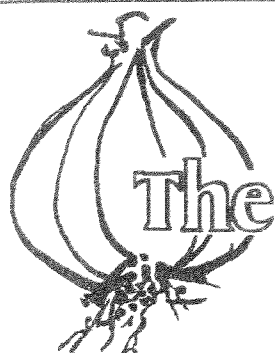


FALL 1996



The Garlic Press

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



#29

THE GARLIC GROWERS ASSOC. OF ONTARIO (GGAO) REQUESTS YOUR HELP

In 1994 when the California garlic growers won their anti-dumping action against the People's Republic of China a 372% duty was imposed. The boats laden with Chinese garlic bound for the American west coast changed their course by a few degrees and headed to Vancouver, Canada. These ocean-going warehouses have been landing here steadily since. In 1992 the Peoples Republic of China accounted for about 10% of the imports into Canada; now in 1996 they account for well over 70%. (Total imports during that period went from approx. 12,000,000 lbs. to approx. 22,000,000 lbs.) The price?? The weighted average price of all grades of garlic coming into Canada from the U.S., Mexico, and Argentina in 1992 was approx. **90 cents/lb.** In 1996 the average price of Chinese garlic coming into Canada was **.24 cents/lb.**

Canadian growers supply less than 5% of our own market. The average size of our growers' plots is less than 2 acres. When most of us started growing in the early 1990s, our product was met with great enthusiasm from local buyers, and we were able to establish and grow these local and specialty markets. In 1993, and more so in 1994, the presence of low-priced Chinese garlic became evident, but for the most part, our customers remained loyal. Then in 1995 the sheer volume of Chinese garlic made the reality of trying to sell in our local market clear; **there was no bottom for prices.** Our local and specialty markets have not been able to withstand Chinese garlic priced at less than a third or one quarter of our garlic. I picked up the phone and sold the rest of my crop at a fair price on the U.S. side of the world's longest undefended border.

Obviously, we are not the garlic agri-business of California that can afford a gaggle of lawyers and spend hundreds of thousands of dollars to put our case before the international trade tribunal. These agri-business concerns have played both sides of the importing market, but at least there is a bottom in the American market under which Chinese garlic prices can not go. A couple of times over the last two years there have been calls from U.S. or Canadian Customs wondering if there were any Canadian growers capable of supplying hundreds of thousands of pounds into the U.S. Of course, there are not any Canadian growers who could do this. It is more than likely

Chinese garlic with a fat margin looking for a home.

In May of 1996 GGAO investigated what the possibilities were and how the machinery worked for bringing a dumping complaint before our government. We hired a couple of our growers, Alex and Barbara Macdougall (garlic Naders), to prepare the complaint for us to Revenue Canada. These non-legal types accomplished an incredibly complex and arduous task. To our joy, on November 21, 1996, Revenue Canada issued a preliminary decision that dumping of Chinese garlic was taking place, and a preliminary duty (385%) was put in place. After that decision our markets began to reopen to us and the U.S. product.

We have raised over \$30,000 between 65 growers to bring the investigation to this stage. Now we must go before the Canadian International Trade Tribunal and prove that our growers are experiencing injury (lost sales, inability to enter market, price depression and suppression). We are busy preparing government questionnaires, filing witness statements, rebutting the evidence of the importers, and preparing our case to go before the Tribunal on **February 20, 1997.**

By March 21, 1997, a final determination is required from these governmental bodies as to whether or not Canadian growers have been injured and what the final margin of dumping is. We know we have a good case and have done well in keeping our costs where they are, but we are running out of funds in this crucial time just before the hearing. I would like to take this opportunity to **thank the Gary Weaver family of Shedd Oregon for their contribution of \$100.** I believe this foresight will help to keep a bottom in the Northamerican garlic market, which is important to growers all over North America.

If you feel you can assist us in our cause, or have any further questions, please forward your response to GGAO at 38 Centre Street, Stratford, Ontario, N5A 1E3 Canada, or contact me [Warren Ham] by phone at (519) 272-1742 or Fax (519) 273-3298.

Thank you to David and the GSF for this forum, and hello to all the hospitable, open folks we met at the Hudson Valley Garlic Festival and through the Foundation.

Warren Ham

Director's Notes

David Stern



Looking back at '96, I'm remembering some of the high points of a year filled with garlic. Surely, the Toronto meeting last winter was exciting, followed by three days with Phil Simon from Wisconsin. That was putting-out a lot of information, followed by a period of putting a whole lot back in.

Then there was the Saugerties Festival and all that crazy excitement and energy. Saturday night was eventful, when all the vendors gathered for a communal supper under the main Pavilion. The garlic flowed as did the fine homemade wine (thanks to Frankie Palermo and the Gambino Brothers). We went from being garlic farmers to friends — 8 states and Canadians, too, eh! All at once a storm came raging down the Hudson River Valley, sheets of rain/powerful wind gusts. We all stopped talking and turned to watch "Mother" present herself. Directly in front of the pavilion was the information center and the 16' helium garlic balloon attached to it. First we watched the wind collapse the booth, which liberated the balloon; then we watched as this giant garlic floated off over the trees — NASA's newest weather satellite. Recognizing the symbolism of this ominous event, toasts were quickly offered.

The DC, Batavia (NY), and Virginia Festivals were also wonderful events pulling people together and celebrating the Bulb. It's been fun working on some of the new garlic books about to be published. I'm very excited about a project that I'm working on using a bio-fungicide to reduce the fusarium problem. As data become available on this, I'll be sharing that with you.

But now, I need to share with you, as a form of explanation, why you haven't received a *Press* in four months: a new chapter in my life.

I was asked by my community to train to become an Emergency Medical Technician/Defibrillator (EMT-D) as part of my work as a volunteer fire fighter (Rose Fire Company). I accepted and have spent the last 6 months in the classroom, hospital emergency rooms, back of ambulances, and reading at my desk each morning at 5:00 a.m. My NYS practical trials were two weeks ago,

and my written examination was last week. I told myself not even to think about *Press* #29, or any other distraction, until my studies were complete. I took my studies very seriously, and clearly understand my obligation to a high performance level with trauma and medical emergencies.

I know that some of you have done this work for years. I've wanted to and have even taken Red Cross CPR classes several times, which information was quickly forgotten because it was never used. Not now. My training has given me the skills and confidence to rip off someone's clothes and start manually pumping their heart, or hooking them up to a defibrillator for a shot of electrical juice.

This work is intense. "Calmness" and "clear thinking" become very important, and teamwork and good communication essential. This work is often tragic (2 codes and an MVA from 5:00 to 10:30 Christmas morning), but as an advanced medic said, "The closer to home the greater the value," and that's very true—the privilege of serving my community. I also fell in love with the incredible human body—the design and mystery. If I had done this training 30 years ago, today I'd be a paramedic/physician's assistant. Our bodies are so incredibly complex/balanced/vulnerable that we need to take good care of them. I know I'm going on to advanced studies in Pediatric Trauma, an area where assessment, knowledge and treatment are critical, and I feel less secure.

No, I'm not leaving the farm or my roots in the soil. That's part of me, and it's never very far away. Even in the back of our ambulance, on the work shelf next to the telemetry unit (that sends your heart rhythm, via satellite to a trauma center), between the suction device (to help clear your airway) and the oxygen/respiratory therapy tools (that will make it easier for you to breathe), on top of the words and music to *Amazing Grace* (my favorite hymn), sits a large, plump, stinky bulb of garlic.

WANT A GARLIC MEETING?

Because of an overbooking by US Air, I took a bump on my way to the Virginia Garlic Festival, and walked away with a free round-trip ticket. I'd like to use this to get out to some of the mid-West and Far West garlic events.

Can you call people together for a gathering? Other Speakers? Dish-to-Pass supper? Slide show for growers or consumers?

Please contact GSF, ASAP!

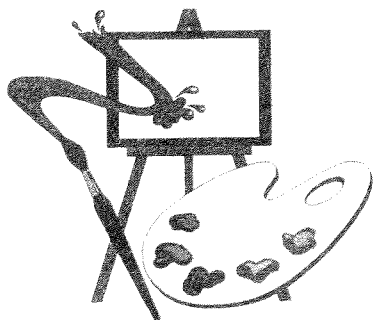
ALLIO-FILE

- 🍷 Congratulations to Ted Maczka, the Fish Lake Garlic Man, for his Blue Ribbon garlic at the Royal Winter Fair in Toronto; and also to Frank Wiebe, who stepped down to fourth place after several years at the top. Down in Maryland. Tony Sarmiento again took top honors for his garlic at the State Fair—third year running.
- 🍷 Renewals: If the number 26 (or lower) is on your mailing label, this is your last issue. This is issue #29. The number on your label is the issue your membership expires. Please remember to renew promptly and try sending \$20 for 8 issues.
- 🍷 I've had little success in locating other groups similar to the GSF, i.e., single-vegetable fan clubs. Know of any? Here's one that some of you will appreciate: National Hot Pepper Association, 400 NW 20th Street, Ft. Lauderdale, FL 33311. \$20/year, Foreign \$25.
- 🍷 Glend Neff will be working with the GSF on mailings and membership tasks. As of this mailing, we have caught up with memberships, mail order purchases and our bank deposits. As always, we appreciate your patience.
- 🍷 Moving? Please let us know.
- 🍷 New Products by a couple of the food giants: Campbell Soups introduced a new "Creative Chef" line featuring roasted garlic, and Land-o-Lakes is test-marketing a "garlic butter."
- 🍷 Boston Garlic Festival - Fall 1997: New England members contact Bruce Bickford, 820 Monument Street, Concord, MA 01742, 508-369-5329.
- 🍷 Apprenticeship: Anyone looking to work and learn from an experienced garlic gardener or farmer? Any of you producers looking for help? We'll try to match you up.
- 🍷 Support Canadian Producers: The GSF has contributed \$100 to help our Sisters and Brothers with their efforts to defeat the dumping of Chinese garlic into their markets. Please note the request from Warren Ham and the Garlic Growers Association of Ontario that appears on the front page of this issue.
- 🍷 Terracotta Garlic: Fence post Finials and Veggie Bed Fenders — very beautiful and about \$5 each. Kinsman Company: East 1-800-733-5613; West 1-800-733-7165.
- 🍷 GSF Internet: 3henderson@eicbbs.wseo.wa.gov
Note difference in Press #28 "Allio-File"
- 🍷 Garlic Hotline: I realize that I'm not always reliable with being available to talk on the phone or return your calls. I'm going to commit the **4th Monday** of each month to be available for your calls: 315-587-9787.
- 🍷 Garlic Art: Any original art work out there?

— David Stern

Garlic Art Contest

ATTENTION ALL YOU LITTLE BULBILS - 12 AND UNDER



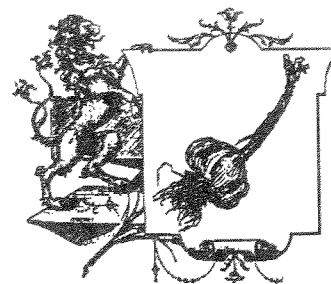
- ▶ **ALL** mediums: paper, thread, clay, wood, drawing/painting/sketches. The only requirement: It must be related to the growing or eating or GARLIC!
- ▶ Enter as many times as you want.
- ▶ Volunteer judges (both young and old) will judge on originality, style, creativity and smell.
- ▶ Swell prizes and fame. All entries will be part of a GSF Display at meetings and festivals, with full credit given to the artist.
- ▶ DEADLINE for Entries: April 1 (All Fools Day), 1997.

D.S.



OUT OF MY HEAD

Bob Dunkel



Life is full of wonder, my friends, and especially at this time of year, let us all share the joy in our hearts. Easier said than done, you say? Well, that is a choice we make each day To release my joy I only need remember what a fine group of friends I see at all the year's festivals and gatherings. I have learned so much from all of you and thank you for that. Sometimes I forget to say these things, so now is my chance. No matter what name we go by, and the GSF seems to be as good as any, we are truly a unique group. Lovers and Growers of Garlic we are. That is a gift in and of itself as we share in the bounty of our harvest and the healing of the planet. We must lift our heads high, like the uplifting spiral of the scape itself. We must wiggle ourselves about our roots and feel that our strength and stability is also a flexibility in the winds of change about us. There is so much to learn and share, and that is what we have always been about. Healing and helping one another, which also means dispelling a few misconceptions, is all part of our purpose, so please thank yourselves for sharing in this process. I love the few moments that I can break free and browse through the garlic marketplace and witness the exchange of simple wisdom and experience. We all learn by making mistakes, so why not celebrate the growth of all our paths in this life.

Holding on to the vision is most important. It is so easy to lose our focus at times, so easy to be lazy and forget that growth is unending. Think of the spiral of the topset garlic as it turns downward magnetized by the earth and then as solstice nears it magnificently rises and hardens. That truly is an uplifting image and one that curiously chastises us for missing it as we do our scape removal! I always let some go anyway, to either watch or to play with in trying to make the true seed. By analogy or metaphor our lives are enriched. We are energized in the humus of experience and fertilized by our own inspiration. We just need to keep on keeping on and, along the way, find a way to respect one another for all we have to share and learn.

It was another wild planting season for us. It began in perfect conditions, shorts and t-shirts at Columbus Day and crumbly warm soil. Finishing up in mid-November was trial and tribulation in the face of blustery cold wind and driving snow and half-frozen, wet, untillable ground. The pogo stick was resurrected once again to open up spaces for planting as fingers were bent and frozen. I love every moment of this chore, however, and always get a few good laughs out of the adversity of each season and certainly feel an overwhelming sense of joy and accomplishment after tucking into bed my 25,000 children.

Over the season ahead there will be time for reflection, time to plan our fertilization and cultivation schemes and hopefully time to get together with one another. How about doing a roasted garlic party in your area and recruiting a few new folks who could share in all your wisdom and experience with learning lessons

from the garlic. If you need a localized mailing list, drop us a line. Also, remember that Alice is getting a bit lonely and needs to give some stinky advice now and then. Please write to me about anything that works for you. Give yourself some credit and a good pat on the back. Finally, remember to hold onto the vision of green and may your days be full of wonder and joy until that tiniest of ruptures reveals the waking of the garlic, the announcement of Spring!

Holding the Vision

Today, again it is white.
This field of memories and dreams
So full of yesterdays and tomorrows
Has turned to a blank page.
The snows in their silence return
To cover and insulate without
As our gaze turns inward.
The chores of fall are winding down
Settling like flakes to still our worries.
Now is the time to be still awhile
And to remember our plan and purpose ...
Close your eyes for now and listen
There is a chorus of root growth astir
The garlic is not yet asleep!
It is anchoring itself and cuing us also
To do the same. To remember our duty
And to know when to rest as the days shorten.
We all make maps, they are memory and
reminder
Of what goes where and why or why not.
So as time and the earth freezes remember
Hold on to the vision of green and see
In the mind's eye the growth unending.
That is the special gift we share with garlic:
To know the seasons and cycles are unending
And to see our part as not separate but united
For our futures are truly one without limit!
So on this field of white
Now allow your palette to play
Let your dreams explode in colors of vibrant hue
Fill in the rows and cultivate your vision
Paint in the leaves, wind and rain as gentle peace
For the future already is created by the now!
Hold on to the beauty, hold on to your love
Everything at work below is balanced up above.
Breathe in my friends this day and vision deep
And slowly release your fears and worries and
sleep....



ASK ALICE



Alice, How do I store my garlic to make it through winter?
Anita Tip, Wet Cellars, WI

At first I thought you wanted some marketing ideas to keep a steady supply at your grocery store, then it occurred to me ... hummm? First some questions: What variety or types of garlic are you growing? How much do you need to set aside for use? Where are you going to keep it? What's your climate like?

Generally speaking, ophio or topsetting garlics seem to not last as long as softneck types. This may mean you could use them up first or consider putting them into a more stable environment as early as possible after curing. Where long-term cold storage has its benefits for inducing dormancy, the sudden removal and movement to a warmer room may bring on rapid root swelling and dehydration. Also, larger bulbs do not seem to store as well as smaller to mid-sized bulbs, and so concentrate on marketing or roasting them first. In warmer climates, there may not be the same problems with humidity that the Eastern growers live with, but temperature control not to exceed 65° is important. With smaller amounts or

processing capabilities, there can also be a number of time-extending options. Dehydrated or freeze-dried garlic is one choice. Storage in oil after acidifying in vinegar overnight is another. Blending white vinegar and garlic to make a paste like horseradish is also possible. Certainly, garlic must get no colder than 33° and it is not recommended to be stored at all in a 40°–55° range, so in an outbuilding cool and dry with air flow is generally a good option for small-scale growers. CA or controlled atmosphere storage is costly and results in a type of quick shock upon removal. Braids remain one of the time-tested methods for small storage as long as dirt molds and any fungi are not present. There are cold temperature molds that can wipe you out in a humid yet cold environment. Overall your best bet is an area cooler than your living area and between 55° and 60° with about 40% humidity. Low speed fans are not too costly and are also recommended if there is no other way to access air flow. Remember the refrigerator is too humid for garlic and only processed material should be placed there. Finally, a bulb or two per person per week is a safe allotment in calculating your needs over an extended period.

BULB FICTION - THE CILRAG CONNECTION

by Allicin Spyglass

Our search had begun as a simple quest to find out more about our family. Records were sketchy, at best, and involved a series of random notes left in cardboard boxes over many decades. There were no clear lines of lineage that we could go by and research by most of the university and medical libraries brought little of true substance. Almost exhausted and in a final search of websites from the late twentieth century, the cursor came to rest on the title: CILRAG

Like coming awake suddenly at night and behind the wheel of a car, there was a sudden jerking reflex that propelled my little finger to key off on my ENTER button and suddenly my monitor screen began to flash WARNING! WARNING!

Suddenly, dazed and confused as I was, I began to see smoke rising from my hard drive and yet oddly enough it smelled good! I knew we hadn't been roasting garlic, but the familiar and ecstatic undeniable scent of garlic filled the room. I knew this new system was state-of-the-art, but I hadn't accessed anything like smell o'vision before! Where was I?

The screen was full of inverted and oppositely twisting bulbs of multicolored garlic and, simultaneously, there appeared growth cycles of this wondrous allium, both forward and in a reverse phase. The bottom of the screen read: PLEASE ENTER CODE NAME ... I input the very word on impulse: GARLIC. The screen immediately went blank.

There aren't words to describe what happened next. Somehow, though, in that darkness and in that moment, I knew my search was over. As I closed my eyes I knew I had truly merged with my machine. The files were within me. CILRAG, CILRAG, I could hear a faint chorus of CILRAG and then I knew more than I'd ever wanted to know about my long lost Allium family. Dispersed and displaced, dragged round and round the earth, here at last I could feel an inner connection with generations of my cloned brotherhood. But what of these cries of CILRAG, CILRAG, CILRAG? That's it! I hear you and I am coming! Yes, it's from the garden row closest to the house. The one the kids planted.... I had to go and rescue them. Why hadn't I heard them sooner, shortly after they were buried alive and ... upside down!



BOOK REVIEW



*A Consumer's Guide to Medicines in Food:
Neutraceuticals that help prevent and treat physical and emotional illnesses*
by Ruth Winter, M.S. (1995, ISBN 0-517-88349-X)

This is really a fascinating book and long awaited by many of us involved in the advocacy of healthy diet and lifestyle. You may recall in our Summer '93 issue we published an article by Lyn Ciocca on *The Neutraceutical Garlic*. Well, there is no better way to update the research that continues in this area than to isolate out of four hundred pages of information on the full spectrum of foods and medicinal values, the specific studies done with garlic.

By definition, a Neutraceutical is any substance that may be considered a food or part of a food, and provides medical or health benefits ... such products may range from isolated nutrients, dietary supplements, and diets to genetically engineered "designer" foods, herbal products, and processed foods. In 1989 The National Cancer Institute devoted \$20.5 million to the study and development of a designer food program. This was directed at phytochemicals (chemicals derived from plants) and began with a look at the top five: garlic, licorice root, flaxseed, citrus fruits and umbelliferous veggies (parsley, carrot, celery). Since those early days, much focus and hard research has continued on to further convince all of us to eat more garlic.

Garlic contains potassium, fluorine, sulfur, phosphorus and Vitamins A+C, as well as 75 different sulfur compounds. Also quercetin, cyanidin, bioflavonoids and selenium. It is labeled antibiotic, antiviral and antifungal. Literature reports it also decreases nitrosamines, which result when nitrates in the stomach combine with amines that can cause cancer. Garlic also modulates cancer cell multiplication, increases immunity, and protects against ionizing radiation.

In 1992, three Rutgers University researchers at an American Chemical Society meeting in Washington, DC, revealed garlic protects the liver from damage by large doses of acetaminophen and may prevent the growth of tumors from tobacco smoke. Garlic also inhibits production of prostaglandins, which explains why garlic oil has antitumor activity. The sulfides in our stinky friend act as strong disinfectants, as shown in the lower incidences of stomach cancers in areas where onions and garlic were eaten regularly. In that study, people who ate less than 11.5 kilograms (or 5 pounds) per year had twice the stomach cancers than those who consumed 24 kilograms (10 pounds) per year! Sulfides specifically stop the initiation of a cell by cancer-causing agents from becoming malignant and prevent steroid hormones from promoting tumors. They also stimulate DNA repair. Specific studies at the American Health Foundation looked at dietary diallyl disulfide from garlic and found it inhibited colon cancer in animals exposed to cancer-causing agents. Dr. Belman of NYU has reported experiments in which garlic oil was applied 30 minutes before or after nasty chemicals were administered, and amazingly, the cancer was stopped in its tracks! Garlic oil was also found to protect against skin cancers. Finally,

allylic sulfides in garlic and onions were found to stimulate production of glutathione-s-transferase, which is a wonderful enzyme that detoxifies our systems.

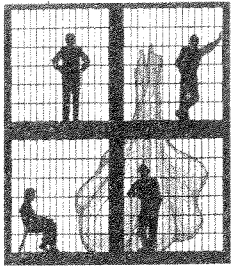
Polyphenols are compounds found in many foods, including garlic, and are easily identified by smell. Besides being involved in cancer repression, they are also antioxidants and actually dispose of mutagens and cancer-causing agents. As we know, antioxidants neutralize free radicals within our systems which otherwise can do much damage. Interestingly, in human research studies, criticism comes from the lack of double-blind studies where placebos and/or garlic are given and neither party is supposed to know ... the garlic odor is a dead give away!

When it comes to our heart, the big three are garlic, wine and green tea. We've often reported on the healthy effects of garlic in lowering serum cholesterol and triglyceride levels, decreasing platelet clotting and lowering blood pressure. It is a theory now that what is actually happening is that garlic expands blood vessels, which makes it much easier for our bodies to scavenge, purge and generally cleanse themselves. Dr. Kritchevsky of the Wistar Institute has concluded that a diet with 2% garlic lowers cholesterol in rats and prevents fatty lesions in rabbits. A study by Arun Bordia at Tagore Men's College in India did a study of 432 heart disease patients in which subjects received the juice of 6-10 grams of garlic in milk daily and showed a 50% reduction in mortality in the second year and a 60% reduction of heart attacks in the third year. It also reported decreased blood pressure, lower cholesterol, increased energy, increased appetite and decreased incidence of joint pain. Some patients did drop out of the study because of odor, burning in urine or gastrointestinal irritation. All in all, this certainly is something to be taken to heart! Radcliffe Infirmary in Oxford, England, found ½ to 1 clove/day can reduce total cholesterol by 8% and triglycerides by 13%.

Finally, in a garlic and colds study by James North of Brigham Young University an extract of garlic killed nearly 100% of both a human rhinovirus which causes colds as well as parainfluenza 3, which is a flu and respiratory virus. Pretty convincing evidence for wearing your breath proudly when it comes to garlic. In Japan, 9 patents have already been approved and issued for pain-killing compounds that use garlic as the main ingredient.

This tremendous reference source by Crown Paperbacks is by far the most readable and extensive resource for any of us looking for a greater understanding of the critical link of a healthy diet and the value of whole foods. I heartily recommend it to all of you as great reading material over the coming winter.

Lastly, in the early 1990s, those attending The National Institute of Health's Conference on Designer Foods joked about the anticancer pizza: "It would have a flaxseed crust and be topped with rosemary, licorice and garlic. And served with orange juice."



Chow Time #2

Buon Giorno fellow Allium aficionados! Chef Ed here, praying that your summer fields of dreams were bountiful, beneficial, and beautiful! It's fall again, time to remember our accomplishments and our aberrations and plan for our future from the experiences of our past. I have some wonderful Garlic recipes to share with you that will heat you up this winter, and warm your hearts. But first, let me share with you some news I personally find disturbing.

I went to the Parole Board, and they denied me parole. I won't be helping Mom & Dad around their house, nor will I be building my Log Cabin and Greenhouse. All I can say is that the Parole Board is WRONG. But, my friends, confidence is high! Must "keep the faith"! not get angry, 'cause to get angry is to dim my soul, and my soul is too Bright for dimming. If there are any Garlic Chewing Attorneys out there willing to do "Pro Bono" work, heIIIIIIp!

My summer vegetable garden didn't turn out as I expected, but at least I got some produce out of the ground. It's funny, though, in the morning, I would find two kinds of footprints in the soil: one that resembles a woodchuck or raccoon, and another resembling a size 10 boot! Now unless these little four-legged creatures organized themselves with the help of the local surplus outlet to take back the land, someone is becoming a vegetarian.

My garlic developed well, although some of the bulbs were rotten. I presume it was all the rain we had this year. I still consume as much Allium sativum as I can; the health benefits from the Stinking Rose are astronomical (Princess Stephanie would say, "Nutraceutical.") Regular daily exercise combined with a good Garlic-rich diet will give you the health you need and the energy necessary to run from Big Bubba when the time arises.

Garlic acts as an antibacterial and antiviral agent. It lowers high blood pressure and reduces cholesterol and triglycerides. Studies have shown that Garlic reduces cholesterol by 10% and Triglycerides by 15%. Garlic is known to have the certain sulfur compounds that have a great effect on your cardiovascular system. Garlic pushes up your HDL (the good stuff), and has "bioflavonoids," an anti-carcinogen. Allicin is also another sulfur compound in Garlic that gives Garlic its antibiotic attributes.

What all this means is "EAT GARLIC, LIVE LONG AND PROSPER." As you know, Garlic repels all sorts of creepy crawly critters, and I know all about those things. They come out at night when everybody is supposed to be asleep. My Garlic (get-away-from-me) Spray deters whiteflies, aphids, earwigs, slugs, and Sneak Thieves. Just aim, and zap! Then you'll have enough food left for eating. Talking about eating, here are some recipes that will have you barking at the harvest moon!

RICE DIABLO & GARLIC

1 cup of rice
1 15-oz. can of kidney beans
1 large Elephant Bulb
2 large Jalapeño peppers
2 large Red Cayenne peppers
1 Tablespoon of Sazon
1 large dash of Oregano, Dill, and Sage
Bring rice to a rapid boil with 2 cups of water. Add Kidney beans, chopped up Garlic, peppers, add Sazon and the rest. Reduce heat and simmer till rice is fully cooked. Yields 1 large (hot) bowl.

GARLIC GAOL GARBANZO BEANS

1 15-oz. can of Garbanzo beans (Chick Peas)
1 8-oz. can of whole corn
1 large elephant Garlic
1 large Cayenne Pepper
1 large dash of a (legal) herb of your choice
In a large sauce pan, bring ingredients to a boil (don't forget to smash up Garlic). Reduce heat and simmer for 20 minutes. Serve over white rice. Yields 1 bowl.

FLEW THE COOP SOUP

2 celery stalks
2 carrots
2 potatoes
1 large Elephant Garlic
1 large Jalapeño pepper
1 large Habañero pepper (hot, hot, hot)
1 nice tomato
1 teaspoon Sazon
Dash of salt
Assorted Herbs of your choice
Dice up all vegetables and put in large sauce pan. (Note: chop and smash only half of the Garlic, use whole cloves for the rest). Fill sauce pan two inches above vegetables with water and bring to a boil. Reduce heat and let simmer for 20 minutes. Yields two large bowls.

DETENTION TEA

Tea of your choice (non-herbal)
4 large Garlic cloves
Brew Tea in a sauce pan. Add whole cracked Garlic cloves. Pour in cup, and garnish with a cinnamon stick. Yields as much as you make.

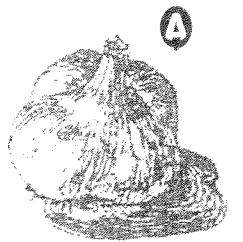
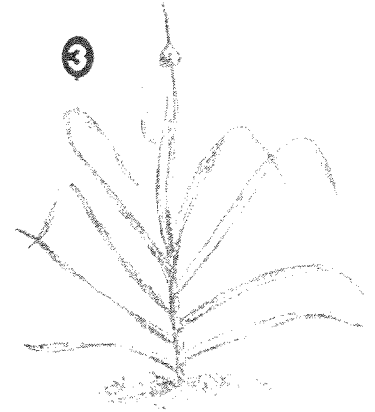
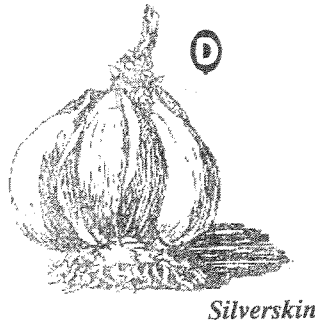
GARLIC (GET-AWAY-FROM-ME) SPRAY

20 cloves
2 teaspoons mineral oil
2 teaspoons liquid soap
16 oz. water
Crush and chop garlic. In bowl, mix soap, garlic, oil, and water and let sit for two days. To use, mix 3 Tablespoons to 1 pint of warm water. Spray on the underside of leaves of plants, or on any creepy crawly critters you happen to encounter.

MATCH GAME

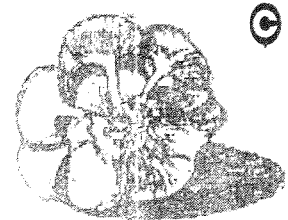
Tops & Bottoms

Can you put the right top on the right bulb?



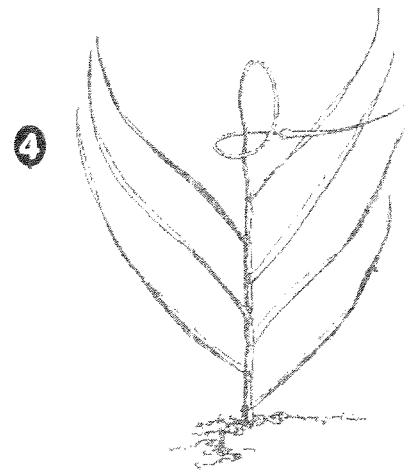
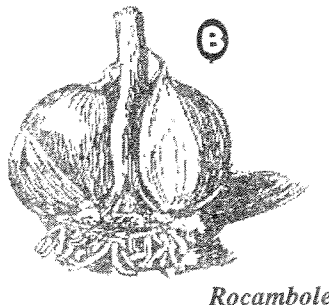
Porcelain Continental

1. _____
2. _____
3. _____
4. _____



Artichoke

(Answers at bottom of next page)



OUT WEST

Gary Weaver, Weaver's Garlic Shedd, Shedd, Oregon
(phone 542-491-3920, Fax 541-491-3925)



Christmas shopping done and only two days until we watch our grand-daughters' excitement of the main event. Thankful we will have our sons, daughter, daughters-in-law and the three most beautiful, smartest grand-daughters in the world with us for the holidays.

We found 1996 an interesting year in the fact we had doubled our production from 1995 and again sold out. Elephant garlic of quality is already non-existent in the grocery stores. There are the usual California varieties sold by the large bulk companies. Does the rest of the world know these California companies come to the northwest and contract their seed production, then take it to California and plant it for the dehydrating plants and fresh market shippers? We think they realize where the cleanest seed can be grown.

Rose Marie of Nichols Nursery called the other day and mentioned she had some elephant seed left. We can still plant here in the West, if we have ground open, and it will do just fine. Other than that, I do not know of any growers or suppliers with any saleable inventories. We were no different than most areas, a smaller crop due to weather and much better sales than we had anticipated.

We at Weavers Garlic are making a couple of production changes for the '97 crop. First, we fumigated half of the ground set aside for the new crop. We did this in early July and did not disturb the ground until September 15th; we then prepared the ground for October 14th planting. We applied different rates on 8, one and a third acre sets (10.64 acres). We used a maximum of 90 gallons per acre down to 36 gallons; this should hopefully give some idea of the correct rate for our soil type. It is not a cheap Charlie fix at \$5.00 per gallon.

The second change: we went with pre-plant release fertilizer, a complete mix to feed the garlic plant according to soil analysis drawn before fumigation. We had trialed this material on one acre of the '96 crop and were pleased with the results. This material only releases when the temperatures are right and the garlic can grow. When the weather is warm, the garlic grows and its dinner is ready. We do not waste the fertilizer from leaching, as it is Polyon coated. Again, not a cheap Charlie fix, but it allows us to stay off the fields until

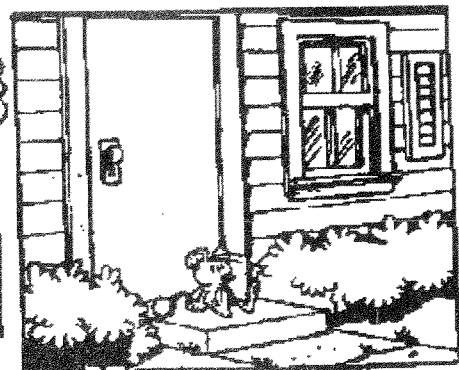
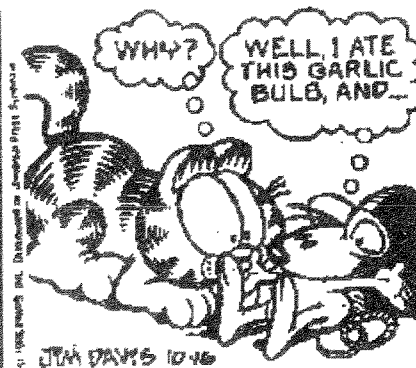
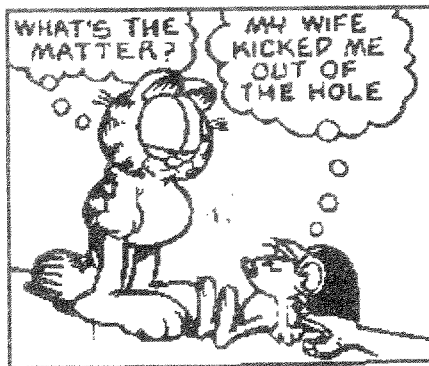
spring. We set a precipitation record in 1996, breaking the old record set back in 1995. We have a 100-year average and '95 ended with 57 plus and '96 with 66 inches and still a week to go. We went to the fumigation for control of soil-born fungus, nematodes and some weed control. We must provide the cleanest seed available for our customers, and we are convinced this is another helpful tool.

We will build a home page before harvest, and I am hoping we can have a sort of Dr. Garlic for answers for those that might be having cultural, disease or variety problems. We are only 15 minutes from Oregon State University and Dr. Monsour, the allium guru of the West, both garlic and onions. We welcome any and all suggestions as to what it should cover. You can e-mail, fax, phone, or drop us a note. We are now on the internet as weavergarlic@proaxis.com, something that I, being raised just five years ahead of the baby boomers, really had no interest in. I find myself on this great highway every spare moment. *Having a ball! There is so much information out there!*

We are sending a check to the Canadian Garlic Growers in care of Warren Ham for use in their battle against Chinese dumping. If I were you growers on the right side of the U.S., I would be more than concerned with their problem. If our friends from the north can not sell their crop at home, I can guess where it will be sold. With the Chinese dumping at less than 30¢ per pound, their production is headed south. We are lucky the U.S. growers, especially the California group, had the 325% tariff placed on the Chinese garlic. The Canadian farmer is no different than us, in the fact he wants to sell close to home and he wants a fair price. David, this needs to be brought to the attention of the GSF membership immediately, as the Canadian growers are meeting with their government agencies about the middle of February and would like to be prepared by the end of January. If we can be of help, please give me a call.

We at Weavers wish everyone a great garlic year in '97, and we again thank the Foundation, and especially David, for being the wheels that keep the small grower rolling and the educational information in front of us.

GARFIELD



ANSWERS TO MATCH GAME: 1 - D, 2 - C, 3 - B, 4 - A

Bias in Garlic Literature

from Larry Lawson, Murdock Madaus Schwabe, Springville, UT

I hope you are recovering fine from all the work of the garlic festival and that you were able to sell the garlic books from Williams & Wilkins. Today I received the Summer 1996 issue of the *Garlic Press*. I was especially pleased with the article on McCormick's evaluation program for garlic taste by Leslie Norris and the article on how to accurately compare garlic varieties by David deVillers.

However, I do want to make a comment about the Garlic 101: Bulbhead Chemistry article which is taken from pages 32-33 of Paavo Airola's book. I believe Dr. Airola was an honest, unbiased author (unlike many who write garlic books nowadays); however, because the book was written in 1978, much of what is said on pages 32-33 is incorrect or outdated. The majority of the research on garlic has been published since 1978 and has revealed many errors in past statements about garlic. Therefore, I would encourage you not to use this book as an information source.

Furthermore, you should be aware that the 1990 abstracts booklet "The First World Congress on the Health Significance of Garlic and Garlic Constituents," which is always cataloged in the *Garlic Press*, has some problems. This meeting (actually, it was the second congress; the first one was in Germany in 1989, sponsored by the Lichtwer Company) was organized by Robert Lin, employee of the Japanese garlic company, Wakunaga Pharmaceuticals, that manufactures Kyolic aged garlic extract pills. Of the 36 presentations given, 17 (almost 50%) were about Kyolic rather than about garlic itself, which is a very biased representation since only about 5% of the published garlic research are Kyolic-related. A major problem with this company is that not only do they heavily promote their own type of highly altered garlic product, but they also have waged a long-term advertising war against allicin and any commercial products that release allicin, including raw garlic cloves. An example of their anti-allicin campaign is the last abstract of this booklet, by Robert Lin, which is full of errors and deceptions. Admittedly, not all of the science about garlic and how it works to provide health benefits is known, but much progress has been made. There is considerable evidence that allicin is very important to many (but not all) of garlic's effects. However, nothing has brought more confusion and deception to the public about understanding the truth about garlic than has this Wakunaga company.

Here is my personal and brief evaluation of garlic books I have been able to find that deal with garlic's health benefits and composition:

1. The 1996 book *Garlic: The Science and Therapeutic Effects of Allium sativum*, by Heinrich Koch and Larry Lawson, of course, is up-to-date and very accurate, but I realize that it is over most people's heads and not very user-friendly. The 4-page summary I wrote for it should be helpful [Williams & Wilkins, 351 W. Cambden St., Baltimore MD 21201-2436, 800-447-8438; \$35, 330 pp.]
2. The 1991 book *Garlic: Nature's Original Remedy* written by Stephen Fulder and John Blackwood is the best book written on garlic for the general public, although it does contain a few errors and lacks some important recent studies. [Healing Arts Press, One Park St., Rochester, VT 05767; \$7, 136 pp.]
3. The 1996 booklet *Garlic: The Miracle Herb* by Judy Eftekhar that is available at grocery stores is unbiased and is a fairly accurate little description of the garlic studies by a non-scientist. However, it is over-simplified and does contain several errors and gives no references [Globe Communications Corp., 5401 N.W. Broken Sound Blvd., Boca Raton, FL 33487; \$1.09, 66 pp; 3" x 5"]
4. The 1995 book *The Healing Power of Garlic* by John Heinerman is very oversimplified and anecdotal with no references later than 1991 and is very biased to the Kyolic brand (called Japanese aged garlic extract of JAGE in the book). [Globe Communications Corp., Boca Raton, FL 33487; \$2.29, 97 pp.]
5. The 1994 book *The Healing Benefits of Garlic* by John Heinerman has some interesting historical information, but like the 1995 book, it is very biased to the Kyolic aged garlic extract and is very anti-allicin. [Keats Publishing Co., Box 876, New Canaan, CT 06840; \$11, 196 pp.]
6. The 1994 book *Dr. Earl Mindell's GARLIC: The Miracle Nutrient* by Earl Mindell contains very little about real garlic. The book is so extremely biased toward the Kyolic brand and so anti-allicin that it almost sounds as if Mr. Wakunaga wrote it himself. [Keats Publishing, Inc., Box 876, New Canaan, CT 06840; \$5, 134 pp.]
7. The 1989 book *Garlic for Health* by Benjamin Lau. Likewise, the large majority of this book is about research with Kyolic brand aged garlic extract, which makes it very difficult for the reader to conclude very much about garlic itself. Interestingly he is located only a few miles from the office of Wakunaga of America in southern California. [Lotus Light Publications, P.O. Box 2, Wilmont, WI 53192; \$4, 79 pp.]

BULBHEAD LOGIC

"In pursuing the study of any of the universal and everlasting laws of nature, whether relating to the life, growth, structure and movements of a giant planet, the tiniest plant or of the psychological movements of the human brain, some conditions are necessary before we can become one of nature's interpreters or the creator of any valuable work for the world. Preconceived notions, dogmas and all personal prejudice and bias must be laid aside. Listen patiently, quietly and reverently to the lessons, one by one, which Mother Nature has to teach, shedding light on that which was before a mystery, so that all who will, may see and know. She conveys her truths only to those who are passive and receptive. Accepting these truths as suggested, wherever they may lead, then we have the whole universe in harmony with us. At last man has found a solid foundation for science, having discovered that he is part of a universe which is eternally unstable in form, eternally immutable in substance."

— Luther Burbank



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DOWSING FOR FRESHNESS

At this year's Saugerties Festival, as I was working the GSF table, I noticed a quiet woman who had a slight smile as she gazed upon our garlic pendants. It turned out that she was a long-practiced local healer from the nearby community of Woodstock, NY, and she asked me if I could direct her to the area where seed stock was available. Then she remarked that the pendants made quite handy pendulums and off-handedly said that she always dowsed for her seed. This intrigued me, and though I have known other dowzers for years, I decided to do some research about this field and how it related to food.

The specific technique of dowsing food for freshness was learned by Andre Simoneton from an extraordinary fellow Frenchman Andre Bovis. Bovis is well known for his pyramids built to the scale of the Great Pyramid of Cheops. Bovis found that certain currents of telluric energy are accumulated in all bodies containing water, and as these react with other magnetic forces, they could affect a pendulum. Bovis developed a pendulum modeled after ones Egyptians used with a crystal with a fixed metal point suspended on a double strand of red and violet silk. He called it "paradiamagnetique" because it reacted to objects that were either attracted or repelled by a magnet. He found that with his pendulum he could tell the vitality and relative freshness of foods within a protective skin because of the power of their radiations! By placing a fruit or vegetable at the end of a ruler, he could watch his pendulum change direction at a certain distance along the ruler. This ruler, or biometre, was graduated in centimeters and indicated angstroms between zero and ten thousand.

Simoneton discovered this system when dying of TB and was able to heal himself and to go on to father children at 66 and 68! The scale reacted to poisons in

food and selecting higher vibration foods brought balance back to his system. He went on to establish specific wavelengths of foods to indicate freshness. Milk, which measure 6.5 thousand angstroms fresh, lost 40% of its radiation in twelve hours, and when pasteurized, killed the wavelengths dead. Garlic juice, when pasteurized, coagulated like dead human blood, and its vibrations dropped from about 8000 angstroms to zero! The studies are fascinating, and to simplify it, Simoneton divided foods into four classes, the first being those foods that radiated at 8-10 thousand angstroms, which were higher than the basic human wavelength of 6500. These included most fruits at ripeness and vegetables if eaten fresh from the garden.

It is Bovis' and Simoneton's theory that humans should eat foods that give off vibrations higher than 6500 angstroms if they wish to energize themselves and feel healthy. Low radiance foods, such as meat and bad bread actually sapped the body of strength. Since microbes vibrate well below 6500, it was deduced that they could only affect bodies whose radiance had been lowered. Cancer patients were found to give off wavelengths of 4875. A healthy body repels wavelengths at a lower vibration and thus is one basis for immunity. The same principle explains why plants whose radiance is reduced by chemical fertilizers are subject to attack by pests.

Getting back to our dowsing friend and her pendulum, she admitted that every year she would roam the marketplaces and dowse for seed and also prescribed garlic for some of her patients. What does this leave you thinking? For me, I know a little more about why I blast myself out with hot pepper and garlic at the first sign of cold or infection. It's an instinctual response much like dowsing itself, and it is saying **ENERGIZE** and get those **GOOD VIBRATIONS** flowing!

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