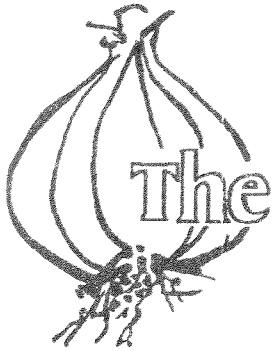


FALL 1995



The Garlic Press

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



#24

GSF GARLIC DAY AND GARLIC POT LUCK LUNCH

Saturday, September 23 • 9 AM – 3 PM

Saugerties, NY

Donation: \$10 Members — \$20 Non-members

Once again we'll hold our "Day" prior to the Hudson Valley Festival at the Senior Citizen's Hall at Cantine Field. This is the one event the Foundation holds as its Annual Meeting and it is open and welcome to all. Although we have a full day's agenda, there will always be time for fellowship, seed swaps and open discussion. Please bring your garlic, questions, ideas to share on production, marketing and the Foundation.

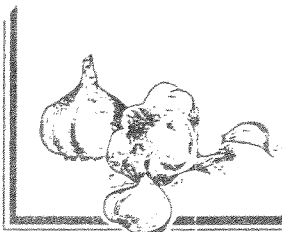
AGENDA



1. Chadd Weaver, elephant garlic producer from Oregon on Northwest production.
2. Angella O'Callahan, researcher and Cornell graduate student, sharing the work she's conducted over the past year.
3. Vern Grubinger, Director of the UVM Center for Sustainable Agriculture, who has worked with vegetable production in Vermont and New England. Vern has an excellent slide presentation on weed control that will both educate and stimulate each of us.
4. Foundation Reports: *Press*, finances, and what we need to do in the upcoming year.
5. Keith Culver, Merrifield Garlic - machinery adaptations they've made as they've increased their production to 5 acres.
6. We'll also hold an open discussion for all to bring ideas and concerns before the entire group.

POT LUCK LUNCH

Always an incredible feast — Bring your favorite dish to pass, recipe cards, and table service. GSF will provide drinks and snacks during the entire day.



LIGHT HOUSE RECEPTION

The Kiwanis Club of Saugerties invites us to return to the Historic Light House for wine/cider and cheese reception (Pat Reppart is creating a garlic cheesecake). The tide will be low (no wet feet as last year) and this is a great way to unwind from the day's meetings, prior to the Banquet (elsewhere in this *Press*).

LODGING

Those needing a place to stay in Saugerties should send me an SASE and I'll send you a listing of available lodging.

(D.S.)

Director's Notes

David Stern



5:45 AM • Saturday • August 12

Cruising west on Interstate 90, the sun has just topped the tree line to my back, heading to Batavia, New York and the Western NY Garlic Festival. It rained last night and there are clouds to the west, but now my thoughts are on all of you other farmers, trucks loaded and ready, checklist complete, thermos on the seat beside us. Travelling to market—for some 15 minutes, others an hour, and some 5 or 6 hours. We're so fragile, we small farmers! You can bust your ass all year, grow a great crop, perfect weather, clean it, braid it up nice, load it up and ... get a flat, terrible weather, or more serious problems on the way to market. It's just more stress added to all the rest.

Technology: I just came up on a road construction area and encountered a sign that told me how fast I was going! "SLOW DOWN • YOU ARE GOING ____ ____." A radar gun reads your speed and gives it back to you on the sign as you approach. I was stunned! I hate to sound like a country boy, but this is new to me, and I find it intriguing. Last week I went to the big Northeast Farm Show (Empire Farm Days) and saw a computerized weeding cultivator. Delicate sensors tell the cultivating tooth where your plant is and it moves the appropriate distance (that you determine) away from it. \$1,000 per row. That's a lot of money, and that's a lot of technology. How many hours would it save? How clean a crop could you grow? Many of you are adapting machinery and experimenting in many ways. Please share what you're doing. It stimulates all of us.

Well, it's election time around here again, and folks tack up these candidate signs on their front lawns. I put out a "FOR SALE" sign in front of Rose Valley. It's my political statement, and I want to organize a national campaign for all farmers to put up the "FOR SALE" message. Let your neighbors consider what's going to happen when our farmers are gone. We work too hard in our 50s (too old). Most of us don't have kids who want the farm. Since 1978 the adjusted cost of vegetables has gone down 23%. When you look at the whole food system, the farmers rate of return on investment is 2%, compared to 17% by the rest. Nobody wants to buy your farm, and certainly no one's going to drive down your road and give you what it's worth—or what you've got into it! We need to get the message out, and that's what I'm going to talk about at the Garlic Festival when I get up to give my talk. The importance of supporting these men and women out selling their crops. We need their support and we need the recognition as we carry on this long garlic tradition. Thanks for your hard and honest labor.

11:45 PM • Thursday • August 31

It hasn't rained here since we harvested the garlic. Bone dry. For the first time in 23 years, the well is empty. Some of the crops have slowed maturity, others

have stopped, but not those weeds! Mother Nature really knew what she was doing when she created those plants. Their flexibility (to match soils and dry-wet conditions), adaptability (to fill up whatever space they can and even "blend" into crop plants), persistence (to re-root even after being pulled up), and their incredible ability to reproduce (600,000 seeds in one mature red-root pigweed). Designed to keep the earth green and covered and replenishing even in death. You can hate and curse them, see them as your enemy, destroy them with poisons, whatever ... but by doing so you only isolate yourself from the understanding that they belong in your garden or field; they have an important purpose, and it's the knowledge about them and our management of that garden/field that have become our best tools. I'm sure that over the past 23 years I've killed 20 billion of the little bastards, and I'm also sure that the day after they lay me to rest, this farm will be covered with a new green flush of weeds.

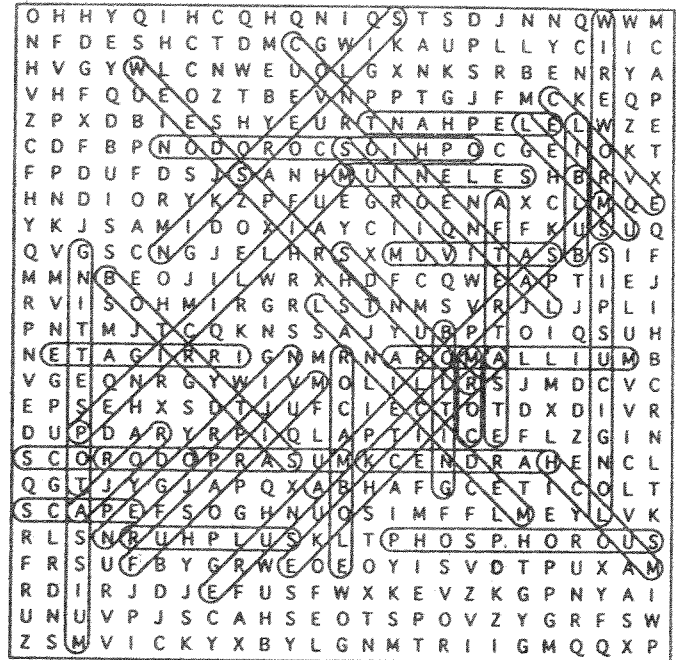
Yesterday gave me the feel of fall. The air changed, and my fingers became cold during the early morning vegetable harvest. The garlic hangs, the onions and red cabbage are harvested; the melons finished; potatoes and carrots started; tomatoes/eggplants/peppers in full blast; and thankfully, the cukes/summer squash/"zukes" and string beans are on the way down. The nuts (filbert and chestnut) maturing and the winter squash/pumpkins starting to look yellow. As the crops go out, oats or rye/vetch goes in. The cool spring greens are once again replanted and the big fall broccoli/cauliflower crops look good for the lack of rain. Some of the root crops (parsnips, turnips, burdock) are suffering and may become tough. The usually mild diakon radish feels more like horseradish in your mouth. But what a great year for the sweet potatoes!

My fall is full of equipment maintenance, compost making, the harvests, building projects, planting garlic, and firewood. Working on Saugerties and the other festivals has been squeezed in between my other work. On October 14 (1 PM) we'll be holding a farm tour here at Rose Valley for anyone interested. There's not going to be too much to see, as by then we've had a frost for sure and much harvested, but I invite you anyhow. Actually, we welcome folks anytime and have had some interesting visits this year from organic farmers from Brazil and Florida. We ask that people call ahead, or plan to join us in our field work. I regret that this *Press* doesn't have the reports I promised on the diet of women from Iowa and the other from Norway comparing garlic to dog farts, but it's more important to get this out ASAP. Those are for the next *Press*, when the geese have flown and trees are no longer green, and the garlic has returned to the earth. I hope to see you all in Saugerties. Travel safely.

ALLIO-FILE

- 🍷 Many thanks to all who contributed to this *Press*: Jean Warholic (of the NYS Veg. Growers), Vern Grubinger, Leon Warmouth, Eric Block, Keith Culver, LaVaughn Rynerson, Paula Simmons Green, and Angella O'Callahan. The success of each issue rests with the number of contributors.
- 🍷 **VIDEO:** In *Press* #22 we mentioned that we have a video on a small-scale harvester: "Vibra-Digger." Send \$1 and I'll send you the video ... Please send the video back in a week, not 2 months! We're way behind on getting it out because folks aren't sending it back!
- 🍷 **WORKSHEET:** Yes, it's coming, soon — probably in October. You can start by keeping track of all the time you spend on each thing that you're doing with your garlic: clipping, cleaning, braiding, cracking seed, ground amendments, tractor time, etc. These all plug into the worksheet. You can still send me an SASE, and I'll send it, along with all the other I've already received, as soon as it's ready.
- 🍷 **Correction:** GSF member and seed house Sheppard's does not recommend Spring planting of garlic.
- 🍷 **Contact Peoples:** Want to be a GSF regional contact? Please drop us a note and indicate your interest.
- 🍷 **BANQUET:** If you want to attend the Saugerties Festival - Call 315-587-9787 by SEPTEMBER 20.
- 🍷 Leo and Jeanne Pitches Keene From Richmond, KY, sent me some great press clippings that were done on their Blue Moon Farm Garlic. Needless to say, it didn't hurt their business! It's free advertising that touches lots of people. Food/nutritional writers, feature and farming/garden writers, and medical writers will have an interest in your crop. It photographs well, especially you holding a braid or standing in your field. You need to let the papers know what you've got and what you do.
- 🍷 Americans spend \$25,000,000,000 on their 23,250,000 acres of lawn each year and apply 10 times the amount of pesticides that is applied to farmland.
- 🍷 **GSF Brochures:** Several of you have called for brochures to hand out at festivals or market, and we'd be happy to send you some. Give us a few weeks notice.
- 🍷 **LOOKING FOR SEED?** Send GSF an SASE marked "SEED LIST" and I'll send you a copy in the return mail.

Glorious Garlic Game

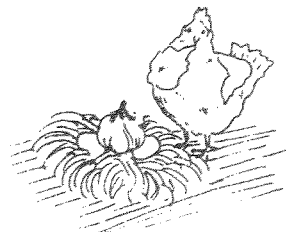


Congratulations! We have Two Winners

Buzz and Susan Stetson, a dairy farm family from Richfield Springs, NY, who plant 2,500 cloves yearly. They use buckwheat cover crops and dairy manure for fertilizer. They plant in early November and sell their crop to Russian Orthodox neighbors. They enjoy growing a good crop of good food and eating garlic baked, on pasta, and as garlic butter. Susan is a teacher of special learning disabled kids and used some of those tools to work on the puzzle.

Our Second Winner is Fred Lenten, from Calumet, MI. I was unable to contact Fred for more information.

Congratulations. Your swell prizes are in the mail!





OUT OF MY HEAD

Bob Dunkel

FROM THE GROUND UP

As we work our way through the years, it's funny the way some things have a habit of repeating themselves. I think of my cycle of work and how nuts things get this time of year. For nine months these babes grow within our backyard wombs, the farm field rooms them, then we parade and roost around like proud parents, boasting of our bounty of sweet sulfurous children. Three short months of long hard days finding the seed for planting so we can sleep again like them. When I clean wrappers I think of myself. How much skin can I give up before my true colors show or how dark is my aura when I don't want to give up anything? We all find that middle path and with it the key to survival. Every grower knows the golden rule and sees that you get out only what you put in. So where do we begin? From the ground up we watch the way things grow, like this Foundation of friends, we witness that we are always mid-cycle and we never ever really are done with things. We all keep trying to sow new seed, respect our environment, nurture and care for our elders, these alliums, and hopefully will continue to expand, to swell and slow naturally within the cycle of things. Yet, somehow, I like the other nine months. I like getting back to the roots, starting over and hoping I've learned a few more things than I've forgotten. I like the quiet of a dormant period and then I dream of so many things. The lessons not so easily lost are the ones painfully learned or joyfully found. We are becoming a stronger network, and let us hope we are weaving some wisdom into our webs of experience. I constantly must stay attuned, with this newsletter, to the myriad needs of that full spectrum of members that are in all the different cycles of their own growth. I think we have two ears to listen to the advice of those who have been here longer and to answer the questions of those who yearn to learn endlessly.

Excelsior! Excelsior! Onward and upward we grow and learn that only by our endings can we begin again and that only in the wide-eyed beauty of a child's shining face do we glimpse our own inner wisdom slowly maturing into the same simplicity from which it springs eternal. May your season be full of harvestings, full of the joy of birth now long past but well remembered as we watch the daylight wane. Welcome to the newer growers who bring their zest and zeal for learning and sharing in the beauty of garlic, and thanks to all you veterans who are there to share the story of 5000 years and more. I look forward to rekindling the fires of indulgence at Saugerties as we meet again for Garlic Day and that fine feast of friends and food. Please keep writing in your suggestions or articles, and please send in photos and clippings as always, and thanks for letting me continue to serve you as editor of this *Press*. In comes the good heir (garlic) and out comes the bad air ...! Peace to all.

Garlic Shack

Wrappers, leaves and roots
Cover my boots
Overhead, are bunches
And bunches of garlic with markers
And the undersides of their aging beards
Bushel baskets and crates
Tubs and sacks on screens and racks
Everywhere from front to back
That is my garlic shack
"Stinky Stinky Stinky"
chimes my wife
"It's the smell of life" say I
And dirt, what else is there
But dirt, everywhere dirt
Sometimes there is music
But mostly it is quiet where I work
Work and listen, listen and work ...
Garlic has a loud way about it
And it always has something to say:
Too wet, too deep, too dry
Too crowded, too rocky, too dirty today!
Or sometimes just right, just right!
Nine months in its world
The other three in ours
Waiting, waiting
Wanting to get back
Back from the garlic shack
Yackety yack, just talk back ...

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 —
10/15/95**

RUMINATIONS OF A GARLIC GRAD STUDENT

By Angela O'Callaghan

Three inches of snow outside, with more falling. Finally we have enough of a snow blanket to smother the weeds and chill out some fungus spores in my two garlic fields. Last year at this time, I was applying to Cornell's Department of Fruit and Vegetable Science. Now school—and garlic—consume virtually all my time and attention.

Despite having been grown since time immemorial, in climates as diverse as Central Asia's dry, bitter desert and the balmy irrigated fields of Gilroy, California, a lot is unknown about garlic. Once I started reading and talking to people involved with garlic, I learned that there are many experts, but even more questions. The question that most interests me at the moment is, "What are the best conditions for growing topset garlic in the Great American Northeast?"

The majority of American scientific papers concern softneck garlic, and that research is performed with California conditions in mind. The garlic in my fields around Ithaca will be studied for effectiveness of mulching and a cover crop, scape removal, planting depth, and different applications of nitrogen, among other things, since "cultivation" is the primary research question for my Master's thesis.

Part of being a graduate student is reviewing the current scientific literature, and there are more questions being asked right now than how best to grow the crop. Looking at bulbs from even a few different growers is enough to indicate that not all garlic appears the same, but is one really different from the other? After all, since it doesn't produce seeds, how could so much apparent variation exist, when the usual source of differentiation (sexual reproduction and gene mixing from two separate individuals) is absent? Could it be that garlic responds very differently to soil type, fertilizer, and so on?

It is still not certain whether a variety known in China by one name is truly different from a cultivar grown in France with a different name. In New York State, the same questions have arisen. Each grower produces his or her variety and is uncertain whether it is different from that grown by another person, or whether any apparent dissimilarities are due to changes in environmental conditions, not genetic make-up. One trial I am running is a comparison of different topsetting cultivars. Two of the samples are called "Spanish Red," one is Merrifield Heritage and one is Geneva. When grown under exactly the same conditions, how will each produce? I'll let people know if I find anything interesting.

In Europe, a team of researchers tested many varieties from Asia, Latin America and Europe. By studying the different chemical compositions of four different garlic enzymes, they came up with a least six different groupings

of garlic, and they're still looking. One scientist in Japan and two in the U.S. have been able to develop true garlic seeds under very carefully controlled conditions, but none of these has so far reproduced reliably.

What about garlic diseases and pests? In laboratories all over the world, garlic viruses are being studied. At least fourteen have been described so far. Fortunately, most of them appear to be latent, meaning that they don't seem to cause any symptoms. The symptoms usually involve stunting and a "mosaic" of light and dark patches on the leaves. Some viruses may actually act as protection against other problems, something akin to vaccination. In *Growing Great Garlic*, Ron Englund indicates that he doesn't think garlic viruses are a problem to lose sleep over, but some Chinese scientists have written that infection could diminish crop yield by up to fifty percent. A number of scientists are now spending their time on producing virus-free garlic for production. It is possible to grow garlic in a laboratory situation, but within a few years of field tests, the viruses are back.

Since viruses are carried by other pests, particularly aphids and nematodes, it's not only the viruses that are a concern. Nematodes, particularly, can wreak havoc on their own. Fungi (molds) are also getting a fair amount of attention, because of their variety and tenacity. Among those that cause root rot, *Fusarium* can live in the soil for up to twenty years. *Penicillium* will often not show up as a real problem until after the bulbs have dried down and are in storage. Different fungi seem to specialize in attacking different parts of the bulb; one that affects the neck will not necessarily be a problem on the roots at all. Climate is a major factor in the spread of fungi; temperature and moisture levels that encourage one fungus might inhibit the development of another.

Despite the fact that garlic is prey to molds, researchers are finding that garlic, or at least the active component *Ajoene*, can also work as a fungicide for other plants, from onions to melons. Reviewing the literature has given me the chance to see that garlic is currently being examined for a possible role in almost everything, from stopping the development of *Fusarium* on other crops, to acting as an antibiotic, to lowering blood pressure, to preventing cancer tumors. Not too much has been proven conclusively, but there's a lot of exciting work going on.

All this becomes surprising when you realize that papers were being published only ten years ago that said that there was no reason to think that garlic had any medicinal or curative properties whatsoever. Then again, ten years ago, many Americans thought they didn't like garlic. They have learned otherwise.

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RUMINATIONS [continued]

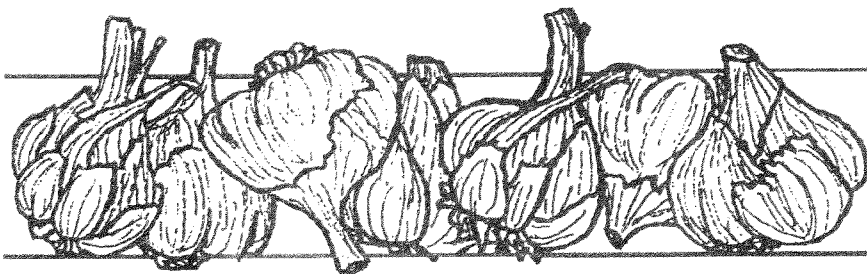
Questions

I'm eager to get information on what other people in the Northeast are finding in their own fields. Fortunately, growers around this region have been willing to share their experience and insight. I've been able to talk with a few people over the phone, and I'd appreciate hearing from others. The following is a veritable shopping list of questions:

- How deep do you plant?
- Do you make sure that every clove is sitting upright?
- Do you rotate your crop, or plant in the same place every year?
- Do you remove the scape (the flower stalk)? When?
- Do you use mulch? What kind (straw, plastic, etc.)?
- Do you treat your cloves in any way before planting?
- How much space do you place between individual seed cloves?

- How much space between rows?
- How early or late do you feel comfortable planting?
- When do you harvest?
- Do you use fertilizer? What kind (animal manure, green manure, Peters)?
- Have you noticed any problems developing from year to year? What ways have you found to deal with them?
- And on, and on ...

Anything you want to jot down on a piece of paper and send off could be very helpful. This seems like a good place to thank the generous people who donated a hefty part of my seed stock this season and whose garlic will be important to my research: Greg Szalc, Elmer Dodds, Jim O'Brian, Keith and Clair Culver, and Matt Giambino. Thanks also to David Stern who helped me get in touch with everyone.



To Market, To Market to Buy a Fat Bulb

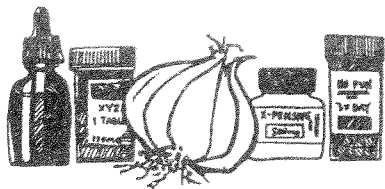
As much as we all like to second guess our markets this time of year, it's never easy to know what is going to sell the best for us. Experience dictates, for the large part, how we approach actually marketing our products, but it's always nice to keep trying a few new angles. Like the Garlic Dangle, which is not a true braid but does cluster about a pound of garlic left on the stalk, we always seem to see a lot of creative ways to sell this stinky stuff. The garlic festivals are a great study over other farm markets, because in one place not only is competition intense, but there one can really see a full gamut of possibilities and techniques, as well as an opportunity to dialogue and explore with other growers what seems to be working. Just like a business card, every grower's set up seems unique.

The types and systems of braids alone seem almost endless by the time one factors in the ribbons and bows and flowers and herbs that decorate them. We do multiples of six and price by the bulb and top off around 36, but we have also sold them by weight and figured in our labor costs. My daughter even tried making wreaths with alternating hard and soft necks just to capture those picky buyers who love to feel they are getting one of a kind when they make a purchase.

Selling by the bulb is another phenomenon that is the effect of experience, as we all get the big question, "How much for one bulb?" Some growers even sell by pricing and selling in two or three sizings, as well as experiment with \$1 and \$2 bags of both quality bulbs or even as a way to off the smaller bulbs. Working at the table always is a good draw if you have help along, as well as having samples to taste. We usually either have raw garlic to sample between varieties and then for the harder sells we do garlic boats of tomato, garlic and basil or slivers wrapped in basil, or the now renowned chocolate-covered garlic. Leave no bulb unturned when it comes to trying new taste treats. The folks that do pesto out of scapes and at the same time sell scapes seem to do quite well. For bulk sales, the 3#, 5# or 10# mesh bags seem to work, but there are always some folks who like to pick through the garlic and bag and weigh it.

Then there's overall appearances, a clean spacious table or a lot of variety of garlic products well presented needs to catch the wandering eye. My daughter likes to remind me sometimes to take a walk and see what everyone else is doing, probably because she notes how much she can sell when I'm not around ... there's nothing like those sweet young smiles.

So, in general, keep trying to come up with something new at your markets, but don't forget the tried and true methods that work, like a friendly smile or greeting before the thousand and one questions we all seem to get. Finally, it doesn't hurt to mention the Garlic Seed Foundation and to have our address handy. That's what keeps us growing and growing!



Garlic and Ear Infections

With five children in the house we have learned over the years that there are a lot of things we can do at home before we rush out to wait in a doctor's office. It is always wise to know where to draw the line. When it comes to earaches or ear infections (*otitis media*), we have used garlic oil for years. Without going up too high on my soap box about the overprescription of antibiotics by the medical profession, and also the excessive amounts in dairy and animal products, let's remember the natural antibiotic properties of garlic.

The earaches that occur, often following a cold when fluids build up and put pressure on the inner ear, can be quite painful. A long time ago we bought an otoscope so that we could look into the kids' ears and see how much pink or redness there was. You do not want to use garlic to treat an external ear infection (*otitis externa*) or a punctured eardrum, so be careful. If there is any discharge or hearing loss, or if pulling on the ear is painful, you had better get a doctor's advice. For those who find their child is prone to recurrent ear infections, however, early response with garlic oil is enough to relieve the pain and often stop the infection. If it doesn't get better within a day or so, again, you had better visit a health practitioner.

To make garlic oil, take one or two cloves of fresh garlic and put them through a garlic press or in a blender. Double boil the garlic and enough oil to cover the garlic about one inch, warm gently and strain through cheesecloth. Put into a glass jar and store in refrigerator. When needed, place a small spoonful over a low flame and heat gently. Suction the oil into an eardropper, place a couple of drops in each ear, and cover with a small ball of cotton. Repeat every one to two hours as necessary.

OUT LAWS

Many of us are in the business of selling garlic. We all have read and reviewed information clearly proving that garlic reduces cholesterol, yet none of us can legally tout the health benefits of our product. "The FDA knows little, if anything, about medicinal herbs," explains Varro Tyler, Ph.D., the Lilly Distinguished Professor of Pharmacognosy (natural product pharmacy) at Purdue University. "As far as the public health is concerned, FDA regulations governing medicinal herbs do more harm than good." What's that old adage about the fox and the hen house?

In an era when the World Health Organization estimates 80% of the world's population use herbal medicines and, clearly, at least one-third of Americans use some form of alternative non-mainstream approaches to deal with some of their health concerns, it is a travesty that the efficacy process for insuring the safety of any new or old drug/herb is so bogged down and costly that in most cases it will never happen. Using even the conservative estimate of \$100 million to cover the costs of a new drug application (NDA) and figuring that only, say, 1% of those costs may be borne by a large herb company or grower, it would still be \$1 million to gain no market control of an herb that anyone can grow and use themselves.

Germany and Canada have different drug approval procedures that in some ways grandfather in traditional medicines based on an enormous amount of scientific literature. Add to that the fact that from 1976 through 1985, more than half (102 of 198) of the new prescription drugs approved by the FDA were later found to cause unanticipated reactions serious enough to warrant relabeling or withdrawal. Where does that leave us? It is certainly time to rethink where we as a nation stand in regard to medicinal herbs, and Americans surely should be free to choose how they will deal with their own health problems. So for now, as in the past, we will continue to speak in whispers, over tables at farm markets, over dinner and back fences and out car windows that garlic really is important when it comes to maintaining health and in dealing with certain maladies, but remember DON'T GET CAUGHT

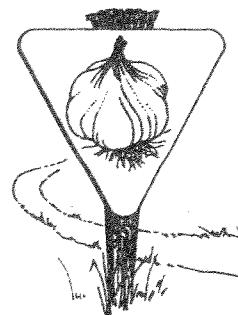
Steppin' on the Gas

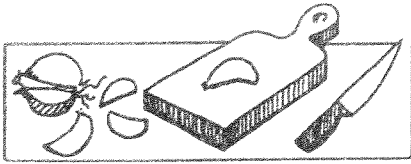
First we smelled it cookin' in the kitchen and then ...

As food travels down that supper highway, sometimes we find the gas comes looking for us. A healthy individual who eats beans is likely not to produce any extra gas for the first three hours. After that, you can expect the maximum output after about five hours, and then gas levels start to decline and you should be back to normal within about seven hours. So that's one way to plan your day!

Another way to approach your aromatic scents of things is to add a little garlic or ginger to that pot of beans a soakin' (or any other gaseous vegetables). Both are reputed to be antifatulent, and this was recently documented at India's G.B. Pant University. In animal experiments, green peas were found to be a major producer of gas, and so investigators tried adding a normal cooking amount of ginger or garlic to the peas before serving them up to a hungry bunch of canines. They couldn't smell a thing ... the dogs were a little disappointed, but they gave 'em brussels sprouts straight up for dessert.

So, depending on who you invite over for supper, you may or may not want to keep the garlic handy!





From Joe Fisher

CHICKEN AND FORTY GARLIC

This recipe makes a great comforting one-pot meal for fall or winter. The baked garlic becomes very mild, but extremely flatulent.

- 3 Tablespoons garlic olive oil
- 40-60 peeled garlic cloves
- 1½ pounds skinned chicken pieces
- ½ cup chopped celery
- ½ cup chopped celery leaves
- 1 Tablespoon tarragon
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ teaspoon allspice
- ½ teaspoon cinnamon
- 1½ cups white wine

Layer oil, garlic, celery, celery leaves, chicken, spices and wine by thirds in a Dutch oven or deep casserole dish with lid. Cover and bake at 375° for 1¼ hours, until the chicken is falling off the bone and the garlic is soft. Serve with French bread.

AIOLI (GARLIC MAYONNAISE)

From Joe Fisher

- 4-8 cloves garlic (pickled garlic works best)
- 1 egg
- 1 cup olive oil
- juice of ½ lemon

Blend garlic cloves and egg in a blender or food processor to form a paste. Slowly trickle in olive oil, with the blender running, to thicken. Add lemon juice and blend to mix.

If aioli separates, allow it to sit for a few minutes and stir. If it remains curdled, add juice of the remaining lemon half. As a last resort, add another egg to the blender and slowly add aioli as the blender runs. Provençal tradition tells us that drafts, germinating garlic or unfaithful wives all cause aioli to fail.

Aioli lends itself to variation. Add 1 cup fresh basil leaves for basil aioli, or 1 tablespoon prepared mustard for garlic mustard. Aioli is good in sandwiches, on hot dogs, or as a dip or spread.

MEXICAN CORN

From Paula Simmons Green

- ¼ cup butter or margarine
- 1 cup med-hot peppers, chopped
- 8 large cloves garlic, peeled and chopped
- 1 cup chopped onion
- 2-3 cups corn kernels, canned (drained) or fresh
- ¼ teaspoon black pepper
- salt to taste

Sauté peppers, garlic and onion in butter until soft. Add corn and seasoning, simmer a few minutes. Spoon into glass casserole. Serve at once, or reheat in Microwave.

Recipes

From Paula Simmons Green

GREEN BEAN AND GARLIC QUICK SOUP

- Cooked green beans; canned, frozen or fresh
- Cooked potatoes peeled and boiled till tender, save water
- Garlic cloves, peeled (lots of them)
- Powdered chicken bouillon, to taste
- White pepper, generous amount

This is a soup that needs no exact quantities; it is good no matter what you do. The speed of preparation depends on the cooked beans and the cooked potatoes.

To prepare: Put green beans and garlic in blender, leaving plenty of room to add potatoes. Add some of the potato liquid, plus some powdered chicken bouillon and white pepper. Zoom until liquified. Now, add chunks of cooked potato gradually, turning blender to High Speed. Keep adding potato until thick. Pour into large Pyrex casserole to heat in a microwave. You can repeat above in blender-size quantities to make large amounts of soup. This reheats well for several days.

Can be garnished with garlic croutons when served. This makes a lovely bright green soup. For more of a "cream soup" look, add some powdered milk when doing the blender preparation.

Same recipe can be used with cooked broccoli for another soup that is super-healthy with garlic and vegetables.

PARTY BEAN DIP

- 8 large cloves garlic, crushed
- ½ cup onions, chopped
- 1 hot pepper, finely chopped
- 4 Tablespoons olive oil
- 2 cups refried beans (approx.)
- 3 large tomatoes, peeled and chopped
- ½ cup water
- 1 teaspoon honey
- 3 Tablespoons lemon juice
- 3 Tablespoons chili powder
- 1 teaspoon salt (more if desired)
- ½ cup shredded cheese

Sauté garlic, onions and hot pepper in oil. Stir in rest of ingredients, except cheese. Simmer 15 minutes, adding more water if needed. Taste, adjust seasoning. Stir in cheese just before serving.

This makes a very large amount, really party size. Use as dip for chips or crackers.



TEST REPORT: Product #1-The Garlic Worm

Report #2

Misha and Toran Gordenier, West Rose, NY

THE GREAT GARLIC ADVENTURE



Toran

Misha

A few weeks ago I was on a fishing trip to Black Lake. In case anyone is interested, Black Lake is located a little way north of Watertown, New York. Anyway, I wasn't having much luck at catching anything. I tried almost everything in my tackle box without result. This lack of interest on the fishes' part was very unusual. My tackle box is quite large (somewhere in the neighborhood of two cubic feet); almost always I can find something they'll bite on.

Finally I came to the last thing in my tackle box, a bag of artificial worms impregnated with garlic. I put on one of the worms and gave it a cast. Bam! I had a hit right away. Soon I was catching fish right and left: pike, bass, trout, and a few king-sized crappies. I can't imagine how boring my fishing trip might have been without those worms!

The fog was just lifting off Black Lake as I cast out my brand new bait. As I did so, I sincerely wondered what I was doing with a stupid thing like a Garlic Worm. It was the best fishing time of the day, and I was wasting it. An organic garlic farmer and a good friend of mine, gave me the package of garlic bait that he had bought and asked us to test. I had been cunningly suckered into having to use these peculiar worms.

As I was thinking of this, I felt a sudden pull that was hard enough to pull my pole right out of my hands! As I grabbed for my pole, I saw my fish jump! Boy did it jump! It cleared the water by a foot, and for a fish that big, that was a lot. It had to be a 30-inch bass!

I fought that mammoth-size bass for over half an hour. By then everyone in our cabin was out on the dock to watch me bring in my monster Garlic Bass!

Elephant Garlic: Growing Guide, by Chad Weaver

Available from Weaver's Garlic Shedd, P.O. Box 10, Shedd, OR 97377 by special arrangement.

Reviewed by Elizabeth Henderson

Elephant Garlic by Chad Weaver is based on over a decade of experience with the crop at Raleigh Gardens. There they grow five acres of elephant garlic using chemical fertilizers, pesticides and soil fumigants. The guide describes their methods in detail and offers helpful suggestions to growers who want to get started with the elephants.

The recommendations for soil fertility and weed control rely heavily on chemicals and will be of limited use to organic growers. The amount of plowing and roto-tilling suggested also seems excessive if soil health is your main concern.

The information on spacing, harvesting, storing, and cleaning is useful whatever your growing method. Weaver plants his garlic in raised "mounds" to give the roots ample space and to make digging easier. He gives helpful pointers on seed selection, quantities and spacing. For maximum yield, he recommends moisture meters to guide irrigation. He stresses the importance of careful weed control for garlic production and warns against cultivating too close to the roots. Though he admits that herbicides also cause crop damage, he relies on their use. Aside from his claim that Raleigh Gardens seed is somehow disease "resistant," the section on garlic diseases and pests amounts to good IPM strategy.

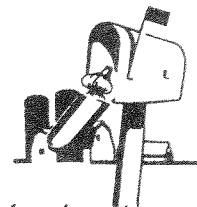
The time- and energy-consuming realities of harvesting, cleaning and storing are thoroughly described. New growers should read this section carefully before getting in over their heads with more garlic than they can handle.

There are appendices on "Gopher Trapping," moles, mice, building an undercutting blade for digging garlic, herbicides, garlic terminology, diseases and seed dip.

MID-WEST GARLIC GROWERS

MINNESOTA GARLIC FIELD DAY AND POTLUCK PICNIC

by Joel Girardin



On Saturday, July 8th, my wife Coleen and I hosted a garlic field day and potluck picnic at our home just outside Cannon Falls, Minnesota. I have been doing a garlic variety study with garlics purchased from Filaree Farm, to see how they do in the harsh Minnesota climate. Since I currently have 50 different garlic varieties, I thought this would be a chance for interested growers to observe the growing characteristics of the various garlic varieties as well as to taste them. I also thought this would be an opportunity to exchange information about growing garlic, as well as to purchase or exchange growing stock, or to just learn more about growing garlic.

We were a little disappointed in the turn out (about a dozen people), but when we talked about it later and looked at our calendar, we realized that when you live in a climate like Minnesota that has such a short summer, nearly every Saturday and Sunday all summer long is scheduled with some event or the other. Tim King's excuse for not showing up was that it was his 25th wedding anniversary. Pretty poor excuse for a dedicated garlic grower. This was even after I had offered to provide unlimited quantities of wine for the potluck picnic.

There was an advantage to having a fewer number of people in that we gathered in one large group to discuss garlic-growing and there were no small splinter groups. Everyone shared in each conversation and did not miss any of the side conversations. I provided handouts with the Filaree Farm description of each garlic variety in the order in which they were planted in the field. Each garlic variety was marked with a 1" x 3" stake containing the garlic name and whether it was a hardneck or softneck

variety. I had pulled one garlic plant of each variety and placed it by the name stake. With the handout, one could then conduct a self-guided tour and observe how each garlic variety was growing and the size of each bulb. July 8th would have been exactly the right time for a tour last season, but this year, because of a very cold spring, everything was about 3 weeks behind schedule. As a result, some of the bulbs were quite small and some of the scapes were just starting to emerge. Nevertheless, it was easy to see which varieties were doing well and which were not. The hardnecks with, a few exceptions, seem to do much better than the softnecks. A number of the softneck varieties (some as many as 75-100% of the plants) had produced hardnecks — proof that the softneck varieties are definitely stressed in Minnesota. We left the field and went up to our house, where we had all of the garlic varieties available for tasting. Needless to say, no one tasted all 50 varieties, but we did taste enough that everyone had comparable garlic breaths.

One of the benefits of a potluck picnic is that it doesn't matter how many or how few show up; there is always enough food. Gary Price and his wife brought some excellent pickled garlic. Unfortunately, he wouldn't part with the recipe. I even plied him with large quantities of homemade wine and I still couldn't loosen his tongue. So, because of Gary, I am forced to ask if there is anyone in Garlic Seed Foundation membership who can provide me with a recipe for pickled garlic.

I hope everyone had as good a time as we did. It seems that anytime a few garlic growers get together there is always something to be learned.

Last year I put together an Annual Report for the midwest garlic growers. I have agreed to do this again this year. The rules are: Send me a report about your garlic growing experiences along with \$3.00 (for postage and copying) by January 1, and I will put all the reports into a booklet and send you a copy by the end of March. You must include a grower's report. Don't just send money and expect an annual report. It won't happen. You'll get your money back. Because of the potential size of this project, I have to limit the growers to those from Minnesota and the bordering states. The Garlic Seed Foundation has too big a membership for me to tackle an annual report from everyone. Your report should include any information that might be of interest to some other grower, such as varieties, when planted, when harvested, mulched or not mulched, fertilizer, etc. Last year the annual report had information from 23 growers in Minnesota, North Dakota and Wisconsin. Send to Joel Girardin, 29321 Enger Court, Cannon Falls, MN 55009

The Stinking Cookbook, by Jerry Dal Bozzo

(Berkeley, CA: Celestial Arts, 1994) Trade paperback, 76 pages, color illustrations, \$9.95. ISBN 0-89-87-730-0

"A Stinking Good Book" - Review by Dave DeWitt

Subtitled "The Layman's Guide to Garlic Eating, Drinking and Stinking," Dal Bozzo's tome to garlic is a cookbook, a humor book, and a source of some interesting anecdotes about the cloven allium. In addition to repelling noxious vampires, it was reputed to protect children when placed with them in the crib during the Middle Ages. But garlic's most interesting use is its appearance in huge amounts in the recipes in this smelly book, which are supplied by the now-famous restaurant, The Stinking Rose, in San Francisco's North Beach. They serve 3,000 pounds of garlic a month there! Having dined in that restaurant with none other than Richard Sterling, I can testify that recipes such as 40 Clove Garlic Chicken, Garlic Chowder (with five heads of it), and Garlic Lamb Chili (one cup of cloves), are powerful and satisfying. Oh, the second subtitle of the book is: "We Season Our Garlic with Food."

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