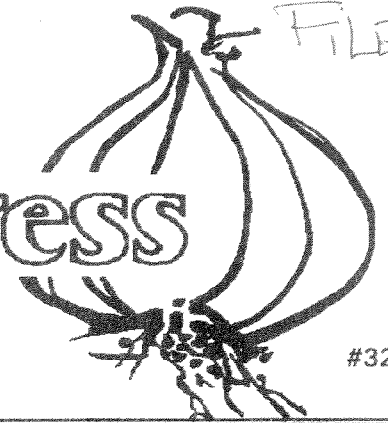


THE REGULAR, AND NOT SO
REGULAR, NEWSLETTER OF THE
GARLIC SEED FOUNDATION

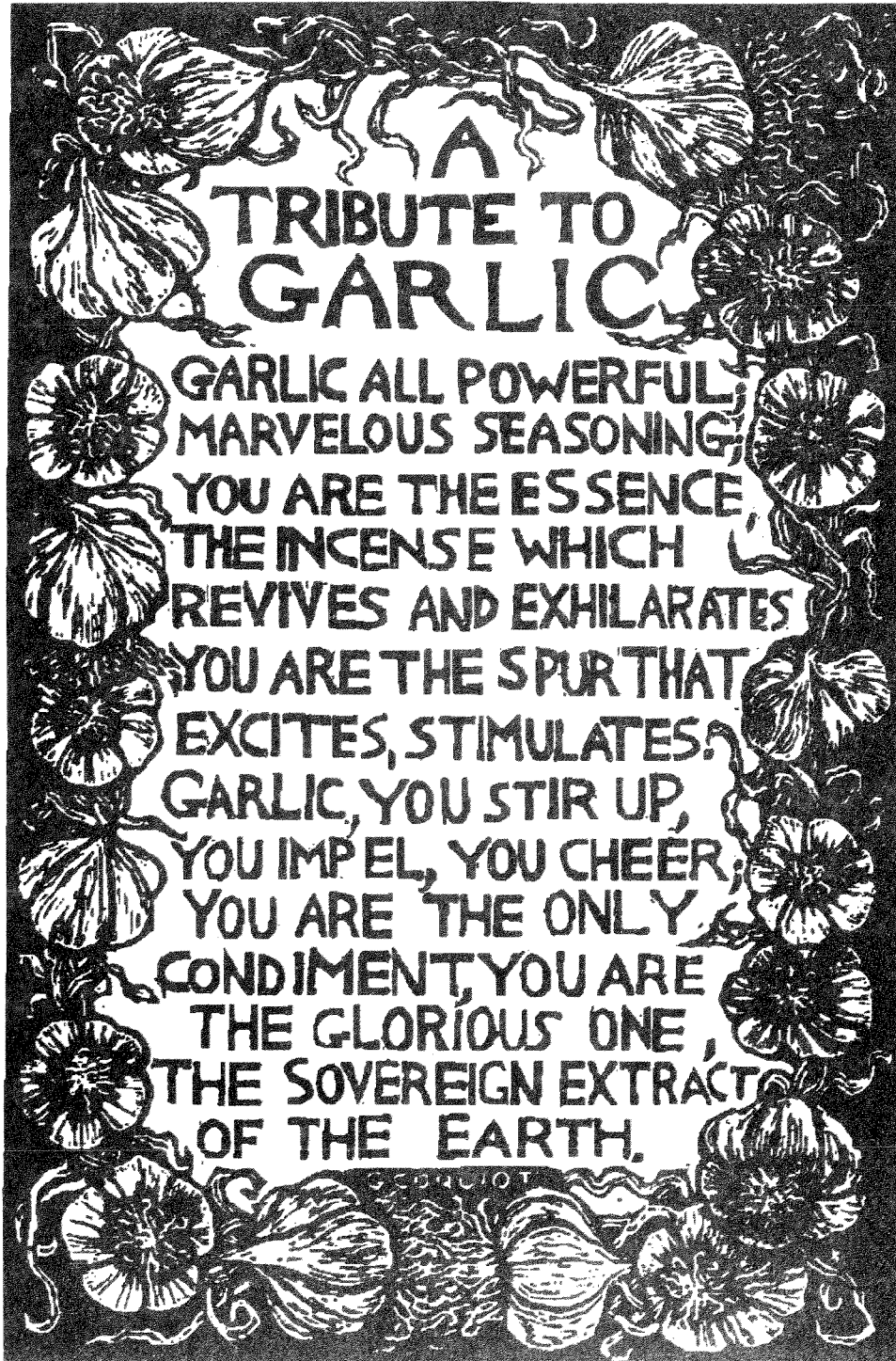
FILE

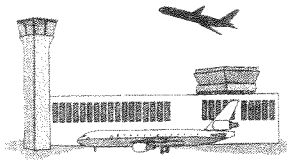


The Garlic Press

SUMMER/FALL 1997

#32





Director's Notes



Back in the air, Starbucks fancy coffee in hand, flying east to Albany, then south to Long Island and the Peconic River Herb Festival. This plane has only 19 seats and feels like a mosquito. My plane-mate across the aisle is a portly woman in a business suit and tie. As I buckled up I nodded to her, said "Hello," and noticed she was reading some romance magazine with sexy pictures of half-naked people. Her eyes were glazed; she returned a smile. As we flew out of Rochester I was able to find my farm from the air. What a treat! I wonder how many times over the years I've looked up from the fields at this late afternoon flight.

I worked as late as I possibly could on the farm today, then ran in to pack, clean up, dress, hop into the Bronco and drive west an hour to the airport ... during the suicidal Friday afternoon rush-hour traffic. Absolutely insane, and my heart goes out to all of you who face that chaos each day. The drive held one important event. My 1988 Ford crossed the 220,000 mile threshold, without any major engine work and with oil/filter changes each 4,000 miles (that's 22). My goal was 225,000 miles—one way to the moon—but my Arizona friend Ralph's Ford F-150 pickup just crossed 315,000, so I guess I've just broken in the Bronco!

I really enjoy the festivals and celebrating and meeting all the good folks who attend, brave the social consequences, eat, smile, learn, and have a good time ... and visiting with the farmer/gardener producers. Sure, I like to eat the garlic, but I feel we are a family, and the festivals have become our reunions.

We're flying down the Mohawk River Valley. The Great Sacandaga Reservoir and foothills of the Adirondack peaks on my left, the Catskill Mountains and Allegheny basin to my right. As we descend into Albany, the air gets full of holes and this mosquito is hopping up-down-right-left ... I think I'm going to puke. I glance at my aisle-mate: there's a little grin on her face, her respirations are shallow and fast, and there are beads of sweat on her forehead. "Welcome to Albany, New York: Capitol of the Empire State."

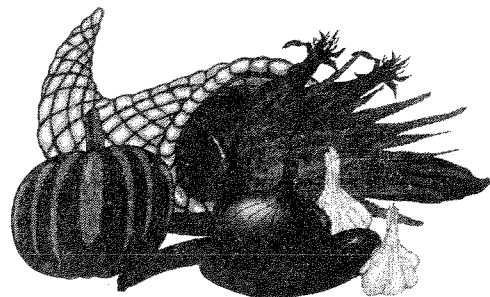
Airborne again, south above the Hudson River, over Saugerties, where we shall be next weekend. In another month it will be time again to plant. We'd better party while we can, and make decisions on what to plant, what to sell, what to trade, and what to eat. For 9 months it grows, for one month it cures, for 2 months we play.

Some of the sumacs are fluorescent red, as are the early maples. The birch are yellow and the walnuts pale lime. The roadsides are blue, yellow, and white from the chicory, asters and Queen Anne's Lace. The swallows and herons have left, and the blackbirds are grouped on the electric wires waiting for the geese to return. The sun is not so hot and frost is not far away. The tools of vegetable production are replaced by the chain saws and log chain saws, mechanics wrenches and cutting torches. Get ready for the snow and try to do all that can't be done over winter that will be needed in the spring. I walk in the woods each day: sometimes very early with a mug of coffee, sometimes very late after jail. I love the colors and crispness of the air, to see my breath again. I enjoy the lack of mosquitoes. And someplace upwind, not too far away, somebody has started up their stove and the distinctive odor of woodsmoke drifts by. The woolly-worm says hard winter early, the squirrels are really packing in the nuts, and El Niño says balmy.

These are the days of change and transformation to say good-bye while we look ahead. What have I learned and how will I use it? Getting older means getting smarter/wiser. Life has more value, hands and muscles know what's expected and how to work. But don't try to tell that to the younger folks—they need to learn, not listen.

I hope that you sold your crop for a good price. I hope that your machines and body hold up. I hope your planting weather is kind to you. I hope that your feet are on solid ground and your heart is at peace. Happy Autumn — Happy planting to you.

(D.S.)



ALLIO-FILE

- 🍷 Additional members with planting material available: Bernard Buza, Suzie's Garlic, 6774 Newport Road, Camillus, NY 13031, 315-672-9798, #100 topset @ \$3.50/#; and Benyo's Garlic, 138 Hillview Drive, Big Flats, NY 14814, 607-562-3086, #200 topset @ \$3.00/#.
- 🍷 Any suggestions to help pregnant women maintain garlic intake levels but not disturb baby in progress? Please contact Liz Webster, 510 Brown's Point Road, Bowdoinham, ME 04008.
- 🍷 We are including in this **Press** the proposed grade and size standards the Canadians are working on. What do you think?
- 🍷 Special Thanks to Fred Schmeltzer and Charlie O'Meara for the many hours of help at the GSF booth in Saugerties. Their knowledge and friendly attitude are appreciated.
- 🍷 Take any slides this year? Share them with the GSF. We're always looking for new material to add to the collection and slide presentations.
- 🍷 Festival Sponsors: We'd like to run a photo page of the festivals in a future **Press**. Please send a photo or slide with caption.
- 🍷 This **Press #32** will complete our fifth set of reprints titled "The Troubled Teen Years," which can be ordered on the order blank in this **Press** (\$7 each, \$6 in multiples).
- 🍷 Christmas Gifts: Why not think about reprints, shirts, books, jewelry, or cards? Special pricing in next **Press**. What about a Gift Membership?
- 🍷 DeWalm: Publication of the Order of the Stinking Rose, from the Netherlands, will no longer be published. Theo Richel, organizer and publisher, wrote to say that factors in his personal life and questions in regard to some of the medical research (and findings) have led him to reevaluate his work. **DeWalm** (The Smell) was a beautiful and creative work, and I've asked Theo to possibly translate for us to use, or be our European correspondent. I'll keep you posted.
- 🍷 Newspaper stories about your garlic? Please send them to us for our files.
- 🍷 Herbal Cookery: *Herb Recipes from a Kitchen Garden*, a new cookbook by Dixie Stepen, Brae Publishing, 4905 Ridge Crest Road, Williamsburg, MI 99690-9324, 616-938-5932, \$10.
- 🍷 Contact Person: We're looking for contact people to work with the GSF in your local area (County, City, Region of State). There's lots to do, and your help is needed. Please contact GSF if you have some time and energy to help out.
- 🍷 Mostly Garlic Magazine: Doug Urig regrets that publication has been delayed, and he will be contacting each person who subscribed. First issue will be printed next Spring, but look for a letter this week from Doug.
- 🍷 380 members were removed from our mailing list because of unpaid dues. Please keep current — pay in advance. How about 2 years for \$20, and we'll give you a free issue!
- 🍷 Renewal: This is Issue #32. If the number on your mailing label is 32 or less (29, 30, 31) your membership is no longer current.
- 🍷 Mary Azarian Woodcut on the front page of this **Press** is available from Farmhouse Press, R.D. 2, Box 831, Plainfield, VT, 05667.



PROPOSED GRADING STANDARDS FOR GGAO

RETAIL NAME	WHOLESALE NUMBER	AVERAGE DIAMETER METRIC	COUNT PER KG approx!!	AVERAGE DIAMETER	COUNT PER POUND approx!!
SUPER COLOSSAL	#11	75MM	11	3"	5
COLOSSAL	#10	70MM	13	2.75"	6.5
SUPER JUMBO	#9	65MM	15.5	2.5"	7.5
EXTRA JUMBO	#8	55MM	17.5	2.25"	9
JUMBO	#7	50MM	22	2"	11
GIANT	#6	47MM	26.5	1 7/8"	12.5
LARGE TUBE	#5	44MM	33	1 3/4"	15
MED TUBE	#4	41MM	40	1 5/8"	18
SMALL TUBE	#3	37MM	56	1 1/2"	25

Count per pound and kilogram represent U.S. Standards. We believe these counts will vary with the hardneck variety, so these numbers will evolve over this season!!! Keep track and let Tony Temmer or Warren Ham know.

ONTARIO #1 - RETAIL MARKET QUALITY

SIZE: 1 1/2" AND UP

QUALITY: MATURE, CLEAN BRIGHT, BULBS FIRM AND COMPACT, CLOVES FILLED OUT AND FAIRLY PLUMP. NO STAINING. GRADE DEFECTS WITHIN TOLERANCE.

CONDITION: WELL CURED AND DRY, NO DAMPNESS. 2% SHATTERED CLOVES. NO DECAY.

ONTARIO COMMERCIAL

SIZE: 4-8 PER POUND OR 9-17 PER KG
 9-14 PER POUND OR 18-29 PER KG
 15+ PER POUND OR 30 + PER KG

QUALITY: NOT SUITED FOR RETAIL SALES. STILL GENERALLY COMPACT, WITH CLOVES FILLED AND PLUMP.

CONDITION: IN MOST CASES GARLIC IS WELL DRIED AND CURED. BULBS MATERIALLY STAINED WITH GREY OR YELLOWISH DISCOLORATION, SOME SHOWING DARK SURFACE OR MOLD GROWTH. UP TO 6% DECAY, WITH SOME BULBS HAVING UP TO 2 CLOVES SHOWING DISCOLORATION. UP TO 15% SHATTERED CLOVES. 5% MAY SHOW SPROUTS.

OUT OF MY HEAD

Bob Dunkel



Over the years of editorializing our ongoing love affair with garlic, I've tried to emphasize the undeniable fiery nature of this vigorous and enduring plant. As the seasons roll, gaining momentum in these middle years of life, I often feel as if my sense of time has subtly, yet noticeably, been affected. With the fall planting that starts as a mental construct long before the summer harvest and the craziness that accompanies the always too short days thereafter, it is as if garlic itself demands a form of time travelling. In between the natural cycles of dormancy here in the Northeast, there is the limbo of drying and maintaining the crop, inspecting for disease and seed selection. Here, in September, while the gardens are still going gangbusters and the fall covers are going on, soon there will be freshly fitted fields waiting for next month's planting.

Most of you that I have met over the years are dedicated not only to garlic, but also to nurturing other food and herb crops as well. This makes for even more complexity when we stop and realize how much we have all learned to rearrange our lives and time schedules to feed ourselves, our families and our neighbors.

Historically, it was agriculture that changed the face of the earth itself. The wisdom that was wrought by the hunter/gatherer tribes and the clans that developed, evolved into a revolution often overlooked in the light of the Renaissance and the Industrial Revolution. Food itself fueled this early paradigm shift and we learned to eat and establish communities in new ways. Under the tutelage of the mother, earth itself, we have found ways to tend to and improve the growth of plants and to establish food banks and crops that could sustain us through the challenges of constant weather changes.

This century things have changed. Agribusiness has become a hybrid mutant of this primordial earth wisdom. Losing the vision of sustainability, it has sought profits over people, rather than continuing a tradition to supply and maintain enough food for expanding populations. Merchants lost touch with the land, and money obscured their vision. Terms like commodities and brokerage houses emerged in growing cities that devoured farm land and diverted waterways. Caught in the tumult of these centuries, the farmer has been upended and fallen to the bottom of the economic

ladder. Equity ended with the barter system, and currencies expressed the value of food in dollars, not sense! The culture was stolen from agriculture. The wise ways of the grandparents were forgotten. Seasons were supplanted by faceless timepieces that sequestered our days and allotted time, not space. The debt we owed to the earth was forgotten. Instead, we owed money to banks, and farms became ever more fragile pieces of real estate.

The story doesn't end there, however, and because of groups of citizens of the earth, like ourselves, there is finally a glimmer of hope for cleaning up our mess and making the leap to the new millennium. Our attitudes have changed, and there are small victories to protect and salvage some of the last areas of wilderness. Let's hope that in the future they will see this also as a turning point for the small farmer and a movement towards sane policies of sustainability.

Finally, to get back to garlic and to what we can all do now to keep our communications open, there is a real need to take the vision of regional gatherings and community festivals forward into our futures. We've seen enough areas of the country having success with garlic gatherings to know there must be a reason for this happening. That's because it is a perfect medium for educating through all the senses—eyes, ears, fingers, tongues and noses, and lots of smiling faces ... eating, laughing, and through it all, remembering how precious life's celebration is.

Please let us know how you're doing, what you're trying and anything else worth passing along. Hope you like the expanded newsletter and it serves you well. May you dream with the earth over the long nights ahead, and may the bounty of all your hard work sustain you. Thanks for all that you do in the name of garlic. The simple lessons repeated a thousand times and still so needed ... and sharing the bulb! A CLOVE DAY TILL THE GARLIC GREENS POP UP IN YOUR FIELD OF DREAMS ... and peace and rest.

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.

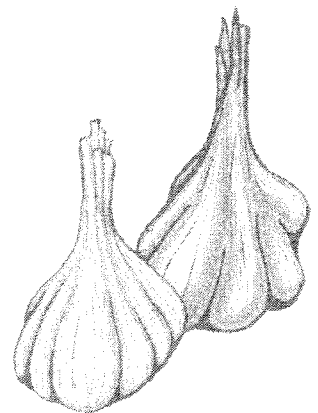
DEADLINE FOR NEXT ISSUE — NOVEMBER 30

* Please contact us before using any materials from the Newsletter



Taste Station / Sense-sation

What is the point of ripeness ...
Is it summer's finest hour?
What sweetness bursts its borders
Towards fast becoming sour?
'Tis not a simple question, this
Nor easy answer's fruit.
'Tis but a mere perspective
From growing tip to root!
We've watched so long this slow parade
This seeming endless tour.
Is it nine months or nineteen?
I'm just no longer sure ...
The days grow long then slowly dim
So long before the fall.
So much like garlic drying
On the rafters of the stall
Breathing in the moistures
Then stiffening up again
Weeks go by and next you know
It's time to get them in!
But judging from the scales
Time lightens up the load
As the water weight is fading
Allicin's headin' up the road.
For the sulfur creeps throughout it
Before settling to the head
Where for its own protection
It's more readied for the bed ...
We've got to learn a few things
As the days all tumble on.
This garlic's not just for us
For we'll be dead and gone
When springtime lights the green fuse
And those tiny flags unfurl
How long should we really wait
After those scapes do curl?
When is the time of ripeness ...
Let not eyes alone be judge.
Let fingers feel and nostrils flare
'Fore you begin to budge
Towards interrupting cycles
That never seem to end.
'Tis time alone that marches
On round the river's bend.



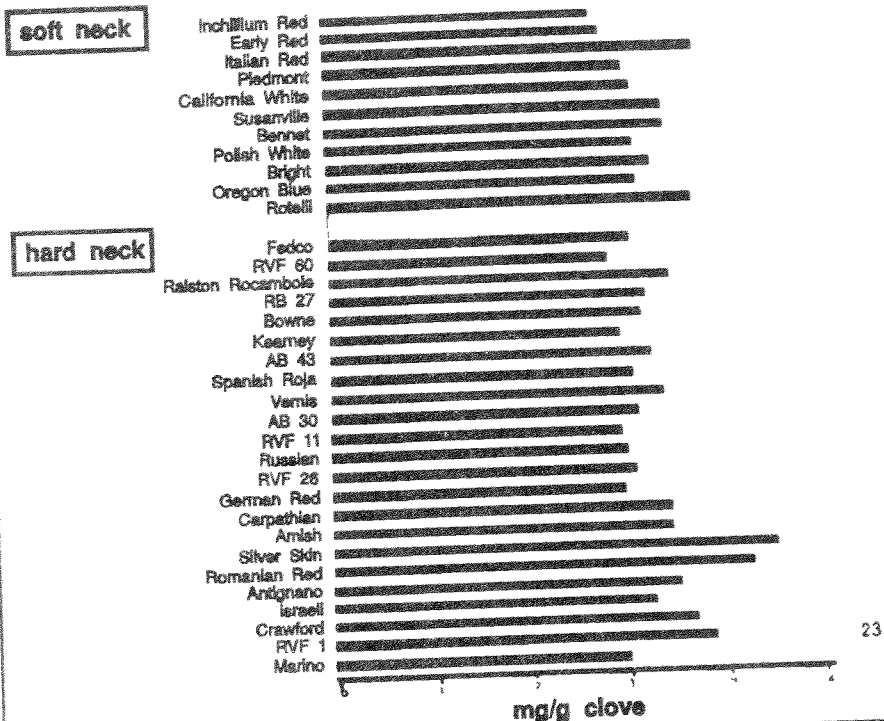
(B.D.)

UNDERSTANDING GARLIC

A few years back we received slides from some research between longtime GSF member Grace Reynolds and Larry Lawson on what makes garlic work. Following is an interesting overview of their results with specific varieties, which we thought may be of interest. Also, thereafter is a summary of their work at that point, which we conclude is a boost to all of us who live with the fresh stuff!

Hillside - Lawson 1992

Variation in Allicin Yield Among Garlic Varieties (all grown on the same farm)

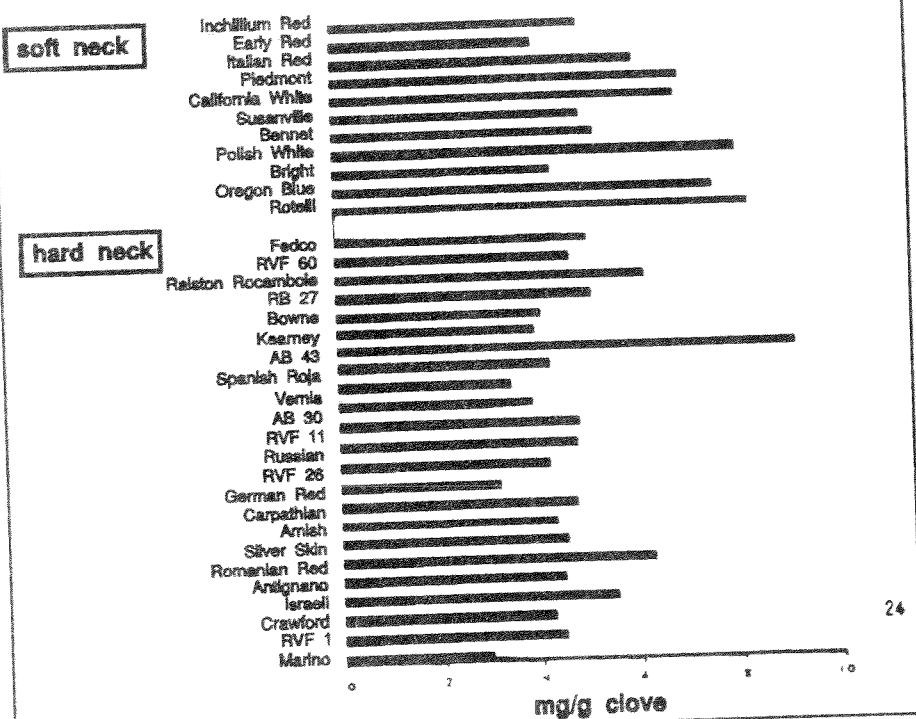


Conclusions from Seminar on "Understanding Garlic from Processing to the Benefits"

1. Much, but not necessarily all, of the biological activity of garlic cloves is due to its sulfur compounds. The compounds responsible for some of garlic's benefits are still unknown.
2. Allicin is responsible for the antibiotic activity of garlic and probably for lowering cholesterol and preventing stomach cancer, but not for lowering blood pressure.
3. The vinyl-dithiins in oil-macerates are probably the most important allicin-derived compounds, with respect to heart disease.
4. Garlic powder tablets most closely resemble garlic cloves, but allicin will not be formed if they are not acid-resistant.
5. Garlic oils and extracts of aged garlic have very different compositions from garlic, but still seem to have some of the medicinal activity of garlic.
6. Quality varies greatly among all types of commercial garlic dietary supplements. Therefore, accurate label claims for specific amounts of market compounds is essential.

Hillside - Lawson 1992

Variation in γ -Glutamyl Cysteines Among Garlic Varieties (all grown on the same farm)





Queen of D.C. Garlic Festival



Karen Suhr of Silver Spring, Maryland, was elected Queen of the 1997 Washington D.C. Garlic Festival on June 29, 1997, cheered on by a crowd of hundreds of garlic-breathing lovers of the stinking rose. In addition to being the only contender who was dressed as a garlic bulb, Karen had the very best reasons for being voted into royalty. So here they are, in her own words.

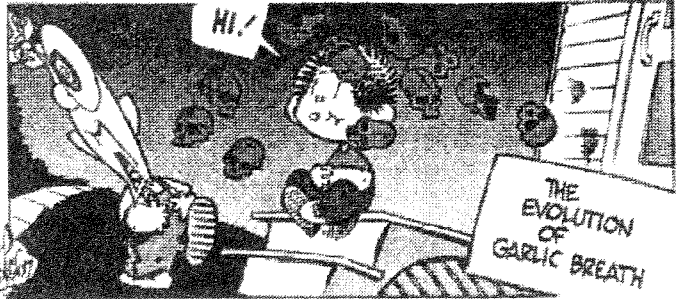
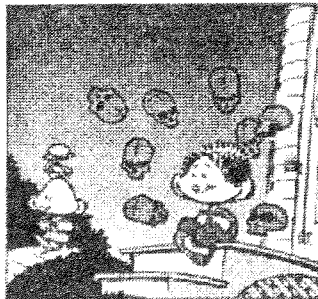
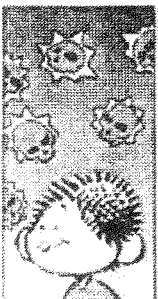
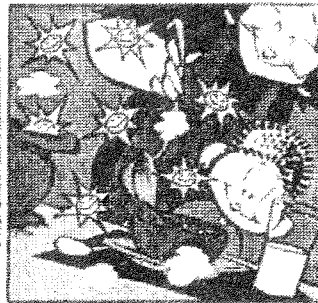
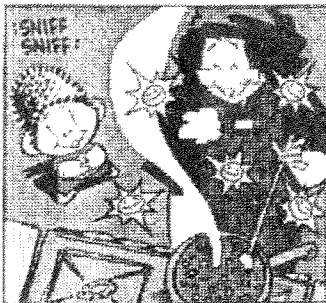
The TOP 10 REASONS why KAREN SUHR should be voted GARLIC QUEEN

10. I grow garlic in my back yard garden. It keeps the vampire bats away all spring.
9. I've been to the Gilroy Garlic Festival in California not once, but TWICE, as a special guest of the Gilroy Fire Chief!!!
8. I dress up as a GARLIC every Halloween. One year, I went to a party that had a costume contest. I came in first runner up to someone who was dressed as a bag of garbage! It's time that justice was served!
7. My house is a GARLIC museum! Garlic braids, garlic magnets, garlic napkin rings, garlic clocks, silk garlic, quartz garlic, ceramic garlic, wood garlic — I have salad servers shaped like GARLIC! Salt and Pepper shakers! Wine bottle corks! Vases! Tea pots!
6. Do I eat a lot of garlic? Let's just say that I don't wear perfume, because it clashes with the GARLIC coming out of my pores!
5. My pantry has the following items: Crushed garlic, garlic vinegar, pickled garlic, garlic relish, garlic mustard, garlic jelly, garlic oil, garlic chutney, fresh garlic, dried garlic, candied garlic ... and chocolate, so I can make my own chocolate-covered garlic!
4. Once, after I chopped up a big mound of garlic for linguine and clam sauce, with garlic oil still on my fingers, I popped my contact lenses into my eyes. (P.S. Do NOT try this at home — it's a stunt for TRUE garlic fanatics only!)
3. What do you do after a hard day at work? I crush garlic, add honey, heat it up in the microwave and drink it down. Chases those blues away.
2. At my wedding reception, the flower arrangements on the tables had the Stinking Rose in them! It's true — fresh GARLIC BULB bouquets!
1. LOOK AT ME!!! I made this costume by myself, with nothing more than a 7th grade sewing class under my belt. Would anyone but a true GARLIC QUEEN have been so inspired — and then have the nerve to wear it all weekend?? Go ahead— Queen me!

... And so they did. And it was good. And as a result, our nation's capital is safe from terrorist vampire attacks — at least until next year ...

ROSE IS ROSE

BY PAT BRADY



On Garlic and the Rites of Autumn

The lifestyle choice of farming offers both privilege and challenge to those willing to endure the hardship and uncertainty inherent in the profession. As a group, those of us who embrace the endeavor of growing vegetables as our lifestyle tend to be unflinching optimists. Our clock is not measured with minutes and seconds, rather degree days, number of days to maturity, cool season crops, etc. For this reason many of us choose to honor the ancient calendar of the vernal and autumnal equinox, the solstice of summer and winter, and the seasonal midpoints Imbolc, May Day, Lammass Day and Samhain (recently observed as Halloween in its current incarnation). Our agrarian ancestors recognized these celestial points because of their relevance to the insurance of food, i.e., whether feast or famine might have rule over their daily lives. Science and technology have allowed most of us here in the United States a separation from this vital preoccupation. Supermarket shelves are always stocked and processing allows us practically any food at any time — regardless of its natural season. In growing vegetables, though, the reality of seasons and weather takes on a different meaning from the supermarket experience.

As farmers, then, we turn our clocks back to the ancient rhythms and, at times, find ourselves out of sync with the "outside world." At the Eco-System farm in Accokeek we sometimes "tinker" with this natural rhythm. We use cold frames, hoop tunnels, and greenhouses that allow us to extend the season of both cool and warm weather crops. This provides all of us involved with our experiment in Community Supported Agriculture the true taste of locally grown vegetables in their appropriate season, and at times beyond the "normal" limits of the growing season.

And, as in every autumn, we set our clocks back and begin to hunker down for the inevitable cold and dark; so it is with garlic.

Garlic. *Allium Sativum*. The Stinking Rose. Russian Penicillin. Of all the crops we grow it is my absolute favorite; more than any other, it marks a rhythm in our lives as vegetable growers. The last week in October is when we set out the garlic that we will harvest the next July and August. It is a crop that takes nine months to mature and the only one that we grow that is not propagated by seed. The clove we eat (unless treated for market with a sprout inhibitor - a practice we do not embrace) is the clove we plant.

Actually, we select only the largest cloves from the largest bulbs that we harvest, a Mendel-like activity we conduct every mid-October known as "cracking and sorting." This age-old practice of genetic selection insures that the "best of the crop" is what we preserve for all future generations. This is the one exception where our CSA won't get out absolute best.

The smaller cloves we don't plant also get sorted; some go to us the growers (our winter medicine), and some will be planted for garlic scallions - which we will offer for the first time to our CSA next spring. The smallest bulbs, those that were not sent out in CSA boxes or planted for future harvest, will be planted as is, the entire "tiny bulb." In mid-spring, we will harvest "garlic greens" from these tiny bulbs (edible leaves - great for spring pestos and salads). These "greens" can be harvested off each "plant" three times in the early season, making for a great spring tonic food.

Finally, from the cloves planted for next year's bulbs, we will get garlic "scapes," those serpentine curls we snip from

the center stalk of the Hardneck strain of garlic we grow at the Eco-System Farm. From this glorious allium, then, we are able to harvest four crops each season: the greens, the scallions, the scapes, and finally—in its full stinking beauty—the bulb.

As a lover and grower of Garlic, I mark my calendar to its distinct life cycle. Each day in autumn, as we peel the cloves for our lunch (we slice them and eat them raw in sandwiches), we note the growth of tiny roots at the basal end. These little "nubbins," as I call them, are telling us it is time for the garlic to "go to bed."

In late October, with all the bulbs cracked and sorted, the beds prepped with soybean meal (a slow release source of Nitrogen which becomes available as the developing bulb needs it most in spring), we set out our garlic. We plant two Hardneck varieties; these are easier to peel and have a more pleasing flavor than their softneck cousins found on supermarket shelves. The first is a German Rocamboles I brought down with me from Central New York. This is our fourth season together and represents a majority of the planting stock (we plant 1000 row feet, 4" deep, 8" in a row and 10" between the rows). The second is a continental variety called "Music." This variety is brought to us via our MOFFA friend Tony Sarmiento (Tony has won the blue ribbon for Garlic at the Maryland State Fair more times than we can keep count).

Assuming good weather, the garlic goes to bed in late October. About a week after planting, time and weather permitting, we mulch over the garlic with a thick (6-8") blanket of hay or straw. This schedule gives the infant cloves 4-6 weeks to develop roots deep enough in the soil to endure the winter freezing of the soil. The mulch helps with weed control in the spring, conserves moisture in the soil and builds soil tilth as it decomposes.

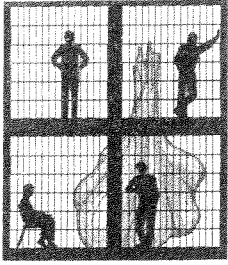
The garlic goes to bed and, metaphorically, so do we. It's the last "urgent" activity of the season. We spend the next few weeks regaining our "center" before going dormant ourselves.

In February, as daylight increases, the garlic again appears. It is always the first sign of "cultivated" life in the field; such a wondrous and hopeful sign. Our bodies ache for sun and soil and stretch out too as we inhale the enriching spring air and prepare our fields for a new season.

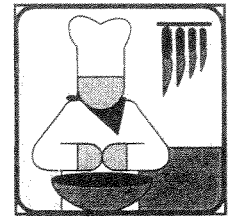
So much life from this stinking yet time-honored clove. It is known historically for its power. Roman soldiers ate it raw before entering battle, and the first known labor strike was over Garlic (the "laborers" on the Great Pyramids in Egypt were stirred to protest when denied their daily rations). It is revered in cultures worldwide for its curative and culinary properties. For myself—in times of duress in the field—I find solace in the garlic plot. Somehow, simple meditation over the wonder of this noble plant offers peace and hope to the weary soul; not to forget its wonderful flavor and aroma.

There is much written on this crop, and increasingly its medicinal values are being appreciated and accepted by Western medicine. And for a good read on farming, garlic and observations on life in general, I recommend *A Garlic Testament: Seasons on a Small New Mexico Farm*, by Stanley Crawford (New York: Harper Collins, 1992).

[Written by Shane J. LaBrake, Farm Manager, Eco-System Farm, Accokeek Foundation, on the shore of the Potomac River, Maryland.]



Chef Ed



PREAMBLE

BEING devourers of the mighty garlic, as we, the elite people of The Garlic Seed Foundation are, we enjoy the rights and privileges that are bestowed upon us that no uneating Garlic mortal can enjoy,

WE the people have the right to be free from airborne diseases, micro-organisms, and immunity-attacking villains that enter our temple bodies and infect us with cancer-causing, cold-coughing, flu-fumbling illnesses. WE the people have the right to live a toxic-free, wrinkle-free, healthful long life that is given to us freely by the great Garlic Deity.

THE privilege is ours to decide what Garlic should enter our free country and to administer strict guidelines upon the quality of Garlic that enters our ports from across the seas.

WE ALSO have the right to spread our loving, friendly peace upon the unbelieving uneating Garlic people of this world, to educate these not-knowing souls of the importance of Garlic in our diet and everyday lives, and to pilgrimage across our great green land with Garlic festivals galore and convert these poor souls into the Garlic way of life.

So, people of all kinds, cross the line, come to the other side. Join the elite. Raise your right and left hands and take

THE "GARLIC PLEDGE OF ALLEGIANCE":

I, _____ (your name) _____, do solemnly promise
to respect, inspect, and expect a lush, fresh, chemical-free, disease-free Garlic bulb;
to consume at least one clove a day, and persuade my family, friends and strangers to do the same;
to boldly go where no one has gone before in search of the perfect Garlic bulb; and
to spread peace and love to all I encounter and live healthy lives with the power of Garlic.
So help me.

Now, dear friend, you are officially a Garlic Guru. Be off! Roam this vast land and spread the joy of Garlic to all.



Ever wonder why these places are called "Correctional facilities?" Mid-Orange "Correctional Facility." Could it be that its overall goal is to "correct" an individual? The end of correcting individuals began when the walls came down, once again joining East and West — also at the surrendering of a certain communist monopoly, and the remaking and disintegration of a specified empire, causing a major BLOC breakup and paving the way for democracy.

Maybe we should call this place Mid-Orange Festival Facility. And why Orange? Why not Garlic?! Yes, the Mid-Garlic Festival Facility. The only problem with this is that they don't use enough garlic at this place.

I was eating in the "mess" hall the other day, and I asked the civilian cook (some guy who looks and acts like Scrooge), "What's up Pop, haven't you ever heard of Garlic?" He just grunted at me. I then asked our eminent Captain O'Boil the same question. He kept repeating the same seven words I always hear him say: "Hi, how ya doing, ya look good. Hi, how ya doing, ya look good." All I can say is, "Unbelievable!"

If you ever fall down a rabbit hole, take my word for it, you'll end up here, in "Wonderland." Maybe I'll take my marker and graffiti the walls in here with the "Garlic Pledge of Allegiance."

My garden didn't turn out too bad this year. I planted extra, so the anonymous disappearance of vegetables was cut down to only a third. The weather was pretty hot and dry, and schlepping five gallon buckets of water from the sink to the garden was a chore, but in the end — I did good. I am experimenting with new recipes, and will include them in the next issue of the Press (if I don't burn the house down).

Autumn is upon us, and another year is coming to an end. With the trees turning colors, and the crisp cool air, soon snow will be on the ground. Such a lovely time of the year. Autumn makes you feel so alive, even in here, as I await going home. Maybe next year.

*"... No spring, nor summer beauty hath such grace,
As I have seen in one Autumnal face ...*

Peace my friends.
Chef Ed



Stinky Logic



"... When we are alone on our farms or in our gardens, it is sometimes easy to give in to loneliness and discouragement — growing food is hard work and you don't get much recognition for doing it. But marketing coops, value added enterprises, urban gardens, CSAs, farmers markets, food coops, buying clubs, sustainable networks, we are making the only encouraging statistics in the US food system. From the coop movement we have a fine set of principles to guide us in creating new enterprises:

1. open membership
2. democratic control
3. return of surplus to members
4. limited rate of return on investment
5. belief in education
6. cooperation among coops
7. and a recently added 7th - work for sustainability

We are laying the groundwork for the sustainable, regional food system that I envision. This is a food system based, not on hard-nosed economics, but on priceless values:

- an intimate relationship with our food and the land on which it is grown.
- a sense of reverence for life
- cooperation
- justice
- appreciation for the beauty of the cultivated landscape
- and a fitting humility about the place of human beings in the scheme of nature.

What this means is profound changes in the economic and cultural system in which we live, and changes will not come without resistance. When the going gets rough, here is a piece of wisdom from Gandhi to keep in mind: *'The goal ever recedes from us. Salvation lies in the effort, not the attainment. Full effort, is full victory.'*

We may all grow old together in the struggle to make this vision a reality. Our lives are the process. With persistence, mutual respect and fierce insistence on learning to cooperate with one another, we will survive the present era of cheap global food and bring our liberated territory into a future of peace and abundance."

— Elizabeth Henderson
Rose Valley Farm, 1997

[from her Keynote Speech at PASA Conference]



The Stinky Side of History



In the *Flos Medicinae*, by S. de Renzi (Naples, Italy, 1852), a Middle Ages recipe for toothache is given in Latin: *Ne careas jure, cum jusquiamo, quoque ure, Sicque per embotum fumum cape dente remotum.* This translates as something like, "This is how to treat teeth: collect the grains of leek and burn them with henbane, and catch the smoke through a bottle into the tooth."

Fourteenth-century writings are filled with smoking henbane, mixed with other things, to relieve toothaches. G. Henslow, in *Medical Works of the Fourteenth Century* (London, 1899) has: "Take the sed of hennebane and the sed of lekys and rechles and do these iii thynges up-on an hot glowyng tilstoun; and make a pipe that hath a wyd hende and hold hit over the smoke that may rouse thorwe the pipe into thy teeth and hit schal sle the wormes and do a-wey the ache." This refers to the then widespread belief that toothaches were caused by tiny worms. Nobody ever saw them, but that did not deter belief that they indeed existed. How they managed to get into the teeth I never was able to find out. In modern English it would be, "Put the seed of henbane and leek

and incense on a hot glowing tile stone [top of an oven then] and make a pipe with a wide end, hold it over the smoke so that it may rise through the pipe into the teeth and it will kill the worms and take the ache away."

What are "leek grains"? Perhaps they refer to those corms that form on leek bulbs, perhaps to leek seeds. I would guess seeds, as the second recipe says seeds. I wonder if these things really did any good? I have found many Middle Ages recipes calling for henbane, but these are the only ones for allium seeds.

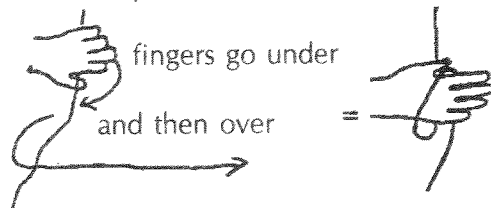
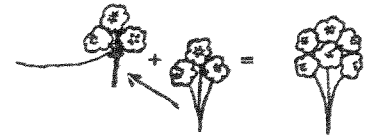
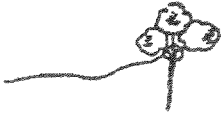
And NEVER mess with henbane. It is very poisonous.

Too bad we are not pushing henbane. I have dozens of references to it in medieval writings. I have no idea why it was so popular. Henbane is a very poisonous plant, regarded as an obnoxious weed by farmers here. Its Greek name, *Hyoscyamus*, means "hog bean" and, according to Taylor, refers to its assumed poisoning of hogs. Although I have studied the Middle Ages extensively, I will never understand their ideas of how these poisonous plants cured anything.

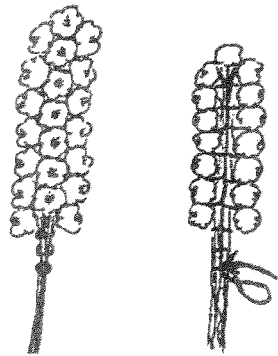
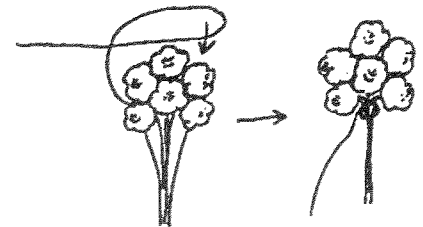
— Louis Van Deven

MAKING STRING BRAIDS OF HARDNECK GARLIC

1. Cut a 5-foot piece of twine.
2. Bunch 3 heads of garlic together with the middle one higher than the other two.
3. Make a slip-knot in the end of the twine. Slip the loop over the heads and draw it tight just below the heads.
4. Bunch 3 more heads together and place below the first ones.
5. Holding the twine in your hand, wrap your hand around to make a loop in the twine.

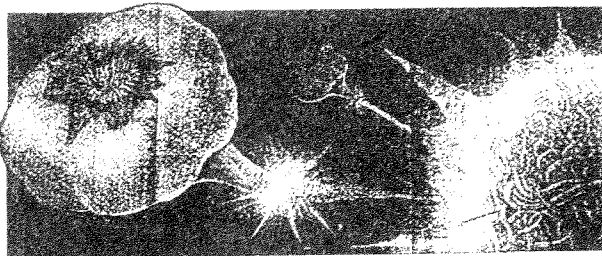


6. Slip the loop over the end of the braid to just below the heads of the second bunch. Draw it tight, creating a half-hitch knot.
7. Continue to add bunches of three bulbs and tie them on until desired length is reached. Make two more half hitches about an inch apart to bind the stems together. Bind the last half-hitch with a knot. Tie a loop in the end of the twine for hanging the braid.



front of braid back of braid

Thanks to Bob Yerina, Garlic Delite Farm, Little Falls, NY for sharing this technique.



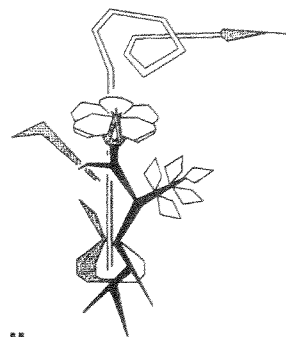
High Altitude Garlic

Planning on flying anytime soon, or perhaps trekking off to some remote areas to climb the highest peak?

Well, what else but garlic is the answer to overcoming altitude adjustment! By naturally thinning the blood, garlic is now being recommended by certain careproviders as well as also being endorsed by climbers themselves who have felt the difference. Even to offset the sense of jetlag that some air trips can encourage, garlic is a tonic to your system that naturally can rise to the call of any situation when a change in altitude means also a change of attitude when it comes to taking the offensive. I'm sure the Sherpas won't mind, and about that fellow passenger on the flight — well bring along enough garlic to share.

HARVEST TIME

Here are summaries of two garlic experiments I did in 1996, one by myself and one with Grace Reynolds.
Larry D. Lawson, Murdock-Madaus-Schwabe, Springville, UT



Effect of Harvest Time-of-Day on Allicin Yield of Garlic Bulbs

To test the validity of Native American legend that harvesting garlic at midnight will increase the healing power of the bulbs, 75 garlic plants (German Red rocambole, grown in Troy, NY by Grace Reynolds at Hillside Organic Farm) were harvested at five different times (15 per time, harvesting every fifth plant in the row at each time, to assure uniformity) over a 24-hour period and analyzed for their allicin yield (allicin is very rapidly formed from alliin when cloves are crushed; it is responsible for the antibiotic and most of the cholesterol-lowering and antithrombotic effects of garlic). The

plants were harvested July 29-30, 1996, and cured in a barn for three weeks prior to removing the tops. Confirming the legend, the allicin level was found to increase by 7.4% from 1:30 pm to 1:30 am and to return to its original value by 1:30 pm the next day (see the Table). The increase and subsequent decrease appears to be due to movement of alliin into and out of the bulb from the above-ground portion of the plant. Although the increase was small, a further increase might be expected if the tops are removed immediately after harvesting rather than after curing.

Variation in allicin yield over 24 hours of harvesting	
Harvest time	Allicin yield (mg/g)*
1:30 pm, July 29	4.04 ± 0.39
8:30 pm, July 29	4.23 ± 0.31**
1:30 am, July 30	4.34 ± 0.47***
8:30 am, July 30	4.15 ± 0.51
1:30 pm, July 30	4.03 ± 0.49

* Mean (average) ± standard deviation for 15 bulbs
**Statistical trend ($p < 0.10$) compared to 1:30 pm, July 29
***Statistically significantly higher ($p < 0.05$) than at 1:30 pm

Effect of Harvest Day on Allicin Yield of Garlic Bulbs

To compare the optimum allicin yield of garlic bulbs with appearance factors used for judging the best harvest time, 54 garlic plants (Persian Star, purple stripe) were grown in Orem, Utah, and 8 plants harvested randomly among the plot every two weeks from June 28 to September 26, 1996. The plants were not cured, but were homogenized in water within three hours in preparation for analysis. Based on some recommended criteria to judge harvest time (six nearly fully green leaves remaining; plants are 40% brown, 60% green; scapes are almost completely straightened out, but before spathes have opened; bulging of the cloves in the bulbs, so that they can be easily counted without peeling; slight pink color on the clove skins), the recommended harvest day would have been July 26. Although the bulb weight was found to be maximal by July 26, the allicin yield had only reached 60-65% of its maximum value by this day, not reaching its approximately maximum value until two weeks later, on August 8 (see Table). On August 8, about half of the leaves (the lower 4-5) were 100% brown, while the upper

leaves (about 4) were 50% brown; the scapes were completely straight and fully green; the flowering clusters were very pink (spathes had fallen off, or were barely attached); the bulb skins were a little purple; and the cloves skins fairly purple. Of the total allicin yield from the plant, about 70% was found in the bulbs., 15% in the leaves, 5% in the stalk, 9% in the umbel (similar to the bulbs on a per weight basis), and 1% in the roots.

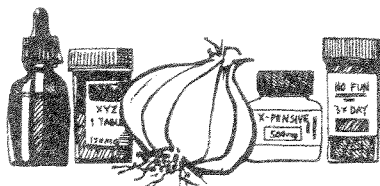
Although the results of this study would recommend harvesting later than normal, it should be remembered that the results for this Persian Star may well be different than for other varieties and that the allicin value on July 26 (1.75 mg/g) was lower than what is typically found (3-4 mg/g) at the grocery stores. For example, the German Red garlic grown in the first study was harvested based on most of the appearances mentioned above (3rd sentence); however, the allicin yield was still very good (4-4.3 mg/g) and it is doubtful that it would have increased 60-65% more by two weeks later, although there may have been some increase.

[continued next page]

HARVEST TIME (continued)

Variation in allicin yield with harvest day			
Harvest Date	Bulb wt. (grams)	Allicin yield (mg/g clove)	Plant Appearance
June 28	34 ± 8	0.7 ± 0.1	8-9 green leaves are 12-18 inches long and fully grown (brown 1 inch tips), scapes are at 90 degrees, spathes are closed
July 11	44 ± 9*	1.5 ± 0.1**	7-8 green leaves (brown 2 inch tips), scapes are at 90 degrees, spathes are closed
July 26	51 ± 9	1.75 ± 0.2**	6 green leaves (brown 4 inch tips), scapes are straight, spathes are open, but flower clusters are green, bulb skins are white, clove skins vary from all white to white with purple tips
August 8	57 ± 6	2.70 ± 0.4**	4-5 green leaves (half the leaf length is brown), scapes are green and straight, flower clusters are bright pink, bulb skins have some purple, clove skins are mostly all purple
August 28	50 ± 13	3.07 ± 0.4*	no green on any leaf or the scape, flower clusters are pink
September 26	52 ± 13	2.77 ± 0.2*	flower clusters are also brown, the bulb skin and clove skin have disappeared and the cloves have 3-6 inch green sprouts (ground was very wet, due to sprinkler system)

* Significantly different from the previous date (p<0.05).
 ** Very significantly different from the previous date (p<0.005).



The Doctor's Within

FRUCTANS

F.O.S. — It could mean "full of stink"; however, Fructo-oligosaccharide (FOS) is an indigestible carbohydrate found in garlic, onions, asparagus and Jerusalem artichokes. Why indigestible? You see, it is fine food for friendly intestinal bacteria! Eight subjects were fed FOS for fifteen weeks and their beneficial bifido bacteria increased, while detrimental bacteria decreased.

The bifidobacteria is thought to protect the body from gut infections. 77% of the dry weight of garlic is made up of carbohydrates and 65 ± 12% of dry or 22 ± 4% of fresh garlic consists of fructans. Fructans or fructosans are water-soluble fructose polymers. Like other alliums, garlic does not store polysaccharides as starch, but as fructans. These are 89% fructose and 11% glucose. Interestingly, all garlic fructans contain some glucose.

A conclusion drawn by Larry Lawson of Murdock, Madaus Schwabe, based on studies (Darbyshire & Henry [81] Park et al. [88]) is that besides being carbohydrate storage compounds, the fructans may play an important part in osmotic regulation and in cold resistance.

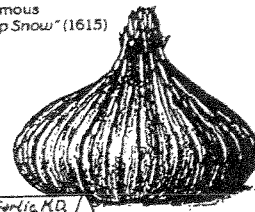
PECTINS

Have you eve felt like you had garlic jelly between your fingers after you've been cleaning for a while?

Well, the dry scales of garlic contain large amounts of pectins. Defined as a white amorphous (read formless) colloidal (finely divided solid suspended in liquid) carbohydrate of high molecular weight, occurring in ripe fruits, used in fruit jellies, pharmaceuticals and cosmetics because of its thickening and emulsifying properties and its ability to solidify to a gel. In Egypt a large amount of both onion and garlic scales are utilized to obtain pectins for commercial use. Bulbs contain about .3% pectins, while 27% are in the scales.

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

—Anonymous
"A Deep Snow" (1615)



"Without Garlic and Onions it is impossible to feel truly human!"

Francesco Savorgnan, Artist and Furniture Mover

"Without garlic it is impossible to feel truly human."

Attempting to prove garlic has medicinal effects is one thing. Getting humans to eat it is quite another. After all, people have concerns far beyond the petty ones of morality and health; concerns about breath, social acceptance, making nice in the family of man.

When I visited Eva Buiatti, the epidemiologist who headed the Italian stomach cancer study, she politely dropped a bomb on one of my pre-conceptions (shaped, no doubt, by years of watching my grandfather, a southern Italian immigrant, eat raw onions and garlic as if they were candy). "The truth is," she said, "many Italians hardly eat garlic."

There's a beautifully euphemistic word used to explain why so many Italians refuse to eat it. "For 'aesthetic' reasons, I believe," says Dania Lucherini. With her husband, Lucherini runs the kitchen of one of Tuscany's most esteemed country inns, La Chiusa. "When a couple comes into the restaurant, sometimes the woman will say, 'No garlic, please,'" Lucherini says, "because they don't want to be bothered with this ... this *aesthetic* problem, this problem of the breath."

Are such concerns reason enough to spurn garlic's purported health

effects? One night at dinner, an art historian with the explosive name of Ivo Bomba addressed the question. "I have hated garlic ever since high school," he told us,

with a pained expression worthy of a Caravaggio crucifixion scene. He rolled his eyes. "Everyone in Italy has had this experience, of a teacher from the South who ate so much garlic that you could smell it on his breath the next day from the back of the room. Just incredible!"

Then Bomba's brother-in-law, artist and furniture mover Francesco Savorgnan, weighted in. "Without garlic and onions," he declared, shaking his large hands for emphasis, "it is impossible to feel truly human!"

Like virtually all disputes in Italy, this one is vigorous. No locale is too remote, too destitute, too underpopulated to take sides. A week after the dinner, I visited Civita di Bagnoregio, a hilltop village north of Rome whose population has been in more or less continuous decline since a devastating 17th-century earthquake. Only a handful of very elderly people remain, one of whom beckoned me across an alley for an unobstructed view of the surrounding countryside, where Etruscans once roamed (and, presumably argued about the social costs of garlic). In a shed, braids of garlic hung from the rafters, two distinctly different kinds. The larger variety had been left

behind by visiting Americans, the elderly woman explained, while the smaller—and, of course, more saporito—species was locally grown. She insisted that I take some of the latter. "There are Americans who come to the village for extended stays, and they bring their American garlic with them," she said. "But when they go home, they always take ours."

Sure, I thought. What kind of an idiot would pack garlic on a trip? But I thanked the woman politely and tucked the small bulb into my coat pocket.

After all, the beautiful thing about garlic is that although scientists still struggle to pin down proof of its effects on health, their conclusions start to seem irrelevant as soon as you cut into a clove or taste it in a dish. The woman in Civita, Efsio Milia, even my former landlady in Rome, who insisted I take a special bulb from her Abruzzese stock: They are all confident that science will eventually get up to speed. In the meantime, you don't need a license to prescribe it.

Which is how I, of sane mind and responsible oral hygiene, found myself not long ago in a hotel room on my way home from Italy, with a sore throat coming on. Reaching into my coat pocket, I pried off a clove of my prized Abruzzo aglio, chopped it up, and ate it raw, no longer wondering what kind of an idiot would pack garlic for the road.

[Quoted from Stephen S. Hall, *Health Magazine*, July/August 1994.]

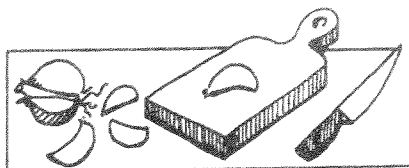
Dr. D'Clove

Spinal pain can be relieved with garlic remedies, especially if used in conjunction with chiropractic care when necessary.

For spinal pain, including blockages and degeneration in the cervical vertebrae which cause persisting violent headaches, massage the back along the entire spine using a mixture of 2 parts camphor oil to 1 part grated garlic. Do this every night, proceeding from the base of the spine upwards, using a clockwise movement which starts at a point on the spine itself and extends out a few inches. Continue for 10-15 minutes, using a pillow under the patient's abdomen to allow for more efficient penetration into each vertebrae.

The combination of garlic massage, stretches, rotation and movement exercises, and a balanced, nutritious diet, should correct any defect of the spine.





Recipes

REBEC VINEYARD SKINNY GARLIC-LIME CHICKEN WRAPS

1 whole chicken
6 limes, juiced
1/4 cup chopped cilantro
6 cloves garlic, minced

8 whole wheat tortillas
chopped tomatoes, cucumbers, lettuce & onions
salt & pepper
add your imagination here

One day in advance, boil the chicken for 1 hour. Remove skin and bones and shred the chicken into 1-2 inch pieces. Layer the chicken in a bowl with cilantro, the garlic and the lime juice. (Try to have about 3 layers, but the number will vary depending on the bowl.) Cover and marinate overnight. At serving time, warm the tortillas, and place some chicken and veggies in the center of each. Wrap gently and serve. Enjoy a bit of guilt-free dining. Serves 3-4 normal people (or one grandson who has been working at the Garlic Festival!!!).

A Dinner to Go with Rebec Vineyards 1995 Gewurztraminer Roast Pork Tenderloin - Rice Noodles with Snow Peas - Pineapple/Papaya Salsa

Serves 2

Roast Pork Tenderloin

3/4 lb. pork tenderloin
1 Tablespoon honey
1/4 cup soy sauce

1/2 lemon, juiced
1 teaspoon ginger
2 cloves minced garlic

Bring to a boil honey, soy sauce, lemon juice, garlic and ginger. Pour over pork tenderloin and place in a ziplock bag. Marinate at least 2 hours, but up to 24 hours. Roast tenderloin at 350° for about 45 minutes or until done. Let sit 10 minutes before slicing very thin.

Rice Noodles with Shiitake Mushrooms & Snow Peas

8 oz. rice vermicelli
1/2 red pepper, sliced thin
1 cup snow peas
1 green onion, sliced thin
1 inch piece fresh ginger, minced
8 shiitake mushrooms, sliced thin

2 cloves chopped garlic
1/4 cup chicken broth
2 teaspoons quality curry powder
1 Tablespoon rice vinegar
2 Tablespoons canola oil

Cook rice noodles according to directions (pour boiling water over noodles and soak 10-15 minutes). Mix vinegar, curry chicken both together and set aside. In a hot wok or skillet heat oil. Add ginger and garlic. Cook 30 seconds. Add all vegetables to wok and stir fry for 2 minutes. Add broth mix. Stir, cover and cook for 1 minute. Toss over drained noodles.

MY GARLIC HEAVEN: A CHICKEN THING

1 roasting chicken
2 HEADS garlic
1 medium onion
6 3-inch sprigs fresh rosemary (or teaspoon dry)

1 cup white wine
1 lemon
cracked pepper

Preheat oven at 350°. Place chicken in a roasting pan. Rub the outside with the lemon and squeeze juice all over. Remove the outer paper leaves from the garlic and separate the cloves. Place 8 cloves in the chickens' cavity and scatter all the other cloves (should be about 30-40 cloves) all around the pan. Quarter the onion and place around the chicken. Stuff 3 rosemary sprigs in the chicken cavity. Snip the other rosemary and sprinkle over chicken and in the pan. Pour white wine in the pan. Sprinkle cracked pepper over the chicken.

Now here's the secret: Make a large tent of heavy aluminum foil and place it over the top of the roasting pan. It should not touch the chicken, but it should have absolutely no holes for air to escape. This way you are actually steaming the chicken as it bakes and infusing it with those wonderful flavors. Your house will smell incredible. Bake for about 15-20 minutes per pound of chicken. Don't peek until it's done! Let stand about 15 minutes before serving. (Do I need to tell you what a great chicken broth the leftovers make? I don't think so!)

DON'T MISS THE 1997 VIRGINIA GARLIC FESTIVAL AT REBEC VINEYARDS - OCTOBER 11-12



GSF ORDER FORM



MEMBERSHIP IN GARLIC SEED FOUNDATION
(includes *GARLIC PRESS* subscription and #387)

Renewal

Zip +4 _____

per year X \$10.00 = _____

GSF/CORNELL REPORT #387 (Garlic, 10 pgs) (Comes with membership) _____ X \$3.00 = _____

GROWING GREAT GARLIC (Engeland) _____ X \$12.00 = _____

ONIONS AND GARLIC (Louis Van Deven, 114 pgs.) _____ X \$6.00 = _____

ELEPHANT GARLIC GROWING GUIDE (Weaver) _____ X \$15.00 = _____

T-SHIRTS

S M L XL

"GARLIC PRESS"    

"FOOD IS MEDICINE"    

_____ X \$10.00 = _____

_____ X \$10.00 = _____

GARLIC PRESS SETS

Set #1 (Issues #1-#8) _____ X \$7.00 = _____

Set #2 (Issues #9-#14) _____ X \$7.00 = _____

Set #3 (Issues #15-#20) _____ X \$7.00 = _____

Set #4 (Issues #21-#26) _____ X \$7.00 = _____

Set #5 (Issues #27-#32) _____ X \$7.00 = _____

Any 2 Sets or more \$6.00 each _____ X \$12.00 = _____

All 5 Sets _____ X \$30.00 = _____

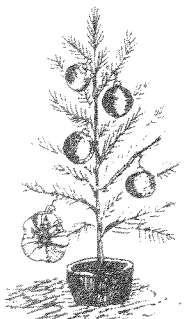
TOTAL _____

Make Checks Payable to: Garlic Seed Foundation, Rose Valley Farm, Rose, NY 14542-0149

* Members - all prices include postage and New York State Sales Tax

* Non-members - please add 15% for shipping and handling

*** PLEASE - U.S. FUNDS ONLY**



Spice Up Those Trees

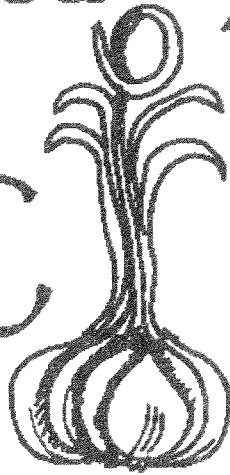
One of the true delights of the holiday season is to sit back with a warm cup of mulled cider, and then to drift aimlessly while watching the decorations on the Christmas tree. Besides all the other popcornucopia and cranberry strings, how about hanging a dozen or so of your best barlic bulbs from the limbs of dear old Tannenbaum. You can do all sorts of "garlic" people with a little creativity and some non-toxic colored pens, as well as crafty designs and decorations.

On Top of all the great comments you'll get from holiday visitors and maybe a few extra orders for next year, these ornaments don't need to be boxed up and put away. Just toss them in the oven cut in half, bake at 350° for 30-40 minutes, and bring in the New Year with some roasted Christmas Bulbs.



Handcrafted
Sterling
Silver
Garlic
Jewelry

\$30 necklace
\$30 pin



earrings \$30
tie tac \$25

(actual size)

send check or
money order
include 8% tax
and \$1.50 for Post to
Carol Fugmann
P.O. Box 78
Union Hill N.Y.
14563-0078

FIRST-CLASS MAIL
U.S. POSTAGE PAID
Rose, New York 14542
Permit No. 7

Garlic and Rites of Autumn
Proposed Grading Standards for GGAO
Effect of Harvest Time on Garlic Yield
Garlic "Pledge of Allegiance"

ADDRESS CORRECTION REQUESTED

GARLIC SEED FOUNDATION
ROSE VALLEY FARM
ROSE, NY 14542-0149