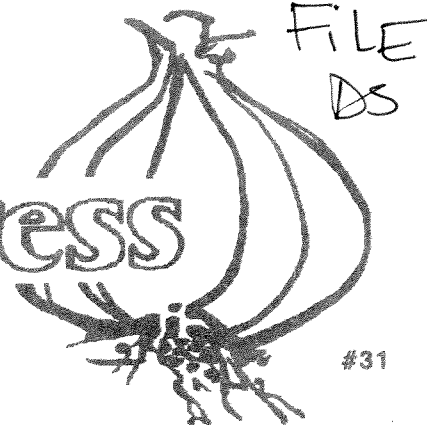


THE REGULAR, AND NOT SO  
REGULAR, NEWSLETTER OF THE  
GARLIC SEED FOUNDATION



# The Garlic Press

SPRING/SUMMER 1997



#31

## NEWS FROM THE GARLIC GROWERS ASSOC. OF ONTARIO

38 Centre St., Stratford, Ont, N5A 1E3 (519) 272-1742, Fax: 273-3298

For the past year we have been trying to stop the dumping of Chinese garlic into the Canadian Market. **GOOD NEWS!!** On March 21 the Canadian International Trade Tribunal ruled that the garlic was indeed being dumped and that it was harming the domestic injury. They applied duties to the Chinese garlic from July to December each year. While we are happy with their findings, it sounds like the new crop of Chinese garlic will likely arrive prior to the July date and we will have to go back before the Tribunal to show them that the ruling is being circumvented, and have the dates extended. We're on third now, and hopefully the next round will get us home.

*I would like to take this opportunity to thank the GSF for the airtime and donation, and members of the GSF who so graciously donated funds to our cause.* As well, a word of thanks to the California Growers who donated substantially. We spent a bundle and are still looking down the barrel of some interesting bills.

The crop in Ontario looks great so far, but it's not out of the ground and dried. The volunteer hours have been stretched mightily in our organization this year, and I would have liked to have had an invitation out to you earlier to join us at our Field Day, but there is always next year.

We are trying a couple of festivals for the first time this year, so we're doing our best to promote the Stinking Rose this side of 49. Hope to see some of you this summer, somewhere, and show you "Reicza" the new garlic-eating girl in our family.

Good Garlic,  
Warren Ham

## What's In a Name?

Glancing through my local paper this sports photo caught my eye — one man totally concentrating on something we cannot see, while the second throws himself in the air. The name of this airborne human is "KNOBLAUCH," Garlic in the German language (*Press #22 and #23*). I confess that I was totally ignorant of the what's and who in professional baseball, and I called the main office of the Minnesota Twins in Minneapolis.

I talked with Brad Smith in their Public Relations Office, who, after some initial skepticism about the validity of the GSF and the *Garlic Press*, released to me the following information.

Mr. Chuck Knoblauch is 28, married, and lives in the Houston, Texas area. He played college baseball for Texas A & M and in 1991, his rookie season as a professional, helped his team to the World Series. Since that time he has accumulated the following team statistics: 3rd in stolen bases (he's very fast), 6th in triples and walks, 8th in doubles and hits, 9th in runs scored. After 88 games this season, Chuck Knoblauch has a batting average of .289, 36 stolen bases, 5 home runs, 70 runs, and 39 RBIs, and he played in the All-Star game.

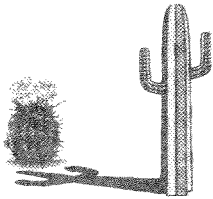
Brad Smith did an excellent job of protecting Mr. Knoblauch from this reporter's obvious questions (Does he grow/eat the stinky stuff? What's his favorite recipe? Were European ancestors named after the garlic because they grew it? Was his family one of the big Texas producers (1930-1945)?) However, once Mr. Smith realized we're not a bunch of food weirdos, and when it's off-season and there's more time, we might get an opportunity to communicate with him. Now I understand why there are so many good garlic producers in Minnesota. The *Press* has a "stringer" up in Long Prairie, MN, who might be willing to follow Mr. Chuck Knoblauch, the GSF's first "Professional Athlete" — or are we a bunch of weirdos?



The Associated Press

Minnesota's Chuck Knoblauch (11) steals second in front of the Yankees' Derek Jeter during last night's American League Game.

— D.S., com.



# Director's Notes



I have cactus needles/thorns in my ankles, shins, knees, butt, elbows, fingers, lips and tongue from walking, riding, falling, harvesting, licking and eating cacti! Here I sit at 30,000 feet, flying northeast from Tucson on a night-owl flight to Phoenix to Pittsburgh to Washington to New York City and to Rochester. I'll be at the farm by 4:00 pm tomorrow afternoon, 21 hours from now.

I've spent the last 6 days in the Arizona desert submerged in a totally different environment and culture. The Sonora desert is amazing, green by some standards, and the lone home of the Saguaro Cacti. I've climbed up in the mountains, waded in a creek (that runs through the desert), enjoyed the fruits of the prickly pear and Saguaro cacti, rode horses out early one morning 25 miles into the Santa Catalina Mountain foothills, and feasted on "real" Mexican foods. This is a strange place of ancient native cultures that established a powerful visual image. Today, a cancer sweeps through the desert - new housing developments that erupt to shelter the thousands of "snowbirds" that travel South every year. This has been a great trip for me, away from my farm for a few days following the D.C. Garlic Festival and utilizing the free ticket that no one took me up on (*Press #28*) for a meeting.

It was plenty hot (110°) a couple of days - yes, "hot enough to fry an egg on the hood of your car" - but today they even had several of those white puffy things up in the sky called ... clouds. They await the rain while they enjoy beautiful sunsets, spectacular lightening storms, and clear skies for celestial viewing. Their homes keep cool with tools called "Swamp Coolers (forced-air humidifiers), women show their legs, and folks' skin is so sensitive they can tell if its 106° or 108°, and dust devils - those wild desert tornados that appear from no place, dance about, then vanish!

But, as always, it's the people who make it all worthwhile, and I appreciate the hospitality, friendship and knowledge they bestowed upon me. My thanks to Ralph, Karl, Kristen, Diane, Paula, Pam, Charlie and Sierra, Charlie, Dallas, Cassie and Bernard, Sam, Michelle, Jackie (and Royal), Shannon, Helen, and Sherry. And farewell to Tosh, a good horse that died young.

Washington, DC Garlic Festival was a real stinko! Nick and Margaret have done a terrific job putting together food, entertainment, farmers and crafts, utilizing organized volunteers, taking a wonderful location and creating an atmosphere that helps folks feel comfortable as they eat, relax, buy and learn. Thanks to all who participated in some way. It makes me feel very proud of the GSF when I attend and see the great quality of our garlic and products and experience the celebration. My thanks to Shane, Jackie, and Beverly for their excellent help at the GSF booth and the opportunity to work with them at their farm in Maryland.




LaGuardia Airport in New York, NY: I'm ready to get home. These airports are getting to me. I'm a stranger in a very strange land. These places are full of camp kids, business folks, families, and lovers saying hello and goodbye. People stand in long lines and talk to the world on their cellular phones. I can tell there are more Moms with briefcases and more Dads with the kid(s). I'm on sensory overload and long for the safety and serenity of my farm and woods. These 10 days have been my longest time away in 25 years, and I'm feeling the internal pressure to return.

And soon, for many of us in the Northeast, it's time to harvest the garlic - dig, grade, bunch, hang and eat. Please be careful (work safe), and take good care of your body! I look forward to meeting and visiting with some of you at the upcoming festivals. Happy trails.

(D.S.)

## Garlic Art Contest Winners

It was a rough job for the judges in the first GSF sponsored art contest, but we are happy to announce the winners and judges' comments:

- 
**Sculpture:** Brenda Kavakos  
 S. Cairo, NY  
 Age 8  
*"A delicate clay representation of a topset garlic, magnificently detailed."*
- 
**Color Graphic:** Cameron Jarvis Larch  
 Petoskey, MI  
 Age 8  
*"This tapestry of color represents all the lands and people garlic touches."*
- 
**B & W Graphic:** Anne Lubell  
 Edmonton, Alberta  
 Age 12  
*"This piece captures the mystery and romance of A. Sativum."*

No members submitted entries in the following media: music, dance, poetry, wood, cloth or photography. We'll do this again next winter.

**Congratulations to the winners; we'll be contacting you shortly. (D.S., com)**

# ALLIO-PHILE

- 🌱 **Don't Forget** to take some photos/slides of your crop, harvesting, storage,, braids, machinery, etc. We continue to look for more ...
- 🌱 **Thanks** to Ed Mues for organizing, all the folks for attending, and Bill DeVaynes for the chocolate covered garlic at the Sullivan County Cooperative Extension Garlic Day in Liberty, NY.
- 🌱 **Costs, Press #29:** Printing: \$570, Typesetting: \$60, lists and labels: \$36, Postage: \$290, Dunk: \$100, GiGi: \$15, TOTAL: \$1,071.
- 🌱 **Advertise** in the *Garlic Press!* Send camera-ready copy to GSF, Members only, Garlic/Farm-related only, first-come, first-served basis when space is available, only! Communicate with 1,200 members, each with bad breath, 1/8 page: \$25, 1/4 page: \$50.
- 🌱 **Who's Doing?** Some new practice, new tool, new markets, new ideas to share – write it up for *Press #32*.
- 🌱 **Renewals:** This is *Press #31*. If the date on the label is less than 31, it's time to renew. \$10/4 issues.
- 🌱 **Correction, Press #29** Allio-File: That's Glenda or "GiGi" Neff who's working with GSF.
- 🌱 **Congratulations** to Mr. & Mrs. John Zadirava for finishing 1st and 2nd, respectively, in the Bloomsburg, PA Agricultural Fair, 1996.
- 🌱 **Thanks** for all the comments and shared stories (on community services, EMT-D, medical emergencies, trauma medicine and ambulances) from members who wrote in response to the Director's Notes, *Press #29*.
- 🌱 How many words/abbreviations can you list from the letters: G•A•R•L•I•C? Samples: Car, Gal, Cigar, and Al (symbol for aluminum)).
- 🌱 **Sorry** to report that the project mentioned in "Director's Notes," *Press #29*, in regards to fusarium, has been neglected and ignored by Bioworks, Inc. (Geneva, NY), the company whose product we were experimenting with.
- 🌱 **David Douglas, Filmmaker**, *Gift of the Gods*, is looking for recipes donated for a video he's making on cooking with garlic (the more the better ...). David Douglas

Productions, Pty. Ltd., P.O. Box 97, Cremorne, NSW, 2090 Australia  
Telephone: 61-2-9953-1977 - Fax: 61-2-9953-1482

- 🌱 I'm **sad to report** the death of Richard "Dick" Fosket, a lifelong onion breeder, in Ft. Collins, CO, and a good friend. Although we never met, except on the telephone, he was always supportive in every way and often called with comments or questions. Our belated sympathies to his family.
- 🌱 **Looking** for Love (and Garlic): Jeff Criswell, Pure World, Inc., P.O. Box 74, Bedminster, NJ, 07921, 908-234-9220, and other herbs.
- 🌱 This issue will be our first **3rd-Class Bulk**, as we save a few bucks on postage. I'll be calling some of you to check on the arrival date and condition of *Press #31*.
- 🌱 A Roman Garlic **Aphrodisiac** by Galus Pliney: "Garlic is believed to be an aphrodisiac, when pounded with fresh coriander and taken in neat wine," as reported by Fulder and Blackwood, *Garlic, Nature's Original Medicine*. We'd appreciate some members experimenting with this and reporting back to the *Press* with conclusions.
- 🌱 Along a **slightly different route**: John Leahy, a woodchuck from Northern PA, reports of a garlic potluck supper on Ground Hog's Day last February that included Punxatawney Pasta Fazool with garlic and ground hog that kept him farting for 5 days! The *Press* will carry the recipe at a later date.
- 🌱 **Thanks** to all you members who take the time to speak to garden clubs and other horticultural groups requesting a speaker. When someone requests a speaker, I photocopy our membership pages and send it to them. If anyone needs any GSF brochures for a talk, market, festival, fair, etc., please contact me, with lots of lead time ...
- 🌱 From a **food dictionary**, submitted by L.P. and Lori Johnson: "Shallots are for babies; Onions are for men; Garlic is for heroes!"
- 🌱 **Congratulations** to Nicola and Warren Ham on the birth of their daughter, Reicza Naomi Ham.

## DO YOU HAVE SEED FOR SALE?

Get listed in the "GSF SEED SUPPLIER LIST" that is distributed to hundreds of individuals, markets and extension folks around the country.

NAME \_\_\_\_\_

FARM/GARDEN \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ BEST TIME TO CALL \_\_\_\_\_

TYPES OF GARLIC AVAILABLE:

Top Set

Soft Neck

Elephant

Amount: Available \_\_\_\_\_

Minimum Order \_\_\_\_\_

Brief description of crop: \_\_\_\_\_

**SEND IN QUICK!**



## OUT OF MY HEAD

Bob Dunkel

### Spring Has Sprung

A blink away from or toward what moment now?  
There is no memory of awakening  
No dream that holds so tightly on  
That these bursts of spring rain do not hasten  
The unfurling of green flags forth ...  
Hands remember though the pull and grasp of weeds  
Of how to rid the rust from blades of iron  
And silent as the heron's flight again we blink.  
There is a busyness about, a scurry into action  
That elicits a certain hormonal hum as shadows lengthen.  
The worker bees are busy as the parade of blossoms begins  
Winds rustle the bones of wood and skeletons of leaves  
That mulch the hedgerows and enliven the woods with humus  
And the insect kings are gathering their armies.  
Growth and decay are simultaneous, yin and yang  
In each the other is portrayed, outlined and relieved  
And only this moment now, a surface of water, ripples,  
Garlic is fast becoming garlic and loosening the sheath  
Of yesterday's clove now lifted like a grey brown veil.  
Leaves fat and wide sway in the waves of wind and light  
And are reaching for the morrow, for the memory of next  
As the stomata gauge the angles of sunlight and know  
When to open and when to close, each moment is froze.  
As nightingales yield to the moon's dance and robins sleep  
The rootlets creep and long chains of minerals are mined  
Pulled from the depths of darkness into the dawning day.  
Already the first sound of day again is rising forth  
Shaking the memory of sleep and winter with birdsong.  
Where are we in this mystery play? In what symphony do we find  
Our hands at work? The garlic knows its role, its tune  
Aren't we sun, aren't we moon, are we just late or way too soon?  
Close your eyes and see, what is there for you and me?  
Do not wait and wonder, do not stop or flee, for now is now  
And 'tis the time to act, to feel, to be ... an ear to birds  
A hand to plants, we are the feet of trees. Get up! Arise!  
Wipe the sleep from out your eyes, for Spring has sprung!

Twenty-five years ago I graduated from Loyola Marymount University in Los Angeles, and now at summer solstice, I've left half a field of scapes behind me in trust to the five kids and journeyed into what seems more like the future than the past. Staying in San Diego is like being in paradise but overbooked. X Games are happening, the huge Del Mar fair, and tomorrow ocean fishing. I've seen great music, incredible sprawl and the timeless mix of perfect weather and fast living. The migrants are picking tomatoes and squash nearby and live in the canyons whose steep sides defy development for now. In agriculture there seems to be only hard labor no matter where you are, but here it's a class thing and the wealthy owners don't get their hands too dirty. At my reunion for sure I was the only one with calloused hands and dirt in the corners of my fingernails. The closest connection to our work I hit on was one fellow alumnus who deals in nutraceuticals! Maybe here I can even find the "faux" braids in colored plastic (see Ask Alice). We all make our choices in life, and I've reaffirmed why I made my home far from the neon lights and fast cars.

The festival season is coming up in the East, and I'm looking forward to getting back in touch with many of you. Garlic looks good and is about two weeks late so far and the rain has been pretty consistent. Our weed cultivation was encouraging this year, however, and we used 12-0-1 foliar sea spray in May, which seems to have really boosted growth. Soon it will be harvest time, and I hope all of you are seeing and enjoying the fruits of your labors. There's always so much to learn from each crop, each season, so much to apply, remember and take notes on, and most of all, react to. The garlic always tells us what we need to do and when — so really all we have to do is listen and learn.

I wish you all a happy harvest and festival season and please recruit a few new folks to love, eat and grow garlic.

*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 — AUGUST 15, 1997**

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## ASK ALICE

*ALICE? I'm just a lonely boy, lonely and blue, can you tell me what should I do? My braids are all empty, the pesto is spent, my breath is too sweet, and I haven't a cent ... Ben Autovit, Winterkill, WI*

Well Ben, I hope you got your garlic through the long months and though you're down and out of it, your salvation is at hand! Kind of like the Indian recipe for poison oak — eat it daily till it gets the size of your thumb. I find nothing more enjoyable in spring than eating greens. Whether you are thinning a tight row or have volunteers out of row, there are juicy little bites of fire waiting to prepare you for the feasts of summer. Had you planted a row or two for garlic greens, you'd also be in the dough right about now. It's a good early sale item before the scapes come and one that will help you gain on your marketing strategies. If you plan contacts to spread out your harvest from greens to scapes to loose to braids, then my friend you've got it made. Finally, for the fire in the belly and the return to gettin' smelly, get that bag made of mesh and fill it with fresh.

*When I was a youngster I used to see braided garlic made out of ceramic or plastic. Now I am looking for a place where I can buy one or two. I haven't seen any for years. There's a lot of people eating garlic these days (including me). I hope someone can help me. It sure would look good hanging in my kitchen. Bruno A. Tondello, Sr., 654 E. Crickenberger Ave., Mokomis, IL 62075-1722 (GSF member)*

Well, Bruno, without sounding a bit skewed, what about the real thing? I've eaten some store-bought garlic that tastes like plastic and looked ceramic, but must admit I've never seen faux braids before. The challenge then becomes how long you can keep your own or a locally-grown braid around your kitchen. I've found that if you get it as far as possible from the oven and on a wall with some ventilation, the braids will certainly last through winter! May I suggest maybe two braids or a braid and a dangle, which is a long single braid so that one can eat from the bottom and work one's way up and still be able to leave a nice looking braid. Lastly, if you do let it even dehydrate and don't pinch or squeeze it, even though you may not be able to eat it, the braid should last for a year or more. If any readers know of an outlet for faux braids, write Bruno at the address above.



Cricket  
Hill  
Garden

Kasha and David Furman, longtime growers of garlic, have expanded their other business. They sell over 80 varieties of Chinese tree peonies. These woody shrubs burst into bloom in early Spring and produce flowers 6"-12" in diameter. Colors range from white to darkest purple.

The mudan (Chinese name of these flowers) is considered the finest flower of the classical Chinese garden, and its cultivation goes back to the 7th century.

An illustrated and descriptive catalog is \$3. These are not plants for the new gardener!

Write:  
Cricket Hill Garden  
670 Walnut Hill Road  
Thomaston, CT 06787

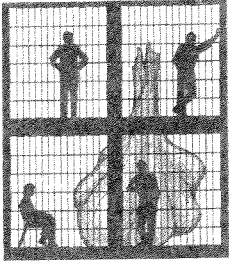
### Ode to Garlic

Garlic is a friend whom we all know well  
We think of him fondly, despite his distinctive smell  
There are a multitude of facts that will amaze 'ya ...  
Did you know garlic originated in central Asia?  
Centuries ago it was used to baptize kids  
Keep a person healthy and heal invalids.  
Whether cloves, minced, powdered or paste  
The main reason we love garlic is the taste!

It helps regulate your cholesterol as well  
And a pinch of parsley diminishes that smell  
In my husband's guacàmole, it adds special kick  
A few cloves (more if you're brave!) will do the trick.  
Garlic keeps away vampires and helps us all live long  
No matter what the recipe, there's no way you can go wrong  
So let's raise this lowly bulb to a pedestal instead  
And celebrate with another helping — of garlic bread!

Autumn Skye-Port  
Talent Contest  
Queen's Contest  
Virginia Garlic Festival 1996

No phone. No razor. No one who cares if you stink.



# Chow Time #3

*Mary, Mary, quite contrary, how does your garden grow? With silver bells and cockle shells, and pretty maids all in a row OF GARLIC!*

Guten Tag my Friends,

Chef Ed writing you once again from the confines of miserable Mid-Orange Correctional Facility, where the sun only shines on Sundays, especially when it's visit time.

Yes, this past Sunday Mother and Father came to see me and, as always, it is so great to see them! Mother brought me some garlic that was just fabulous. Remember, "The longer we live, and the more we think, the higher value we learn to put on the friendship and tenderness of Parents. Parents we can have but once; and he promises himself too much who enters life with the expectation of finding many friends" (Samuel Johnson, 1709-1784). We always hear about family values these days, and let me tell you, it's so true. The value of having a loving Family is priceless. When the going gets rough, and the bottom has fallen from under you, it's the family — your family — that is there to catch you. Believe me, I know. Just sitting there and talking about the family and garlic produces a bond that I never realized was always there. We talk, I ask questions about the past, and I say things that need to be said, because I don't want to say the words I always hear, "If I'd only said this," or "If Only I had told them that ..." when it's too late. Now is the time I say how I feel, because life doesn't last forever, but togetherness lasts a lifetime. A great man once said, "If you have to go searching for your hearts content, search no farther than your own back yard, because if it's not there, you'll never find it." Being the youngest of seven, I've always learned things from my older brothers and sisters. If I wasn't driving them crazy, they were driving me crazy, but we all grew up together as a family should. Mother gave me a couple of her recipes that contain the great *Allium sativum*, and so did my beautiful sisters. Sharing them with you would be a pleasure.

## MAMA EDNA'S GARLIC SPREAD

2 large elephant garlic bulbs  
1 dash of olive oil  
1 pinch of salt

Wrap garlic in foil paper and place in oven for 15 minutes. Take out of oven and let cool. Remove from foil and peel garlic. Crush garlic to a fine paste, add oil and salt. Spread on toast and munch out!

## REBECCA BOLLA'S BROCCOLI SAUCE

3 large elephant garlic bulbs  
1 fresh large broccoli  
½ cup of water  
½ cup of onion broth  
dash of basil, parsley, and rosemary

Put all ingredients in a blender and blend. Pour in a sauce pan adding liquid till desired texture and simmer for 20 minutes. Pour over fresh vegetables. Rock-n-Roll!

Prison life can be so monotonous that each day can be hair-splitting. But one day I was making Sing Sing Spaghetti when all of a sudden I smelled smoke. Wee, the first thing I did was to see if my pasta was okay. It was, so I looked out the window, and to my amazement, the cottage across the way was ablaze. Thick black smoke billowed out from the rafters, flames licked out of the windows. What a sight — inmates looking on with grins of excitement and Correction Turnkey Cops running around not knowing what to do. Then finally, the local volunteer fire department (the good guys) brought everything under control, leaving the cottage a smoldering pile of kindling. Now some say the cause of the blaze was the genius idea of putting four men in a 15' x 15' room to live and sleep (temper, temper), but I swear I smelled burnt garlic in the air.

Having grown up in the BIG city, I've always tried my best to find time to drive up to the country. What I saw when I arrived was spectacular, absolutely breathtaking. I would see the open land, the rolling hills, and the beautiful mountains and say to myself, "This is the place to be," God's country, the place to raise a family. Well, it's never too late; our dreams do come true. All we have to do is believe! Sometimes it takes a mistake to open one's eyes. One never realizes how good one has it till it is taken away. Life is too short to waste; you have to live life to the fullest. Good things come to those who do good (at least that's the way it's supposed to be).

Until the next time, my friends, may you have great Friends, great Family, and great Garlic.

— Chef Ed

## JACKIE OLDEN'S FABULOUS FRENCH BREAD

1 lb loaf French bread  
2 cups Monterey Jack cheese, cubed  
½ cup butter  
¼ cup parsley flakes  
6 cloves garlic  
¼ cup Parmesan cheese  
2 Tablespoons sesame seeds  
14 oz. can artichoke hearts, drained and quartered  
1½ cups sour cream

### Topping

1 cup cheddar cheese  
6 oz. can pitted ripe olives  
Sliced tomatoes and parsley sprigs

Rather than use the tomato slices, sprinkle paprika heavily over the cheddar cheese and garnish with sliced stuffed green olives. Also, don't use more than the 2 cups of Jack cheese. There is a tendency to use all the Jack cheese you have, but it is then too rich.

## A Brief Review of Some Garlic Diseases

Over the years we have seen, at various festivals or group meetings, folks who come forward as the crowd thins down and pull a baggy out of their pocket. Inside will be some pretty funky stuff: molds or decayed cloves, misshapen bulbs, double cloves, midstem bulbils – you get it, the whole menagerie of stuff none of us really wants to deal with. Yet, from novice to veteran grower none of us can be assured of being immune from quite a spectrum of possible diseases. There are no guarantees. Especially with crop rotations and working up new ground, we may be in for some surprises. The real key here is keeping an eye open all the way through the work year. Good field and storage sanitation is a must. At the first signs of stunted growth or curled, misshapen or discolored leaves, it's a good idea to purge and remove from your growing area anything you don't feel good about. A bad situation can only get worse if conditions are not controlled. I know that every situation is different and we all need to learn to watch for signs of any disease or insect problems, but without going into too much detail, here is a brief synopsis of some of the major problems growers around the world are seeing, and a few suggestions for offsetting them.

**WAXY BREAKDOWN:** This is a physiological degradation that sometimes occurs in the outer cloves of garlic bulbs. There are small pock-marked light yellow areas that appear in the clove tissue which later turn a deep amber color. The tissue can become both translucent and quite sticky or waxy, and individual cloves on exposure may become soft and like jelly. Sometimes the disease is not noticed until late in the cycle because of the wrapper leaves. This problem tends to be due to high temperatures at harvest.

**GARLIC MOSAIC:** First reported in 1946, a mosaic disease of garlic has been identified wherever garlic is grown. Due to vegetative propagation, many garlic cultivars can become infected by one or more viruses. An umbrella term, it has been generally accepted that the "garlic mosaic" has been used for diseases with various causes but usually by viruses of the potyvirus group. Symptoms include striping or mottling of leaves, and early on plants will appear stunted. Virus-free stock is preferable for control, but even then, aphids or mites can transfer and reinfest the crop. An isolated seed bed is recommended away from commercial production where virus-free stock is available, otherwise reduction in losses can be accomplished somewhat by planting large cloves, which seems to increase survival rates by initially sustaining the developing plant with more vegetative material.

**PENICILLIUM DECAY OF GARLIC:** This causes poor plant stand in the field and is one of the causes of decay in stored garlic. In the latter phase it is called "blue mold." Symptoms include wilted or stunted seedlings and can affect root development. In controlled experiments, there have been up to 50% losses due to planting of infected stock. Bluish green masses of spores appear on cut or decaying cloves. Longer delays between cracking and planting increase likelihood of disease. Therefore, the best control is careful selection and processing of seed pieces as close to planting time as possible and avoiding any wounded or cut surfaces on cloves that will be planted.

**BOTRYTIS ROT OF GARLIC:** Seen in both garlic and elephant garlic, spores occur near the soil line and can induce neck rot during spring and early summer and can directly result in plant death. A cool wet season, especially in a heavy soil, can create optimum conditions for infestation. When weather gets hot and dry there seems to be no further progress of disease. Can also be induced by over-irrigating in hot, arid climates. Black

sclerotia appear from neck down and, in the case of late season infection, can severely decay the bulb and neck.

**FUSARIUM BASAL ROT OF GARLIC:** First identified in California in 1976, losses have ranged from negligible to 40% of crop and also possibly more in storage. Infection initially occurs from soil through the basal plate rather than through leaves or roots. Thereafter, infection can or cannot develop disease symptoms. Disease can be carried over many years in seed before a flare up may occur. In addition to seed transmission, the pathogen can be transported from field to field with soil, debris or in irrigation runoff. Hot water has reduced garlic clove infection by 50%, but still has not been adequate for severe infection and in some cases a hot water bath has actually increased disease. Since garlic strains of fusarium are able to infect cereals, not growing cereals in rotation with garlic may lower the likelihood of disease incidence.

### — Stinky Logic —

*Our deepest fear is not that  
we are inadequate.  
Our deepest fear is that we are powerful beyond  
measure.*

*It is our light, not our darkness,  
that frightens us.*

*We ask ourselves, who am I to be brilliant,  
gorgeous, talented and fabulous?  
Actually, who are you not to be?*

*You are a child of God.  
Your playing small doesn't  
serve the world.*

*There's nothing enlightening about shrinking so  
that other people won't feel insecure around you.  
We were born to make manifest the glory of God  
that is within us.*

*It's not just in some of us,  
it's in everyone.*

*And as we let our light shine, we unconsciously  
give other people permission to do the same.*

*As we are liberated from our fear,  
our presence automatically liberates others.*

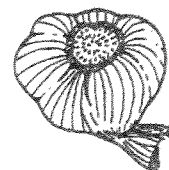
*Nelson Mandela  
1994 Inaugural Speech*



## BOOK REVIEW

### Garlic in Health, History and World Cuisine

by Susan Moyers (Suncoast Press, St. Petersburg, FL)



Susan Moyers is a "professional writer," and as such has done a very skillful presentation of our favorite subject. I was certainly impressed by the over-90 pages of the "Health" information of this book's title — or perhaps I should have used the word "overwhelmed." A lot of this was difficult reading as it was in many instances quite technical, but worth the effort. The detailed documentation of many scientific studies and trials should leave absolutely no doubt that the claims for garlic are not exaggerated. The numerous chemical compounds of garlic were defined and specifically treated as to their effectiveness against particular health problems, and in many (or most) cases, it was shown that garlic was actually a better treatment choice than the drugs that are normally prescribed by doctors. It is most gratifying to have scientific research completely confirm the claims of garlic enthusiasts, and because of the careful documentation, this book should be required reading for any garlic grower who wants to recommend the bulb for its preventive and curative value. No skeptic can deny the proofs offered here.

This book also confirms what most of us already surmised: to get ALL the healthful effects of garlic, use it in every form of preparation (raw, cooked, pickled, in oil, etc.), as each way brings into play a different combination of healthful components.

The "Cuisine" chapter's recipes cannot compete with most good garlic cookbooks, although I was attracted to the one for Spinach Garlic Pesto. "Garlic Through the Ages" was an easy-reading chapter and most entertaining. The garlic growing chapter was very short but concise and interesting and had one paragraph that seemed pertinent to those of us who can handle the challenge:

To maximize the healthful properties of garlic ... avoid applying chemical fertilizers. An experiment done in the 1970s by Henry Doubleday Research Association in England concluded that garlic grown with chemical fertilizer will grow well, but will be lacking in bactericidal and pesticidal properties. These properties can be boosted if the soil contains ample amounts of organic matter.

Credit must be given where due — and much credit can be given the author for assembling the impressive medical documentation of the exact healthful and curative properties of garlic components. However, I would have liked to have seen more credit given to the people who supplied all the facts and obviously helped in other aspects of this book.

*Book Review by  
Paula Simmons Green*

## Garlic and Radiation



There were 151 "significant nuclear safety incidents between 1971 and 1984 in Western Countries," according to a GAO report in 1985! Add to that the conclusion that free radical damage as a result of chronic low-level exposure was one thousand times greater than from a single large dose exposure, and we have a prescription for cancer. Radiation exposure and cancer incidence go hand-in-hand. Yet, there is something we can do to not be victims of this silent killer.

Four dietary principles sum up the steps we can all take to minimize the deleterious effects of ionizing radiation. First, selective uptake, which means if we saturate ourselves with minerals, there is less opportunity for the bad minerals to hook into us. Second, there is chelation, which is the way that certain foods can attract the radioactive materials and pull them out of the body. The third concept is to keep the body full of antioxidants and enzymes to fight the free radicals, and finally, there are herbs and foods that can protect us from radiation or

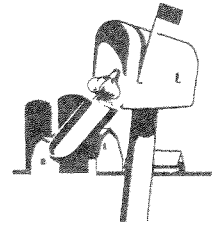
radiation treatments. Miso, seaweeds, bee pollen, beets, yeast, wheat sprouts and garlic are especially recommended by Dr. Gabriel Cousins in his new book *Conscious Eating*. Also, the herbs Siberian Ginseng, Astragalus and Echinacea are very important herbs to support the system during radiation therapy.

Garlic is cited as an anti-radiation food due to the presence of the amino acid cysteine, the high-quality organic sulfur, and an unidentified substance called vitamin X by the Soviets, which both prevents the absorption of various radioactive isotopes and helps to draw them out of the body. Cysteine, however, is the most active factor, because it is an antioxidant that helps slow free radical production. It can bind with cobalt 60 and deactivate it! Safely said, I'd rather be smelled in the dark than be glowing, so get going on the garlic right away ... and by the way, if anybody knows any more about this vitamin X thing, let us know!



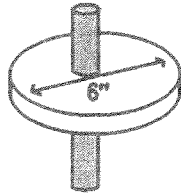


# Stinky Replies



*From Howard A. LeBeau  
Port Austin, MI*

I made a hand tool planting device — 6" round piece of ¾" wood with a dowel hole in the center.



The inserted wood dowel can be adjusted for planting depth. I adjusted dowel for two times the clove length average-wise.

The 6" circle impression adjacent to each other, 4 impressions wide, on a 12" raised high 24" wide mounds × 40'-0" long.

*From Keith Stewart  
Westtown, NY*

In a phone conversation in the fall of 1994 I asked what you thought of mulching garlic with horse stall bedding material composed of wood shavings and some manure. Previously, I had used straw bedding material and had been satisfied with it, but straw was no longer available. I was a little worried about the switch. You doubted I'd have a problem and asked me to report back to you with results. Here goes.

Basically, the results were good. Most of my '95 planting was mulched in late fall and winter with shavings (about 3 inches thick) and a small amount was mulched with straw. The straw-mulched garlic might have come up a little earlier and did put on a bit more green growth in the first month or so after emergence. However, the shavings-mulched garlic eventually caught up, and at harvest time there was no discernible difference. Weed suppression was better with the shavings, and I was able to use my Lilly Weeder (just purchased last year) much more effectively in the shavings. The Lilly caused the straw to bunch up, especially in early runs, but it went through the shavings quite nicely. This was a definite plus.

I used shavings again on my Fall '95 planted garlic. Will let you know if anything changes.

P.S. A few small patches of garlic didn't get any mulch at all. As usual, the resulting bulbs were small. For me, the mulch makes a big difference, especially if I get a dry spring and early summer. There's always 800 things asking for and needing irrigation, and sometimes the garlic gets shortchanged.

*From Grace Reynolds  
Troy, NY*

I was cleaning up some piles of papers on my desk and came across the Spring/Summer issue of the Garlic Press with your request for crop rotations. Assuming that you are still collecting this information, I'm writing to tell you what we do here at Hillside Organic Farm.

Our soil is Pittstown gravelly loam with a clay subsoil. We plant during the last two weeks of October (I'd do it earlier but can't get the seed ready in time), and harvest from about July 20 to August 4. We use a three-year rotation on our fields. The first year we frost-seed yellow blossom sweet clover over frost-killed oats in late winter or early spring. If it takes, this remains in place all year. If it doesn't, we plant hairy vetch and rye in late August and leave that on for the rest of the year.

The second year, the legume is tilled under in late May, allowed to decay for a couple of weeks, and then buckwheat is sown. The buckwheat is tilled under at about 5 weeks, when it begins to blossom. In late August oats are sown, and in October the garlic is planted into the standing oats.

The third year the garlic comes up through the frost-killed oats and is grown to maturity and harvested, and the field is tilled. Oats are planted in mid-August and left on through the winter.

The fourth year, sweet clover is frost-seeded into the dead oats, and the cycle goes on.

## VITAMIN RESEARCH

*From Allyson Martin  
Bothell, WA*

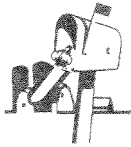
I am a seventh grader at Finn Hill Jr. High and my name is Allyson Martin. I just finished a science project for the school science fair. In this project I gave different amounts of vitamin C to different groups of garlic plants to see which groups would grow the tallest. My results show that if you add 1 pill (250 mg) of vitamin C to each quart of water, the garlic then will grow taller. Also, by the 7th day, at least half of the 15 plants were growing and doubled in height for the first three days of growth.

I thought you might be interested since you are involved with garlic and garlic growers. This information might help you in growing garlic at some later date. The only real side effect seems to be that they really stink when they are growing.

Thank you for reading my letter and I hope this information will prove useful in some way.



# and more Stinky Replies



From V. Williams  
Tobyhanna, PA

To my delight I have pondered one of your newsletters "Summer 1996." I have since kept it in my info file and quite often refer to it when a matter about garlic comes up.

The article that has truly moved me was titled "Chow Time." Exhilarating to say the least!

Chef Ed has managed to convey the true essence of Garlic. Chef Ed's humorous recipes give such enlightenment to his life in a most "controlled environment." Just reading his article has behooved me to respond.

Chef Ed's healing article and recipes have decreased the colds in my three children, especially when colds seem to prey on them more at this time of the year.

So please! Bring on more of Chef Ed's delightful character, for it is much needed in this society.

## FROM THE STINKY SIDE OF HISTORY

from Louis Van Deven

The famous medical school at Salerno, Italy, was renowned for several hundred years. Their main work was written especially for the occasional royal visitor. In Latin, its title was Regimen Sanitatis Salernitatum. It is the best-known medieval medical book. In 1596, Sir John Harington, godson of Queen Elizabeth, published an English translation. It ran through several editions. He was evidently a jokester, and his book had a subtitle: "A New Discourse on a Stale Subject, Called the Metamorphosis of Ajax" ("jacks" was a slang term for a privy). Written in rhyme, like most medical volumes of the day, one verse is:

*Sixe things that here in order shall ensue,  
Against all poysons have a secret power,  
Peare, Garlicke, Reddish-root, Nuts, Rape, and Rue,  
But Garlicke Chiefe; for they that it devoure,  
May drink and care not who their drinke do brew.  
May walk in aires infected every houre.  
Sith Garlicke then hath powers to save from death,  
Bear with it though it make unsavory breath:  
And scorne not Garlicke, like to some that think  
It only makes men wink and drinke and stinke.*

The Salerno textbook had also such advice as:

*Joy, temperance and repose  
Slam the door on a doctor's nose*

And:

*Use three physicians still; first Doctor Quiet  
Next Doctor Merry-man and Doctor Dyet.*

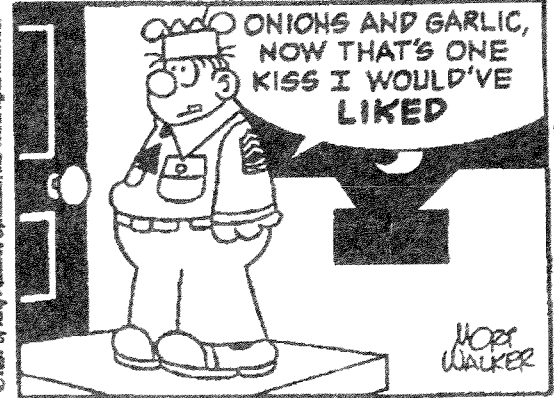
## Sustaining News

John Weeks, a naturalist in Central New York, offers the following eight "environmental" commandments:

1. The sun is the source. You shall adopt no earthly barrier to its provision of healthful, full-spectrum energy.
2. You shall create no icon or idol, be it jobs, wealth of lifestyle, that destroys the health of an ecosystem.
3. Take not the name of the environment in vain, using meaningless synonyms such as liberal, fuzzy-headed or idealistic.
4. All ecosystems need both rest and respect appropriate to their worth. Recognize an environmental Sabbath for ailing ecosystems.
5. Honor the soil, water and atmosphere as well as the role of green plants. They are the parents of all life, even yours.
6. Do not destroy species without remorse or concern for consequences.
7. Make no international alliances that demean the planet's ability to support life.
8. Do not squander unrennewable resources when alternative, renewable sources can be developed.

[Syracuse Post Standard, Jan. 12, 1995]

### BESTLE BAILEY



NOBY WALKER



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## Mostly *Garlic* A Magazine for Garlic Lovers and Friends

Hi, my name is Doug Urig. I would like to take this opportunity to tell you a little about myself and a new magazine that will be coming out this fall called *Mostly Garlic*.

I'm from North Central Ohio, and I was raised on a fruit and vegetable farm with 10 acres of grapes being the main crop. My father grew some garlic, and when I was 6 or 7 years old I was introduced to garlic by helping plant, weed and harvest. The love affair was started! Not many people can have love affairs at 6 or 7. That was almost 50 years ago, and after many years and a few trips around the world (I was an air force pilot), I returned to Ohio. I bought a small farm and helped raise two children along with some garlic. I am well pleased with the results of the garlic as well as the children. About 10 years ago I joined the GSF, and I looked forward to their newsletter with great anticipation. The fact that one never knew when it would arrive always added to the excitement. I then started to attend garlic festivals and realized that "Garlic People" are quite special. For the most part, they are honest, interesting, sincere, pleasant and very open, which is a breath of fresh air in our world today. And many times a breath of fresh air is needed when around "Garlic People."

I feel that garlic should be part of most people's lives because it has so much to offer. The purpose of my magazine is to provide timely and useful information on all aspects of garlic with an emphasis on health, growing, and cooking so anyone can become and remain knowledgeable about garlic. In addition, non-garlic subjects could be addressed if interest, importance or relation to garlic is sufficient. On a regular basis, *Mostly Garlic* will become a focal point in the gathering and dissemination of garlic and related information to a broad general audience. I feel garlic is important enough and has adequate depth to be the main theme of a magazine. All responsible opinions, contributions of articles, recipes and photos are welcome.

I am interested in learning about the many aspects of garlic. send me the next 4 issues of *Mostly Garlic* for only \$12.75.

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*Review of Garlic Diseases*  
*Garlic and Radiation*  
*Book Review: Garlic in Health, History & Cuisine*

## 1997 FESTIVALS

Gilroy Garlic Festival (California)	July 26-28	Festival Association 408-842-1625
Fox Run Vineyards Garlic Festival Penn Yan, NY	August 2-3	Wendy 315-536-4616
Great Northern Garlic Lovers Festival Simcoe, Ontario, Canada	August 2-3	Mark Zapora 519-294-0523
Western N.Y. Garlic Harvest Fest, Batavia, NY	POSTPONED UNTIL 1998	
Adams Garlic Fest Pawcatuck, CT	August 16-17	Audrey Adams 860-599-4241
Glorious Garlic Festival Perth, Ontario, Canada	August 16	Paul Pospisil 613-273-5683
Canadian Garlic Festival Sudbury, Ontario, Canada	August 24	Mike Sharko 705-693-3072
Southern VT Garlic/Herb Festival Wilmington, VT	August 30 Rain: August 31	Steve Wrathall 802-368-7147
Celebrated Clove Garlic Festival Lincoln (Boston), MA	September 6 Rain: September 7	Bruce Bickford 508-369-5329 (PM)
Northern Ohio Garlic Festival Wellington (Cleveland), OH	September 6-7	Bob and Wendy 330-855-1141 (PM)
Peconic River Herb Farm-Garlic Day Calverton, NY	September 20 Rain: September 21	Cris 516-364-0058
Hudson Valley Garlic Festival Saugerties, NY	September 27-28	Beverly Kane 914-246-4317 or 914-876-3894
Virginia Garlic Festival Amherst, VA	October 11-12	Richard Hanson 804-946-5168