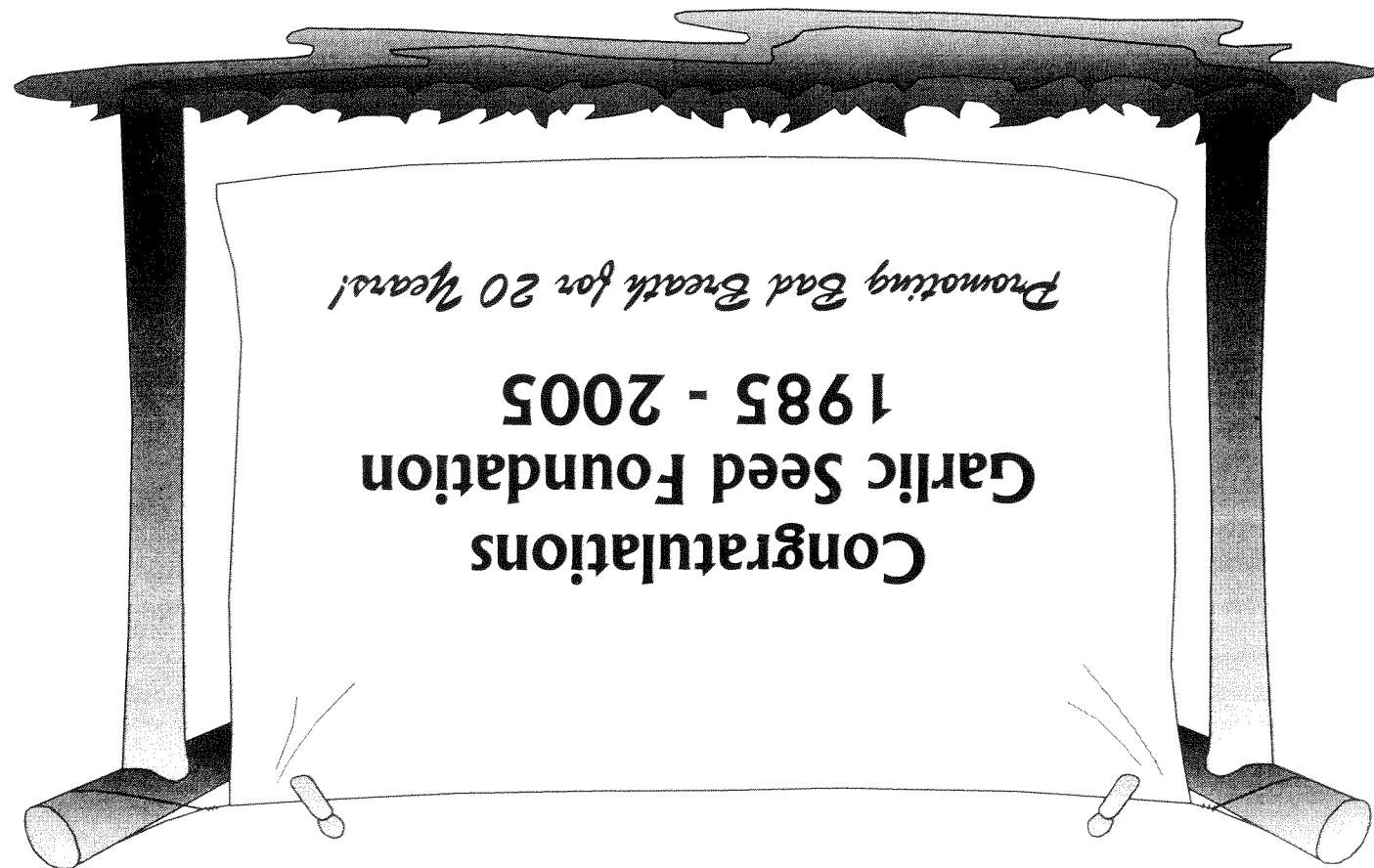


GARLIC SEED FOUNDATION
ROSE VALLEY FARM
ROSE, NY 14542-0149

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*S.A.R.E. Funds Garlic Research
Flower Essences and Garlic
Genetically Similar Garlic Varieties
Review: A Mythic History of Garlic*

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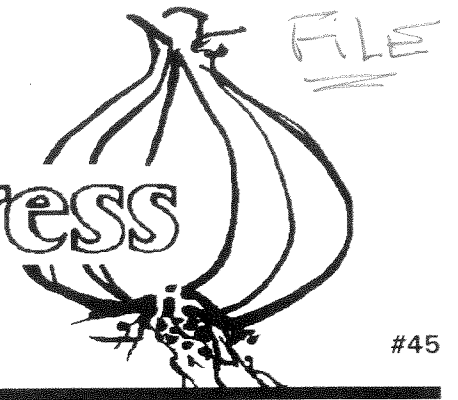


THE REGULAR, AND NOT SO
REGULAR, NEWSLETTER OF THE
GARLIC SEED FOUNDATION

The Garlic Press

2005

www.garlicseedfoundation.info



#45

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Initial membership in the GSF is \$15/4 issues. Renewals are 8 issues for \$20. All submissions for *The Garlic Press* should be sent to GSF, Rose, NY 14542-0149 or rdunkel@yahoo.com. All medical references should be taken for educational purposes and any recommendations should not preclude consulting with a health practitioner. Please, no reprinting any material herein without written permission.

S.A.R.E. Funds Garlic Research

On March 22 we received the official word that our research proposal "Increased Profits for Sustainably Produced Garlic" was funded by the Northeast Region of the Sustainable Agriculture Research and Education Program (S.A.R.E.). This research will take the garlic cultivars identified by Dr. Gayle Volk (*Garlic Press* #44, Fall 2004) and grow each of these varieties in 5 locations in the northeast. Samples of each will be sent to Ft. Collins, CO, for analysis, along with data from each farm. We will learn what garlic does best where, along with additional information (soil/garlic chemistry; plant physiology; nutrient contents; effect of altitude, latitude and longitude; etc.). We congratulate Dr. Volk, who wrote the grant (with a little help from her friends) requesting \$50,000 and was given an extra \$15,000 because she had to work with knucklehead garlic growers!

This is very exciting research because now that the DNA identification has defined the cultivars, we can compare apples to apples. The GSF, and many of you, has conducted "research," but in reality, we didn't know what garlic we had, so 95% of us were comparing apples to pineapples. The 5 sites selected are in Maine, Vermont, New York, Pennsylvania, and Maryland, and in the next *Press* we'll share growers and locations. A web site will also be created to share the grant, site locations, photos, and all data as they become available. The web site will stay active until the final report, after which it will be available at garlicseedfoundation.info. Dr. Volk will publish the findings in horticultural journals. We will publicize the findings to our farming community in the *Ag-Press*, in brochures, at conferences, and to anyone who asks the question: "What's the best garlic for me to grow?"

This grant was first created and submitted to the national S.A.R.E. office for national funding for sites all over North America, but it was rejected as unworthy. However, with the help of the GSF and 6 wonderful, generous growers, we're going to piggyback the national data with the Northeast data. The GSF will fund the laboratory analysis of the garlic, soil, etc., and the growers are donating their labor (at least for now). While the Northeast samples will show regional comparisons, the National trials are really going to answer a lot of questions. The 6 national locations are in Washington, Minnesota, Nevada, Colorado, Arkansas, and Kentucky. Again, we'll publish all this in the next *Press*.

All information is public and will be shared with everyone. We are asking that all research growers share their findings and let other producers see their results at field days, fairs or markets. Each *Press* will also be reporting information/results. Congratulations to everyone!

Director's Notes



"Well I Never ..."

Once again we are long overdue in getting this *Press* put together. I can only say, for the 20th time, "This would be more fun, it would be more informative, and it would go out more often if the membership would contribute stories, ideas, recipes, photos, inventions, etc." Editor Bob Dunkel gets pissed off at me, and rightly so, but I'm just having too much fun: working 13+hours on the farm each day, in the house 8:30, change into my Spandex become "Disco Dave" and dance the clubs until 2:00 a.m. Work on the farm starts at 7:00 a.m.—I just don't have much time or energy.

Last Winter was different, when there was energy and time to read and travel, and I got to meet new garlic friends and visit with old bulbheads, traveling north and south for conferences, lectures and slide presentations. I even got to stay with friends on these travels and meet their kids. Thanks to everybody. But it wasn't all party-time and this old dog covered some new ground doing things he'd never done before!

Well I never was part of a grant-writing proposal from start to finish. It's a strange process. You have your ideas, the grant folks have their concerns, so it becomes a challenging process. It was exciting when we learned they were funding the grant and what we all will learn from it. My second thought was "Holy Shit! This is more work!"

I never formed an official "chartered" organization before this winter, when the "Friends of Garlic, Inc." was born (or hatched). For many, many years we thought about incorporation and the benefits it gives us, but just didn't do it. The only drawback thus far is the junk mail—it took the corporate credit card leeches 6 days to start the junk mail 6 days after the NYS Secretary of State legalized us. What took those bloodsuckers so long?

I never reprinted a book before—never went through the legal stuff, paper versions, ink, colors, adding new stuff, etc., etc. It's fun because I've had the pleasure of knowing Louie VanDeven. We spent some time together in Oklahoma. He's contributed to the *Press* many times sharing what he finds in his research. The book looks nice.

And never have I been more deeply saddened to learn the condition of an old and dear friend of mine and some of

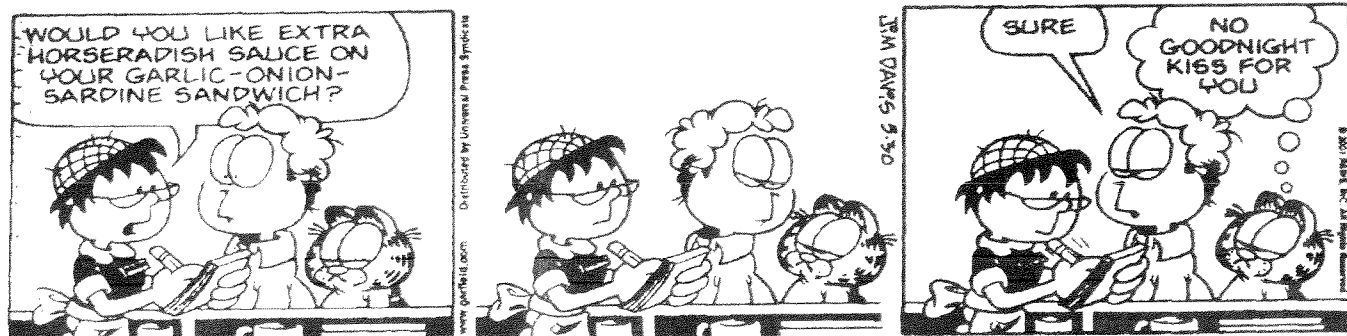
you who have been part of the GSF forever, a founder of the Foundation: Roger A. Kline, "RAK." He was working at the Cornell Ag School inspiring young 4-H kids, understanding the condition and limitations of small farmers, appreciating the labor and skill it takes to grow food, writing a book on the heirloom vegetables, learning about organics and researching oddball crops. We experimented on a bunch together: peas, sweet potatoes, Asian greens, rhubarb and the garlic. This Foundation grew its roots from the dining room table at RAK's house where we enjoyed wonderful garlic "Dish-to-Pass" suppers with maybe 30-40 garlic growers and families. We had fun. The first "newsletters" 20+ years were the invitations. We ate so much garlic we'd get a buzz! "Whenever/wherever we meet, we eat." We'd become a community. We still do. RAK wrote the Bulletin #387 that you received with your GSF membership. Then one day, we decided it was time to go to the next step, and we became the "organization" (or lack of) you know today. RAK was good energy, creative, always followed through and came through, worked hard for the needs of small farmers ... so he didn't enjoy his time at Cornell. Then one day he stole my sweetheart and the next day he told me they were moving. RAK and Betsy went South, then West. RAK worked with Indian kids in a daycare center and with the Park Service fostering respect and appreciation for the ancient cliff dwellings. The last time he wrote for the *Press* was #18, Fall 1992.

Since the summer of 2002, RAK has been in the capable loving hands of his partner, Betsy. The result of a very serious and damaging accident. To those of you in New York and New England who know him, and those who served with him in Vietnam this will be heavy news on your heart. So if you pray, please do. Meditate, sure—whatever. I think of RAK as I work on this land, both on my knees in the soil and when I'm atop a powerful machine sucking down diesel fumes. I'm troubled and saddened.

Happy Spring, and Happy Trails to you.

D.S.

GARFIELD



Garlic Press #45 - page 2



Press #45: December 2005

GSF ORDER FORM



MEMBERSHIP IN GARLIC SEED FOUNDATION (includes <i>GARLIC PRESS</i> subscription and #387)	_____	X \$15.00 = _____
<i>GSF/CORNELL REPORT #387</i> (10 pgs.) (Comes with membership)	_____	X \$3.00 = _____
<i>GROWING GREAT GARLIC</i> (Engeland, 213 pgs.) Grower's Guide for Collectors	_____	X \$12.00 = _____
<i>MAD FOR GARLIC</i> (Pat Reppart, 157 pgs.) Cookbook	_____	X \$10.00 = _____
<i>CLOVE N' VINE</i> "How to Make a Garlic Braid"	_____	X \$3.50 = _____
<i>GARLIC, GARLIC, GARLIC</i> (Griffith, 432 pgs.) Cookbook	_____	X \$16.00 = _____
<i>THE COMPLETE GUIDE TO MAKING GARLIC POWDER</i> (Kimball, 40 pgs.)	_____	X \$7.00 = _____
<i>STRINGBRAID YOUR TOPSET - VIDEO</i> (Yerina)	_____	X \$10.00 = _____
<i>ONIONS & GARLIC FOREVER</i> (Louis Van Deven) New Edition of Book	_____	X \$8.50 = _____
<i>MYTHIC HISTORY OF GARLIC</i> (Jim Anderson)	_____	X \$5.00 = _____
GARLIC PRESS SETS		
Set #1 (Issues #1-#8)	_____	X \$8.00 = _____
Set #2 (Issues #9-#14)	_____	X \$8.00 = _____
Set #3 (Issues #15-#20)	_____	X \$8.00 = _____
Set #4 (Issues #21-#26)	_____	X \$8.00 = _____
Set #5 (Issues #27-#32)	_____	X \$8.00 = _____
Set #6 (Issues #33-#36)	_____	X \$8.00 = _____
Set #7 (Issues #37-#41)	_____	X \$9.00 = _____
Any 2 Sets or more \$7.50 each	_____	X \$7.50 = _____
All 7 Sets	_____	X \$50.00 = _____
T-SHIRTS M L XL XXL	_____	X \$10.00 = _____
GARLIC PHOTO CARDS		
Beautiful Color from Eastern Exposures	4 cards	X \$ 8.75 = _____
Beautiful B & W from Earth Images	8 cards	X \$17.00 = _____
IDEAL CAPE COD WEEDER (perfect hand tool for garlic)	_____	X \$12.75 = _____
		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**



With A Little Help From Our Friends

As you have read in this *Press*, the GSF is supporting research, becoming a "legitimate" organization whose goal is to encourage bad breath, and which has reprinted a book. Over the years, people have asked us what they could do to help, and I am glad that I have some suggestions.

OFFER #1: Our non-profit status will allow us to accept donations and give you a receipt, with our "thanks." We could create a special fund for more research, fund a student or project ... more on this as we work through the final IRS application.

OFFER #2: Louis Van Deven has kindly and generously agreed to sign 100 special copies of *Onions and Garlic Forever*. When this book hits the New York Times Best Seller List, your copy is going to be worth a lot of money. We are only asking for \$25.00 each.

OFFER #3: Make us an offer. How can we raise some money to put back into this small industry?

OFFER #4: Write an article for the *Press*, sponsor a field day or lecture, help with a festival or celebration, eat more garlic.

— D.S.

Faith Based Farmacy

by James A. Duke

(Tune of "They Gotta Quit Kicking My Doggie Round")

It kinda make my arteries harden, Bush abusing his Rose Garden;
We all know, but I doubt he knows, medicine's in the Bible rose;
What he needs his fans to see; is a Bible Garden, Food Farmacy
Sev'ral dozen Biblical foods, correct bad health, and sour moods
Those of faith will surely see, health in "Faith-Based Farmacy"

Should you choose to wet your whistle, better take it with milk thistle
Mary's milk in Bible epistles, some say that it was milk thistle's
Milk thistle is a liver life giver, Silymarin spares the liver

Curry has much more than taste; inhibits cyclooxygenase
Now we know it has proved true; inhibits both Cox I and II
Sure it's not the Indian soma, but it can help with some lymphoma.
Main ingredient is turmeric, its curcumin does the trick.
It's what makes most curry yellow, not too hot and not too mellow.

Saffron's yet another spice, but it bears a bigger price.
I prefer the Indian spice, when I start to steam my rice.
Antileukemic mumbo jumbo, added to my gobo gumbo.
I'm not sure but I'll bet you can, stop the cancer with lignans

Flax seed, juniper, turmeric roots, genistein from faba bean shoots
Onion, garlic, rosemary, too, Biblical herbs all good for you.
I'll give curry the college try; I'd much rather eat than dye (Freudian slip).

And then there is the fenugreek; way back then they called it leek
And just what can the fenugreek fix; micromastia and syndrome-X

I suppose that everyone knows, garlic is the stinking rose.
The healing power, I'm led to think; directly proportional to the stink;
During the black plague all the thieves, knew that garlic stopped disease.
They wore garlic round their head, and went around and robbed the dead.

'Til 98, if you'll recall, garlic lowered cholesterol
But JAMA showed in 98, they said garlic didn't operate
But they meant Tegra, it couldn't win; No Allicin, no Alliin,
Wonder why JAMA didn't think, Tegra didn't have a stink.

So the pill didn't lower cholesterol, and it didn't stink at all;
But some herbalist took a scoop, and found the pills in patients' poop.
The pooper scooper proved it true, the Tegra pill had passed right thru.
Garlic, yes, could pass the test; but not that pill you can't digest
So Tegra didn't lower cholesterol, but that ain't garlic, after all;
Garlic has some super powers, evaporating with the hours.

So I'm here, the truth to tell; it hardly works, if it don't smell.
Lower cholesterol, garlic will; but not that coated Tegra pill.
JAMA misled us, after all; garlic CAN lower cholesterol
Natural garlic can and will; but not that coated Tegra pill.

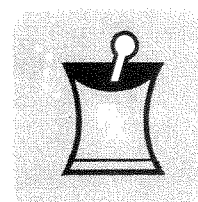
AJI, AJO
Rock 'n roll
With good ole rocambeole
Yes, I suppose
Everbody Knows
The stinking rose

Aji, ajo, it's off to cook we go
Cayenne aji, garlic ajo
With cayenne and garlic in

Pepper pot and both real hot
Herb and spice, and both real nice

Aji, ajo

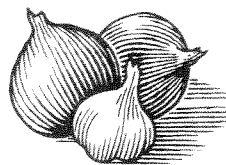
RE Harder's Falling Influence:



Influenza Fighters have limited effects
Did you mean amantadine
When you said adamantine?
Will Tamiflu and even Relenza
Help even less in the influenza?
It seems to me a bit less than cogent
To attack the flue with a single agent
The virus will simply learn to resist
A single chemical weapon like this!
Garlic's seems like what we should choose
To outsmart all these elusive flus
Its many chemicals drive the virus back
And improve immunal counterattack
Before blowing a billion on chemical entities
Let's prove that garlic is better than these
Raising our innate immunities
And killing the bugs behind the disease
... anonpoet

Jim Duke, famous herbalist who says,

"I suspect garlic might do more good than amantadine or tamiflu, certainly at boosting the immune system if not viricidally."



ALLIO-PHILE

Special Thanks to the volunteers who helped out at the Hudson Valley Festival GSF booth: Charlie, Justin, Jake, Emily, Skip, Dean, and Bob.

Don't Forget: GSF membership is by issue, not calendar year.

The Garlic News: connecting the Canadian Garlic Network is available to GSF members as well (4 issues \$15 (US), 8 issues \$30 (US)). Editor and garlic grower Paul Pospisil invites GSF folks to subscribe and contribute. The quarterly newsletter, like the *Garlic Press*, covers all topics in the garlic world. More information and subscription form in next *Press*. Paul can be reached at: Beaver Pond Estates, 3656 Bolingbroke Rd., Maberly, Ontario, Canada K0H 2B0.

Free to members: Economic worksheet and string braid diagram — send SASE to GSF/Rose.

Looking for: Business cards, slides, and photos of your operation, equipment, crop or kids. Send to GSF/Rose.

For Sale: We have finally been able to locate 3000-foot rolls of mesh tubing with help from our friends at Filaree Farm. It was easy to find 25,000-foot rolls, but they were not economical for small farmers. These rolls are \$90 and a great deal at 3¢/foot, and will be available mail order in the next *Press*. Color: purple.

SARE Grant web site: As you read in the cover story, all information will be public and a web site has been established — bignewsforgarlic.com — that will be live after January 1, 2006. We'll have the grant and related materials, bios of the participants, quarterly updates from the field and laboratory, and results as they become known.

Thanks to everyone who helped contribute to this issue of the *Press* and we invite all members to share a story, question, poem, observation, song, theory, or whatever.

Festivals: When you get your 2006 dates, please send to GSF so we can update our web site, garlicseed.foundation.info.

Handle Helpers: a plastic bolt-on handle that aligns your hands/arms on your long-handled cultivating tools. \$6.00/each and available on the order form in the next *Press*.

The Average 65-year-old American has spent 9 years watching television.

Vinegar for sale: 200 grain (20% acetic acid) available \$3/gallon, 1 and 5 gal. Sizes, for use as herbicide and kick ass pickles. Contact GSF/Rose.

Green River Tools, Brattleboro, VT: Does anyone know anyone who was connected to this business? 20 years ago they were selling great tools for gardeners and commercial growers with excellent information on their care, sharpening, and use. They also had additional fact sheets on related production topics. I have several more to share in future *Press* issues.

Rosalie Sorrels: Longtime folk singer, story-teller and social activist, credits her long life to "singing songs and eating garlic every day."

Sales Opportunity: A northeast seed company is looking for garlic suppliers of 3-4 varieties, 1-2 tons of each, clipped roots, 2-2¼", 50# sacks, certified organic and other, \$5-6/pound, delivered to Maine. Contact: T.J., Johnny's Selected Seeds, Winslow, Maine, 207.861.3988.

Want the latest in medical research? From the *Journal of Agriculture, Food, and Chemistry*, 49, 458-470: Allium

Chemistry: "Synthesis, Natural Occurrence, Biological Activity, and Chemistry of Se-Alk(en)ylselenocysteines and their γ-Glutamyl Derivatives and Oxidation Products." Free copy with SASE GSF/Rose.

Back page photos: Many have commented appreciatively on these images from the 1940s from the garlic industry in Texas and California. Several readers noted the simple tools and systems that are very usable today. And some have asked why there are only black people working at these tools. The reality, of course, is that most of our fruits and vegetables, then and now, are produced by women and men and sometimes children who are black, brown, and yellow.

New Garlic Press: press through the cloves on one side — slice cloves on the other! Non-stick coated, \$20, Williams•Sonoma #83-6314595. (Note: hard to clean, porcelain cloves don't fit, hinge weak, "coated cast aluminium" doesn't taste good, nor is it good for us to eat. D.S.)

Garlic is as Good as Ten Mothers: 1980 classic by Les Blank/Flower Films was recognized as an American classic worthy of preservation in the National Film Registry. Other 2005 selections included *Ben Hur*, *Daughters of the Dust*, *Popeye*, *The Nutty Professor*, *Jailhouse Rock*, and *Schindler's List*. Enjoy "10 Mothers" with friends, after a pasta/ garlic meal with wine — it's really a fun flick!

Solar Radio Headset: perfect gift for your favorite bulbhead who's tired of buying AA batteries to listen to the radio while out working the patch. Not the most comfortable set and there are some directional problems, but certainly worth the \$40. Scientifics (1-800-728-6999).

10-12% Loss: weight difference between a bag of bulbs and those same bulbs cracked (without stems, skins, roots and small cloves) for planting.

This earth now supports 691 Billionaires up from 587 in 2004, in 47 countries. This year's USA count of 313 is 51 above last year's tally. Bill Gates worth \$48 billion, Warren Buffet \$41 billion, Paul Allen \$20 billion, 4 of the Waltons/Wal-Mart are in the top 10 with \$18 billion each. The richest 400 Americans control over \$1 trillion. A BIG GSF "CONGRATULATIONS!" to Martha Stewart, who made the billionaire list for the first time, proving once again that crime certainly does pay! Also on the list for the first time are J.K. Rowling and the Google guys at only \$1 billion each.

Heartfelt thanks to Neil Young, Willie Nelson, and John Mellencamp and all the contributors to Farm Aid for 20 years of support for the small farmer and farm worker, and their families and communities.

World Yields of garlic are approximately 6 tons per hectare (2.2 acres) while California in the "good old days" was approximately 19 tons per hectare or 6000#/Ac vs. 16,000#/Ac.

Crop Insurance: Next issue we'll discuss some of issues of crop insurance.

Standard Oil/Exxon made \$9.9 billion corporate profit in a 3-month period this summer/fall.

Our best to each of you for a healthy, productive, garlic-filled 2006.

(D.S.)



OUT OF MY HEAD

Bob Dunkel

Root crops sustain us. Harbored within the earth, they are charged with magneto-electric energies and in a unique way, in the absence of direct sunlight they become vessels and organizing units of condensed light force. Like the egg within the chicken, the pearl beneath the oysters shell, they are living crystalline forms and essences. Tapered crystals of carrot, parsnip, daikon or gobo, or the light bearing globes of rutabaga, beet, turnip or onion, planted in the waning moon, they are the harbingers of health, and only in the fullness of their cycle do we see and feel and taste their majesty! Under the immense forces of density does the diamond mind emerge! Not bandied about by the wafting breezes of Spring and Summer, not the delicate dance of flower and bee revealed, but hidden and therefore treasured even more! The hope of the one into many, the potato farmers dream, exploding into multitudes, so much like the way of everything from emptiness to fullness and back again. Each clove is a blessing to the earth. Returned as the promise of health. Each bulb lifted like prayer into the limitless light above. Then we store it awhile, share its bounty, release its aromatic balm and fiery bite unto the world without. There are no pieces and parts, no extravagance to Nature, just layers of mystery that are time released in the darkness of space. The earth sustains us, yet issues us also a mandate for health and healthful living in its unique wisdom of form. We must remember to see the signatures of plants as a sign, indeed as a signing of our Declaration of Dependence, not on governments and social systems that have forgotten the foundation of hive and comb, but of solidarity with the Earth Mother, GAIA, that sustains all life. As Prometheus stole the fire of the gods and was punished, we must learn to remember to share the fire of the Earth, to heal and mend and then again on waning moon to give back that tithing to her again, that acknowledges these cycles unending! (B.D.)

P.S. Please check 2005 Festival listings at 222.gsf.info

Garlic Update: Keep Arteries Squeaky Clean

An old-fashioned remedy may help fight one of the newest identified risk factors for stroke and heart attack. In a group of high-risk cardiac patients, researchers found that those taking a garlic supplement for 1 year had a 12% reduction in levels of homocysteine, a chemical that irritates blood vessel linings, leading to plaque buildup. And although both groups were taking powerful cholesterol-lowering drugs called statins, artery blockages grew 66% more slowly in the garlic takers.

"This was a small study, but we were pleasantly surprised by our positive results," says Matthew Budoff, MD, assistant professor of medicine at Harbor-UCLA Research and Education Institute. The study used supplements of 1,200-mg garlic extract per day.

(Prevention, October 2003, p. 56)

Lost Looking ...

Garlic has a healing form,
So goes the doctrine of signatures ...
The shape of herb or flower or leaf
Allows for our conscious understanding
And that application and intention guides us.
There is the heart, the head and the hand
All implied in this bulb, in its enigmatic form
Tho' its signature most closely resembles the liver.
Each clove is magnetized, north to south
And its lines of force are inward facing.
Like two hands of fingers laced, its integrity
Is in the strength of its membranes!
Its simple complexity defies our logical looks
And that conundrum allows and assures its very survival.
The convection of light along the long bladed leaves
Stores that power in the unseen developing form
As the earth nurtures this crystalline egg.
The length of its cycle is the parallel of our birth
Nine months in a curved cycle leading to Summer solstice
Outlining the clove, its gentle arch moving within
Goes out and downward, rises and turns, 'til tips
Meet and celebrate the abundance of light!
Such a healing geometry there hides
A regal globe of light beneath!
In fingers and toes to then dispose
Of miasms, agues and disease...
Hold it in your hand awhile
Charged and charging let it be
A healing balm at your command
Held inside your hollowed hand.

— B.D.

HOUSE CALLS:

How do you suggest to consume raw garlic?

DR. RICHARD SCHULZE: There's a couple ways. One way, if you feel like you can't tolerate it very well as far as the burning in your mouth or the intensity of the garlic, is to chop it up and put it in a spoon and just put it in your mouth and knock it back and swallow it with some liquid. The important part about chopping it up is garlic has two cells in it, a fiber cell and a liquid cell, and the potent antibacterial aspect of garlic is in the allicin, and allicin is only created when you chop, grind, pound, break up garlic. So it's important to chop it up and not swallow the cloves whole. So chop it up and spoon it down and swallow it. If you have a sensitive stomach you might want to buffer your stomach a little bit with just a little liquid or possibly having it with dinner. If it's around dinner time and you have a little food in your stomach, start consuming some raw garlic, **a lot of raw garlic**. When I talk about raw garlic, I usually only talk in amounts of 10 cloves or 20 cloves. So consume a tremendous amount of raw garlic with your dinner.

The Stinky Side of History (continued)

an equal quantity of myrtle berries stops recurring spitting of blood.

In Egypt, says Pliny, people swear by the onion and garlic as if they were deities. Juvenal (60?-140) also supports this story, but it would appear that a large consumption of onions as food by Egyptian laborers is closer to the fact. Pliny lists a number of onion varieties according to their pungency, onions from Africa, Gaul, Tusculum, Ascalon and Amiternae. There are no wild onions, says Pliny, just cultivated onions, to which he ascribes twenty-seven cures. Onion improves dim vision because the mere smell causes the nose to run, although an even better cure is onion juice applied to the eye. Onions induce sleep; chewed with bread they heal mouth sores; applied in vinegar they heal abrasions. Yet, he adds, there are

remarkable differences of opinion on onions among physicians—"the latest ones hold that they are injurious to the viscera and the digestion." Pliny reports that leeks counteract mushroom poisoning, heal wounds, are aphrodisiac, quench thirst and dispel hangovers. Leeks also impart brilliance to the voice.

The school of the physician Asclepiades (first century B.C.) holds that onions promote a clear complexion and, eaten daily on an empty stomach, preserve good health.

Raw onions seem to have been scorned in Rome, but the ordinary Roman traditionally ate a breakfast of bread and onion. Columella highly recommended the onions of Pompeii, yet onion vendors were kept out of the fruit and vegetable sellers' guild and had to organize independently.

Buzzard's Gourmet Green Garlic Pesto

Laurie Buzzard's original recipe

"The soul of pesto may be basil, but its heart is garlic" (Pittsburgh Press)

The name pesto comes from "Pestle" as this was the traditional way of making this wonderful concoction—with mortar and pestle. While a food processor does not do as good a job as the old fashioned way, it is much quicker. However, the texture is different and not as good as the true Italian way.

— Pat Reppert, *Mad for Garlic*

2 stalks green garlic, ends trimmed, chopped (use both the white flesh and green leaves). 4 cloves garlic may be substituted for green garlic.

1 cup fresh basil leaves, coarsely chopped

¼ cup fresh Italian flat leaf parsley leaves, coarsely chopped

2 Tbsp pignoli nuts (pine nuts)

1/8 tsp. garlic powder

½ tsp sea salt, ¼ tsp pepper (optional)

½ cup olive oil I use mild olive oil for sauces and pastas)

1/3 cup freshly grated Reggiano Parmesan or imported Romano cheese

Buzzard's Gourmet Garlic



In a small saucepan, toast pine nuts in 1 teaspoon of heated olive oil. Stir occasionally. When lightly browned, place the nuts, washed and dried basil leaves, parsley, green garlic, and seasonings into a food processor to blend. Gradually pour ½ cup of the olive oil into the processor while blending. Blend the mixture until nearly smooth. Add more olive oil if needed. (At this point, you may freeze the pesto for later use.) Stir in cheese by hand. (Makes 1 cup)

To serve: Serve at room temperature as a sauce for pasta; mixed with cream cheese for a spread for crackers; a spread for crostini, pesto pizza, grilled meats; toss with cooked chicken pieces and lettuce for pesto salad; or use as a flavoring for soups.

To keep: Once the cheese had been added, fresh pesto will keep for a week in an airtight container in the refrigerator, but flavor is best if used within one or two days.

To freeze: Put the pesto in a freezer-safe container before adding cheese. Cover completely with olive oil and freeze up to two months. To use, defrost the pesto at room temperature, pour off the extra oil, and then add the grated cheese.

NOTE: When using green garlic, choose a hardneck variety for superior raw flavor, but a softneck variety will work fine. Green garlic is available in the Spring. It is garlic that has not formed a bulb yet. It looks like a green onion, but tastes like garlic. It makes a wonderful early garlic substitute until fresh bulbs become available. You may be able to purchase it from a local garlic farmer or visit your local Farmers Market. For Basil, use Genovese Basil if you can find it. It has thick, large, crinkled, dark green leaves that are full of spicy basil flavor—superb for pesto sauces.

The Stinky Side of History ...

by Louis Van Deven

A book on agriculture written in 1990 by James L. Brewster of England and Haim Rabinovitch of Israel contains many lists. I found this one interesting. Among the charts is this one on garlic production. It lists the metric tons of the continents.

World Production — 2662 thousand metric tons

Africa	237,000 metric tons
South America	140,000 metric tons
Asia	1,612,000 metric tons
Europe	488,000 metric tons
North America	137,000 metric tons

The figures are for 1987, so may be quite different now. China was listed first with 615 thousand metric tons. The U.S. is 9th, behind Korea, Egypt and Thailand. In leeks it is even worse; we are not listed among the 10 leading producers. It is better in onions; we ranked 4th, after China, India and USSR.

An item that caught my eye was that *Allium dregeanum* was the only allium native to the southern hemisphere. And, as it was found in South Africa, it is possible it was brought there by European settlers, who have been there for more than 400 years.

Another list interested me. Among the alliums it lists *A. controversum* and *A. paradoxium*. I don't know anything about these and wonder how they got such names.

Some ancient writers speak of *Allium nigrum* as a preferred form of garlic said to be larger than "ordinary" garlic. Rabinovitch lists it as a decorative flower. I have grown the *Allium nigrum* available today and I agree with Rabinovitch, which makes me wonder if this is the same plant as the Greeks and Romans grew.

As a longtime diabetic, I was interested in his article on the effects of adding garlic oil to the diet of diabetics, along with their insulin. This concoction, given to mice, showed it slightly better at reducing blood sugar than those given insulin alone.

The U.S. Almanac for 1994 lists the major agricultural crops of the world. It has 26 all told, but none are garlic or onions, so we are behind such stalwarts as filberts and sugar cane, which are listed.

Some of the old writers throw me. Dioscorides was a first-century A.D. Greek. He mentions three kinds of garlic. He says one kind grows in Egypt and is sativum and is "of only one kind, sweet, inclining to a purple color." Then he says, "But elsewhere is compacted to many white cloves." And he says there is another kind, called *Ophioscorodon* or "Snake's Garlic." "It hath a sharp warming biting quality." He lists various good and bad qualities about it, so it is a mixed bag. Also, if you drink it in a mixture with *Origanum* (Oregano?), it will kill your lice and their eggs as well. So much for personal hygiene in the Roman Empire.

"Allium" appears in Hippocrates' *materia medica*, and Theocrastus was acquainted with several varieties of onion that undoubtedly were used by the Greeks. Theophrastus distinguished Sardinian, Chidian and Samothracian onions; annual, divided (shallots?) and Ascolonian. And the Greek playwright Eubulus, active around 370 B.C., in a parody of the

earlier tragedians, portrays a carnivorous Heracles demanding plenty of boiled beef and roast pig:

But I have not come here to fill myself
With cabbages, or benjamin, or other
Impious and bitter dainties, or with onions.

This puzzled me. It is on garlic: "There is one kind that excels in size, especially that variety called Cyprian, which is not cooked, but used in salads, and when it is pounded up, it increases wondrously in size, making a foaming dressing." He goes on later: "There is a further difference in that some kinds cannot be divided into cloves." And then: "Garlic reaches maturity from seed but slowly, for in the first year it acquires a head which is only as large as that of a leek, but in the next year it divides into cloves and in the third is fully grown and is not inferior, indeed some say superior, to the garlic which has been planted." Could he be mentioning elephant garlic? Or some variety lost to us that produced fertile seeds? Finally he mentions hellebore, a poisonous plant with pretty flowers: "For hellebore makes the head heavy and men cannot go on digging it up for long; wherefore they first eat garlic and take a draught of neat wine."

Another nice little book is by Dee Phillips. On garlic uses in India, she gives: Used for fever, pulmonary phthisis, gangrene of lung, whooping cough, rheumatism, duodenal ulcers, hyperlipidemia, certain typhoids, flatulence, and atonic dyspepsia. The juice is used on skin diseases and as ear drops. The leaves for rheumatism, piles, and whooping cough.

Her book also has this: "Garden garlic is mild and sweet, totally different from the overaged supermarket bulbs, of which the worst is packed in little plastic covered boxes, and so-called garlic salt is beneath discussion."

A small book published in 1972 by J. A. Duke, called *Isthmian Ethnobotanical Dictionary* is about plants on the isthmus of Panama. Part of his article on garlic: "It is regarded as antiseptic, bactericidal, carminative, emmenagogic, expectorant, rubefacient, stimulant, stomachic and treatment for colds, earaches, hysteria, nervous conditions and toothache. The juice can be used to mend china. Oil from the seeds is applied externally to rheumatics. Garlic oil mixed with "cebo de Cuba" is used like a mustard plaster. Choco women having trouble delivering receive a stomach massage of cooking oil mixed with onion, garlic, oregano and *hierba poleo*, whatever that is."

Dioscorides' herbal has a long entry on the onion. He calls it "Kromuon" and describes it as biting, appetite-and-thirst provoking, attenuating, nauseating, and purging. Onion clears the head through the nostrils, and onion juice mixed with honey improves "dull eyesight." Pounded with salt, rue and honey, it cures dog bites. Mixed with poultry grease, it is good for the stomach, for hearing difficulties, noises in the ears and ear infections. Rubbed on the head it is good for baldness. Too much onion causes headaches, and it produces somnolence in the sick. Then Dioscorides becomes even more cautious: leek juice dulls the eyesight and causes troublesome dreams. Mixed with vinegar and manna, however, the juice stops bleeding, especially nosebleeds. Two drachmas of leek seed drunk with

Flower Essences and Garlic

The most concentrated area of the life force in plants exists in the flowers. For this reason and for millennia, healers have accessed the healing attributes of flower essences and elixirs to bring change into our physical body systems. Many of you may be familiar with the work of Dr. Bach. Born in 1886, with a great love of Nature, Dr. Bach went from working with orthodox medicine, then transitioned to doing homeopathic work and then after 1930 quit this practice to develop a new healing system that was influenced by the work of Rudolf Steiner. In lectures, Steiner spoke about the future of healing and how flowers were to be one of the new tools that would be developed. Dr. Bach released his book, *HEAL THYSELF*, in 1930 and began to introduce the world to what we know today as energy or vibrational healing. The Bach flowers have been used by thousands of people now for over fifty years. This natural healing system uses primarily energy in a preserved form to heal individuals working from the etheric or subtle body systems to affect physical health and vitality. Since Dr. Bach's original 38 remedies, many newer flower essences have become available through a number of newer companies that have impacted many of the orthodox understandings of healing and body work.

In the following excerpt from Flower Essences, by Gurudas, I will cover the use of garlic as a flower essence:

"While native to Siberia, this herb is now a common food crop worldwide, especially in many Latin countries. It produces (purple and) white, starry, and strongly scented flowers. It is a digestive aid, it eases insect stings, and it eases many blood and lung

disorders." As a flower essence, "Garlic gets rid of any fear or paranoia because it crystallizes objectivity in the mental and emotional bodies, and the liver charka is opened. This is partly associated with its legendary ability to banish superstitious creatures. To a lesser extent, Garlic also eases anger. It can be used for stage fright or to relax a person facing a difficult therapy such as surgery. Even if someone were afraid to release hidden fear or anger, these insecurities could be gradually released and faced with Garlic. The classical Freudian system of psychotherapy is particularly enhanced with Garlic.

Interestingly, this essence can be used as an insect spray. Or you could ingest it, and it would vitalize the nervous system in a specific manner to create an irritating magnetic field in the aura antagonistic to insects.

Many of its herbal properties are transferred to the flower essence. It cleanses the system of parasites, particularly those imbedded in the skin and muscular tissue, general inflammations are eased, and the liver is strengthened. The blood, especially the red corpuscles on the cellular level, is purified and invigorated. Interferon is also stimulated. Moreover, Garlic essence eases the radiation, petrochemical, and psora miasms.

The devic orders associated with Garlic are from Lemuria, India, and Greece. Concerning its signature, a garlic clove looks somewhat like the liver. Garlic helps the odic force flow smoothly through the meridians, and the test point is the tongue. In the future, it will be found that many flower essences besides Garlic can be used as insect repellents. (B.D.)

Back by Popular Demand . . . Onions & Garlic Forever

As Bob puts the final parts of this *Press* in order, we are very happy and proud to announce that we have reprinted Louis Van Deven's *Onions and Garlic Forever*. We sold the last copies several years ago and we've had requests when people have seen it. Contacted over the Winter, Louis gave us his permission to reprint and sell his book, and he even contributed a special introduction for us!

For over 30 years Louis collected, grew, and studied the Alliums in his garden in Carrolton, Illinois. Come Winter, he'd spend time in the library researching the old books and botanical journals. His book is a blending of the two. Louis is the first to tell the reader he's not an expert, has no titles after his name, but his enthusiasm and casual style make *Onions and Garlic Forever* information and entertaining.

Alliums are found in many (but not all) parts of the world; they live in the wild and in cultivation; they occupy the kitchen, medicine chest and bedroom; they've been grown and eaten for 5000 years and are part of our development and history; they bring sulfur into our lives.

That's why you, the reader, are reading this now: *your* relationship to the garlic. This is an interesting book to read and hold on your bookshelf. It's also a nice gift to your local library, Cousin Guido, work friend, or your "Sweetie." The GSF has printed 500 copies, 6" x 9", 115 pages and is selling them for \$8.50. Please support your Garlic Seed Foundation. (D.S.)

[See enclosed "With A Little Help From Our Friends"]

REVIEW: A MYTHIC HISTORY OF GARLIC

Written and illustrated by Jim Anderson
A Filaree Farm Production



Jim Anderson is an artist and teacher who lives on the banks of the Okanogan River roughly one mile due East of Filaree Farm. Anderson gained notoriety as the consummate garlic artist through diligent accidentalism. Any actual resemblance between Anderson and a garlic bulb is strictly familial.

Now that the crop is planted and fall work done and we are settling in and growing our roots, we've got time to review some literature. From Filaree Farm comes a great new release done by Jim Anderson, who you would recognize for all the fine artwork in "Growing Great Garlic." This work is a fun piece of "mythic" history that dwells somewhere between the historical and the hysterical! Composed of three vignettes in a comic book-type format, this pamphlet is a real treat to read.

The journey of *Tzan* (How Garlic Got Its Heat) is the opener and takes place in the subterranean wormholes of the near Far East. With his trusty earthworm companion Noodle, Tzan journeys to find the great dragon *Tien Shan*, who finds the little clove endearing enough to reward him with the magical gift of fire. Coming from a clan of bland, smallish cloves who were finding fewer and fewer of their people

sprouting each year, this was sure to be the answer to their allium prayers.

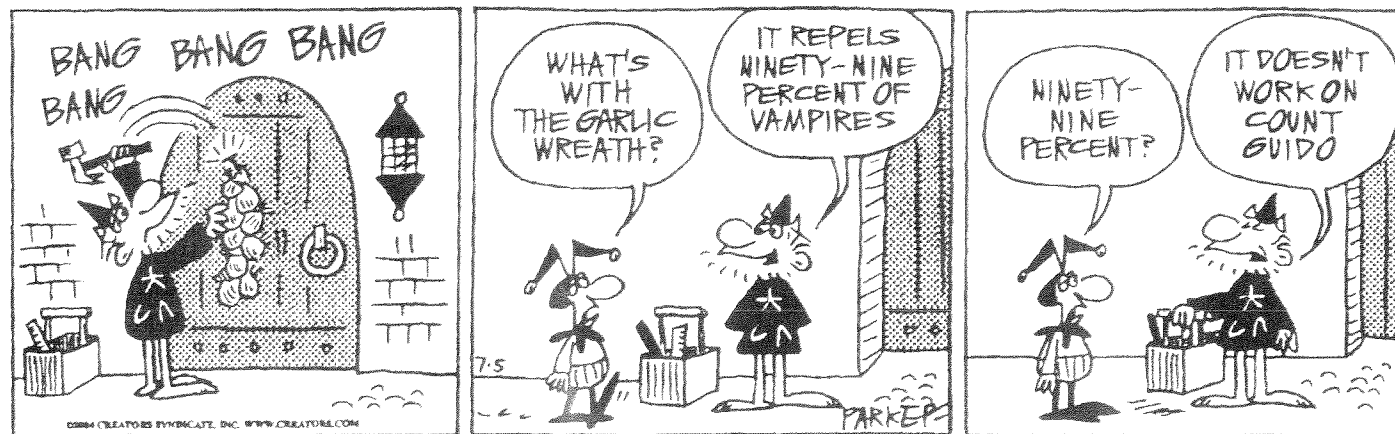
Uzbek the Bulbarian and his herbal horde is the next story about two cloves, *Uzbek* and *Chengdu*, who were cousins in "the Garlic Crescent" between the Hindu Kush, the Kirgiz desert and the mighty Tien Shan Mountains of China. As brave Uzbek gathers the tribes of wild garlic to fight the great troops of Chinese vegetables, contemplative Chengdu, the culinary genius, is busy amassing recipes from the carrots and leeks, peppers and eggplants left in the debris of battle. A true tribute to garlic, the king of vegetables indeed, this aromatic tale—in spite of its rather violent scenes of skewered and sliced veggies—leads us through the valiant yet hopeless vision of mad Uzbek's attempt at a world dominated by a single flavor. Ultimately, Chengdu carries on the legacy of garlic culinary forays by teaching the younger cloves and bulbets "that in diversity there is strength ... that in the blending of flavors can be found richness greater than the sum of its parts."

Our third tale moves us into the brave world of 2614. *Clove Encounters of the Zerd Kind* (for better or Borscht) takes *Captain Khabar* of the starship *Filaree* to Zerd land of the "Boops," who travel with other members of their pod. These "pea-sized" folks are peaceful and curious but their planet is being overtaken by the Borscht with their glib greeting: "Resistance is futile. You will all be simmered later." This is a tale of the fierce resistance by the Boops to an attempt to create a new Borscht Belt for pepper production on their planet. Aligning with their new friends, Commander Habenero, Lt. Commander Dushanbe and Dr. Ginjah Rootsmon, the deep past associations of the beets with vestiges of Ukranian Mafia are brought to light and a new fervor is drummed through the planet unleashing pods of resistance that send the Borscht back to their mother ship boiling mad, yet defeated.

So, if you're ready to lay back and get into a high spiritual vegetative space this Winter, may we suggest that you contact Filaree Farm about this new publication. May its wisdom and insight simmer through you till harvest. (B.D.)

[Available by mail order from GSF.]

WIZARD OF ID BRANT PARKER AND JOHNNY HART



Stinky Replies

September 22, 2004

This time I have no news except for bad news. I wonder if you or any of your readers have ever had a problem similar to mine this year. I planted my perennial onions and garlics as always, last October. My plantings are small, as I have only a back yard that is partially shaded. So, each variety usually gets only 6 to 10 cloves or, in the case of onions, about the same number of bulbs. And, because of space restrictions, these get planted next to each other, perhaps 4 or 5 inches separate each variety. This year the roof caved in. Of 55 garlics, 36 died. And of 31 shallots and potato onions, 15 gave up the ghost. Our county agent has no explanation and suggested an expensive soil survey, which I cannot afford. And I had no premonition of this happening. The plants came up about as they always do in the late autumn, then seemed about normal during our winter. I live in southern Illinois, near St. Louis, MO, so our winters are not as harsh as those of Chicago, 300 miles to our north. And that isn't all. My fall garden, started the normal time in late July, also died. The lettuces, almost all of the cabbage family and all of the beets, carrots and turnips. I must have offended the gods some way, but I don't know how or when.

Another thing I have wondered about over the years: Why are almost all shallots the same color? There is a gray shallot, but all of the others, regardless of name, seem to be about the same color. I have bought golden, brown, yellow and red varieties. At least that is what they were called. But the yellows turned out to be a very dark yellow and the reds are never really red, like their onion cousins. Placed side by side, there is almost no difference in any of them, even if they are called French Red, Dutch Yellow, or, in a really far out case, Asian Purple. (The Oriental people must have a different definition of purple than I do.) And the one or two shallots I have bought that were supposed to be white ones, always turned out to be onions. Have I missed true white shallots? And Are there any that are really true red?

I lack the resources to bring back all of my lost varieties, but also think it might be a waste of money unless I can find out why they all died. I might add our winter was on the mild side, no zero or below temps, such as we usually get.

Being as I am nearing 86, my years of working outside are probably nearing an end. Yes, despite this great stamina, tremendous strength, wonderful endurance and good table manners, the years take their toll. I have noticed that when you get somewhere between 100 and 200, you tend to slow down, so I don't have far to go.

I hate to have such sour notes. Guess I will, if all goes well, next year again govel in the dirt, where I think I am happiest.

— Louis Van Deven



Dear Aunt Stinky,

I would really like to try my gardening hand at growing some garlic but am wondering where I should purchase my seed. Do you have any suggestions for seed sources?

Signed,
Overwhelmed by the choices

Dear Over,

It's all about connections in the world of garlic and what better place to search than your own farm community. Try your cute neighbor or the farmer down the road. They will likely have seed that is proven to the area that you wish to cultivate! Don't be shy; step right up and ask and don't forget to tell them that your Auntie Stinky sent you.

Dear Aunt Stinky,

My boyfriend tells me that my breath smells bad after I eat garlic and he refuses to kiss me! Do I give up the healthful garlic I love or put my pucker on hold after meals?

Signed,
Smoochless

Dear Smoochless,

A boyfriend who refuses to smooch? That's like a fish who refuses to swim. Your Auntie Stinky advises switching ponds as there are plenty of fish from which to choose ... or as the old saying goes, love me, love my bad breath!

[Send your questions in good taste or that taste good to Aunt Stinky, c/o The Garlic Press.]



Meditation on Garlic (continued)

further on, to the moment of planting itself. At the end of this piece I give you a garlic poem that also take that moment for its staring point and, I think, brings to a focus the rambling prose.

By the middle of October here at the homestead we will have been touched by a frost or two or three. Not the kind of cold that freezes the earth. That is still many weeks away. These are the frosts that, if I'm inattentive, will with a single faery-touch lay low the final patch of basil (the one I thought to make into a final, great batch of pesto), or turn to mush the last tender peppers. These frosts touch our mongrel grapes and finally make them sweet enough to eat. These frosts, and the shortening days, signal that it's time to plant the garlic. There's nothing scientific about it. It's a feeling; one that I now know comes to me about the second week of October. Someone once told me we should plant our garlic five or six weeks before the first hard freeze, an event that might happen here in early November or that might hold off until the middle of December as it did one year when I was a young wannabe homesteader desperate to get a footing in the ground for a chimney so we could heat our dwelling. So is it intuition that informs the planting? Sometimes it's desperation. Sometimes the world is so brown, the air so chill, that I feel I've surely missed the moment. Other times the leaves cling doggedly to their branches and sun-drenched skies belie the season. I'm sure that garlic placed in the ground under such conditions will sprout immediately and miss its all-important winter nap. But garlic is forgiving. Here at the homestead I believe it likes October and each year it rewards my belief with abundant, healthy harvests through the worst and the best of times.

I once read somewhere (I can't remember where, now) that no one who examines closely the process of planting garlic can miss the metaphor of death and resurrection that it embodies. The time of year, autumn, is often employed as a metaphor for endings and the garlic clove, at the very end of its cycle of growth, is brought back to the earth from which it sprang. Its character is so different from the seed. Beans will wait patiently for years for the opportunity to sprout (I love to hear stories, even if apocryphal, of archaeologists finding viable seeds in ancient ruins). Garlic is prone to corruption, as is the flesh. If it is not returned to the earth within a season or two of its harvest, the soul of garlic is lost and the possibility of resurrection is missed. Orientation, too, is important as it was in the tumuli of ancient Celtic Europe where the bodies of the dead were often laid to greet the first rays of the solstitial sun. Garlic can be a profound metaphor for the fragile cycle of life of which we humans are a part, but those who have proposed this in the past have turned that metaphor on its head. Whether it was the Toltec corn maiden or the Attic goddess of grain, the Hindu cycle of reincarnation or more recent stories of miraculous return, the tales of burial and resurrection that informed the spiritual life of ancient cultures were themselves metaphors for the reality of plant propagation. The yearnings of the spirit echo the reality of the flesh. The garlic clove, the seed, these are the real things. They provide the sustenance for our bodies and for our spiritual yearnings.

On reflection, it strikes me as a great act of faith, this laying of garlic cloves into the earth. The winters here are harsh and at their heart they sometimes seem without end. But somehow the garlic survives and its first green shoots decorate the last sooty patches of snow. Its joyous return is quickly followed in the garden by those other intrepid survivors, the weeds.

The Garlic Eaters

They anticipate the first hard freeze of fall by several weeks. The frost-killed green of summer past is folded into lumpy ground. The long and narrow strip of earth raked smooth. The ritual, rehearsed in all its steps, is not for the less new, nor is this new beginning, this enfolding of their hopes.

Their dibbles pierce an earth prepared for sleep and briefly waken it to take possession of the crisp and pallid cloves in crackly casques. "Be sure to point them up so they grow true," she says, and he concedes that truth is what they seek there with their dibbles and their garlic and their frozen stretch of winter, now their burden and their hope.

[Jim lives with his partner, Laurie, on their homestead in Meco, NY, where, when he's not planting garlic and the myriad other veggies that grace their seasonal menu, he spends his time chasing down the ineffable with his net of words.]

Hats Off

... to **Jim and Laurie Buzzard** and the great community for the awesome 1st Annual Cuba, NY Garlic Festival:

www.cubanewyork.us/garlicfestival.htm

What a great start and sure to be even better next year!



Genetically Similar Garlic Varieties

by Gayle Volk - USDA-ARS National Center for Genetic Resources Preservation, Ft. Collins, Colorado

Our genetic analyses have revealed that there are a number of garlic varieties that are very similar (see Issue 44, Garlic Press). In some cases, we have been able to determine some classes of garlic varieties, based on descriptive information. Currently, the best reference we have for these classes of garlic is the booklet "Growing Great Garlic (suppl.)" by Ron Engeland. The observations in this supplement were made in Okanogan, Washington. This poses a problem when other growers plant the same varieties in their fields across the United States. Garlic tends to change its growth and bulbing characteristics depending on weather, location, and field conditions. Our garlic project entitled "Increased Profits for Sustainable Produced Garlic" should determine more uniform class descriptors for garlic types (see article by David Stern, this issue).

The lists below provide some sets of garlic accessions that are very similar genetically (statistically identical). Below, some general information on garlic types is described, based on details obtained from Engeland's books. Our tests did not sample all of the garlic genome, and so there may be differences in key genes that cause considerable differences in varieties that we could not detect using our methods. Our analyses also revealed numerous unique garlic varieties (not listed).

Identical artichokes:

California Early
Oregon Blue
Chet's Italian Red
Lorz Italian
Mchadidzhauri
Randl Colorado White
Red Italian
Susanville

Identical rocamboles:

Colorado Black
Dominics
French Rocambole
German Brown
German Red
GSF65
Kilarney Red
Russian Red
Spanish Roja
Western Rojo
Yugo Red

Identical porcelains:

Georgia Crystal
Georgia Fire
German Hardy
German Porcelain
German White
Leah 99
Music
Northern White
Polish Hardneck
Romanian Red

Identical purple stripes:

Metechi
Persian Star
Samarkand

Identical marble purple stripes:

Bogatyr
Brown Tempest
Marino
Siberian

Table 1. Phenotypic types of garlic as described by Engeland et al. (1991, 1995).

Type	Scape Curl	Clove Skin	Bulbils	Leaf Architecture	Leaf Color	Clove #	Clove Arrangement
Silverskin	none	tight	none	nearly vertical	blue-green	8-24	3-6 layers
Artichoke	none	coarse and thick	none or lower stem	nearly horizontal	yellow-green	12-16	3-6 layers
Rocambole	1-3 coils	easily peeled	10-40, br.y.purple			13-14	single layer
Porcelain	random	tight	many tiny white			2-5	single layer
Purple Stripe	.75 loop	easily peeled	> 50 purple			8-12	single layer
Marble purple stripe	.75 loop	easily peeled	20-60 purple			4-7	single layer
Asiatic	droops	tight	few, purple			4-8	single layer
Turban	U downwards	coarse and thick	30-100 small purple			7-11	single layer
Creole	U downwards	tight	> 30 small-medium			4-8	single layer

References:

Engeland RL (1991) *Growing great garlic*. Filaree Productions, Okanogan, WA.
Engeland RL (1995) *Growing great garlic* (suppl). Filaree Productions, Okanogan, WA.
Volk GM, Henk AD, Richards CM (2004) Genetic diversity among U.S. garlic clones as detected using AFLP methods. *J. Amer. Soc. Hort. Sci.* 129(4):559-569.

Recipes



BIRDS' NESTS

Jim Strickland, Gloversville, NY

1 onion chopped
8 to 10 (or more) cloves garlic, coarsely chopped
2 Tbs extra virgin olive oil
Kale leaves to fill an 8 to 10 quart pot (I tear them into bite-size chunks)

4 eggs
2 oz. sharp cheddar cheese
1 Tbs vinegar (I use rice vinegar but your favorite will do)

I love garlic and we grow a lot, so I tend to use large quantities in almost all my recipes. This one in particular will tolerate a good amount, so if you're a garlic lover like me, let yourself go. (Incidentally, I never mince garlic and I don't use a garlic press. I chop it coarsely. That way it's not just a flavor but a real presence in the dish.) To proceed with the recipe:

In a heavy-bottomed 8 or 10-quart soup pot or cast iron dutch oven heat olive oil. Sauté onion and garlic until golden. Fill pot with freshly rinsed kale leaves and cover. Lower heat and allow kale to steam until volume is reduced by half, stirring occasionally. Heat oven to 350°F. Sprinkle vinegar on kale and mix thoroughly. Remove from heat and make four equally spaced depressions (birds' nests) in the bed of kale. Break an egg into each depression taking care not to break the yolk. Lightly salt and pepper eggs to taste. Place a square of sharp cheddar cheese on top of each egg. Cover and place in oven at 350°F for about 20 minutes. (It's done when the egg yolks are solid.) Serve immediately.

I make this for breakfast and serve it with homefries (another excuse to use 8 or 10 cloves of garlic). It may sound like a lot of food but Laurie and I manage to eat it all ourselves. It's that good!

HAVE YOUR CAKE AND EAT IT TOO!

Baked Garlic Fries

by Guinness

2 large russet potatoes, peeled and cut into wedges or 1/4-inch strips.
2 tablespoons vegetable oil
1/2 teaspoon salt, more if you're a salt junkie

1 tablespoon butter
10 cloves garlic, peeled and minced
1 tablespoon parsley, fresh or dried (minced if fresh)
3 tablespoons freshly grated Parmesan

Preheat oven to 400 F.

Combine the potatoes, oil and salt in a bowl and toss to coat.

Arrange the potatoes in a single layer on a baking sheet. Bake for 30 to 40 minutes, or until tender. Remove from the oven but leave the oven on.

Heat the butter and garlic in a large skillet over low heat. Stir until the butter is melted.

Add the baked fries to the skillet and stir to coat. Sprinkle the parsley and Parmesan over the coated fries and stir to distribute evenly.

Turn the oven to broil. Put the coated fries back on the baking sheet and broil until nice and crispy, another 3 to 5 minutes, turning so that all sides are crisped.

Yield 2 servings.

Nutrition Action Health Letter 04/04

Garlic (& Cholesterol)

It's "cholesterol's natural enemy," say the makers of Garlique. Yet according to a U.S. government-sponsored review of the evidence, garlic's effect on cholesterol levels is "unclear." While garlic supplements seem to produce a slight drop in LDL for the first three months, the decline disappears after six months (www.ahrq.gov/clinic/epcsums/garlicsum.htm). In fact, the better the design and execution of garlic studies, the less likely they were to detect any benefit, concluded a review by British alternative-medicine scientists in 2000 (*Annals of Int. Med.* 133:420, 2000).

In Germany, where much of the early enthusiasm for garlic's cholesterol-busting potential originated, the government no longer allows companies to claim that garlic can lower cholesterol.

[Ed. Note: Forget those pills, but not the cloves!]

A Meditation On Garlic

by Jim Strickland (re-printed with his permission)

A young student of particular promise was brought to the Master to begin his apprenticeship. The Master lived on the slope of a venerable mountain far from any village and for years had studied the minutest details of solitude. She knew she would have to forego work on this during the tenure of the student, as such studies cannot be pursued in partnership with another, nor can they be communicated in an atmosphere of conviviality. This said, she nevertheless welcomed the student into her hovel and set him to work bringing firewood. He took to the task with enthusiasm and soon had filled the wood box and laid by another large pile beneath the eaves of the cottage beside the door. He went on to bringing water from the nearby stream and even did a small washing that had somehow been neglected during the Master's studies of solitude. The Master was pleased with the work and finally, toward the end of the day, bid the student to rest while she made some tea.

As they sipped their tea she asked, "So what do you hope to learn, Child?"

"Whatever you will teach me," he replied

"Well," she said, "I learn from the mountain. Perhaps you will too."

"Oh, I know about the mountain," the student said beaming.

"You know about the mountain?" The Master was surprised.

"Yes. I thought if I was to come here I should learn all I could beforehand, so I studied very hard."

"And what did you learn?" The Master asked the question cautiously, not knowing what to expect.

The student settled himself on his cushion and folded his hands to prepare for his recitation. "Well, the mountain is 3,237 meters high," he began. "It is composed of granitic rock that was formed 800 million years ago under conditions of extreme pressure and temp..." The Master interrupted him with a wave of her hand.

"How high do you say the mountain is?"

"Uh, it's 3237 meters high," he replied.

"Higher than what?" the Master demanded.

The student hesitated for a moment, then said, "Higher than the sea, Master."

"But we are many days journey from the sea. Are you saying that the mountain goes all the way to the sea?"

The student was somewhat chagrined by this line of questioning but he pushed on. "No, Master. I'm not saying that. It's just the way things are measured...from sea level. That's how it's done."

"Sea level? I've been to the sea. It goes up with the moon and down with the sun. It splashes and rolls and foams worse than the fishpond when the bears come for a bath. How do you measure from such a thing?"

"They don't, Master," the student replied looking glum. "They use mean sea level. It's like an average ... of the highs and the lows ..." His voice trailed off.

The Master stared into the dim underside of the thatched roof for several moments. Then she spoke. "When I go up the mountain there is a rock where I like to sit. It is just the right height for sitting. Is this the rock they measure to for the height of the mountain?"

The student stared resolutely at the floor. "I don't know," he mumbled.

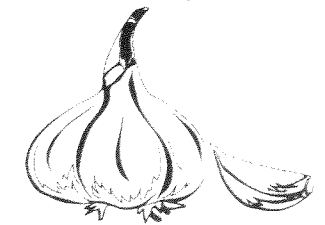
"There's a great old tree beside the rock," the Master continued. "It's quite majestic. Perhaps it is to the top of that tree that they measure?"

"I don't know, Master." The boy's voice was barely audible.

The Master rose and grasped him firmly but without malice by the right ear lobe and led him to the door. Giving him the impetus of her hand she propelled him into the night air. "You must go and find out what you know, Child," she called out. "Go and find out how high the mountain is." And she closed the door. It was two days later that the student returned. The weather had turned the worse and he was ragged and spattered with mud.

"So, did you find out how high the mountain is?" the Master asked.

"It is much higher than I thought," the student replied. The Master was secretly pleased with this reply but did not show her pleasure. "You'd better get some wood. I've used up all you brought while you were wandering around in the rain."



In 21st-century America we are urged to believe that the amassing of great mountains of facts constitutes knowledge. Once we have taken the measure of a thing; once we've poked, prodded (and sometimes sliced and diced) and dimensioned a thing, we know all about it. But the world is not a world of facts. It is not, at bottom, even a world of things. It is a world of processes and relationships. The ungraspable fluidity of the natural world makes our relationship with the rest of nature artful rather than technical. I think that no place is the artfulness of this relationship more obvious than in farming. It's true that industrial processes have found a home and perhaps forever changed the character or the vast monoculture operations of the heartland. Not so with the small organic holdings around the Northeast. Homesteaders, CSAs of 20 or 30 members, truck farms serving local restaurants and food co-ops or peddling their harvest at the farmers' market, these people still live within that artful relationship. Many of us strive to recapture a sense of the experience of our forebears who, we imagine, were in contact with an earth less buffered by technology or society's own tendency to distance itself more and more from the natural world. By seeking this connection consciously we imagine that we are creating with the soil a relationship that is both traditional and contemporary; one that partakes of past knowledge and yet is open to novelty and experimentation.

Here at the homestead I sense that process strongly in the growing of garlic. Those of you who are long-time readers of this column will remember that I have professed my love for dry beans. And it's true. I do love dry beans. Last year, 2004, we grew nearly 100 lbs. Of dry beans. But garlic is different. Garlic is a circle. There is no real beginning, nor is there any definitive end to its process, so any description enters somewhat arbitrarily like a voyeur spying on an intimate moment. Even at the moment of harvest, certainly a time of endings, we are already comparing the large bulbs to the small, feeling their weight and their solidity and imagining selecting the best for the next planting. But I won't start there at that arc of the circle. Instead I'll move a little

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