



The Garlic Press

File #14



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

SUMMER 1992

GARLIC GROWERS: WELCOME TO SAUGERTIES?

Besides the constant requests for information on how to grow this stuff, the most asked questions to the GSF are: "Where can I buy garlic for planting?" and "Where can I sell my crop?" This year we've got a great answer!

With our sincere thanks to GSF members, Pat Reppert, and Dr. Richard Kappler (and the Kiwanis Club of Saugerties), a well organized and publicized Festival is on schedule. Hundreds and hundreds of volunteer hours are involved in the planning for this celebration of the stinky little garlic! Many quality concerned consumers with full breath will attend. As you'll read on the enclosed flyer (please photocopy and distribute), many diverse activities are going on in this 5-hour afternoon. Besides the cooking contest and demonstrations, craft fair, book signings, and braiding demos, GSF members should note:

LECTURES, 45 MINUTES EACH

- 12 noon: Bob Yerina, Garlic Delite Farm, Little Falls, NY will give a slide tour of his farm operation.
- 1:00 PM: Dr. Eric Block, Dept. of Chemistry, SUNY Albany, NY will discuss his laboratory work with the Alliums and their chemical constituents.
- 2:00 PM: Dr. Jim McFerson, USDA Germplasm Station, Geneva, NY is working with the GSF trial cooperators, the USDA garlic (and other alliums) collection, and many other projects.

3:00 PM: Bob Dunkel (Editor, *Garlic Press*) and David Stern (GSF "Director") will present the GSF slide show that covers a little bit of everything for everyone.

"GARLIC MARKETPLACE"

On a first-come, first serve basis, space is being made available to GSF members/producers to sell garlic they have produced (i.e., no brokers or wholesale/retailers). A special tent is being provided for booths, without electricity, with an 8' front. You must be responsible for your own table, bags, clean-up, etc. Besides Garlic, you may also sell other farm produce that you have grown and garlic related crafts that you have made (all other craft goes to another area of Festival). Set-up from 8—11 AM, Sunday, and no tear-downs before 5 PM. Special parking area for your vehicles will be provided. Registration Fee: \$2.00 plus a contribution of a few pounds or braids for the raffles that will run throughout the afternoon. Space is limited — contact GSF (Rose Valley Farm, Rose, NY 14542-0149) immediately to reserve space and get more information. The GSF will also have a booth in the Marketplace Tent to answer questions, sell memberships, literature, shirts, books, videos, keepers and display the variety contributions from growers (any you want to send will be used and donated). We plan to do some braiding demonstrations also.

The Kiwanis Club of Saugerties is the Sponsor of this Festival, and any/all proceeds will be contributed to their local work. Come join us. This is gonna be fun! (D.S.)

GSF TO MEET SATURDAY — 9 AM TO 3 PM CANTINE FIELD, SAUGERTIES, NY

On the day prior to the Hudson Valley Festival, all GSF members and friends are invited to our yearly Fall Gathering. This will be an informal gathering with the following agenda:

1. Bob Dunkel to lead a discussion of the *Garlic Press*.
2. Jim McFerson needs to meet with the trial growers and report to the memberships.
3. David Stern will continue to discuss the by-laws and organizational structure and incorporation (legalization) of the GSF.
4. Round Table Discussion with all.

Please don't forget your dish for the pot-luck GARLIC Lunch (kitchen available to warm and cool). Please bring your table service and we'll provide drinks and snacks. Please bring a sample of your best selections for an "unofficial" judging and also to be used in the Sunday GSF booth display.

For those coming to the Saturday meeting and Sunday Festival, please note the enclosed motel reservation information. There is also a K.O.A. campground on Route 212 between Woodstock and Saugerties. Do any GSF members live nearby that might have camping or lodging for other members?

The Town of Saugerties is also planning some walking tours, lighthouse tours, and possibly a concert Saturday night. Please contact Pat Reppert (914-246-3642) for more information or questions on these specifics.

As always, I look forward to seeing you all again and the wonderful garlic feast! For members not selling garlic at the Festival, I request your help at the GSF booth on Sunday, as we'll have lots of shirts, keepers, books and videos to sell, and thousands of questions to answer! Please contact me (David Stern) at 315-587-9787.

(D.S.)

DIRECTOR'S NOTES



This is absolutely the worst time for me to be trying to put these thoughts together! The 4th of July and we still have a blanket on the bed. Most growth on this farm has been slow, but weeds will be weeds. Last year things were a lot different out in the fields and in this world. And, I'll probably say that again next year.

We have a way to go in the garlic and maybe a mid-August harvest; in Rose we're 250 degree days behind 1991 (1991: 965 degree day; 1992: 700!) The tops are cut and 100% of crop went to one local restaurant @ \$3.00/pound. The Spring Garlic Greens production and sale went well and tasted delicious. Thanks again Ron.

There's been a good deal of garlic mail this Spring/Summer as word of our existence is spread. Also, some very positive newspaper stories have helped. Please pass these back to me and I'll put them in the files (which is one of next winter's projects). The desk time to deal with this mail — averaging 3½ requests/membership/orders/advice per day — is becoming burdensome and inefficient. People are patient and forgiving.

We are an extremely diverse group of people: farmers and scientists; male or female (in equal numbers); gardeners and doctors (our first just joined from Alaska, and a second college library); ag agents or consultants; nuns and folks spending some time in correctional facilities or with the U.S. Navy, APO NYC. Next issue I'll repeat something I did years ago in the *Press* — share the names of our farms. Many are places or people, others are times.

We have over \$4,000 in the bank, but this *Press* will cost \$500. Let me again make four (4) requests in regard to the *Press*:

1. Please contribute a story, idea, graphic, poem, slides of fields or equipment, or your recipe; and share with others a piece of yourself.
2. If there is a red line after your zip code on your label, I need the last "4" digits to avoid the 29¢ stamp. PLEASE HELP!

3. If you have a green slash on the label, your dues are way behind and this is your last *Press*. Send money to stay active. (The date over your name is when your membership expires! Renew Now!)
4. Send us a change of address card so I don't get your *Press* returned and don't know where to send it. Thanks.

Two publications: *The Natural Farmer* (RFD #@, Barre, MA 01005) and *Small Farmer's Journal* (P.O. Box 2805, Eugene OR 97402-2805) will both have future articles written by GSF members (which means more mail!) And there are a couple of events we've been invited to: August 15-16, City Gardener's Harvest Fair, Brooklyn, NY wants garlic producers — contact Jane Weissman (212-233-2926). Fox Run Vineyards, a winery on the west side of Seneca Lake, is having a Garlic Festival on July 25-26. Any GSF member want to attend and answer questions and sell stuff? Contact me ASAP!

I often get requests about cooking garlic and enclose a cooking chart if you use a microwave. I'll refer other cooking questions to "Ask Alice" in the future.

I want to mention a couple of friends who need recognition — one is Jayne Dudley, up in beautiful Sodus Point, NY, who keeps our computer lists and prints our labels and other valuable items, who is healing from an auto accident. I hope you heal quickly and learn well. The other is Rick Schmidt, a struggling farmer up in Northern NY, who gives me the courage to write these ramblings. Rick might get a frost every month this year — he's already batting 1000 and September's a sure bet. When's Carhart® going to start making swim suits? Thanks.

I'm not going to have much to contribute to this *Press*, but next time I'll have a translation of an interview with a garlic grower in Holland. A book review of Stan Cranford's *A Garlic Testament*, a listing of our farm names and places, and a list of jobs that you can help with! Happy Harvest, and I hope to see you in the Hudson Valley. (D.S.)

Micro Tip: Roasted Garlic by the Head

GARLIC	BROTH	OLIVE OIL	HIGH POWER	LOW POWER
1 head	¼ cup	1 tablespoon	4 minutes cooking. 5 minutes standing.	7 minutes cooking. 5 minutes standing.
2 heads	¼ cup	2 tablespoons	5 minutes cooking. 5 to 10 minutes standing.	10 minutes cooking. 5 to 10 minutes standing.
3 heads	¼ cup	3 tablespoons	6 to 8 minutes cooking. 10 minutes standing.	14 minutes cooking. 10 minutes standing.
To cook heads of garlic in a microwave oven, turn stem ends of the heads to expose the cloves. Use a 2-cup measure for one head, a 4-cup measure for more heads. Add chicken broth and oil to the measure. Cover tightly with microwave plastic wrap and cook at 100 percent power. Remove the heads from the oven and let them stand, covered. (New York Times, 2/12/92)				



OUT OF MY HEAD

Integrity is something I've been doing a lot of thinking about lately. In our culture, we are often defined by the products of our creative energies. As garlic producers and consumers, we are part of a symbiotic relationship with the earth and benefit by its regenerative powers of healing. It is in

this season that we begin to realize the fruits of our labors, while taking our integrity to market. As we are seeing more and more markets opening, through scapes and greens and the many creative uses of craft formed garlic products, we must continue to be accountable for quality in our products. We are the grass roots of a food system and we provide the cover crop for a sustainable future through our daily endeavors. We are more than what we eat, we are also what we buy and sell.

As an organization, our integrity is also an issue. We have a widely expanding membership base now and are being increasingly more of a resource for garlic lovers throughout the world. What this means is that we need more and more involvement from our members. Especially for those outside New York State, your data, records of planting dates and harvest times, variety trial experience, cultural habits, etc. are needed for our files. We are constantly trying to change the scope and aim of this newsletter and organization to better serve the needs of you folks out there reading this. To do this, we want to ask that you take some notes for us, or pass on more about your successes or failures. We also want to stay a bit ahead of things, to not only build our research files, but to also help in organizing this newsletter. So if you trial different timings on cutting scapes, or are using any unique cultural techniques, please send them along. Each issue we will call for data that will be used in future newsletters. For next issue, please begin to jot down notes on storage methods and marketing ideas that work for you or you are hoping to try.

This coming Garlic Day in Saugerties will be another test of our integrity as an organization. This issue ought to help convince you to be a part of this great opportunity to celebrate the harvest as well as demonstrate your garlic work in crafts or in good quality seed or bulbs for sale to consumers. We are anticipating a large turnout, with estimates as high as even one thousand people for the Sunday celebration, and we will be relied on to respond with our brightest faces and best bulbs. Being so close to New York City, there should be a market, limited to GSF members only for sale, for much garlic for consumption. Not only will Saturday be a great chance to display varieties, swap seed and just get together our membership and get stinky, but also on Sunday there will be a chance to bring out the wreaths and braids and all the wonderful ways we have of sharing the harvest.

Finally, on the theme of integrity, I would like to mention an article that we have been used in as a reference

for growing good garlic. The piece gives us national exposure as an organization and includes a wide spectrum, generalized view of the world of garlic. Scientific research is referenced using concentrated garlic tablets and mention of the odorless garlic extract exists. I take personal responsibility for consultation on this news release and want to make clear a few points. As an organization dedicated to growers and lovers of quality fresh garlic, we must make clear the fine line that exists between what we produce from the earth and what changes technology has brought to the market place. We do not endorse any garlic products as an organization, that are sold commercially. We are a scientific and educationally based group that will remain focused on the growing and use of unprocessed garlic. Not to undermine the progress that is taking place in the research field, or in medicinal and nutritional studies, it is our integrity, again, which lies in each year's harvest, that we wish to be judged by. It is our love of garlic that binds us in a healthy wrapper that we do not wish to jeopardize by compromising our efforts. Let us all work towards a future that is rich in the appreciation of our dedication to quality and growing better and better garlic for the world.

(B.D.)

GARLIC DITTIES

Garlic in a hurry
Garlic in a curry
or spread on bread
at least a head
to keep you free from worry.

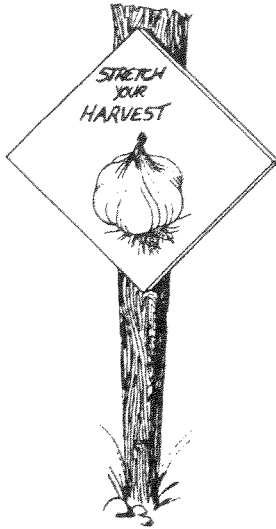
Garlic in a paste
Garlic as a baste
inside your oven
or sliced with lovin'
for tongue or nose to taste.

Garlic on the run
Garlic on a bun
inside your shoe
or with the flu
eat it by the ton!

Fall planted in the field
or early spring, well heeled
Garlic will grow
as you well know
just waiting to be peeled.

A Garlic grower from Rose
had told us with his nose
the Garlic was ripe
and in one swipe
had snatched it up with his toes.

FOOD FOR THOUGHT



This July, when you are going to harvest, why not think about leaving a row of your garlic in the ground and designating it for garlic greens. You may get one fall cutting and still be able to harvest once or twice next spring. When we visited Hillside Organics in Troy, NY and saw Grace Reynolds' operation, we were impressed by her greens. It was quite a sight to see. Where she had planted the whole bulbs in late fall, we could see an additional 25% growth in their height as opposed to her single clove plantings. Although leaving product in the ground may go against the grain of most of us growers, I notice that volunteers that come up in places where they were missed the previous year are quite hardy. There must be some relationship between whole bulb vigor and either the ability to hold heat better or the more massive root system that develops. Either way, it may be worth our while to keep trying new ideas like these and continue to share them with one another.

SPRING FLING

Our Spring Fling in Saugerties this year was a small gathering with a new twist. In a roundtable discussion that lasted all morning, we set agendas aside and spoke of our needs, concerns and expectations. At times like these one realizes how much we have in common. Sitting down with other growers or like-minded folks seems to be a way to share in many ways, and becomes true communication. There were no lectures at all, just a brief summation by Dave Stern of the current state of the organization, what changes and work need to be accomplished to get our non-profit status, and plans for Garlic Day. Pat Reppert gave us a wonderful overview of this fall's festivities. By working with the Kiwanis Club, we will be able to pool our energies, take advantage of their insurance, and use their expertise at organizing fund-raising events like food and craft booths. We look forward to rivalling the fall colors on the Hudson with our explosion of fall tastes.

During the morning, I was able to speak of some of my needs for the newsletter and to ask for criticisms. I stressed the need to gather more information from members, such as grower profiles, input on seasonal information, on different size bags for marketing, and lots of ideas for displaying and selling our product. Needless to say, the morning passed too quickly and we were off to dress our breath on a sumptuous lunch.

Garlic vapors filled the valley that afternoon, and it was a pleasant change to host Pat Reppert and her cooking club for a ramp (river garlic or wild leeks) party. First, Dave did the famous garlic slide show to whet everyone's appetites and provided chocolate covered garlic treats that were passed around. The show was a great hit as always, and is a great service for us to provide to consumer groups. Then out came the ramps and Pat was on a "rampage." A huge cooler full of ramps, donated by Dave, became the centerpiece of a

wonderful presentation and demonstration of ways to celebrate this great ritual spring food.

Dave and I went back to Pat's afterwards and met with representatives of the Kiwanis Club to work on plans for Garlic Day. We want to thank Pat for all her hard work. It really helps to have a member right there working to pull this off.

All in all, it was a full day with a nice small group of lovers of our favorite bulb and leads to what we hope will be part of the future of our organization. We are hoping that as things work out in Saugerties this fall, it will become a fixed annual event. Spring Flings can be more centered and rotated upstate, but ultimately, we are looking for volunteers to host in their areas' small local gatherings. Please contact us if you wish to do this in the future and we will do our best to support your efforts at tying our membership into a tighter braid.

The Garlic Press is produced seasonally for members of the Garlic Seed Foundation. Membership in the GSF is \$10 per year and includes this newsletter and reduced rates at official functions. All submissions for *The Garlic Press* should be sent to the editor, and are published at the discretion of the editor and dependent on available space and the relevancy of each issue's theme. Please address all correspondence of newsletter value to Bob Dunkel, 2079 Washburn Rd., Stanley, NY 14561.

MY LIFE STORY

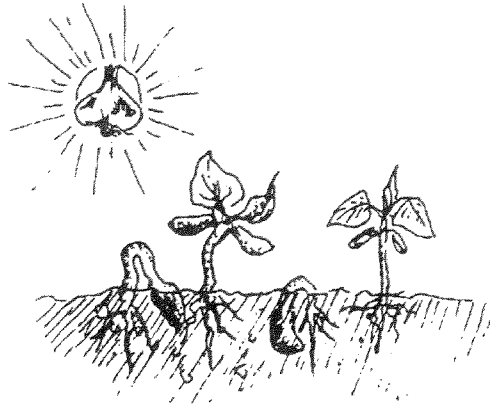
By Jove DeClove

I've had a wonderful life. Although I don't remember my mother well, because she exhausted herself raising the eight of us, I will never forget her energy for life. I'm sure she went to heaven on the great stalk stairway. All of us left behind grew very close. We had a wonderful, nurturing environment full of organic material and we were raised in a nice ethnically mixed bed. Nearby were Asians, Russians, South Americans and other families, and to the north were forests of wild elephants. Our softleaved cousins were in the bed to the south.

As time went by there were great changes. After our mother's passing there was a great father-like energy that raised us from above ground. We affectionately called him Spathe, and when he was taken by the grinning reaper we really underwent strange new growth. We all grew quite fat and happy until we were drafted into our careers, our true life's work.

Being uprooted from our environment was not quite as upsetting an experience as it could have been because our steward was a gentle harvester. Our first couple of days in the world of light were spent on R&R (resting and relaxing) in the sun and wind until we were taken to the work place. We hung around a while and even lost a little weight, but we were becoming lean and clean eating machines, and we were ready for anything. No one could call us green; we weren't wet behind the ears any more, and it was time to be selected into our functional areas or fields of expertise.

Some of us went into careers as culinary consultants, experts on taste. Others went into the healing corps. Some were selected to be greens and work for the environment of kitchens. I was lucky enough to be one of the keepers. Many of my siblings and cousins were taken to farm markets to charm the crowds, but I, who was always a happy strapping clove, was given a special assignment: I was to be a mother! There was a new tract going in that fall and I was given a home at the end of the third row. How lucky could a clove be!



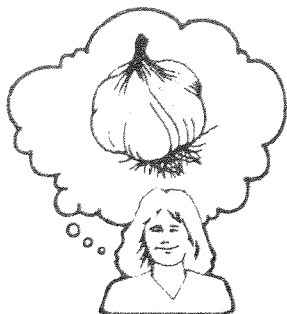
That winter I was also fortunate and was given a nice mulch blanket to keep me warm. I could go on and one with stories of that wild winter and my life in the underground, but alas, it makes me too nostalgic. Even though I had been called "Stinky," when I was younger, I now had become a real mother! I had common scents it was true, but you know I wouldn't have it any other way.

My father energy, whom I met in the underground and who seems like a part of me, is on a long journey into the world of light, and I am growing weak and tired. I feel like a fragment of my former self, but such is life. I've had a scentsational time, and I know my children have my best traits. They all look like me. As for common scents, in this neighborhood anything can happen, but I'm willing to say they would lay down their lives for a friend. That's the difference in coming from a good bulb with a happy wrapper. What more can I say, there is nothing left.

CULTURE CORNER

(timely tidbits for the traveling alliophile)

- | | |
|----------|--|
| English: | Instead of complaining about our breath, you'd better buy a cookbook and learn how to cook! |
| Dutch: | Zou U Zich niet beter orn Uw toilethygiëne kunnen bekommeren in plaats van over onze knoflookadem te gaan zeuren? |
| Spanish: | ¿No es mejor que usted se ocupe de limpiar su lavabo que no que nos dé la lata con respecto a nuestro aliento de ajo? |
| French: | Notre haleine à l'ail est pourtant beuacoup plus hygienique en surtout plus agréable que l'odeur des toilettes Françaises. |
| Italian: | Non sarebbe meglio que Lei si preoccupa dei Suoi gabinetti in luogo di seccare di nostro allito d'aglio. |



ASK ALICE? (IS ALICE IN?)



Alice — *does anyone ever really know the right time to harvest garlic, or is it anyone's guess?* Anita Klue, Little Bulb, Arkansas.

Well Anita, it looks like you asked the big question. It is anyone's guess — at least that's what what one would gather looking at the wide variety of recommendations that are in various literature. Some folks are out there pinching or smelling, counting leaves, taking percentage of dying leaf material and even waiting for their plants to fall over and die, and in some cases helping them do so. Others pluck them out of the ground, and in one deft flip of the wrist, plunk them against their forehead to test for firmness and hear the crackling sound of perfect sheath dryness. Some people just go out on the same day each year and do the do. Anita, Anita Klue, let me tell you, you'd better do what works best for you. As a recommendation, however, how about trying this: Take a knife with you to the field and randomly pick out a few garlies to test. Make a horizontal cut through the bulb so that you can examine the individual cloves within the wrappers. The sheath spacing at or near optimum harvest time will begin to shrink away from the midstem in a topsetting garlic, or in softnecks will recede from one another. This should be a signal that moisture is past peak and yet there is still time before the outer wrapper begins to decay. By the way, if any of our readers have any sure-fire method of determining ripeness, or have any luck with the above method, send me a note and I'll feel better about giving Anita a clue.

Alice — *I am a garlic grower new to this country. Can you help explain the meaning of the expression "heads up?" I've always hung my garlic with the heads down. Is there something I'm missing?* Emma Grint, Ellis Island, NY.

This is a tricky question, Emma. The curing process in alliums is one that has been long debated. Some folks windrow their crop and sun or air cure their garlic in the field for a day or two before taking it to a drying shed or barn for storage. Your confusion comes from our language. In our country people are somewhat confused and do keep their heads up, but they resemble plants whose bulbs are growing in the wrong direction: their heads are on their shoulders, but they have lost their roots. You, however Emma, seem to be more in touch with the earth and are keeping your head down in more ways than one. Just to make sure, and while you're hanging around the country, let's ask our readers to write and explain just how they keep their heads.

Alice — *How much mulch can a mulcher mulch if the mulching mulchers mulched?* Milton Mulchmeiser, Big Straw, Utah.

Much more mulch than a mulcher's mulch could mulch if never mulched. Milton, this sounds like mulch ado about mulching . . .

Dear Alice: *As a desperate farmer trying to get a bit more out of my crop, I want to plant those cloves that have been nicked or damaged. What will happen? Also, I guess I've been out in the sticks too long and haven't the slightest idea how to oven-roast garlic. Please tell how.* Hungry, Santa Cruz, CA.

Well you may be hungry indeed, but I hope your last name isn't desperate. Before you plant every clove or piece of garlic you can to increase your next year's harvest, consider what risk you may be taking by inviting disease organisms into your field or garlic plot. Remember that the basal plate (the hard scab at the clove's bottom) is the true stem of the future garlic, and damage to it can result in a less vigorous plant and/or clove rot. The general rule is to plant out the best cloves of your best bulbs and avoid damage or disease of any kind. Otherwise you may pay a much higher price at the other end of the season, and even bruising can invite fungi or diseases that can spread.

As far as the oven-roasted garlic goes, the top of the bulb should be sliced horizontally, to allow moisture to escape from each clove. Olive oil and even some basal or oregano can be basted on the exposed cloves to lock in flavor and keep bulbs from sticking to the pan. Twenty minutes, usually at 350° should about do it. The garlic can be checked with a fork for softness and spreadability. Larger bulbs, and especially elephant garlic, are recommended to allow easy access by knife tip to be spread on bread. A slice of brie or other cheese added to the oven for the last 5 minutes makes a wonderful addition. Now I'm sure you must be hungry. . .



ROASTED GARLIC & WALNUT PASTA

1 bulb garlic
¼ cup stock
½ cup walnut pieces
½ cup olive oil
3 T. roasted Garlic purée
1 T. coarsely ground walnuts
8 oz. linguine
1 T. chopped fresh parsley
salt & ground pepper to taste

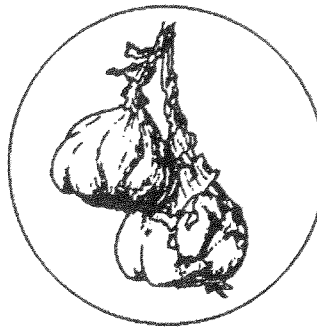
1. Preheat oven 350°F
2. Leaving garlic intact, remove the papery skin.
3. Place in a small roasting pan. Add the stock, and bake until the cloves are very tender, 1¼ hours. Remove from oven and cool completely. Leave oven on.
4. Spread out the ½ cup of walnuts on a baking sheet and place in oven. Toast, stirring once or twice, for 5 minutes. Set aside.
5. Heat the oil in a small skillet. Add the garlic purée and ground walnuts, and sauté over low heat for 5 minutes.
6. Meanwhile, bring a large pot of water to a boil. Add the linguine, and bring to a rolling boil until just tender. Drain.
7. Slip the cloves of roasted garlic out of their skins. Add them to the skillet along with the toasted walnuts, parsley and salt and pepper. Stir well.
8. Toss with hot pasta and serve immediately. 2 portions.

CREAMED ONIONS

We've gathered our lilies, bathed them in cream, and dusted them with nutmeg for a most extravagant combination.

12 Shallots
12 cloves Garlic
2½ cups of pearl onions
10 scallions
2 bunches of fresh chives
4 T. unsalted butter (½ stick)
¼ cup unbleached all-purpose flour
2 cups heavy or whipping cream
pinch of nutmeg
salt and pepper to taste

1. Place shallots and garlic in a small saucepan. Add water to cover and bring to a boil. Reduce the heat and simmer until tender (7-10 minutes). Drain and set aside.
2. Cut a small X in the root end of each pearl onion, being careful not to cut completely through the end. Bring a saucepan of water to a boil. Drop the onions into saucepan, then reduce heat and simmer until tender (about 15 minutes). Drain, peel, and set aside.
3. Trim roots and green stems from scallions. Bring a saucepan of water to a boil. Drop scallions into saucepan and cook 5 minutes. Drain and reserve.
4. Snip the chives into small pieces; you should have 5-6 tablespoons. Set Aside.
5. Melt the butter in a saucepan and add the flour. Cook over low heat for 5 minutes, stirring occasionally. While stirring with a wire whisk, slowly add the cream in a steady stream. Continue cooking and whisking until the sauce has thickened (7-10 minutes). Add the nutmeg and salt and pepper.
6. Stir the shallots, garlic, pearl onions, scallions, and chives into the cream sauce. Heat through (4 minutes), and serve immediately.



From
The New Basics Cookbook
by Julee Rosso
and Sheila Lukins

BAKED GARLIC & ONION CREAM SOUP

6 large onions cut in ½" slices
2 bulbs of garlic, peeled
5 cups stock
1½ tsp. thyme leaves
1 tsp coarsely ground black pepper
1 tsp course (Kosher) salt
4 T. (½ stel) unsalted butter
2 cups heavy or whipping cream
2 T. chopped fresh Italian (flat leaf) parsley for garnish

1. Preheat oven to 350°F
2. Place onions and garlic in a shallow roasting pan and add 3 cups of stock. Sprinkle with the thyme, pepper and coarse salt. Dot with butter.
3. Cover the pan and bake for 1½ hours. Stir once or twice while it is baking.
4. Remove the pan from the oven and purée the onions and garlic with the liquid, in batches, in a blender or processor until smooth. With motor on, add remaining 2 cups of stock and the cream. Pour the soup into a large saucepan.
5. Adjust the seasonings and slowly heat through. Do not allow the soup to boil. Sprinkle with the parsley and serve. 6-8 portions.

STIR FRIED GREEN BEANS WITH GARLIC

2 Tbs. oil
1 lb. green beans (trimmed and broken in half)
6 cloves garlic (minced)
½ tsp. (seed) salt
1 Tbs. soy sauce

Heat in wok or skillet and stir=fry beans and garlic for 5 minutes on high heat.

Add Salt and soy sauce, cover, lower heat and stew 5 minutes.

Serves 4

OR

Replace with broccoli using flowers and stems that are paired and sliced into thin sticks.

FERTILE GARLIC FOUND!

One of the most commonly asked questions of the Garlic Seed Foundation is, "Where can I get seed?" I then have to say that garlic isn't fertile, that is, it does not produce a true "seed" as defined in Webster: "The small body produced by flowering plants which contains an embryo capable of developing by germination, a fertilized and ripened ovule." Then comes the question, "I've got that top-setting type, and if I let that stalk develop and that scape opens, don't I see flowers, and don't those flowers produce those big round seeds?" Yes, there are flowers, but usually not fertile, true flowers capable of fertilization. And those "big round seeds" above ground are bulbils, not "seed," by definition coming from two parents, but another form/method of vegetative propagation. And it continues to get even more confusing the deeper one investigates.

Was garlic ever sexual—producing true flowers that produced true and viable seed? Yes! We have known that at one time it was possible, and indeed, *Allium* researchers like Phil Simon in Madison, Wisconsin have done this in the laboratory (micro-surgery on the scape and pollinating with select lines). Japanese researchers at Kagoshima University (1988) have isolated garlic strains from Soviet Central Asia for probable seed production and germinability. What happened to this sexuality? Well, we don't know, and can only guess, and some of the guesses make us ask even more questions!

My guess is that the garlic farmers of the day made their selections on size and how well a specific cultivar stored (in the cave) all winter. What pest controls did they use, however, and which cultivars didn't need them? Genetic diversity had little meaning when the struggle was to stay alive! The domestication of garlic meant a strong selection against sex—different parents. When they found what they wanted, they probably didn't waste time on the "other stuff." We know, from our own evolution, the value of sex (besides being great exercise!) and the enormous diversity and complexity it's given our species and cultures. It's also kept us ahead of stronger and faster predators, and ahead of the pathogens.

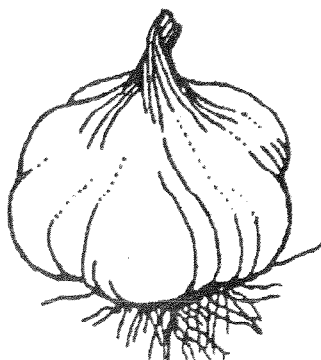
Anyway, the vast majority of garlic produced in the world today comes from planting the clove, which is vegetative material from the mother plant, and all cloves from that single mother are daughters, and will reproduce consistent to that specific cultivar. We remove the scape from the bolting (or top-setting varieties) so never allow flowers to even be formed! Vegetative propagation certainly has its advantages (easy selectivity, true to cultivar characteristics, and vigorous, viable planting material) and disadvantages, namely the easy spread of viruses that are difficult to eradicate or control, which causes the rapid decline in commercial yields. This vegetative system often produces degenerative (destructive) processes that make it impossible to repair or improve from the original "mother" material.

In the field near the Town of Caiazzo, in the province of Caserta of the Campania region of Italy, a garlic was found that produced a floral scape and fertile seeds. This was in 1986, and the genetic and economic importance and value were quickly realized. Seed was collected, taken to research lands and reproduced, again producing fertile (80% germination rate) seed. Trials continue in Italy, and we await more information.

Probably, Italy was the second center of diversity for garlic, behind the once-Soviet lands of Central Asia and home of *Allium longicuspis*, the (probable) wild parent of our garlic today. It is in these places that material evolved with many, many varieties and opportunities to mix and match (some kind of wild sex orgy!) The fact that this fertile garlic is also a tetraploid (4 sets of chromosomes) is exciting to the breeders because it gives them enormous diversity to be able to genetically play with this plant. Most of the garlic grown in our fields is diploid—only two sets of chromosomes. This research will take many years to develop, but it is an important breakthrough in getting more sex back into our fields. The *Press* will publish more on this as it comes available. (D.S. — *Economic Botany*, Vol. 45, 1991).

BULBWISER

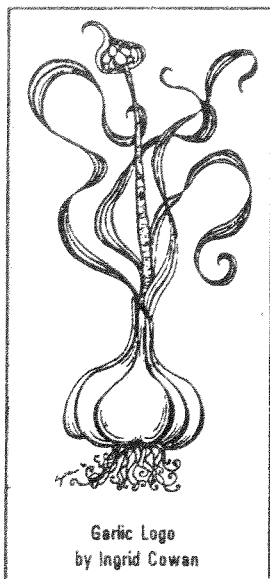
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This bulb's for you!*

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Hudson Valley Garlic Festival

Sponsored by Kiwanis Club of Saugerties

Sunday, September 27, 1992
Cantine Field, Saugerties, NY
12 noon to 5 PM
Admission FREE

FOR INFORMATION

Patricia K. Reppert
 Shale Hill Farm & Herb Gardens
 6856 Hommelville Road
 Saugerties, NY 12477
 Tel: (914) 246-3642

OR

Dr. Richard Kappler
 Kiwanis Club of Saugerties
 141 Ulster Avenue
 Saugerties, NY 12477
 Tel: (914) 246-3642

The scent of garlic will be wafting on every breeze in Saugerties, NY as The Hudson Valley Garlic Festival goes into full swing on Sunday, September 27, 1992 from 12 noon to 5 p.m. Hundreds of "garlic lovers" from throughout the northeast will be gathering to sample freshly cooked garlic-doused food created by the Valley's best chefs. A major Crafts Show & Sale will be held in conjunction with the Festival, featuring craftsmen with garlic-related items among their handcrafted wares.

Certainly, the garlic breezes will be strong at the "Taste of the Gods," an ongoing cooking demonstration by the area's outstanding chefs. Garlic farmers from across New York State will be selling their freshly harvested, organically grown garlic in the Farmers' Market. Experts from the Garlic Seed Foundation will lecture on the culture and harvest of garlic as well as the medicinal aspects of this versatile plant and will show individuals how to

actually plant garlic and how to braid the mature plant into attractive braids and wreaths. The Co-operative Extensions of each of the counties in the Mid-Hudson region will have displays and master gardeners on hand to answer questions about gardening in general.

Cooking enthusiasts are encouraged to enter their favorite garlic specialties in the Amateur Garlic Cook-off, which will be judged by a distinguished panel of gourmets. Throughout the afternoon there will be raffles, drawings and door prizes awarded and the Saugerties Community Band will entertain the crowds.

All of the events will be centered in Cantine Field, which is located just off Market Street at the outskirts of the Village of Saugerties. Admission to the Festival is free, and the food and crafts may be purchased.

NEED LODGING?

On behalf of the **Hojo Inn**, Saugerties and Kingston, NY, I would like to extend a special rate of \$39.00 single and \$49.00 double, for your upcoming Garlic Festival to be held in Saugerties, on September 26-27, 1992.

We will hold a block of rooms at Saugerties and Kingston both:

Saugerties:	20 doubles	10 singles
Kingston:	10 doubles	5 singles

We will guarantee this rate until September 12, 1992. Thereafter, the rate will be based upon availability.

Reservations may be made by contacting the hotels directly at:

Saugerties	914-246-9511
Kingston	914-338-4200

Pat Van Valkenburg
 Sales Manager
 Hojo Inn
 Saugerties and Kingston, NY

GARLIC SEED FOUNDATION VARIETY TRIALS: HARVEST APPROACHES

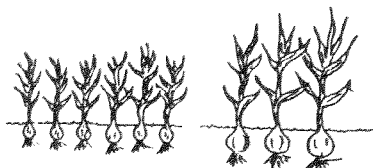
Our GSF variety trials continue to grow, although all of our test sites indicate it's been a slow season. As harvest approaches, you may want to take advantage of an opportunity to visit the test sites and see the trials for themselves. Information on yield and plant characteristics will be collected, analyzed, and the results summarized to share with all members at our upcoming meeting in Saugerties, as well as in the GSF Newsletter; however, nothing beats seeing the plants (and your fellow GSF members) right in the field!

Since the 13 test sites are scattered geographically, GSF members should check the list below for a cooperator in your area. Rather than set a specific time for visits, cooperators have requested that individuals wishing to see a particular trial contact the cooperator directly by phone to schedule a visit. Obviously, these are busy times, and it may be difficult to contact cooperators during daylight hours. Please remember that cooperators have a lot to do

in addition to participating in the trials, so be flexible in arranging visits and accommodate yourself to the cooperators' schedules.

As reported in the previous newsletter, a number of GSF members have asked to participate as cooperators in future trials. There is plenty of room for more! All we ask is that you make a commitment to provide some growing space, follow our trial format, take systematic data and provide the results for analysis. The GSF will identify test varieties, prepare and distribute seed stock, supply data sheets, analyze and summarize data, and publicize results. If you would like to join the effort, drop a line to the following address:

Jim McFerson
USDA-ARS Plant Genetic Resources Unit
Cornell University
Geneva, NY 14456-0462



GSF VARIETY TRIAL SITES

COOPERATOR(S)	FARM NAME	STREET	CITY	ST	ZIP	TELEPHONE
Ron Bennett	Locust Lake Farm	1870 Strong Rd	Victor	NY	14564	716-657-7505
Mike Conway		43 Doges Promenade	Lindenhurst	NY	11757	516-957-4332
Bob Dunkel & Jim McFerson		417 Billsboro Rd	Geneva	NY	14456	315-789-8675
Steve Gilman & Sherrie Mickel	Ruckytucks Farm	130 Ruckytuck Rd.	Stillwater	NY	12170	518-583-4613
Dave Loparco	Plant Pathology Dept	Cornell University	Ithaca	NY	14853-5908	607-255-7875
Bob Yerina, Sr., & Doug Bowne	Garlic Delite Farm	RD 1, Box 13	Little Falls	NY	13365	315-823-1241
David Piedmont		16797 Lynch Rd	Holley	NY	14470	716-638-6461
Paul Hogash		6147 Gillie Brook Rd	Memphis	NY	13117	315-672-3706
Grace Reynolds		RD 1, Carrolls Grove Rd	Troy	NY	12180	518-279-9637
Paul Ruhland		9015 Fargo Rd	Stafford	NY	14143	716-343-9170
Stern		RR 1, Box 608	Hardwick	VT	05843	802-472-5710
Carol Stull	CRS Growers	2622 N. Triphammer	Ithaca	NY	14850	607-257-0256
John & Pat Sedlock	Sedlock Farms	Rt 1, Box 136	Lynn Center	IL	61262	309-476-8284

ORDER FORM

T-SHIRTS S — M — L (Tan, Watermelon, Lilac, White) *Limited Supply*

_____ X \$ 9.00 = _____

GARLIC KEEPERS (2 Designs) A.



B.



Design A

_____ X \$18.00 = _____

Design B

_____ X \$18.00 = _____

GSF GARLIC BIBLIOGRAPHY (1989 — 180 Selections, 10 pgs.)

_____ X \$ 3.00 = _____

GSF/CORNELL REPORT #387 (1990 Garlic, 10 pgs.) *Note: included with membership

_____ X \$ 3.00 = _____

CANADIAN GARLIC REPORT (Dr. Brammall, 6 pgs., Summer 1990)

_____ X \$ 2.00 = _____

WORLD GARLIC CONGRESS ABSTRACTS (48 pgs.)

_____ X \$ 8.00 = _____

EARLY FACT SHEET & SMALL BIBLIOGRAPHY (10 pgs.)

_____ X \$ 3.00 = _____

GIFT OF THE GODS VIDEO

_____ X \$30.00 = _____

MEMBERSHIP IN GARLIC SEED FOUNDATION (includes *GARLIC PRESS* subscription)

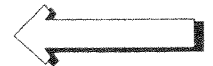
(per year) \$10.00 = _____

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

TOTAL _____



— DO YOU HAVE SEED GARLIC FOR SALE ? —



- NEED FESTIVAL BOOTH SPACE? -

If you are planning to have planting material for sale next Fall (1992) or want to reserve booth space in the marketplace tent, please fill out and return the form below by August 7, 1992. The GSF will put a listing together from the information that you supply and make it available to those who inquire. We'll be sure to say that this information is subject to change. Information and regulations about booth space will be sent to all who return this form.

Return by August 7 to:

Garlic Seed Foundation
Rose Valley Farm
Rose, NY 14542-0149

(Check Area of Interest)

- ☐ Garlic Sale Items
☐ Booth Reservation

NAME/FARM _____

ADDRESS _____

_____ ZIP _____

TELEPHONE _____ TIME TO CALL _____

ITEMS: (What, how much, type, price and availability of garlic): _____

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LABEL GREEN? Time to
renew membership!

*Hudson Valley Garlic Festival
Harvest Field Trials
Fertile Garlic*

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

HOW MAY WE HELP YOU?

We have many members scattered throughout the country. How can we help you with meetings, festivals, or whatever your interest or concern in your part of the country?

We could give you a list or labels (by zip) of members in any state or geographic location.

Please contact the GSF (D.S.)