



The Garlic Press

File
Season's Greetings

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

WINTER 1992-93

#15

GARLIC DAY '92, SAUGERTIES, NY

When 4000+ people show up for a festival in the rain you know something extraordinary must be taking place. Well, that is what happened in Saugerties on the day after the GSF annual Garlic Day. It was a busy weekend for all of us and a wonderful blend of informality and the sharing of experiences. Saturday morning brought on a steady assemblage of "allio-philes" who had gone many a rain-soaked mile to celebrate their breath and import the bounty of a tough year's harvest.

Each year seems timeless in some ways as the mixture of old friends and enthusiastic newcomers sets the stage for a breathtaking and breathtaking extravaganza! Unlike past years, where the flurry of agendas and speakers and trial testings somehow left us all with not enough time, a very relaxed and flowing atmosphere prevailed. Some business was expeditiously handled early on, involving the continuing need for more official organization and the creation of a bona fide board of directors. Unfortunately, it becomes awkward to make decisions with only 10% of the membership being logistically or geographically able to attend. So Dave Stern and I continue to create a very limited set of checks and balances on the business end of things and hopefully await the barrage of volunteers who are soon to commit to the garlicization of a new world.

After a brief plea on my behalf for more member input for this newsletter, we were able to move on to the type of

open meeting that becomes a free for all of garlic-popping questions. Interspersed with some great slides from growers and quite an array of marketing techniques, the morning passed quickly and it was time for the feast. We had garlic breads and garlic beer, garlic salads and garlic snacks, pastas and beans with garlic delite and garlic desserts to last us all night!

The afternoon session was stinky and full of good cheer. Grace Reynolds and Bob Yerina, along with Seth and Martha of Slack Hollow Farm, took us on a visual journey to work off all that allium inhalation. Last minute details on the next day's Garlic Festival were covered by Pat Reppart, to whom go our fondest and fullest garlic breaths of thanks for all the hard work she and Dave Stern did in coordinating this gala garlathon.

The last activity of the day could become tradition as Bob Yerina performed a hands-on braiding demonstration, this year using a single wire frame in a circle to create an amazingly simple and beautiful wreath.

So as the sun set upon the sulfurous skies of Saugerties, and with a slight rumble of indigestive fervor, we all settled in to a slumber of dreams in restless anticipation of the morrow.

B.D.

HUDSON VALLEY GARLIC FESTIVAL EXCEEDS ALL EXPECTATIONS

The Hudson Valley Garlic Festival took off like a runaway roller coaster on Sunday, September 27, 1992 at Cantine Field in Saugerties, NY. Garlic lovers by the thousands braved drizzling rain and dreary skies to feast on gourmet garlic dishes and share in the fun at the annual festival.

The attendance surprised everyone as pre-festival estimates were in the 1000 to 3000 range with good weather. When between 4000 to 5000 people came, in spite of the rain, it caught everyone off guard. By the middle of the afternoon many of the vendors ran out of food.

The Thornden Morris Dancing Team and the Pokingbrook Team livened up the activities with their exuberant dancing and the general sound of bells wherever they walked.

There were 24 food vendors selling delicious garlic food—Roast Pig with Garlic BBQ sauce; Babaganous and other Middle Eastern Specialties; Gyros; Corn on the Cob with Fresh Garlic & Herb Butter; Mussels Steamed in Wine, Garlic & Fresh Herbs; Garlic Calzones; Garlic Pizzas; Foccaccia with sundried Tomatoes; Goat Cheese and Garlic; Roasted Fresh Corn & Garlic Chowder; Shrimp Scampi; Soft Shell Crab Sandwiches with Aioli and many others. Some of the top

restaurants of the Hudson Valley were vending food, which made for exceptionally high quality.

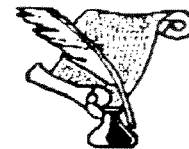
"Taste of the Gods," the chefs' cooking demonstration, drew huge crowds. Four of the top area chefs participated, as did authors Charlene Braida, who wrote *Glorious Garlic*, and Sal Gilbertie, who wrote *Kitchen Herbs*.

The Garlic Seed Foundation farmers were besieged with people looking for fresh garlic and answers to questions on how to grow garlic, etc. The garlic lectures given by experts in the field, such as Dr. Eric Block of SUNY in Albany, Jim McFerson of Cornell University, David Stern and Bob Yerina, were all well attended. People were hungry not only for the great garlic food but also for information.

Phone calls have continued in the weeks following the Festival. Many people wanted to know if we had postponed it because of the rain and when it was going to be held. Many people wanted to be notified of next year's festival, Japanese television being one of them. The Kiwanis Club has already begun organizational meetings in preparation for next year's festival.

— Pat Reppart

DIRECTOR'S NOTES



The weather has not been kind to us in Rose these past 6 months. Here it is at Christmas. I want to see fields white and deep. I want the insulation and protection. But they are still brown. It's strange that I now should want moisture. From late June and through July we had 25" of rain. We averaged $\frac{3}{4}$ " of rain per day for 35 days! Amazing that we're still here. We learned a lot about ourselves and each others, our equipment, crops, and the land. I felt so victimized ... "Why Me?" And I know that many of you have similar things to deal with, and worse. I need to think about tomorrow instead of yesterday, so I'm glad to have learned to survive (physically and mentally) and I'm thankful for the knowledge gained — including hydroponic garlic.

The summer of 1991 was probably one of the very best summers I'd ever experienced: warm, hot, fast, and long. Almost drought, but sufficient rains and lots of degree days. Good garlic yields, uniform and tight, easy to clean, stored great, almost no disease and enjoyable to walk with and market. As a farmer, I felt proud and thankful. Summer 1992 was the opposite. I'm still thankful ... and, for the opportunity in 1993.

Saugerties was a blast — 5000 people with bad breath! It even rained for me (lest I forget home). Garlic festivals are good for your business. They take a lot of work and

people, but they draw people, press, patrons, and profits. Garlic makes people smile. Try it! Walk up to someone's face and say: "Garlic." They'll smile, then sniff your breath. I'll put some information on festivals together from the notes others have put together and sent me. Garlic makes people think about healthy, good food. A local restaurant can host a festival: a month of specials with your herb! A community pot luck dish-to-pass and show the video! Try to be creative with your marketing.

Again this winter I'm able to visit with some of you in Pennsylvania and the Northeast. I look forward to meeting you all. I had hopes of a Midwest/Northern Plains and Northwest trip. Maybe next year.

Between each issue of the *Press* I collect an odd assortment of related items and information, mostly from you or about you and much worthy of recognition. Henceforth, this shall be called the "Allio-file" and be attached to, or detached from, "Director's Notes" and I take full and direct responsibility.

I sincerely hope that your holidays were enjoyable and I wish you all good health, good growing, prosperity and bad breath in 1993.

— D.S.

HOW CAN YOU HELP THE FOUNDATION?

Thanks for asking! There are a couple of jobs that we've wanted to ask you about:

1. Design a T-shirt (graphic or slogan) for us to produce and sell. We're *almost* sold out of the original 40 dozen we printed in 1988! We'll give you a few free for your effort.
2. Help with the *press*. How? Write some of your ideas or interview that person who turned *you* onto garlic. Recipes, jokes, ask some questions to others, artwork and other graphics, garlic song or poem ... Thanks!
3. Who can catalog and duplicate back issue of the *Press* for sale to new members?
4. Organize a regional gathering with other GSF members, farmers, consumers. We'll help!
5. Take some slides of your garlic, farm, equipment, inventions, dog and kids and crazy stuff and contribute them to the GSF. We learn from each other, and slides allow our systems and ideas to travel.
6. We need some legal advice and assistance to legalize and incorporate in New York State. We can pay in T-shirts, garlic, and appreciation.
7. Does anyone want to keep our organizational books and membership records?

8. Are you addicted to xeroxing? If you feel the need to do more, and have cheap/free easy access, we always need help keeping copies of our publications available at meetings and mail order.

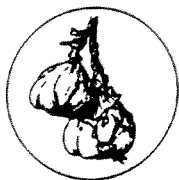
9. THINK OF SOMETHING YOU LIKE AND WANT TO DO!

HOW CAN THE FOUNDATION HELP YOU?

In Central New York, Clair and Keith Culver are organizing fellow garlic growers: Field days, a booth at the State Fair, cooperative marketing ideas, regional chapter and some winter meetings! 3000 miles west, in Oregon, Bill Thomas will be contacting GSF members for ideas and suggestions. This little Foundation can help you with mailing lists of members and some ideas, but local energy and creativity are needed to make it happen. Please use the *Press* to share ideas or make proposals.

It only takes a few phone calls to set up a place, a xerox machine to run off some flyers, use existing Ag/Consumer press (including gardening columns) to spread the word, locate and invite an interesting speaker or host an informal field day at your farm, share information and ideas and problems! Maybe you could get garlic on the agenda for the Direct Marketing of Vegetable conferences in your area or state. We can help in a number of ways. You start the ball rolling!

— D.S.



ALLIO-FILE



- The Second Annual Director's Awards were presented to the 1992 recipients in Saugerties, NY last September. Pat Reppart and Jim McFerson are this year's big winners. Pat, a longtime member and supporter, was the key individual who pulls off and puts together the Hudson Valley Garlic Festival. Jim has started the formal evaluation work of the garlies in our collection. They join Doug Bowne, Eric Block, and Bob Dunkel as Keepers of the "Crystal Garlic."
- Congratulations to WISE® Potato Chips (Borden, Inc., Columbus, Ohio) for their wise decision to introduce the "Onion and Garlic" flavor to their complete line of worthless foods (I love potatoes and support the farmers who grow them, and nothing against Earl Wise or his reputation). This is the first such garlic introduction, and we're glad to see them. No nutritional claims here! There's not much to say when 6 chips equals 150 calories and 10 grams of fat!
- Bob Dunkel and I would like to thank you for your letters, holiday cards, business cards, and samples of garlic. It's great to hear from you!
- The Stinking Rose enters Rose Bowl Parade! This year's California Polytechnic State University at San Luis Obispo and Pomona float was #44 in the flotilla and, in part, made of garlic!
- Many of us have heard the theory and research about cultivating row crops at night (dark) preventing certain weed seeds from germinating. My big laugh was how do you cultivate in the dark when it's so difficult to do well in sunlight! Liz Maynard, now working with farmers in Indiana, suggests putting green cellophane over the head/tail tractor lights. OK!
- Be on the lookout for a garlic article in *National Gardening* magazine. Ms. Vickie Congden, staff writer, was secretly interviewing garlic farmers at the Hudson Valley Festival!
- Each issue of the *Press* costs about \$500: typing/layout \$50, membership lists and labels \$50, photocopying \$250 and mailing \$150.
- CORRECTION from last *Press*, Director's Notes — Thanks were to go to **FRANK** Pollock, the Father of All "Garlic Greens," not RON.
- Many thanks to everyone who helped put the Hudson Valley Festival together: Pat and "Rep" Reppart, Dr. Erick Block and Dr. Jim McFerson, Bob Yerina, Dr. Richard Kappler, and the Kiwanis Club of Saugerties, the town folks of Saugerties that made us feel so welcome, and for help at the GSF Booth: Joanna Poncavage, John McMahon, Bob Dunkel, Lynn Saylor and Leslie Wiede. You all kept things together and sold over 60 pair of our beautiful garlic earrings!
- There were also festivals at the Peconic River Herb Farm on Long Island this fall; Virginia, in the fall; Camp Verde, Arizona last June; and at Fox Run Winery in Penn Yan, NY in July. Please send us information that you might have *before* the event, long before, so we can have it in the *Press*.
- Congratulations to Canadian member Frank Wiebe, who despite the wet season, had a great garlic crop and a 4th place ribbon at the Royal Winter Fair in Toronto!
- A new shipment of garlic videos just arrived! Order quick!
- The K-B chain of Toy Stores carries a rack of "Joke Gifts" — such specialties as plastic vomit and dog crap, "Burn-your-tongue-off" fireballs, plastic ice cubes with bugs, and Garlic Bubble Gum! Incredible stuff! With each chew your "victim" gets a taste of sunny Italy. MAMA MIA! I bought out several stores in perfect time for the holidays. Watch for it!
- There's an ad in this *Press* for the Garlic Squeezeo. I realize that it's not cheap, but look at it as an investment. This is the *Press* you will lovingly pass down to your children, and they to their kids, and so on. You are buying a new family heirloom. You might guess that I'd have a collection of such tools — You're right! But this is the one that lives in the kitchen sink strainer! It's *not* going to fall apart, and it's easy to clean. For eaters serious about their garlic!
- On the 4-Lane the other day this 40' tractor trailer goes by with a big GSF on the side — Golden State Foods, Ronald McDonald's Distribution Company!
- A BIG thumbs down to Century Importing of Reston, Virginia, who have slandered our brothers and sisters in garlic of the great City of Brother Love, Philadelphia, PA. Their commercials for O.V.® Beer imply that people of garlic are in some way "beneath" others in terms of quality of life. I might suggest they put down the bottle of booze and pick up a fork full of pasta! I might also suggest an immediate apology to those offended. I further suggest we initiate a nationwide boycott of this product for their insensitive discrimination! "No More O.V. Beer! IT STINKS!"
- 1993 Hudson Valley Garlic Festival, September 26, Cantine Field, 10 AM to 5 PM, Saugerties, NY.

— D.S.



OUT OF MY HEAD

Sometimes a great notion comes along and perpetuates our sense of continuity. As I write these words I wish I could say that my garlic is all in the ground. It's November 1, and much planting lies ahead. Humbling as it is to

admit, perhaps we are not always able to plan our work schedules, planting, topping or harvest dates, or to predict our markets. Maybe, though, we become more observant and a little more patient and wait for windows in time to appear. Readiness is all important as we watch and wait and prepare our actions while remaining flexible to alternatives. (As you can see, this year has been a confusing one for me! Let me sum it up by saying what I remember about 1992—IT RAINED!)

It seems that no matter where we are located, the weathers and climates are changing. Normal is getting harder and harder to define, and we must suspend ourselves in a state of flux. What may have worked in the past may not work in the future. That's where the work of the GSF can be our saving grace. By pooling information and getting to know other growers in our region, we can gather in lifetimes of learning with unlimited variables and applications and thereby redefine resourcefulness. By becoming inter-dependent cooperators, we are actively empowering ourselves to be better at interpreting conditions, choosing methodologies, and continuing to trial new varieties or techniques.

Taking this concept another step, we reach a scenario where competition isn't the only determination in our ability to survive. We become more equitable as we become unique and secure in our own abilities to know our markets, expand our seed stock base, and go with the flow. Last year, for example, in an early summer drought, I was convinced that mulching was the answer. This year, as I see a higher incidence of disease and rot from excessive moisture levels and minimal heat, I see the wicking effect of the mulch and I am glad not to put all my seed into one planting like eggs in a basket. At our primary test site, we've considered overseeding with oats to give us a winterkill mulch and slow release of nutrients. Our elephants that winterkilled with no mulch will have to be tucked into their straw-blanketed beds, and we may be planting some in raised ridges and others in troughs. Varieties that did well this year were not ones that prospered in the previous year.

So the way I see it, I'm glad that through the GSF my circle of friends is growing. Folks who have purchased seed over the last few years drop me notes and let me know how the varieties are doing, and I look forward to the Spring Flings and Garlic Days to share each year's experiences. The time spent on those days, cross checking varieties, getting to hear of other regions with their variety of conditions, and seeing, feeling and tasting the Gift of the Gods garlic feast has really opened my eyes and expanded my

horizons. We are growing, all of us, into a stronger and more cohesive group of lovers and growers of this stinky bulb. Maybe this year a grower from Ontario, Canada, or from Oregon State is a better resource for dealing with climatic extremes that I have less experience with. Another year, I may need to look south for ways to survive with less moisture or to learn about systems of irrigation. Either way, the GSF is a mechanism that can allow this information exchange by networking peoples and places.

We are ever encouraging regional gatherings and local festivities to happen. Our membership base will never be able to assemble at any one gathering, but vicariously, through this newsletter and with more of you stepping forward to organize local events, we will be empowering each other to grow. Perhaps our best teacher will always be the garlic itself. By watching the fluctuations in top growth, numbers and vitality of the leaves and all the distress signals that a year can bring, we are already part of an interactive process in audience with all creation.

On a final note, in terms of this newsletter, please once again let's think ahead to the coming seasons and share some of our successes and failures with one another. Let us know what works for you and think about giving us a hand or organizing a local festivity. In the hope that your roots grow deep and strong during this season of outer dormancy and inner growth, I wish you all the best for the holidays and the best of health that comes with sharing and loving the wisdom and magic of garlic.

VARIETY TRIAL

Said judge to the jury
my verdict is out,
the sentence of death is now sung.
For lying too long
in the mud with no sun,
this poor garlic's wrapper is done.
But for the bulb that is fat
and harder than that
and whose fire does leap from the tongue,
I say to you friend
it won't be the end
Tho' its off to the barn to be hung!

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



ASK ALICE? (IS ALICE IN?)



Alice — *Can you give me a few ideas about keeping garlic over the winter? How about oil and garlic? What's safe and what works best?* Harry Fridgstash, Oil Bay, MI

The ideal conditions for storage, of 33°F at 65% humidity are not always so easily duplicated on the home front. However, the next best range of conditions of 55-65°F and 40-60% humidity can often be found. An area of the house or basement at about 10° cooler than your living space and away from a heating source is your best bet. Some sort of air flow is also necessary and can easily be accomplished with a small fan. Be sure also that none of the garlic is left in the sunlight by being too close to a window. Traditionally, garlic braids hung on a nail in the air seem the most popular method and allow the garlic to be eaten from the bottom up. As for garlic stored in oil, it is essential to realize from the start that garlic is a low acid food and botulism is always a potential problem. Merely covering peeled cloves in oil is a good way to kill off your friends. So the proper and only safe method to employ is to first soak your peeled cloves in vinegar for 24 to 48 hours to properly acidify them and then top off with the highest quality oil available. Always keep this mixture refrigerated to assure that there is no possibility of rancidity in the oil.

Alice—*I tried baking garlic and really enjoyed it with the bread and cheese, but then in the morning I was still cutting the cheese. Help me please?! Hardy Farter, Windy City, OK*

Flatulence by any other name smells the same, my friend, and it all comes out in the end. Thank you, Hardy, for airing your problem and let's see what we can come up with. The poor man's treacle, as it was commonly called in the Middle Ages, is truly a wondrous herb. Its ability to expel gas from the system is a sure sign of its true value. Besides the fiber of the bread, garlic also pushes a few things on through the system and clears the air inside, so to speak. So before you put a plug in it, I mean your enjoyment of this delicacy, may I suggest you search for a handy but hard-to-find booklet, *The Benefits of Passing Gas*, by Dr. Claire Deriere (or as a last resort, try a handful of parsley tucked in your undies).

Alice—*As much as I would like to get more garlic into my children's diet, they just can't seem to stomach it raw. Got any ideas?* Candy Teaser, Bland Island, ME

Well, Candy, I must admit this is not the first time I've heard a parent lament about this problem. Perhaps we can sweeten up your situation with a few helpful hints. Garlic and honey have long been a successful duo, and with a little creative flair and instead of the usual cough syrup-type mixtures, you

can try to quarter or halve fresh cloves and place them in a small container with just enough honey to cover them and slide them into the freezer. Although the honey will not freeze solid, it certainly saturates and sweetens the bite of raw garlic. You may then serve in little bite-size treats whenever the need arises. This is a sticky issue, however, and maybe a more conventional chocolate or yogurt covered garlic is the way for you to go. A caramel covering, rolled in nuts has been known to catch the finikiest of tykes sneaking to the fridge. As a last resort, you can tiptoe into the mud room early in the morning and crush a few cloves into your children's sneakers, then when they are getting dressed rub their feet in olive oil and lead them by the pinched nose to hurriedly get on their shoes. By lunchtime in the cafeteria I'm sure there will be plenty of elbow room around them in line.

Here is something really exciting. For years I have off-handedly asked bakers and friends about real garlic bread, and until recently I'd always ended up with just stronger and stronger toppings of garlic butter on bread. Well right in my own backyard a good friend Edie Giovannini (Edie the gourmet) saved the day. Here's a recipe for real garlic bread that will keep you warm all winter long.

REAL GARLIC BREAD — Edie Giovannini

1 med. potato with skin
About 7 cups flour, use a mixture of whole wheat and white
3 Tbsp. olive oil
1 Tbsp. dry yeast dissolved in 1 cup of warm water
About 6-7 cloves garlic (depending on size)
½ cup sugar
(if you use salt add it in with your potato water)

Make sure you have about 2 cups liquid to be used in the bread.

Cook potato, mash in the water, add minced garlic and let sit for awhile. Pour this into bowl, add olive oil and sugar, some flour and beat well. Now add the yeast with water mixture. Proceed as usual, adding flour, then flour your board and knead. Let rise till double. Pour on floured board, knead in as much flour as it will take.

Put into pans, make design on tops, place slivers of garlic in, brush tops with egg wash, and let rise. Bake at 350° about 1 hour.



"C'MON OVER DENNIS! I THINK
I LEARNED HOW TO MAKE
FUDGE."

"DIFF'RENT, HUH? I USE
GARLIC INSTEAD OF
VANILLA."

CHOC"TATER" FUDGE — Edie Giovannini

- 2 medium potatoes
- 1 6-oz. pkg semi-sweet morsels
- 1 cup peanut butter
- About 3 cups sifted confectioners sugar
- 1 cup chopped nuts
- 2 Tbsp. milk
- 1 tsp. vanilla
- 3 or 4 cloves garlic, minced fine

Cook potatoes, drain, add milk and garlic. Mash and cool. Heat chocolate chips until melted, stirring constantly. Remove, stir in rest of ingredients. Place on board with more confectioners sugar and knead in as much sugar as it takes.

Can be put in buttered pan or make little balls—your choice. More or less garlic—your choice. Skin on potato or off—your choice.

LEST WE FORGET

The average garlic clove contains 9 milligrams of sodium; 31 grams of protein, including all 8 essential amino acids; carbohydrates; calcium; iron; potassium; phosphorus; and vitamins A, G-1, B-2, B-3 and C. Garlic also provides copper, germanium, manganese, selenium and zinc.

THE GARLIC SONG

by Ruthie Gordon

Adapted by Charlie King

There are spices and vegetables that you may grow
That rejoice in the harvest each fall.
Tho' they all have their qualities this you must
know,
The Garlic is King of them all.

You can use it to flavor a breakfast-time treat
Or spice up a vegetable stew.
In fact it enhances each dish that you eat
And it serves as a medicine too.

Since biblical times, in all places and climes,
It's eased countless sufferings and ills.
If we knew the work of the clove so sublime
We'd throw out our poisonous pills.

The Egyptians, Phoenicians, Vikings and Greeks
Babylonians, Danes and Chinese
On their voyages took enough garlic for weeks,
And their enemies died on their breeze.

In Bulgaria's mountains and Russia's wide plains
People live to one hundred years old.
For its the juice of the garlic that flows in their
veins.

Oh, its worth twice its weight in pure gold.

With Selenium, Germanium, and Allicin too
It can fight many kinds of disease.
So if you have arthritis, bronchitis or flu,
Just say, "Peel me a garlic clove, please."

They put garlic in gardens to keep away worms
And other bad things that hurt plants.
If you're one of those persons concerned about
germs
You can drop one or two in your pants.

There are spices and vegetables that you can grow
Of all colors and shapes, large and small.
By the weight of this evidence now you must know
The Garlic is King of them all!

BOOK REVIEW

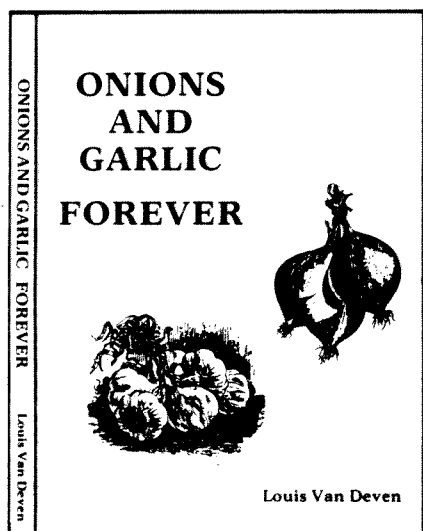
by Joanna Poncavage

Onions and Garlic Forever is an example of what can happen when you fall in love with alliums. Louis Van Deven is a lifelong gardener who eventually wanted to know more about growing alliums. Because he couldn't find a book on this subject "in everyday language," he wrote one himself. Today he's a member of the Seed Savers Exchange, who last season grew 127 alliums—51 garlies, many types of onions, a few native wild alliums and some ornamentals.

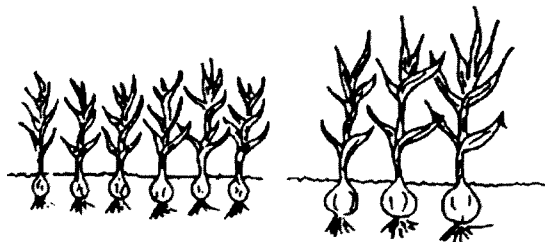
Van Deven's book has chapters on garlic, leeks, bunching onions, regular onions and other alliums. He explains their differences and gives lots of interesting trivia and historical facts, quoting liberally from old herbals and historians. He tells you what alliums need to grow their best, gives clues about why garlic skins turn color, how to tell if garlic is ready to harvest, and what too much aluminum might do to your crop. He also describes quite a few of the more ornamental-type allium species.

This brief (114 pages) paperback is self-published, but it's a valuable key to the allium tradition. With garlic sources and a list of recommended reading, the book is \$7.95 ppd. Discounts are available for larger quantities. Order from Louis Van Deven, 608 N. Main, P.O. Box 72, Carrollton, IL 62016, or GSF.

P.S. Is anyone out there growing kurrat, a mysterious chive-like allium?



A BOOK FOR THE AMATEUR GROWER
CONTAINING HISTORIES, SOURCES,
TRIVIA, AND GROWING HINTS.



CORNELL UNIVERSITY RESEARCH

Dave LoParco

Department of Plant Pathology

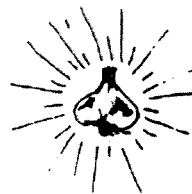
An experiment to test the effectiveness of hot water as a method of controlling disease organisms on garlic was begun this fall at the Cornell East Ithaca Research Farm. Reports in the scientific literature suggest that hot water has been effective in eradicating disease organisms, and that this practice is used commercially in treating seeds, bulbs, cuttings, etc. of other crops. The use of hot water as a control/eradication agent is appealing because of its compatibility with the principles of organic crop production. In this first experiment, garlic cloves were treated in one of four different ways:

- 1 = Non treated (control)
- 2 = 30 min. immersion in water @ 113F (45C)
- 3 = 60 min. immersion in water @ 113F
- 4 = 120 min. immersion in water @ 113F

Only cloves that appeared to be clean and unblemished were used for this experiment. After treatment, the cloves were planted at the East Ithaca field plot. The plantings were made in October, and will be monitored throughout the 1993 growing season. Tests in the greenhouse using cloves that appear blemished and/or infected are planned for this winter. The controlled conditions in the greenhouse will allow for closer monitoring of the cause/effect relationship between treatment and the development or suppression of disease.

An experiment to evaluate differences among isolates of *Penicillium* is now in progress. The isolates came from various samples of garlic exhibiting a variety of symptoms. It is believed that some isolates may be aggressive pathogens (attacking living tissue), while others may be saprophytes (invading already decayed or dead tissue).

In the past two years we have observed several cases of the onion bloat nematode on garlic grown in New York. We are testing the effectiveness of hot water as a control agent for this problem. Growers have expressed a desire to use control measures that do not involve chemical agents used by non-organic vegetable producers. We are attempting to address this need.



BRAIN TEASER

What am I my friend?
My stalk does not bend
yet no bulbils on top of me grow,
but midstem I have some
as fat as my thumb
from much rain or no heat or no snow.

Massive Chinese Garlic Deliveries Worry Industry

GARLIC DUMPING! Here come the commies!
UNFAIR PRICES! Hang onto your daughter!

Last August, the national produce press and industry reported: two freighters, each containing 2.2 million pounds of garlic (which turned out to be 4 million each), were about to be unloaded at Port Canaveral, FL and Wilmington, DE, to be offered at 35¢/lb. (!) — 40% less than California prices!

HOLY SMOKES! The big boys started to scream: "They use convict labor! They use human excrement for fertilizer! They're government subsidized, unregulated, and communist to boot!" **WOW!** Call in the FDA and impound the stuff! It can't be fit to eat! **UGH!** It must be contaminated!

Well, the dust has settled, the garlic checked out fine, and it has worked its way into the gigantic labyrinth of our food distribution system. Even though it proclaims "not for growing" (probably treated with a growth inhibitor), some is even planted in the GSF trials on this and other farms. I enjoyed watching the big boys squirm as competition sailed into view. They, of course, have a very different concept of this industry than we, and I take this opportunity to put forth another perception of things.

When we hear "government subsidized," I can only think of the millions and millions of public dollars in the western irrigation systems and research institutions. When they say "cheap labor," it makes me remember the thousands of Mexican field workers I saw in the fields. "Human excrement and unregulated pesticides" — come on, let's be serious about our own agricultural practices. We're farming the desert, our inputs in energy (most from non-renewable resources) are enormous and wasteful. Most of us have very little faith in the FDA's or EPA's ability to protect our food supply or workplace.

We're little folks. We don't get much from anyone except complaints and a compliment every now and then. We can all remember the first time we went to a potential customer and saw the large jar of "whole-peeled cloves," or "minced," and were asked, "Can you match this price?"

No, I'm not in favor of the Human Rights violations that might or might not be a reality in China, or anyplace, or protectionist trade policy, or monoculture monopolies. I'm in support of diversified, viable family farms supplying a regional appreciative marketplace.

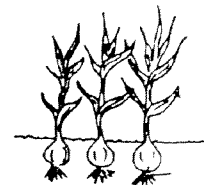
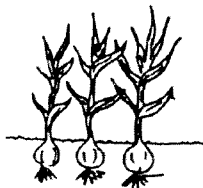
— D.S.

PLEASE NOTE:

We realize three important things: (1) Dues are \$10/year and we are very liberal on renewals, that is, we keep people on the list for more than a year; (2) you enjoy each issue and anxiously await the next; and (3) This *Press*, and most others, are on an irregular basis.

We haven't disappeared or taken off with your money, and apologize as we can. If in doubt, please call or drop me a line. I'll get right back to you. Better yet, contribute so there's more to put in each issue!

— D.S.



THIS VALENTINE'S DAY, SAY IT WITH GARLIC



MIAMI (AP) — Why give your sweetheart the same old candy and roses on Valentine's Day when there's baked head of elephant garlic?

It's no coincidence the Garlic Grill opened Wednesday, in time for this most romantic of dates. Unless you dine there together, no one else

dares get near you—and the food will probably leave you breathless.

Start with garlic soup, then go for the baked head of elephant garlic, garlic shrimp strudel, grilled garlic Romanian skirt steak and fried sweet potatoes with garlic.

For desert there's Garlic mousse.

And instead of mints, each table will feature fresh parsley, said to be nature's perfect breath cleanser.

Eli Yamanoha, the creative juice behind Garlic Grill, can't say enough about the herb's positives—an agent that combats heart attacks, inhibits blood clotting, reduces inflammation of joints, lowers cholesterol, battles viruses and puts a glow in the skin.

"Garlic is good for you. Garlic is healthy. It gives you an energy shot. And you should eat it with a friend," said Yamanoha, who only uses fresh garlic, bought in 30-pound boxes.

Yamanoha, who had extra space next door to her German restaurant and microbrewery, decided to open the Garlic Grill because she cooks all-garlic meals at home and guests urged her to go public.

She does acknowledge public education may be needed for the faint of heart—or faint of breath.

"This is not a fad. I am not into fads. This is here to stay because it is healthy," Yamanoha said.

GARLIC FOOD OR DRUG?

Maury Silverman

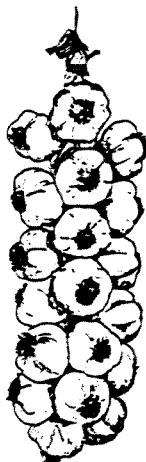
Garlic is a food that has a history of many health benefits to man and animal. Even in antiquity, there was testimony to this on the walls of pyramids in Egypt. Modern laboratory research confirms that garlic helps to protect people from such demons as infection, hypertension, clotting, cholesterol, and strokes. Garlic is a good example of a series of empirical observations about health that have been confirmed by science. That is, indigenous peoples and native cultures ate garlic as a food, because their food was also their medicine. It's only been in modern history that the medical research and the scientific community have confirmed the herbalists, medicine men and women of yesterday.

Why, then, one might ask, has garlic gotten into the interface of law and medical/health politics? It is because, according to the Federal Food and Drug Act, if one makes a health claim for a substance, it can be legally classified as a drug in the marketplace. This is a phenomenon arising from the history of patent medicines, monopolies, and commercialization techniques for enhanced profits involving both the advertising and the status of prescription drugs.

If garlic is marketed in the form of capsules and tablets of a given dosage, where must one go to get them? How

about a supermarket? Or the Health food store? If information is made available on garlic's health-enhancing properties, should one have to go to a doctor for a prescription? Should there be more freedom of choice on access to substances of confirmed safety to the consumer with accurate labeling?

Most people like this situation because it allows such forms of health care to be more available to more people at a reasonable cost, thereby doing the most good.



In the coming year there will be much attention focused on this dilemma in the general health care debate that is becoming a national issue. Specifically, this may take the form of a Health Freedom Bill in Congress with the goal of relaxing suppression toward vitamins and food supplements by the Food and Drug Act and the FDA. The formal name of the legislation is the Dietary Supplement Standards and Consumer Education Act of 1993, and it is soon to be reintroduced (from 1992) by Hatch (R-Utah).

We urge our readers to take note of these issues and become aware of how this affects all of us. We will offer updated information in future issues of the *Garlic Press* as the layers unwrap.

FROSTED GARLIC CARROT CAKE

2 cups unbleached all-purpose flour
2 cups granulated sugar
2 tsp baking soda
½ tsp salt
2 tsp ground cinnamon
1 tsp ground ginger
½ tsp ground cloves

1 cup corn oil
3 eggs, lightly beaten
2 tsp vanilla extract
2½ cups of grated fresh carrot
1 cup crushed pineapple
1 cup chopped nuts
2 Tbsp minced fresh garlic

1. Preheat oven to 350°. Grease a 9¼" x 9¼" pan with butter and line bottom with waxed paper. Grease the paper.
 2. Sift the flour, sugar, baking soda, salt and spices together in a large bowl. Add the oil, eggs, and vanilla and beat well. Then fold in the carrots, nuts, pineapple and fresh garlic. Stir well.
 3. Pour the batter into the prepared pan. Place it on the middle rack of the oven and bake until the edges have pulled away from the sides of the pan and a toothpick inserted in center comes out clean - about 1 hour.
 4. Cook the cake in the pan for 10 minutes. Then invert it over a cake rack and unmold, remove the waxed paper. When the cake is still warm, frost with the following.
 5. Frosting: Let 3 oz. cream cheese come to room temperature. With a hand-held mixer, work in 1½ Tbsp. lemon juice until the mixture is smooth. Then work in ¾ cup of sifted confectioners sugar. Then add 1 tsp. grated lemon rind, the juice of 1 clove of garlic (put through garlic press). Continue beating until smooth and fluffy. Frost while the cake is still warm - dipping the spatula in hot water frequently.
-

WHAT'S IN A NAME?

Each one of you slides across my desk and I always take a second to wonder who you are. Your name and state register first, and then I look to see if you filled in "Farm Name" on the membership card (or on your check). We're an interesting lot, held together by our traditions, diets, and taste buds! The other day I made a list of us, but did not include those who identify their land/farm/garden by the traditional family name (that would take pages). So, here we are:

First by the water: Silver, Deer, Harrison, and Black Creek Farms; Turtle and Tulip Pond Farms; Spruce Brook, Well Spring, Peconic River, Bay View, Manor Lake, Lake Road, and Watershed Farms.

Then to the heights: Pheasant, Locust, Cricket, Rabbit, Stoner, Orr, Poverty, Teasle, Delphi, Goose, Rolling and Shale Hill Farms; Hungry and Coastal Mountain Farms; Mountain Dale and Wyndale Heights Farms.

On the flats we're Pleasant and Cedar Grove Farms; Deep, Molly's and Little Meadow Farms; Long and Locust Lane Farms; Willow Wood, Shagbark, Deadwood, Greenwood, Old Orchard, Vineyard, and Falling Leaf Farms; Earth's Mantle, Road's End, Side-O-Road, Hickory Corners, Oakland, For The Earth, Good Earth, Old Heath, Hill N' Hollow, Slack and Brittany Hollow, and Holy Land Farms.

Some of us have garlic in our name: Abbaggadassett, Allicin Wonderland, Chesnok, Gourmet, Dragon Breath, and Garlic Delite Garlic Farms, and the Garlic Yard!

Many of us are organic producers, like Appleseed and Rootstown Organic Farm, Naturally Speaking and Organics Only Farm.

There are Sunlight and Northbridge Gardens, Gardenkraft and the Garden Works; Confrey and Elmer's Acres; Indian Summer and Indian Castle Farms; Sunrise, Winterset, Bluemoon, Rainbow, East Wind Community, and Equinox Farms; Redwing, Red Cardinal and Great Arrow Bird Farms; Block and Peth House, Farm Chimney and Homestead Farms.

We are also: Lazy Lady, White Knight, I Wish Harmony, Lucky Clucks, Leep-At, and Grateful Farms; Hardscrapple, Fieldstone, Wildstone, Western Revenue, Five Heart Foot, Superior, Crackleberry, Idaho Wildflower, and Ellie's Everlastings Farms; Little Sprite, Agape, Weatogue, Amacord, Orenda, El Bosque, Patchwork, Old Solar, Filaree, Dunleigh, Ruckytucks, Greenbrier, Grindstone and No Name Farms; Rose Bud, Rose Ridge and (my favorite) Rose Valley Farms.

— D.S.



GRATHIEM DONG (THAI PICKLED GARLIC)

Nancy McDermott

10 bulbs of garlic, separate cloves
½ cup white vinegar
¾ cup sugar
1 Tbsp. salt

Mix vinegar, salt and sugar, bring to rolling boil; stir and boil 1 minute, until all is dissolved. Reduce heat; simmer gently until slightly thickened, about 5 minutes. Cool.

Put garlic cloves in jar and cover with liquid; cover tightly and store in a cool and dark place. Stir weekly for 4-6 weeks.

You'll enjoy this one!

— D.S.

SCRATCH AND SNIFF

[Finger Lakes Times, 11/20/92]



Fordham University admits that one of its promotions stinks.

To push receiver Tom Garlick for I-AA All-America, the school attached a piece of garlic to its press release.

"This garlic stinks," the release says, just above an arrow pointing to the smelly herb.

"This one doesn't," it says, just above a list of Garlick's accomplishments, which include breaking Fordham's career receiving marks in receptions, yards and touchdowns.

Garlick's play has added some spice to an otherwise drab season. The Rams are 1-8 going into Saturday's season finale at Holy Cross.

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T-SHIRTS S — M — L (Tan, Watermelon, Lilac, White) *Limited Supply*	_____	X \$ 9.00 =	_____
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GSF/CORNELL REPORT #387 (1990 Garlic, 10 pgs.) (Comes 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 =	_____
ONIONS AND GARLIC by Louis Van Deven	_____	X \$ 7.95 =	_____
MEMBERSHIP IN GARLIC SEED FOUNDATION (includes <i>GARLIC PRESS</i> subscription and #387)	_____	(per year) \$10.00 =	_____
Make Checks Payable to: Garlic Seed Foundation, Rose Valley Farm, Rose, NY 14542-0149	TOTAL	_____	_____

* all prices include postage

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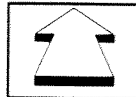
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Friday Night, FEBRUARY 26, Albany, New York
Garlic Lecture and Slide Show
Location: Albany Friends' Meeting House, 727 Madison Ave.
Contact: Ms. Leslie Weine 518-377-3129



Saturday Afternoon, FEBRUARY 27, Delphi, New York
Garlic Lecture and Slide Show
Contact: Ms. Betsy Hale 607-746-4234

Sunday Afternoon, FEBRUARY 28, Westbury, Connecticut
Garlic Lectures and Slide Shows - For both Growers & Eaters!
Contact: NOFA/CT, Box 386, Northford, CT 06472

Monday - Drive home and sleep!

EVERYONE WELCOME — COME JOIN US!