

1998 GARLIC FESTIVALS (almost confirmed)		
DaVinci Center-Station Park Garlic Festival #1 Providence, RI	April 25-26	John DeLuca 401-272-7479
Eastern Ontario Glorious Garlic Festival Perth, Ontario, Canada	August 15	Paul Pospisil 613-273-5683
DaVinci Center-Station Park Garlic Festival #2 Providence, RI	September 19-20	John DeLuca 401-272-7479
Hudson Valley Garlic Festival Saugerties, NY	September 26-27	Pat Reppert 914-246-6982
We shall correct and update this data as it becomes available. Contact Festival - <u>NOT GSF</u> - for more information		



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

The Garlic Press

WINTER 1998



#33

National Organic Standards

As most of you organic producers and consumers now realize, the USDA has released the proposed regulations to accompany the National Law (8 years after the law was passed and in many cases ignoring the appointed National Standards Board and the organic industry). Guess what? They are not acceptable to the majority of us who created the current organic movement. Specific areas of concern include: elimination of unwanted materials from organic production, adherence to the Standards Board list of recommendations, required higher standards for livestock production (big buddies in USDA), not pricing out the small organizations and small farmers, and forgetting the eco-label (whatever that means).

In relation to garlic, for the production of a certified organic product (besides all the other regulations), it should come from certified organic planting stock. Non-organic stock can be used to produce an organic crop when an equivalent organically produced variety is not commercially available, provided that "treated material" is used only when untreated material is not

available; or because of emergency circumstances, untreated preferred over treated and prohibited material: treated with a prohibited substance. This is from Subchapter M, Section 205.8. The GSF Seed List contains producers of organic and certified-organic planting stock.

You can obtain a copy of the proposed regulations at website <http://www.ams.usda.gov/nop> or at your public library. Ask for Federal Register Vol. 62, No. 241, Part II, Tuesday, December 16, 1997. If you are concerned about this issue, we encourage you to work through your state or regional organic organization or contact the National Campaign for Sustainable Agriculture, P.O. Box 396, Pine Bush, NY 12566, (914) 744-8448. Comments are needed by May 1, 1998, submitted to: Docket No. TMD-94-00-2, Eileen Stommes, Deputy Administrator; USDA-AMS-TM-NOP, Room 4007 So.; Ag Stop 0275; P.O. Box 96456; Washington, DC 20090-6456 (if you can fit that on an envelope) or at the electronic address above.

(D.S. com)

FOUNDATIONS

We wanted to share some GSF information and activities:

- For 12 years we have used the same old inaccurate, unattractive brochure and membership form. With GiGi's help and members' artistic contributions, a new one is in process. We'll print 10,000 and hopefully be able to send one out to everybody.
- Our membership rates are going to change: Initial year will be \$15, then each succeeding renewal shall be \$20 for two (2) years (8 issues). If you renew before expiration, we'll probably add a free issue.
- As soon as we use up our current stock of expiration letters, we'll go to a post card reminder/renewal system.
- We've been keeping an average balance of \$9,000 in our bank account. We bought Dunk a computer last year to better help him with his duties. David inherited the GSF word processor from Dunk.
- Work has begun on a new T-shirt, so I'm sure we'll have a sale to make barn-space and capitalize the new ones. There are probably 12 dozen in the barn. Next *Press* - great buys!
- Letters are going out to all the contact and Festival folks as soon as this *Press* is out.
- Many members don't really understand what the GSF is all about. Neither do we, but include our biography and seed list to share our work and vision.
- The *Press* takes a lot of work. We know that you like us

— 90% of the renewals tell us, so why not help us and contribute! There's pressure each issue to try to come up with enough "stinky-stuff" to print. It always makes for a better *Press* when you all send us a story or recipe, interview the old Polish guy up the street, share an idea or photograph, draw a picture or paint a place — any history or hysteries. Take us to your field or festival! This requires a lot of time and energy, and we are getting tired. We hope you hear us.

- To defray some of the *Press* cost, we shall take contributions from members only who wish to market a garlic-related item in the *Press*, in order of receipt and available space, camera ready and stinky. Prices for Members: \$100 full page; \$50 half-page; \$25 1/4-page; \$12.50 1/8-page. (Non-members: double price)
- Members with books, graphics, cards, paper products - if you would like us to market your product, please contact GSF/Rose with sample and pricing. We'd like to support our members, but this isn't always easy or profitable.
- **RENEWALS:** This is *Press* #33. If the number on your label is 33 or below, you have expired. A renewal fee of \$20 (8 issues/2 years) will keep you active and we'll give you a free issue.
- I hope to see you in Geneva or Little Falls, or maybe at a Festival in 1998. (D.S. Com.)

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

GARLIC SEED FOUNDATION
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 ROSE, NY 14542-0149
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 National Organic Standards
 Cultural Practices for Improving
 Garlic Production in NE U.S.
 GSF Supplier List

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Director's Notes

Some neighbors got together for a holiday meal and taking-off on the 40-clove chicken theme, Mat and I created "180 Clove Turkey," which was great. Filled that sucker good, too! It's very easy to "smoke" a turkey on charcoal if you have a covered grill — takes about 6 hours and is sometimes a bit dry, but great flavor (thanks B.B.). I hope that your holidays went well as you head into the depths of winter. But already I've noticed the day length changing. Strange weather about. We've had snow cover, but well below average.

Dunk and I have worked really hard on this *Press* issue, and our thanks to those who contributed. We're

trying a new format and our cheaper postal permit gives us more pages for less cost. In #33 we've got Chef Ed, a grower profile, a feature story that's a gas, to balance the proposed Canadian Standards (#32) we offer the latest from USDA and info on the organic proposals, recipes (large and small), Dunk's "Out of My Head" and some poetry, GSF 1997 Seed List and biography, some medical, some festival, some music, some smiles, some abstract mind matter, and we offer a new opportunity to be creative, "Alice-is-in" but she isn't naked, as is other garlic. So, throw a log on the fire and brew up some hot chocolate. Peace. (D.S. com)



ALLIO-FILE

- Canadian CBC aired its segment of the *Food-Essence* series on garlic 5 November 1997. The film crews were here in Rose last June. It's a little goofy, except when Fish Lake Ted Maczka talks about the "lead in his pencil." We'll share it when we gather for meetings or festivals.
- Business Cards:** Please send a copy of your garlic card (and marketing materials) to GSF/ROSE.
- Ms. Myra Bonhage-Hale (HC 64, Box 17, Alum Bridge, WV 26321) has written a manual for those of you organizing a meeting or conference. It covers tasks and schedules, contracts and budgets, site criteria and responsibilities, etc., for only \$20 (S/H included).
- We **congratulate** the winners of the Garlic Prize at the 1997 Canadian Royal Agricultural Winter Fair: 1st-Ted Maczka; 2nd-John and Beth Campbell; 3rd-Garth Burrows; 4th-Helen Coulbeck; 5th-Sue Kaufman; and 6th-Frank Weibe. And hats off to Zelda Johnson for her Blue Ribbon in Arkansas and Ron and Lillian Antolini for the top prize at the NYS Fair.
- Garlic Is as Good as 10 Mothers*, Les Blank's cinematic tribute to the Stinking Rose, can be purchased by credit card from Flower Films, 510-525-0942, for \$40 + \$5 S/H.
- A copy of Angella O'Callahan's thesis, a summary of which appears in this *Press*, has been purchased by the GSF for distribution and circulation to our members. You can borrow the thesis for **two (2) weeks only**, then it must be returned to us. Request and postage cost of \$3.00 should be sent to GSF/Rose. We have not done a good job with these offers in the past. Let's try to

- do better! The thesis will be sent in the order of those who request it.
- Membership List:** If you **DO NOT** want your name released as part of our membership, please contact GSF/Rose. From time to time we get requests and I want to respect any member's decision on this issue.
- Odorless Garlic Press:** Made of special 18/10 stainless steel that removes garlic odor from your hands! After you peel and run your cloves through the press, you then rub it between your hands and it harmlessly reacts with the garlic oils. Made in Italy. CHEF's catalog. A bargain at \$20!
- Snow Pond Farm Supply** (RR 2, Box 4075, Belgrade, ME 04917-9441, 1-800-768-9998) carries an excellent selection of tools, books, fertilizers and seed. The cover of their 1998 catalog shows the unmistakable curl of the scape and shape of the umbel of the hardneck/topset garlic.
- Anyone tried "European-style New York Texas Garlic Toast" made by New York Frozen Foods Inc. from Columbus, Ohio? Please report.
- Native American Wisdom:** You-all catch the article by Larry Lawson in *Press* #32 in regard to allium bulb content being 7.4% higher at 1:30 a.m. than at 1:30 p.m. before or after? This appears to be from the movement of alliin to and from the bulb. Time to fix the lights on the tractor (or floodlights in the field)!
- Mostly Garlic Magazine's** (19 E. Church Street, Milan, OH 44846) Editor Doug Urig reports that it looks like a spring mailing for their inaugural Summer issue.

SALLY FORTH HOWARD & MACINTOSH



OVER THE HEDGE MICHAEL FRY & T. LEWIS

GSF ORDER FORM



MEMBERSHIP IN GARLIC SEED FOUNDATION
(includes *GARLIC PRESS* subscription and #387)

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1st year X \$15.00 = _____

Renewal

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GSF/CORNELL REPORT #387 (Garlic, 10 pgs) (Comes with membership)

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ONIONS AND GARLIC (Louis Van Deven, 114 pgs.)

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S M L XL

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☉ ☉ ☉ ☉

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"FOOD IS MEDICINE"

☉ ☉ ☉ ☉

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GARLIC PRESS SETS

Set #1 (Issues #1-#8)

_____ X \$7.00 = _____

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

* Members - all prices include postage and New York State Sales Tax

* Non-members - please add 15% for shipping and handling

* PLEASE - U.S. FUNDS ONLY





Stinky Replies

A rather belated comment on the proposed grading standards in #32 regarding Canadian garlic. I'm concerned about "no staining" as a requirement for #1 grade. Cosmetic staining may occur in some soils on otherwise #1 garlic, especially if it can't be cleaned immediately after harvest (and I think it may store better if not cleaned before curing; plus which we have time constraints as other crops have urgent needs in mid-summer.) Note I am not talking about staining from mold growth or decay—the description of Ontario commercial sounds like terrible quality—but I don't think cosmetic staining from heavy soils should be put into the same class.

Rivka Davis, Road's End Farm
362 Smith Road, Dundee, NY 14837

Ward Off Vampires and Fleas



Flea shampoo works fine for cats—for a while. But here's a way to make absolutely sure that you remove those fleas and then keep them off for good.

Simmer two cloves of garlic on the stove until they are translucent and the water looks like the equivalent of garlic powder. Remove from heat and leave the pot until the mixture has cooled.

After giving your cat it's normal flea bath—leaving the shampoo on for at least five minutes before rinsing so you kill all of the fleas and eggs—slowly pour the garlic solution over your cat, concentrating especially on its belly and hind quarters. You will have a happy flealess cat.

— Chloe Chinwood, Knoxville, TN

Stinky Logic

The concept of enemies in nature must be changed. The resort to "war" on pathogenic bacteria, on cancer and other chronic diseases, and on plant-eating insects not only misdirects our resources, but from a historical and theoretical viewpoint can succeed only by the destruction of the human species. These pestilences are simply nature's way of handling damaged tissue, unsound organisms, and weakened plants. They are signals to remove the *cause* that is damaging the tissue, to nourish properly the organism and the plant. These pestilences do not "attack" healthy, living creatures. Although the choice would seem to be clear and simple (though difficult and challenging), we are very likely to continue our arrogant pursuit of suicide. And we shall very likely succeed as long as we continue to believe that someone, some group, or some deity is going to save us without requiring changes in our individual habits of living.

— Frederick I. Scott, Jr.

MEN OF GARLIC . . .

A Stinky Song



Men of Garlic, heads so hollow
Where they go the smell must follow
With their drugs and with their Gallo,
Wind, drugs, port and beer!
See them wear, as is their habit,
Mens bikinis made of rabbit
Showing off ten yards of flab, it
Doesn't quite endear!
See their boating blunder!
Like a rolling thunder!
Watch them press against a dress,
And whisper "Lady, I was born to plunder!"
Tell them that their smell is evil,
They'll answer "Hygiene's not medieval!"
As they cause a small UPheaval ...
Every time they're near!

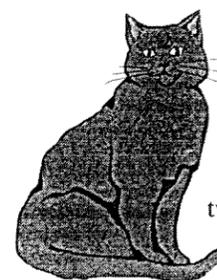
[copyright 1987, R. L. Plunkett.
Tune: "Men of Hartech"]



Garlic although stinky is a very tasty treat
It's in almost everything that is really good to eat
It has many flavors like hot, mild, or just right
Some eat it in the morning, others eat it at night
Garlic is a wonder herb that makes you big and strong
Eating plenty of it makes sure nothing goes wrong
It boosts up your immune system and cures a common cold
Some people eat it all their life and live till very old.

— Chelsea Schoengut (age 13)
Northport, WA

TALE OF TWO KITTIES



Winston is big and black and bad — an Alpha Male. He is 8 months old and weighs 15 pounds. Solid. Powerful. Intentional. A gift from my friend Tiffany. Deep black except for the tip of his tail, which is pure white. He sits perched upon the bird feeder, his tail-tip twitching below him as a fisherperson dangles bait. Winston is serious, very serious, except when it comes to his younger feline brother, Frankincense.

Frankincense is a tiger-cream Manx of 3 months and 1½ pounds, calendar material, with the moves and speed that cross between Michael Jordan and Michael Jackson. He follows a long tradition of the Manx breed on this farm, each (Frank, Franklin Frankfurter, Frank-Lynn) named for Frank Jeffers, the last to own this farm since the Revolutionary War grant that deeded this land to the Jeffers in 1815. Frankincense is rugged and fears not me or his bother. He has the manner and nickname of the "Mosquito." He pushes any objects onto the floor, turns on the radio-alarm at 3:00 a.m. when we sleep, attacks, and is a master at vanishing when in his best interest. He is as rough with me as I am with him, and in the next instant, an affectionate, purring, bundle of love.

When you live without a TV, other forms of entertainment fill the space, and at night, about the wood stove, I watch these creatures as any parent would their children. This shack has a circular patten of movement, and as all kids who've grown up with this configuration know, you can run-chase-play forever. It never ends, nor does my enjoyment, but I observe the many opposite traits and characteristics. Except for their shared fascination for small wind-up toys, appetite for pizza crust, and genetic disposition to stalk, pounce, capture and chew on the ever-elusive shoelace, they have little else in common.

Winston stayed close to his shoe box his first 3 days here. Frankincense charted every horizontal surface and any

vertical one he could climb in his first 3 hours. Winston's favorite spot is under the warm wood stove, while Frankincense perches atop the woodpile. Winston established his terms with the dogs in two months; Frankincense, two weeks. Winston likes to play an hour then sleep an hour, while Frankincense cycles six on and six off. Winston prefers fowl; Frankincense likes rodents. When it's time for a drink, Winston's polite and tidy, his tongue lightly breaking the water's surface. Frankincense climbs into the bowl, after first splashing about and spilling three-quarters of the contents on the floor. Wet kittens look rat-like. Winston's legs are matched and balanced, and as he runs he resembles a panther. Frankincense's ear legs are twice the length of his front ones (part of his Bobcat heritage), and he moves more as a rabbit or kangaroo. I haven't been able to personally interact in any way with Winston, while Frankincense and I have mastered "fetch (and return)" and are working on a modified "catch." When Winston wants my attention, he gracefully jumps to my desk/bed/legs, expressionless. Frankincense walks to my leg, then climbs my appendage with his talons piercing my jeans and skin, screaming his desires!

Winston is a drug-crazed monster when it comes to his catnip. Once his tea-ball is loaded, he's "gone" for a while. His pupils dilate, his breathing quickens. I keep the dried catnip I harvested last summer in the freezer. When I see him on top of the frig-freezer, I know he's looking for his fix. I'm an enabler and support his habit. Frankincense could care less. "Drugs are for dopes," and he watches his bother with disdain. His passion? Those roundish, white, paper-like skin things that live in the basket on the kitchen counter. Frankincense will lift this ball-like object from the basket and push it onto the floor where he can bat it about for hours, carry it in his mouth, and balance it on his paws as he lays on his back. And when he's real physical, guess what? That one object breaks apart into 6 or 7 or 8 smaller pieces, which in turn can be batted, carried and juggled! I think they call it garlic.



CREATIVE WRITERS

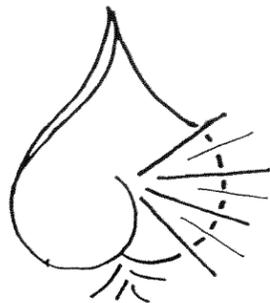
In our never-ending efforts to involve our readers, we now offer you a chance to use those imaginations and writing skills! Read the two paragraphs that follow and use them as a start of a story that we shall continue on with in the *Press*. Keep your response in the range of 600-800 (1 typed page max) words, but take us any place you want us to go. We've given you lots of room. We have a distinguished panel of judges (whom you will meet in #34), who will select our next chapter (*Press* #34). Each entry will be judged on originality, B.S. content and style, as well as measured on, shall we say, "distance from the bulb."

The deadline is **March 15** (*et tu Brute?*) Selected author receives a complimentary shirt. There is no limit on age or any creative endeavor to express the continuation of this tale. We also need a title. Have fun!

He's wet and tired as they walk the lane toward the barn. Chilled. His fingers number and cold, carrying empty bags in empty buckets. Knees and joints ache from a thousand ups and downs. His right hand caked with earth and here it is four o'clock and almost dark. The grin on his face reflects the satisfaction within. Many thoughts race through his mind. For nineteen years now he's grown the garlic and just completed his twentieth planting. This tradition — *his tradition* — where the physical and the spiritual intertwine. The cycle and commitment start again ... as the black kitten calls them from the barn.

Hour after hour she's worked alongside him, almost three full days ("Only an acre!"). Here, in the fields, they listen to each other well as they work together. She plants fast on joints less stiff. More rapidly today in order to finish, clean up, eat, and perhaps embark on a rendezvous in town. If she goes at all ... The garlic also runs through her veins, as planting connects her to Mother Earth. Over and over she thinks about putting the seed in the rich, dark earth, recycling life; the absolute magic! She's in need of a warm drink, changes her course of direction to collide with his, then asks, "What's for supper?"

*March into the Millennium with the GSF,
as the final selection will be our first Press issue of 2000. (D.S. com.)*



TAIL WINDS

I freely and openly admit to my fascination with the natural sounds that emanate from our body cavities. Have those sounds erupt in the sanctity of

worship, clutch of intimacy, or other "inappropriate" occasions, and I erupt in laughter.

And the smell — What can you say to those of us who work in bib overalls? One of my earliest childhood memories of laughter and pain was the result of accepting a challenge from my cousin and slipping a loaded Whoopee Cushion beneath my descending grandmother at Thanksgiving dinner. And in some locker room we used a match to ignite the released gas and the place exploded in howls of laughter and disbelief (an early science experiment).

"Passing gas," "Bronx cheer," "breaking wind," whatever your vocabulary, the "fart" or "flatulence" is a common denominator for those of us who eat garlic (Membership Survey, *Garlic Press #19* - Question: "Does garlic make you fart?" Yes: 87%) To some, this phenomenon has become an evil affliction and medical literature advises doctors that in some cases, particularly gaseous individuals should refrain from jobs associated with electrical sparks where chance of explosion could be a risk factor.

Until recently, very little research was done on the subject as there were few methods of study. The volume, composition, and frequency are all in some way related to our age, diet, heredity, air swallowing, stress, antibiotics and colonic fermentation. The 30% of us who produce excess internal methane generated by colonic bacteria have a higher frequency rate, which is probably genetic and seldom occurs in any child less than 2. Five odorless gasses comprise the majority of the volume of any fart: nitrogen, oxygen, carbon dioxide, hydrogen and methane. The odor of the flatus that we so readily recognize is imparted by: skatole, hydrogen sulfide, volatile amines, indole, and short-changed fatty acids; compounds detectable to the human nose in concentrations of one part per 100 million!

What makes us fart? Well, diet is an important factor. Certain foods in certain people become explosive. The formulation in the colon of indigestible materials (i.e. cellulose and fats) creates excessive amounts of hydrogen and its passage. Air swallowing from chewing gum, dentures, stress, irregular breathing, and mastication (chewing mechanics) increases gastrointestinal air volume. There is also some gas diffusion from our tissues and bloodstream into our bowel, but this is not of consequence to most of us living below 35,000 feet. I can report that this is a BIG problem for the astronauts, and in 1985, France and the Soviet Union held high-level diplomatic talks on this matter during a joint space venture.

What is the mechanism of internal gas production? The excessive volume of gas (from above) changes the internal pressure, which, in turn, prolongs the transit time through the system or refluxing of gas from the small intestine back to the stomach. The partial digestion of foods and the remaining material's interaction with our internal flora create the

remaining gas volume. "Floating Stools" are considered a sign of excess internal gas.

If you want to do something about it, the big issue is *diet*, or as the research puts it: Avoid flatulogenic foods! It's the greatest factor, and there are universally recognized items: Milk and milk products, onions and garlic, beans, carrots, garlic, prune juice, celery, raisins, bananas, garlic, apricots, pretzels, wheat germ, bagels, cabbage family veggies, and garlic. In beans, it's the cellulose of the skin (try digesting sawdust). In milk it can indicate some lactose deficiency. You will fart less if you identify these foods in your diet and remove them. If you want to keep your diet, try adding: antibiotics or biotics (like Been-o), some will work while others won't; simethicones reduce the surface tension on gas bubbles (defoamers) increasing absorption rates and very successfully (76% in early studies); anticholinergics decrease intracolonic and rectal pressures, which allows the material to pass through our system at a normal rate; charcoal has been used since 1830 to absorb and bind up excess gas due to its enormous surface area. Lastly, if you are stressed-out or taking the related medication, both work against you, because one increases the speed of digestion and the other inhibits it.

This isn't all I learned in my quest, however. Nope, there's a whole other side of this issue. Madline Shueller was a society matron and banker's wife in England, and during the course of a fancy party of dignitaries, while Madam Madline was introducing guests, she introduced "a very loud, very unmistakable sound! Everybody tried to ignore it, but there was just no way — and God help us, some of us just had to laugh." Ms. Shueller returned home and ended her life. But on a happier note, there is Joseph Pujol, a French baker and musical performer, who worked at the Moulin Rouge in Paris from 1892-1914. Pujol went by the name "Le Petomane," the Man of a Thousand Farts," and learned at a young age that he had the muscle coordination to bring air into his rectum. Once inside, he learned to modulate the exhaled sound from the almost inaudible to the sharpest and most prolonged. Odorless! This led to his career on the stage impersonating the farts of famous people and musically with the aid of a tube and tin whistle ... a veritable fart fantasia.

I conclude my report with some interesting observations from *Flatulograms* (graphed statistics from population studies): We don't fart very much when we sleep — almost never between 3:00-8:00 a.m. We fart most between 9:00-10:30 a.m. and 3:00-7:00 p.m. We average 14 farts per day, with the volume between 400-1600 ml (each). In my next paper, I shall calculate the contribution of methane gas production (25% of each fart) by humans to the issue of global warming.

Happy Winter '98.

[The opinions and assertions contained herein are the private view of the author and are not to be construed as official or as reflecting the views of the GSF. Thanks to Fred, Sandy, Anny, Miranda and Davis.] (D.S. COM)



ON THE MEDICAL FRONT: Good News/Bad News

REHOVOT, Israel, Oct. 14, 1997 — Two studies conducted by the Weizman Institute of Science have uncovered a molecular mechanism that may be the basis for some of garlic's therapeutic effects. The work at the molecular level was made possible thanks to the Institute's unique biotechnological procedure for producing large quantities of pure allicin, garlic's main biologically active ingredient.

One study explains how garlic fights infection as a smelly antimicrobial drug that can disable an unusually wide variety of infectious organisms (such as bacteria, fungi and viruses). Certain enzymes are among the main culprits in infection, providing infectious organisms with the means to invade and damage tissues, as well as playing a vital role in these organisms' metabolism and survival. Allicin disables organisms by blocking these enzymes.

The other study found that allicin blocked the enzymes by reacting with one of their important components, thiols. Thiols participate in the synthesis of cholesterol. This answers the question as to *how* garlic can lower harmful cholesterol. A study related to this provided quantitative assessment to confirm allicin being an antioxidant, which gobbles up harmful free radicals, nasty things that contribute to tumor growth, hardening of the arteries and aging.

The flip-side of this research has to do with the nature of allicin, which is not stable, that is, it doesn't last long. When you run a clove through your press, it continues to react with other compounds and disappears within hours.

The Weizman Institute found a way to create a "pure semi-synthetic allicin" that can be stored for months, which made the above-mentioned research possible. They have applied for a patent

for the production of pure allicin and several companies have expressed a commercial interest.

Oh, great ... I can see it marketed with IV set-ups or capsules! And I wonder how it tastes on pasta?

(D.S. Com.)

STATS FROM AMERICAN POISON CONTROL CENTER Since 1983

AVERAGE DEATHS PER YEAR	
FDA Approved	
Prescription Drugs . . .	100,000
Non-Prescription Drugs	320
Vitamins, Minerals,	
Amino Acids	3
HERBS	0

Getting the Bugs Out

(Table Reference: Studies by V.D. Sharma, E.L. Nima et al.)

Table 1. BACTERIA INHIBITED BY GARLIC

Alpha/Beta hemolytic streptococcus
Citobacter sp.
Escherichia coli
Klebsiella pneumoniae
Mycobacteria
Proteus vulgaris
Salmonella enteritidis
Staphylococcus aureus

Table 2. VIRUSES INHIBITED BY GARLIC

Herpes simplex type 1
Herpes simplex type 2
Human rhinovirus type 2
Parainfluenza virus type 3
Vaccinia virus
Vesicular stomatitis virus

Garlic has also been shown to be active against 17 strains of fungi. Specifically, and of most importance to humans, garlic has been shown to be more effective against *Candida albicans* than mystatin and 6 other reputed antifungal medications. For one study at a Chinese hospital, garlic therapy alone was used in the treatment of cryptococcal meningitis, one of the most serious of fungal infections! Also, raw garlic has been shown to effectively destroy common intestinal parasites, including roundworms and hookworms, and garlic is useful in eliminating toxic microorganisms, especially yeast, from the intestinal tract.

Garlic Nuts

When it comes to health, probably one of the most difficult inputs to control are environmental toxins. One especially damaging to male fertility is aflatoxin, which is produced when foods are contaminated with fungi. Peanuts are especially susceptible, so can be corn. In a study of 100 males—50 from an infertility clinic and 50 normal men in the same community—the mean aflatoxin concentrations in the men complaining of, or seeking answers to, problems of infertility was 60% higher than in the other fertile members of their area. On top of that, 50% of the sperm from the infertile males were found to be abnormal.

Fortunately, other research suggests that garlic may be the way to protect those wiggly swimmers. Garlic neutralizes the aflatoxin chemically, and in what's termed a dose-dependent manner. The more you eat, the better it works, and the aflatoxin is disabled from binding to the DNA when the damage is done. So for you garlic nuts, the message is straightforward: If you want healthy sperm, avoid those toxins and eat more garlic!

Cultural Practices for Improving Garlic Production In the Northeastern United States

Angela M. O'Callaghan, 1996 - THESIS ABSTRACT

Garlic (*Allium sativum L.*) has been cultivated in much of the world for millennia. Its food, flavoring and medicinal properties have been studied extensively, and researchers continue to examine them. This study examined the effects of:

- (a) using wheat straw (*Triticum aestivum L.*) mulch;
- (b) planting seed cloves at varying depths;
- (c) removing the scape (flower stalk); and
- (d) applying varying levels and forms of nitrogen

on the yield, bulb size and quality of several garlic cultivars (clones). Quality was measured by examining harvested bulbs for pathogen infection. Cultivars were grown in two soil types: a Howard gravel loam in Freeville, NY, during 1995; and an Arkport sandy loam in East Ithaca, NY, between 1993 and 1995.

Experimental material consisted of bolting garlic clones that produce a flower stalk called a scape, and one generally non-bolting (also called softneck) strain. Each was fall-planted (mid-October) and harvested in mid-summer (end of July). Rows were six meters long and 60 centimeters apart. Ten centimeters separated bulbs within rows.

Split-split plot mulch treatment plots were covered with wheat straw in early December. Control plots were not covered. Mulch was either left on the crop throughout the growing season or removed in the spring. Spring mulch removal did not improve yields over maintaining mulch through the entire growing season. Maintenance of the mulch throughout the production year improved the yield of several cultivars and reduced weed pressure. *Fusarium* infection of basal plates occasionally decreased under mulch, while *Penicillium* on cloves increased, but neither change was usually statistically significant.

Cloves were planted at 2.5, 5, and 7.5 centimeter depths. Depth of planting, which had an effect in a trial

previous to this study, affected the yield of one cultivar, but was not found to influence yield and quality of other cultivars in production years 1994 and 1995. Occasionally an interaction appeared between planting depth and mulch. Results appeared to be highly clone- and site-specific. More deeply planted cloves had slightly higher rates of *Penicillium* infection.

The flowers in the umbel on the garlic scape do not produce seed; they are aborted and replaced by small bulbs within the umbel.

Scapes were (a) removed soon after first appearing, (b) removed after they had straightened, or (c) not removed. Greater increases in average bulb size and total yield were found when Scapes were removed soon after appearance than with later removal. No increase in fungal infection was found in bulbs or cloves after Scapes had been removed.

Nitrogen fertilization improved yields when applied as a spring sidedressing in 1995 trials at both locations. A significant positive interaction occurred between nitrogen and mulch. When plants were grown under mulch and fertilized, bulbs displayed an increase in average size beyond that obtained with either factor alone.

Hairy vetch (*Vicia villosa Roth.*) was investigated as a nitrogen source and killed mulch. Leaf ammonium nitrogen levels increased with vetch.

The SPAD meter was used to determine whether its readings could measure the nitrogen status of a garlic crop in the field. The thickness of the plant leaves caused readings to be too high and variable for this instrument to be practical for garlic.

A cultivar trial of four locally produced clones found significant differences in yields and average bulb sizes when clones were grown under identical conditions.

OUT OF MY HEAD

Bob Dunkel

The Garlies Know

What a wild ride this winter has been! El Niño's churning out these storms and they seem to be coming from all directions. Our area escaped the full force of a devastating ice storm just to the north of us, but there's still plenty of time for more surprises. What is it about us, though, that we always look for exceptions, special exemptions and cycles like sun spots and El Niño to up the ante for climate chaos? As if we really know anything more than sleeping groundhogs about the weather to come.

We bulbheads learn to hunker down and wait awhile until those tips start showing and then the hibernation will end. Forget what page the calendar may fall upon. The garlies know when the time is right to push their way up and sniff for the carbon dioxide. Perhaps it would do us well to learn from them awhile. There is a wisdom to watching and listening to the signs and signals nature surrounds us with. We are not separate! The trees send their saps down in a storm without the weatherman's cry, and leaves, flowers and buds all open and close in a periodic symphony of response. So don't be caught napping when the time is nigh. Get yourselves up and give this a try: Take a long walk, making notes anywhere, and listen to the melody of the earth and the air. Watch for the signals — they'll be all around. Then set yourself down some roots in the ground!

I try to have fun doing this newsletter and sharing my thoughts and feelings with all of you, but always there's an undercurrent of truth that is quite serious, too, that says we're all in it together — the garlic, me, and you! We each and all have an intuitive sense and an overworked rational mind. The answers balance the questions, hopefully, and yet we tend to analyze so much and think things out to such an extent that we miss being in touch with everything else that lies beyond our focus at the moment. That's why it is so very important for us to hold onto the vision, whether it is for our lives, our crops, or for the GSF. The vision of the whole and its perfection should guide all of us forward to the morrow. So may you all rest well for the busy season ahead, keep an eye to the changes about and an ear to the ground, for the song of the garlic is slowly stirring. The reward is in doing.



Garlic Snow

I asked the old fellow
Just how do you know
Is it the taste or the color
That makes garlic snow?

I figured he'd give me
Some crazy response
But quick as can be
He this answer flaunts:
Just close your eyes now
He said with a wink
Let your nose do the talking
To your fingers that think,
In the silence of sulfur
Where the minerals grow
The roots are a tuggin'
On the garlic snow
And the garlic lies resting
Thru winter's long night
In the garlic snow dreaming
Of wrappers so tight.

There's a vision of springtime
In El Niño's wake
But there's no telling how long
This season may take

But rest we assured
The old man exclaimed
It's all just a pattern
That's forming again
The sky is not separate
From the sea or the earth
And the cloves that are forming
Began before birth
For the why and the wherefore
The whence and the how
Are condensed in the earth
And there only is now
So stop still the searching
There's nowhere to go
The mystery's unfolding
In the garlic snow.

UPSTATE NY SPRING FLING

March 21, 1998 • 9 a.m. - 3 p.m.

New York State Agricultural Experiment Station - Geneva, NY
Jordan Hall - 3rd floor Staff Room/Lecture Room

◆ Angela O'Callaghan presents her Thesis on Garlic ◆

Garlic Pot Luck & Lots of time for discussion, questions & answers

Exit 42 NYS Thruway - or Routes 5 & 20
Follow signs to Hospital
Station 1 mile west of
Hospital on North Street

Members -
\$5 Donation
Guests \$10

The Garlic Press is produced seasonally for and by members of the Garlic Seed Foundation. Membership in the GSF is \$15/1st year, \$20 for 2-year renewals, and includes this newsletter. All submissions for *The Garlic Press* should be sent to the editor, Bob Dunkel, 2079 Washburn Rd., Stanley, NY 14561. (716-526-5779 - phone evenings only, please). As always, all medical references should be taken for educational purposes and any recommendations should not preclude consulting with a health practitioner. DO NOT REPRINT ANY MATERIAL WITHOUT WRITTEN PERMISSION.

DEADLINE FOR NEXT ISSUE — APRIL 15, 1998



ASK ALICE

Alice, As I'm sure you remember, the big river flooded this spring and my garlic was under all that big water for over 2 weeks. Well, I figured it was a goner, but up it came — right through that old silt, and bad air — a better than average crop! How can garlic live under water? Did garlic come from oceans like asparagus?? Ardy Varken, Fargo-by-the-Sea, ND

Well, Andy, Neptune had a spear, asparagus has its spear, and topsetting garlic waves its spear, but perhaps the similarities end there. Inside the wrapper leaves of garlic lies a pearl of wisdom and an ocean of wonder, however. That's why Tut took it on his long journey through the underworld and on to eternity.

As for your journey back from the big river into the land of silt, you wonder anew — how did this enduring plant survive the Great Flood of '97? If you were to root around in that mud awhile, like your namesake — the literal "earth pig" — perhaps your nose would lead you to the answer to both your questions. That oily coat under the sheath of magical membrane and tucked into its protective world of mud is a scuba-diver elite. As you know from smelling an uncut bulb or clove, it's not until you cut it open that you find that wonderful released aroma. There is an activation that happens chemically and without which a state of suspended animation exists. So — judging from the outcome of your crop — patiently waiting for the big river to subside, and then feeding on the mineral-rich percolating coffee of life that followed, created the perfect combination of stress and survival.

Maybe deep in our collective unconscious we can visualize, as well, bobbing bulbs following the path of coconuts crossing the great oceans and spreading themselves around. Still, drowned and dirty, they came out purdy!

Book Review

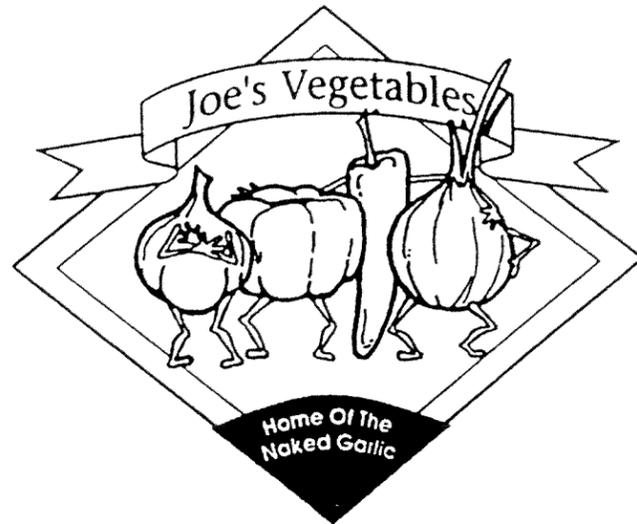
Steel in the field: A Farmer's Guide to Weed Management Tools



From the Sustainable Agriculture Network comes a great reference book for any serious grower. Farmer wisdom and experience are at the heart of this publication. Real-life, on-farm agricultural experts explain how mechanical weed control works in their sustainable cropping systems. 37 tools are featured that range from high-residue cultivators to flex-tine weeders, or from in-row fingers to wide-blade sweep plows. There are great drawings also of 18 accessories that adapt implements to farm needs. The illustrated technical pages explain the design, as well as recommended uses and cautions for each tool. Each product also is referenced for at least one or more suppliers out of a list of 104 North American agribusinesses. There are major sections for agronomic row, horticultural and dryland cropping systems, along with farmer narratives explaining crop rotation tools, cover crops and residue management. When it comes specifically to garlic, one finds three direct references from farmers, two with flammers and another using a rolling cultivator; however, the options and choices are well laid out for developing the right system for your operation. To order copies, call 802-656-0471 or send a check for \$18.00 to: Sustainable Agriculture Publications, Hills Building, University of Vermont, Burlington, VT 05405-0082. e-mail: nesare@zoo.uvm.edu

Naked, Without Clothes....

While clipping tops and filling 50# mesh onion bags with my garlic, I noticed the label of the previous user: "Joe's Vegetables — Home of the Naked Garlic." Knowing I was onto a story for the *Press*, I wrote to Joe that night and received the following reply several weeks later.



"We are a packer and processor of organic garlic. We sell garlic fresh, peeled, frozen and dehydrated. Naked Garlic means that it has been peeled. We sell our garlic products to food companies who make salsa, soup, pasta sauces or any other item that needs garlic. If you eat organic salsa or pasta sauce, chances are you are eating our garlic.

"Unfortunately, we were threatened with legal action by a company who has a trademark on any food with the word "naked" in it. Consequently, we have had to drop the "Home of the Naked Garlic" motto from our labels. You saw one of our older onion sacks."

Joe Herbert
Hollister, California

Catch that — someone *owns* the word "naked" in relation to marketing foods. How absurd! We can't market our naked salad anymore! We'll have to add dress-ing (sorry). Who owns this word "naked" anyhow? I'll continue to work on this one. (D.S. com)

Mulch

"Like a leaf," my shadow said
"Devoid of sap, I shall enter the earth as compost
and mulched with manure
sitting there, next to the garlic
the light coming over my bare white shoulder
I shall wait for Spring."

— Thomas Krampf, *Shadow Poems* 1997

HOW THEY GROW GARLIC IN . . .



For 8 years Paula Simmons Green has been growing and selling garlic from her small farm 3 hours north of Seattle, 20 minutes from the Canadian border, sealevel. The Greens constructed raised beds with concrete sides (that can be hooped and covered), filled with gravel, weed cloth, sandy woods soil, horseshit, compost and peat moss. She uses a 3-year rotation and top dress compost/peat regularly, and uses mulch for weed control. Paula's favorite "varieties" are: Idaho (TS), Metchi (Japan), Russian Red Streak, Romanian Red, Fish Lake F-3, and C.C.

They plant the first week of October, applying mulch now (January), spring plant material in February, harvest the scape 2nd week of June, and harvest (±) mid-July. Additional bone meal is applied at planting and a fish-juice without surfactant applied in early spring. Spring greens are also harvested. The harvest is cured in an outdoor shed for 7-10 days, roots and tops cut, and stored in a covered hoop-house on wood racks. Mail-order sales from farm only end in October.

Garlic for home use is stored on trays in the house. Besides putting lots of garlic in the preserved salsas, pickles, soups and sauces, Paula dehydrates her own (*Garlic Press* #20). Neither disease nor bears are a problem to her crop, but finding the time garlic demands and

moisture are her demons. The Greens are very active and self-sufficient, manage a business, and raise 1000 apple trees (covered to prevent blight). They are blessed with more rain than snow and the hooped beds can be covered with plastic if/when the weather turns foul.

Advice: "Start with a couple of varieties — *get going with it!*" Three favorite dishes: fresh Greek salad with garlic marinade dressing; garlic cooked in Sherry, then covered with chocolate (too good to be legal!); and all combinations of potatoes and garlic (mashed, fried or souped).

Note: While in the past we have sporadically covered "grower profiles," with this issue we initiate "How They Grow Garlic In" a regular feature, hopping to all parts of our membership list for some hands-on/how-to stuff. Our first is with an old friend, and this interview an opportunity for us to visit. For the past five years Paula has contributed to the Press, and in #23 we ran a small profile with a photo of the raised beds mentioned about. #30 carried her book review and every other issue a recipe. Thanks Paula, and I look forward to our lunch at your place with your homemade wine, buns and yogurt.

(D.S. com)

Garlic Braiding Video

An Informational Homegrown Video on how to make Garlic Delite Farms STRINGBRAIDS and WREATHS Using Hardneck Garlic! (Total run time 35 min.)

ALSO INCLUDES 10-min. video on How to Make Raised Garlic Beds And How to Plant Them.



To order a video, send check for \$20 (includes tax, S/H) to:
BOB YERINA
GARLIC DELITE FARMS
142 STATE ROUTE 170
LITTLE FALLS, NY 13365
Phone: 315-823-1241

GARLIC FIELD DAY

Information on Open House
HILLER, TILLER DEMO

Saturday, June 7, 1998
10:00 AM till ?

GARLIC DELITE FARMS
Route 170N, Little Falls, NY
Second house past Little Falls
Golf Course (city limits)

Call 315-823-1241
Before April 20, 1998 to Register

◆ DEMO ON RAISED BEDS ◆

How to build and use hillers to make raised beds.
How to plant, cultivate and dig raised beds.



More Recipes

TOMATO-GARLIC PASTA SAUCE from Stephen Morris, Canada

- 10 quarts (or so) fresh tomatoes
- 3 large onions
- 20 or 30 fresh basil leaves
- 15 or 20 fresh parsley leaves
- 1 teaspoon salt
- 3 Tablespoons olive oil
- 200 ml. Honey
- 1 can (156 ml.) tomato paste
- 35 to 50 medium garlic cloves (about 5 bulbs)

Peel and chop tomatoes into a large (5 litre) cooking pot. Start cooking over medium heat. This should almost fill the pot. Drain off lots of "tomato water" either by a ladle or dump the tomatoes into a sieve for a few moments then return the drained tomatoes to the pot and continue cooking. Chop the herb leaves and add to the pot, along with the salt, honey, and tomato paste. Chop up the onions and saute in the olive oil until golden, then add to the pot. Chop, press, or crush all that lovely garlic and add it to the pot for the final touch! Simmer until thick (about 1 hour). Fill and seal sterilized mason jars. Process in boiling water for 10 minutes. Makes about 4 litres.



COOKING FOR FRIENDS

The next time you have 200 friends for supper, I might suggest the classic 40-Clove Chicken, and thanks to Chefs at Cornell University's School of Hotel Management, I can provide you with the following recipe. (D.S. com)

If you really love garlic . . . a lot CHICKEN with 40 CLOVES of GARLIC (Cornell class recipe)

Ingredients:

- 200 chicken breasts (6 oz. each)
 - 10 lbs. flour
 - 90 Tablespoons salt
 - 40 Tablespoons ground black pepper
 - 1/2 bushel fresh rosemary leaves
 - 8,000 peeled garlic cloves
 - 2 quarts, 3 cups dry white wine
 - 3 gallons chicken stock
 - 2 gallons heavy cream
1. Toss chicken in flour, salt, pepper mixture.
 2. Meanwhile, heat olive oil in tilt skillet.
 3. Add chicken when oil is hot, turn once when brown and remove to 4-inch hotel pan, 22 per pan.
 4. Add garlic to pan. Saute until garlic is golden, Add rosemary.
 5. Add white wine, chicken stock and chicken breasts to skillet. Cover and simmer about 30 minutes.
 6. Remove chicken and reduce liquid by 2/3 under high heat.
 7. Add contents to plastic bucket and beat mix until smooth.
 8. Fill each hotel pan with garlic sauce until chicken is covered. Keep covered in line oven at 180 degrees.
 9. Serve with chicken covered by 2 oz. of sauce, 4 oz. of vegetable and 1 potato. Garnish with roasted garlic cloves.

Handcrafted
Sterling
Silver
Garlic
Jewelry



\$30 necklace
\$30 pin



tie tac \$25
earrings \$30
(pierced, french)
wire

(actual size)

send check or
money order
include 8% tax
and \$1.50 for post to
Carol Fugmann
P.O. Box 78
Union Hill N.Y.
14563-0078

GARLIC SEED FOUNDATION

Rose Valley Farm • Rose, New York
14542-0419 • (315) 587-9787



No other vegetable/culinary herb has garnished anywhere near the attention of the garlic. In the last 20 years there have been over 3000 research studies on this Allium, 1200 of which were on sulphur compounds alone. For over 5,000 years, it's been cultivated by *Homo sapiens*, and although not always held in high esteem by vampires and certain antiseptic societies, it's always been eaten by common folks and used by medicine men and women. By international standards, the North American consumption of 2 pounds per person per year is well below the 50 pounds per person per year ingested in the cultures of the Far East.

While the geneticists ponder why this plant would lose its sexuality, the botanists study garlic's origin and biological characteristics, the phytopharmacologists study the plant as a drug, and the chemists and medical researchers examine sulphur and its effects on our bodies, the Garlic Seed Foundation seeks to answer the great question: How do we grow and eat this stinky stuff??

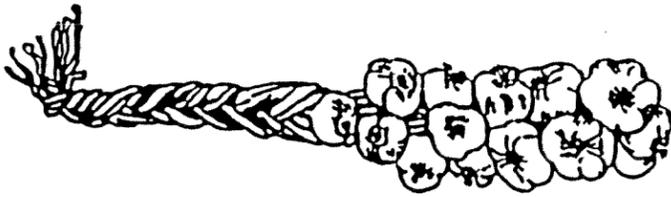
Created in 1984 over our love of garlic potluck suppers, the GSF has grown to an international organization of over 1,000 members, primarily centered in Northeastern U.S. Our objectives have been to educate, promote, and have some fun as we wear our breath proudly.

After we learned how to grow the garlic, we started looking at "varieties," machinery, nutrient requirements, and each of the many cultural practices it takes from planting to putting it on our pasta. It is extremely labor-intensive, requiring over 20 personal/human interventions. We act as a clearing house of information and research data available to Girl Scouts or Ph.D. candidates, reprint and supply literature, present educational seminars to consumers and horticulturists (farmers and gardeners), work with authors of books and articles, answer questions on radio shows, and generally fill a neutral information void without consideration for sale of pills and products. Our newsletter, the *Garlic Press* is published 4 times a year. We promote regional production and consumption of garlic (and all food) using appropriate and sustainable practices. We celebrate this herb by working with local members organizing festivals that combine good food, information, planting/cooking material and merriment.

Each fall we aid our members by publishing a listing of available planting stock and making it obtainable to the general public. We are an educational, not-for-profit, informal, unofficial, unrecognized association and invite your membership and participation.

We thought the membership should see how we define the GSF to the general public. We review approximately 2000 requests, for something, each year. Our brochure is long outdated and on our winter list.

An informal organization of growers and eaters of *Allium sativum*
dedicated to its improvement and production
Publishers of the *GARLIC PRESS*



GARLIC SEED FOUNDATION

Rose Valley Farm • Rose, New York
14542-0419 • (315) 587-9787

Fall 1997 Garlic Seed Foundation Supplier List

Thank you for requesting a copy of the 1997 listing of members with planting material available. The Foundation does not sell or broker any stock. This information is from each producer and we request that you contact them directly, as further explanation might be needed.

Don't hesitate to solicit information such as a more complete botanical description, explanation of "varieties" listed, definition of "organic", copies of "certified-organic" documentation, and descriptions of climate and soils where the garlic was grown. It is also appropriate to request samples of representative material.

Lastly, we encourage fair and honest pricing and open, truthful negotiation to determine a fair price. We are family farms working hard to produce a high quality crop. There's a big investment and lots of hard work producing this stinky stuff. "Cheap" garlic comes from the giant industrial factory farms of California and China. "Good food ain't cheap and cheap food ain't good."

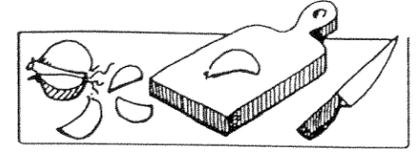
Thanks for supporting our members.

Vegetable Farmer and Director

Name	Address	Phone/fax Best time to call	Types	Minimum order	Description
Carol Ann Smith High Mountain Gourmet Products	54895 Harvey Hill Rd Anza, CA 92539	(909) 763-9557 anytime; message fax (909) 763-1804	top set, soft neck	none	top set: Romanian red; soft neck: artichoke and silverskin
www.The Garlic Store.com Yucca Ridge Farm	46050 Weid Co Rd 13 Fort Collins, CO 80524	1-800-854-7219 M-S, 10-6 MST	top set, soft neck, elephant		20 varieties; CO certified organic. Bulbs and bulbils. We sell over the internet
Keith & Clair Culver Culver Ag Enterprises	RD #1 Box 184 Auburn, NY 13021	(315) 364-6750 morning and evening	top set	10 lbs.	Rocambole, Music, German stiff neck
John Spamer Garlic Farm	6437 Redman Rd Brookport, NY 14421	(716) 637-6275 4 - 6 pm EST	top set	10 lbs	organically grown, irrigated
Mei Wan Solberg Sun Mountain Farm	5238 Bath Rd Groveland, NY 14462	(716) 243-0895 after 6 pm EST	top set, soft neck	10 lbs.	NOFA-NY certified organic; purple streaks, purple blush

page 1 1997 Garlic Seed List

Recipes



GREAT STUFF!
from Ron Cacialli, Vestal, NY

PITA CRISPS

You'll probably want to triple or 4X this recipe.

3 large pita breads
1/4 cup margarine or butter
1 Tablespoon parsley
1 teaspoon oregano
1/8 teaspoon onion powder
Lots of crushed garlic (as much as you like!)
1/4 cup freshly grated Romano or Parmesan cheese

Split pita bread. Into melted margarine or butter stir everything except cheese. Brush on rough side of pita bread. Sprinkle cheese on top. Bake on ungreased cookie sheet @ 350° for 12-15 minutes or until golden brown. Eat hot or put in airtight container (when cool) and eat later.

MARINATED MUSHROOMS

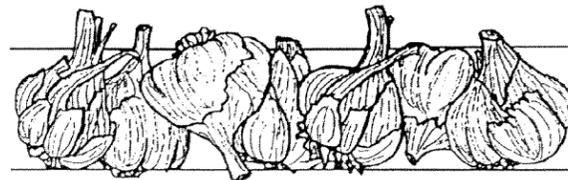
1 lb. mushrooms
1/4 cup olive oil
1/2 teaspoon oregano
dash of pepper
2 Tablespoons parsley
1/2 cup wine vinegar
1 teaspoon salt
6 cloves garlic
1 medium onion, sliced into thin rings

Cook mushrooms 8-10 minutes. Drain well!! Add the rest of the ingredients and soak overnight.

SPINACH SOUP

1 Tablespoon olive oil
1 large onion, chopped
2-3 large cloves garlic
2 bay leaves
1 lb. hamburger
1 pkg. chopped spinach
1 1/2 Tablespoons salt
4 large sliced carrots
2 4-oz. cans of mushrooms
1 cube beef bouillon
10 cups water
2 Tablespoons rosemary
Rosa Marina
Romano Cheese

1. Fry onion, garlic and bay leaves in olive oil.
2. Add hamburger and brown.
3. Remove bay leaves.
4. Add water, salt, spinach, bouillon, mushrooms and rosemary.
5. Cook until spinach is no longer frozen. Take out some soup and freeze.
6. Add carrots and macaroni and cook until done.
7. Put in soup bowl and sprinkle cheese on top.



From *World Vegetarian Cuisine*, Bharti Kirschner,
"Natural Health," Mar./Apr 1995, Vol. 25(2) 34.

ROASTED GARLIC SOUP

This recipe is a variation on the classic Spanish garlic soup. Here the garlic is roasted first to impart a robust aroma to the finished dish. Orzo, the rice-shaped pasta, swells up in the broth to become plump and mellow. The soup contains little added fat, yet has a richness commonly associated with high-fat dishes.

15 large garlic cloves, peeled
Olive oil for brushing
4 1/2 cups vegetable stock, or canned vegetable broth
1/2 cup orzo
1 Tablespoon chopped fresh thyme, or 1 teaspoon dried
1/2 cup fresh or thawed frozen peas
Salt and ground black pepper

1. Preheat oven to 450 degrees. Lightly oil a baking sheet.

2. Brush garlic cloves with oil and arrange on baking sheet. Bake for 10 to 15 minutes, or until soft and browned around edges. Remove each clove as it's done. Don't allow to become too brown or they will impart a bitter taste to soup. When all cloves are done, process in blender or food processor along with 1 cup of stock to make a smooth puree. Set aside.

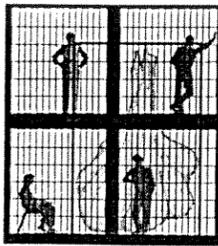
3. Bring remaining 3 1/2 cups stock plus 1 1/2 cups water to boil in a stockpot. Lower heat slightly, and add orzo; cook, uncovered, until al dente, 7 to 10 minutes. Add thyme, reserved garlic puree, and peas. Cook, covered, until peas are done, 3 to 5 minutes if thawed; 7 to 9 minutes if fresh, and mixture is hot. Season to taste with salt and pepper. If allowed to stand, orzo will absorb some of liquid. The dish will still taste good, though the consistency will be thicker. Serves 4 to 6 as a first course.

Chester Aaron's VERY GARLIC PASTA from Chester's Book

1 pound linguine
1/4 cup extra-virgin olive oil
8 Spanish Roja garlic cloves, minced (available in specialty shops)
1 cup whole, salted cashews
1 teaspoon salt
1 teaspoon freshly ground black pepper
6 basil leaves, shredded
1 Tablespoon chopped Italian parsley
Freshly grated Parmesan, for garnishing

1. Cook the linguine in a large pot of boiling water until tender, about 7 minutes. While the pasta is cooking, place the oil in a skillet over medium heat. When warm, add the garlic, tossing, for 2 minutes. Add the nuts and season with the salt and pepper.

2. Drain the pasta. Toss with the nut sauce. Add the basil and parsley. Adjust seasoning and serve with grated Parmesan cheese on the side. 6 servings.



Chow Time

Dice it, any way you spice it. Grub, Swill, Swine, it's all divine. And food laced with garlic, just call it mine!

The mess hall can hardly be called a four-star restaurant, especially when the spaghetti moves around on your plate like Medusa's head. Our objective is to get hold of the raw ingredients, so one can prepare a halfway decent meal. There are ways of achieving this goal, such as worming your way around into someone's locker, like some of the riff-raff here, but that's not very healthy. You're likely to run into "Big Bubba." Another way is to hook up a contract with someone who works in the mess hall. This way you can purchase all sorts of stuff and cook it yourself. Two packs of smokes will get you two onions, two peppers, and some left-over hot dogs, but who knows how old the hot dogs are - could be as old as the Al Capone days.

You have to take your chances. Such is life in the Brig. I entered our make-shift kitchen the other day, to

CLOTHES-IRONED GRILLED CHEESE

- 2 Slices of cheese
- 2 Slices of bread
- 1 Crushed (Rose Valley Farm) Garlic Clove
- 1 8x10 sheet of aluminum foil
- 1 Clothes iron, heated to medium temperature

Put cheese between the bread, sprinkle garlic, and wrap in foil. Lightly press iron on foil, and let rest for one minute. Turn over and repeat on other side. Unwrap, and Voila! Iron-Grilled Cheese!

RADIATOR RAVIOLI

- 1 Can of Ravioli
- 1 Crushed (Rose Valley Farm) Garlic Clove
- 1 Hot Radiator

Open can of Ravioli and drop the garlic into the can. Place on the radiator. Go to the yard for half an hour. When you get back, Voila! Radiator Ravioli!

Food, glorious food. It's one of our main objectives here in the land of Oz—the glorious consumption of food!

put together one of my famous dishes, and came upon two shady characters named "Big Ray" and "Fishface." As I began to prepare my dish, Big Ray asked, "Yo, Chef Ed, could I get a bit of garlic Bro?" I said, "No sweat, slick, here ya go," and gave him some. Well, as soon as he turned his big head, "Fish" reach over and tried to swipe a clove. That second, Big Ray grabbed Fish's hand with lightening speed. That's when I hit the deck, as a tornado of food took flight. I was able to flee the scene, with my garlic in tow, only to witness Fishface's head being shoved into a garbage can. When the storm was over, the make-shift kitchen was left a cataclysmic obliteration.

I never saw any more of Big Ray and Fishface, but rumor has it they won't be doing any cooking for awhile. They should have taken that famous AVP program, then the lines of communication would have been an option. And all in the name of food, Glorious Food! Talking about food, here area couple of my behind-the-scenes (or should I say WALLS) recipes from the pantry of the pen.

Christmas takes its toll independently on the inhabitants of this society in which I dwell. Some tend to withdraw into a shell as the holidays arrive; others do the opposite and revel in it. The latter are less common, especially if distance separates you from your loved ones. Santa even seems to fly by without a crop. I suppose its the same in the land of the real, where life can be just as unsympathetic and chaotic as in here, but we must remember to keep the faith, because "absence makes the heart grow fonder," and "happiness is at a distance, but within sight."
 Chef Ed

COLLECTION #5 RELEASED TO WILD REVIEWS!

- "Reading this crap is a total waste of time." Cris R., Little Rock, AR
- "How and where do these people find all this ridiculous garlic stuff?" John S., Lincoln, NB
- "Gastronomic Poetry! This is wild!" Ritza, NYC
- "Keep it up. We look forward to each issue." J. Jacobson, Tacoma, WA
- "It stinks ... thanks!" P.D., Bismark, ND

Putting the culture back in agriculture
THE GARLIC PRESS
 Collection #5 (27 - 32)
 "The Troubled Teen Years"

Name	Address	Phone/fax Best time to call	Types	Minimum order	Description
David Piedmonte Piedmonte Produce	16797 Lynch Rd Holley, NY 14470	(716) 638-6461 (716) 732-1611	top set, soft neck, elephant	10 lbs.	top set-white garlic, from N. Germany; soft neck-Poland reddish brown
Matthew P. Gambino Gambino Garlic Growers	PO Box 27 56 Sawyer St Hornell, NY 14843	(607) 324-1798 7 am, after 8 pm EST	top set	10 lbs	Italian purple skin - the garlic that all the old timers grew during 20's, 30's, 40's
Jeff Geiger Murray Estates Garlic	1015 Cayuga Heights Rd Ithaca, NY 14850	(607) 272-4020 9 am - 4:30 pm EST	top set	10 lbs	German White, Music - continental varieties; Rocamboles
Doug Bowne Wellspring Farm	345 Lynch Rd Little Falls, NY 13365-9802	(315) 866-1403 7 am - 7 pm EST	top set	5 lbs.	GSF strain #65 or similar, Rocamboles type
Warren Bacon White House Farm	PO Box 745 Oxford, NY 13830	(607) 843-8473	top set	5 lbs	organically grown; Rocamboles, East European Continental
Francis Warren	RD #1 Box 186 Port Byron, NY 13140-8776	(315) 776-5127 8 am - 8 pm EST	soft neck		
Warren Ainslie Dancing Veggie Farm (formerly Ainslie Farms)	RFD 3 Box 177M Richfield Springs, NY 13439-9803	(315) 858-0506 7 - 9 pm EST	top set	none	Elmer's top set; skin often purple streaked
Bob Dunkel	2079 Washburn Rd Stanley, NY 14561	(716) 526-5779 evenings	topset		
Grace Reynolds Hillside Organic Farm	141 Carrolls Grove Rd Troy, NY 12180	(518) 279-9637 9 - 10 pm EST	top set, elephant	1 lb.	non-certified organically grown; irrigated Porcelains, Rocamboles, purple striped. Priced according to size
Paul Welch	1455 Saltvale Rd Wyoming, NY 14591	(716) 495-6497 after 4 pm EST		5 lbs.	German Red; Polish soft necks
Tom Jackson Jackson Farms	13902 Dunn Rd Godwin, NC 28344	(910) 567-2978 M-F, before 8pm EST tjack@intristar.net	top set, elephant	5 lbs.	certified organic
Rich Barren Elk Mountain Garlic Farm	131 Ontario St Peckville, PA 18452	(717) 489-8710 after 8 pm EST	top set		Rocamboles- 1.5-2.5" bulbs; German Extra Hardy 2-3" bulbs

Name	Address	Phone/fax Best time to call	Types	Minimum order	Description
Emil Tola Jr	561 Saxonburg Blvd Saxonburg, PA 161056	(412) 352-8441 4 - 6 pm EST			
Charlie & Diane Huff Trinity Herb Farm	Rt 2 Box 211C Paradise, TX 76073	(940) 433-8171 anytime	elephant	1 lb.	mostly medium size bulbs
Craig Halliwell Voyager Foundation Farm	Rt 1 Box 215 Glasgow, VA 24555	ph/fax(540) 258-1010 (540) 258-1831 (h)	top set, soft neck, elephant	none	VA certified organic; German Red, White Silverskin
Lou Pulver Dragon Breath Garlic	RR 1 Box 2345 East Hardwick, VT 05836	(802) 533-7175 lunch 12-12:30 pm or after dark EST	top set, soft neck	1 lb.	topset: Standard Red Rocambole certified organic
Richard Smith Garlicsmiths	2353 Addy Gifford Rd Addy, WA 99101	(509) 935-4747 anytime for catalog	top set, soft neck	1 lb.	12 varieties, rare gourmet garlic; certified organic; free catalog
David J. Blount Blount's Gourmet Garlic	N-1417 Felts Rd Spokane, WA 99206-3914	(509) 924-6430 after 5 pm PST			
Liz Rose & Paul Baransky Liz & Paul's Farm	RR 1 Box 1225 Soldier's Grove, WI 54655	(608) 735-4779 early morning	top set, soft neck	none	several varieties; 3" bulbs
Bruce McEwen	PO Box 32 Desboro, Ontario N0H 1K0 Canada	(519) 794-4812 evening	top set	none	medal winner last 4 years at Royal Agricultural Winter Fair, Toronto
Warren Ham Flat Creek Farms Inc.	38 Centre St Stratford, Ontario N5A 1E3 Canada	(519) 272-1742 evening	top set	10 lbs.	mainly Music variety; Siberian; Legacy, Rocambole
S.C.A. Sud de Montreal	4 Rang St Andre Napierville, Quebec J0J 1L0 Canada	(514) 245-3308 9 am - 5 pm EST			Quebec seeds distributor

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United States
Department of
Agriculture

Agricultural
Marketing
Service

United States Standards for Grades of Garlic¹

Effective September 4, 1944

SOURCE: 32 FR 8862, June 22, 1997, unless otherwise noted. Redesignated at 42 FR 32514, June 27, 1977 and at 46 FR 63203, Dec. 31, 1981.

GRADE

51.3880 U.S. No. 1.

UNCLASSIFIED

51.3881 Unclassified.

APPLICATION OF TOLERANCE

51.3882 Application of Tolerance

DEFINITIONS

51.3883 Similar varietal characteristics.

51.3884 Mature and well cured.

51.3885 Compact.

51.3886 Well filled and fairly plump.

51.3887 Damage.

51.3888 Diameter.

AUTHORITY: The provisions of this subpart issued under secs. 203, 205, 60 Stat. 1087, as amended, 1090 as amended: 7 U.S.C. 1622, 1624.

GRADE

§ 51.3880 U.S. No. 1.

"U.S. No. 1" consists of garlic of similar varietal characteristics, which is mature and well cured, compact, with cloves well filled and fairly plump, free from mold, decay, shattered cloves, and from damage caused by dirt or staining, sunburn, sunscald, cuts, sprouts, tops, roots, disease, insects, or mechanical or other means. Each bulb shall be fairly well enclosed in its outer sheath. Unless otherwise specified, the minimum diameter of each bulb shall be not less than 1½ inches.

(a) *Tolerances.* In order to allow for variations incident to proper grading and handling, the following tolerances, by weight, are provided as specified:

(1) *For defects.* Ten percent for garlic in any lot which fails to meet the requirements of this grade, including therein not more than 2 percent for garlic which is affected by decay.

(2) *For size.* Five percent for garlic in any lot which fails to meet any specified size.

UNCLASSIFIED

§ 51.3881 Unclassified.

"Unclassified" consists of garlic which has not been classified in accordance with the foregoing grade. The term "unclassified" is not a grade within the meaning of these standards but is provided as a designation to show that no definite grade has been applied to the lot.

APPLICATION OF TOLERANCES

§ 51.3882 Application of Tolerances

"The contents of individual packages, based on sample inspection, are subject to

the following limitations:

(a) For a tolerance of 10 percent or more, individual packages in any lot may contain not more than one and one-half times the tolerance specified, except that when the package contains 15 specimens or less, individual packages may contain not more than double the tolerance specified: *Provided*, That the average for the entire lot is within the tolerance specified for the grade.

(b) For a tolerance of less than 10 percent, individual packages in any lot may contain not more than double the tolerance specified: *Provided*, That at least one defective and one off-size specimen may be permitted in any package: *And provided further*, That the average for the entire lot is within the tolerance specified for the grade.

DEFINITIONS

§ 51.3883 Similar varietal characteristics

"Similar varietal characteristics" means that the garlic in any container is of the same color. White and red garlic shall not be mixed in the same container.

§ 51.3884 Mature and well cured.

"Mature and well cured" means having reached that stage of development at which the garlic is firm and sufficiently dried so as not to be soft and spongy.

§ 51.3885 Compact.

"Compact" means that the cloves are not spreading but fit closely together practically the entire length of the individual cloves.

§ 51.3886 Well filled and fairly plump.

"Well filled and fairly plump" means that each clove contains a kernel which is fairly plump and not shriveled.

§ 51.3887 Damage.

"Damage" means any specific defect described in this section; or an equally objectionable variation of any one of these defects, any other defect, or any combination of defects, which materially detracts from the appearance, or the edible or marketing quality of the individual bulb or the lot as a whole. The following specific

defects shall be considered as damage:

(a) "Dirt or staining". Any lot of garlic which is dirty or materially stained shall be considered as damaged. As a guide, a lot of garlic shall be considered as damaged by dirt or staining if the appearance is affected by these causes to a greater extent than the presence of 15 percent of bulbs which are materially stained plus 5 percent badly stained. The number of stained bulbs permitted before the lot is considered damaged will depend on the degree of staining on individual bulbs. If the lot has 15 percent which are materially stained and 5 percent which are badly stained, the most of the remainder of the lot shows staining of a lesser degree, but approaches that which is considered materially stained, then the lot shall be considered as damaged by staining. If a lot has no badly stained bulbs, and not more than 25 percent materially stained, but most of the lot has little or no staining, it is not considered as damaged by staining. Garlic with adhering or caked dirt which affects the appearance to the same extent as materially stained or badly stained garlic shall be scored in combination with any stained garlic that may be present in the lot.

(b) "Sunburn" means discoloration due to exposure to the sun when there is no injury to the tissue.

(c) "Sunscald" means softening of the tissue due to exposure to the sun.

(d) "Tops". In considering this factor the appearance of the lot of garlic as a whole should be considered. There shall be no requirements as to length of tops of braided garlic. While loose garlic should be trimmed to less than 2 inches there may be some that have been cut with tops a little longer. However, any lot of loose garlic having more than 20 percent of the bulbs with tops over 2 inches in length shall be considered as damaged. This percentage is given only as a guide and it may be reduced if the tops are very long. For example, not more than 10 percent of the bulbs may have tops longer than 5 inches.

§ 51.3888 Diameter

"Diameter" means the greatest dimension at right angles to a straight line running from stem to root end.

¹ Packing of the product in conformity with the requirements of these standards shall not excuse failure to comply with the provisions of the Federal Food, Drug and Cosmetic Act or with applicable State laws and regulations.

This is a reissue of U.S. Standards for Garlic, which were effective September 4, 1944. No substantive change is made in the text of the standards.

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