had sprouted above ground within three weeks of planting. Staples is the only site where garlic routinely shows above ground within three weeks of planting. Since it is suspected that fall sprouting reduces overall yields, later planting should be done at Staples. Deeper plantings at 2 and 3 inches, along with the early October planting dates, might avoid sprouting and yet accomplish the root development sought by fall planting.

Although garlic under straw mulch yields consistently better than garlic on bare ground or under spun polyester, it has created a volunteer oat weed problem. Cleaner mulch, free of crop and weed seeds, would reduce weeding labor inputs.

Garlic under the straw mulch sprouted earlier, more consistently, and with a better survival rate than the other two treatments. Spring planting once again failed to yield marketable bulbs and will not be tried again.

Eight cooperators around central Minnesota had mixed to highly successful 1993 garlic harvests following fall 1992 plantings of varieties obtained from the Garlic Seed Foundation. The largest bulbs were harvested by growers who planted in raised beds. Modest harvests of marketable bulbs were harvested by growers who planted in conventional non-raised beds. One grower lost his garlic due to as yet unidentified fungus diseases. Another grower lost about 10% of his crop to an early yellowing and die back of the garlic. With the assistance of Dr. Dave Davis of the University of Minnesota Horticultural Department, viral infections of garlic were identified. No measurable crop loss resulted from the virus identified.

Most growers were enthused and expanded the number of varieties and the size of their plantings after evaluating their 1993 harvest. The primary limiting factors for an expansion of garlic in Central Minnesota appear to be lack of available seed stock and the fact that planting is not mechanized.

The direction of research will change in future years. Emphasis will now be placed on variety trials. The garlic plots were roto-tilled on September 27, and seven varieties of garlic were planted on September 30, 1993 for harvest in 1994. All varieties had emerged by October 18th. All of the varieties were mulched with a straw mulch on November 1st.

Numerous meetings, field days, and presentations were made throughout 1993 to well over 100 interested parties. A grower's guide was widely circulated and continues to be available. Public education efforts will continue at the Irrigation Center and throughout the region in 1994. Field days on and off campus, along with one or two grower meetings, are anticipated.



Stinky Replies

Winter has been an unusually powerful force for us also this winter. The thermometer broke right around Christmas and only rarely made it above zero until mid-February. One stretch of 21 days without above-zero temperatures saw routine lows at -35° . We were -40° one night. I haven't ever been that cold here. I did participate in a sled dog race, as a monitor, on the Canadian border once when it was -40° . Many of our very cold days were cloudy and snowy. Unheard of! We have 70 inches of snow here, even though we haven't had a big storm. Not bad for semi-arid western Minnesota.

Last weekend, just before a big three-day thaw, my neighbor the mechanic came with his pickup to get my garden tiller for an overhaul. He decided to back out the driveway. A serious mistake. He got stuck. He's one of those *MEN* who think 4-wheel drives and a lot of noise will solve most of their problems. Consequently he really dug himself in. We then called another neighbor with a 4x4 to pull the 1st one out. Second neighbor dug himself in up to the piston rings. Second neighbor went to get his Farmall. He got himself out, but he couldn't budge 1st neighbor. By now my driveway is no longer discernable as a driveway and they are working on clearing the woods. First neighbor went to get his little Ford tractor. He spent ALLLL day inching his 4x4 through 70" of snow.

Quite a crowd had gathered by now, but I stayed clear and was making firewood nearby. Colin and Mrs. 1st neighbor and 1st neighbor's 1st cousin are observing. "You just wait. Rodney is being real patient, hee, heee, heee," 1st cousin says to 1st wife, Colin said they said.

Finally, the 4x4 is on solid ground and crests the driveway hill. BUT ... the tractor is stuck and Rodney (1st neighbor) blows what we now reverently call his RODNEY FUSE. It's not just that he has gotten stuck and re-stuck in a sort of millennial way. Rodney fuses are built to withstand that level of frustration. Rodney lets out a ten-minute series of screams, epithets, howling curses, and animal growls that speak for us all. It's been one damn hard winter. Scream Rodney—scream for us all!

And Rodney did scream each inch of winched progress as he cranked his little Ford out of the day's mayhem of snow piles, tree bark and branches, and somewhere under that, my driveway. Finally, I overcame my fear and decided I should see if this screaming maniac was attacking my son. I arrived just as the little Ford was cresting the hill of the driveway where it intersects the tar road. It buzzed off down the road and silence returned for the first time in 6 hours.

A chickadee called brightly. I stood in the stillness and observed the destruction. "Rodney's pretty interesting," said Colin, who was leaning on a snow shovel and was a survivor. We stood quietly. Then we heard 2nd neighbor (who is 1st cousin) approaching on his Farmall to plow up the devastation so we could find our driveway again. I met him at the top of the driveway. "Rodney sure has got a temper, don't he? Hee, heee, heee. He's a lot better than he used to be, though," 2nd neighbor/1st cousin said. I was glad to hear that.

Tim King, Long Prairie, MN

Garlic Drying at Home

By P.S., Sumas, WA

Books about dehydrating tend to ignore garlic, or discourage it, on the grounds that it can be easily purchased dried, or that fresh garlic is available all year around. Neither reason carries much weight with those who grow their own and would take some satisfaction in the enjoyment of it in several forms. In the Pacific Northwest, it is common to have a wet summer, right up to harvest time, and most varieties will not store well. Preservation of the cloves can be done by pickling, by blending into oil and freezing, or by slicing and dehydrating.

Successful drying of garlic depends upon its preparation and on the air flow/temperature of the dryer. A very thin slicing of cloves is simple and fast if you have The Garlic Slicer, a handy little Italian kitchen tool.* These thin slices will dry nicely.

Last year I tried two varieties in a Spring planting, resulting in a high percentage of round balls, heads that didn't have enough time to divide into cloves. These were wonderful for drying—easy to peel, making large thin slices that were most impressive. Not wanting to contaminate the stainless steel mesh shelves of my drier, I tried laying the garlic slices on parchment paper. This was not too successful because they stuck to it. While I could pry them off when they were brittle-dry, it was obvious that parchment was not the best surface. Plastic wrap was much better when taped over large pieces of cardboard to make half-width liners and placed on alternate sides of the dryer shelves to improve the air flow. Complete drying took about 20 hours at 100°F. The large dry slices were kept intact for future use. The smaller ones went into my Minichop (a small electric mincer-blender often used for herbs) and zoomed into a great garlic powder. It was paler and far more fragrant than a commercial version. This could be a good solution to Christmas gift problems, when packed in pretty spice bottles. Like other dried veggies, store the garlic where it is cool and dry, preferably dark.

There are many small dehydrators on the market. If you want something larger, then the answer is to build one. Space allowing, you can make it large enough to have room for about four inches between shelves. This makes it easy to see and monitor the drying. Maintaining a consistent temperature is important, and 100°-105° gives reliable results with garlic, not darkening it to the almost-burned look of some commercial products. Temperature control necessitates a thermometer. With small holes in two places near the dryer top, a dairy thermometer can be inserted in either place and the heat/air flow adjusted accordingly. The larger the size of the dehydrator, the better the air flow and air volume, and the easier it will be to control the temperature throughout the unit. The heat source and fan at the bottom need to be far enough below the bottom tray, with a baffle to deflect the heat, so the bottom shelf does not get too hot. A little "pancake" fan at the top, off to the side, will keep a better air flow than just having ventilation holes.

* The stainless steel Garlic Slicer is available from kitchen shops and both produces thin slices and grates the cloves. It goes under the name "ACEA," made in Gravellona Tole, Italy, and looks like a miniature old-time kraut cabbage cutter.

LOVE STINKS

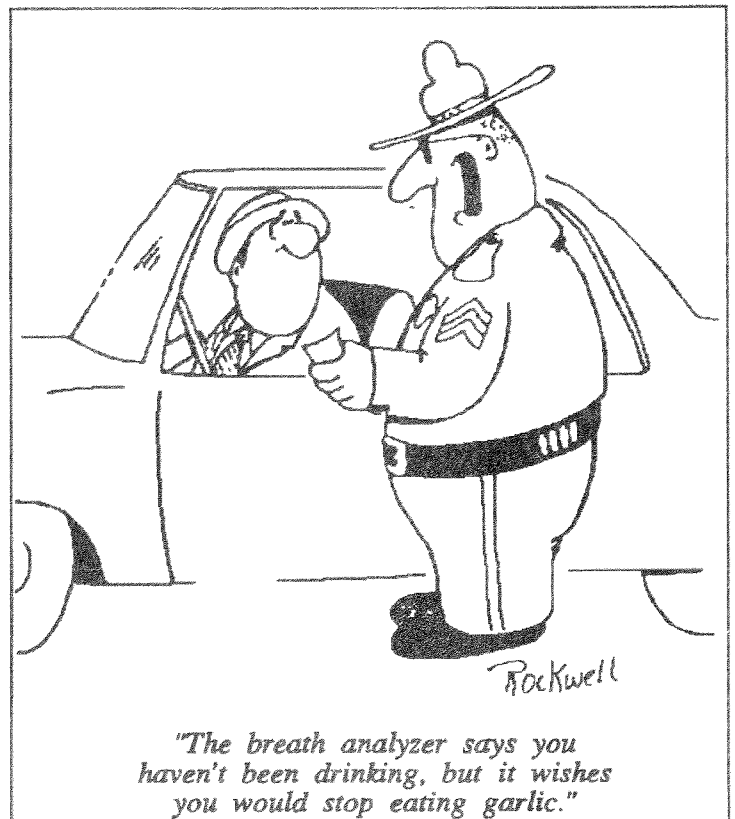
[by Stefan Pietersen, Nov. '93 DE WALM]

My lover was a garlic addict
She'd take a shot four times a day
She never searched for any conflict
But ev'rybody left when she had something to say
So she sent it my way.

Love stinks - Love stinks - My way.

Like Americans fatten on donuts
And English shrink on tea
The garlic caused her to stay lonely
Till my stuffed nose allowed her to bewitch me.

I have made a study of the smells
I bet ya I could trace my love
Out of a hundred thousand science shells
Cause she's just got that something
A perfume from rotten pumpkin
A mix of fart from heaven in this little hell.
(chorus)
Thou I still think that garlic really stinks
I have found a little remedy to heed
I'll think of sweaty armpits, hands and feet
And praise God she hasn't got one of those things.
(chorus)
Just Listen to the joyous voice in which we sing
Our deeper, inner sides in which we sink
The love links
When we stink.



Dr. Clove O'Garlic:

The Doctor's (With) In



Looking back to the 1980s we can recognize that there was a dramatic increase in the amount of garlic research, especially in the U.S. Early studies led to conclusions about the benefit of garlic and its effect on the heart and circulatory system. We also saw studies from China on the stomach and colon being positively affected by the use of this healing herb. With our reports on the First World Congress on the Health Significance of Garlic and Garlic Constituents, we all felt that finally the data the farmers and health people felt in their hearts were being supported and documented in the laboratory. Well, here we are in the mid-nineties and things are shakin'. Following are some extracts from the more recent studies that focus on the cancer connection.

Garlic is one of the oldest of plants reputed to have anti-cancer effect. As

recorded in 1550 B.C. in the Ebers Papyrus, garlic was used externally for tumors by the ancient Egyptians and internally by Hippocrates and Indian physicians.

Protection against lung tumors in lab animals from diallyl sulfide (DAS) given in oral doses resulted in 60% fewer developed tumors and 90% fewer tumors overall. The research shows that garlic affects the body's enzyme system. Certain chemicals can activate cancer-causing chemicals in the body, and investigators have found that DAS and other chemicals in garlic can protect against chemically-induced cancers of the colon, esophagus and other organs.

Another study shows that T-lymphocytes and macrophage functions are augmented, which means that our immune systems are reinforced and more able to deal with substances and chemicals that can destroy the delicate balance of health. The data strongly

indicate that garlic can minimize carcinogen formation and inhibit nitrosamine formation, stop or slow the transformation of normal cells to the precancerous stage, inhibit the adhesion of cancer cells to the surface of blood vessels and limit these blood vessels from forming a cancerous mass.

Excessive consumption of land animal-based foods—because of their lack of anti-cancer nutrients—is conducive to cancer development, whereas leafy vegetables, seeds/grains and garlic can provide positive protection. Therefore, it is prudent and wise to evaluate these specific levels in our daily diets. This is truly a great boon to those of us that grow and love this wild little member of the allium family and should be a means of further convincing the skeptics out there that still swerve away from the mighty breath of life these bulbs inflict.

CAT'S GOT OUR TONGUE - Hydroponic Garlic?

[From the Saugerties Festival Newsletter]

Recent rumors of a garlic growing breakthrough of the magnitude that enabled the underground garlic industry to transcend hobby status appear to be true. News from the Turkey Point Aquaculture Preserve in Saugerties is that experiments with garlic as a cover crop to shade their

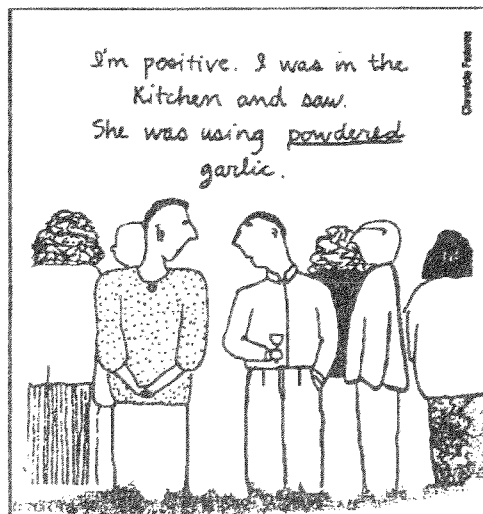
catfish corrals were very successful. An unexpected bonus is the subtle garlic flavor of the normally bland flesh of the fish.

Head grower, Alex Wading, said, "We didn't know the 'cats' would eat the roots growing from the suspended garlic bulbs. It sure made the garlic

easy to harvest for the festival!"

SureFoods, marketers of the "Cajun Catfish" available in supermarkets nationwide, is in negotiations with the Preserve to market this new flavor as "Garlic Catfish."

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REAL LIFE ADVENTURES



Garlic is good for you. It keeps those who might try to give you work at a safe distance.



Members Profile

MERRIFIELD GARLIC MERCHANTS CLAIR AND KEITH CULVER

By Keith Culver

In the summer of 1988, my brother Clair and I heard that garlic could be grown and that there was an ample market with good profit margins available. At this point there were a lot of unanswered questions about cultural practices, varieties and markets. Clair owns some very nice Honeoye silt loam ground, which included a small one-acre field that was impractical for raising corn, soybeans or hay, which were his main crops, so we set out to try something new.

Clair got some seed from an associate at work and I bought some from a seedsman from Elmira. We also tried some that we found growing near an old abandoned foundation near my home. The first few years were spent trying to determine the best row spacing, nutrient requirements, varieties and timing of the various tasks needed to produce a high-yield crop. Marketing was not a priority for us at this point, but it was interesting that people were already asking about what we were doing and if they could purchase some. Some individuals even laughed at our crop venture.

After three years of learning, I think the thing that helped us the most was the seed selection process that was evolving. We doubled the size of our area for three years running until we were working on a one-acre size lot. After that fall's planting it became apparent that we needed equipment to further increase the size of our acreage, since both Clair and I were working full-time jobs. The plan was to double the planted acres again in 1992. The best variety at this point was the one we found growing locally, which had sized up rather nicely in three years. We began our marketing program during this time by talking garlic everywhere we went. I also talked to all the seedsmen I knew in my job as Tech-Rep for Gustafson, Inc., in the seed treatment business. This would prove to be a valuable tool, as the seed markets have been very good to us.

Our equipment has been a combination of purchased and self-engineered design. For planting we use a two-row, tool bar mounted Max-emerge planter that has been stripped down. With seed and insecticide boxes and seed tubes removed, we are able to sit over the openers and drop the cloves individually into trenches, two rows at a time. We built custom closing disks that enable us to cover the cloves as deep as we want. This depth of planting flexibility is especially important as we change varieties, clove size, soil type or consistency, and planting dates. In 1993 we were able to plant an acre in one afternoon and can probably plant faster in the future.

For harvesting we use a three-point hitch tool bar with chisel plow shanks that have custom made L-shaped blades, which undercut the bulbs and lift slightly but never make contact with the bulbs. They are then loaded on a wagon and taken to storage for curing, which is done in a wooden-floor barn with large open doors on either end.

Weed control has been something of a challenge for us. Without making chemical weed spray applications, we have tried to clean up the ground with competitive organic matter by building crops such as red clovers, rye, and buckwheat prior to the garlic crop.

To give you an idea of the numbers we are up to currently, we now cover about three acres in 30" rows, including approximately 5,500 head of elephant garlic, 64,000 hardneck varieties, and 15,000 softnecks. We test new material every year to make sure we are growing the best and to determine if we can bring our customers something better. Planting for the above amount was done in about four days accumulated time, with zero hired labor!

We continue to plan and market as the business grows, which is probably our best asset. About 50% of our saleable crop is now grown under purchase order for specific customers at a wholesale level. This enables us to sell the remainder at retail level or open wholesale, and we don't have to worry about selling out when winter time comes. Our seed customers are increasingly interested in planting and marketing a wider variety of types. This is why we try to grow as many types as possible in enough quantity to be able to market some of each, with the higher percentage being the best selling varieties.

We are currently trying to put together a tour for some produce buyers to get them interested in both our garlic bulbs and garlic greens. This type of touch-taste-feel marketing will be necessary for those interested in growing garlic at a profitable level. We aim to show them what high quality is and therefore justify our price. We would be glad to answer any questions or help you in any way. We are listed as seed suppliers and can be reached at the following addresses.

Keith Culver
RD #1, Box 184
Auburn, NY 13021
315-252-8419

Clair Culver (New Address)
5013 Route 34
Auburn, NY 13021
315-258-8162

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WHEN

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WHERE

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100 Guys Lane
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Exit 34, I-80, North Central PA

CONTACTS

Constance Miller
717-389-1040 / 717-389-1041
Martin Horvat / Carolyn Force
(GSF Members)
Pozy Heaven, RR #1, Box 531
Jersey Shore, PA 17740-9633
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GSF/CORNELL REPORT #387 (1990 Garlic, 10 pgs.) (Comes with membership)

CANADIAN GARLIC REPORT (Dr. Brammall, 6 pgs., 1990)

GARDENING GARLIC IN THE NORTH COUNTRY (Tim King, Long Prairie, MN, 4 pgs.)

WORLD GARLIC CONGRESS ABSTRACTS (48 pgs.)

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