

The Garlic Press

SUMMER 1994



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

#21

HUDSON VALLEY GARLIC FESTIVAL

Sunday, September 25, 1994

Cantine Field, Saugerties, NY 12477

10 AM to 5 PM

Admission Free

It cannot rain for three years in a row — so a beautiful, sunny fall day is guaranteed for the third annual Hudson Valley Garlic Festival, which will be held on the last Sunday in September — September 25th — in Saugerties, NY, starting at 10 a.m.

One of the key attractions of the festival is the Garlic Farmer's Marketplace, a selling place for garlic farmers who are members of the Garlic Seed Foundation. Nearly all of the festival attendees are eager to buy freshly harvested garlic and seed garlic **and to ask questions about the culture of garlic**. All of this ensures the Garlic Farmer's Marketplace as a "must see." For the last two years, you were one of the star attractions of the festival, along with the fantastic garlic food, the chef's cooking demonstrations, the garlic lecture series, craft show and entertainment. So if you have fresh garlic for sale, please join us at the Festival. If the weather is good, stand back, because the word is out that this is the place to come for great garlic and great garlic food.

Rod Wilson is coordinating the Garlic Farmer's Marketplace for the festival. If you would like to sell garlic at the festival, please get in touch with Rod **as soon as possible**. There is a deadline of August 15th for printing the names and addresses of participating farmers in the Souvenir Festival Booklet, which was one of the requests of last year's participants. The location of the Marketplace will be the same as last year, as that seemed to be one of the choice sections — easily identified by the attendees. The road frontage for the booth space has been increased a bit. Rod has all of the details, please contact: Rod Wilson, 27 Maple Avenue, Cambridge, NY 12816-1213, 518/677-3544.

Details of the annual meeting of the Garlic Seed Foundation, which will be held on Saturday, September 24th at the Senior Citizens Hall at Cantine Field, are elsewhere in this issue. At 5:00 p.m., following the GSF meeting, there will be an Open House at the Saugerties Lighthouse in the Hudson River. The view of the mountains and the river is spectacular there and it will be a chance to relax and enjoy the company of other GSF members and to enjoy some of the ambience of this beautiful Hudson Valley. The Kiwanis Club is hosting this Open House with wine, fresh apple cider and hors d'oeuvres.

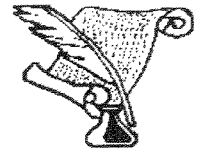
In case any of you Garlic Seed Foundation members might wish to enter the Amateur Garlic Cookoff (\$100 first prize, \$75 second prize and \$50 third prize), the entry details are elsewhere in this edition of *The Garlic Press*.

One thing is certain. Saugerties will be used to handling crowds — or at least we should be since the 25th Anniversary Woodstock Concert is August 12th-14th. There is life after Woodstock, although it may be hard to believe at this juncture (two weeks pre-Woodstock). The Garlic Festival publicity will be hitting the post office the day after Woodstock ends — that way we won't end up on the bottom of the pile of papers on the Editor's Desk. If I can help you in any way — please call: Pat Reppert (914) 246-6982.

See You At the Festival

Director's Notes

David Stern



CLASS OF '64

"Why Dave Stern, I haven't seen you in 30 years!"

I shake his hand and look into his face but cannot remove these 30 years and place it with a name. "Uh, how are you?"

"Remember me?"

"Uh ... sorry, your name ... no I don't."

All about the room are people talking and laughing, looking/watching. Some are familiar to me, others are totally mysterious. But as the evening moves along and I move through the crowd, the closed volumes from the past start to open. One memory triggers another, and I feel on the edge of sensory overload. Stories, hundred of stories — how strange it is what some people remember and some of use choose to forget!

But the past isn't as important as today for me, so "Tell me what you're doing" becomes my quest. There are no farmers here; these people work inside. Their skin and hands are soft and white. When they learn that I am a farmer they are quick to share their perceptions: "What a great way to make a living?" "Must be so peaceful." "You look so healthy." And when I tell them I'm a garlic farmer (with 70 other crops), they are quick with their opinions also. I think of the roads I've travelled to get to Rose, and now that I've farmed for 20 years, wonder why I have chosen it over other work that I've done and could do. There are less than 1,000,000 farmers left in this country, 1 for every 250 people. We lost 10,000 farmers in New York in the '80s, the '90s will take more. We work too hard for far too little. Our only security is in our hands. We're eternal optimists in a game where the cards are dealt by the weatherman.

But this isn't what makes me different from others in this room tonight, it's the fact that every day, all day, I live outside on these 60 acres, that the challenges of farming keep me active in body and spirit, and that I have a very special relationship with this earth and the food that I produce. To me, these are the "cultural" factors in "agriculture." But I'm also a carpenter, agronomist, mechanic, entomologist, electrician, horticulturist, and grunt field laborer. Or to put it in the words of the Goose Creek Symphony: "It's just a way of life, so easy to find; but it won't be on maps they make, and you can't buy it on time." I don't think the Class of '64 really understands, or wants to understand, farming and farmers. Their connection to this earth is in today's Super-Duper Food Mart.

But through the crowd I find some really special people that I had hoped would be here. Nancy Jo is as sexy and beautiful as ever. She was the "Barbie Doll"

experience of my youth. Seeing her again stimulates those hormones all over again! Mike flew in from Idaho — what a treat! We stay in touch, but seldom face-to-face. I feel as close to this Brother as I did 30 years ago, and our conversation is deep and meaningful. And Susan ... she taught me lessons she never realized. She made me ask the questions I wasn't ready to ask, let alone understand the answers. She scared me, because I loved her. I'm happy to learn that her life is going well and she radiates a productive, peaceful, and loving spirit. But there is sadness in this room also. We left men and parts of men in Vietnam; lost some to accidents, age and disease; some didn't make it and some can't be located....

The harvest is complete and the garlic hangs in the sheds. I feel so relieved to have it over. These cloves are like children that I plant and nurture and wait for them to appear in the spring and then grow on to maturity. But as I await the harvest I am anxious — weather, machinery, quality, timing, labor, etc. — and all the stress that I add to what should be a joyous celebration. This has been a good season at Rose Valley. At times I thought it dry and the winter by far the worst in my 20 years here. But on the first grade-out, it appears 80% high quality, 15% medium and 5% low quality. This is much higher than the usual 50-40-10 split.

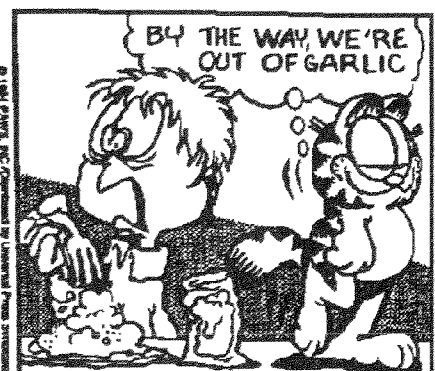
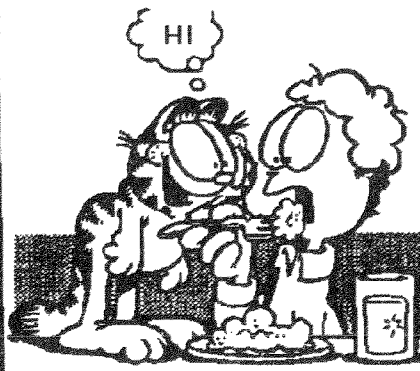
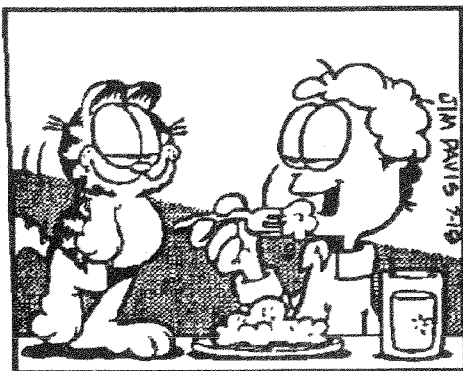
It's an incredible high lifting the garlic out of the ground, each one a gift, a surprise, the firm globes heavy in my hand, bunching by 25s, throwing the bundles on the wagon, hanging them from the shed rafters. And when it's over (even though there are many hours of clipping, sorting, cleaning and braiding), I can breathe easier and admire my "new" children as I chisel-plow and fit the field for the oat or rye/vetch cover crop. But why didn't those elephant garlic do so well? How about GSF 20! Remember #65 in the wet year of '92? How can I do this better, or try that, modify this and forget about that? And how much can I get for my crop this year? It never stops. Once you start playing with this stuff it keeps with you.

And soon it will be our reunion as we return to Saugerties for the Hudson Valley Festival and our garlic gathering. Bringing folks together has always been a very special task for me. And this group of garlic people, diverse in many ways, all shares the same love of the garlic. What else might bring the group together? We carry on the tradition of growing the garlic, we welcome new friends and see old ones, swap varieties and share ideas and experiences. I look forward to our gatherings and the energy they give me to keep doing this work. And I enjoy the companionship of others who share the toil, the sore backs and aching shoulders. It's time for us to celebrate. Drive carefully, see you in Saugerties.

ALLIO-FILE

- ❁ Do you have garlic planting stock for sale? If yes, please fill out the form in this *Press* and return it by September 10, no later! We get hundreds of requests for garlic and I want to be sure that you are included. Immediately following the deadline all information will be combined and sent out to all who request it.
- ❁ Do you want garlic for planting? Send stamped, self-addressed envelope to the GSF and a list of all suppliers will be sent to you as soon as it is available.
- ❁ Topset garlic braid diagram, FREE TO ALL!. Send self-addressed, stamped envelope to GSF.
- ❁ Those of you who have just joined or renewed will notice that your mailing label on this *Press* has a number and no date. The decision has been made that besides the other benefits, your \$10 yearly dues shall include 4 issues of the *Press*. Since our timing is so irregular, the calendar date system was not accurate. Very soon all labels will have expiration numbers.
- ❁ My neighbor Glenda grinds up her garlic in the fall, adds a bit of olive oil and freezes it in ice cube trays. Once frozen, she puts the cubes in a plastic bag in the freezer. Easy and convenient to use (thaws very quickly)!
- ❁ The GSF gets a serious amount of mail and is the largest single user of the Rose, NY Post Office. This time of year we average 6 letters a day. I ask that you be patient, but do not hesitate to call and remind me if your request is a rush or I've been unreasonable in responding to you.
- ❁ Garlic greens were used in a recipe last *Press* and a member wrote to ask what they were. Greens are the young tender leaves of the garlic plant. Many of us save all our puny (very small) bulbs and plant them in a convenient place in the field. The entire bulb is planted, basal plate down (as in a clove) when you plant your cloves in the fall. Each clove in each bulb will germinate, and when the leaves reach 6"-8" tall, cut them off at ground level with a sharp knife. Each bulb will send up 2 or 3 sets of leaves. Don't let them get too big (they get tough!). Salads, pesto, pasta, innovate and share it with us. These cloves/bulbs can become a nuisance, so I advise removing them from the field.
- ❁ Volume 3 of *Press* collections (#15-#20) will be available in the next *Press*.
- ❁ Seed trade/exchange/swap — many of you have asked for this, now's *your chance!* We'll print what you've got or what you're looking for - no charge!
- ❁ The Central NY Garlic Tour was a big success. So are pot-luck suppers, equipment demos and festivals. How can the GSF help you and other garlic growers in your area?
- ❁ Coming to Saugerties? Need a place to stay? Send a self-addressed, stamped envelope and we can send you a list of lodges, B&Bs, motels and campgrounds in the area.
- ❁ California produces 100 million pounds of garlic. China produces more than 15 times that! California produces 95% of U.S. production, and in some cases, prices last winter dropped to below 6¢/pound (*The Packer*, 4/25/94). [This year we'll sell all the garlic we can grow at \$3.50-\$5.00/pound.]
- ❁ In closing, my congratulations to Ann and Brian in Jordan, Minnesota who were very recently married! Ann's been a friend and member for many years, and we send them our love and support.

Garfield



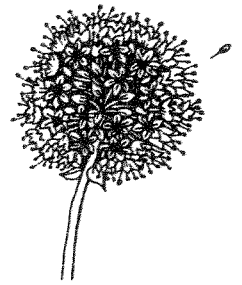
Quote: Antioxidant

Garlic is a champion carrier of antioxidants, possessing at least fifteen different antioxidant chemicals. "This antioxidant activity may be garlic's primary underlying mechanism against disease." [Dr. David Kritchevsky, Wistar Institute, Philadelphia]



OUT OF MY HEAD

Bob Dunkel



Experience is a wonder-filled thing. The delight of the eye, the rich and varied textures and tastes, the sounds and smells that alert and enliven us, all wrapped up in this vague but lovely term "experience." To know about something is a beginning. To learn and study facts and theories certainly gets us along on our way. Once our knowledge and our experience collide, however, there is an explosion, an awakening of consciousness that clearly begins to understand things.

In our circle of friends this certainly is a process that long ago was begun. Something about the way garlic affected us, its allure and pungent imprint, was somehow a turning point. The experience on all our senses immediately alerted us to its unique and special place. Along the way we learned about it, inevitably sharing stories and techniques, and many a charged meal as we bonded together as we have with this magical sulfur compound.

As the Foundation has evolved, grown and survived, we all now are blessed with an opportunity that is also, perhaps, a gift from the garlic. By growing it, and growing with it, we are again making a critical leap of consciousness. You see, it is by observing what we experience with the knowledge we have gained that we can embark on the journey of truly sharing and filling up our lives with joy. We tend and watch over this crop, see the signs of its strengths and stress points and learn the beauty of its long cycle. There is much wisdom to be harvested, my friends, along our path. This path, this way is called the tao, and for us it is the tao of garlic.

What we have learned, most importantly, is that there is not one way, but many. That's why we must make notes of our observations, transcribed or mental, and listen in the midst of our silent work. It is fine, and even admirable, to experiment and change the variables as part of this process, but in your heart you will know what works best for you. The joy is in doing this work, this sharing and growing and learning to listen to the song of the garlic. Its way is wise and our ways are many, but together all of us will learn to be better stewards of our lives and its care.

May peace grow in your heart and your harvest be bountiful.

The Tao

The eggs way to make another egg
is also the way of the bulb
the tao of garlic.
This splendorous dance of rest
all the magnificence, all the outer display,
is the cycle back into itself.
A journey not simple indeed!
The seed falls not far from the tree
but far enough to stand strong.
Our dance from birth to death
we do not see the same way
for the tao of the bulb or the egg
is in the all seeing eye
of the Husbandman, the Mother, the Steward ...
So we count the leaves
like chicks and children aplay
we note their dance and design
see the mirror like sea and sky
that reveals their true form
and we care for them.
On our knees we cultivate humility
we gently guard their roots
furrow with our love their growth
and nurture them in our attentiveness.
We are dancing with life
but it is stillness that simmers
the peace and solitude of the soul
gives the egg its porcelain glow
this hallowed bulb its skin
to portion out eternity.
With the eyes of a child
we see the wisdom of the ages.

(B.D. 7/94)

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.

Garlic Tour's A BIG Success!

Eighty members from Ohio, Pennsylvania, Connecticut, Canada and New York came together in June to look and listen. New and old, large and small — each learning from the other. No lecture, book or video can give you the experience of standing in a garlic field. We visited 5 garlic operations from 1/10 acre to 3 acres — each as different in machinery, soils, layout, and spacings as the producers that hosted us.

At each stop we had the chance to hear from the grower and ask questions — any questions — from fertilization to marketing. There was the occasion to talk with other folks and share observations and ideas, and certainly consider modifications each of us could make. At one point we all sat under a big shade tree and talked about the "big-one," MONEY/PROFIT (if there is such a thing in farming) in a very frank and open discussion. We learned from each other. There was much appreciation for the amount of information that was available.

We always seem to work in a garlic pot-luck meal and the supper was a delicious delight! Our thanks to Ron Bennett, Frank Palermo, Elmer Dodds, Jim McFerson, Bob Dunkel and Keith and Clair Culver (and their Mom) for welcoming us to their fields and giving us this opportunity. We all drove home with bad breath and new understanding of garlic culture.

(D.S.)



ASK ALICE



Alice: *Garlic to the East, Garlic to the West, how can you tell which bulb is the best? Garlic to the North, Garlic to the South, is the answer really ever in your mouth? Nick Needlehead, Compass Pt. CT*

My, oh my — such a cryptic question deserves an almost serious answer. Beauty is in the eye, longevity in the touch. Certainly the sounds escaping tell you much too much! For as into the mouth is pleasure or pungency to the tongue only the nose knows garlic is the secret to staying young. There is a fine line in determining the true sensual pleasure of garlic. Obviously, by appealing to the senses at large and so immediately one's involvement with these stinky sets is quite an indulgence. Needless to say, like all home-grown produce, there's something that sets it apart from the usual store varieties of hot climate softnecks that seem to be the standard. There the size is esteemed and judgement of taste withheld and assumed to be always "strong." As one enters the world of rocamboles, silverskins, continentals, porcelains, elephant cousins, etc, a new world is unlocked, sulfur levels are juggling one's senses and one's body is astir with this dragon's fire and breath. So what's the best? You folks tell me. Please write and tell me, is it the heat, the pungency, the texture, size, smell, peelability, rush, flatulence — what is it that really turns you on the most? What's best is the search of a lifetime.

Alice: *Does garlic make you sing or just get you tuned in? Stink "Cheeks" Eddy, Windy City, IL*

Well "Cheeks", how does this blow by you? Let me share with you one of my new favorite numbers that's a new "sense"sation for this little ole gal:

"The Wrappers Rap" (to a beat)

In a leaf underneath and a flappin' in the breeze, underground I'm around but I'm flat and wiggle 'round. In the air I don't care if I'm crispy on the tip, but be hip just don't slip, check me out before I flip. Pull me out before I'm brown 'cause deep down inside you'll frown if you left me in the ground. It's too long, and your wrong if you let me start to crack, but too green I get mean so you'd better use your bean! So watch my tips now, watch my hips now, and 'bout halfway in between, as my colors start to fade get my bulb out in the shade. Help me out and you'll shout this is what it's all about: the wrapper is dapper is cool and it clings — if it's tight, out of sight, then that garlic really zings. Lasts so long and stays so cool now you is a wrappin' fool —

I admit I'm new to the urban flap, but with a lot of garlic I'll even try rap. The song is never the same, only the smell of the garlic remains

GSF GARLIC DAY FOR GROWERS

Saturday • September 24 • 9 AM-3 PM

Senior Citizens Hall • Cantine Field, Saugerties, NY
• Garlic Pot Luck Lunch

This will be the Foundation's Annual Meeting to share information, conduct GSF business, and fellowship. All persons are invited to join us on the day prior to the Hudson Valley Festival. We urge that each of you bring: photos and slides of your fields, equipment or marketing ideas; samples of your best stuff from your '94 harvest (we'll conduct our informal judging); ideas/comments/question/problems/answers/ solutions; and a Garlic Dish-To-Pass (with recipe cards to share).

Louis Van Deven, author of *Onions and Garlic*, will be our guest and featured speaker. Special time will be set aside for an informal market place. Bring table service with your dish-to-pass. GSF will supply snacks and beverage throughout the day.

Donation: \$10 GSF members, \$20 non-members.

Lighthouse Reception 5:00-6:30 p.m.

The Kiwanis Club of Saugerties invites all attending to a wine and cheese reception at the beautiful and historic Lighthouse on the Hudson River. After sitting all day, it's a wonderful walk and break from the meetings

BANQUET — 7:00 p.m. — American Legion Hall
See Registration Form and Reply ASAP!

Garlic Surveys

Although they are still trickling in, it seems time to at least summarize some of the results of our garlic questionnaire. Overall, what really comes through is that variety is surely our strong point. Perhaps the largest group of respondents was the backyard growers that go with one or two rows to a few raised beds and, say, up to maybe one thousand plants. This level shows a great amount of experimentation, and most of the folks seem to plant 2 to 4 varieties in this setting, seem to plant late September and seem to harvest mainly by hand digging, with probably a 50/50 split on mulching over winter. Most of these growers enjoy giving garlic to their friends and storing it away for their own use, but they do little marketing and have no concern with long-term storage.

Our second general grouping is growers of 500-1000 row feet. They comprise about 15% of the respondents and seem to have all fallen into niche markets. Although some stick to one or two varieties, there is a breakaway group that seems to be trying 5-10 varieties and seems to be finding this to be advantageous with their markets. These growers deal more with farm markets and roadside stands and seem to do some selling to restaurants. Although we see a lot

of rototillers and hand cultivation and hand digging in this group, there seem to be some obvious limits to how much these growers can handle. There are good 2-5 year rotations being used and a lot of organic matter being used for long-term fertilization, with compost and manures being tilled in or side-dressed. Planting time is predominantly October, and selling prices range from \$3 to \$7 per pound due to niche markets.

The last group of growers (25%) in the survey grew from 1000 row feet up to about 3 acres. Here we see larger plantings of 2-4 varieties with a smattering of growers who tried up to 20 or 30 on the side. We began to see more use of cultivators and multivators as well as sweeps and tines, but surprisingly close to 30% of this group relied on mulch to some extent to control weeds. Some did this at planting time with a spring removal, and the rest waited and mulched after first cultivation in the spring. Another surprise is in the planting systems. There were about 40% of these growers using single-row plantings on equipment-based spacing, another 30% with double, triple and even quadruple rows that are worked like long beds, and a surprising 30% that only used raised

beds in series with mulch and regular rotation. Here the key seemed to be that either farm equipment was necessary to maintain these larger plantings, or else the mulched systems and rototiller, wheel hoe type cultivation required a systematic and intensive approach to maintaining the crop. On the low end of this group there is still a lot of hand digging with potato forks and spades, and then moving up into potato diggers, carrot diggers, sweeps at angles, tool bars and a few subsoilers. We're still seeing a lot of compost and green manures at this level with about 25% using some chemical fertilizers and urea and nitrogen sources. Blood and bone meal, greens and seaweeds and fish emulsion make up the rest of the soil amendments.

All in all, it's been great fun and very informative reading all the questionnaires and receiving very positive criticism and praise for our work. At Garlic Day I'll try to make a presentation of these in a binder for folks to see, and in future *Presses* may put some of the really great cultural responses that seem to show some obvious relationship between sulfur and a sense of humor. Thanks again for all your responses and hope to see you in September.

From the Heart of a Seed

What do we mean when we talk about garlic seed? As long as this word has been part and parcel of our identity as a Foundation there has always been a bit of confusion as to what the word "seed" really means. The dictionary says, "any propagative part of a plant including tubers or bulbs, etc., as preserved for growing a new crop." So we have passed the first hurdle and our bulb material or cloves adequately fit the definition of "seed."

As a Foundation, a supporting unit, we not only talk about and work with this seed material, but we also hopefully plant seeds of thought that are just as valuable as the seed we buy, sell, barter or plant. Our organization must be like the seed casing or wrapper leaves that preserve the vital nutrients locked within the embryonic or vegetative matter that in its infant wisdom is already next year's crop. In our own hearts, as lovers, eaters, growers of this transformational food and medicine, we are also entrusted as guardians, watchers and caretakers of its well-being. This is our ageless and timeless duty to a food force as old and strong as any of our civilizations.

So be wise and watchful in your own hearts to share the wisdom of your own education and experience with garlic. Be wise in selecting and developing your seed and crop and careful in its preservation as you learn to tithe your 10-20% that is chosen to continue on its long journey from the heart of a seed into another year. Following are some tips for new timers as well as the rest of us in selecting seed.

While research has consistently shown a direct correlation between the size of the planted clove and the size of the resulting bulb, there is also evidence leading many growers to look at the whole bulb for an indication of symmetry and what to expect in the following year's harvest. Many of our members are in consensus that firm medium-sized bulbs are a good choice for planting

material. Bulbs 2"-2½" in diameter are recommended by Ron Engeland of Filaree Farm, who has reported that the largest (3"-3½") bulbs produce the greatest amount of variety in resulting shape and bulb size. One thing that we all need to remember, of course, is that varietal traits also make a big difference. Softnecks with many cloves have to be judged in different ways, then, and bulb size is not as markedly indicative as in the hardneck varieties.

For the long season growth of Northern hardnecks, the large symmetrical cloves of the porcelain/continental types with 4-6 cloves are incredibly consistent and less apt to develop double cloves, while rocamboles, as they get close to 10 cloves, seem to lose symmetry and sacrifice the consistency of clove size. With this seems to come a greater incidence of double cloves.

Gourmet garlic, which is grown to appeal to the eye as well as the palate, is a challenge that calls for a dedicated level of seed selection and, at the same time, enough of a degree of experimentation to allow a perfect balanced medium of size and taste. Somewhere between the overt

pungency of smaller bulbs and the watery and sometimes pulpy taste of the largest but milder bulbs lies the magic middle ground that will produce exactly the product your taste and your market may require. Many other factors come into play over the long months that garlic is in the ground, from good soil preparation and nutrient level adjustment to one's cultural and cultivational techniques, but certainly the whole process hinges on the eye of the grower that sees the seasons as one leading to another. In time, we can all learn to visualize in each year's bounty the fruit of the following year's harvest.

Finally, remember it is never worth taking a chance on any degree of diseased or soft planting stock. Keep your hands and hearts clean and always remember: to get the best you must give your best.



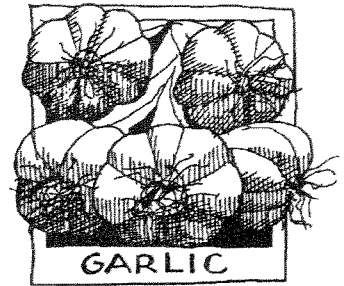
Garlic—A Mood Elevator?

Strange as it seems, many investigators testing garlic for its positive effects on blood and cholesterol noticed that garlic eaters also experienced a decided lift in mood—"had a greater feeling of well-being." Indeed, several researchers have commented on this as a welcome and surprising side effect.

Garlic's effect as a mood elevator was especially striking to German researchers at the University of Hannover who recently tested a special garlic preparation on people with high cholesterol. The garlic takers, according to questionnaires, felt much better after the garlic therapy. They experienced measurably less fatigue, anxiety, sensitivity, agitation and irritability. This mood-lifting bonus of "garlic medication" is important and in sharp contrast to the adverse side effects of many pharmaceutical drugs, the researchers commented, speculating that "The widespread popularity of garlic preparations might possibly have its origin in their positive effect on people's feeling of well-being." Garlic supplements are the largest-selling over-the-counter drug in Germany.

Fight Mouthwash - Eat Garlic

AMATEUR GARLIC COOK-OFF

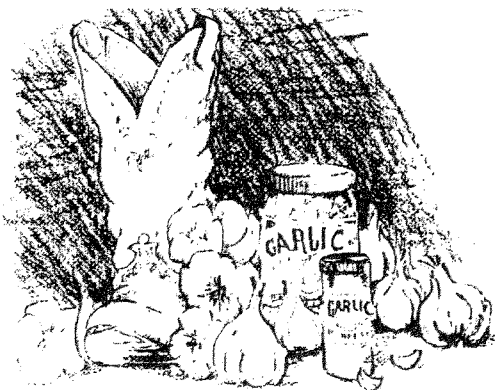


The 3rd annual Amateur Garlic Cook-Off will be held once again as part of the Hudson Valley Garlic Festival on Sunday, September 25, 1994 at Cantine Field in Saugerties, NY.

To enter the contest, send your favorite heavy-duty garlic recipe on an index card to Maureen Huben, 11 Allen Drive, Woodstock, NY 12498. Please print the recipe on one side (or use two cards if there is not room on one). Put your name, address and telephone number on the back side of the card. Recipes must be received no later than September 10, 1994.

Recipes must include ALL ingredients. The 1st, 2nd and 3rd place recipes from last year's festival are not eligible; however, those individuals may submit new recipes for judging in this year's contest. Entries must be at the field under the large pavilion no later than 10:00 a.m. on the day of the Festival — ready to be judged. Winners will be announced at noon.

Prizes to be awarded will be: \$100 First Prize; \$75 Second Prize; \$50 Third Prize.



GARLIC/BASIL CONDIMENT CONCENTRATE

From Paula Simmons Green

Here is a recipe similar to Pesto, but without parmesan and pine nuts. It keeps well in refrigerator; can be added to pasta sauce, salad dressings, cream cheese; and used any place you need extra flavor.

- 1 cup peeled garlic cloves
- ½ cup Balsamic vinegar
- ½ cup Canola oil
- ¾ cup fresh Basil leaves
- ¼ cup chopped fresh Parsley

- 1 tsp. each: salt, white pepper, dry tarragon, dry mustard powder
- ½ tsp. hot pepper flakes (or less, to taste)

Combine Garlic and Vinegar in blender, zoom till well creamed adding oil as necessary. Add rest of oil, blend well. Add Basil and Parsley and rest of ingredients. Pulse till well chopped and mixed, but not completely blended.

GARLIC CHEERIOS

Chef: D. Avram Brown

[Note: The chef first unveiled his creation over 10 years ago to a select circle of his ten-year-old peers. He has been refining the recipe ever since.]

Ingredients

- Cheerios, as much as appetite requires
- many cloves of garlic (the more the better)
- olive oil, enough to coat the frying pan
- tamari (or salt, but tamari strongly preferred)
- cayenne pepper
- other seasonings as desired for improv

How To Do It

Coat the frying pan with olive oil. Set it on the stove, low heat, to preheat the pan.

Chop up the garlic—the more the better.

Throw in enough Cheerios so they won't get too greasy, but only enough so that all Cheerios will be equally flavorful.

If you want, you can throw in cayenne, tamari ... whatever you want!

Frequently turn the Cheerios to coat them with seasoning and toast them evenly.

"Then," in the words of Chef Avram, "You eat, you chomp, you mack, you mou, you ingest!"



Not Just Another Pretty Scape: Garlic's Ancient Serpent Connection

by John McMahon

When the garlic flowering season is upon us in late spring, and some varieties begin to send up their curious, coiling flower stalks and their long, pointed, spathe-enveloped flower heads, what's one obvious visual association your mind makes? Snakes, right? Well, you're not the first to have made this connection. In fact, you are simply making a mental leap thousands of years old. Such a connection, made by people whose observations of nature often led to popular traditions and beliefs lasting centuries, went like this: "If something looks like something else, then it shares its properties or can affect it in some way." So it was with garlic in the popular traditions of the Ancient Mediterranean.

Some of these observations and the beliefs they generated have survived in writings of the ancient Greeks and Romans. Looking at these we can see how garlic (Greek: *Skorodon*; Latin: *allium*) was often closely associated with serpents. In the First Century AD, for example, the famous herbalist Dioscorides, in his influential Greek work *About Medicinal Substances* (2.152) identifies one variety of the plant as "serpent garlic" (*ophioskordon*: *ophis* = "snake") because of its familiar coiling flower stalk; he also reports that the Romans reacted to the plant in a similar way, calling it "viper's garlic" (*allium viperinum*). Today we know it as rocambole, or serpent hardneck garlic (*Allium sativum* var. *ophioscordon*).

Furthermore, in addition to this visual similarity, garlic was thought to defend against serpent bites or to offset the effects of venom. Thus Dioscorides, describing the innate properties of the plant, credits it with being the best remedy for snake bite: "And it assists both those viper-bitten and those bitten by the blood snake like nothing else, taken together with wine or crushed and drunk with it." A century later these same notions are also found in Philumenos's Greek work on animal poisons (*About Venomous Beasts*, 9).

Pliny the Elder, the famous Roman encyclopedist and a contemporary of Dioscorides, relates all sorts of

interesting beliefs about garlic, mentioning its powers against poisons, particularly against snake venom (*Natural History* 20.23.51): "It drives away serpents and scorpions with its smell . . . [and] roasted with its own leaves, it is applied with oil, [working] very effectively for serpents' bites ("strikes")."

While still acknowledging the plant's supposed effectiveness against serpents, other ancient works emphasize the magical properties of garlic, reflecting popular folk concepts about the hidden "powers" of plants rather than incorporating a strictly medical or scientific approach. Thus the *Kyranides*, a Greek collection of magical remedies from the early Roman Empire that preserves both earlier and contemporary material, recommends garlic as a safeguard (3.3.8-9): "Whenever anyone eats garlic ahead of time and drinks hot blood with wine (!), he does not fear any kind of snake."

Several centuries later the *Geoponica*, another Greek work incorporating elements of magic and superstition into a collection of materials about agricultural practices, recommends a salve of garlic and its ingestion for relief from both viper bites and the bites of rabid animals (12.30.1). Like the *Kyranides*, it advises the eating of garlic for preemptive protection (12.30.4).

Such ideas are not restricted to only scientific or magical works, however. In literature, too, such popular concepts can be found. For example, Horace, the famous Roman poet of the First Century BC, wrote a poem devoted entirely to the effects of garlic on his innards. In his *Epode 3*, a half-serious denunciation of both the plant and the wealthy patron who served it to him, the poet at one point complains about the burning sensations caused by the garlic in his salad, referring to its popular association with serpents (ll. 5-7):

What poison is this that rages in my insides?
Did viper's blood mixed with these greens trick me?

Here garlic is actually called a *poison* and is identified with serpents themselves: its juice is the equivalent of their blood. This literary representation, then, stands as good evidence for underlying folk traditions about the belief in garlic's power to act against serpents. Oh, and just in case you were wondering, after numerous laments about the virulence of garlic's internal effects on him, the poet seeks revenge on his prankster patron (ll. 20-22):

I hope your girlfriend there puts her hand up to your
puckered lips,
And lies far away — over on the other side of the
couch.

So, fellow garlic-lovers (no pun intended), the next time your mind prompts you to take that visual leap from scape to snake, even just for a minute, stop and enjoy the association. You've made contact with the past, a sharing of a common cultural bond with famous writers and unnamed individuals, long since gone and alien to us in so many ways. Yet their thoughts and feelings re-emerge yearly in the familiar coiling of the flower stalk of serpent garlic.

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rows.

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