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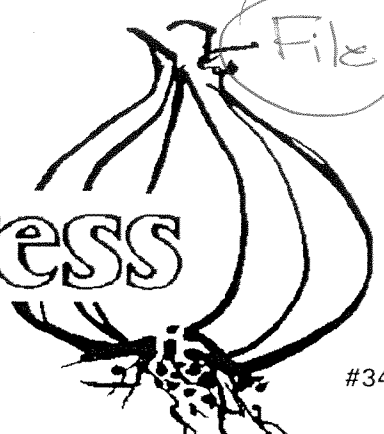
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THE REGULAR, AND NOT SO
REGULAR, NEWSLETTER OF THE
GARLIC SEED FOUNDATION

The Garlic Press

SPRING/SUMMER 1998



#34

**Garlic bread can be breath of fresh air
for men of the family**

by *Jerry Zezima*

The good news in our humble household these days is that I, the man in the family, have become excellent company at the dinner table and, as a result, have helped make dinner a much more pleasant experience for my wife and children. The bad news is that I have really bad breath.

And I owe it all to garlic bread. Actually, I owe it all to Dr. Alan Hirsch, the neurologic director of the Smell & Taste Treatment and Research Foundation in Chicago, who recently discovered that the smell and taste of garlic bread has a powerful and positive influence on men.

According to the Pepperidge Farm Aroma Study, in which Hirsch used that company's frozen garlic bread to study more than 180 people in 50 families, the smell of garlic bread enhanced positive family interaction by 68.4 percent, while the taste of garlic bread increased pleasant communication by a whopping 99.4 percent.

But the most astonishing result is that garlic bread was found to be the only known aroma to have a greater positive effect on men than on women or children. Indeed, it caused the men in the study to have 96.4 percent fewer negative interactions with family members, and it virtually eliminated negative comments made by males during dinner.

"As we head towards the millennium, maintaining family ties is a constant challenge," states a press release from Pepperidge Farm. "According to these findings, serving Pepperidge Farm Garlic Bread with a pasta dinner would clearly enhance the quality of family interactions and perhaps lead to greater satisfaction and

stability in the family. So, if you want a closer-knit, happier family, maybe all you need is a little garlic bread."

As the garlic breadwinner in my family, as well as the man who comes to dinner, I was delighted. After all, I like garlic bread as well as the next guy. Fortunately, the next guy lives in another house. So I decided to call Hirsch for some pungent comments.

"The male is usually the most dominant member of the family and also has the most negative interaction at meals," he explained. "Men tend to be more critical of others. By sniffing or eating garlic bread, a man can develop a more positive outlook and have more pleasant interaction with family members."

Another way to have more pleasant interaction, Hirsch added, is to eliminate the man.

"If you got rid of the dominant male," he said, "there would be very few negative interactions. Not that I recommend this."

A good thing, too, because judging by the way some men behaved during the study, elimination is an option many women have probably considered.

"We visited 50 families twice each, and you'd think people would try to be more polite," Hirsch reported. "In the presence of our observers, females were more polite, but males continued to be rude. Males were either ruder all the time, or males and females were equally critical, but females were more aware of strangers in their surroundings. Maybe males are just naturally oblivious."

Whatever the reason, the smell and taste of garlic bread resulted in "a

tremendous reduction in negative interaction."

"One theory is that the males were too busy stuffing their faces to say anything," said Hirsch, adding that garlic bread worked so well at dinner that families should consider having it at breakfast, too. "Though maybe not with scrambled eggs," he said.

Although Pepperidge Farm garlic bread was used in the aroma study, "it could be any brand," the good doctor noted. "You could even make it yourself."

Which is exactly what we did the other evening. While my wife made pasta, our daughter Lauren made a loaf of garlic bread. In an effort to be useful, I got out of the way.

Soon the kitchen reeked of garlic. "My," I said pleasantly, "that smells good." Nobody responded.

The interaction was even better at dinner.

"Please pass the garlic bread," I said to my daughter. She passed it. I took a piece and stuffed it into my mouth. "This is delicious," I mumbled.

"Thank you," my daughter replied.

"And the pasta is wonderful," I said to my wife.

"Thanks," she said.

The conversation continued in this lively manner throughout the meal, during which I had a total of five pieces of garlic bread.

Afterward, we all smelled so bad that we avoided each other for the rest of the night. As I am sure Hirsch would agree, the family that stinks together, stays together.

JERRY ZEZIMA is a columnist at *The Stamford (Conn.) Advocate*



Director's Notes



I often wonder *why* it feels so damn good to complete the harvest and get the garlic curing. Is it as simple as the completion of a task? Is it the release of the anxiety and knowing the quality and quantity of your crop? What lies ahead in the clearing and market prep, phone calls, negotiations, and the trading of the garlic for the cash? I hope that you all take the time, especially now, to review this past season, complete your notes and evaluations, and start to think about this fall, because as we all know, we're as much starting next season as we are completing this one. We stand in the footsteps where thousands of dirt farmers have stood for thousands of years.

There are long and productive days on this farm and after 14 hours of work, my energy and creativity levels are running on empty. Dunk's been after me for weeks to finish my *Press* work. Letters aren't answered nor are bank deposits made in a timely fashion. As always, your patience and soft reminders are appreciated. I'm thankful that Gigi continues on with all the membership and mail-order chores! There's this old proverb: "When a man (woman) owns land, the land owns him (her)." What truth! The farm will take all of your money, your family, your time, your energy, your creativity. It has been 10 years since I've worked and managed this farm alone, and it's physically, mentally, and spiritually challenging. So is the weather! For some reason, crops came on early, despite radical shifts in heat units and moisture. This has been the best year ever for the blueberries, which I started picking in June—3½ weeks early! The fruit sized very well—many

berries the size of a dime! In a 7-hour period of harvesting, one awkward thick-fingered garlic farmer and six young nimble Amish women picked 30 5-gallon buckets of fruit! The rye has been combined with good yields despite weather-related lodging. Buckwheat and oat cover-crops are sowed and I'm up to my ears in gladiolas. I put in a half-acre of mammoth sunflowers, which are now in bud-break, some at 12'. The winter squash is setting fruit like crazy, and the ornamental corn is swelling on plants larger than I've ever seen. The nut set on the chestnut and filberts is only fair, and I suspect many nuts aborted in the extremely dry-hot May/June.

But the garlic looks good—certainly better than average in size and quality. I downsized to a half acre this year (14,000 cloves planted), which seems a more manageable crop. I continue my struggle with fusarium and the weeds, but the wisdom and experience of my age is balancing the other effects of my years.

The time has come to enjoy our harvest and celebrate our labors at the festivals. I look forward to them each year and the chance to meet new folks and old friends. And it is the time to give thanks, in our own way, for our gift to work in the soil, creating good food, sustaining life as garlic farmers have for aeons. We, sometimes foolishly, take credit for what we grow instead of humbly understanding where we fit into the big picture, our feet on the earth, our eyes to the heavens.

(D.S. com)

The Selling of the Greens

I get questions about selling garlic greens all the time, and since we've all harvested, some small (hard to sell) bulbs and are now making plans for planting, here's a note I wrote to the produce manager of food stores in Rochester, NY. (D.S. com).

Dear Produce Manager:

These are "Garlic Greens," the immature leaf of the garlic plant that will later produce the edible "scape" (flower stalk) and bulb. Each year at harvest we have small bulbs, usually unsalable, and we plant them along with the cloves for bulb production. Each clove of these bulbs sprouts, sending up "clumps" of greens that are then cut at ground level. This plant has such an energy to survive that it will continue to send up two more sets of leaves. If I were to pull this plant from the ground, I could provide you with an attractive, delicious "garlic scallion," and I can, bunched, keep both of these products moist in poly or shallow H₂O pans.

They can be used totally interchangeably raw and in cooked dishes, providing the pungency and flower of garlic. They are high in fiber and vitamins. I enclose a quick and easy recipe for a pesto that works as a dip or pasta sauce (depending on the amount of olive oil) that freezes very well.

David Stern

PESTO/GARLIC GREENS

1 bunch garlic greens (cut 1" pieces)
equal amount of fresh greens (spinach, mustard, dandelions, chard, parsley, everything works)
1 cup olive oil (±)
1/4 cup of pine nuts or sunflower seeds

Using a sharp blade on a food processor, combine all ingredients using the oil to lubricate. Less oil means a firm vegetable "dip" consistency; more oil for pasta.

Freezes well in ice cube trays, then bagged in poly for long-term storage.

Rose Valley Farm

P.S. Adding a hot pepper or a couple of anchovies adds a good twist.



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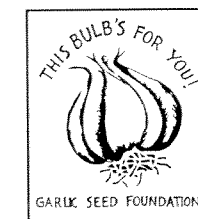
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DATE: Saturday & Sunday
Sept 26th & 27th, 1998
10 am - 5 pm both days

WHERE: Saugerties, NY

(Exit 20 NY Thruway - 40 miles south Albany)

ADMISSION: \$5/adult, \$3 pre-festival

Children 12 and under - free with adult

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Visit our web site: <http://www.hopefarm.com/garlic.htm>

*FESTIVAL, PO Box 443, Saugerties, NY 12477



ALLIO-PHILE

🍷 **Congratulations** are in order to the Editor of this Ag-rag. Mr. Robert Dunkel, a.k.a. "Dunk," who has been appointed Postmaster of Hall, New York. Dunk has been with the USPS for many years, walking the routes in Geneva with occasional opportunities for more administrative and managerial training and experience. His comment in celebration of his new position: "Off the streets at last!"

🍷 **Congratulations** also to Doug Urig and his staff on the completion of his first issue of *Mostly Garlic* Magazine. Released and mailed out at the end of June, it's been a learning experience for Doug and he's out at all the Festivals gathering stories and selling subscriptions. *Mostly Garlic*: 19 E. Church St., Milan, OH, 44846. 4 issues for \$12.75.

🍷 **Thanks** to the several of you who sent the hate mail in regard to my piece in the last *Press* relating to normal body sounds and smells. You found it immature, tasteless, and unworthy. As for the 80 of you who enjoyed "Tail Winds" and sent your own stories (up close and personal), I'm pleased to send along some companion pieces: *The History of Farting*, Dr. B. Bart, Penguin Books, 160 pages, \$5.00; and *Fart Proudly: The Writings of Ben Franklin (you never read in school)*, edited by Carl Japikse, Penguin Books, 128 pages, \$9.00.

🍷 Entering any **garlic competition** Fall (county, state or horticultural) Fairs? Please let the *Press* know how you do so we can keep count as well as publicly recognize your hard work.

🍷 **Catalogs**: In addition to the Garlic Store.com and Blue Moon mail order catalog (mentioned herein), two more are worth checking out: *Everything Garlic* (wide selection of garlic goodies including garlic in an aerosol mist can!), P.O. Box 91104, W. Vancouver, BC V7V 3N3; and *Garlic Smiths* (WA State Certified Organic producers of 13 cultivars), 967 Mingo Mountain Road, Kettle Falls, WA, 99141.

🍷 Our **belated condolences** to the family of Joseph Gubser of Gilroy, CA, who passed away last year. Mr. Gubser was an early and successful pioneer in the CA garlic industry back in the fifties.

🍷 **Garlic Photo Cards**: GSF will soon be selling (at festivals and via the *Press*) beautiful cards by photographer Emily Barrett of Shelburne, VT.

🍷 **New t-shirts** are now available!

🍷 **Old T's** - This is what we've got: *Garlic Press*: 13-S, 19-M, 7-L, 16-XL, 3-XXL; *Food Is Medicine*: 18-S, 5-M, 2-XL, 3-XXL. Any 3 for \$25 — until they're gone!

🍷 **Saugerties Pot-Luck Supper**: Saturday night, Sept. 26, Cantine Field (festival site) all GSF folks invited to a dish-to-pass evening with the festival vendors, K-Club folks and town dignitaries.

🍷 **Vegetarians**: Monsanto's new soybeans (which are being grown and marketed this year, unlabeled) contain the genes of the petunia, the firefly, and the hamster!

🍷 **Renewals**: Thanks to those of you who've renewed (8 issues for \$20) and kept active. This *Press* it's goodbye to those who have a #31 on their mailing label.

🍷 **Festival Questions**: Please contact the individual listed (see Schedule, this *Press*) and not GSF/Rose or GSF/Stanley.

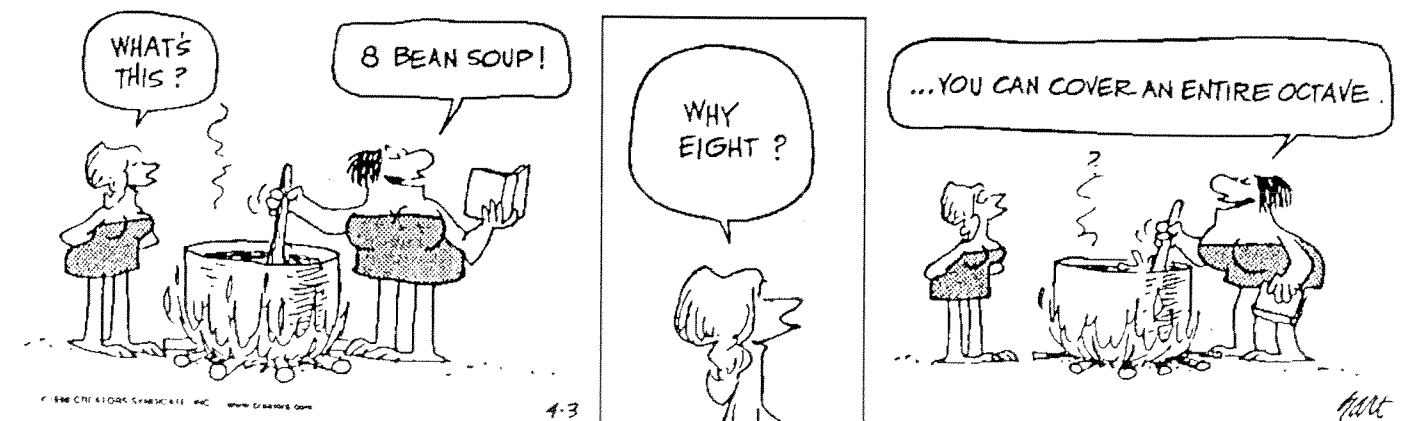
🍷 GSF long-time member **Steve Greb** of Oregon, WI, was awarded a \$2,500 grant from that state to explore the feasibility of commercial garlic production. We'll keep you posted on this study.

🍷 **Angella O'Callaghan's** Master's Thesis, related to garlic production in the Northeast, is still available on loan for two weeks only. Send \$3.00 with request for postage.

🍷 **Weather**: As farmers and gardeners we live and work with the uncertainties of Mother Nature, and so it is with the garlic festivals. They, too, depend on hospitable and enjoyable skies. The folks at the DaVinci Center, a wonderful community organization in Providence, RI, worked hard putting together a festival on a weekend of cool rain, and while the hardcore alliophiles braved the elements, the low turn-out hurt the bottom line. Thanks to all who worked so hard and their hospitality to the GSF.

— (D.S. com)

B.C.



Storage: Dehydration

When we plant garlic in the fall, as we break the garlic heads into the individual cloves, we throw the small cloves into a pail. Later, when the planting is done, I sit down and watch TV and peel the individual cloves. My wife then slices the cloves in a food processor and dehydrates them. She then takes the dehydrated garlic and makes garlic powder using a blender. We put the garlic powder into small spice bottles with shaker tops, put labels on the bottles and give it to friends and relatives for Christmas. To peel those small cloves one at a time is a very time-consuming, sticky process. We found that by cutting the root end off the cloves, putting several handfuls into a colander and using an air compressor we could remove the skins from an ice cream bucket of cloves in less than 10 minutes. Garlic skin was flying all over the garage. We would do about two ice cream buckets of cloves a day, which is about what the dehydrator would hold. It would only take overnight to dehydrate the cloves. The garlic aroma in the garage in the morning was enough to knock you down and make your eyes water. This last fall we made 4 quarts of garlic powder, with a minimum amount of effort.

Joel Girardin

29321 Enger Court, Cannon Falls, MN 55009

FOR BEAN LOVERS

Once upon a time, there lived a man who had a maddening passion for beans. He loved them, but they always had a very embarrassing and somewhat lively reaction on him. One day, he met a girl and fell in love. When it was apparent they would marry, he thought to himself, "She's such a sweet and gentle girl - she would never go for this kind of carrying on." So he made the supreme sacrifice and gave up beans. They were married shortly thereafter.

Several months later his car broke down on the way home from work, and since they lived in the country, he called his wife and told her that he would be late because he had to walk home. On his way home he passed a small cafe, and the aroma of baked beans was overwhelming. Since he had several miles to walk, he figured that he would work off the ill-effects before he reached home; so he stopped at the cafe. Before he left there he had eaten THREE large servings of beans.

All the way home he put-putted and, arriving, felt reasonably sure he had putt-putt-putted his last. His wife seemed somewhat agitated and excited to see him, but exclaimed delightfully, "Darling, I have a surprise for dinner tonight!" She then blindfolded him and led him to a chair at the head of the table. He seated himself and just as she was about to remove the blindfold the phone rang. She made him vow not to touch the blindfold until she returned then went to the phone.

Seizing the opportunity, he shifted his weight to one leg and "let go." It was not very loud but as smelly as a rotten egg. He took the napkin from his lap and vigorously fanned the air about him. Things had just returned to normal when he felt another urge upon him, so he shifted his weight to the other leg and "let go" again. This was a prize-winner! While keeping his ear on the conversation in the hall, he went on like this for 10 minutes, until he knew the phone farewell indicated the end of his freedom. He placed the napkin on his lap and folded his hands upon it, smiling contentedly to himself.

He was the picture of pure innocence when his wife returned. Apologizing for having taken so long, she asked if he had peeked, and he assured her he had not. At this point, she removed the blindfold and there was the surprise: TWELVE DINNER GUESTS SITTING AROUND THE TABLE TO CELEBRATE HIS BIRTHDAY!!

Dan Donnarummo
7122 Wren Ave NW
North Canton, OH 44720-7055

FARTING AND GLOBAL WARMING: ARE WE ONTO SOMETHING HERE?

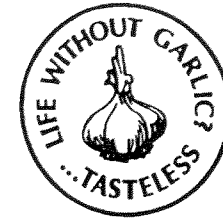
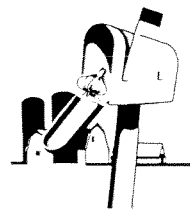
Dave Stern has analyzed the fart right down to its trace components, and reports—among many other interesting thing—that farts do release a greenhouse gas, namely methane, which can be legitimately blamed for a share of the global warming (*The Garlic Press*, Winter '98). We eagerly await the next issue of the *Press* in which he promises to give us some figures on exactly how much global warming our farting can be held accountable for. But until we get the official word, let us indulge in a little optimistic speculation. Perhaps the finger which so long pointed to fossil fuel combustion as the number one generator of greenhouse gas will shift to the backsides of ruminating livestock and the millions of us who enjoy such earthy flatulence inducers as dairy products, onions and garlic—in short, the whole spectrum of foodstuffs that have been implicated in this embarrassing but wholesome body function.

This could be great news for the driving public, the auto and fossil fuel industries, and the economy in general. We can toss the Kyoto accords out the window. No more would we need to countenance such draconian measures as gasoline rationing, heavy duty gasoline taxes, and other diabolical schemes designed to separate us from our Ferraries, Jimmys, and Montana mini-vans. Eat we must; therefore we must fart. Regardless of our sacrifices in the transportation department, the cumulative contribution of each of our GI tracts to the methane content of the atmosphere is so astronomical that downsizing the emissions level of our collective motor vehicle exhaust pipe would not forestall the inexorable spectre of Global Warming.

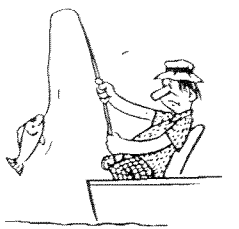
So eat, drive, and fart, America!

Roland Micklem
South Butler, NY 13154

P.S. I'm kidding, of course.



Life Stinks! Gone Fishin'



Believe it or not this is an affirmative action story with a very pause-itive message. That life stinks is really just nose recognition of the uniqueness of all things. There's no time for gettin' depressed, but plenty of time to sneak in a little fishin'!

One of my fellow postal workers from the local Rod & Gun Club approached me a while ago and said, "I never thought I'd be askin' you about garlic, but I've got to ask you a favor." He proceeded then to tell me the story of one of the patrons on his mail route who just so happened to be a good fisherman and managed to put in about 1/4-acre of garlic each year. He had been raised in this tradition and recalled going back to Depression-Era days and how they always took some of their "funky" or bruised garlic and threw it into a big old wash tub and they'd all throw their hooks and whatever fisher's gear they could into the tub to soak in that garlicky soup before they went out to the lake.

He claimed that especially the bass seemed attracted to the smell of the garlic, and they generally brought in a pretty good load of fish.

Then he saw that he had piqued the attention of his mail carrier pretty well with his story and decided to let him in on a real family secret. He said that in a group of friends they'd all use the above soaking method for bass, but when he was goin' out alone, he used the secret weapons! He proceeded to admit that the bass just couldn't seem to control themselves whenever he would fish with worms. Of course, he admitted, not just any worms brought out this feeding frenzy of bass, but the worms he dug up out of his garlic patch really did the trick.

Well, it was only after this little story that my co-worker asked, "Hey, and by the way, do you have any worms out in that garlic field of yours?"

JIM HIGHTOWER, KICKASS POPULIST

[From *The AAM Reporter*, November 10, 1987]

TALKING SENSE

"Reagan promised everyone a seven-course dinner. Ours turned out to be a possum and a six-pack."

"From Wall Street to the White House, our nation's ethics are being perverted by a pernicious philosophy of greed: 'I got mine, you get yours'; 'Never give a sucker an even break'; 'Adios chump!'"

"They give it a fancy new name like 'Supply-side economics,' but underneath it's the same old greed. It's like putting earrings on a hog—you just can't hide the ugliness."

"They talk about a boom, but a boom for whom? Sure, Wall Street is whizzing, but it's whizzing on you and me."

"One of my farmer friends assures me that it is still possible to make a small fortune in agriculture; the problem is you have to start with a large fortune."

"If you did to a 7-Eleven what Reagan has done to the American economy, you'd be doing 20 years to life in a state prison."

"Out here at the grass-roots, we've had all the 'Reaganomics' we can stand. 'Reaganomics' is spreading throughout the countryside."

"We cannot allow American gumption to be reduced to a valueless pursuit of self-aggrandizement, as measured by condos and cars, CDs and cuisinarts."

"As we work to build a 'Great' nation, we must take special care also to build a 'Good' nation—one that embraces our fundamental values of justice and fairness, one that is inclusive of all the people, one that fosters the true American ethic of a helping hand."

"Let's put the jam on the lower shelf so the little people can reach it too."

"True economic growth is based not on trickle-down, but on percolate-up."

"Instead of investing in the greed of the few, let's invest in the genius of the many—small businesses, entrepreneurs, wildcatters, dirt farmers, workers, cooperatives and other grassroots enterprises."

"The water won't ever clear up 'till you get the hogs out of the creek."

"These plutocrats like to say, 'a rising tide lifts all boats.' But it never occurs to them that not everyone has a boat! Of course, their crowd is floating around on yachts, sipping cabernet and sampling fine pate. But the majority of Americans are splashing around in an old, leaky inner tube, trying to get by on a tall Bud and Slim Jim. These folks are wondering when a president's going to get on their side for a change."

"We've got to go to the people with bold ideas and candidates with conviction—we've got to be hotter than high-school love!"

"There's nothing in the middle of the road but yellow stripes and dead armadillos."

"The central issue is this: too few people control all the money and power, and they use that control to hold down the rest of us. Farmers and consumers, small business and labor, middle-income and low-income, bean sprout-eaters and snuff dippers—we're all together in this struggle against The Powers That Be."

"Like the old-time Populists used to tell hard-hit farmers: It's time to raise less corn and more hell!"



Stinky Replies

Stinky Replies

Gary Woods
1388 Herrick Road
Delanson, NY 12053

I have some garlic resources up on my web page, including the GSF's "Mission Statement" (I can't help thinking of Dilbert), a page of recipes, and the "Everything you need to know about growing garlic" sheet I got in Saugerties last fall (it really does have enough to keep you out of trouble and get started growing garlic, which is the important thing).

It might be a good idea to start listing e-mail addresses with other member data, at least for the growers' list. I'll bet a lot of us are "connected" by now, especially with all the free e-mail services out there.

Anyway, the web page is at [HTTP://www.albany.net/~gwoods](http://www.albany.net/~gwoods) (that's the tilde, as in Spanish, in there—a lot of internet providers use that for the personal web pages they throw in with an account). My e-mail address is: gwoods@albany.net



Stinky Logic

"But [e.g.], if agriculture rests on scientific activities—if it requires machinery, chemical fertilizer acquired through exchange, seeds from distant countries, etc., and if rural, patriarchal manufacture has already vanished—which is already implied in the presupposition—then the machine-making factory, external trade, crafts, etc. appear as *needs* for agriculture.... Agriculture no longer finds the natural conditions of its own production within itself, naturally, arisen, spontaneous, and ready to hand, but these exist as an industry separate from it.... This pulling-away of the natural ground from the foundations of industry, and this transfer of the conditions of production outside itself, into a general context—hence the transformation of what was previously superfluous into what is necessary, as a historically created necessity—is the tendency of capital."

— Karl Marx

Sue Turtle
Earth Advocates Research Farm
30 Myers Road
Summertown, TN 38483-7323

I've now received a couple of issues of the *Garlic Press* and can say I'm amused and impressed. Y'all have a wealth of knowledge way up there in NY and a sense of humor. I'm a garlic lover from way back and always responded to people who gave me a difficult time about my odiferous odor that they simply did not eat enough garlic. If everyone ate garlic there would be no complaints at all.

I am finally beginning to grow my own garlic but mostly trade with a local biodynamic farmer friend who grows the best garlic I've ever had. I get a bushel from him each year and process it all at once. It crossed my mind, y'all might be interested in my recipe, which a friend passed on from somewhere she read it. You may already know it, but others may not. Anyway, here goes.

Peel all the garlic and trim off base end and any bad spots.

Put in gallon jars and cover with cider vinegar. Let soak 24 hours.

Strain off cider vinegar (and use as garlic vinegar).

Then cover the garlic with a good quality olive oil.

Store at room temperature.

I've kept it for more than a year this way and use the olive oil and just refill with fresh off and on as I use it to keep the garlic covered. Most times, when the garlic is done soaking in the vinegar, it will turn blue, and this is the garlic that the people I share with prize the most. I recently took a small pint-sized jar of this garlic to a Greens meeting in Nashville for their annual fund-raising auction, and it sold for \$15! There's a business out there for someone!

Thanks for all your help! And keep up the good work.

A NEVER ENDING STORY . . .

Each year, after I have finished cleaning, weighing, analyzing, selecting seed material, planting next year's experiments, and have started my greenhouse studies, I have some leftovers. This is the garlic that is too small for any other experiments, and cloves that remain after I have broken up bulbs. Rather than discard what I couldn't eat or immediately give away, I began to send garlic "care packages" to a few close friends and relations. I always knew that my family was large, but the number of cousins, and in-laws, and in-laws' in-laws has begun to increase exponentially. And my circle of dear friends has been growing wider with every passing season. In fact, some people have phoned me, highly affronted that they didn't receive their garlic when they know that another friend did!

In exchange for garlic, I receive their garlic responses and stories.

The first thing I ever hear is how wonderful northeastern garlic is—virtually a miracle vegetable. My brother reports that this is the only garlic that doesn't give him indigestion, and his wife's family has told me how delighted they are that the smell of the garlic I grow doesn't stay on the skin.

I gave a big bag of scapes to some friends in Boston a few years ago. Once they had made scape pesto, and scape pizza, and sir-fried scapes. They decided this was the best food item in the world. Last year they called me to ask "When is scape season?" so they could come up and harvest them for themselves and a dozen or so of their neighbors. I had never exactly thought of mid to late June as "scape season," but I was happy to tell them, since

volunteer labor is always welcome. A sister-in-law let her scapes sit in the basement, and when the bulbils on them got large enough, she chopped them up for salad. Her husband called to ask if they were going to be poisoned, but I reassured him that nothing in garlic is poisonous to humans.

Another sister-in-law takes some of her garlic and plants the cloves in all her house plants so that she has a constant supply of garlic greens. The rest she gives to her mother and other family members. As a result, when her mother and aunt were in a restaurant not too long ago, they complained to the waiter that the chef was using nasty garlic, not

the good kind that is grown locally!

Everyone has "discovered" their own storage method as well. Some people peel and freeze whole cloves, although this does give them a weird texture when they are removed from the freezer. Others prefer to chop the cloves before freezing. Some keep the bulbs whole in a cool basement and use them until the last bulb has completely dried out. One friend called to tell me that he peeled the cloves, covered them with sweet vermouth and stored them in the refrigerator.

The nicest thing about this is how excited everyone gets. Who would have thought? Last month, a friend asked me, in all seriousness, what will she do after I graduate? I told her she could start buying it, and I'd give her a whole list of people who would be happy to sell her some more really great garlic.

— Angela O'Callaghan
Cornell University

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

ASK ALICE

Hey Alice:

I think a new garlic has emerged from my plot last year via the mutation route. Filaree Farm's Ron Engeland of Okanogan, Washington records three mutations in his Catalog: two Asiatic varieties that mutated from two different Rocambole varieties, and a Silverskin variety that mutated from a Creole variety. I have an Artichoke variety that mutated from a Porcelain variety!

I have two questions: (1) is such a mutation (Porcelain to Artichoke) considered possible, and (2) is there any sort of certification of the mutation as a registered variety?

Here is a thumbnail history. The Porcelain variety is German White Stiffneck from the Burpee Catalog. It has typical Porcelain characteristics: very large plant, tall flower stalk, small umbel, wild and random coils and curls, large round white bulbs with no purple colors, and 6 very large cloves with pink and purple dashes over a beige background. I planted 150 of these cloves. Then at harvest time I pulled 144 German White Stiffnecks, and 6 of something else without a flower stalk. Upon close examination the 6 were Artichokes: flat, lumpy bulbs with purple blotches, creamy brown cloves that are square, and taller center cloves. They even tasted like Artichokes: a little sweet but earthy, with medium hotness. So far I've named it Gourmet Organics Mystery #1.

Can I name this Artichoke anything I want to? Should it be registered as a new strain? Should it be analyzed by some remote garlic lab? Or does this happen all the time with no interest or discipline. Well, they are in the ground now, and they are the most vigorous Artichoke of the 5 strains I planted for the 1998 harvest.

Your response to my questions will be greatly appreciated. [Frank Parente, Freeland, WA].

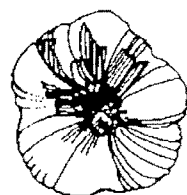


Well Frank,

That's quite an interesting story. As you know, there is quite a lot of debate over the garlic family tree, and for an asexual plant, that's saying quite a lot. While we do quite often see that stressful conditions (i.e., water, heat) can cause softneck varieties to bolt and put up a stalk with a bulbil at midstem, it is quite irregular for a continental porcelain to decide it likes being short and fat instead of tall and stinky!

Not to point fingers, but in answering your questions I would first suggest that you query Burpee to see if they have tested or sold an artichoke variety. I believe it may deserve the title Burpee Gourmet Organic Mystery #? Such obvious differences lead me to think that in your original planting there were a few illegal aliens slipped into the box by mistake. If not, you may try to contact Rich Hannan at the Experiment Station in Pullman, WA, and see what he thinks.

To register it is not probably worth your while or expense. Genetic markers will show some varietal differences, but there is not a viable system in place to honor varietal nomenclature. I say keep planting it out and see what happens and, at the very least, you should have a good artichoke whose heart is good for yours.



Odorless Garlic? — Whaddya Mean?

Ever try to figure out just what is going on in the wide, wide world of pharmaceuticals? There's all kinds of claims out there for odorless garlic tablets. We know that the genuine plant material we can go out now and smell is practically odorless, and we know what happens when we bite, cut or mash and puree the stuff. An instant bouquet fills the air, or you, with the breath of the gods. So what gives?

As we have often talked about, allicin is an odorous compound. You may remember that it is formed from its

odorless parent compound alliin (pronounced allen) through the action of an enzyme called alliinase, which is a catalyst. So, working backwards, one could understand that odor formation can be blocked as soon as one can limit the enzymatic action of alliinase. One way to do this is through thermal denaturation and, quite simply, this is the key to the whole problem.

What they actually do is to make a dry powdered extract from raw garlic bulbs that are irradiated in a microwave

and then deep-frozen before the crushing and extraction with aqueous alcohol. Then, under reduced pressure, the solvent is removed and what's left is put through a process called lyophilization. This type of treatment, therefore, eliminates any active alliinase without damaging plant tissue. None of the alliin goes through any chemical transformation during this processing. The end result, then, is a dry and scentless powder that can be pressed into tablets.

A man can patent a mousetrap or copyright a nasty song, but if he gives to the world a new fruit that will add millions to the value of the earth's harvest, he will be fortunate if he is rewarded by so much as having his name associated with the result.

— Luther Burbank
(In U.S. House of Representatives, 1930)

Garlic is Wonderful!



We borrow these translations from our friends in the Pocono Garlic Growers Association. Make a copy and carry it with you worldwide — and garlic's probably accepted in more countries of the globe than your passport!

Polish

Czosnek jest wspaniaty
(tzuhz-nek (y)jest vihsz-pah-nee-ah-tee)

Middle English

Garlek ist wundervoll
(gahr-lehk ist voon-dehr-voht)

German

Knoblauch ist fabelhaft
(no-blah-owk ist fah-behl-hanft)

Dutch

Knoflook is geweldig
(kihn-awf-lohk ihz gih-vehl-digk)

Penn. Dutch

Gnovolauch ist gantz goot
(no-va-lah-awk ist gahnz goot)

Greek

Σκόρδο είναι το καλύτερο
(skar-do ee-neh toh kah-lee-tay roh)

Arabic

الثوم جميل!
(ahl thom gah-meel)

French

L'ail, c'est merveilleux
(ligh, say mehr-vay-yeuh)

Australian

Garlic's bonzer
(gahr-lihx bahn-zehr)

Latin

Allium mirificus est
(ahl-ee-yum mee-reef-ee-cuss ehst)

Mathematics

$g = x(W^{100})$
(garlic equals an unknown factor times wonderfulness to the 100th power)

Hebrew

שום תרמון חם
(shoom tor-moo-ha)

Texas

Garlic is right fine
(gahr-lihk is righ-oft fah-(y)enn)

Hawaiian

He kupanaha ke kalika
(hay koo-pah-nah-hah kay kah-lee-kah)

Japanese

ニンニクは素晴らしい
(nihn-nee-koo wah soo-bah-rah-shee)

Italian

Alio é molto buono
(ahl-yo ay mol-to boo-oh-no)

Gujrati

લાસન બહુ ઓછા હોય છે
(lah-sahn bah-oozh oo-tahm chay)

Swahili

Kitungu saumu ni nzuri sana
(kee-toon-goo sah-oo-moo-nee nuh-zoo-ree sah-nah)

Hindi

लहसुन कमालकी बढिया होती है
(lah-hah-soon kahm-ahl-kee bahd-hee-yah ho-tee high)

Iroquoian

O gaw wey, nay gyo hah gweh
(o guh weyh, nyay ghyo hah ghweh)

Spanish

El ajo es maravilloso
(ayl ah-ho ays mah-rah-vee-yo-so)

Chinese, Mandarin

大蒜真正好
(dah soo-ahn vahn vahn how)



Ajo es muy Bueno

For the past 6 years, I have organized a team of crazy and loving people to follow me to the food kitchens of Peru to do holistic work. I am a Structural Integration Practitioner via the Rolf Method. Simply put, this is body work that aligns fascia/connective tissue in the body with gravity. This work improves the total health and well-being of the body and immune system, among other things. I accentuate this work with my knowledge of flower essences, essential oils, homeopathy, and herbs. So, once a year, I pack my suitcase with all of the above, as well as crayons, scissors, glue, and a big sense of humor. Off we go—several S.I. Practitioners, Translators, Art Therapists, and support crew-members—dragging massive luggage along the way.

Being Holistic to our core, we do not get vaccinations. Instead we have figured out a protocol of herbs, essential oils, and flower essences that support our physiology and well-being. Every year there are a few adjustments to the protocol, depending on the villages and recent disease outbreaks. The one consistent herb in our protocol every year is garlic, or in Spanish, *ajo* (ahh-ho).

Our first year on the trip we did not have garlic in our protocol. Within the first 5 days of our trip we had an altercation with the terrorist group, The Shining Path. This put fear into our systems and four crew-members came down with severe parasitic dysentery. The first thing the rest of us did was find fresh garlic and chewed several cloves. We repeated this every day several times, and we did not get sick. After this, the terrorists never bothered us again. I wonder if it's because we stunk so bad!!

Our trip lasts a full four weeks, visiting The Children's Hospital in Lima and several shanty towns full of street children and children with single mothers after the father has abandoned them. The terrorism and poverty have ravaged the women and children of this beautiful country. Disease and death run rampant through the villages—so malnourished a simple cold can be their last. We smile and love them. Hundreds come. So, we use our hands—tools of our hearts. We teach them hope, laughter, and unity. We support their mothers with knowledge and wisdom. We teach them to heal. And all through this lives the uses of garlic.

For people who can afford it, I tell them to include garlic in their meals. Last year, a doctor at The Children's Hospital spoke to me of his high blood pressure problems. I recommended garlic. I could smell him before I saw him this year; however, he wore a big smile. He shook my hand and announced, "My blood pressure was healed, but I might need to get a divorce!" He laughed.

In the village of Urubamba, in the high mountains of the Andes, a child of 3 was brought to me close to death. The mother was a young girl of 20, very poor, unable to feed herself and child. I sent someone to the market to buy some fresh garlic. The little girl was feverish and with a double pneumonia living in her tiny chest. I crushed the garlic, rubbed it on her chest and applied hot rags. I then made *ajo* tea with stinging nettles and local honey. We drizzled it into her mouth, continuously repeating the process for six hours, along with the S.I. bodywork. In the fourth hour, the fever broke, her vigorous coughing began. Baby Elena was soon

fussy, crying, and pushing our hands away. "More *ajo*!" I smiled, knowing we would stink for days of the stuff. Her condition improved daily with much relief.

In the village of Villa El Salvadore, on the coast of Peru, I found lots of chronic coughs and runny noses. We work with close to a hundred kids a day in most places, so the snotty noses were using up our precious toilet paper supply. So in the evening, my crew-members hand wrote over 100 *ajo* tea directions. Because most of the mothers struggled to financially feed their children, we also bought and supplied the garlic. There were a handful of women I taught about growing the garlic in a window box, since fertile soil in these areas of poverty is unavailable. I'll have to let you know if this idea works.

Every village we visit we do a parasite treatment plan. We bring with us a marvelous product made from the inside of the grapefruit seed. It kills all sorts of the unwanted bowel bugs! Along with the remedy, we teach the women and children about good hygiene and the additions to their diet needed to prevent parasite infestation. It's the magic three: grenadias, papaya, and ajo. Individually and inclusively in the diet, these will, for the most part, keep the bowel free of uninvited guests.

We travel on these trips every year, grateful for the opportunity to reach people through the Holistic approach. Teaching people to heal their bodies and souls rather than fixing symptoms and ignoring imbalances. Garlic is a definite part of our teachings. The mothers are always so surprised that something so simple can do so very much. But we also make it clear that it is not just the herb itself that heals. It is the internal consciousness of self and the willingness to work at the blockages to health and healing.

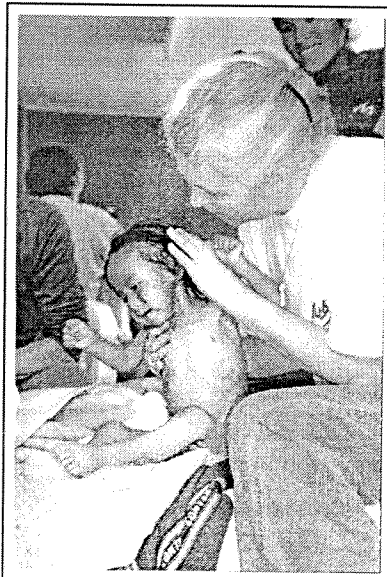
Thank you for reading. I will keep you up on any significant "garlic case" in my travels. Below is the recipe for the *ajo* tea we hand out. This is quite an expensive venture on our part and we all volunteer our time and finances to help these children. If you are interested in helping, feel free to contact me at the address below!

Jodi Miller
Iris Moon
P.O. Box 655
Homer, AK 99603

AJO TEA

chop up 3-4 cloves
put into boiling water
(2 cups)
take off heat, let steep
for 5 minutes
Mix with teaspoon of
honey
And drink!!!

Do this 3 times a day
while feeling sick.

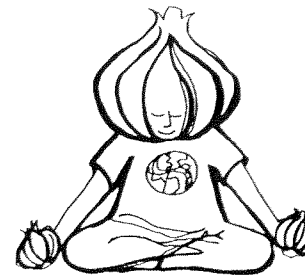


Jodi Miller working with one of the starving babies of Urubamba, Peru. Ajo tea was used with this little boy to clear up his respiratory difficulties.

OUT OF MY HEAD

Bob Dunkel

Garlic Graduation Day



Of all the obstacles we face day-to-day, sometimes it is ourselves that can be unpredictable as weather, as variable as soil, and as vulnerable as the tenderest of crops. This time of year the garlic is there, tall strong and green, greeting me each morning, hands waving and eager for interaction. It is I who stumbles out there with a mug of coffee, scratching my head, adjusting my hat, ready for a clue to where I may begin. It is good the garlic is less fickle, more patient and directed towards its own survival and not confused or so easily distracted as I.

Like a new teacher before this 36-variety class, I see thousands of individuals facing me and am humbled to be in the position to be their steward. Some are short and others quite tall, many with nine leaves now and pushing their scapes and adolescent smiles. Some bottom leaves are already yellow brown and others strong and green. I do not have their vigilant character. They never complain lest conditions threaten their very survival. I always seem fighting too many irrelevant battles by their judgements. So many years and so much left to learn. Another graduating class soon will be pulling up their roots and going forth into our world. Some on the bumpy road to markets, others to a life of quiet dedication in braids for our viewing pleasure, and others strong and hard will be sent on to grad school where they already have visions of expanding their minds and hearts in the fall fields of tomorrow.

I am proud of them all, and now is the time of year I'm also proud of all of you. Those still reading these pages and carrying on the work of teaching to the garlicization of civilization. I joyously see some of you through the market season, or in phone calls and letters I share in your enthusiasm. Year after year it is you folks, like the smiling stands of garlic, that keep me going. Thank you. No soap box to preach sustainable agriculture, but to applaud you for sustainable living. The gift of garlic is unique, and we all share in the giving of that gift to the world. Enjoy the love of life that has become your work and keep spreading the message of health and longevity you will soon be holding in your hands.

May this year's bulbs light the light of your heart with love and ignite the fire of your souls, for that is their gift to us. Peace and much joy.

Talking Heads

at the garlics I smile
get down on all fours
and sniff around
with eyes, ears and nose
they're happy this year
good rains, early spring
and few of what we call weeds
it's still hard explaining
why there is so little cultural
diversity for them
but they are standing tall
yellowed to crinkling tips
of leaves are the scars
of earlier weather campaigns
yet, undaunted, the timing
of the scape is soon to be now
then I will rise upon my
hindquarters and eliminate
forefinger to thumb
this stage of their stretching
it must frighten them
like time/day length
enough to turn from their tail
and run back to the earth
back to the bulb that
will contain them a while
slowly tipping us off
like autumn's leaves
that the time
for harvest is near

Unclear as yet is the influence on human health by measures that are usually taken to preserve crop plants, either by chemical treatment, e.g., with ethylene oxide or fungicides, or by γ -radiation, microwave treatment, and others. It is well known that the parasites, mainly fungi and viruses which normally dwell on *Allium* plants, can be efficiently brought under control by such treatment; however, it is also true that the plant material and/or its chemical composition can be significantly altered by these conservation methods. The toxicologic consequences of this processing have not yet been satisfactorily investigated.

[Heinrich P. Koch, quoted in *Garlic: The science and therapeutic application of *Allium Sativum* L. and related species.*]



Nose Music

PATRIOTIC ANTIBIOTIC

(Tune - "Battle Hymn of the Sativum")



(Verse 1)

Mine eyes have seen the glory
of the coming of the spears
They have grown from out the darkness
of at least five thousand years
They have loosed the awesome lightening
of their pungent aftertaste
Their scent goes wafting on....

(Chorus)

Glory, Glory Allium yum
Glory, Glory Allium yum
Glory, Glory Allium yum
Their scent goes wafting on.

(Verse 2)

In the wonder of the morning
You can feel them stretch and sing
As they climb unto the heavens
Like a bird upon the wing
Waiting for the solstice
The arrival of the king
The scape comes rising forth.

(Chorus)

(Verse 3)

Then we sharpen up the knives
and go a heading in the field
We smile upon the softnecks
whose own dear fate is sealed
Then we lop those regal crowns off
with the weapons that we wield
And the energies turn down.
(Chorus)

(Verse 4)

Then soon the earth is ruptured
with amazing inner force
The bulbs that are inflating
have finally run their course
The wrapper leaves now dying
have no memory nor remorse
The harvest time has come.

(Chorus)

(Verse 5)

Lifting up in glory
both the forks and shovels lean
They are raising up the family
of the long forgotten queen
Those cloves so fat and healthy
are a wonder to be seen
To the drying racks we sing.

(Chorus)

(Verse 6)

Another Fall's upon us
Hear the cracking of the heads
while selecting out the best ones
be they whites or browns or reds
Then we'll all be sleeping soundly
'neath the covers of our beds
And time goes marching on

(Last Chorus)

Glory, Glory A. Sativum
Glory, Glory A. Sativum
Glory, Glory A. Sativum
Their scent goes wafting on.

(B.D.)



Timeless Czech-List for Health

Here is a brief summary of uses for garlic in Czechoslovakia and other Eastern European countries from a listing by Madano in 1938!



Garlic healed snake and rabies bites, expelled worms and prevented the stings and bites of poisonous animals, as well as the plague. Garlic stopped coughing, aided in mushroom poisoning, colic, restless sleep, regulated menstruation, was used as a treatment for kidney stones, jaundice, and dropsy. Externally it was used for boils, abscesses, and ulcers. Fainting due to pregnancy or epilepsy could be overcome by rubbing garlic onto the pulsing areas of the arteries and by the inhalation of garlic. Urinary inhibition was removed and pain due to podagra was alleviated. In former times, scabies was healed with garlic finely ground with honey. For toothache it was recommended

as an infusion of garlic in vinegar with the addition of incense and pine resin; this was held in the mouth. A solution of three (3) garlic cloves cooked in white wine was used to prevent kidney stones and as a diuretic. Six (6) crushed garlic cloves boiled in water and drunk warm was used against passing blood-containing urine. Garlic also alleviated stomach cramps and removed mawworms, where various preparations were used. Here and there garlic infusions were used for tuberculosis. An infusion of garlic and horseradish was taken three times daily for chills. In the area of Podebrade, garlic was given as a condiment with meals to people with rheumatism!



Old Values, New Visions

21st Century Strategies for Rural America

[from the 1996-1997 Annual Report of the Center for Rural Affairs]



The values that guide the Center for Rural Affairs are inherited from our ancestors. But our vision is of the world we will leave to our children, and our strategies look to the future.

Our Heritage

We draw inspiration from the vision of Thomas Jefferson, who strove to create a democratic society based on widespread land ownership; the determination of the pioneers, who settled the plains in search of land and justice; the foresight of the Iroquois, who evaluated choices by their impact on the seventh generation; and the commitment to the future of the women and men who founded the conservation movement.

We believe in the essential equality of every human being, rooted in the capacity for goodness in each of us. We are committed to providing all people the chance to develop themselves to their full potential and gain access to decent economic opportunities.

Justice demands that hard work receive a fair reward, whether in a factory, at a restaurant or on a farm. Those who work the land well deserve genuine opportunity to own a farm. The common good is best served when wealth and income are widely distributed and the commerce of rural America is dispersed among family farms and owner-operated businesses. Concentration of property and power in a small elite must be staunchly avoided.

Commitment to place and community are important. The bonds formed over time with the land and people of a given place are worth preserving. For those bonds to survive, we must build a future for young people in rural America. They are the most valuable asset of our communities.

As members of both local and global communities, we are obliged to shoulder both personal and social responsibilities. As individuals, we must act charitably, responsibly and without prejudice. Personal success is best measured by integrity, commitment to principle, contribution to community and stewardship of our natural heritage. Wealth is not a sufficient standard of success.

Collectively, we must rise above self-interest to support the common good, protect the vulnerable and conserve our land and water for both current and future generations. Society is best governed through participatory democracy, with broad and active involvement by citizens—poor as well as rich, and rural as well as urban.

Hope for the Resigned

We reject the conventional wisdom that these values, though desirable, are unattainable in the modern world. That view was articulated by a guest writer in a major Midwestern newspaper who described the "politics of bigness" as irreversible though distasteful. He wrote:

We are moving from private enterprise in agriculture to pure capitalism.... Early in the 21st century the number of people working in farming will be a fraction of today's number.... The rich will be richer and the poor will probably be even poorer.... Rural population will continue to decline with many, many (maybe most) towns continuing to shrink or disappearing.... Capital will be king.... The second most valuable agricultural component will be those who serve farmers, not the farmers themselves.... It is not a matter "if" but when vertical integration will come.

The greatest danger is that rural Americans will concede the inevitability of the "politics of bigness." Only then will it be truly inevitable.

The trends reflected in that prediction are the product of decisions made by people. Those decisions can be reversed by people. The battle is for hearts and minds, most importantly those of rural people. We aim to restore hope and inspire action by offering a compelling vision and strategies that work.

Our vision is of vibrant rural communities that provide a future for the young and a home for the old, where land is both used for today and protected for tomorrow. We challenge all who share this vision to join in its pursuit.

21st Century Strategies

To achieve this vision, we must join together to take control of the forces driving change as we enter the new millennium.

Capital may be king, as wrote the pessimist quoted above. But we can marshal the substantial capital controlled by rural people and others who care to secure the future of rural America. The land and capital held by retired rural people is an enormous resource for securing the future of their own communities.

Agricultural technology will continue to shape rural society. But we can shape technology to enable family-size farms to earn a decent living, while protecting the environment. Rural people can set the direction of change by getting involved in their land grant institutions and establishing on-farm research networks.

Markets are becoming concentrated and integrated. But we can build new marketing institutions from the ground up that reward stewardship and enable rural communities to capture a larger share of the food dollars now flowing to agribusiness. With new markets, family farmers can prosper by producing food consumers want in a manner they support.

Government will not solve our problems for us, as we sit idly by. But we can ensure that voices representing the hopes and needs of the whole community are heard by policy-makers. By speaking out and getting involved, rural people can make government their tool to strengthen family farms, preserve fair and open markets, reward resource stewardship, bring fairness to taxation and provide quality educational opportunity to all.

Retaking Control

On each of these fronts, the Center challenges people to take control of their future. Together, we hold the capacity to create the needed change, if we choose to act.

The principle barriers are human resignation, apathy and institutions that serve the elite at the expense of our common future. Each of these obstacles can be overcome by a good dose of democracy, foresight, passion and commitment.

To engage Americans in that enterprise is the charge of the Center for Rural Affairs. We thank those who have joined with us and invite others to join now in this great struggle for justice, opportunity, community and stewardship.

[For more information on the Center for Rural Affairs, their projects and publications: P.O. Box 406, Walthill, NE 68067-0406; 902-846-5428.] (D.S.)



More Recipes

GARLIC PESTO

Sarah Browne
Sinks Grove, WV

bunch of spring garlic (leaves, scape & bulb)
handful of pinenuts (sub. pistachios, macadamias, pecans or walnuts)
salt to taste

Put garlic, nuts and salt in the bowl of a food processor. Pour olive oil through feed tube to desired consistency. Eat on anything. Freezes well.

Try garlic pesto grilled (or broiled in the oven) on some nice crusty bread.

AIOLI

Goes with everything. Add a roasted red pepper, sun-dried tomatoes, chopped fresh herbs, or a boiled mashed potato and you have Skordalia, the Greek version. You can also prepare it by hand with a whisk.

2 egg yolks
3-4 Tablespoons fresh lemon juice
2 cups mild olive oil
1 Tablespoon finely chopped garlic

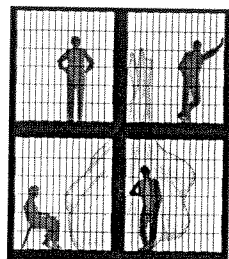
Process egg yolks in a blender or food processor until blended; add lemon juice. With the machine running, gradually add the olive oil. The sauce should be thick and emulsified. Stir in the garlic paste and any other ingredients.

TAPENADE

Serve on toasted bread or hardboiled eggs; spread on pizza crust; or thin with olive oil or butter for sauce.

1 cup pitted nicoise olives
2 Tablespoons chopped rinsed capers
1 Tablespoon minced garlic
2 teaspoons chopped anchovies
½ teaspoon ground pepper
4-6 Tablespoons olive oil
12 Tablespoons fresh lemon juice

Puree all ingredients in a food processor.



Chow Time

Hello dear friends of the Garlic World. Chef Ed writing to you

from a place outside the scope of normal rationalization, a place beyond your wildest imagination, a place where everyone is treated the same, yet each person is very much different from the other. It is a locality where persecution is as radiant as the sun in the bright sky, and sympathy is as distant as a galaxy far, far, away. It is a place where dreams begin and dreams end.

Whereabouts is this place you ask? A place not very much different from the region many people live in now—this place called Mother Earth. From time to time I come across a newspaper, and I am astonished by what I read. From promiscuity in the White House to high ratings for Jerry Springer! I failed to see one article about our great farmers of this vast land of ours. Nor did I read anything about Garlic! Have people forgotten who puts the food on our tables? Helloooo! Is there anybody out there?

And I thought my world was crazy. I suppose life out there is just going by too fast for people to see the real things, the things that are important. A young man was running very fast one day, and an old man asked, "Why are you running so quickly, son?" The young man said, "I am running to catch my heart's content." The old man then replied, "How do you know that it's ahead of you, that you have to run to catch it? Maybe it's behind you, and all you have to do is slow down."

I think that's the real problem; people are moving to fast. I know I was. This place sure slowed me down some. My philosophy as a Chef is not limited only to my skills in the preparation of garlic-laden foods for my constant consumption. I occasionally prescribe recipes for a number of ailments of the mind, body, and soul—sort of a garlic cooking, smellingspiritualisticChef! A fellow rueful felon came to me one day for some advice. Vinnie Ice Cream asked, "Yo, Chef Ed. My girl left me. I can't take it, bro!

What should I do?" I sat him down, gave him a clove of garlic to chew on and said, "I hold it true, whate'er befall / I feel it, when I sorrow most. / 'Tis better to have loved and lost / than never to have loved at all." It took three weeks for the bump on my head to go down.

Uncle Tony stopped by to see me one day while I was making Garlic Bread Bastille (*Press* #28) and said, "Chef Ed homeboy, this time I'm doing is killing me. I want to be going home." My response to him was, "'Mid pleasures and palaces / wherever we may roam / Be it ever so humble / there's no place like home.' How poor they are who have not patience. Life is brief and time is a thief, but soon you'll be home and thankfully at peace." Well, needless to say, Uncle Tony was feeling a whole lot better, especially since he swiped some of my garlic exiting my kitchen.

It's tough being Chef Ed. If any of you folks out there in dreamland thirst for some mystical advice, just write to me, c/o G.S.F. I'll fix your wagon! Which reminds me, I send enormous THANKS to the Garlic Guru himself, David Stern, for sending me a generous amount of delicious Rose Valley Farm Garlic. May he never grow old eating Rose Valley Garlic cloves.

It's been a tranquil, and in some sad cases, a tragic winter season, thanks to that creep El Niño swimming around in the Pacific ruining everyone's day. But spring is here. Time to plant, rebuild and bring our land back to life. May your gardens and garlic grow, as well as your mind, body, and soul. "It was a lover and his lass / With a hey, and a ho, and a hey nonino / That o'er the green corn-field did pass. / In the spring time, the only pretty ring time, / When birds do sing, hey ding a ding, ding. / Sweet lovers love the spring"

Peace, Chef Ed

RECIPE FOR SANITY

1 part patience
2 parts lucidity
a pinch of rationality
a dash of insight
a dog named Henry
Membership in G.S.F.
1 clove of garlic a day.

Mix all together, and you'll be O.K! Guaranteed!!!

Some Interesting Perspectives on Garlic

"In both lab animals and humans, garlic reduces the levels of artery-clogging blood lipids such as triglycerides and LDL/VLDL cholesterol, while raising the protective HDL levels."

WILLIAM H. LEE, R.PH., PH.D.
American Druggist, December 1988

"Garlic causes an increase of fibrinolytic activity, it inhibits platelet aggregation and it lowers cholesterol levels."

J. KLEINJEN, P. KNIPSCHILD, & G. TER REIT
Br. J. Pharmac. (1989), 28, 535-544

Department of Epidemiology/HealthCareResearch, University of Limburg
Maastricht, The Netherlands

"Historically, garlic has been used for medicinal purposes. Now we are reporting that garlic extract inactivates certain viruses—that it actually kills these viruses 99.99 percent of the time."

BYRON K. MURRAY
Microbiologist, Brigham Young University
Bestways, December 1988

"Allicin is the part of this herb which is responsible for its powerful odor—and also for its healing properties. When the amino acid alliin (containing sulfur) combines with the enzyme alliinase, **allicin** is formed. This end result is very similar to penicillin, and is created when garlic is chopped or eaten."

ROBERTA M. DOWNS, D.C.
Bestways, October 1987

It interests me to think about the selective process that long, long ago developed between garlic and sulfur. Was this compound especially abundant in those areas where first these "spear" leafed "leeks" were found? As we know, the general consensus is that Central Asia is the homeland of garlic, and it was probably nomads, groups of herdsmen or hunters, who found a need to season and preserve their meats. Interestingly, countries farther north that have winter and ice seem a lot less inclined to use garlic, probably because they could smoke and freeze food more easily.

We can see that the sulfur became a defense mechanism with which any predators were certainly put off as they nibbled on the tops of the plants, allowing the plant's cycle to continue until there was adequate leaf storage to pull back to form the bulb. As we know today, the allium that accounts for the characteristic smell is produced only upon crushing or bruising the plant and again is indicative of this plant's defensive strategy. The following quotation from Larry Lawson adds a wider perspective.

"For concluding this attempt to gather together all current knowledge about the composition, chemistry and biosynthesis of garlic's unusually abundant sulfur compounds, it may be noted that nature has developed, or has been directed to develop, a rather sophisticated system in garlic for the synthesis and storage of numerous sulfur compounds and abundant amounts of the enzyme alliinase, nearly all of which have the end purpose of producing allicin and other thiosulfonates at an extremely rapid rate upon disturbance of the plant. Such a major effort leads one to wonder what might be the function or benefit of the thiosulfonates for a garlic plant. Since the thiosulfonates are very effective antibacterial and antifungal agents, it has been proposed that they offer the plant protection against the bulb decay induced by fungi (Eric Block, 1985). Whether an invading fungus will trigger the release of alliinase, and thus the production of this thiosulfonate, is not yet known. However, allicin is very effective against other invaders of the bulb, such as worms, nematodes, and other parasites, all of which would initiate its release."

Regardless of the actual chemical transport system for sulfur in garlic, it is clear that most of the health benefits that we derive from this great plant we owe to its own unique ability to protect itself. Just one more reason, while down on our knees in the field, to give thanks to this wonderful medicinal plant that serves us in so many ways.

"Scientists have repeatedly confirmed over the last 40 years that **allicin** is the component in garlic that is medically effective, particularly against infections."

STEPHEN FULDER, PH.D.
Research Scientist,

Author of *Garlic: Nature's Original Remedy*
Here's Health, October 1988

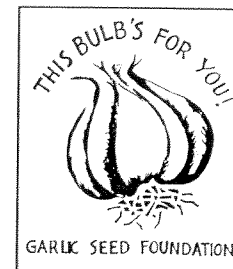
"When **allicin** is compared to penicillin, tests indicate that penicillin inhibits only gram-positive bacteria, while **allicin** is active against both gram-positive and gram-negative bacteria. **Allicin** inhibits tumor growth, possibly because it inhibits cell division just as it restrains the growth of bacteria. In addition, **allicin** also has an anti-inflammatory element. As it brings about a reduction in joint inflammation and swelling, this component is especially helpful for arthritis sufferers."

JILL KIRKPATRICK
Better Nutrition, June 1987

"In a lab setting, garlic has been shown to inhibit the growth of, or kill, two dozen kinds of bacteria (including staphylococcus and salmonella) as well as at least sixty types of fungi and yeast.

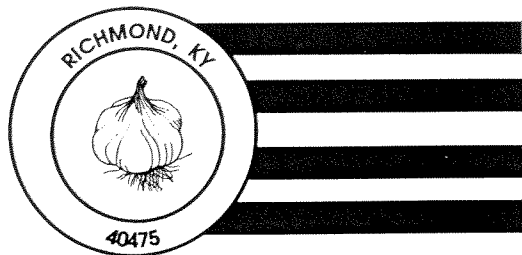
The hero appears to be **allicin**, the chemical that's responsible for garlic's smell. So if you destroy the herb's pungent aroma—through cooking or processing—you may also be robbing garlic of its ability to battle microbes."

JAYNE HURLEY, STEPHEN SCHMIDT
New Age Journal, March/April 1990



Sulfur and Stinkertzwiebel (Stinking Bulb)

HOW THEY GROW GARLIC IN . . .



In pursuit of a sustainable lifestyle and the "big bucks" of vegetable farming, Jean Pitches-Keene and Leon Keene purchased their hillside farm in central Kentucky ten years ago. Located in Zone 6 at 560' elevation, their most productive ground is 6 acres of river-bottom loam and sandy loam soils where they produce about 1½ acres of garlic in addition to mixed vegetables. Blue Moon Farm has been Certified Organic by the State of Kentucky since 1994.

They rotate the garlic on a 3-year basis, preparing their ground with buckwheat/buckwheat/soybean plow-downs prior to fall planting. Manure is applied prior to the soybeans on ground that is naturally at pH 7.0. A rotovator followed by hilling discs prepares the soil, creates the beds approximately 4' wide and marks the rows. The 32,000 cloves are hand planted into the soft earth of the bed, in rows 12" apart, 6" in-row, and 2" deep. Planting starts in mid-October and they hope to be finished by Thanksgiving. Leo feels the row-marking gauge on the rear cover of the rotovator makes both planting easier and cultivating more accurate, and has enhanced their efficiency and production. Snow cover is rare in this part of Kentucky. The main varieties grown are the Music, German White, CA Early, Polish Inchelium, Purple Cauldron, Early Red Italian, and Machashi. They "Play around" with another 20 "varieties" from sources such as other producers and festivals, and they enjoy swapping for new stock. This selection helps in marketing and Leo claims he can recognize the differences in taste and pungency.

As with us all, their lambsquarters, pigweed, galinsoga, and Johnsongrass "weeds" are a big challenge. In addition to the hand weeding, Leo pushes a wheel hoe through the beds 2 to 4 times a season. Mulch has been used in the past, but lately, water has been in excess and the mulch kept the soil from drying out. Irrigation from the river is available, but, as above, not needed. A crab and shrimp meal fertilizer (4-1-1) is side-dressed early in the spring and cultivated in. The Blue Mooners are unable to market most of their scapes, so this year they were removed with a steel blade on a weed-whacker and left in the field. The time demands of their garlic often conflict with the labor needed for their other crops.

Harvesting begins in June and finishes by mid-July, beds being dug by sequence of variety. A tractor-pulled 3-point tool bar with sweeps undercut the garlic plant, which is then pulled by hand, gathered on a low wagon, field graded and culled. All braidable bulbs are bunched by 10, put on tobacco-sticks and hung in the rafters of their tobacco drying barn. Ten 12" fans circulate air in the barn, and a woodstove is fired up at night (to ward off the moisture rising from the river) for three weeks. The small, culled, and unbraidable bulbs are topped at 1" and put on horizontal drying racks. Their soil type allows for early cleaning of the wrapper skins and roots. For the past several seasons, Mother Nature has not cooperated and heavy rains have made the harvest slow and stressful. Over the years they have had problems with the onion maggot, fusarium, and neck rot, but these are "in check" at this time.

Jean and Leo work as hard at marketing their crop as they do in the field: high quality, good selection, organically and Kentucky grown! Approximately 30% is sold at farmer's markets (1 hour from their farm), 15% sold via the mail, and 55% wholesale. They enjoy the farmer's markets and the interaction with the customers and opportunity to educate them on the work it takes to produce this crop. The mail order sales are growing steadily, but are a big expenditure of time and cost in preparing a catalog and sending it out. They charge \$2.00 for the catalog (which also carries a selection of imported organic olive oils and vinegars) and is refundable on the first order. Several restaurants and a Deli take the bulk of the wholesale trade and seconds.

Their biggest problem? Labor at planting and harvest when their other crops need tending as well, and the weather. The current cycle is not garlic-friendly. The joys? The satisfaction following the harvest is a big one, and the positive feedback from the customers is another. "Most of the folks just don't understand what all this stuff needs!" Leo and Jean eat their garlic on everything; from raw garlic sandwiches for breakfast to shredding the garlic on toasted sourdough bread, they each consume about 20 pounds per year. Their home-use garlic is stored in their basement in an unheated north-facing room.

BLUE MOON FARM

Organically Grown Garlic
Other Special Foods & More . . .

Leo Keene
Jean Pitches-Keene

3584 Poosey Ridge Rd.
Richmond, KY 40475
Phone: (606) 328-4201

Catalog \$2.00 - Refundable with Order

Recipes

BREAD AND BUTTER GARLIC From Bob Yerina

½ cup pickling salt
5# garlic, peeled whole cloves
4 cups cracked ice
5 cups sugar
5 cups vinegar
1½ teaspoons turmeric
½ teaspoon cloves
2 Tablespoons mustard seed
2 Tablespoons celery seed
6 (pint-size) canning jars and lids

Peel garlic, sprinkle with salt. Bury garlic in 4 cups cracked ice. Cover with heavy plate. Let stand 3 hours to overnight, then drain.

Combine garlic, sugar, turmeric, cloves, mustard seed and celery seed and bring to a boil. Meanwhile, sterilize canning jars and lids in boiling water. Add garlic and liquid to hot jars and seal. Let sit for at least one month.

PERSIAN SUGAR-PICKLED GARLIC From *Garlic*, by Janet Hazen

4 heads garlic, cloves separated, unpeeled
2 cups red wine vinegar
2 cups water
1 cup sugar
6 whole cloves (not garlic—the spice!)
2 tablespoons black peppercorns
Makes about 2½ cups.

Place all the ingredients in a large heavy-bottomed saucepan. Bring to a boil over high heat and cook for 10 minutes, stirring from time to time. Reduce the heat to moderate and cook 5 minutes. Remove from the heat and cool to room temperature.

Transfer to a clean glass or ceramic jar large enough to accommodate the garlic and liquid. Tightly seal and refrigerate for a least 1 month before serving. The garlic improves with age for as long as 15 years.

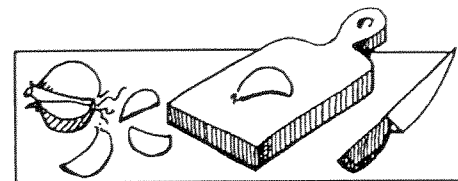
GREENS & BEANS from Tina Walker, Pittsburgh, PA

(Any type of greens can be used,
but "bitter" greens taste best!)

1 lb. of Dandelion greens
6 or more garlic cloves, crushed
15-16 oz. can white beans plus juice
(cannellini, kidney, navy, northern)
salt & pepper to taste

Sauté greens and garlic until greens are well wilted and tender (I use about 3 tablespoons olive oil). Then add beans, smashing about ¼ of the beans. Heat through.

This is an excellent side dish for chicken, pork or fish, or by itself with a hunk of home made bread. **Serves 4.**



SPICY POTATO BALLS From Paula Simmons Green

2 pounds very small new potatoes (or potato balls cut with melon baller from large old potatoes)
2 Tablespoons cooking oil
1 large head garlic, cloves peeled and coarsely crushed
2 Tablespoons fresh ginger root, shopped finely
1 small onion, sliced and separated into rings
1 Tablespoon curry powder (more or less as desired)
1 Tablespoon lemon or lime juice
½ cup water
salt to taste if needed

Steam potatoes until just tender. Heat oil, saute onion, garlic and ginger until soft. Add curry, saute for 1 minute, add water, lemon/lime juice and potatoes. Simmer a few minutes to reheat potatoes and blend flavors.

Any leftovers will reheat nicely the next day.

HOT HOT FREEZER MEATBALLS From Paula Simmons Green

(Quantities are based on multiples of one lb. lean ground beef.) Preheat oven to 400°F.

For each pound of meat, zoom together multiples of the following ingredients in blender or food processor:

1 egg
1 large head garlic, cloves peeled
1 small onion, sliced
¼ cup Hot Sauce (or less for less "heat")

Pour over meat in large bowl. For each pound of meat, add multiples of the following:

¾ cup quick cooking oatmeal
½ cup grated Parmesan cheese (just "bulk food" type)
1 teaspoon coarse ground black pepper
½ teaspoon salt (optional, cheese adds saltiness)
½ teaspoon Italian Seasoning herbs
(or ½ teaspoon each chopped fresh basil & oregano)

Mix well with your hands. Scoop out with melon baller onto large non-stick cookie sheet, about 1" balls.

Bake at 400°F for 15 minutes or until done, depending on size of meatballs and size of cookie sheet. Do not overcook or they will be too dry.

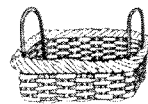
Cool slightly, then pour off any fat, and/or drain meatballs briefly on paper toweling. Cool completely, divide into meal-size portions for freezing.

These make a versatile and quick meal entree, in pasta or spaghetti sauce, in a quick sauce to put over potatoes, or add last minute to sir fried vegetables (especially mix of garlic and mushrooms).



Garlic Baskets

from Wayne Hansen,
Wayne's Organic Garden, P.O. Box 154, Oneco, CT 06373-0154



In August, 1997, my wife Marilyn and I had booths at the Second Annual Adam's Garlic Fest in Pawcatuck, CT, near Westerly, Rhode Island. It's a small but fun garlic celebration, and we especially like it because it's less than an hour away and we can set up side-by-side. I've got garlic and vegetables to sell; she has her hand-made baskets.

During the course of Saturday (it runs Saturday and Sunday), we offered a special: Buy one of her garlic baskets designed to hold garlic in the kitchen, and get 20% off a bag of garlic to go in it. We'd had a few sales of the special when a fellow approached her and said, "Garlic baskets? Well, are they *made* of garlic?" He was just being a wise guy, which she finally realized after sincerely trying to explain that, no, they were *for* garlic and were made of reed.

She mentioned this to me at supper, and I suggested that, since she could make braids with softneck garlic and made

coil basket using corn husks, why not with garlic tops? I never much liked buying that imported reed from the Butchers of Tienamen Square anyhow. We could use our own certified organic materials and, of course, a little Hungarian hemp twine.

Her first attempt, using fairly soft, still limber tops, resulted in a lighter colored basket. Later, as the tops dried and she had to soak them in water to make them flexible, the color changed to shades of light and dark olive green—warm, rich tones that are just wonderful to see!

We've hesitated to offer these for sale until we're sure the material will hold up over time, but we've seen no deterioration as yet.

What's next folks? Gas-o-Garlic to power our vehicles? Garlic clothing? Garlic bus-stop shelters? I hope that wise guy shows up again next year. "Hey Pal, wanna buy a *GARLIC* basket? Yeah, that's right, *MADE* of Garlic!"

FROM THE MAIL BAG

Dear David and members of the Garlic Seed Foundation:

Please accept my thanks for the donation that the Foundation made to my research on garlic. Since I received my 1996 Master's degree on improving cultural practices for garlic production in the Northeastern U.S., I have been looking at the specifics of how garlic metabolizes nitrogen as my Ph.D. research.

I am asking questions such as:

- When does the plant utilize nitrogen most effectively? Although growers know that, in general, early fertilization is more beneficial than late, what is the *optimum* time to fertilize in this climate? How can this best be determined — leaf number? degree days? Knowing this may improve yields and decrease the risk of nitrate pollution in groundwater.
- Is there a field test that will accurately and practically determine the nitrogen status of the plant?
- Do different parts of the plant (roots, cloves, leaves) store different forms of nitrogen? Does this change over the course of the growing season?
- In which part of the plant is nitrogen converted into its most usable form?

Your contribution has made it possible for me to explore the questions in depth. Many lab tests (tissue and soil analyses) are required in order to look at these phenomena, and the funds the Foundation has granted are paying for these laboratory costs.

Thank you again.

Regards,
Angela O'Callaghan
Department of Fruit and Vegetable Science
Plant Science Building Room 161
Cornell University
Ithaca, NY 14853

On March 26, 1998, Angela O'Callaghan held her Graduate Review for her Ph.D. with her Advisory Committee. She presented her research proposal and fielded questions, comments, and suggestions. The GSF was represented and, following the Review, presented Angela \$500 with a commitment for another \$500 for use as needed for her project. [D.S. com.]



1998 Western New York Garlic Farm Tour

At 9:30 a.m. on Saturday, June 13, five garlic growers hosted a garlic farm tour. Over thirty people traveled to the Skoog Farm in Brockport to spend the day visiting these farms.

After a welcome, introductions, coffee and doughnuts, the caravan traveled to the farms of Ed Fraser, John Spamer, Charles Mele and David Piedmonte. The visitors were treated to five different growing techniques and multiple varieties of garlic.

June 20, 1998

In years past the crop tour has consisted of up to 150 cars chasing the lead car through a maze of back country roads that were seemingly designed by a child drawing lines in the dirt. Previous crop tours looked like a remake of the movie *Cannonball Run* (no crashes reported). Invariably, people would be lost for days trying to find the garlic plot, or they would arrive only to find the group finished in the field on their way to the next plot. PROGRESS: This year buses were waiting to whisk the 100 odd participants (I stress the word *odd*) from plot to plot, no lost bodies were reported. It's something maybe only an organizer can appreciate.

What people saw on the tour at Greg and Rob Luyten's farm was a spoon planter spacing 16" rows. Three varieties, with *Music* as the predominant crop, and *Siberian* and *Legacy* as trials. One field showed the problems of weeds ruling, the other virtues of a clean crop.

Perth Garlic Farms, the second stop, had the same three varieties, with the addition of *Yugoslav*, which looks like it has good potential. Perth Garlic is on 30" rows from an adapted corn planter. Their harvester is from BDK, a manufacturer in Delhi, Ont. BDK is building a 3-row self-propelled harvester due to use in the field July 9. Stay tuned.

Fertilizer and weed control would be a page in itself.

Ruth Klassen, chef at the Stratford Shakespearean Festival, catered lunch at the local Mennonite church. Ruth Klassen also doubles as a teacher at one of Canada's finest culinary institutions, The Stratford Chef School.

Menu

- Roasted garlic with fresh local chevre and sourdough bread
- Salad of local organic lettuces, with garlic flowers, fresh herbs, and a Dijon vinaigrette
- Tenderloin of beef with garlic mashed potatoes, asparagus, barbequed garlic tops and an ancho chili sauce
- Strawberry shortcake with fresh creme

This dinner was important, not only because it helped people sleep comfortably through the following meeting, but also because growers got to see the fruits of their labour from the consumer's viewpoint. If you mention garlic to a farmer, the first thoughts are cost of production, plant population, weed control, etc., etc. Consumer's thoughts are, "This tastes great, and I know it's good for me." So, it was a great time to break bread together and just enjoy.

Next, we paid tribute to Al Music, who has been growing garlic since Moses was a baby. Fifteen years ago Al brought some of his namesake "Hardneck" or "Continental"

During lunch break (brown bag, with hosts providing fruit and beverage), Mary Fraser demonstrated the art of garlic braiding.

The tour ended at 3:00 p.m. with a review of the drying and cooling facility on the David Piedmonte Farm.

We hope that other growers will organize a day like this. It costs little money, and new market relationship are developed.

11th Annual Field Day for the Garlic Growers Assoc. of Ontario

garlic over from Eastern Europe. *Music* is the predominant variety in Canada (90% of the estimated 1700 acres grown in Canada are *Music*), and it is quickly spreading itself out across eastern and midwestern North America. It's conceivable 7 million pounds will be harvested this summer from Al's original seed. We gave Al a plaque stating our appreciation (we were out of gold watches and could not afford a golden handshake). We then roasted this dirt farmer from Waterford, Ontario, with lots of warm stories about Al knowing everybody including Chretien, Clinton, and the Pope. It was lost on no one that Al's partner, Neda Music, is the major factor in the roots and stems disappearing from the garlic bulb year after year.

Guest speaker Mike Gifford, from the Canadian Ministry of Agriculture, brought us good wishes but no funds in our fight against dumped garlic from the Peoples Republic of China. A note of good news is that Revenue Canada, starting July 1, will be collecting upfront duties of \$1 per kg on garlic coming in from the PRC. We are hopeful that this will be the boost necessary to remove the PRC's predatory pricing that has dominated our market for the last 3 to 4 years.

The next speaker was Chuck Dentelbeck, from the Ontario Produce Marketing Association. His message: Growing is only half of the equation with a vegetable crop. Quality, uniformity in grading, presentation and good communications with buyers make up the other 50%.

After the talking, our next stop was Flat Creek Farms to look at a Dayson Drying System. Delhi Foundry displayed their planter (25 on the market), and low and behold, the most attention went to a *mechanical root and top trimmer*, also from Delhi Foundry. Gary Wilsie showed grading and brushing systems.

Stanley, my partner, was still answering questions at the shed around 7:30, when Tony Temmer and I left to see a grower's field and guess at the origin of a mystery disease. Back at the restaurant at 9:00 p.m. for more crop and market analysis by the usual crowd of misfits; 10:30 put the chairs away at the church; midnight collapse in bed.

We try to focus at field days on growing and production concerns. For me, watching the growers enjoy the meal and Al accept his plaque was worth the entire 10 hours of dirt, garlic, machinery, gossip and politics. One chap, who had been growing for three years, said that he had learned more at this field day by talking to other growers than since he planted his first bulb. On the whole, the day went very well. Next year we hope to have research plots going, more good food, and more visitors.

Any questions, please call Warren Ham at 519-272-1742 or e-mail flterk@orc.ca

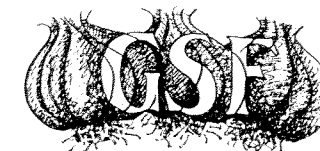
1998 GARLIC FESTIVALS

What and Where?	When?	Who?
Gilroy Garlic Festival Gilroy, CA	July 24, 25, 26	408-842-1625
Fox Run Winery Garlic Festival Penn Yan, NY	August 1, 2 11 am-5 pm	Julie 315-536-4616
Buffalo & Erie County (NY) Hot Pepper Garlic Fest	August 9	Susan Ruth 716-827-1584
Western New York Garlic Harvest Fest Batavia, NY	August 15	Gary Skoog 716-637-6586
Basil Garlic Festival Baker's Acres, Lansing, NY	August 15	Cathy Kessler 607-533-4653
Eastern Ontario Glorious Garlic Festival, Perth, Ontario, Canada	August 15	Paul Pospisil 613-273-5683
Adams Garlic Festival Pawcatuck, CT	August 15	Adams Family Farm 860-599-4241
Canadian Garlic Festival Sudbury, Ontario	August 21, 22, 23	Mary Stefura 705-673-7404, Fax 705-672-1137
Greater Laurel Highlands Garlic Festival Hollisapple, PA	August 22, 23	Philip Faranda 814-479-7109
Southern Vermont Garlic Festival Wilmington, VT	September 5 Rain out September 6	Joy and Steve 802-368-7147
Fourth Annual Pocono Garlic Festival Stroudsburg, PA	September 5	Frank Pollack 610-381-3303
Northern Ohio Garlic Festival Wellington (Cleveland), OH	September 12, 13	Bob and Wendy 330-855-1141 (pm)
Hudson Valley Garlic Festival Saugerties, NY	September 26, 27	Mike Campbell 914-246-3090
Garlic Festival Easton, PA	October 3, 4	Karen Doerr 610-250-9720
Virginia Wine & Garlic Festival	October 10, 11	Richard Hanson 804-946-5168
Celebrated Clove Garlic Festival Lincoln (Boston), MA	TBA	Bruce Bickford 978-369-5329 (pm)

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 — SEPTEMBER 30, 1998

Headitorial Opinion



The current and ongoing revolution in biotechnology is something that we can ill afford to ignore. What began as long ago as 1935 with the hybridization of corn, immediately followed by the advent of mechanized harvesting equipment, has mushroomed into a multi-billion dollar industry. Since that time, the farmer/producer has been on the losing end of things. The age old idealistic view of the independent and self-sufficient farmer was easily supplanted by equating freedom with increased productivity and profit margins. The dependence on off-farm inputs like fertilizers and seed and equipment was not as readily offset by the price-setting manipulations of corporate America. With the technological push that came with the second world war, there was surely a brave new world emerging that left the farmer with little control of his markets.

As food became a commodity the farmer lost equity and became a laborer for big business. Under the pretense of feeding the world and the proclamations of the Green Revolution, the push was on to plant fence post to fence post. Only the wisdom of generations of giving back to the land was lost. The inputs became more and more expensive and the number of family farms began to dwindle. Government subsidies and world grain markets were the new pie in the sky. Land grant universities ironically became the partners of producers by being the only public source of the "newer and better" seeds.

Most of you know the rest of the story. Multinational corporations now have consolidated the pharmaceutical/chemical/seed market. Tissue culture (cloning) and genetic manipulation has become more widespread and invasive. With the patenting of germplasms and the subsequent rape of Third World countries the consolidation of power has continued. Transgenic varieties with the promise of built-in resistance are playing three card monty with nature itself. The hubris of bettering evolution has left much to be desired!

Stop a toothache — with two cloves!



"Take a couple of cloves from the spice rack and place them between the aching tooth and your cheek, much like you'd use chewing tobacco," says Richard D. Fischer, D.D.S., president of the International Academy of Oral Medicine and Toxicology. "This remedy has been known for centuries to relieve many kinds of toothaches." Dr. Fischer says to chew the cloves a little bit to release their juice, then leave them in place for a half-hour or so or until the pain subsides. He advises continuing the treatment until you can get to a dentist.

— From *New Choices in Natural Healing*, page 223.

WHAT, you may ask, does this have to do with garlic? We've covered Phil Simons' work of developing true seed through the painstaking process of hand pollination. That's one avenue that is not going to affect us in the near future. The tissue culture that claims to produce virus-free seed is a bit more challenging an issue. Once in the ground, however, the scenario can quickly change. Either of these methods are beyond the limits of the small producer, both technically as well as economically. So for a while are we safe?

Vegetative propagation (planting cloves) eventually may go the way of potato production, so our window is certainly finite. On a world market view we have seen the impact of the Chinese on various national economies. Free Trade or a free lunch, there's no such plant-animal! We have been approached in the Northeast by large-scale buyers that have watched our production of hard-necked varieties and sought out our collective abilities to produce large quantities for foreign processing markets. Once the seed is sold, however, how long before cheaper labor markets can be sought out for increased profit margins?

The vision of the Garlic Seed Foundation is one of engendering respect for our land and the health of our communities. We encourage the local production of garlic to the benefit of local producers as well as their neighbors. Bigger is not better. There must be limits to growth. So please let your markets expand intelligently. Educate your community about the ten-fold benefits of local economies that can support one another instead of capitalizing on profits alone. Utmost, however, remember that you are responsible for what you produce. Know and educate your customers about the health-giving benefits of fresh garlic. Let your price reflect the equity of your hard work and support other local producers of food by supporting wise methods of production. Forget the fantasies of shortcuts and huge profit-making ventures. The earth is not for exploitation. Be honest, be gentle and be wise, for whatever you do will come back to you.

High 5 Cancer Fighters

USDA nutritionist Ronald Prior, Ph.D., put together a list of the top 5 cancer-fighting fruits and vegetables. Notice 3 of them are berries.

1. Blueberry
2. Blackberry
3. Garlic
4. Kale
5. Strawberry

Conclusions were based on the ability of 43 types of produce to soak up free radicals before they could do damage to cell membranes or DNA, which ultimately leads to cancer, stroke or heart disease. Dr. Prior suggests nine servings of fruits or veggies daily.