

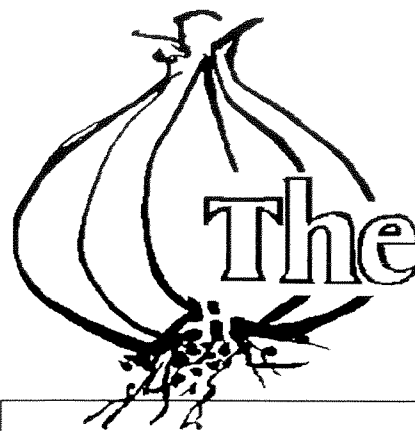
GARLIC SEED FOUNDATION  
ROSE VALLEY FARM  
ROSE, NY 14542-0149

CHANGE SERVICE REQUESTED

*Foods That Heal  
Myths and Folk Tales  
The Olive and Its Oil  
Garlic Festival Schedule*

BULK RATE  
US POSTAGE  
PAID  
ROSE, NY 14542  
Permit No. 7

.....  
\*\*AUTO\*\*\*\*\*3-DIGIT 145  
DAVID STERN NC  
ROSE VALLEY FARM  
PO BOX 149  
ROSE NY 14542-0149



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

The Garlic Press

WINTER-SPRING 1999



#35

## Foods That Heal

*Gene McAvoy, University of Florida, Cooperative Extension system, Hendry County, FL*

One of the fastest growing trends in the food industry, and one that could have significant positive impact on vegetable sales, is in the area of functional foods. Functional foods have also been dubbed nutraceuticals, pharmafoods, phytochemical, or designer foods and take in a whole array of foods and nutritional substances. Driven by an estimated 40 million health conscious Americans, major demographic and psychological shifts in the consumer market are directing market focus toward products that offer specific health benefits. People seeking to ensure good health as they age form the basis for the movement. They are concerned about family nutrition, eat above average amounts of fruits and vegetables, and exercise regularly. Dr. Nancy Childs of St. Joseph's University in Philadelphia has been tracking consumer interest in functional foods since the early '90s. According to Dr. Childs, a majority of consumers (55%) strongly believe that foods or food products can significantly reduce the risk of cancer and other diseases. Her findings indicate that the profile of the functional food consumer is a well-educated female, approaching middle age, with higher than average income, who is stressed out and trying to lead a healthy active lifestyle.

Nutraceuticals are considered to be any food or part of a food that may provide medical or health benefits including the prevention or treatment of disease. They are naturally-occurring compounds found in plants, algae, microorganisms and other biological sources which support specific bodily health functions. While there has been a wide range of claims and benefits attributed to the use and consumption of functional foods, some of which "stretch" science to the absolutely ridiculous, there is a growing body of scientific evidence that supports the role of phytochemicals in a healthy lifestyle. Functional foods could play a role in the prevention and treatment of at least four of the leading causes of death in the United States, namely cancer, diabetes, cardiovascular disease, and hypertension. The National Cancer Institute estimates that one in three cancer deaths is related to diet and that eight out of ten cancers have a nutrition/diet component.

Many United States food giants, including Kellogg, Heinz and Nabisco, have picked up on this trend and are actively pursuing the development of products with nutraceutical benefits. Quaker Oats, a leader in capitalizing on the healthy food market, proclaims, "Fiber from oatmeal, as part of a low saturated fat, low cholesterol diet, may reduce the risk of heart disease." Ocean Spray cites research supporting cranberries' ability to combat urinary tract infections. The citrus industry has employed a similar campaign to advocate the nutritional benefits of orange juice.

The vegetable industry has also encouraged the increased consumption of vegetables through the "Five a Day for Better Health" program. Recent research has discovered a number of phytochemicals in vegetables. These important findings could be used to further publicize the benefits of vegetables in a healthy diet and boost the consumption of vegetables.

Lycopene, the carotenoid found in tomatoes that gives them their red color, is attracting intense interest among the international research community. The groundbreaking study conducted by the Harvard Medical School which demonstrated a strong correlation between the consumption of tomato products and the reduced risk of prostate cancer, has led to further research on lycopene. Work performed at the Dana Farber Cancer Institute reveals that lycopene accumulates in the prostate in high concentrations, supporting earlier findings that

lycopene contributes to a lower incidence of prostate cancer. Lycopene has been shown to have potent anti-oxidant properties, which plays a role in cancer prevention. As an anti-oxidant, lycopene works to neutralize free radicals, which are normal by-products of the body's metabolic processes. It is thought that these free radicals can react with and damage molecules in cell membranes and genetic material leading to the development of various diseases, including cancer. Research at Ben Gurion University in Israel and at the American Institute for Cancer Research indicates that lycopene is more potent than carotene in reducing cancerous growths. In addition to tomatoes, lycopene is found in strawberries, watermelon and red grapefruit.

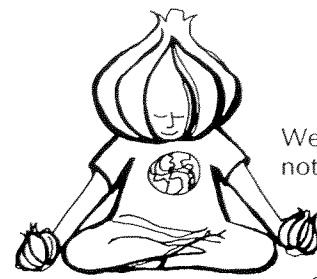
Broccoli and other crucifers like cauliflower, cabbage and kale, contain phytochemical known as isothiocyanates, which are known to be effective stimulators of natural detoxifying enzymes in the body and explain why consumption of broccoli and its relatives is associated with a lower risk of contracting cancer. Some epidemiological studies, however, indicate that to cut the risk of colon cancer in half, a person would have to eat approximately two pounds of broccoli or similar vegetables a week, a target that few people manage to achieve. Research at John Hopkins School of Medicine has shown that sprouts grown from broccoli seeds contain 30 to 50 times the amount of anti-cancer principle in mature broccoli. This discovery makes it possible to easily obtain a reduction in cancer risk with the consumption of just over an ounce of sprouts per week.

Even more intriguing, according to Dr. Richard McAvoy at the University of Connecticut, is the possibility of selecting or breeding cultivars that would have elevated levels of desirable phytochemicals, making them valuable sources of healthful principles. Research into this area could also produce new crops grown for their nutraceutical benefits. An example of this is purslane, a common weed which has been identified as containing omega-3 fatty acids. Omega 3-fatty acids are functional food substances commonly associated with fish oil. These fatty acids have been recognized as having cardiovascular benefits and are thought to contribute to the low incidence of heart disease in certain cultures. Other beneficial effects attributed to omega-3 fatty acids include the relief of symptoms associated with arthritis and other inflammatory diseases. Increasing the omega-3 fatty acid content of purslane through breeding or genetic manipulation could result in a new crop with pharmaceutical applications. Development of plant-based sources of these fatty acids could also help take the pressure off rapidly dwindling marine fishery populations.

In addition to the healing qualities of vegetables touched on here, there is a whole range of pharmaceutical properties associated with veggies. The benefits of carrots and garlic have long been touted. It seems that moms who have long admonished their children to "eat your vegetables so you will grow big and strong" were at the vanguard of a movement that is already big business. The *Nutrition Business Journal*, a trade publication, has placed the nutraceutical market at \$86 billion and growing. Nutraceuticals already outsell prescription drugs in Europe and Japan. Rising health care costs and Americans' concern with health and quality of life, coupled with an interest in alternative therapies, will ensure that this trend is not likely to fade away soon. The nutraceutical movement could play a major role in increasing the 21st century's demand for fresh vegetables. The vegetable industry might be well advised to take advantage of this trend in designing future marketing strategies to stimulate the consumption of vegetables.

## OUT OF MY HEAD

Bob Dunkel



We're living' on the edge these days, not only of spring, but of many things.

It's not just the number of the year or fear of things like Y2K or GMO's, but just the overall complexity that is surfacing around us. We should not have to search

for simplicity; it should surround us!

It's the innocuous that seems threatening. 30,000 food products with genetically modified organisms (GMOs) thanks to the successes of food processors and the megamergers that support them. It's one battle that the U.S. is not winning—at least as far as consumers go. Those "wonderful" Free Trade agreements that grip the globe like rubber bands tightening, now allow the big boys of agribusiness to lobby for introduction into everywhere of an incredible host of resistant/modified seed, dependent on restrictive inputs and "to be grown by contract." Then when the simple folk of any country say, "No, leave us out of the loop or label the food so we know what we're eating," it becomes an illegal trade barrier! I thought it bad enough that the circle of poison came back to us with pesticide, herbicide and fungicide use globally, but now to realize that we, as a leader in free trade, represent the causal factor for a sinister form of pollution that is not even readily identifiable.

It's not just making bombs for both sides, or exporting our "Green Revolution" grains to destabilize economies, now we are altering soils, ecosystems, biosystems and strangling economies. The Third World debt interest daily is more than all the combined subsidies. Where are we going? It's a quarter for a cup of coffee in a town with one diner (we own) and the price of java just doubled. Worldwide use of pesticides has also doubled and that's since way back in 1990.

Where are we going? Well, I hope it's not far from home.

So now, after venting a bit, I guess it's time to account for the long absence of the *Press*. Excuses, excuses ... I won't blame it on all you good folks, but tell you my heart is heavy, my mind is spinning like a centrifuge, and somehow I'm frantically searching for priorities. Here in rural New York state I compete with many forces beyond my control, not to profit from my relatively minuscule business with garlic. This year I lose use of the land I've grown on and can't afford to own. The markets are ever more saturated and prices are falling. Success is "on line" I guess, and glitzy ... all image and less content. "Sour grapes" you say? Maybe I've lost my edge, but I've fought for years to read and follow the trends of this society of ours and more and more it has become undefinable. What's happening in agriculture has almost nothing to do with farming—we all know that! It's so big we can't even see it. We are the blind

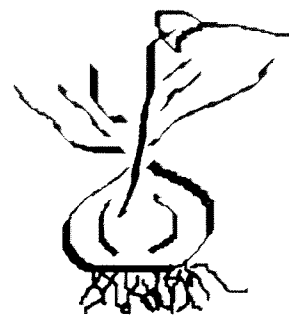
men in search of an elephant. How about a country whose income is 70% dependent on sugar cane and a bioengineered bacteria leads to a chemical 3000 times sweeter than sugar and just perfect for processors or soft drinks. It was bad enough to see kids strung out on high fructose corn syrup, but now it's genetically modified corn mixed in with everyone else's—kind of like the BST (rBGH) thing with milk. The small guys struggle to label the stuff free of poisons, get sued and go broke—just another way to get ousted from their competitive edge.

I support a family of seven on poverty level income and have a good job for my area. I grow garlic on the side and lose time to lose money! So, that is why I am asking myself what is important after this six month hiatus? It's US, all of US! We can't sit back too exhausted to rise to fight the armies of madness and greed. How do we treat our bodies, our children, our land? Take a stand! I'd certainly be happy to die poor knowing things aren't hopeless for the next seven generations.

Six billion guinea pigs ... it's time to take over the labs ... a revolution begins within. Like the old movie line: "I'm mad as hell and I'm not going to take it anymore," we must demand at every turn that we retain our integrity and necessitate care for our communities not just fiscal accountability. I may end up where I began—back in a garden with 50-100 strains of garlic and no residual income, but I'll support and save my open pollinated seeds—you know we are all heirlooms!

Think about it! In the designer future of tomorrow, only our vision and our integrity can save us. Think locally, act locally. It's the only way. Keep a hold of our children, talk with our grocers and legislators and make wise decisions. We can only hold onto this Foundation by caring, each for the other. Send me your hopes, anger, ideas and dreams, letters of support or suggestions for this time ahead, and let us keep on keepin' on to grow and give the gift of this garlic. There are now over 20 strains of bioengineered onion seed, invaded and raped for corporate greed. Let's keep our product pure and barter and trade to pass on the life-giving, healing gift that we all have.

PEACE AND ENDURANCE  
SUN AND RAIN  
WORK FOR LOVE  
LOVE YOUR WORK



*The Garlic Press* is produced seasonally for and by members of the Garlic Seed Foundation. Membership in the GSF is \$20 for 2-years, and includes this newsletter. All submissions for *The Garlic Press* should be sent to the editor, Bob Dunkel, 2079 Washburn Rd., Stanley, NY 14561. (716-526-5779 - phone evenings only, please). As always, all medical references should be taken for educational purposes and any recommendations should not preclude consulting with a health practitioner. DO NOT REPRINT ANY MATERIAL WITHOUT WRITTEN PERMISSION.

DEADLINE FOR NEXT ISSUE — JUNE 1, 1999

## Garlic Photo Cards



Beautiful 4" x 6" original color photographs of your favorite culinary vegetable! These are handmade quality cards for all occasions, produced by our friend and world-famous photographer, Emily Barrett of Shelburne, Vermont.

Sold as sets only (with envelope, in plastic protective sheath).

Set of 4 cards: \$ 8.75 (S&H included)

Set of 6 cards: \$17.50 (S&H included)

Cards are blank, top- and side-fold, and measure 5" x 7" overall.

**Available only through the GSF!**

### GSF ORDER FORM



MEMBERSHIP IN GARLIC SEED FOUNDATION (includes <i>GARLIC PRESS</i> subscription and #387)	Renewal	Zip + 4	Two years	X \$20.00 =
<i>GSF/CORNELL REPORT #387</i> (Garlic, 10 pgs) (Comes with membership)				X \$3.00 =
<i>GROWING GREAT GARLIC</i> (Engeland)				X \$12.00 =
<i>ONIONS AND GARLIC</i> (Louis Van Deven, 114 pgs.)				X \$6.00 =
<i>ELEPHANT GARLIC GROWING GUIDE</i> (Weaver)				X \$15.00 =
<i>GARLIC, GARLIC, GARLIC</i> , by Linda & Fred Griffith				X \$16.00 =
<i>STRINGBRAID YOUR TOPSET - VIDEO</i> (S&H included)				X \$25.00 =
<b>T-SHIRTS</b>				
"GARLIC PRESS"		S M L XL		X \$10.00 =
"FOOD IS MEDICINE"				X \$10.00 =
<b>GARLIC PRESS SETS</b>				
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

## Cheese, Peppers, Garlic

Flavor is a given when onion and its cousins are included in a dish.

### The Associated Press

A new book extols onions in many shapes and forms and tells how to bring them to your table to mouthwatering effect.

"The Onion Harvest Cookbook" (Taunton, \$199.95) by Barbara Ciletti brims over with lore, preparation advice and recipes for such pungent, aromatic favorites as onions, garlic, leeks and chives.

As Ciletti experimented with recipes from different countries, she writes: "I realized that onions, garlic, and their cousins remain, without a doubt, major ingredients in cuisines all over the world."

Garlic's color, zest and flavor add intrigue to food, she adds.

Her recipe for Roasted Bells, Garlic and Bel Paese, can be served with a tossed green salad and crusty bread for lunch. Ciletti also serves it with a variety of pasta dishes or risotto, "since the combination of red and yellow peppers enhances the creamy glow of the cooked grains."

For added flavor, serve Kalamata or green olives on the side or as an optional extra garnish, to add visual interest.

The dish would be acceptable for many vegetarian diets.

### ROASTED BELLS, GARLIC AND BEL PAESE

Ingredients:

- 1 head garlic, garnish
- 2 large red bell peppers
- 2 large yellow bell peppers
- 1 clove elephant garlic, peeled and minced
- 1/3 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon ground cloves

Juice of 1/2 lemon

6 slices Bel Paese cheese, 1 inch in diameter and 1/4 inch thick, or Cosa di Roma cheese

1/2 cup mixture of opal and green basil, garnish (see note)  
Black or green olives, garnish (optional)

Preheat the oven to 350°F.

Break the garlic into cloves and roast covered in an oven-proof baking dish 20 to 30 minutes. Remove from the oven, then when the garlic is cool enough to handle, gently squeeze the cloves out of their skins. Cut the cloves in half vertically and set aside.

Increase the oven temperature to 450°F. Place the peppers, with their stems intact, on a baking sheet or in a roasting pan, and roast 20 to 30 minutes, or until the skins darken and blister. Remove the peppers from the oven, and place them in a plastic bag. Close the bag and secure with a wire twist or a knot. Set the peppers aside to cool.

Place the elephant garlic, oil, salt, cloves and lemon juice in a blender and mix 2 to 3 minutes, or until the mixture becomes a smooth sauce. Pour into a small bowl.

Take the peppers from the plastic bag, and remove the skins, stems and seeds. If necessary, rinse the peppers to make peeling easier. Cut the peppers into vertical quarters and arrange on a serving dish. Top with the cheese. Whisk the oil mixture 1 minute, then pour over the peppers and cheese. Garnish with basil and cheese, and olives, if desired. Serve immediately. Makes 4 to 6 servings.

**Note:** Opal basil is purplish in color and has a slightly spicier flavor. If you cannot find it in your local markets, just use green basil instead of a mixture.



It was the first week in June and the garlic was looking great: 1 1/2-3 feet high, depending on variety, 10-12 leaves per plant, and just about to throw up the scape. It didn't take long, a couple of minutes maybe. The sky grew dark and the winds came out of the west, across the finger Lakes of Up-state New York, and that perfect combination of factors lined up to produce waves of hailstones between the size of a dime and that of a nickel. "The ground was white." Brothers Clair and Keith Culver (The Merrifield Garlic Merchants) had about 12 acres of garlic growing; and of that, 8 acres were affected; and of that, 4 acres were severely defoliated. Never in their farming careers had this happened on their land a couple of miles south of Auburn, New York.

The first indication of what had happened was the smell. "Approaching the field, maybe a half mile away, you sensed that unmistakable odor of fresh-crushed garlic. The leaves were shredded, torn off the plant and blown about by the wind. It was a mess, the smell overwhelming!" The garlic plants stood as green sticks, leafless. The only protection was offered by the north-south hedge rows. Keith and Clair were in shock. "You take what Mother gives you, and in some ways we were lucky — we could have lost the investment of the entire field!"

They waited — nothing they could do — and it took two weeks before they saw anything. Then, slowly, the plants returned to life. The scapes appeared, sometimes in multiples, and leaf regrowth started. After thinking that the plants had shut down, this sign was hopeful. Moisture levels were good. They had concern for pathogens from the mutilated plant condition, but nothing appeared. The damaged plants finished out their life cycle, or at least tried to heal. They estimate 30% to 40% regrew.

Harvesting the affected parts of the field was rough. "The outer leaves had been shredded and had deteriorated under the ground. The plant lost its structural integrity." The Culvers have modified a carrot harvester to dig their garlic, and while the machine worked well, 10% to 15% of the bulbs broke apart and were left in the field. Although they didn't take the time for any scientific study, it appeared they saw more Fusarium. "Cosmetically, we had problems — bare bulbs — so we broke them apart for our planting stock!" Overall, they estimated 10% to 20% of the field was affected in some way, but the overall yield loss was relatively low at 5% to 8%. "We didn't have insurance, but this is a high-value crop and with insurance at \$30-\$40 per acre per year, it *might* be a good investment. We were lucky compared to what could have happened!" (D.S. com)

## Christmas in July?



T'was the month before Christmas  
and all through the fields  
there were thirty-two varieties  
from last year's good yields.  
All nicely laid out  
and tucked in their beds.  
Fortunately for me  
they weren't showing their heads.  
Eighty rows I'd planted  
all down on my knees  
crawling and crawling  
so my back wouldn't seize.  
And when last I was done  
I just stood there a while  
staring and staring  
till lastly a smile  
crept up to my face.  
As my knees went to give  
I thought to myself  
what a reason to live!  
All of this garlic  
now finally could rest  
after rooting itself  
cause you know that's the best  
way to prepare for  
winter's long night  
sleep well my children  
and stay out of my sight!  
Till finally come spring  
you'll arise with a grin  
to thank me at last  
for gettin' you in.  
Then I'll feed you and fight  
off the weeds by your side  
to give you more room  
to get fat and get wide!  
We'll pray that the rains  
come steady till June  
so then you'll be ready  
to let your bulb bloom.  
You'll raise last your staff  
that scape like a hat  
for solstice at last  
is signaling that.  
The ground will be cracking  
as leaf tips turn brown  
cause the energy's turning  
and headin' back down!  
Then soon you'll see 'em  
those bulbs shining bright  
as they lift from their beds  
and into the light.  
Along then with Santa  
I'll sing loud that tune  
Christmas ain't Christmas  
till long after June!

B. D.

## Garlic Seed Piece Treatments for the Control of Penicillium Decay

J.J. Nunez, UC CE - Kern County; R.M. Davis, UC CE - Davis;  
B.L. Teviotdale and N.C. Goodell, UC CE - Kearney Ag Center

Poor garlic stands are often caused by *Penicillium hirsutum*. Although usually of minor importance, this disease occasionally accounts for substantial stand loss in California. This pathogen is also responsible for blue mold of onion and garlic that occurs at harvest and in storage. Infected cloves fail to germinate or produce weakened seedlings that are stunted and yellow. Digging these cloves or seedlings up shows a mass of blue-green spores on the surface of cloves.

A study was conducted consisting of laboratory and field trials to evaluate various hot water dip treatments for the control of *Penicillium* decay. The experimental treatments were based on the Lear/Johnson (L/J) seed piece dips for controlling nematodes (30 minutes in water heated to 100 F, then 20 minutes at 120 F, followed by a 10-minute cool tap water dip). The L/J dip normally includes the use of formaldehyde, but it was not included in any of the treatments. Various treatments differed by adding disinfectants or fungicides in the 10-minute cool tap water dip. Materials tested with the L/J treatment were sodium hypochlorite, benomyl, potassium sorbate, and imazalil. Treatments were evaluated with wounded and nonwounded garlic cloves.

All cloves were inoculated with spores of *Penicillium hirsutum*. Field trials were conducted at two locations. Laboratory experiments were also conducted to assay the recovery of *Penicillium hirsutum* from the treated garlic cloves.

In both the field and laboratory trials, L/J treatment with imazalil was the most effective and provided long-term protection against seed piece decay. Sodium hypochlorite provided good control but had no residual effect. The L/J treatment alone was also effective. There was little benefit from treating healthy, nonwounded seed pieces.

The Lear/Johnson hot water dip is an effective treatment for cloves that may be injured either from harvesting or cracking of the bulbs. However, cloves that are handled gently with wounding kept to the minimum show no real benefit from any of the treatments. Reducing the amount of injury to the cloves, and planting them soon after cracking of the bulbs will prevent seed piece decay by *Penicillium hirsutum*.



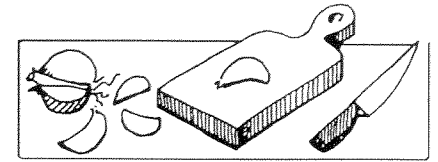
# Stinky Fests

## A Guide to 1999 Garlic Festivals

All dates verified as of January 1, 1999

What and Where?	When?	Who?
Garlic Fest Fairfield, CT	April 30 & May 1, 2	Father Bill, Notre Dame Catholic School 203-372-6521
Gilroy Garlic Festival Gilroy, CA	July 23, 24, 25	Taped Message 408-842-1625
Fox Run Winery Garlic Festival Penn Yan, NY	July 31, August 1	Wendy 315-536-4616
Eastern Ontario Glorious Garlic Festival Perth, Ontario, Canada	August 14, 15	Paul Pospisil 613-273-5683
Elephant Garlic Festival North Plains, OR	August 20, 21, 22	Lloyd Hubbard 1-800-661-1799
Adams Garlic Festival Pawcatuck, CT	August 21, 22	Adams Family Farm 860-599-4241
Canadian Garlic Festival Sudbury, Ontario, Canada	August 22	Mary Stefura 705-673-7404 - Fax: 705-673-1137
Garlic Festival Chehalis, WA	August 27, 28, 29	Andrea and Shawn Hamilton 360-740-4411 Mark Sand 206-650-4330
Pocono Garlic Festival Stroudsburg, PA	September 4	717-421-7235 610-381-3303
Southern Vermont Garlic Festival Wilmington, VT	September 4 Rain Day, September 5	Joy and Steve 802-368-7147
Northern Ohio Garlic Festival Wellington (Cleveland), OH	September 11, 12	Bob and Wendy 330-855-1141 (pm)
Washington D.C. Garlic Festival	September 11, 12	Taped Message 301-963-1422
DaVinci Center Providence, RI	September 18, 19	John DeLuca 401-272-7474
Hudson Valley Garlic Festival Saugerties, NY	September 25, 26	Pat Reppert 914-246-6982
The Garlic is Life Festival Tulsa, OK	October 16	Darrell Merrell 918-446-7522
Virginia Wine & Garlic Festival	October 9, 10	Richard Hanson 804-946-5168
Garlic Festival Delray Beach, FL	October 16, 17	Nancy Stewart 561-458-9353

# Recipes



A friend at market passed these along to me. They are quick, easy, and fun - and garlic can be added to each for that *special* treat! (D.S. com.)

### MUSTARD

4 oz. Dry mustard  
1 cup vinegar  
2 eggs, beaten  
1 cup sugar or a little less, to taste  
pinch of salt

Mix mustard and vinegar and let stand overnight. Then add the eggs, sugar and salt and cook over hot water in a double boiler, stirring constantly until thick (about 8 min.). Pour into jars and store in the refrigerator.

### EASY HOT MUSTARD

2 Tablespoons butter or margarine  
1 Tablespoon flour  
½ teaspoon salt  
1 cup water  
1 beef bouillon cube  
½ cup Dijon-style mustard  
1 teaspoon Horseradish  
1 Tablespoon sugar

Melt butter in a saucepan. Stir in flour and salt. Gradually add water. Add bouillon cube, mustard, horseradish, and sugar. Stir and cook until the sauce thickens.

Makes 1½ cups.

### TANGY MUSTARD SAUCE

1½ cups Half & Half  
½ cup sugar  
3 Tablespoons dry mustard  
1 Tablespoon flour  
½ teaspoon salt  
3 egg yolks  
½ cup vinegar

Pour one cup Half & Half into small saucepan. Cook over low heat, stirring occasionally, until bubbly. Combine sugar, dry mustard, flour, salt and egg yolks with remaining ½ cup Half & Half, mixing well. Gradually add to the heated Half & Half. Mix well. Cook over low heat, stirring constantly, until thickened and smooth. Remove sauce from heat and gradually stir in the vinegar. Serve hot.  
Makes 2 cups.

### MUSTARD SAUCE

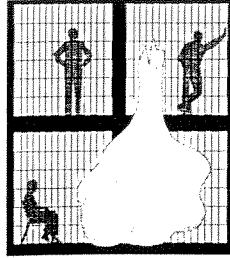
½ cup white wine  
½ cup clam broth or juice  
1 cup whipping cream  
¼ cup coarse-grained mustard  
2 Tablespoons chopped chives for garnish

Combine wine and clam broth in a medium saucepan and bring to a boil. Simmer uncovered for about 3 minutes until the liquid is reduced by about ½. Stir in cream and simmer for about 10 minutes, or until the sauce has thickened to coat a spoon. Stir in mustard. Remove from heat and serve garnished with chives.



*When the sun rises, I go to work.  
When the sun goes down, I take my rest.  
I dig the well from which I drink  
I farm the soil which yields my food.  
I share Creation. Kings can do no more.*





# Chow Time

English, the universal language of the modern world, spoken in many countries and villages, communicated in one form or another and easily understood by an enormous number of *homo sapiens*. From the Southern drawl to the Northern twang, the English language remains a staple on the table of all who consume it and all who regurgitate it.

The English language can be spoken or written one way, and understood another way. Here in the brig, you have to choose your English very, very carefully. One slip of a verb or noun could get a person in real hot water (literally). Jail House jargon is a rather complicated lingo that all who enter these walls of pain must learn very fast so as to stay on top of all the goings around and not get set up by casual verbiage. I will try to translate some of this gobbledegook for you, just in case one day you have to use it. (Hey, you never know!)

"Yo, check it, don't play yourself lame or I'ze push ya wig-back." This strange statement means, "Hey you, don't

start trouble or I'll punch you out." A "cry-me" is someone's best friend, cause he would "cry for me." "Peeps" is another world for "cry-me," cause "peeps" means "people." "We's peoples. Yo cryme, show me some love." Translation: Getting a hug from your best friend. "Get-ta steppin'" is "Leave from here right now!" When you hear someone say, "On the chillsnill," he is actually saying, "Time for chow" (my favorite saying). Here is one I hear all the time: "You Chef Ed, hook me up with some Gillsnarlic," that is to say, "Chef Ed, could I get some Garlic?" "Phat" means something is really good. "Chef Ed, your Gillsnarlic is Phat."

It's a strange kind of lingo, but a necessary one at that. When a turnkey is around and within hearing distance, dungeon dialogue is used so a jailbird does not "trap himself off," or incriminate himself. There is a whole lot more that I can share with you, but the rest is not very nice. So, to D.S. & B.D., and all who read *The Garlic Press*, mad love to all my Crymes & Peeps!

— Chef Ed

## MONSTER MASH POTATOES

Three small potatoes  
Four large Garlic cloves  
Two Tablespoons of butter  
Some salt

Boil potatoes in a coffee pot with water and not coffee. Mash up potatoes, add butter, and sprinkle with salt. *It bees real Phat!*

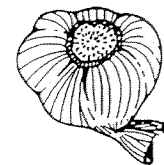
## RAG-OUT STEW

Two carrots  
Two tomatoes  
Leftover monster Mash Potatoes  
Five slices of bologna cut in strips  
Five large Garlic cloves

Chop up carrots, tomatoes and bologna, and add to your coffee pot with two cups of water, chopped garlic and leftover MMP. Simmer for 15 minutes and eat! *Phat Chillsnill ...*



# Hair and Garlic



You might ask, "What on earth do these two things have in common?"

Hair defines people, more than I think it should. It's not how we look that enables us to do a good job. Nor is it coincidental that a bad hair day coincides with a bad mood. If there's significant hair loss, the jokes roll around like ping pong balls. Long hair is sexy, short hair is for old folks. Grey hair is telling; color-treated hair deceiving.

Most of us are born with a semi-naked head. Hair grows. We cut it. It's short, it's long, it's curly, it's straight. Some days it's flat, other days fluffy. We braid and adorn it with bows. Labor intensive.

So ...

I've just watched my first garlic grow. Planted in the fall as naked as can be. Months later it appears. It grows, starting small - now tall. It was curly, now it is straight. Bulbets were hard and firm, but now are soft and fuzzy. The tips have been trimmed, thus lending a neater appearance. Tops will soon be cut and reflect their age.

In just nine months, garlic has shown similar stages of growth to one's hair throughout a lifetime. Yet one big difference remains — the garlic will be shopped, sliced and diced, and it will bring great pleasure. The haircut brought tears; a loss, lowered self-confidence. A major adjustment when part of one's identity is gone. Hard work, this coping with change.

At least garlic will always be recognizable. I'm still incognito!

— elb/98

# 1998 GSF Seed Suppliers

## SUPPLIERS WITH CATALOGS

Garlicsmiths  
967 Mingo Mountain Road  
Kettle Falls, WA 99141  
509-738-4470

Blue Moon Farm  
3584 Poosey Ridge Road  
Richmond, KY 40475-9780  
606-328-2401

Filaree Farm  
182 Conconully Highway  
Okanogan, WA 98840

Yucca Ridge Farm  
www.TheGarlicStore.com  
1-800-854-7219

## OTHER SEED SUPPLIERS

Paul Simmons Green  
Apple Spice  
P.O. Box 1328  
Sumas, WA 98295  
1-877-898-2273 (Toll Free)

Warren Bacon  
White House Farm  
P.O. Box 745  
Oxford, NY 13830-0745  
607-843-8473

F & W Berry Farm  
2627 Heavenly Drive  
Marianna, FL 32448  
850-482-5950

Nicholas Elia & Sons - Elia Acres  
4085 Cramer Road  
Canandaigua, NY 14424  
716-394-5966

Bruce McEwen  
P.O. Box 32  
Desboro, Ontario, N0H 1K0, Canada  
519-794-4812

Hope & Vince Manzo  
Garlic International  
379 Manzo Road  
Burlington Flats, NY 13315  
607-965-8635

Mary Jo Mele  
Mele Farms  
16132 Lynch Road  
Holley, NY 14470  
716-638-8591

David Piedmonte  
Piedmonte Produce  
16797 Lynch Road  
Holley, NY 14470  
716-638-6461

Francis R. Warren  
R.D. #1, Box 186  
Port Byron, NY 13140-9801  
315-776-5127

Mei Wan Solberg  
Sun Mountain Farm  
5238 Bath Road  
Groveland, NY 14462-9525  
716-243-0895

Ronald Johnson  
Tunnel Hill Farms  
Route 1, Box 128-BB  
Tunnelton, WV 26444  
304-568-2316

Jim O'Brien  
The Garlic Farm  
4892 West Swamp Road  
Stanley, NY 14561  
716-526-5369

Louis Bornstein  
Viva! Tierra Botanicals  
P.O. Box 769  
Amherst, MA 01004  
413-367-9903

Paul Welch  
1455 Saltvale Road  
Wyoming, NY 14591  
716-495-6497

Warren Ham  
Flat Creek Farms  
128 Frederick Street  
Stratford, Ontario N5A 3V7, Canada  
519-272-1742

Gary Skoog  
Skoog Garlic Farm  
6142 Lake Road South  
Brockport, NY 14420-9702  
716-637-6586

Gary Price  
Dakota Gardens & Herbs  
3520 30th Street, NW  
Minot, ND 58703  
701-839-6036

Steve Campbell  
Rattlesnake Ranch  
P.O. Box 630  
Northport, WA 99157  
509-732-6163

Ron Cacialli  
Cacialli's Garlic Farm  
1301 Valley Road  
Vestal, NY 13850  
607-785-5356

Doug Bowne  
Wellspring Farm  
345 Lynch Road  
Little Falls, NY 13365  
315-866-1403



# Stinky Replies

Phyllis Pollak  
New Brunswick, NJ

My husband and I really enjoyed the Hudson Valley Garlic Festival this year.

It was great to meet other garlic growers and to talk about our crop. This year we planted 192 cloves (we live in the city), which is a lot for us. It was wonderful to meet so many husbands and wives and entire family teams who work together growing garlic.

My husband and I enjoy all of the stages of growing garlic. In the fall, my husband digs the holes and I place the garlic cloves. We cover the holes together, and then he spreads our homemade compost on top. When the leaves start falling, I rake them on top of the garlic beds. During the winter, we sit together to look out our windows to watch as our garlic beds are covered with snow. We're very happy to see the stems sprouting in the spring. We become anxious in June, and want to check to see how big our bulbs are getting. I cut off the scapes, and when the time comes, my husband digs up the bulbs and hands them to me. When we started growing garlic, we had no idea that this activity would turn out to be such a wonderfully close time we would be spending together.

I especially like the October planting season. It is less hectic than harvesting time. It is great to work in the cool weather (no humidity or mosquitoes). Our Golden Retriever, Maggie, sits near us. I sit and work with my bare hands in the soil. I love the feel of the moist ground on my hands, but I hate to clean my fingernails. I look up at my husband as he makes the holes. For me, it is a romantic time. I'm Italian, and all I need is good soil, garlic cloves, and my dear husband.

My husband built a basic frame. In the summer we hang the garlic to dry on it, and in the fall we hang our herbs. Our herbarium is located in our former living room!

Enjoy the fall and winter. We'll see you next September!

Caryl and Heather Simpson  
The Garlic Center, Gilroy, CA  
408-842-7088 or 888-GARLIFICEST

A few short years ago plans were in the works to establish a garlic museum in the heart of historic downtown Gilroy. Unfortunately, the plan was derailed by several unforeseen events and the intended building becoming unavailable. However, inquiries have continued to pour in and we are continually queried about garlic: how it grows, the number of varieties, the therapeutic uses, research, folklore, etc.

The result of this interest has led us to realize that the time has come to get back on track and move ahead with plans for the garlic museum/center. We have therefore decided to dedicate the space in our building that was formerly part of our retail space and an art gallery to this purpose. We will begin the conversion in the coming months and invite input from interested parties.

We hope to create an educational, entertaining and informative site for visitors and residents alike. We have approximately 1500 square feet currently available consisting of both wall and display space. Based on our research, we expect to initially attract 8,000-10,000 visitors per year upon completion and promotion of The Garlic Center, and many more in the years to come.

We would like to extend an invitation to the Garlic Seed Foundation, Garlic Press and its group of readers, growers and garlic fans to participate in this exciting and fun Garlic Memorabilia of all shapes and sizes from garlic cards, posters, books, and art to news clippings, garlic varieties, t-shirts, and historical items. If it's interesting to your garlic fans, then it's probably interesting to the garlic fans from around the world that we hope to attract. We would appreciate any kind of listing/article you may provide us.

We look forward to hearing from you and your readers. Should there be any questions, please feel free to call us.

# What Happened to Garlic, and Why?

Toronto #3

Let me begin with recognizing that the garlic has been cultivated for 5000 years, and its consumption is simply ignored by modern statisticians and the media. Seriously, I'd like to thank Ms. Kate Clancy of the Wallace Institute, Ms. Mariann Burros from the *New York Times*, Ms. Fran Gussow at Columbia University Teacher's College, and Warren Belasco of the History Department at McMaster University for their comments and contributions to this lecture and paper.

So the question "WHY?" becomes a puzzle, and here are the first pieces. North Americans eat 73 pounds of chicken, 27 pounds of hamburg, 15 pounds of fish, 10 pounds of cheddar cheese, 12 pounds of chocolate, and 2 pounds of garlic each year. We drink three times more soda pop/sugar water than milk. Garlic consumption doubled between 1993 and 1996 to 500 million pounds (the 2 pounds mentioned above) and is well below the E.U. average of 7.5 kilos (16½#) and Asian figure of 25 kilos (55#) per person, per year. The modern grocery super store reflects that, with over 1,000 new food products released each week somewhere in this country, variety is a current theme.

With all the high-tech plastic crap in our lives, garlic is seen as a "real food," and you, the garlic farmer/producers, are perceived as "real" people. Two-fifths (2/5) of all meals are eaten away from the home. Prepared food is "in," home preparation is not.

The Gilroy Garlic Festival draws 300,000 over three days, and the Hudson Valley Garlic Festival brings out 40,000 in two days. On average, as calculated by the Pentagon, our food travels 1,200 miles from field to table. Of all the food cultures that don't embrace the garlic, the Scandinavians were odor-free until an "all-garlic" restaurant opened in Helsinki last year!

The North American food system passes more money through more hands than any part of our GNP, and it rides on the back of the farmer, the producer of the raw material. Where there is money to be made, we find vertical integration and consolidation in production (Conagra, Cargil, Hormel, Purdue, Christopher Ranch) and also in the market place, where we find our international corporation from the Netherlands that owns six (6) major chains with 3,700 local stores and \$30 billion in yearly sales. The new "terminator technology" that we're learning about is just the food system further tightening its control.

Garlic, however, is in the public domain — has been, and will continue to be. I suppose we'll see some attempts soon, but to "own" a particular garlic is folly. Most home gardeners are growing the garlic and the phrases I most often hear — "It's a powerful plant," "It's family work," "We tend to it in the cycle of the seasons" — are appreciation of the complexity of the plant and the farmer's labor, the enjoyment of the taste and flavors. "Buy it once

and save the best," and women regularly remind me that it's another 9-month crop. I shall also share with you that each time this GSF is mentioned in the *New York Times*, we will receive 1,000 letters within the first month, and an additional 1,500 letters over the next four months, from all around the world. Put us in *Organic Gardening*, and we'll get half that, *Martha Stewart*, half again.

Let me add some additional clues to this puzzle from the folks who study food trends and sales. And they are quick to say that we don't have a national cuisine — we steal with both hands and absorb it quickly. Today, there are three (3) major trends: we are eating hotter/spicier foods, we support the restaurant trade (of a wide variety of national/cultural foods) including fast-food, and we enjoy diversity and experiment with the flavors and textures we put into our mouths.

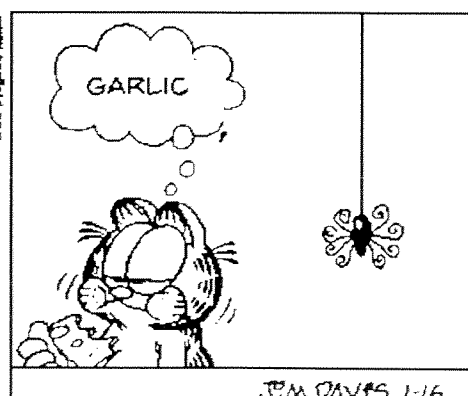
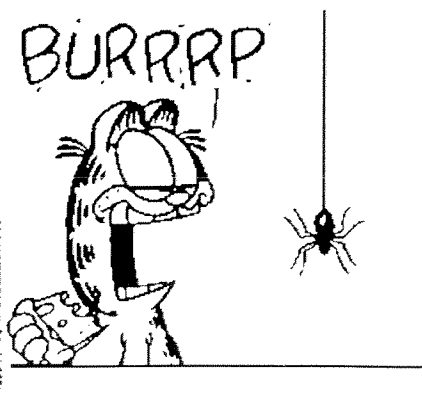
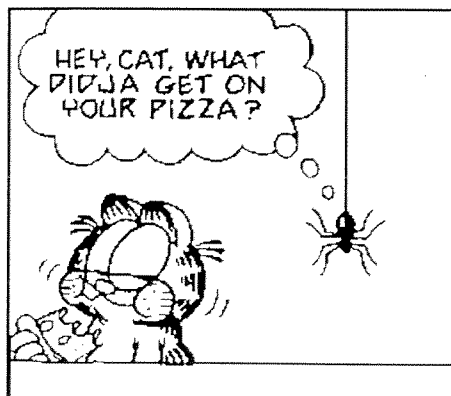
Historically, we start with the migration waves of the early 1900s that settled geographically: the Irish in Boston; Polish in Cleveland; Italians in New York City; Asians in Seattle and Los Angeles; and the Mexicans in San Diego, Tucson, and San Antonio. These new cultural tastes were both assimilated and spread via that great cross-cultural agent the mother-in-law! World War II brought folks home with direct experience with European and Asian foods, which flowed into the 1950s when "going out to eat" was a family activity, eating away from the home. This often meant the neighborhood pasta house or pizza shop.

The cultural battles for civil and human rights of the 1960s also brought tolerance and the value of diversity onto the dinner table. Changing from white bread to whole wheat made our hair grow, as men and women returned from Vietnam and second-generation Americans called up grandma to get that special recipe from Ireland, Poland, Italy, Korea or Mexico. Heritage became important.

Today, the appetite for garlic is on a natural high. Our wealth allows us to travel, and people travel to look at scenery, experience new things, and eat. Chefs travel the world for work and school. We continue to eat away from home, preferring (in order) Italian, Asian, and Mexican food. Much of our food and garlic is processed. Read the ingredients in the sauces and salsas, dressings, frozen or canned. Lots of garlic. Salsa outsells ketchup (that famous American vegetable created by President Ronald Reagan). The puzzle piece that is missing in all this is "health and nutrition," and it is generally agreed that less than 5% of folks eat the garlic for these reasons. This seems low, but don't forget, garlic pills are a \$300 million per year industry. The puzzle piece that no one can find is the "future," but consumption will surely continue to increase. Who will grow it, and where? These are the new questions, and ones that we all need to ask ourselves.

(D.S. com)

## GARFIELD



JIM DAVIS 1-16

## The Garlic Festival, or Stink Fest

No other vegetable, culinary herb, or fruit is celebrated quite like the garlic, *except* the strawberry. Now the strawberry is very delicious, and well-liked for sure; however, how does it taste roasted or on pasta? Has it been grown for 5000 years, connected to Vampires, lowering cholesterol or ridding sheep of intestinal worms? Do strawberries make people fart? The garlic is as unique as the wonderful folks who put in the festival work and community time, and as unique as the garlic farmers.

Each festival has its own flavor. I've been to festivals on small vegetable farms, grange halls, county fairgrounds, grocery store parking lots, playgrounds, town squares, vineyards, restaurants, Catholic high schools, and in the shadow of the State Capitol buildings. I've been to big ones and little, in city and country, inside and outside in Spring, Summer and Fall. They are all different, and all reflect the organizers and the communities.

The Stink Fest is a very liberating experience for most who attend. I continually listen to folks say that because of family or job, the garlic consumption is kept in check. When people come out to a festival, it allows them to eat, stink and be merry with like-minded and stinky folks.

So what do Mr. and Ms. America want when they attend one of these Festivals? They want good food, all types, and flavored with **GARLIC**, not garlic. They don't want or expect the usual recipes, they want the garlic bold, surging in their veins and on their breath. They also want to learn about the history, the plant, how to grow/store/cook it, and they want answers for all their medicinal and health-related questions. They want to talk to the experts (YOU), and by the end of the day, you'll be ready to knife the next person who asks you, "Why don't you plant garlic in the Spring?" Mr. and Ms. will also bring samples to show you (as they would pictures of their kids, dog, etc.), and photos of their gardens, fields, drying racks, braids, etc. They'll also show you disease and insect damage, ask you a thousand questions on flavor, varieties, and moon signs. And they'll share their dreams of becoming farmers and their vision of what that means. Mr. and Ms. will also spend money on prepared vendor food, fresh garlic (loose and braided), roasters, garlic cook books, good garlic crafts or mementos of the event, and they'll want to take home some processed foods, such as salad dressing, pickles, or garlic fudge.

Most Stink Fests are oriented for young *and* old stinkers, and they need to be safe, casual, friendly and clean. Competition is always fun, and Mr. and Ms. appreciate the gladiatorial combats of eating raw cloves (then puking), kissing, or some creative talent performance. Parents want space for their kids to be kids. Give them all the above, plus easy parking, reasonable admission fees and good weather, and I'll guarantee a winner.

Want to create one? Sounds easy enough, but the first thing you'll need is help, and I suggest you approach existing civic groups such as the Lions, Rotary, or Kiwanis, who are known in the community, have the needed person-power/energy, not-for-profit status, insurance, and their charities/projects can put the proceeds to good use. Garlic farmers need to be doing all the things mentioned previously in this lecture, as well as sell their garlic.

But, if for some reason you want to try to put it together yourself, please start thinking about: insurance, vendor agreements, budgets, start-up capital, locations and contracts, water/electric, sewer systems, signage, publicity/press, entertainment contracts, parking, health department, weather, sponsorships and prizes, set-up/tear-down help, toilets/trash, security and emergency medical folks, printing, refrigeration, as well as hosting and scheduling books and authors, chefs, lecturers and demos (braiding), and rentals, raffle tickets and prizes, keeping the grounds clean and .... So find folks you can work with it and try to be flexible. Farmers aren't good at that. These little parties take lots of energy — *get help!*

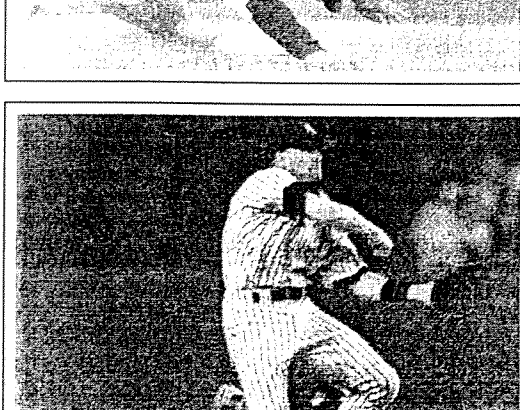
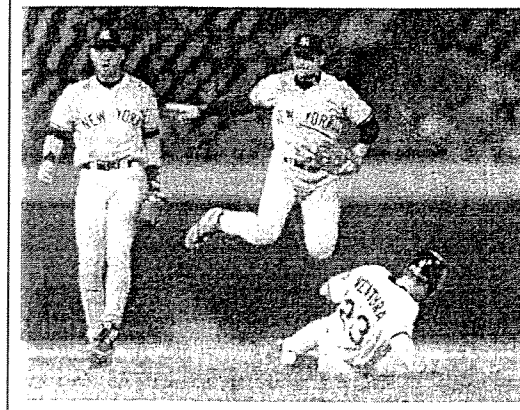
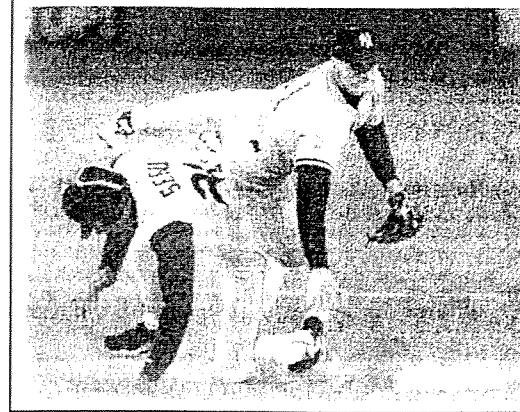
Attendance numbers are things we plan for, but history has shown we're never really prepared. First year at Gilroy they had thought about 10,000 — they got 30,000! We planned for 3,000 in the Hudson Valley in year one and hosted 7,000. Be prepared for larger numbers than you might expect (this also calls for "wishful thinking"). Some festivals that prepare sit-down meals require pre-festival purchase of tickets to plan for food. Mr. and Ms. want to eat — do *not* run out of food. Large numbers can mean problems on the roads and parking. People don't enjoy waiting in their cars to exit an interstate, wait to pay entrance fees, or wait to use the bathroom. Be prepared!

Involve as many local organizations as possible in the celebration and you'll find local support. Fire departments do a great job parking cars, local entertainment will invite family members, encourage the high school athletic and other clubs to raise money and bring their folks, and invite local environmental groups to set up the recycling program for the festival. Give local not-for-profits and charities free table space to pass out literature, sign petitions, and take donations. The Food Bank, Humane Society, garden clubs, Coop Extension, 4-H, Democrats/Republicans/Greens and service clubs would all appreciate the exposure. Scouts are always looking to do good deeds; let them. Invite innovative or exemplary commerce or industries to show off their wares. Invite the politicians to kiss babies, and ass. The more the community is involved, the more it will respond.

The question of alcohol I defer to local standards. At Gilroy, they sell 100 full kegs of beer at \$3.00 per glass. It makes mucho money. It requires I.D., license, special insurance, etc., and I've seen it go both ways. While I certainly enjoy a garlic beer or wine, I attended one festival that resulted in an alcohol-related highway fatality, which dampened enthusiasm and support. The other question often asked is whether or not to invite the Big Boys (Christopher Ranch, Gilroy, Festival Foods, etc.) to compete with local growers. Most celebrations charge them a big fee and do not allow them to sell fresh (or stored) whole garlic bulbs or braids. Their prepared products usually don't compete with the locals, and actually, I think they might help.

My last comment is actually one of the most important. Garlic folks like to eat good food and have a good time. Let them. These celebrations are also for *us* to have a good time. Attitudes are contagious, and fresh garlic vendors who respectfully insult the breath of the shoppers, wear garlic, pass out free advice and samples, keep a well-stocked and organized display, and smile will sell more garlic.

(D.S. com)



## WAY TO GO, CHUCK!

It was a year ago that the baseball world was buzzing about the deal sending Chuck Knoblauch to the New York Yankees. Knoblauch had been the all-star second baseman for the Minnesota Twins since 1991, but not a happy baseball player. The Twins went 68-94 in the 1997 season, 18½ games out of first place. Chuck wasn't happy 'cause Chuck likes to win. He takes this game very seriously.

Just the kind of guy Yankee owner George Stinkbrenner likes (George likes to win, too). So George bought Chuck for 4 minor league players, and \$3 million. Chicken feed. A year ago, history hadn't yet been made, and while Sammy and Mike hit the long ball, the Yankees accumulated more wins than any other team in history and went on to win the World Series. Chuck was the offensive lead-off batter and brought experience to his defensive position at second base. And, as you can see from these photos, it was hard to keep a good man down! It wasn't all apple pie, however, and at one point in one game during the season, Chuck kind'a lost it and we thought he might be headed to Bellevue. But he snapped out of it, corrected his error, took responsibility for his actions, and went on to have a *great* season.

Now that history has been made, the *real* story can be told. Upon reading our story about Chuck in *Garlic Press #31*, George Stinkbrenner, owner of the NY Yankees, called up the GSF to check Chuck. We encouraged Stinkbrenner to make an offer, "And who knows," we argued, "Minnesota might elect a pro wrestler as governor next November, and then it might be impossible to get Chuck out of the state!" Stinkbrenner went for it and the rest is in the pasta water.

For those of you who didn't receive or read *Press #31*, *Knoblauch* (the WORD) is German for "GARLIC," and the GSF had embraced chuck as "Our Professional Athlete." We realize that his coming to the Yankees was, in some small way, Chuck's way of showing his appreciation for that honor.

Welcome to the Big Apple, Chuck. Thanks for a great year, and we look forward to our GSF Day at Yankee Stadium.

— D.S. com



## ALLIO-PHILE

- 🍷 **Garlic Songsters**, know the words, or recorded availability of "I've Got A Stinkin' Problem," a take-off on the country music drinkin' song? Last listened to in California in 1996-7. Reward offered by: Gary Price, 3520 - 30th Street, SW, Minot, ND, 58703.
- 🍷 **Bill Gates** has a net worth of \$58,000,000,000.00.
- 🍷 **Special Thanks!** To the folks working for the USPS in Vermont. We learned that many folks in different parts of the state didn't receive *Press #34* last summer. Our complaint was basically ignored — nothing they could do — but raise our rates! "Was it insured?" they asked. Why should it have to be? Sorry VT. Let us know if you want a copy sent to you ... if you get this ....
- 🍷 **Ho-Ho-Ho Department:** What is the #1 rule for all the bell-ringing Santas at the Volunteers of America Santa School? "EAT NO GARLIC." Ho-hum!
- 🍷 **NO More \$10 Checks!** Renewals are \$20 for 8 issues. Have faith.
- 🍷 **Congratulations** to the Greico Family from the Catskill Mountains of New York — 1st Place Garlic at the Dutchess County (NY) Fair, 1998!
- 🍷 **Looking to Learn:** Man wanting experience planting/harvesting on medium-sized (1-5 Acre) garlic operation. Contact: Eric Sweet, 100 James Road, Galway, NY, 12074-2726.
- 🍷 **Horse Farming the Garlic:** Contact Robert and Jane Fleck, Fleck's Farm, 27363 Sand Canyon Road, Santa Clarita, CA, 91351, who have the experience and equipment.
- 🍷 **Still Available:** Angela O'Callaghan's Master's Thesis, "Cultural Practices for Improving Garlic Production in the Northeast United States," (for 2-week loan, please). Send \$3.00 to GSF/ROSE.
- 🍷 **Husband and Wife Champs:** 1998 Nassau County (NY) Fair, First and Third Place Garlic Ribbons, Home Garden Category, to Barry and Anne Kaplan of Farmingdale, NY.
- 🍷 We say **Goodbye** to Rudolph Melone, who passed away in November 1998 at 73. Dr. Melone was the President of Galivan Community College in Gilroy, CA, and after learning about a garlic festival in France, organized the local Rotary Club and garlic farmers for their first festival in 1979. The Festival has an innovative structure that insures a constant flow of new volunteers and new ideas. The 5,000 volunteers receive an hourly stipend paid to the community charity of their choice from the festival proceeds and work their way up to management positions. In its first 20 years, the festival has raised more than \$5 million for Gilroy charities.
- 🍷 **Garlic Flavored** Doggie Fortune Cookies from: Foo Man Chew, Hollywood Dog Company in California. Anybody tried them?
- 🍷 **Correction and Apologies** to Blue Moon Farm for publishing their incorrect telephone number as featured in the Farm profile of *Press #34*. Correct telephone number: 606-328-2401.
- 🍷 Two **Bulgarian Students** looking for farm work in US: 25 years old, studying agriculture and management, references available. Contact GSF/Rose for more information. Available: June 1999 - September 1999.
- 🍷 **Day Lilies:** Beautiful selection and catalog from garlic growers Lee and Diana Bristol, Bloomingfields Farm, Gaylordville, CT, (860) 354-6951.
- 🍷 **Small Helper:** A Houston, Texas, company is marketing a product called the FLATULENCE FILTER, a seat cushion that filters out hydrogen sulfide, one of the (un)pleasant smells of intestinal gas (*Garlic Press #33*). It's a 1-inch foam cushion containing an activated carbon filtering system that absorbs odors. It's being used by considerate people who have uncontrollable intestinal gas due to medications, certain health conditions, and eating too much garlic. The cushion is \$39.95; \$34.95 if you order 2 or more. Call 1-800-287-7573.
- 🍷 **MOLE:** A wonderful Mexican treat that combines some of my favorite tastes: chiles, garlic and chocolate! I'm collecting recipes for GSF cookbook. Please send to GSF/Rose.
- 🍷 **VIDEO:** "Vegetable Farms and Their Weed-Control Machines," 75 minutes, \$12 + \$350 S&H, from Ag-Engineering, Cornell University, 152 Riley-Robb Hall, Ithaca, NY, 14853-5701, (607) 255-7654.
- 🍷 **Thanks to Calvin Tarr,** Canadian garlic producer, for transporting Ted Maczka from the Fish Lake Garlic Research and Experimental Station to the Hudson Valley Garlic Festival. Ted's knowledge, research, display, friendly manner and bad breath are a wonderful addition to any festival or celebration. Thanks to you both!
- 🍷 **ATTRA:** Appropriate Technology Transfer for Rural Areas, located at the University of Arkansas in Fayetteville, is one of the best kept secrets in the world of agriculture! 1-800-346-9140, toll-free, information free, fast and excellent! They carry prepared packets on many commonly asked questions, or will research for you. They have supported the GSF for many years — give them a call with your question or problem. **1-800-346-9140, US Only** — Sorry Canadian Brothers and Sisters.
- 🍷 **Henhouse Garlic:** Glen Burkhart, Animal Science Dept. Of Clemson University, found that feeding chickens about 3% (weight or volume?) of their diet in garlic powder reduces poultry house "odors" up to 200 feet away. Scientists are conducting additional tests to study garlic's effect on the taste of the eggs and meat, and reduction of the cholesterol in the eggs. Although the garlic can reduce the smell that is offensive to neighbors, the California powdered product is too expensive (commercially) at this time.
- 🍷 **Festivals:** You will find several new festivals in the listings this year. We welcome North Plains, OR; Delray Beach, FL; and Tulsa, OK. Note: There have been some date changes from previous years. Please contact each festival directly.
- 🍷 **Mostly Garlic Magazine** just published issue #3. Congratulations! 4 issues for \$12.75: 19 E. Church St., Milan, OH, 44846, 419-499-4604.
- 🍷 **OPENING - Ten Mothers American Bistro**, 169 Church St., Burlington, VT, by GSF members Cindy Cook and Chad Gregson, partner Jo Anne Paquette, and Chef Cozimo Gagnon. Cindy and Chad produce and distribute the wonderful Ten Mothers Salad Dressings and Dips/spreads. When they called last fall with their happy news, all I could ask was, "Are you nuts?" This is certifiable proof, and we wish them the best of luck! We're going to try to negotiate a discount for all GSF members ....
- 🍷 **Wanted:** #600 minced organic garlic. Contact Kevin at Herb Trade, 201-420-0388.
- 🍷 Congratulations also due to Ron and Lillian Antolini of Syracuse for the repeat Blue Ribbon at the NY State Fair. And you should see their onions!
- 🍷 Walk lightly upon this earth as your time here is brief. Respect all life and be gentle with each other. Look for peace within and keep garlic on your breath. (D.S. com)

## Why Do Folks Fail With Garlic?

Toronto #1

To "fail" means to be unsuccessful in the production and economic aspects of the culture of garlic and suffer mental frustration as the producer. Each year I get to talk with 500-600 growers, for the USA and throughout the world. I visit 100-150 operations as well, and I have seen the failure and listened to the disappointment. This is how I base the following and will say that the inverse of any of these is often attributed to the success and satisfaction of the producer.

The continued emphasis on the varieties, and not the soil, is a complete mystery to me. I understand it's all marketing, to grow something that's new or different and produce sales of seed (or books, posters, etc.). However, the variety might not be as important as the soil quality. An average variety grown on good earth will always outproduce a great variety grown on concrete. A plant shall only grow to the potential of the soil. Good money is spent to purchase good seed stock as an investment. Take care of it.

The soil issues are many, and the pH is both the easiest place to start and probably the best investment for the money: balance to 6.8-7. Garlic needs well-drained soils to allow the roots to get air and to grow deep. The texture of the soil and the organic matter need to be protected with the use of plowdown green manure cover crops and rotations. Erosion, top soil loss, will end your farming career quicker than cheap Chinese imports! Most of us need to clean the garlic for market. Sand cleans good, clays don't: choose your soils.

Weeds, and the failure to control them, are singularly the most common reason for failure in the conventional or the organic field. Weeds are smarter, faster, and stronger than any of us — been here longer and shall continue after we're dirt. We must learn to deal with and live with these "undesirables." They'll out-compete for sun, water, and nutrients as the passive garlic collapses. You might own the Cadillac of harvesting tools until you take it on a poorly managed field.

When I look at the personal qualities that contribute to failure, inefficiency tops the list, because of the number of operations in garlic's production. The producer needs methodical and analytical skills and an organized environment. I shall add to this point the issue of labor and how/when it should be employed. There are certain times when it makes absolute sense, and the money is well spent in weed control, harvest, and planting. Cultivate good relations — it pays!

I've had the pleasure of meeting with some of the big grain farmers of the Midwest who are downsizing and diversifying. The thought of 10 acres of garlic is nothing when you're farming 3,000 acres of wheat, while to most of us 10 acres of garlic is suicide! The quality of the garlic is secondary to the quality of life. Don't forget: enlarging from ¼ to ½ acre isn't *twice* the amount of work — it's twice the work in *each* of the 20 times you touch the garlic! Think Amish — the horse has kept their farms of a

manageable size, in family proportions, balanced. Cooperative ownership of a custom tool or line is better than financing.

While marketing is probably one of the most important aspects of today's farming, it's enjoyed the least by most of us. We'd rather clean out the pig barn! But watch the folks selling all the varieties, the books/posters, and the subscriptions. While we're in the fields, they're in the bank. We must do a better job and use our eyes, ears, and brains. Get in the market place with the garlic greens, scallions, scapes, and *A. tuberosum* (chives). Create the market if you need to. We compete with *quality*, then price. If a restaurant is using "CA whole peeled" out of a 5-gallon plastic bucket on the floor of the cooler, "Cookie" ain't gonna' know good garlic when (s)he smells it! Think regional at maximum, local as optional in any marketing plan. "Value-added" braiding and pickling, catalog and Internet sales, and festivals seem to be working out. Cooperative marketing appears to be moving volume in some markets successfully. We can grow good garlic in most parts of North America, excellent garlic. We can produce a higher quality than the market demands. The market appears to be satisfied with the inferior factory product at cheap prices. That's the challenge: raise the quality and raise the price.

It's just an awful lot of work, and I often feel that we're either crazy or we really love this stuff. As many of us know, these are not particularly good times for this end of the business. We work hard for a fragile limited return. Through the floods and hailstorms, grasshoppers and elk, the plant keeps doing its thing. Remember, doing everything right has also ended in failure with this business.

(D.S. com)

## The Dirty Dozen

12 Most Pesticide-Contaminated Foods  
by ENVIRONMENTAL WORKING GROUP

— Always look for *organic* 1st when buying:

Strawberries, green & red peppers, spinach,  
US cherries, peaches, Mexican cantaloupes,  
celery, apples, apricots, green beans,  
Chilean grapes, and cucumbers

from *Growing for Market*, 1997



## Raising Garlic from Bulbils

From Paula Simmons

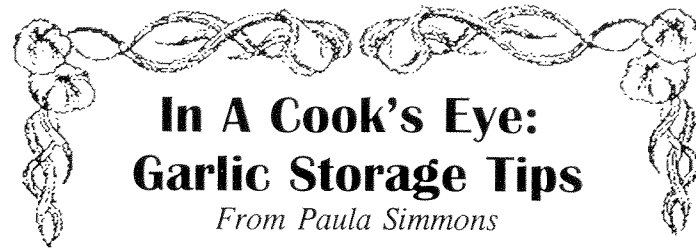
“Hardneck” garlics produce a tall stalk with what is called a “Scape” capsule at the top. Ordinarily, these are cut off soon after the scape is visible or, in some varieties, as soon as the stalk makes one circle as it curls. The scape, at that time, is tender and can be eaten as a vegetable, like asparagus, or in stir-fry dishes.

If the scape is left on as the garlic matures, it does, in most instances, cause the production of a smaller bulb than if it were removed.

But, if the scape is left on to the maturity of the garlic, the group of small Bulbils that it contains can be planted in the fall (in mild weather areas) or in the spring (in areas of more severe winters). Since they are so small, and the leaves so tiny, I prefer either to plant in early spring or to start them indoors in pots for transplanting out about the time I would plant green onion sets.

The raising of mature garlic from bulbils will take two years, but it is a good way to drastically multiply your harvest of a favorite variety of hardneck garlic. My first start of the Special Idaho garlic was only from bulbils; this was all that was available, because the producer had a crop failure and was not able to offer planting stock.

Plant your bulbils about an inch deep. The young plants will look just like grass at first, then more like green onions later in the year. Let them die down in late summer, taking care not to lose track of them. You can either harvest them and replant them (further apart) in the fall, to make full-size garlic by the following summer, or, leave them in place. The only disadvantage in leaving them in place is they will be too close together, unless you have planted them originally at the spacing you would use for mature garlic, which would be very wasteful of space. At one year growth, the little bulbils will have made round bulbs about marble size, more or less, depending on growth conditions and variety. The next year they will be about normal garlic size and will have separated into cloves. At that time they would be harvested as usual with garlic, and dried and cured.



## In A Cook's Eye: Garlic Storage Tips

From Paula Simmons

“Cool and dry” is the ordinary advice in cookbooks. Actual storage temperature of 34°F to 36°F is a commercial ideal, but garlic then deteriorates in flavor and quality within two weeks of removal from refrigeration. Storage at 40°-45° can cause sprouting earlier than normal. Home storage in an unheated room at about 50°, with humidity of 55%-65% would do well if there is good ventilation. The experts say that the Hardneck varieties can use a little higher humidity than the many-cloved Artichoke types.

DEHYDRATED garlic slices, dried till crisp, keep well in cool dry storage and can be pulverized as needed, in a blender, food processor or “mini” electric chopper. Owners of bread machines find the pulverized (powdered) garlic convenient.

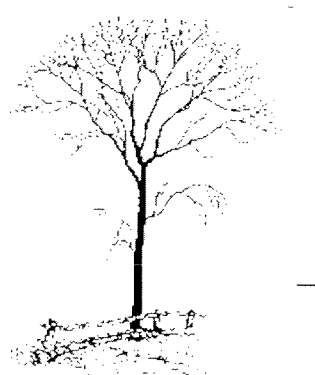
GARLIC IN OIL: To store in oil, soak peeled cloves for 24 hours in vinegar, then drain and store treated cloves in oil. The mildly garlic-flavored vinegar is great in salad dressings. The vinegar-soaked garlic will not taste of vinegar after storage in oil. The vinegar soak protects against botulism!

PICKLED GARLIC is an expensive delicacy that can be made quite easily. Most recipes call for adding salt and sugar to vinegar, bringing to a boil, and pouring this over peeled garlic. Add a few little hot peppers for extra zing. Store cool and dark for a couple of weeks.

PUREED AND FROZEN: Garlic cloves can be pureed in oil and frozen in small containers for making your Basil Pesto early in the summer before you dig your garlic crop.

“A man has made at least a start  
on discovering the meaning of human life  
when he plants shade trees  
under which he knows full well  
he will never sit.”

— Elton Trueblood



## Director's Notes



### December 1998

It snowed last night and that event signals a change in priorities and attitude. The hammock comes in, the outside shower drained, the winterization of engines, motors and machinery, freezables stored from freezing, windows closed, and the animals come in to warm by the wood stove. There is one less dog this winter, and while I realize that it's self-indulgent and not related to garlic, I share my dog family with you because they are so intrinsic to me and this farm.

Brandy Rose was born on Halloween, 1982. I saw the litter the next day in an old shed, and I remember it rained 11 of the next 12 days and thinking that if these pups live, they'd be tough — and Brandy was. Half Black and Tan Hound and half Doberman, all mutt! She loved to eat woodchucks, daily if she could, and pester the other dogs if they didn't share their kill with her. She was the matriarch — and always happy to greet anyone who came down the drive, and always full of unconditional love and acceptance of me. Brandy and I spent 16 years together, and I'm thankful for our journey each day (24-7) on this farm — and I'm sure all the remaining woodchucks are dancing out there. I laid her to rest on Halloween 1998, and miss her very much. I listen for her bay or scratch, watch the fields for her black gait, and miss the wet sloppy lick I got each night as I put down her dinner bowl. “It is dangerous to love something that can be taken away from you.” She was a good dog.

Halloween also marks the anniversary of my relationship with this land, and I start my 26th year, half of my life.

### February, 1999

Jody Bodnar, from the Province of Ontario Ag. Extension, invited me up to Toronto to share some thoughts at their Horticulture Conference. I had the pleasure of driving to and from with Ms. Angela O'Callaghan and visiting with Canadian friends in the world of garlic. Jody forced me to contribute 3 lectures and refused to give the GSF any money for our labors! Those three lectures became the Toronto #1, #2, and #3 enclosed. I find Canadian farmers very intelligent and thoughtful people, eh, and I enjoy our interactions. They

face the same demons we do. Many in attendance requested a copy of those lectures, so we are sending them a copy of this Press #35. We hope you enjoy it, eh!

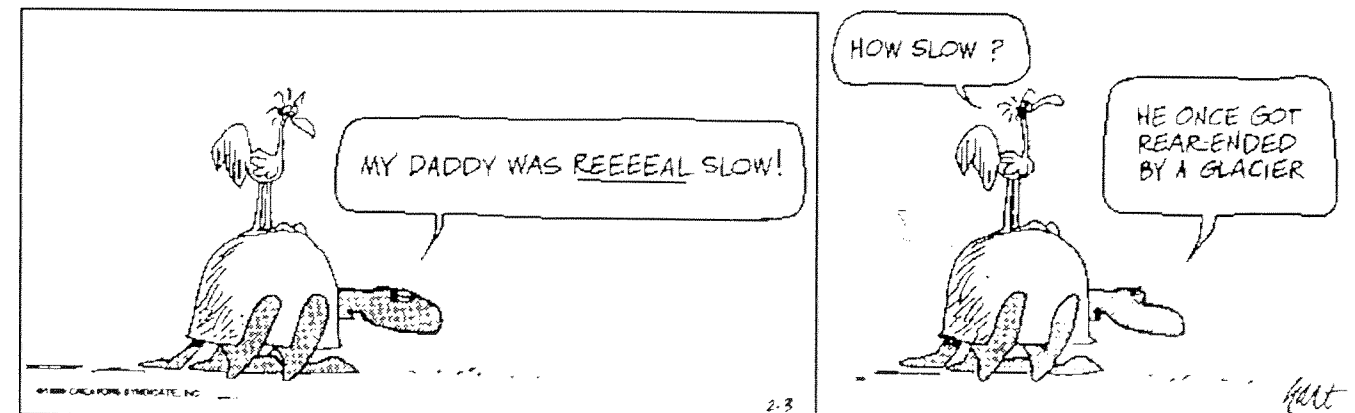
### March, 1999

Most of us had started Spring clean-up, pruning, equipment maintenance, and soil sampling. (Most of us saw the hundreds of skeins of Canadian geese heading north across the lake each day.) Most of us have walked the garlic beds and seen the small green tips. Most of us were thinking about putting up the snow removal tools. Most of us had put up our X-Country skis. Most of us knew better, but that week of sunny, dry, clear 50° days can change your attitude.

Winter ain't over 'til March 20, and most of us knew that 3½ days of snow later, and we got declared a Disaster Area! No school, no travel, no nothing. Down time, time for me to complete my work on this Press, and it has been a chore.

The contributions of members in the past two issues have made them the best we've ever published. When the responsibility falls on Dunk and me *alone*, then we have a situation that doesn't work particularly well, and certainly not fast. That's why we've got that “... and not so regular ...” in the masthead. We need your help to keep this going. We continually request assistance, contributions, and a sense of humor with the scent of the garlic. And we solicit your help again for creative pieces, things you've learned or need to learn, pieces you've read and found helpful, jokes/humor, recipes, profiles, experiences, or personal reflections or reactions. The “theme” of Press #36 will be “Back to the Basics,” to review some basic agronomy and soil quality issues that relate to garlic, some stuff from the past, new research, and a piece on the export of agricultural commodities, Olive Oil #2, Chow Time, grower profile, and who know what. So, thanks for your patience, take care of your bodies after this lazy winter, and go out and kill some of those early weeds as you admire your garlic patch. (D.S. com)

### B.C.





## ASK ALICE

*Dear Alice, When those folks from Kentucky (Profile in Press #34) talk about "playing around" with varieties, are they implying that Bill Clinton is a garlic grower, too? And while we are all asking questions about our President, do you think his condition is related to his consumption of too much of the garlic? Y.D. Duwitt, Youngstown, OH*

My, this reminds me of chewing the skin around those seed pockets on my cherry hot peppers. A delicate situation indeed! I'd hate to be subpoenaed for implying any unconstitutional uses of our well-esteemed bulb, but who among us dare spit out the first clove for not admitting that we have snuck out in a fit of Spring Fever to sample the joys of some nice young green garlic? As for the number of varieties that Mr. Clinton or "those folks from Kentucky" may have sampled and fooled around with, I dare say we'd better keep a tight wrapper on that information until the official endorsements are out and a new "Joninsky" hardneck may be showing its scape ... Too much garlic at the White House? I think conflatulations should resonantly be issued from all official dinner functions that take place and that means that if you think Bill stinks, it may be in a way we all truly can appreciate deep down inside. On a final note, only old-time GSF folks may remember Frank Palermo's explanation of why he always kept a bowl of fresh crushed next to his bedpost...

*Dear Alice, Following WW II, and the liberation of Europe, many French and Italian citizens returned to their homes to find the phrase, "Gilroy Was Here" painted on the walls. Was this in reference to California garlic industry stealing their production secrets? Ag espionage? Or is that classified? General Al Sativum, Ret. U.S. Army, Nashville, TN*

You're a pretty smart fellow Al. So you must be hip to the double-coded message to which you refer. Although often depicted as "Kilroy," K was indeed a secret symbol for garlic (you know the nose against the stalk). So you are correct to break it down to "Gilroy Was Here," which, of course, is an acronym used by one of our most elite underground troops. They were our "SS," yes, the medical unit known as the Sulfur Stashers. Their sample medicine chests rescued many a weary or wounded soldier and were a secret to the health of our fighting troops. Wherever this sign is found, the letters of this acronym announced: "Garlic Is Lightly Roaster Over Yonder. Wine and Spam Have Everyone Reeking Eggs."

... and you thought there was only Russian penicillin around the battlefields. Wine, Spam and Garlic — How could you lose?

## Parts of a Larger Whole?

Larry Lawson, in his book *Garlic*, asks the question whether or not *Allium Sativum* influences the micro-flora of the soil, which in turn could have an effect on other plants in the vicinity. He then proceeds to cite a study by Agrawal and Rai (1948) that took extracts of bulbs and found that those done in an autoclave stimulated the growth of soil bacteria. (An autoclave is a vessel used in steam distillation.) Following this initial study, extracts were then prepared in different ways and found to inhibit certain soil organisms. Some of the fungi (*Macrophomina phaseolina*, *Botryodiplodia theobromae*, *Colletotrichum corchori*) live as parasites in the seeds of jute. Extracts of the bulbs of garlic were then able to inhibit the germination of the fungal spores and the growth of the mycelia! (Ahmed & Benigno, 1984; Ahmed & Sultan, 1984). Therefore, to some extent, garlic does influence the soil flora with its root excretions in Lawson's conclusion.

Apparently, then, our immune systems seem to benefit from certain compounds that are part of garlic's own self-protective system. Does that make us literally in a symbiotic relationship with this bulb that protects us as we separate out and replant it? Who are the real parasites?

### Spring Fling

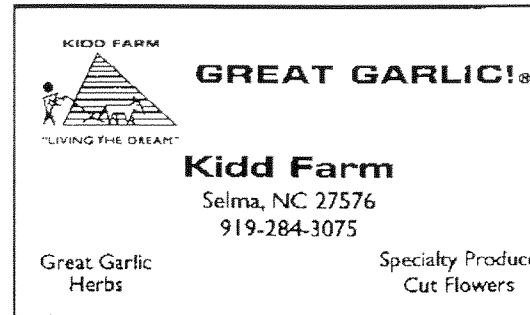
SATURDAY, MAY 8

9 AM - 3 PM

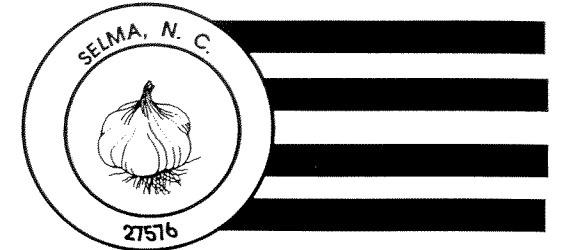
GENEVA EXPERIMENT STATION  
Jordan Hall - Second Floor

Come join us for an open agenda meeting.  
Pot luck dish-to-pass.  
Bring slides or videos and stories to share.

Directions: From NYS Thruway take Exit #42 (Geneva). Go about 7 miles south to traffic light (North St.). Follow signs to Hospital. Keep going about 1 mile west of Hospital. Jordan Hall is on the right, by a large water tower.



## HOW THEY GROW GARLIC IN . . .



Donald Kidd worked for 14 years in the insurance business ... and dreamed of having his own farm. His grandparents farmed (with mules) and he grew up working summers as a farmhand, but hot-rods and college took him in a different direction. For 14 years he read all he could about small-scale agriculture, farmsteads, and crops. He took the jump in 1995, bought 15 acres and the home and buildings of a once-large tobacco farm and either "winged it" or it "took wing." His wife and farming partner Doris (who also works as a teacher) and son Brandon are part of that dream as well.

Their land is on the Piedmont and Coastal Plain Divide, sandy loam soils on top of clay, pH of 6, 6 acres woods and 8 acres crop land, of which they are now farming 4 and working on the rest. They are in a productive agricultural county of large industrial sweet potato and tobacco row crop farms and some soy bean, corn and wheat operations as well. Doris and Donald grow approximately 25 vegetables, herbs and flower crops and market mostly at the North Carolina State Farmers Market in Raleigh, NC, 40 miles to the northwest. This is a very popular state-sponsored market for North Carolina products, and this year they'll be there daily and Saturday. They have started 1999 crop production, and the night we talked (19 March 99) they had just finished setting out their onions and broccoli plants. Their season continues until the end of October, when they're heaving into the greens (collard, mustard, turnip) production.

So, why garlic? Donald *hates* onions, loves garlic (!) And it was one of the crops that he studied about in his previous life. Each time he saw the elephant garlic in the Winn-Dixie it really sparked his interest. He purchased his first planting stock from Nichols Seed Company — some elephant, silver skin, and Italian purple — and all have produced well for Kidd Farm. It was that first year at the farmers market, when he learned some of the things that they don't write about in the fancy color "ag" magazines, that the garlic sold well and kept their dream alive. They enjoy the face-to-face contact that they get at their market, and Donald enjoys his title of "Garlic Man."

Kidd Farm plants their garlic by hand in beds, 24" wide, 2 rows, 10" staggered spacing, during late October. Their garlic is out of the ground in 30 days and wheat or oat straw is used as dead mulch to control winter weeds (which have been particularly bad due to no frost this winter! Temperature in Rose, NY tonight is 19°F.) Cultivation is done with hands

and tractor. They irrigate with trickle tape (1 strip per 2 rows) and use a well as water source. The scapes, which appear mid-April are removed by hand snapping, except for one row, which is let go to sell as complete plants or as dried flowers. The scapes have sold well at their market.

Harvest begins on Memorial Day, using both hand and tractor tools, which are being modified again this year to do a better job. They then twist the root dirt off, bundle using twine, and hang in their drying shed. Two fans draw air through the bundles and an additional exhaust fan is used at night due to the evening moisture. The shed gets hot during the day and the fans keep the air moving. After two weeks in the shed, the garlic is either braided and returned to hang in the shed or clipped and returned to dry on wire racks for another two weeks. Some of the fresh green garlic goes to market and home with customers with the understanding that it's not cured and needs to be used immediately. Donald and Doris take pride in the high quality of their garlic and plan to expand their production (note "Lesson Learned" below).

Where is Kidd Farm going? They're looking for a wholesale contract for most of their garlic crop, will be growing garlic greens and garlic scallions next year, move fresh herbs, dried flowers, and especially lettuces for their farmers market sales. Donald feels his successes have been from his knowledge, desire, spirit, and family support. The failures come from starting things too late, too many eggs in the same basket, timidity, too fast too deep, and financial shortfalls. To the new farmer, Donald suggests, "Start small, keep balanced, and pay attention." Save your best garlic for replant, and strive for consistency and high quality.

Some folks keep dreams in their sleep time, and others never let them out of their heads. Doris, Brandon, and Donald Kidd are living their dreams.

*[I first met Donald at the Washington, DC Garlic Festival a couple of years ago and was impressed by his crop and presentation. When we talked, I got the real sense that he was into learning all he could from everyplace that he could. I have seen him in following years and watched him grow and mature, and I wanted to share him with you all. Watch for the companion piece on Kidd Farm coming up soon in Mostly Garlic. D.S. com.]*

to produce perfumes and lamp oil? Was the Oleaster ever cultivated through human propagation, or simply harvested in the wild? Early Greek records actually document the grafting of Sativas onto Oleaster rootstocks, as well as the practice of pressing Oleaster fruit for perfume. A pruned Oleaster will produce larger fruits though still low in oil content, and an abandoned Sativa olive tree will bear fruit smaller in size and less numerous. Perhaps the modern Sativa is simply an Oleaster that has been subject to human selection over the centuries, and will revert to its prior "wild" traits if it is left to hybridize with its wild cousin over a several generations.

Regardless of origin, the wild and the cultivated olives coexisted for centuries in the Greek islands and in parts of Northern Africa, and both were known to the ancient civilizations. The wild olive is evoked in texts dating from the Greek classic period in reference to sacred spaces; it is cited in Greek legends with the god Hercules, and it is associated with the Olympic crown. During the 8<sup>th</sup> and 7<sup>th</sup> centuries BC however, Sativa olive cultivation expanded with the urbanization of Greek civilization as the demand for lamp oil grew, while the Oleaster gradually lost importance in the Greek economy. In the 5<sup>th</sup> century BC Sophocles immortalized the cultivated olive in his writings, and the tree became the universal symbol of the Greek world.

#### Notes

1. Brun, Jean-Pierre. *l'Oleiculture et la Viticulture Antiques en Gaule. Oil and Wine Production in the Mediterranean Area.* Amouretti, M.C. and J.P. Brun, eds. Athenes, Ecole Francaise d'Athenes, 1993. Pp. 55-63.

2. Connell, Joseph. *History and Scope of the Olive Industry. Olive Production Manual.* Ferguson, Louise, et al., ed. University of California, Division of Agriculture and Natural Resources. Pub. # 3353, 1994, pp. 1-10.

Heltzer, Michael. *Olive Oil and Wine Production in Phoenicia and in the Mediterranean Trade. Oil and Wine Production in the Mediterranean Area.* Amouretti, M.C. and J.P. Brun, eds. Athenes: Ecole Francaise d'Athenes, 1993. Pp. 49-54.

3. Meeks, Dimitri. *Oleiculture et Viticulture dans l'Egypte Pharaonique. Oil and Wine Production in the Mediterranean Area.* Amouretti, M.C. and J.P. Brun, eds. Athenes: Ecole Francaise d'Athenes, 1993. Pp. 3-38.

4. Connell, 1994.

5. Meeks, 1993.

6. Connell, 1994.

7. Brun, 1993.

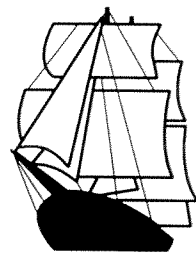
8. Connell, 1994.

*We are very pleased and honored to be able to bring you this semi-scholarly work by my friend Muriel, who wrote it on her way to completing her Horticultural Degree at Cornell University. Garlic and Olive Oil, two ingredients in most of what I eat, go together like hand-in-glove, yin and yang (etc.) And as a tree crop, the olive has always been of personal interest. Muriel is pursuing her interests in New Mexico, learning and working with the desert environment and plants. Thanks again Muriel. — (D.S. com)*

## Garlic Salt? At Sea

At last year's festival at Saugerties, a fellow came up to our booth and started to talk about his experiences in the navy. He said that years ago when they were at sea, and he being the ship's cook, many complained about the bland food. There weren't many options when it came to spices, so you had to make your own. He was quick to mention that when it came to garlic, one thing you had lots of was salt. He would chop the garlic up and cover it with salt. When you came back to it after a couple of hours, the garlic would be gone and the salt served well to spice up many a meal. He did onion salt in much the same way.

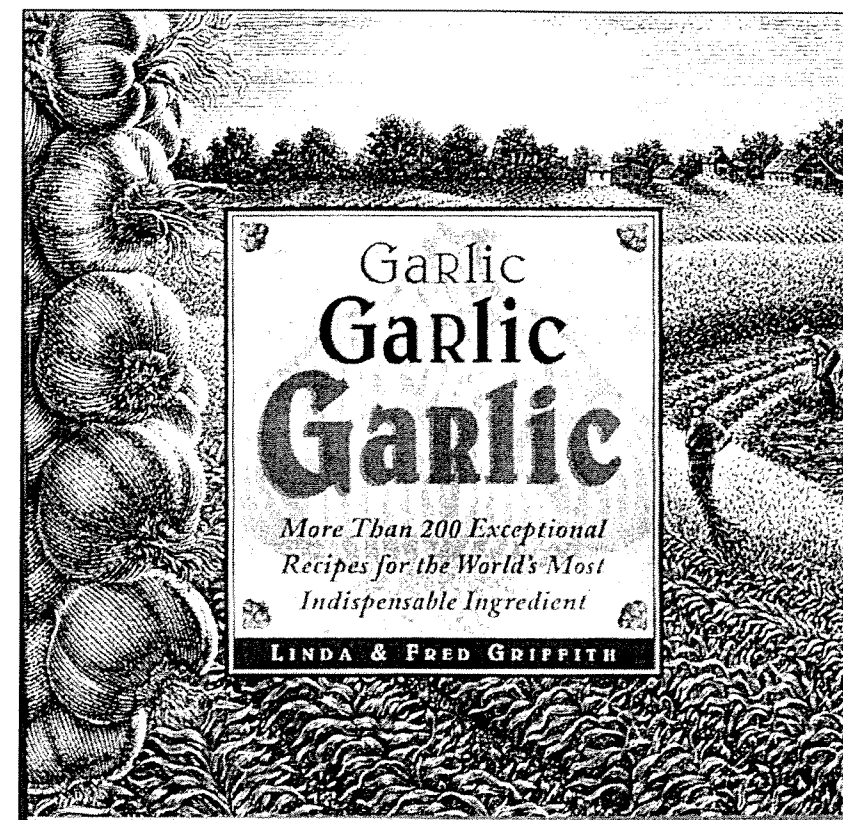
So how's that for a salty sea tale!



*At each stage of learning,  
we must give up something,  
even if it is a way of life  
that we have always known.*

GINEVEE - Australian Aboriginal

Following their James Beard Award-winning *Onions Onions Onions*, the allium-crazed Linda and Fred Griffith have now written a very thick and reasonably priced book about the most distinctive, historic, powerful and pleasing of all of life's bulbs.



*"Garlic, Garlic, Garlic is a joy — fascinating stories and lore. Sneakily, painlessly, Linda and Fred Griffith make you an expert." (Shirley O. Corriher, author of CookWise)*

What did Pliny think? How many of our daily afflictions did he think garlic could quell? How come Shakespeare was so sour on the subject of garlic? How could a film-maker have possibly thought that wolfsbane would protect that young woman from a vampire? These are just some of the issues dealt with in this provocative volume.

**BUT MOST IMPORTANT, THIS BOOK TELLS YOU 215 THINGS YOU CAN DO WITH YOUR CLOVES AND HEADS TO MAKE YOUR DINNER MORE HEALTHFUL, MEMORABLE AND TASTY.**

If your book merchant is so timid about the stinking rose that he does not carry this 432 page hymn to its praise, then order it from the **Garlic Seed Foundation** or get on line and try one of the Internet garlic stores. That way the profit will go to a truly deserving organization that daily celebrates one of life's true pleasures.

Houghton Mifflin, Boston, MA. 1998 ISBN 0-395-89254-6



# Myths and Folktales

From Alice Wikaruk, Etobicoke, Ontario, Canada

## Garlic and Vampires

The use of Garlic (*Allium sativum*) as a charm against the powers of evil seems to date back to ancient times. According to Lewis Spence, the ancient Egyptians believed in a vampire-like ghost that killed sleeping children by sucking up their breath. And, believe it or not, the repellent that was used against the attacks of this murderous creature was ... a wreath of garlic.

Even in places such as China or Malaya, people smear the foreheads of their children with garlic to protect them from vampires, and in the West Indies, too, garlic is used as a means of protection against the evil practices and magic spells of witches and sorcerers.

In Central and South America, where vampire bats live, it is said that they will not attack horses that have been fed on garlic — vampire bats secrete an anti-coagulant in their saliva that keeps the blood of their victims flowing smoothly. Science does not reveal the anti-coagulant employed by Count Dracula.

Adrian Cremene confirms that in Romania garlic is a weapon of very great importance in the everlasting battle against vampires. Lots of Romanians make sure they eat some garlic every day for their personal protection. But they also smear garlic on the windows and the doors of their houses, on the gates to their farmyards, and even on the horns of their cattle. They believe that the *Strigoi* (Vampires) have a great fear of garlic. According to the stories that are told, one common protective measure is stuffing some pieces of garlic into the orifices of the corpse, especially the mouth. This is done to prevent evil spirits from entering the dead body. At the same time, it serves the purpose of preventing the soul of the deceased from reentering the body. Another interesting anti-vampire practice that we can find in Romania is the anointing of the corpse, especially the heels, with a mixture of oil, fat, incense, gunpowder and, of course ... garlic.

From a book by Chedo Mijatovich we learn that among the Serbian peasants the night of Shrove Tuesday is considered to be a very dangerous night. According to the Serbians, a lot of evil witches are unusually active on this particular night. Therefore, on this night, lots of Serbians sleep with a piece of garlic under their pillows. Or, alternatively, they may wear a small piece of garlic locked in a special amulet around their necks.

We would be much mistaken, however, to think it is just the bulb or the cloves of garlic that can be used to keep vampires at a comfortable distance. In Bram Stoker's masterpiece, *Dracula*, we find how Professor Van Helsing fills up a bedroom not with wreaths of garlic bulbs, but with Garlic Flowers, instead, in a commendable attempt to protect Lucy Westenra from the bloodthirsty advances of Count Dracula. But, of course, that is just fiction — or is it? In a book by Tekla Domotor, a serious Hungarian professor of ethnography, we find a photograph of a wreath made from the stems of garlic flowers, which is used in Hungarian villages to ward off evil spirits.

And from the personal observations of Rob Brautigam, author of this article, he learned that it is not an uncommon occurrence to find the remains of garlic flowers on graves in

the churchyards of Romanian villages. It would appear that really each and every part of the powerful garlic plant can be used as an apotropaic.

The French occultist Robert Ambelain has his own remarkable ideas about the use of garlic against vampires. He thinks that, originally, it was not GARLIC but ARSENIC that was thought to have a power against evil. Ambelain claims that shepherds in the Carpathian Mountains used to eat very small quantities of arsenic, and feed some arsenic to their animals as well, in order to protect themselves from vampires. According to Ambelain, the alchemists of Prague and other cities in Moravia and Bohemia used to burn arsenic to drive away the powers of evil. The burning of arsenic produces toxic fumes that have the same unpleasant smell as garlic. The thrifty peasants must have noticed that the alchemists' magic fumes smell just like garlic, so they figured that it would be cheaper to use garlic and forget about hiring an expensive alchemist to do an exorcism. And that, according to Ambelain, is how people came to use garlic as a defense against vampires. All in all, Ambelain's hypothesis seems rather farfetched, to say the least, and doubtfully would stand up against any serious criticism.

It goes without saying that the ingestion of arsenic, even in small quantities, is a very hazardous undertaking that is not recommended to anyone. It could prove quite unhealthy, and I do believe that it is more wholesome to eat some garlic instead. However, even the use of garlic is not without its dangers. In 1973, an unpleasant incident happened in the English town of Stoke-on-Trent, where they discovered the corpse of a Mr. Demtiroso Myciura, and immigrant of Polish origin. At the inquest it was found that the unfortunate man had died by choking on a piece of garlic, which he had put in his mouth before going to sleep in order to ward off vampires during the night.

The belief that garlic protects against misfortune and the evil eye is found in almost every part of the world. However, its connection with vampires seems to belong almost exclusively to Eastern Europe and the Balkans, and it is in those regions that we find the richest store of customs, many of which are still alive today. Garlic's help was called on at every crucial stage of life when harm might befall them. Women put it on their pillow during childbirth, in their children's clothes at baptism, and even when a child would not take its mother's milk, its lips were smeared with garlic. Young men about to marry kept away evil spirits with it. Brides braided it in their hair. Gypsies put it in the coffins of the dead, thus ensuring the soul's eternal life.

## Garlic and Snakes - Garlic's Ancient Serpent Connection

When the garlic flowering season is upon us in late spring, some varieties begin to send up their curious coiling flower stalks and their long, pointed, spathe-enveloped flower heads, even when cut and put into a vase. What's one obvious visual association your mind makes? Snakes, right? Well, you're not the first to have made this connection. In fact, you are simply making a mental leap thousands of years old. Such a connection, made by people whose observations of nature often lead to popular traditions and beliefs lasting centuries, can lead to this conclusion: "If something looks



## Preface

The olive and its oil have particular interest for me. I grew up on fleshy pungent olives marinating in oil eaten with the tips of my fingers to my lips; my father and I delighted in the tastes together. He grew up in Tunisia, northern Africa, as did generations of his family before him, and through store-bought olives that he offered to his children, he would try to recreate the landscapes of his childhood: vineyards and olive groves, under hot sun.

## Origins and History of the Olive

The wild olive has grown as a part of the Mediterranean region's natural vegetation since the last glacial age, thousands of years ago. We find evidence of its presence in preserved pollens and carbonized wood remains<sup>1</sup>. The olive tree *Olea europaea* was first domesticated by Semitic peoples circa 3000 BC in today's Palestinian-Syrian area<sup>2</sup> and spread quickly through the Mediterranean region by the vector of early trade routes. In Egyptian texts of the 8<sup>th</sup> and 7<sup>th</sup> centuries BC where it was first cited, the olive was referred to as *djoeit*, a word of Semitic origin. Botanical traces of the olive were first discovered in the Egyptian seaport city of Memphis circa 1900 BC, the port at which arrived the Mediterranean merchandise that supplied the great pharaonic empires. Did these early botanical traces represent early trade links with the Middle East, or were they issued from local cultivation? Trading relations between early Egypt and the Palestinian-Syrian region were in fact remarkably strong, and olive oil figured prominently in this trade: imported oil residues have been chemically identified in oil jars in Tell el-Dab'a for the same time period that were known to have originated in the Middle East<sup>3</sup>. It is not clear whether this trade was also supplemented with local olive cultivation in Egypt. However, the olive soon grew to become very important in ancient Egyptian pharaonic culture and civilization: the dead were adorned with olive branches and preserved in part with olive oil, and cured olives were left in the tombs of the Pharaohs as food in the afterlife<sup>4</sup>.

From Egypt, olive culture spread westward and northward into northern Africa and southern Spain. The inhabitants of ancient Crete were responsible for the spread of the olive to the early Greeks and Romans. Continental Greece represented another of Egypt's main olive oil providers beginning in the 7<sup>th</sup> century BC—the archeological record documents the unearthing of pottery at both Naucratis and Daphnaea that points to this early trade relation<sup>5</sup>. In 900 BC Homer in his *Odyssey* refers frequently to the olive, and a 6<sup>th</sup> century BC Greek depiction of a lever press on a piece of pottery attests to the presence of the cultivated olive in that region early on.<sup>6</sup>

# The Olive and Its Oil

A brief synopsis of the olive and its relationship to human societies in the Mediterranean region of the world to which it is native, with a focus on olive oil production and ancient presses used during antiquity.

By Muriel Calo (Part 1 of 4 on the Origin and History of the Olive)

Towards the beginning of the 5<sup>th</sup> century BC, the Romans became familiar with the cultivation and use of the olive and its products. They developed the more sophisticated presses for extracting oil, such as the screw press whose use persists to this day in areas of the Mediterranean where Roman influence was strong.

The cultivated olive was first introduced into Provence by the Greeks who had emigrated to the new port city of Marseilles (in present-day France) around the same time that trade was beginning to develop with the Middle East. A fragment of a 4<sup>th</sup> century BC ancient press, most probably an oil press or a multi-purpose press, was excavated near Marseilles. The 2<sup>nd</sup> and 1<sup>st</sup> centuries BC saw the spread and development of olive cultivation and pressing in the area, documented in the archeological record by oil presses in several fortified villages<sup>7</sup>.

At the time of the fall of the Roman Empire, the olive was a principal trade item in the Middle East, throughout North Africa and the Mediterranean, and as far west as Spain and Morocco.

From the late Renaissance through the colonial period of the European powers, the olive was dispersed to far and distant places, such as to Peru in 1560 by the Spanish conquistadores, and to Mexico and Baja California by Jesuit missionaries in the early 1700s<sup>8</sup>. Today, all commercial olive-producing regions of the world are found between 30 - 45° north and south latitudes. The big world producer of olives is Spain, which accounts for 30% of the world's olive oil and 26% of its table olives. Italy, Greece and Turkey are the three other major world olive producers. Together, these four countries account for 79% of total olive oil production and 55% total table olive production (ibid.).

Is the cultivated olive descended from its wild cousin?

The cultivated olive, *Olea europaea* L. var. *Sativa*, is a tall tree that can reach 10 meters in height. It has a gray bark and thick silver oblong leaves. It has been cultivated for millennia in the Mediterranean region. The wild olive of the same species, *Olea europaea* L. var. *Oleaster*, is a spiny tree with small leaves. It grows in rocky soil all over the Mediterranean as part of the vegetation and produces small fruit containing comparatively little oil. In ancient times, its wood was highly valued and preferred over the wood of the cultivated olive. We can attest to its presence on the borders of the Sahara desert beginning in the 12<sup>th</sup> century BC through preserved coal and pollen residues.

There is considerable speculation over whether the cultivated olive is derived from its wild cousin. Could early oil production on the island of Crete and the Greek islands, dating back to the Recent Bronze period when it is known that both varieties were common, have relied on the wild *Oleaster*