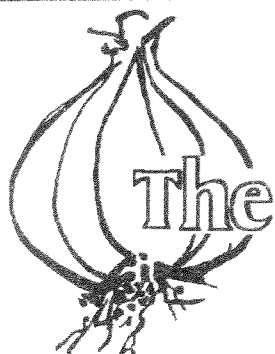


FALL/WINTER 1994-95



The Garlic Press

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



#22

1995 WHERE ARE WE AT? WHERE ARE WE GOING?

The Garlic Seed Foundation has continued to grow up to and over the 1000 membership level, and renewals seem to be compensating for the members we have lost as new enthusiasts come on line. We must be doing something right! Essentially, what we are doing is filling a critical gap between the institutional and corporate research that is being driven by pharmaceutical demands, and the small grower or backyard gardener who is enamored of the magic of garlic. More than the parts, the endless seeming breakdown compounds of sulfur, and more than just a little spice in the kitchen, garlic has taken its place as an herbal healer whose history and reputation are as old and strong as its dragon-fire breath.

Globally, the world has changed dramatically in its venue of concern. The Green Revolution, which died from its dependence on a non-renewable source of petroleum, has shifted to a panicked rush to the green gene jungles and the hubris of patenting life. The mad rush to herbicide-resistant hybrids and designer models to cross-cultural genetic strains places the weight of genetic diversity clearly on the shoulders of the men and women who share the awesome task of saving the seeds and species that are heirlooms or open-pollinated varieties that still may survive this vicious onslaught to control people and economies. Clearly, this is you and I!

The puzzle of garlic's asexual transformation has placed it into a unique category that, for now, has defied its genetic manipulation, except in the arena of food supplements. Fresh garlic will never be equalled or replaced as long as we hold strong to our dedicated approach to growing and preserving this royal heritage. As we amass, barter and share the many strains of alliums, we are strengthening ourselves and our families and playing a critical role in preserving and healing the circle of life that surrounds us. We are the keepers of the fire!

So where are we at? Always at the crossroads of the morrow, this organization is undergoing growing pains as we stretch forth towards a new decade and millennium.

Will it be a future of irradiated products, pharmaceutical quick fixes of food mimicry, soilless chemical farming and Sunday drives on the information superhighway? Will museums house tractors and the skeletal remains of planters and harvesters from this last dying era of the pioneers' vision of feeding the world on land that is treated with dignity and respect? How many of our children will be garlic growers? How many will sit still and select the seed of tomorrow knowing full well the lineage of their work and the importance of their concern?

We must take the necessary measures to assure the perpetuation of diversity, not only with garlic, but with all things. Let us start by recognizing that this organization is unique and still only as strong as we choose it to be. We must establish ourselves as a series of outposts. As satellites of this organization, we must not only do the outreach necessary to expand, control and define and educate our markets, but we must connect with one another and celebrate life. Each state or county should have a harvest celebration, a garlic day or farm day that we participate in or help in organizing. We can not look any longer for someone else to do these things for us. We are the elders, and our fires must burn strong. Whether this means developing a four-fold flyer about your product or a business card that emphasizes the hard work and dedication you have toward food, please, let's all try to take our efforts forward into a new year and a world that needs us by renewing our pledge to persist, to grow strong and be diligent in all we do.

Wisdom is irreplaceable and not readily accessed on the Internet. The soil that is alive will not last forever without us. The earth itself has always been ennobled in our past through the old stories and rituals of renewal and thanksgiving. We now must become the caretakers of these traditions. May the year be one of growth for all of us, tempered in patience and full of loving recognition for all the diversity and beauty that surrounds us.

THIS IS THE FALL/WINTER ISSUE — YOU DIDN'T MISS ONE!

Director's Notes

David Stern

Thanksgiving Eve '94



For four days now the wind has blown the gusty blasts that suck away your body heat. First clear and from the south, then clouds from the west. At last, this morning, it came from the north across the lake, bringing 6½ inches of snow that fell in 2½ hours. All at once the time has come for me to change my life with this season and start to slow down and rest.

We've had a dry, mild fall — my first in 21 years here. The first killing frost delayed to the second week in October, followed by a clear warm (71° 9 days ago), sunny month. The fall colors were brilliant and leaves held on the trees for weeks. I always have a list of jobs/chores, kind of a wish list of what I'd like to accomplish before the season ends, and the weather has been most cooperative. Each day things would get done, farm triage and the momentum and spirits grew. After working at an intense pace for the past 9 months, our bodies are in good shape. We move from major vegetable harvesting into the forest for firewood, then put on tool belts for construction and maintenance work, and finally get to rebuilding and repairing of machinery and putting it up for winter. Also 1½-2 million pounds of compost! And planting garlic ...

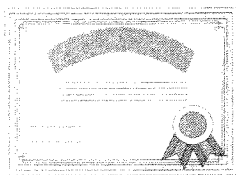
But tonight, as I walked this farm, it was all white — even small drifts of 10-12 inches. When all is green on this land I try to close my eyes and envision it only white,

with the vertical physical structures and their shadows. Now that it's white, I want the green definitions in shades and textures.

5½ weeks later: The snow melted, the sun and green return and work continues. Today it is 65°, a new record and about 50° off our normal for the date! Is this a message from Mother? I'm as confused and disoriented as the garlic! At long last I was able to send out over 100 requests for shirts and reprints and information. Many of you have waited for months and I appreciate your patience and endurance. We're slow when time is short, but we'll always follow through (calls and letters are great reminders for me to respond in a more timely way).

Growing the garlic keeps you in balance. All factors (land, fertility, equipment, labor, capital, markets) must come together to do a good job as a measure of your efficiency with this crop. This Foundation is the same way, and we falter from our over-extension. We need to look at growth and expansion that is a service to all members. We are *not* dedicated to a few large regional growers, anymore than to the home gardener, but we constantly need your help to keep us in balance. There is much to do. We need your help.

I hope that your holidays were joyous, and may '95 be a year of good health and bad breath to you all.



Director's Awards

1994 is the year that I need to recognize the authors who spend years of research and writing, and rewriting, gathering graphics and hassling with the printers. Then at last it's out, their name on the cover! And now the rest of the work, to sell it, get it out for people to read and enjoy, and learn. After many years with no books out there at all, we now have two good ones to read and enjoy.

Louis Van Deven took the past 20 years of collecting and cultivating alliums and put them into *Onions and Garlic Forever*. Louis has spent many hours in literature search and has included wonderful bits and pieces of humor, fact, and common folk knowledge.

Ron Engeland has written a book for those who want to grow garlic and understand the BIG picture. It answers many of the questions that we have all had when starting to get serious with garlic. *Growing Great Garlic* takes us from Genghis Khan, to Agronomy 101, to botanical classifications and cultural practices, and into the market place.

Our small industry owes a great deal to both of these writers/botanists/growers for their efforts to help us all learn and understand and think and ask. It's my pleasure to present the 1994 GSF Director's Awards to **Louis Van Deven** from Carrollton, Illinois and to **Ron Engeland** of Okanogan, Washington.

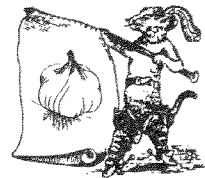
Congratulations!

(D.S.)

ALLIO-FILE

- 🌱 **Attention:** Organic Oil Company in Northwest is looking for peeled organic (certified?) garlic in bulk or persons in the northwest region who peel garlic. Please contact Abigail or Bob at 1-360-384-1238.
- 🌱 **Moving?** Contact GSF with new address. (Our bulk permit doesn't forward well.)
- 🌱 **Earn a GSF T-shirt:** Any submissions used by the *Press* will be compensated with a new shirt (this includes sexy graphics too!)
- 🌱 **New Renewal System:** Your membership dues entitle you to four (4) issues of the *Press* (no matter how seldom or often they are published). The number on your label is the last *Press* of your current membership. This is *Press* #22. If you still have a date, we haven't crossed you over yet but will by the next issue. Renewal letters will be sent, but your cooperation is appreciated.
- 🌱 **Special Thanks** ... to all the members who act as our "clip service" and send garlic-related news to the GSF. Folks like Al Rosen, Janet Schmeltzer and Tony Montaro enable us to keep abreast of current garlic newsworthy facts and fiction.
- 🌱 **"MORE GARLIC"** recipes needed for GSF cookbook. Send us your favorite. (Be sure to credit creator or cookbook if it's not your own.)
- 🌱 **Attention:** "Garlic Products Catalog" — GSF member Margaret Leitch of Gaithersburg, MD is creating a mail order business of all garlic-related products. Do you have something to sell wholesale? Food, clothes, crafts, etc. Please contact Margaret at her work number: 301-926-2500, ext. 313.
- 🌱 **Treasurer's Report:** There is currently about \$10,500 in the bank account, \$2,000 in inventory, and \$50 in the postage account.
- 🌱 **Garlic Country USA:** What happens when you combine country music theaters, stores, restaurants and a hotel in Gilroy, California? Good guess! The first park dedicated to an herb! Promising 5,000 jobs, 5.5 million visitors, and annual gross sales of \$750 million, it looks to be a more profitable venture on the 182 acres than growing garlic! Projected completion date is 1996, so maybe we could hold a GSF convention out there towards the end of the century.
- 🌱 **Newsletter:** Gary Price (RR 6, Box 363, Minot, ND 58703) sends out a "Garlic Lover's Newsletter" to his customers. Check this out — produced at the farm, 4 pages, 2 times a year, loaded with information (something for everybody) and an easy-to-read layout. Send stamped, self addressed envelope to Gary.
- 🌱 **Contact People:** All those who wish to be contact people for their area, please drop a post card to us. A letter is coming out next to address this way of interacting.
- 🌱 **Garlic Day and Festival 1994:** Each time we get together there are always folks who jump in to help out with the registration, clean-up, sales tables, etc., and a special thank-you to each for their help.
- 🌱 **Garlic Jam:** That rarest of rare culinary delights has at long last been found: Sis Booker's Jam, 7098 Van Buren Road, Baldwinsville, NY 13027. Anyone have a source or recipe to share?
- 🌱 **With Our Deepest Sympathy** to the family of Lucia Prata, who passed away this fall at 110 (the oldest living human in Rochester, NY). Ms. Prata is survived by 6 children, 13 grandchildren, 19 great-grandchildren, 18 great-great-grandchildren, and 10 great-great-great-grandchildren. She claimed her secret to long life was "lot's of olive oil and garlic."

Name That Herb Contest!



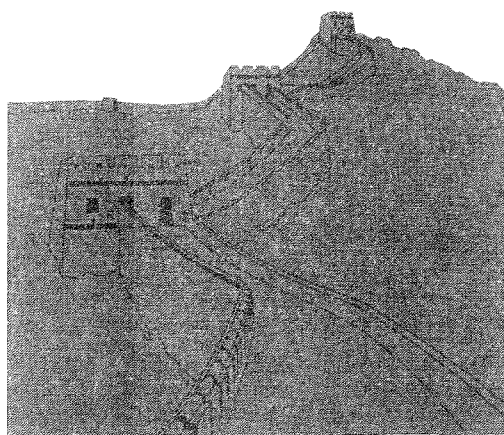
Simple — just match the language with its word for "garlic"! Number down a page 1-26 and put the corresponding letter next to it (Example: 24 - Q). When you've got them all, send them to the GSF (14542-0149, U.S.A.) and the top 10 will receive a swell prize (T-shirt of your choice). The individual who get them all correct will be awarded the keys to the 1995 Rolls Royce Silver Shadow.

Good luck!

(D.S.)

- | | | | |
|----------------|----------------|----------------|-------------------|
| 1. Romanian | A. alau | 14. Czech | N. knoblauch |
| 2. Italian | B. hvidløg | 15. Finnish | O. usturoi |
| 3. Danish | C. hvitlök | 16. Turkish | P. skor'don |
| 4. Polish | D. česnek | 17. Arabic | Q. garlic |
| 5. Servo-Croat | E. beli-luk | 18. Hungarian | R. sarmisak |
| 6. Indonesian | F. valkosipuli | 19. Portuguese | S. czosnek |
| 7. Russian | G. ajlo | 20. Norwegian | T. ail |
| 8. German | H. aglio | 21. Hebrew | U. fokhagyma |
| 9. Esperanto | I. tsoum | 22. Dutch | V. schum |
| 10. Swedish | J. knobel | 23. Swahili | W. kitunguu-saumu |
| 11. Greek | K. nin'niku | 24. English | X. chesńók |
| 12. Yiddish | L. knoflook | 25. Spanish | Y. bawang-putih |
| 13. French | M. ajo | 26. Japanese | Z. vitlök |

Chinese Socked with 376% Garlic Tax!



In the last *Press*/Allio-file, I wrote that garlic from China was being dumped on the U.S./World Market for about 6¢/pound. Some of you thought it a misprint, others didn't believe it. But that's as low as it went, and about 25% of their cost of production at 25¢/pound. China's trade strategy was to flood the world markets: 3,000,000 pounds were imported in the U.S. in 1991; 7,000,000 in 1992; and 54,000,000 in 1993. Europe limited imports to 20,000,000 pounds, and Mexico put phytosanitary restrictions on, which ended imports.

Here in the U.S., the International Trading Commission put a 376.6% tariff on the imports just as three cargo ships (with 18,000,000 pounds) were arriving to unload! The exporters had to post a non-refundable bond (or cash deposit) at U.S. customs as a percentage of invoice total. For example, a 1,000-pound box is valued at 50¢/pound (50¢ × 376.6% = \$1.88/pound) or \$1,880 per box. The Commerce Department will make a final ruling on this matter very soon.

The West Coast big boys disbanded their Fresh Garlic Association over disagreements in politics/strategy and economics. But facing the communist threat (and economic defeat) they've rallied, and from the ashes has come The Fresh Garlic Producers Association. What's it mean to us little guys — getting hit with #25 hammer versus a #30 one? Not much really. We can't produce it and sell it with profit for 75¢! I share this industry news with you only to support high quality, efficient, regionally-marketed products. We can't compete, *don't try!* We can't put ours on the same shelf. Use your head and sell your crop only where they appreciate it and your labor, where they are willing to support local agriculture, and where you can make a profit to keep yourself in business. Please check out "Irradiated Garlic" story in this *Press*.

(D.S.)

Irradiated Garlic

Safe Food News, Fall 1994 issue, reported that China has been exporting irradiated garlic. Irradiation is the process of exposing raw and/or processed food to ionizing radiation, which claims to kill disease and pathogens and extend the shelf-life by altering a plant's (clove's) ability to sprout. This would be a marketing advantage and one reason the big U.S. producers were trying to prohibit the garlic imports.

The Chinese ambassador to the United States (Li Daoyu) has denied these allegations. However, representatives from the U.S. industry claim they have seen the facilities in China, and import agents claim it as a marketing tool. To comply with U.S. law, irradiated products must be so labeled at point-of-purchase, and the process is considered highly controversial. Many consumers are very suspicious of how the process alters the food, vitamins and nutritional values and the subsequent effects on our bodies. Environmental concerns are centered around the use of dangerous radioactive isotopes.

We'll keep you posted on this one!

(D.S.)



Garlic Digger

Every now and then a tool comes along that deserves a second look. Dean Cox is a retired mechanic in Alberta, Canada, and he has designed a tool to dig his potatoes (or your garlic). It is carried behind a small tractor on the 3-pt hitch; angle adjusted by the topline at the PTO powers a vibrator that shakes the crop as it is lifted from the earth. Steel fingers allow the dirt to fall first and leave the tubers (or your bulbs) on top of the ground.

Dean makes these in his shop and brought one to Rose Valley Farm in Rose, NY, this summer. This unit is available for inspection and/or purchase (\$1,200). Dean has also sent me a video to share with those interested (the plot stinks, the sound track is terrible, but it will show you what it can do!)

Contact: Dean Cox, P.O. Box 172, Marwayne, Alberta Canada T0B 2X0, 403-847-2379. GSF has a copy of Dean's video to loan members (please send \$1.00 for postage).

WEEDS ARE THE WORLD . . .

THE SEVENTH GENERATION

As Native Americans ponder, in all situations of import, the impact on the next successive seven generations of its children, so, too, do weeds, the warriors of the underground, dedicate themselves to a similar survival pattern. Allowed to mature and set seed, they assure a lengthy stay on the planet. These tiny time capsules that are so well dispersed in our soils are bound and determined to outlast every one of us.

When it comes to garlic and the battle of the weeds, we are not only up against three seasons of weed activity, but our planting systems, the ways we cultivate, irrigate, side-dress, or foliar feed all certainly interact with and can stimulate weed competition. During the active growth phase of garlic it is essential to limit this competition, and we all have found unique and unusual ways of dealing with these combative survivors. Some of us mulch and remulch, while others endorse a vigorous cultivation cycle that keeps coming back enough to seriously curb any changes or development. Others seem to be getting ahead of the weeds by smothering and hilling techniques that work quite effectively, and some are trying living mulches or even planting into cover crops that can slowly feed as well as mulch their garlic.

WEED CONTROL AT FOUR-NOS FARM

Weed control in organic garlic production is an essential part of good cultural practice. Garlic does not compete well with weeds due to its relatively small leaf area. The growth cycle of the plant, which reaches maturity in late July/early August in my region, necessitates particular attention to weed pressure in late spring/early summer to allow for maximum leaf ("top") growth. Good early season weed control means a larger leaf and root system that will gather more sunlight and soil nutrients for bulb production. Garlic starts its bulbing process around the end of June. Some growers relax their cultivation efforts around this time on the grounds that, once bulbing begins, competition from weeds may not be seriously detrimental to the crop. My approach is to try hard to keep on top of the weeds throughout the month of July as well, although sometimes this goal gets bumped from the top of the priority list. Generally speaking, I don't like the looks of a weedy field (who does?) and take pride in achieving above-average weed control without the use of herbicides.

I approach weed management in two phases. The first step, and maybe the most important, must take place well in advance of planting. For garlic, which is fall-planted, this can be the previous spring and summer. This is the time when perennial grasses *must* be beaten back to negligible levels. Everyone's initial conditions will vary, but for me the presence of quack-grass (also referred to as "witch-grass" in these parts) was significant enough to pose a major problem. Quack grass is virtually impossible to control on a production scale after the crop is planted. The time to do battle with it is months beforehand. The best implement I know of for this purpose is the S-tined "field-cultivator." The one I use is composed of 4 rows of S-tines with perhaps 4-5 tines per row. Overall, it is about 8 feet wide. I pull it with a 45hp tractor. Your chosen plot should be plowed in early spring and then repeatedly "combed" with a field-cultivator throughout the summer. The S-tines will drag pernicious quack-grass root rhizomes to the surface where they are destroyed by the sun. Once your field is free

of perennial grasses, your weed management program will proceed much more smoothly.

What works best for you? Is there a hand cultivator that really does a great job? How about a special rotation that assures minimal competition and a nutritive environment for growth? How about mechanized systems that work well for single, double or quadruple row plantings? If weeds are really just something we haven't found proper use for, how about companion weed growth? Do you see increased bulb size in your garlic that is near a tap-rooted weed like burdock in spite of what would seem like an unhealthy relationship? How about the taste of your garlic when grown near to other vegetables or herbs?

Weeds are the world! You could even write a song about it ... but seriously, how about sending in some of your tried and true methods for dealing with these denizens of the deep? I'm sure that we have seven generations of growers that we can draw on for our survival into the next century, so let us hear from you, and we will try to compile our responses for the spring issue.

To get things started, here's a sample of what one Vermont grower, Matt Stern, does to try to outwit those wild weeds.

The second phase of weed control begins next spring, after the garlic has emerged and gotten a good head start. Methods used now will depend mainly on your scale of production and choice of plant density. I grow about half an acre of garlic with a two-row, raised-bed format. This arrangement was chosen to accommodate easy tractor cultivation. It gives me plenty of room to pass over the bed with a set of cultivators mounted on the belly of a small cultivating tractor. One "spade-type" cultivator travels between the rows of garlic, while two others move down the outside of each row. Mounted on the rear of the tractor are a pair of discs that shore up the raised bed and keep the wheel tracks weed-free. Immediately after tractor cultivation, I pass over the beds with a special hand-held garlic hoe, which is narrow enough to pass between the plants without nicking them. If the tractor cultivation was well done, only a narrow band of ground requires hoeing. The hoeing process takes some time, but it pays off with very good weed suppression. As the garlic gets larger, it becomes possible to minimize hoeing by adjusting the cultivators to throw soil into the row, creating a slight "hilling" action.

Timing is the key to controlling broadleaved annuals like pigweed and lambsquarters. Cultivating before weeds reach one inch in height makes all the difference in the world. If weeds are allowed to establish a root system, they can be very difficult to eradicate. So keeping a keen watch on your fields is the best practice.

The hot temperatures of July have a way of inspiring surprising weed growth. I'm often shocked to see how quickly a well-groomed field of garlic can sprout an eye-popping weed population in the heat of mid-summer. But it happens. I'm satisfied as long as weeds are not abundant enough to seriously hinder the harvest process, but not completely satisfied unless the field looks well managed right up to harvest time. Anyone with questions can feel free to call me at Four-Nos Farm in Hardwick, Vermont. Telephone: 802-472-5710.



OUT OF MY HEAD

Bob Dunkel



. . . and so your seed is set, tucked in and falling asleep to the pulsing of the root fibers that have anchored deep and now await the winter's creep . . . There is something powerful in the exhaustion that precedes a state of rest. A silent acknowledgement of duty fulfilled that brings on the surrender to time and weather's way and rocks us in its sway. There is an insulating factor that, for awhile now, is beyond our normal senses, that reaches away from the light into a memory as old as these elder cloves and takes us on the journey of this season of quiet. . . .

It was a busy summer, heading for the fullness of fall. The festivals came with the droves of people, hungry eyes and thirsting tongues of the Sulfurites that are magnetized to these gatherings. Yet, what is it? Just stop and think. There is a mantra in its smell, a dance in its bite and a delight in its partaking as the sulfur's spell is released. Those of us so bold as to admit of our furious breath are suddenly surrounded by legions of others in love with this stinking rose.

So now that we are repose, like squirrels in nut heaven, let's take the time to dream aloud and think about the Foundation. A new board of directors is emerging and agendas are on the horizon. Committees will form and ideals will be tempered by the wisdom of experience. What is it you want this group to do? What research or outreach is important to you? What will become our mission statement as we start a New Year? Let us hear from you, one way or another. Tell us of your dreams, or even your fears, as we begin to wrestle with the morrow, for there is much that we may do and much more than even that to speak about.

Let's forget the garlic for a moment, even ignore the seed for now, and all focus on this Foundation. What is it we are building, and what is it we are building upon? Over the coming season of quiet rest and inner contemplation, let's all take some time to reflect on who and what we really are. As we plan ahead, expand and develop our markets, experiment in our cultural practices, let us meditate on what direction this entity, the GSF is to take. Please drop us a line or a card and tell us what you want us to do. We are only as strong as we allow ourselves to be, so let's dream on together while the sulfur sleeps. . . .

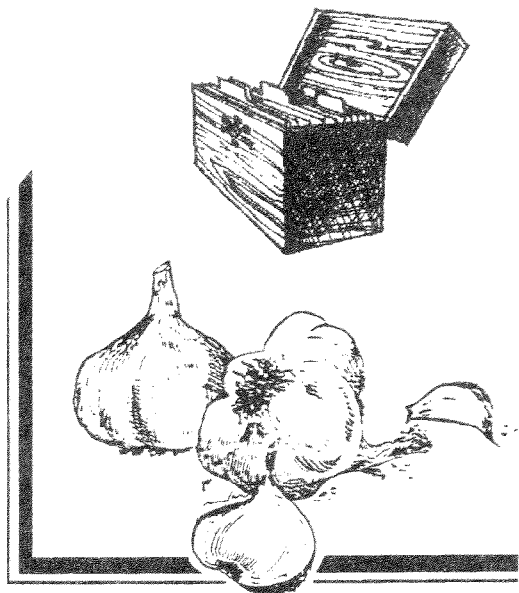
Winters Creep

Little men with cloven hooves
Race across the village roofs
Starlight twinkling in their eyes
Silhouettes against the skies. . .
'Tis the season fires blaze
Nights so long, so short the days
Days so cold when white it gleams
'Tis the time the dreamer dreams:
Tiny root hairs anchored deep
Tho' the earth seems fast asleep
Slowly draining mother clove
While cousins simmer on the stove.
Sulfur sings of its release
Harmonizing with the geese
Bulbs envisioned in the dark
Bring to mind a warmly spark
That sets a fire to the night
To outlast yet the waning light
On to where the ground will swell
Then at last the air will smell
of vapors from the allium's tip
as so begins this yearly trip. . .
Still adream, we silent wake
The slumber gone we hesitate
Could be this tiny clove, this seed
Transforms the earth in times of need
Masquerades as minerals flow
Sulfur breathing 'neath the snow
Erupts awhile into the light
Then sinks again back out of sight
Back to where the night is day
Where wrappers tighten all the way
From seed to seed and shore to shore
The wave of light for evermore
Will slowly sing the clove to sleep
As dreamers dream and winters creep. . .

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. (716) 526-5779 evenings, please.

DEADLINE FOR NEXT ISSUE — MARCH 15, 1995

GALLING ALL COOKS



Garlic in the morning
Garlic in the evening
Garlic at supper time
We love eating garlic
Just about any time
Slice to eat on toast 'n
In the oven roastin'
Love to put it in a stew
Sauteed up with veggies
Melted into wedgies
We put it in our cookies too!
There's just no meal without it
There's just no doubt about it
We use it in the frying pan
So send us in some new ways
You use it to get thru days
We'll print them up when we can. . .

The More Garlic Cookbook

If there's one thing we have in common, the need to find ways to put more garlic in our meals must be close to a universal contingency. In most recipes there's just not ever enough. So how about doing a cookbook of our own? This provides both a means of increasing our revenue and helps us in the battle of copyright infringements. So, over the winter season, while we all have a little more time, we will be compiling enough recipes to do our first "Member Cookbook." We will offer to print and credit each contributing original recipe with your name and stinky title. The more, the better ... so take some time to send us along something that'll fire our innards and fill us with the dragon breath of life. All submissions can be sent in care of **The Garlic Press** (address in each issue), so let's get cookin'!

Here is the first entry we have received for the *More Garlic Cookbook*. May you "wear" it in good health!

Pasta Fagioli (Beans & Macaroni)

Bob & Wendy Zimmerman, Orrville, OH

16 large garlic cloves minced
6 Tablespoons olive oil
1 32-ounce can tomato sauce
1 6-ounce can tomato paste
3 15-ounce cans northern beans
1 16-ounce box ditalini pasta
2 teaspoons salt
¼ teaspoon red pepper
½ teaspoon oregano
½ teaspoon parsley
¼ cup grated romano or parmesan cheese

Use 6-quart saucepan and heat garlic in olive oil over low heat. Do not brown garlic. Add tomato sauce and paste. Add salt, pepper, oregano, and parsley. Simmer for one hour. Then, add beans (including juice from beans). Simmer 15 minutes. Cook ditalini in separate pan. Pasta should be a bit firm (not soggy). Remove water with dipper until water is right to top of pasta. Then add sauce and beans. Simmer 10 minutes. Salt & pepper to taste.



"Garlic - The Natural Aid to Health"

GARLIC ♦ ♦ ♦

HUDSON VALLEY GARLIC FESTIVAL '95

The sun did shine on Sunday, September 25, 1994 — the day of the Hudson Valley Garlic Festival. And it was "stand back" time to accommodate the crowds that streamed into Saugerties for the Third Annual Hudson Valley Garlic Festival with great garlic food, fresh garlic grown by members of the Garlic Seed Foundation, the Chefs' Cooking Demonstration, the Garlic Lecture Series, craft show and entertainment.

An estimated 30,000 people attended this year's Festival, more than doubling last year's attendance of 13,000 to 15,000 people. But of course last year it was raining. The really amazing thing was that there was more of a traffic jam with this Festival and 30,000 people than it was for 400,000 people at the Woodstock II concert, which had occurred 6 weeks previous to the Garlic Festival, but then we didn't have the benefit of most of New York State's police force helping to divert and direct traffic. But everyone is asking, "What are we going to do about traffic for next year?" as we are preparing for 50,000 to 60,000 people.

The Garlic Board has been busy now for three months evaluating last year's Festival and working on plans for next year. There will be ways found to cope with the thousands of cars and people, even if we do have to call in help from surrounding communities.

In comparing 1993's Festival to 1994's Festival, we increased the number of food vendors by 35%, Craft and Business Vendors by 100%. Many of the Food Vendors are professional restaurateurs or caterers, so we are not

BATAVIA GARLIC FESTIVAL

On Saturday, August 13, 1994, the first Western New York Garlic Harvest Festival was held at the Genesee County Fairgrounds in Batavia. On a grey, rainy day, over one thousand people paid admission to learn more about garlic and to purchase our very recently harvested garlic crop.

Sixteen garlic growers set up shop in the Market Building. The gates opened at 10 AM, and a steady flow of customers talked, touched, and purchased garlic. By 4 PM, things began to thin out and growers were ready to head for home.

In addition to the "Garlic Market," Lectures and Demonstrations were held in an adjacent building, concurrent with live music and a Food Court in the third building. Fortunately for everyone, all the activity was under roof.

Based on the success of this festival, we are planning the Second Annual, to be held August 12, 1995 at the the same location.

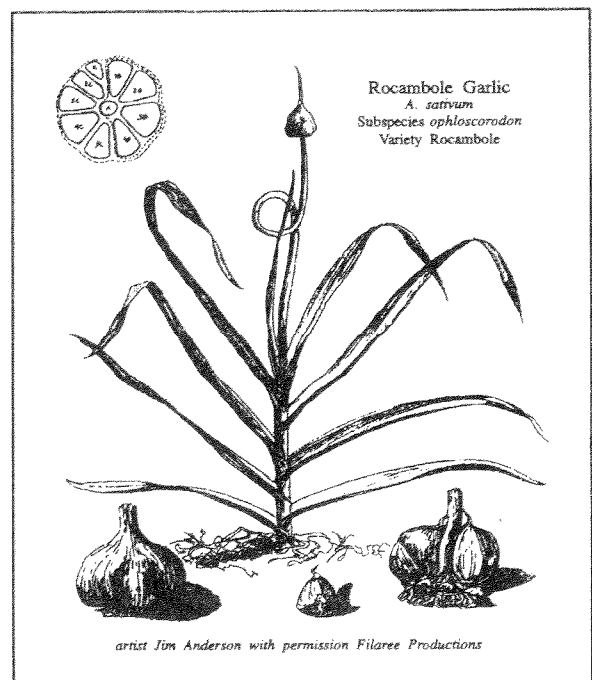
And a special thank-you to the great garlic growers who provided the public such a great crop!

actively soliciting Food Vendors, as most of these people can gear up to serve more people.

However, at this time we are *open* to sign up more Food Vendors as well as Craft and Business Vendors — so if you know of someone who would like to come to the Garlic Festival and sell *good, heavy duty* garlic food, tell them to get in touch with Jack Wilsey at PO Box 443, Saugerties, NY 12477 and ask for an application as well as booth fees. Please send a self-addressed stamped envelope. All Vendors do have to comply with Ulster County Public Health Department regulations and get a temporary health permit for the day. If others would like to be Business Vendors or Craft Vendors, then please contact Dr. Richard Kappler at the same address as above and include a SASE.

A member of the Garlic Seed Foundation will be signing up growers for the Garlic Farmer's Marketplace, one of the most active areas at the Festival. So grow lots of garlic this year and bring it all to the Festival. The 20-foot Garlic Braid was a big success last year — and I hope we can do it again, as it really helps in selling raffle tickets.

So if you love garlic the way we love garlic, mark your calendars for Sunday, September 24, 1995 for the 4th Annual Hudson Valley Garlic Festival in Saugerties, NY. The Garlic Seed Foundation meets on Saturday, September 23, 1995 in Saugerties. There is information elsewhere in this newsletter. If you need press releases or flyers, please write to Pat Reppert, Shale Hill Farm, 134 Hommelville Road, Saugerties, NY.



FESTIVALS

KEYSTONE STATE GARLIC FESTIVAL '94

The first Keystone State Garlic Festival took place Saturday, August 20, 1994. It was hosted by Green Horizon Herb Farm, which is located in North Central Pennsylvania, near Bloomsburg. Blessed with sunny weather, we estimated at least 1,000 people came wanting to know all about "glorious garlic."

Carolyn and I addressed the eager group. We talked about the different varieties and types of garlic, when and how to plant it, what to fertilize it with, when to harvest, and how to cure the crop. We also tried to squeeze in a little on the health benefits of garlic and how to cook with it. Fellow GSF members Keith Culver and John Zadiraka gave a brief rundown of their operations. Trying to squeeze all this information into two hours is almost impossible. Next year we'll have sessions with specific topics throughout the day.

Judging by the endless questions, people in PA are just as eager to learn about garlic as we've found them to be at Saugerties. We were quite pleased that four out-of-state growers made the trip to Bloomsburg: Gambino Brothers, Garlic Galore Farm, Merrifield Garlic Merchants, and Cobblestone Acres. We hope to have other PA garlic growers sell next year besides ourselves.

We haven't worked out a date for next year's festival yet, but see no reason why it won't at least double in size. We're compiling a list of garlic growers and vendors who might like to attend next year. Please contact us and we'll get back to you when details are finalized. Contact: Martin Horvat & Carolyn Force, Pozy Heaven, RR #1, Box 531, Jersey Shore, PA 17740 (717-753-5513).



VIRGINIA GARLIC FESTIVAL

FOG (Friends of Garlic) held the Fourth Annual Virginia Garlic Festival at Rebec Vineyards on the 8th and 9th of October. On a beautiful sunny fall weekend 6,000 to 8,000 garlic lovers attended the festival.

Although nowhere near the crowd we had at Saugerties, they were a much "happier" group, since the festival was co-sponsored by Rebec Wineries along with the Virginia Garlic Association. Four other wineries also had booths there. Attendees could purchase a souvenir wine glass at the gate and sample forty Virginia wines, thus we had a lot of happy people with odorific breath. There was a variety of music on four stages all day long.

Some of the Garlic Events included a Garlic Eating Contest (but they used elephant garlic); a Garlic Queen Contest (junior and senior divisions); a Garlic Cook-Off; and garlic talks on health and cooking. Many different types of vendors were represented: Shiitake mushroom logs (for growing), painted gourds, honey products, cider, chiropractic exams and information, goat milk products, llamas and alpacas, corn husk dolls, and peanut vendors.

This strange mix made for a wonderful festival and a great weekend with our new Virginia friends. We definitely plan to do it again next year.

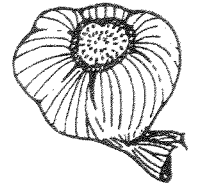
We garlic growers were eleven strong. Two of us — Jim O'Brian/Linda Kelley of Cobblestone Acres in Stanley, NY, and ourselves, Martin Horvat/Carolyn Force of Pozy Heaven in Jersey Shore, PA — were the only GSF members. We talked to the other growers and all seemed interested in GSF and eagerly took applications and will become members, we hope. We gave many other garlic lovers applications and information, so we should have a lot of new members from Virginia and surrounding states. We even met some garlic lovers from Denmark and Washington State.

The best part of the Virginia Festival was the many new friends we made among the vendors and garlic lovers. We introduced hardneck garlic to a lot of people and know they won't be happy with that supermarket garlic anymore. We've already received calls from festival customers wanting more.

Many thanks to FOG and Richard Hanson (Rebec Vineyards) for a wonderful festival.



ASK ALICE



Alice: *Why does it take these boneheads so long to put out the GARLIC PRESS? Wait'in Willie, Weasel Springs, WA*

Well, uh, you see it's like this Willie After Garlic Day and the Saugerties Festival, the warm weather brought on a late fall and there was a lotta catchin' up to do. Then we planted late and into November, and then it was time to sell off the crop and winterize the barn, and next thing you know it was Christmas and everybody (almost) forgot how to write all those letters they promised and all those recipes and growing tips, and so we decided here at Allium Central that our New Year's resolution was to start off the year with an issue.

So now you really don't have so much waitin' to do Willie, do ya? Did that answer your question, or did we forget about the new leach bed we had to get in and that plumbing job that couldn't wait. Oh well, enough excuses. I guess we're just lazy country folks.

Alice: *Is garlic as good for farm animals as it is for these two-legged stinky types that come to my farm stand? Barnyard Bob, Big Throat, WY*

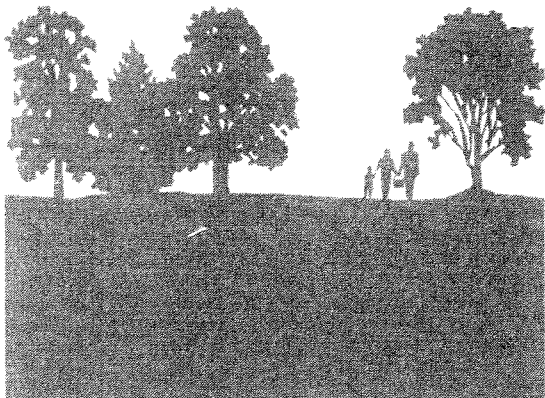
Yes Siree Bob! You'd better believe it! After some of the dogs I've kissed, garlic breath has to be about equal to a trip to the dentist for a good cleaning.

Garlic-soaked dog biscuits is a good way to go, and commercially, for cats or dogs, yeast and garlic kernels that are added to feed are available. Interesting also are studies on the effects of vinegar and water mixes for cows or horses. A little garlic oil added in couldn't hurt. When it comes to racing pigeons, studies have shown that one drop garlic oil per day is excellent for respiratory organs, which can be attacked by microbes (mainly coryza) that infect the mucous membranes. The antibacterial effect of garlic suppresses this danger, and many pigeon fanciers buy garlic from their grocers. "Putting the stink in" always results in pigeons with dry eyes, healthy throats, white beaks and wattles.

So, yes indeed, just like those two-legged scroungers that waddle over to the farm stand, garlic is the reason, so eat it every season.

For you and yours: **RECIPE FOR GARLIC MACERATE**

1. Chop garlic in blender with minimum water
2. Strain through cheese cloth
3. Add equal volume vegetable oil to resulting liquid
4. Gently agitate for 1 minute
5. Let stand overnight
6. Garlic oil macerate will be top layer
7. Spoon off, or use eye dropper, or put into empty gel capsules

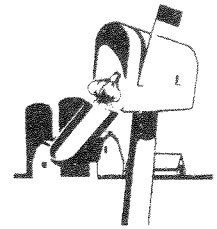


"The well-being of a people is like a tree. Agriculture is its root. Manufacturing and commerce are its branches and leaves. If the roots are injured, the leaves fall, the branches break away, and the tree dies."

— Chinese Proverb



Stinky Replies



AND HOW WAS YOUR THANKSGIVING?

From Steve Paull
Box 11, Oakley, VT 84055

Our farm is located in the North Hills of Oakley, Utah, about 20 miles east of Park City in the Kamas Valley. It's a fairly small operation of only 20 acres and we grow mostly hay, but I have been working for the last 5 years growing gourmet garlic. Thus I have 14 beds this year that were planted in October. Part of the planting process entails covering the beds with a hay mulch which, among other things, protects the garlic from the cold of winter.

The weather has been really cold for this time of year. We had -4 degrees one night, and there is also over a foot of snow on the ground. This pushes animals out of the mountains and into the valleys, where they have to compete with human space for their food.

Elk have been hitting our place, and especially the garlic beds. They are after the hay mulch that covers the beds under the snow. As protection against them, I covered most of the beds with field fence and plastic 7' mesh fence, but I didn't have enough and didn't tie it together. Thus the elk just lift it up and move it aside to get at the hay. This has happened three times so far, and I have had to replenish the hay and scrounge more fencing to try to keep them out. At one time, I had over 30 bales of hay on our flat bed trailer, but they just clambered aboard and feasted. I covered the last *four* bales in an attempt to save *something* and tied it down with heavy rope — but they still got it. Elk are very persistent.

Thanksgiving day dawned clear and bright. I strolled outside with a cup of coffee, perused the damage done by the elk and put together plans for my next step. While Thanksgiving dinner was a-cookin', I worked in the garden replenishing the hay mulch and recovering the beds with fencing. I didn't quite get it done by dinner time so procrastinated, thinking I'd work on it after dinner. (Yeh, right! How does one gorge oneself on Thanksgiving dinner and then proceed to dress up for the cold and leave a warm fire to go outside?)

About 10:00 p.m. I get up and go outside to check on the garden. I hear the eerie cry of an elk, other elk answer this first one, and I shine my powerful flashlight around the fields below. Nothing! But their cries come from above our tipi in the hills, and I know they are on the move and coming down.

My first thoughts are of the fire inside, but I know that if I don't finish the job of tying the fence netting together, all the work I did today will be for naught and the new layer of hay mulch will be eaten.

I follow the circle of light down the path to the garlic beds. The dog runs ahead excitedly, but then stops and begins to bark into the darkness. I shine my light to the east — and there they are!

I grab some hay bale twine that is hanging from fence posts and commence tying the mesh fencing together. As I work away on my hands and knees, Grizzly growls into the darkness. The elk continue to discuss things as they await the departure of this idiot who is crawling around the garden in the midst of winter in the dead of night with a flashlight.

By midnight I finish and gather my gloves and other small tools. I shine my light around hoping to see a splendiferous job, but I hardly feel confident in my puny effort compared to what I know is coming.

It's Thanksgiving, 1994. We didn't plan on 140 uninvited guests! At least we didn't have to serve them turkey, but I am getting tired of serving them hay.

NOTES FROM A GARLIC FARMER

From Ron Bennett

Hi G.S.F. Growers!

My seed for my 1995 crop is planted as of October 13, and I estimate 13,000 seed in at my 32" row spacing, which allows me to cultivate with my rotovator most successfully from the tractor seat.

Some resulting information on the test results on my '94 crop. My soil varies in soil type from one side of the field to the other, and the heavy soil type on the west end of the field produces my best garlic. But none of the test varieties were growing in that part of my garlic field. For some reason, on my farm I have not yet found hardneck strains that will size up like the softneck strains. I have planted some of all the strains in the test group again this fall on a new site. It is virgin ground for garlic on my farm, and of a heavy soil type compared to soils of my '94 site.

Interest in garlic growing and eating is very good. I stress to all my grower seed buyers the importance of weed control in the success of growing garlic. I think information on storing garlic for a longer time is needed for the buyers of eating garlic.

Grower Profile: The Montana Garlic Farm

Organically Grown — Gourmet & Commercial — Wholesale and Retail
Richard G. Wrench, 355 Sunny Dene Lane, Calispell, MT 59901, (406) 752-3127

Many years ago I wrote to you requesting information. Your reply was so gracious and helpful I have never forgotten. Now that we are in a position to offer something, I thought I would let you know our situation, should it be of interest.

Background

I am a semi-retired aerospace scientist turned into an organic agronomist developing garlic. In the earlier years, I devoured all of the literature on the cultivation of garlic. After finding most of it translated into "This is how I grow garlic where I live," I was forced to develop a grown-in-Montana capability.

I have developed a series of spring plant-fall harvest garlic cultivars, including the rocamboles. Recently, I received 136 varieties from the USDA and 194 from Ron Engeland's Filaree Farm. I now have 366 garlic cultivars under production and development here in Montana. I have been developing garlic as a new crop for Montana

under contract with the Department of Agriculture and head up farm development groups to promote garlic as a crop for the small tract of land. Also, I have been actively developing seven different markets for our garlic.

What We Have

Fall and spring plant seed stock. Prices will be in the \$5-\$7/lb range, depending on amount desired, plus 15% shipping and handling. Currently, we have 36 varieties developed for Montana in both the spring and fall plant. The other 330 cultivars will be available in limited quantities this fall.

I can advise how we developed the spring plant capability should you have the interest. We are consistently obtaining ¼lb. rocamboles, after curing, of the gourmet class. We plant in late March/early April and harvest the first week of September. If you want to know more about us, get in touch.

Marketing Tips: Groom Your Customers

Keith Culver, Merrifield Garlic Merchants

We must all take advantage of the growth in popularity garlic is receiving. One of the ways to capitalize is to make the best use of time by minimizing the amount of preparation given your garlic for marketing.

We all know that certain varieties will clean up easier than others and that harvest conditions and soil types also have an effect on cleaning time. One of the most frustrating things for us all is to have some really nice bulbs that require a lot of time-consuming brushing or hand peeling to make them look acceptable to our consumers. Remember that garlic cleans much easier after it is cured.

Here at Merrifield, we have learned to "groom" or "guide" our customers to expect our cosmetics. We have many new customers each year, many of whom are new growers or new marketers of Eastern-grown garlic. The first thing you need to know to assess the cosmetic quality required is how the garlic will ultimately be used. If you are selling in a tablestock market situation as bulbs, the garlic will need to look its best. Likewise, when braiding the garlic should look attractive, but here you can test the water a little to see what is acceptable. If you are certain that your customer is using your

garlic for seed, you can eliminate some time-consuming work by removing only the obvious dirt.

Remember, you are the expert with your garlic. What you deliver should become the standard. We have had no complaints whatsoever about our cosmetics and now clean only 20% of our saleable bulbs any further than what is done at harvest time. If at all possible, harvest in good conditions—dry, dry, dry. Allowing the dirt to dry to a white-appearing dust helps. The other thing that you can remind your customers about is the fact that removal of wrappers by peeling or brushing will probably decrease storage life. For myself, I like to see the original wrapper leaf on the bulb. This assures me that the garlic was harvested at its optimal quality condition and will withstand mild bumps much better than bulbs with few or no wrappers.

The final analysis should be left up to the customer, but if you grow nice garlic, your customers will work with you. If at first they are not satisfied, assure them that you will do a better job—then do it!! However, there is no going back once you deliver snow white garlic, and I'm sure you know Snow White is a fairy tale!!

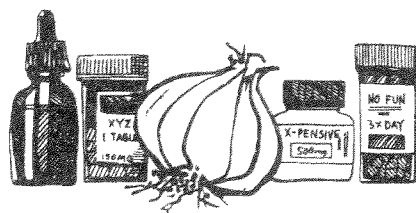
Tips for Growers

From E. Kangley, P.O. Box 130, Deadwood, OR 97430

Three Garlic-Growing Tips (especially for areas that get a lot of rain)

1. **Flame those weeds!** Our hand-held propane flamer (#59, from Peaceful Valley Seed Co.) saves us around 80% of the time previously spend weeding. We make the raised beds, flame the beds and paths, plant garlic, smooth beds, flame again. Flame paths as needed.
2. **Use compressed air to clean garlic.** Very useful last year when it was necessary to harvest in the rain. It rained most every day for two months, before and during harvest. Great for cleaning mud, dirt and moisture off roots and (using care) lightly drying the bulb, before placing in oil.
3. **Dehumidification Room.** In an outbuilding with plastic-sealed interior rooms, we use ordinary room dehumidifiers (lots of air movement necessary) to cure and to store our garlic. Here in western Oregon, the humidity is generally too high for good outside shed curing.





Keep a Cold Away With a Clove a Day?

We've all heard, and probably personally experienced, the effects of garlic on the elusive cold virus. Mysteriously, it had always been associated as a cross between herbal wisdom and the likelihood that serious allium-eating kept many a guest at least a few feet away from actual contact. An article in the Sept./Oct 1993 issue of *Natural Health* helps clarify the issue.

In general, it seems that garlic, onions and hot peppers help thin out and move mucous through the body's system so that it does not clog air passages and therefore allows it to be coughed up. This is called a mucokinetic effect. In garlic, Alliin, a compound most known for giving the characteristic flavor we all love, is converted in the body to a drug similar to S-carboxymethylcysteine (Mucodene), a classic European cold medicine that regulates mucous flow. When spicy foods hit the mouth, throat and stomach, they stimulate nerve receptors that send messages by the vagus nerve to the brain and back to secretion-producing glands that line the airways. The glands instantly release waves of fluids that make the eyes water and the nose run while, at the same time, there is a similar effect on the bronchial passages of your lungs.

Gourmet French Red Garlic

This carefully selected cultivar of red-skinned garlic produces large, easily peeled cloves of outstanding culinary and storage quality. This is not elephant garlic; these large bulbs of *Allium sativum* are the result of growing the right cultivar in our rich soils. Our French Red Garlic bulbs are sorted and sold in two forms. Bulk garlic consisting of bulbs 1.0 to 3.0 ounces will wholesale for \$2.50/pound. Large select bulbs weighing 3 to 6 ounces are sold for \$3.50/pound.

Palouse Gourmet Garlic
RR #2, Box 679
Pullman, WA 99163
FAX 509-335-1009

Iowa Women's Health Study: Vegetables, Fruit, and Colon Cancer

In the January/94 issue of *The American Journal of Epidemiology* are the landmark results of this long-term American study of dietary factors as they relate to colon cancer. In tracking 127 foods regularly used by the 41,387 Iowa women who were studied over a five-year period, only one food was found to be associated with a statistically significant decrease in colon cancer — garlic! Protective effects by garlic proved better than fiber or other vegetables like broccoli and cauliflower.

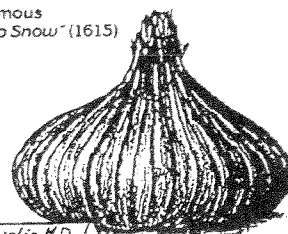
Submitted to us by Larry Lawson, here are some quotes from the report:

- ▶ The strongest vegetable and fruit association was for garlic. (p. 4)
- ▶ The most striking finding was an inverse association for garlic consumption; an approximately 35% lower risk [for cancer anywhere in the colon] was observed for consumption of one or more servings per week, as compared with never [less than once per month]. (p. 9)
- ▶ The strongest association in the present study was that for garlic consumption, with an approximately 50% lesser risk [for cancer in the distal colon] associated with higher consumption. (p. 10) [The majority of cases were of this type.]

There have now been five studies world wide (3 in China, 1 in Italy, and 1 in Iran) showing an association between garlic consumption and intestinal tract cancers, but this is the first U.S. study. All in all, there were 212 colon cancer cases studied and 167,447 person-years used in the analysis.

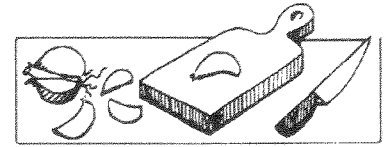
"Our apothecary's shop is our garden full of pot-herbs, and our doctor is a good clove of garlic."

—Anonymous
"A Deep Snow" (1615)



Clove O'Garlic, M.D.
Lung Specialist

Hearty Meals for Garlic Lovers Plus Dessert



GARLIC SENATE SOUP

From Chesnok Garlic Farm, Apalachin, NY

2 lbs navy pea beans	1 onion
4 qts. water	2 carrots, sliced
1½ lbs. smoked ham hocks	1-2 celery stalks, chopped
	1 bay leaf
4-8 garlic cloves, chopped	2 medium potatoes, cubed

Cover beans with water and soak overnight. In the meantime, cook ham hocks until meat falls away from bones (3-4 hours). Strain. When ham hocks are cooled, trim away fat, skin and bones. Cube ham and save to add to soup later.

Next day, drain beans; pick over. Add about 4 quarts ham hock liquid, garlic cloves, celery, carrots, onions & bay leaf. Simmer gently for about 3-4 hours or until beans are almost soft. Now add cubed potatoes; continue cooking until potatoes are cooked. Add ham from ham hocks.

Enjoy this hearty soup with garlic bread.

JUNE'S GARLIC LOVER RIBS

From June Keillar, Port Roberts, WA

With country (or farmer style) spare ribs, roll and coat well with garlic powder (we make our own don't we?). Sprinkle with black pepper. Brown well on all sides in oil.

Place on a rack (cross staking is fine) in a roasting pan with a lid (mine is cast iron, top & bottom). Add 40-60 unpeeled garlic cloves that have been stirred in the browning pan oil for a slight oil coating. Bake 1-2 hours depending on rib size (my local ribs are 2-2½).

During last hour, add baking potatoes that are pierced and coated with garlic oil (your own, of course) in the roaster if there is room (softer skin) or in a separate pan (for less oven mess and crisp skin).

Serve with salad or green veggie and crispy rolls. Enjoy! with other garlic nuts! [Try this with ½/½ garlic powder and raw sesame seeds.]

GARLIC BON BONS

1 cup sherry
½ cup sugar
½ teaspoon vanilla
½ teaspoon lemon juice
2 cups garlic cloves, peeled
(don't use extra large or extra small cloves)

WHITE CHOCOLATE FOR DIPPING

About ¼ lb. This is often found in groceries with large bulk food sections.

POTATO SALAD WITH SMOKY GARLIC CREAM DRESSING

From A LA CARTE

6 cloves of garlic, peeled	Salt & freshly ground black pepper
5 tablespoons single cream	1¼ lb. new or small waxy potatoes, scrubbed
6 tablespoons olive oil	1 red onion, chopped
2 tablespoons white wine vinegar	garnish: fresh parsley

Simmer the garlic just covered by water for about 10 minutes. Drain well then spear onto a skewer and place over a gas flame, or under a pre-heated grill, until the outside is lightly burnt in patches. Purée the garlic with the cream, oil and vinegar. Season to taste.

Boil the potatoes until tender, drain well and dice. While still hot, toss with the garlic dressing. Leave until cold. About 10 minutes before service, toss with the red onion and serve garnished with parsley. Serves 4.

GARLIC CONFIT

From A LA CARTE

Cooked slowly in oil until soft inside and with a tasty brown outside, garlic *confit* are a delicious accompaniment to grilled and roast meats, especially lamb, poultry, and firm textured fish such as monkfish. They can also be added, left whole or sliced, to salads or pasta. The oil can be strained and used for cooking.

4 large heads of garlic, broken into cloves and peeled
3 sprigs of fresh thyme, or 1 teaspoon dried
2 sprigs of fresh marjoram, or a scant teaspoon dried
1 small sprig of rosemary
2 sprigs of parsley
1 bay leaf
light olive oil

Put the garlic in a single layer in a heavy-based pan; add the herbs, cover with oil and cook very slowly for 20-30 minutes, until the garlic is completely tender, and without allowing it to become too brown. Using a slotted spoon, lift the garlic from the oil. Drain on absorbent paper. Serves 4.

Simmer garlic cloves in wine-sugar-vanilla mixture until tender. Remove, drain and cool, cloves not touching each other, on waxed paper or plastic wrap.

Melt the dipping chocolate. It melts easily in microwave, on defrost (use glass dish).

Either spear individual cloves with a toothpick or thread multiple cloves on thin bamboo skewers. Spoon melted chocolate over the garlic cloves. Let cool for chocolate to harden. Eat same day if possible, as moisture in garlic will affect the chocolate coating.

This is a great party dish. Guests will be baffled when asked to identify the secret ingredient.

THE SMELL OF HISTORY

Columella

Louis Van Deven



The ancient Greeks and Romans had a number of writers on agriculture. Three of them can be singled out because of the volume of their works that are known today. A Greek, Theophrastus, lived in the 4th century B.C. Two Romans, Pliny the Elder and Columella, lived in the 1st century A.D. and wrote extensively on nature and agriculture.

We know very little about Columella (Lucius Junius Moderatus Columella), not even his date of birth or death. Aside from his mentioning various 1st-century people he knew, and that he was born in Gades (now Cadiz in Spain) and seems to have lived a long life, he is a rather blank page. It seems certain he left Roman Spain at an early age and settled in the Italian Peninsula. He also probably served in the Roman army for a time.

Like our modern writers on agriculture, the ancients concentrated on the big cash crops of their day. They speak at great length on wheat, oats, barley, various tree crops and livestock. You have to hunt for the references to the alliums.

One oddity I found was that there are a total of 8 references to onions in Columella's 12 volumes of *On Agriculture*, and 7 references to garlic—and 13 to leeks! Were leeks more important than onions and garlic? Columella (also Pliny) makes no mention of onion or garlic farms, perhaps most were grown in people's yards or on their farms. Leeks produce a lot of seeds per plant; possibly they liked this and preferred to plant the seeds yearly, instead of separating garlic cloves.

After several hundred pages with no allium references, we must go all the way to Vol. VI to find our very first allium reference, this wonderful animal remedy!

It will be no use to give cattle a satisfying diet, unless every care is taken that they are healthy in body and that they keep up their strength. Both these objects are secured by administering, on three consecutive days, a generous dose of medicine compounded of equal weights of the crushed leaves of lupine and of cypress, which is mixed with water and left out of doors for a night. This should be done four times a year—at the end of spring, of summer, of autumn and of winter. Lassitude and nausea also can often be dispelled if you force the whole raw hen's egg down the animal's throat when it has eaten nothing; then on the following day, you should crush spikes of "Cyprian" or ordinary garlic in wine and pour it into the nostrils.

A number of other such exotic mixtures are given, with no explanation of how you force these vile concoctions down the nostrils of an enraged bull.

Then no more allium comments until Vol. VIII, and it is on raising peafowl and chickens. Speaking on chicks, we get this expert advice on feeding them:

During the first days they should be fed on barley meal sprinkled with wine and with gruel made from any

kind of cereal and allowed to go cold. Then, after a few days, a Tarentine leek cut up small should be added to their diet and soft cheese, etc.

No more mention of alliums is made until Vol. X. A few meaningless lines are given in a long poem. Then he has a calendar for gardeners, and says in the month of February you plant onion and leek seeds, and adds: "for ordinary garlic and African garlic are the last seeds that can be planted at this season." Interestingly, he says leeks and onions should be started in a sunny location and transplanted by the 1st of April. And what is African garlic? The German translation of Lundstrom says it is "either a form of *A. sativum* or *A. nigrum*." What is *A. nigrum*?

Columella then says: the African garlic, which some people call Carthaginian garlic, is of a much greater growth than the ordinary garlic, and about October 1st, before it is planted, will be divided from one head into several.

He also has some advice that sounds quite up-to-date even now:

African garlic, like ordinary garlic, has a number of cloves sticking together, and these, when they have been separated, ought to be planted on ridges, in order that, being placed in raised beds, they may be less disturbed by winter rains. Cloves should be set at the distance of a hand's breadth from one another.

Apparently great-headed leeks (Elephant garlic) were known then. He tells us:

As for the leek which you wish to form a large head, you must take care that, before you transplant it and re-set it, you cut off all the small roots and shear off the tops of fibers; then small pieces of earthenware or shells are buried beneath of each of the seedlings to serve as a sort of vase, so that the heads of a larger growth may be formed.

In Vol. XI we get some advice on raising onions:

An onion-bed requires soil that has been frequently broken up rather than turned over to any depth. Therefore, from November 1st onwards, the ground ought to be cut up, so that it may crumble with the cold and frosts of winter; then after an interval of 40 days, and not before, the process should be repeated, and again carried out a third time 21 days later, and the ground manured immediately afterwards.

Columella gives a number of recipes in Vol. XII, which I will forego, as they seem possibly lethal. But he also has some excellent advice along the way: Ground does not wear out if properly manured. And he advises crop rotation, alternating a grain and a legume, which is exactly what our farmers do today when they alternate soybeans and corn. And the above-mentioned raised beds. He was a smart cookie!

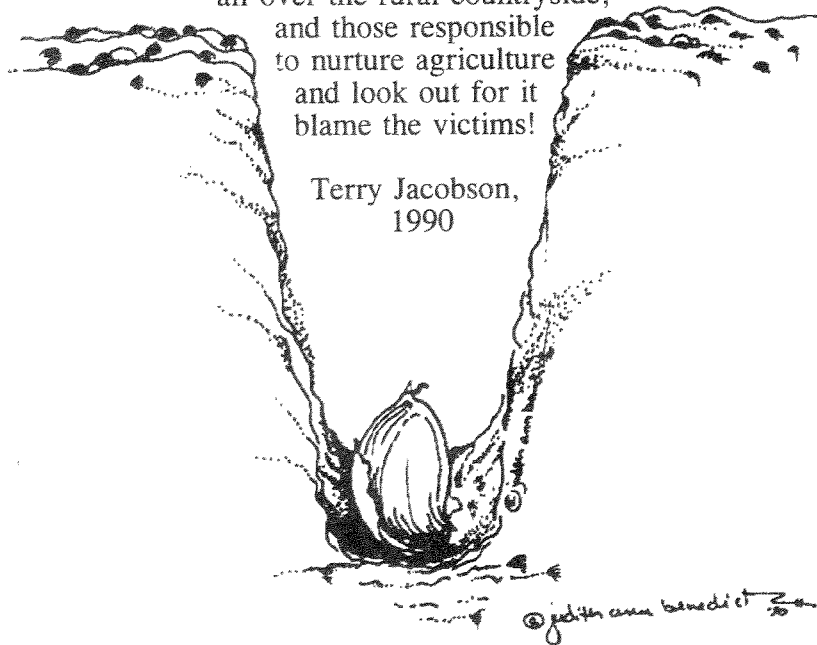
Erosion

I look at snow
sifting lazy-like
over my fields
protected carefully
with a cover
I nurtured.

I know who is responsible
when it is dirt drifting
rather than snow,
drifting dirt, a hemorrhage
of the land.

I look at farmers
drifting from their life work,
eroding to the city
in a black cloud that casts its ugly shadow of
pain and loss
and the death of farms
all over the rural countryside,
and those responsible
to nurture agriculture
and look out for it
blame the victims!






Terry Jacobson,
1990





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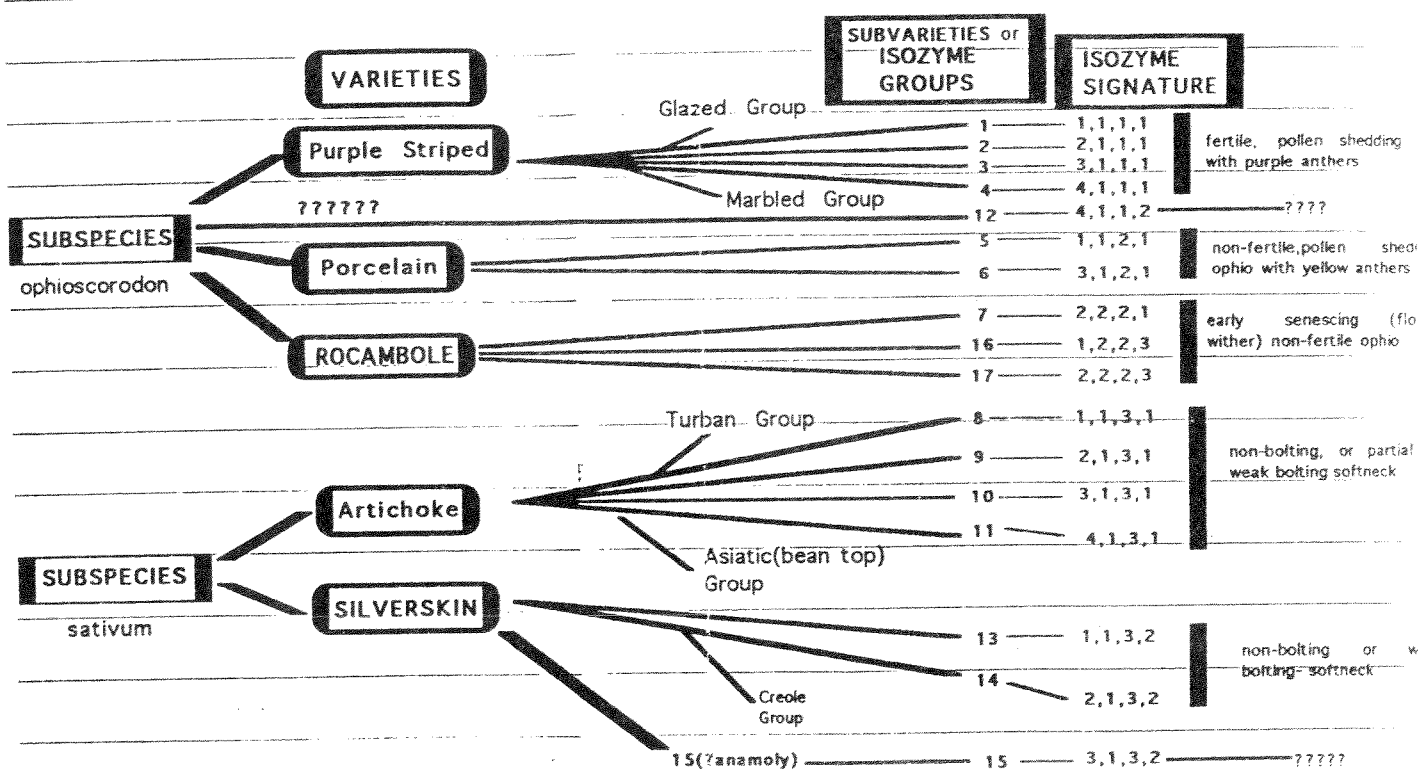
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Allium Sativum (species)

THE GARLIC TREE

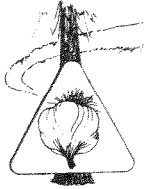


(Courtesy of Filaree Farm)

Please attend these GSF slide shows/round tables to meet other growers,
ask questions, learn from experience. ALL GSF MEMBERS WELCOME!



This is a workshop that is part of the NOFA-NJ Conference, but anyone
interested in attending this workshop only will be accommodated. Let's
use this as a way to get together the folks in this area.



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