

this great hodge-podge of material. But from that point and for the next seven years, this becomes a tragic tale with the original binder becoming the property of a contested estate, which lived for a year or two in a storage locker and traveled through several states. When the binder returned to us in 2005, the original material was gone, but the recipes had been typed out; however, there was no order or consistency. Tragically, the names, farms and addresses of the contributors were gone, and they remain missing. The same is true for some of the photographs. We decided to move ahead and publish this cookbook with what we have. As people identify their contributions, we shall add the names when we reprint.

ACKNOWLEDGMENTS

Khurshed Bhungara (Ironwood Farm, Sharon, CT) inherited this large, thick file of papers which he edited and reformatted to a common style and presentation, and put on a disk. Khurshed came forward with his ideas, his own research and volunteered time from his busy life staying with it for five years! This cookbook would not have happened without Khurshed's dedication and hard work as editor.

Karen Kerney (Pompey Gold Vineyards, Jamesville, NY) is an artist, cultural worker, garlic and vegetable farmer in Central New York. For many years Karen has shared her beautiful art work on our T-shirts, brochures, and posters. This cookbook could not have happened without Karen's skill at making this book attractive and functional.

Dorothy Densk (*The Word Works*, Geneva, NY): She works with the Neanderthals amongst us, who can't use a keyboard or fire up a computer. We can send her pages of written word – barely legible, pen or pencil, shorthand, "follow the

arrows" – and she can make us sound intelligent and look good.

David Stern (Rose Valley Farm, Rose, NY) is a Certified Organic Vegetable Farmer and Director of the Garlic Seed Foundation, which means that for the past 25 years he opens the mail and keeps things moving (albeit very slowly). "It was fun to have been a part of this process with skilled, hard-working, and creative people. I claim credit for making the coffee, sharpening the pencils, and staying out of the way."

Industry Credits:

As most of the users of this cookbook will know, the majority of world production, and U.S. consumption, is garlic from the People's Republic of China. But in almost every part of this country there are local producers (and gardeners)

in regional markets. The Garlic Seed Foundation has been the communication link in this sub-industry. In these last 30 years we have had individuals whose contributions are noteworthy: John Swenson and Louie Van Deven were early collectors and catalogers; Phil Simon developed and taught the protocols for sexual seed production; Ron Engeland moved the taxonomy debates forward and was the first to publish a production guide; Dr. Gayle Volk discovered in the laboratory what we couldn't see in the fields; Chester Aaron and Bob Dunkel kept the garlic alive in the language and literature; and David Stern has been the traveling preacher to the farmers and gardeners across the U.S.

COOKED OR RAW TASTE GOOD OR GOOD FOR YOU?

Let me put this as simply as I can: If you can smell the garlic cooking in the kitchen, you are losing much of its medicinal value. The sulfur compounds in the garlic break down at high heat and volatilize into the air, not in your stomach. There's a simple solution; follow your usual recipe, but in the final stages of cooking, add another clove, or bulb or two, at lower heat. Another trick is to let the garlic sit for 10 minutes after you have it peeled and crushed, to let some of the sulfur chemistry act and react before you add it to the pot or pan. This releases more of the medicinal compounds. If you are looking for the maximum medicinal value from garlic, eat it raw, prepared as above. This is difficult for most of us, so adding it to a beverage like orange, tomato or cranberry juice works well when ingested quickly.