



# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 19 Spring 2009

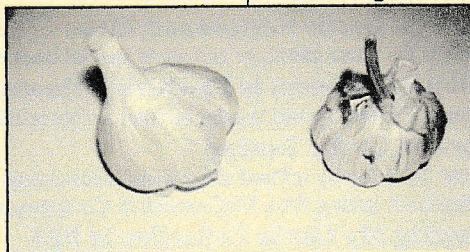
## Collecting Garlic

Collecting varieties and strains of garlic is growing, both as a serious gardening hobby and, as a commercial enterprise for market gardeners searching for niche markets. Like many growers starting out, I had no idea that there were hundreds of types of garlic cultivated world wide. Even when I started the first garlic cultural trials in 1991, I anticipated maybe a dozen or so kinds. In 1996, as I was starting the Small-Plot Garlic Variety Trials, I had read Ron Engeland's book, *Growing Great Garlic*, and was starting to get the idea that there were many types, but just how many there were I wasn't too sure.

When I went to the Hudson Valley Garlic Festival the first time, vendors were offering dozens of different kinds and one had a chart showing taste comparison of 40 types! That opened my eyes to the idea of garlic collections.

Here, we offer a sampling of some of the garlic collections in Canada.

*(picture on right shows Porcelain TT5 and apparent mutation TT5V sent to me by Gilles Nadon of Richard's Landing, Ontario. Naturally occurring mutations regularly increase the number of garlic types in existence under cultivation).*



## Seeds of Diversity Canada

To preserve genetic diversity in garlic and record garlic cultivars, in 2005, Seeds of Diversity Canada started the Great Canadian Garlic Collection. In 2008, they listed 57 types available to growers. In addition, Seeds of Diversity maintains a Heritage Plants Data Base of some 240 garlic cultivars, providing descriptions and sources, as submitted to them. These initiatives are very much needed in order to move toward establishing a Canadian Gene Bank of garlic cultivars. For more information, check the Seeds of Diversity website at [www.seeds.ca](http://www.seeds.ca)

## Beaver Pond Estates Collection

Our variety trials started in 1996 with nine cultivars plus Elephant garlic. By comparison, in fall 2008, we planted a total of 129 types consisting of 11 new trial strains, 9 mutants, 67 tested ones in Seed Saver status and 42 proven types which will be offered for sale in summer 2009.

We have tested over 150 types since starting the trials but not all the strains we tested survived. Only 129 remain.

## Seed & Plant Sanctuary for Canada

Dan Jason of Salt Spring Seeds in BC is one of Canada's champions of preserving heritage seeds in the public domain. In 2002, he started the Seed and Plant Sanctuary for Canada on his own farm on Salt Spring Island. The Sanctuary lists over 900 varieties of plants including 30 garlic cultivars. Check under "garlic" for descriptions in the Sanctuary website at [www.seedsanctuary.com](http://www.seedsanctuary.com).

## University of Saskatchewan Agriculture

Although not a collection in the true sense, Dr. Doug Waterer's garlic trials at the University farm in Saskatoon over the last two decades provide growers with valuable performance data on some two dozen cultivars. Past years' results can be viewed on the university website, by going to the Department of Plant Sciences and searching garlic under Vegetable Program. Search [www.usask.ca](http://www.usask.ca)

## Boundary Garlic

Henry Caron & Sonia Stairs of Midway, BC have over 70 in their Boundary Garlic collection. 46 of the best are offered for sale as seed garlic. Website: [www.garlicfarm.ca](http://www.garlicfarm.ca).

## The Fish Lake Garlic Man

No list of collectors would be complete without Ted Maczka's "Fish Lake garlic brand". In earlier days, Ted grew dozens of different types and identified them with an F-prefix, F1, F2, F3 and so on. You'll find these garlic in home gardens across Canada and in the USA as Ted has been promoting diversity for nearly three decades.

**The top collection in Canada?** Likely Al Pickett of Kensington, PEI holds this honour. He told me that he grew over 220 cultivars in his home garden. Then, he asked me for over 20 more from my seed saver stock. Can you top that number in your collection?

If you want to collect garlic, do a little research first. How many distinct garlic cultivars there are around the world? Perhaps 600 or more. Collectors can find a practical and useful source in the **Heirloom Garlic Archive** (see Linda Fey's article on page 9) for hundreds of types complete with origin and a picture of the bulb. Serious collectors can search the Gatersleben plant database.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE



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Connecting  
The Canadian Garlic Network  
Issue # 19 Spring 2009

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Published By: Beaver Pond Estates

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**Cost:** \$15.00 for 4 issues mailed in Canada.  
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we ask our U.S. friends to add \$3.00 per year,  
our U.K. friends to add \$5.00 per year for the  
added postal cost. *Back issues to complete  
your set are available in single copy, bound  
sets or on CD.*

Advertising inquiries welcome.

## ABOUT THE GARLIC NEWS

The *Garlic News* is a non-profit, Canadian  
newsletter written by garlic growers for garlic  
lovers. It carries on from where the *Garlic  
Newsletter* and *The Voice of Garlic* left off. It  
is distributed quarterly by subscription.  
The *Garlic News* uses a newspaper column  
layout and larger print size for easier reading.  
The wider margins and 8 1/2 x 11-size paper are  
to enable growers to save copies in a standard  
3-hole binder.

## EDITORIAL POLICY

The purpose of *The Garlic News* is to enable  
farmers and gardeners to grow better garlic and  
enjoy it more. Articles and contributions are  
welcome and will be published subject to space  
and suitability. Letters and articles may be  
edited for length and content. The Editor  
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Deadline for Summer 2009 Issue: June 01

## In This Issue

### Collecting Garlic

An introduction to the growing hobby and practice of collecting garlic cultivars

### Garlic Crop in Nova Scotia

Clark Wiseman gives a short update on his crop year

### From Alberta, Oma's Gourmet Garlic

Liz Tobola presents her superior garlic that originated in her father's barbershop in  
Hamilton, Ontario in 1985 and now grown in Alberta

### People – We Get Calls and Letters

We get calls and letters from garlic fans and learn from their garlic experiences.

### A Clove Here and There

Tidbits from our world of garlic and the garlic world around us

### Queen's chemist sheds light on health benefits of garlic

Derek Pratt and his research team at Queen's University start to unlock the secrets  
of garlic's health giving properties.

### What Happened To My Garlic?

Kristy Grigg describes the stem & bulb nematode asnd provides grower  
recommendations on dealing with this microscopic pest

### Nematode Suppressing Green Crop Trial at the Small-Plot Garlic Variety Trials: Update 2008

The 3<sup>rd</sup> year of this organic trial using mustard and marigold confirmed the success  
of this organic method for suppressing or eradicating the Stem & Bulb Nematode.

### Garlic Biodiversity in Albuquerque, New Mexico

Linda Fey & Jeff Nekola have provided a short description of their garlic collection  
in New Mexico and the link to their Heirloom Garlic Archive.

### An Ingenious Technique for Growing Garlic Bulbils

Joe Bannon describes a simple yet ingenious method to start bulbils indoors.

### The Garlic Directory

Garlic ads, listings and useful garlic contacts. Growers are finding the advantage  
of letting buyers know about them.

### The Best Garlic Recipes and Ideas

Recipes from our members and some special ones from Ted Meredith

### Bulbil Experiment in Pawtucket, Rhode Island

Francis Finneran gives regular updates on his bulbil project

### More on Garlic Tasting

David Stern kindly offered some helpful comments and included an article from the  
professional tasting firm, McCormick & Company as guidance for future taste tests.

### Growing My Garlic Collection in PEI

Al pickets gives a glimpse of his garlic collection, one of the largest in Canada

**Enclosures:** Early Bird Subscription Renewal for subscriptions expiring in Summer 2008.

**Attachments:** Advance Garlic Order Form, 2009 Crop, Small-Plot Garlic Variety Trials

## RENEW YOUR SUBSCRIPTION EARLY !!

Avoid paperwork during the busy harvest season. It's hard for all of us to keep up  
over the summer when beautiful days keep you outdoors.

**For subscriptions expiring with issue #20, Summer 2009, your Early Bird  
Renewal form is enclosed.** If there was no form included with your News, your  
subscription is paid up. Check numbers after your name on your address label. The first  
3 digits are your member number, the 2 digits after the dash are your last paid issue.

XXXXXXXXXXXX

## Eastern Ontario Garlic Field Day 2009

**Date:** Sunday, 28 June 2009 from 09:30 a.m. to 3:30 p.m.

**Location:** Garlic Trials Site, Beaver Pond Estates  
: 3656 Bolingbroke Road, Maberly, Ontario

**Attendance:** By invitation

*Growers within reasonable driving distance, ie., north-eastern & eastern Ontario  
and western Quebec receive invitations. However, if you are outside this area  
and would like to attend, contact the editor. We'll be pleased to include you.*



## Garlic Crop in Nova Scotia

By: Clark Wiseman

Just a short note on the garlic year in Nova Scotia. 2007-08 was possibly the worst year, weather-wise, for Nova Scotia farmers in anyone's memory, and the garlic crop in Dutch Settlement was certainly the worst I ever saw. I lost about 30% of the plants from heavy winter rain with lots of water lying in the field, and a lot of freeze/thaw cycles. This was followed by drought through the last part of June and all of July, then record rainfall for August. Fusarium, I believe, took out some of the surviving crop.

I had to harvest in the mud in August, wash the bulbs, and suffered a lot of mildew problems, with some red and yellow moulds that I had not seen before. I had to peel most bulbs (4000 of them) before sale, some down to the clove skins, just to clean off the moulds. The size of the bulbs was about 25% less than my normal.

Optimism reigns supreme, though, and I have 7000 in apparent good shape as I type. Our winter has been much better this year, with good snow cover, and dry enough that I could get on the field to mulch properly, which I couldn't do last year.

I hear that the Ontario commercial planting was down because of the Chinese trade. I guess that we will have to depend on the flavour and quality of our crops to keep our operations going. Fortunately, that is easy with my customers! All the best to you and Mary Lou. **Clark**

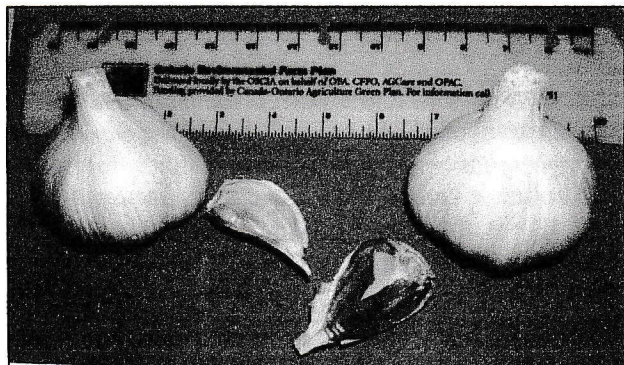
## From Alberta, OMA's Gourmet Garlic

By Liz Tobola

I have been growing OMA's Gourmet Garlic from cloves I got from my mother in 2003 (it's history goes to mid-1980's). The garlic came to me from Ontario and I have not yet been able to ID it. I even spent time helping with harvest at Boundary Garlic Farm and could not verify with their 75-plus different varieties. I sent samples to Sonia and Henry and they think it may be of the marbled purple strain although at first Henry was leaning to the Porcelain same as I originally had in my mind.

Could I send you a sample? Maybe you have come across it as my Dad had got it from a 'Russian' acquaintance of his in Hamilton, ON. Perhaps you have sampled it?

This is my first season of introducing OMA's Gourmet Garlic to Alberta. I had limited quantities for sale from 2008 harvest. Next year I will have plenty.



Here is a little blurb I put on my introduction and price list:

## OMA's Gourmet Garlic History

The name Oma is for my mother, Oma (grandmother) to my children. Dad originally got this garlic from a Russian friend sometime around 1985 and planted it in their Ontario backyard garden. In 1996 we purchased land near the hamlet of Aldersyde, Alberta. Dad seemed to think our soil was good garlic soil. That little comment stayed with me. In 2003 on a visit home Mom gave me some garlic. By spring 2004, I had 9 cloves left over so I planted it in the vegetable garden. Fall time I had 9 really big garlic bulbs. I gave some away and ate some.

Then thinking about it I did some research and realized that this really good garlic is not available just anywhere. I decided to hoard what I had left to replant year to year to multiply my stock and come what may.

2008 is the first year that limited quantities of OMA's Garlic are available for sale, as 20-25% is needed to continue the original line. I have also been growing the 'babies' since 2005 so there will be plenty of stock in 2009. All of OMA's garlic is grown organically. The soil is tilled with farm equipment. Planting, harvesting and cleaning are and will always be done by hand.

The Chef's love OMA's!

Untraditionally in the garlic world I plant in spring and harvest mid to late September. I have tried planting a few years in fall too but have not been successful. Of 37 cloves, only 7 bulbs matured the last go around. The spring bulbs grow large and beautiful with close to 100% maturity.

*Editor's comment: Liz sent me 2 bulbs for planting and 2 large cloves for tasting. Yes, it was hot and of excellent flavour. It could be a Siberian or a Porcelain type. Thank you, Liz. The two bulbs will be spring planted around April 1 in the Small-Plot Garlic Variety Trials, ground permitting for comparison.*

*For our readers: Liz's Dad was a barber in Hamilton, Ontario and got this garlic from a customer of Russian origin in about 1985. Can anyone help with further information?*

## The Bulbil Project

*We had an excellent response to our request for participation in The Garlic Project. Here are more of the replies:*

### Anna & Darrel Schaab of Canora, Saskatchewan:

"---willing to participate in the Bulbil Project. Planted Music bulbils in 2006, dug them out this fall and re-planted. Had a variety of single cloves (large nuggets) and small 4-cloved heads of garlic. Will let you know how it turns out next fall. Plus, put in Siberian bulbils and more Music."

### Joe Bannon of Murray Harbour, Prince Edward Island:

"I've been playing around with some bulbils that a woman has been planting and growing in her own small garden for several years. She brought bulbils from Newfoundland several years ago. I'm attaching pictures taken March 21."

### Barbara Fitzpatrick of Cape Breton Island:

I live in Cape Breton and have been growing garlic for the past couple of years. I would love to participate in the Bulbil project. Let me know how I can help.

**Liz Tobola of Aldersyde, Alberta** sent a \$50.00 donation to the Project when I sent her bulbils. Thank you Liz!



## We get calls & letters

*(Letters left over from previous issue and too good to miss)*

**Leaves for mulch? Carole Campbell of Dundas, Ontario** asked: My garlic sales this year have been outstanding. Keeping my stand at the end of the driveway stocked has kept me busy. I am getting ready to plant next year's crop about 6000 bulbs. I have well drained sandy loam soil, and considering using leaves instead of straw for mulch. Do you know of anyone that has had success with this method? **Carole**

*Hi Carole. Thank you for your report on success with garlic.*

*Leaves for mulch? Yes, but with some precautions. Leaves, especially maple, are an excellent soil conditioner for the garden. We use them in the pathways between the rows so you don't get as muddy working on the garlic, both spring and fall. When they break down, they add nutrients to your soil.*

*You can use leaves for mulch, but you should shred them first, either with a garden shredder or by running the lawn mower over the pile of leaves. Why? Because leaves tend to pack down with the snow or rain and form a mat that prevents either the water getting down or the new plant from forcing its way through in the spring. If the leaves are shredded into smaller pieces, the matting isn't as bad, water gets through and the new sprouts push their way out. We have too many rows to do this so we use straw over the garlic beds, leaves in between rows.*

**Amelia Hodder of St. John's, Newfoundland,** wrote:

I just received my package of garlic from you. Thank you for the extra ones!! I will share some of them with my son-in-law who is retiring and has decided to try growing some garlic among other things. They have lots of land with a large kitchen garden and grow their own vegetables, berries, rhubarb and asparagus.

My other daughter and her husband, who own a lodge where they serve Bed and Breakfast as well as gourmet meals for those who want dinner, also have a large garden and grow their own salad veg as well as other items, including grapes. This year their grapes were lovely. They are also interested in growing some garlic. So I will share some with them as well. Then I will try the rest in my son's garden near here. My daughters live on the east coast of the island of Newfoundland where they get more sunshine than we get here in St. John's but their Zone is a bit lower than ours. Do you sell just seed garlic or do you sell garlic for eating? **Amelia.**

*Thank you Amelia. It's nice to hear that you're spreading the gospel of garlic among friends and family. Our garlic: We used to sell much of our garlic for eating but with the high demand for seed garlic for home gardens over the past few years, nearly all now sells as seed. Our little trials plot - we grow only about 4000 plants but 140 different types - was started as a research plot to determine hardiness of the various strains. We never intended and still don't intend to become a large commercial operation. Because of the high cost of shipping enough for table use, I would advise that you multiply your own seed stock once you find the types that grow well for you. You'll find that you'll be able to sell any that's surplus to your own needs. It'll take a few years to build up a business, but growing garlic is worth the effort. Editor.*

**Ted Meredith of Edmonds, Washington** wrote: Hi Paul. Just a note to say thank you for your wonderful review of "The Complete Book of Garlic" in "The Garlic News."

As an author, one always appreciates a positive review as well as a review that shows a good understanding of the book and conveys it to the reader. From my standpoint, your review certainly excels on both accounts. Thank you!

*I was pleased to do a review, Ted, because its such a fine work. I've had several members call and say they've ordered the book because they liked what I said about it. There's no question in my mind that it will be a hit with anyone who buys it. For our readers, the Recipe Page in this issue contains some of Ted's recipes.*

## Yellow Garlic Wrappers

**Bernard Smyth of Perth Ontario** asked:

I was just about to plant some Music that I had grown last year. When I split the bulbs into cloves, some of the covering around the cloves are quite yellow. I wondered if this might indicate a disease. I did check some books but wasn't able to identify this as a disease. Other cloves (in other bulbs) seem to be OK. I am going to hold off on planting these. Any advice you could provide would be very helpful.

*Yellow bulb wrappers have been frequently reported the past two years in Porcelain type garlic. My own investigation cannot relate the clove discolouration to any specific "disease". I believe that it is the result of staining of the bulbs due to the wet conditions at harvest time encountered in 2007 and 2008. That said, as a precaution, check for three indicators of disease.*

*First, decaying roots. This is likely either fusarium or nematodes. Second, loose clove wrappers. In Porcelains, like Music, they can indicate a problem with the clove inside.*

*Third, peel a few cloves and check for discolouration. If the flesh is creamy white, the cloves are healthy. If there are brown spots, you could have fusarium, although waxy breakdown has also been reported.*

*If the cloves look good, plant them. If you still have doubts, take them to the kitchen and enjoy some more of your own great garlic and try to get some healthy planting stock from a local grower.*

I asked **Michael Celetti, Plant Pathologist at OMAFRA:**

"Regarding your article in the latest Hort Matters Newsletter, the symptoms of onion diseases, especially soft rot resemble some of the problems with garlic this year. Do you have any indication that the onion problems also affected garlic during this past wet summer?"

**Michael** replied: "Yes it is very possible that there were bacterial diseases in garlic this year. If the Bulb and Stem nematode causes even slight damage during the season, which may go unnoticed in a drier season, this would provide an entrance wound for the bacterial diseases in a wet season. I have also seen Botrytis in garlic this year which could become a storage problem."

**Fact:** Canada grows less than 5 % of its garlic needs. The rest is imported, mainly from China, Argentina or Mexico.



## More calls and letters

**Unbelievable!** On February 7, **Ted Maczka** phoned and said he had run out of garlic. He had to get some from a neighbour to last him till summer. It's unbelievable that Canada's best-known garlic personality had to BUY garlic when he's been selling it to growers across the country for many years.

A little poem from **Joe Bannon of Prince Edward Island**

*Whether the Weather be fine  
Or Whether the Weather be not  
Whether the Weather be cold  
Or Whether the Weather be hot  
We'll Weather the Weather  
Whatever the Weather  
Whether we like it or not.*

## On Computers

**Dr. Jean-François Landry, leek moth specialist of Agriculture Canada** commiserated with me on my computer problems and wrote:

Dear Paul: Welcome to the world of Macs! Once you've become accustomed to the Mac difference, you'll never go back. I've been a Mac user since day one back in 1985 and, much to my chagrin, a forced PC/Windows user at work for way too long. I don't need to tell you which one I like and which one makes me curse (heaven forbid!). Macs are stable, user-friendly, and nearly virus-free, a marriage of technology and elegance.

I have not answered your gracious invitations for garlic days and other similar events but I appreciate receiving them and the news, even if I am not much involved in leek moth research anymore. My wife and I keep a fond memory of the Garlic Day spent at your farm a few years back. Best wishes for 2009 by the way!

*Editor: This, I hope, is the last issue of The Garlic News produced on my PC. I'm slowing moving my files – Bill Gates and company are fighting me every inch of the way! – to the IMAC and hopefully will cut my work down to a fraction without all the screen freeze ups, misfiled documents and other frustrations of PC Windows.*

**Ron Tetoff of Kamsack, Saskatchewan** wrote:

Was just reading the 2008 spring version of John Deere's magazine, "The Furrow" and read the article featuring your operations. I am wondering what types/varieties of seed you have available for sale. We live in northeastern Saskatchewan, so our winters can get very cold & am wondering what varieties you can recommend for our climate. I would like a hard neck, if possible from an older genetic background (maybe something from good old northern Russia). I remember as a kid when we ate garlic, only a few cloves were needed. They were "hot" and one stunk for days after. Now that is what I call garlic!! Unlike the varieties that are being sold in the stores today, these are garbage in my opinion. No real hot garlic taste, don't keep very well after being bought and even the seed that one is able to purchase nowadays is not what I can remember.

*Now where in northeastern Saskatchewan?? I was born in Wadena, raised on farms near Margo and Okla, went to school in Sturgis. My sister Florence still lives in Preeceville. I'll put you on the list for the 2009 offerings from the Small Plot Garlic Variety Trials. All are excellent and most are "hot". The listing should be out early May, after I check crop emergence.*

*I hope you plan on growing a few thousand. There's a desperate shortage of Canadian grown garlic, the good kind, and if gardeners or growers can grow even a few extra for their neighbours, it will help to stop this junk coming in from China.*

**Elly Blanchard of Railway Creek Farm** asked about a **Mechanical Digger for Garlic Harvesting:**

I just can't wait to see the snow melt and reveal little spikes poking out of the ground. Jean and I are anxious to see 15,000 garlic of several types growing including our famous Mennonite!

I was wondering if you have any information on mechanized garlic diggers. We grow our garlic in 3-foot beds and I am looking at designing something to simply cut the roots and loosen the soil under ground. Maybe you already have information on this do-it-yourself kind of thing. I am borrowing the public library's computer to search "a la high speed internet" for designs. Any help will do! July will be here soon!

*Hi Elly: Yes, you have to design and build something yourself. I've seen a few homemade ones and they all work well but I don't have a picture. First, your beds have to allow your tractor wheels to run down the walkways (and not over the garlic!) The tool is a simple bar; sharpened into a cutting edge at the front, with pieces of rod welded to each end (to fit into the lifting arms) and a steady bar attaching to the centre arm of your 3-point hitch. This flat blade is pushed down hydraulically about 6 inches so it runs below the garlic, cutting the roots and loosening the soil at the same time. Then you can go along and merely lift the garlic, no pulling needed. You need a handy man with welding equipment, a little trial and error and you'll find you can make a good tool that will work fine. See Susan Joiner's article in Issue 6, Winter 2005 and Jack Hinton's article in Issue # 8, Summer 2006 for more ideas. I haven't been able to find anything on the web on this. Can any of our members help with a design? Editor.*

## Floating Row Covers for Leek Moth?

**Marion Clermont of Iroquois, Ontario** asked: We have been going through some seed catalogues and noticed something called "Floating Row Covers". We were wondering if they would be appropriate for the garlic? It says they are a simple solution for insect damage to crops of broccoli and cabbage and we were wondering about the leek moth. We have seen the leek moth last year and have read if you should try to catch them early before they lay their eggs. We would like your opinion before we buy.

*Floating row covers (used to be called Reemay) for garlic? Definitely, yes! The leek moth project trialled these in commercial garlic field in Limoges, Ontario and they worked very well so they are now one of the approved organic controls. Margaret Appleby, who conducted this trial, will try to be at our Garlic Field Day on June 28. She also suggested this reference: <http://www.omafra.gov.on.ca:80/english/crops/facts/08-009.pdf>*



## A Clove Here and There

### Early Spring, Early Emergence

Last year, spring refused to come, delaying garlic emergence by nearly a month in some regions. This year, the opposite is true. A mild March with rains rather than snow, a warm spell in the 2<sup>nd</sup> week and the snow cover was nearly all gone by mid-month. Checking the garlic beds on March 16, I found that the Turbans were all up, one Artichoke was peeking through and nearly all my Majestic was up. If the mild weather holds, the rest of the Porcelains should be not far behind.

### Groundhog Reports as of February 2, 2009

Man, were those groundhogs off in left field this year! Almost as bad as the weather forecasters on TV. All, that is, except our own **Feldspar Freddie**. Here's a sampling of silly forecasting by silly rodents: What did those groundhogs say on February 2?

Nova Scotia's Shubnedacadie Sam: "saw his shadow and went back in, six more weeks of winter". **Phoney!**  
Punxsutawney Phil of Pennsylvania saw more winter on the way. **Faker!**

In Ontario, Wiarton Willie also predicted six more weeks of winter. **You've just lost it, buddy!**  
Manitoba Merv, also of little faith, predicted that winter would eventually end. **Politician!**  
Only our loyal friend, **Feldspar Freddie** told the truth. He said, very simply, "Out of my way, turkey, I'm hungry. Is it time to get up? Not spring yet? Look at that sun. Where's the lettuce patch?"

### A new Alien Pest attacks Garlic

My early garlic was peeking through the frozen ground on March 15, over a month earlier than last year. Since I hadn't mulched last fall and a hard freeze was forecast, I rushed out to spread straw over the tender young shoots to protect them from this rapid drop in temperature. The next morning when I went to check the garlic, what to my wondering eyes did appear?  
A flock of wild turkeys, scratching away happily in the straw for seeds!  
Now, the problem is, are they an alien pest or a native?

### Putting those darn turkeys to work

Well, chasing them away was only a temporary solution as they were back within a couple of hours to finish feasting. I still had more bales of straw, complete with weed seeds (that's the blessing of organics – you get weed seeds for free) so I opened up a few on the grass near the garlic plot. Sure enough, when Mr. Tom came strutting back at the head of his flock of girls, he took them straight to the new bales where they found more seed. Hah! Got you, fool turkeys. Now work for your food. Weed free straw.

Winter 2009 has been a snowy one for BC. Has mother nature really done this to you, or can you blame it on climate change?

### Thank you, thank you, thank you to our advertisers!

Our books are in the black again thanks to the response by readers to our appeal for ads. Thank you to the members who took out or renewed an ad or directory listing and a special "thank you" to new advertisers. Because of your support, it looks like we'll be able to go on to year 6 of publication without an increase in price or lowering ourselves to begging for a government subsidy. That's a real achievement. There are enough thieves out there now. Let's keep going, in whatever small way we can, in doing something worthwhile without joining the line-up at the public trough. They've proven that they can't make it on their own. We have and we will. Thank you!

### I feel like writing an editorial

I feel like writing an editorial and ranting and raving about all the ills in this world, all those things that none of us can change. But I won't. You would likely all agree with what I had to say, so what's the point?  
Right now, spring is just around the corner, life is being renewed once again, and our own situation is just peachy. Mary Lou's cancer is in remission – last year at this time, she'd been condemned to die and was on palliative care – this spring, she's gaining strength daily now that she's off the drugs, was out helping me clean the greenhouse the other day, just an hour, mind you, and is talking about looking after her lovely perennial flower gardens again.

Me, I've had cataract surgery on my right eye – that means the installation of a plastic lens inside the eyeball – I won't describe the process – the right eye will be done in April, and then I will be the truly bionic man – mechanical knees, battery operated ears and plastic eyeballs. What else could you ask for in your declining years? Oh, I didn't mention it but I have a mouth full of my own (but somewhat repaired and lead encrusted) teeth. No falsies there, yet. I hope all that high technology in my youthful body will help put together a better Garlic News in future.

### Organics is getting costly

I just sent in my lengthy application to recertify my 4000 garlic bulbs as organic. At the end of the form came the bad news. It would cost me an extra 50-plus % to get it certified this year. There was a kind of a funny explanation from Wallace Hamm, the owner of Pro-Cert Organic Systems, that the higher cost was being passed on to the small producers. Another reverse Robin Hood, I guess. I wonder who certified the Peanut Corporation of America to enable them to contaminate "organic" foods?



## Queen's chemist sheds light on health benefits of garlic

*Reprinted with permission from: Nancy Dorrance  
Queen's University Press Release*

A Queen's-led team has discovered the reason why garlic is so good for us.

It was widely believed that the organic compound, allicin, which gives the pungent vegetable its aroma and flavour, acts as an antioxidant. But until now it hasn't been clear how allicin works, or how it stacks up compared to more common antioxidants such as Vitamin E and coenzyme Q10, which stop the damaging effects of radicals.

Garlic has commonly been used as a natural health product to treat ailments including high cholesterol, and in the prevention of cancer. Queen's Chemistry professor Derek Pratt and his research team were curious to find the mechanism behind garlic's potency.

"We didn't understand how garlic could contain such an efficient antioxidant, since it didn't have a substantial amount of the types of compounds usually responsible for high antioxidant activity in plants, such as the flavanoids found in green tea or grapes," says Dr. Pratt, Canada Research Chair in Free Radical Chemistry. "If allicin was indeed responsible for this activity in garlic, we wanted to find out how it worked."



*Queen's Chemistry professor Derek Pratt has discovered why garlic is beneficial as an herbal medicine*

The research team questioned the ability of allicin to trap damaging radicals so effectively, and considered the possibility that a decomposition product of allicin may instead be responsible. Through experiments with synthetically produced allicin, they found that sulfenic acid produced when the compound decomposes rapidly reacts with radicals.

"While garlic has been used as a herbal medicine for centuries and there are many garlic supplements on the market, until now there has been no convincing explanation as to why it is beneficial," says Dr. Pratt. "I think we have taken the first step in uncovering a fundamental chemical mechanism which may explain garlic's medicinal benefits."

Along with onions, leeks and shallots, garlic is a species in the family Alliaceae. All of these other plants contain a compound that is very similar to allicin, but they do not have the same medicinal properties. Dr. Pratt and his

colleagues believe that this is due to a slower rate of decomposition of allicin in the other vegetables, which leads to a lower level of sulfenic acid available to react as antioxidants with radicals.

The Natural Sciences and Engineering Research Council of Canada (NSERC) and the Ontario Ministry of Innovation funded the Queen's study. Other members of the research team are Queen's Chemistry post-doctoral researcher Vipraja Vaidya and Keith Ingold, from the National Research Council of Canada.

*Thank you to Gregg Parsons and Simon de Boer for a heads up on this article and Nancy Dorrance of Queens for permission to copy. Editor*



### A Poem For Older Folks

A row of bottles on my shelf  
caused me to analyze myself.

One yellow pill I have to pop  
goes to my heart so it won't stop.  
A little white one that I take  
goes to my hands so they won't shake.

The blue ones that I use a lot  
tell me I'm happy when I'm not.  
The purple pill goes to my brain  
and tells me that I have no pain.

The capsules tell me not to wheeze  
or cough or choke or even sneeze.  
The red ones, smallest of them all  
go to my blood so I won't fall.

The orange ones, very big and bright  
prevent my leg cramps in the night.  
Such an array of brilliant pills  
helping to cure all kinds of ills.

But what I'd really like to know  
is what tells each one where to go!



### Country Humour

We live in a rural area. Lots of city folks are moving to the country. We recently had a new neighbour call the local township office to request the removal of the DEER CROSSING sign on our road. The reason: "Too many deer are being hit by cars out here! I don't think this is a good place for them to be crossing anymore."

**Fact: A 2007 tracking study by Foodland Ontario found 87 per cent of shoppers said they prefer to buy local produce, up from 78 per cent in 2005.**



## What Happened To My Garlic?

*Prepared by: Kristy Grigg, OMAFRA Vegetable Crop Specialist for the October 8, 2008 Vegetable Crops Update*

I have received numerous calls and samples from garlic growers this season, all asking the above question. And after laboratory analysis, the answer for most: *stem and bulb nematode*.

Unfortunately, these microscopic worm-like organisms can feed in or on the bulbs of garlic, resulting in significant yield reduction. Many growers who contacted me didn't realize they had a problem with this pest until the end of the season when they started harvesting their bulbs. Traditionally, it is recommended to scout for stunted young plants or any signs of chlorosis or swelling. Since these symptoms can sometimes be overlooked, it's best that growers take a preventative approach to nematode management by carrying out **soil and bulb testing**.

This is a great time of the year to have your **soil tested** for the presence of this pest. In general, nematode populations tend to peak in May-June and September-October. The tools are simple: a soil core probe or a narrow bladed shovel and a bucket. If you've got these, you are ready to begin!

The following are some basic soil sampling recommendations:

Sample from a number of locations within your field according to the chart below

Number of soil core samples/area required to estimate nematode populations

Area	No. of soil cores/sample
<500m <sup>2</sup>	8 – 10
500m <sup>2</sup> – 0.5ha	25 – 35
0.5ha – 2.5ha	50 – 60

From each site, go down at least 8" deep, knocking off the first 2" and mixing the remaining 6" in your bucket

Take a subsample (about one or two cups) of this mixture and place it in a sealable container, such as a plastic bag or dish

Send this sample labelled with all appropriate information to a diagnostics lab for analysis

**Bulb analysis** can be submitted in one of two ways. You can submit samples from actively growing plants or samples that have already been harvested. If possible, try to pick out some healthy bulbs, as well, to compare with the non-healthy samples. Like the soil samples, place samples in a sealable container and send them off to lab for analysis.

If you are looking for a diagnostic laboratory, here in Ontario, the Pest Diagnostic Clinic, part of Laboratory Services at the University of Guelph is qualified to extract and identify nematode species. To learn more about their services, to get a submission form or to check out their fee schedule, call 519-767-6256 or visit their website at

<http://www.labservices.uoguelph.ca/units/pdc>

Remember, the best tool of defence to keeping your stock pest-free is to test your field in the fall after harvest or in the spring before cultivation. If your submitted samples

have already indicated the presence of nematode, not to fret. You can now work on controlling and eliminating the pest from your field with management practices, such as working with clean seed, proper field and water sanitation and a 2-3 year crop rotation with a non-host crop.

For more information on bulb and stem nematode and proper soil sampling techniques, check out OMAFRA Factsheets 06-099, titled "Sampling Soil and Roots for Plant Parasitic Nematodes" by Michael Celetti and John Potter.



## Nematode Suppressing Green Crop Trial at the Small-Plot Garlic Variety Trials: Update 2008

**Summary:** Following the discovery of Stem & Bulb Nematode in an area of the Garlic Trials Plot in 2005, we started the **Organic Trial on Using Green Manure Crops for Nematode Suppression in Spring of 2006**. The complete area of the Garlic Trials site was used for the trial. Plots 1 and 2 were treated with **three** successive plantings of yellow mustard as a green manure crop. Plot 3 was used to companion plant marigold with the garlic as a nematode suppressant. Soil samples were taken both before planting (30 April) and, in the case of the mustard, a week following each plough down. Selected diseased garlic samples were sent for lab analysis as needed.

All nematodes appear to have been eliminated following the first mustard crop and did not reappear in successive soil tests. Both Plots 1 & 2 appeared to be free of Bulb & Stem Nematode following the use of mustard as a green manure crop as of fall 2006.

Companion-planted marigold appeared to be effective in suppressing the nematode during the growing period, but the soil test from Plot 3 following harvest showed a re-emergence so the marigold was left on over the winter.

The trial was repeated in 2007.

Although the Bulb & Stem Nematode reappeared in Plot 3 following garlic harvest 2006, it was gone by spring 2007.

The marigold that had been inter-planted with the garlic and left in the plot over the winter apparently continued working. Marigold exudes its nematicide from the roots. This evidently was successful as both the pre-planting soil test and rogue garlic from Plot 3 sent to the labs in spring 2007 found no evidence of reappearance of nematodes. Soil tests taken in June 2007 from the two plots planted to mustard in 2006 also revealed no recurrence of nematode activity.

Green Manure crops were not planted in 2008 due to the prevalence of wet weather.

Soil and diseased garlic samples sent to the lab for analysis in September 2008 showed no evidence of Stem & Bulb Nematode. The disease in the garlic samples was attributed to Waxy Breakdown, a physiological condition caused by high temperatures at harvest time.

The trial was successful as an organic method. Both mustard and marigold contain a nematicide that is effective in suppressing the Bulb and Stem Nematode in garlic plots.



## Garlic Biodiversity in Albuquerque, New Mexico

By: Linda Fey & Jeff Nekola

The South Valley Garlic Project is home to approximately 350 garlic varieties and represents one of the largest heirloom garlic collections in North America. Although the nucleus of the project dates back to the mid-90's, the South Valley project began in 2005 when Jeff Nekola and Linda Fey moved their original collection from Wisconsin to space donated by Chispas Farms in Albuquerque New Mexico and adopted 157 additional varieties from Seed Savers Exchange as a back-up grow out for their collection.



Jeff Nekola, with Turban harvest May 2007

Many of the original starts were small or otherwise in poor condition so we planted 24 individuals of each variety for the first three years of the project. As most varieties have quadrupled in size, we have begun cutting back to 18 individuals of each variety. We are still planting 24 individuals for Rocamboles and Porcelain varieties because of their shorter storage life, which has diminished their viability. Moving from the cold winters and rocky soils of the upper Midwest to the milder climate and rich river-bottom soils of the Albuquerque's South Valley provided an opportunity for us to observe the garlic's responses to different environments, and we have observed remarkable morphological elasticity over this period. For example, many Artichoke and Turban varieties demonstrate much more strongly coloured bulb wrappers and clove skins than we were accustomed to in the Midwest, while the longer growing season has allowed both Creole and Silver skin varieties to become much larger in size.

The project has made a major impact on the availability of fresh, locally grown heirloom garlic in New Mexico. The growers at Chispas Farms, Eli Burg and Amanda Mione, have been able to introduce Albuquerque's consumers and farmers to a whole new world of garlic through their market stands and the sale of "seed" garlic to other local growers.

Through the project website, (<http://sev.lternet.edu/~jnekola/Heirloom/garlicFAQ.htm>) information has been accessed and appreciated by garlic lovers from around the world.

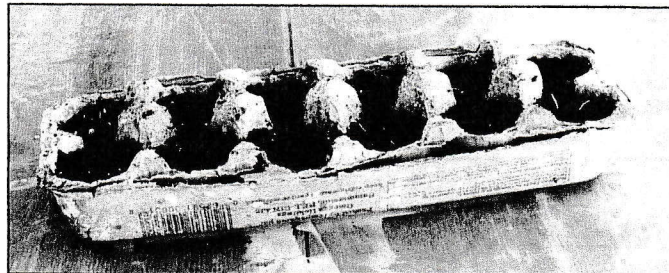
*Editor's comment: Linda Fey and Jeff Nekola kindly responded to my request for some background on their Heirloom Garlic Archive. I have included it in this issue as it demonstrates what dedicated garlic collectors like these two can do to help spread the word about garlic diversity.*

*For those with Internet access, their website is a fine reference for identification of garlic cultivars. You can also access it by simply googling "Heirloom Garlic Archive".*

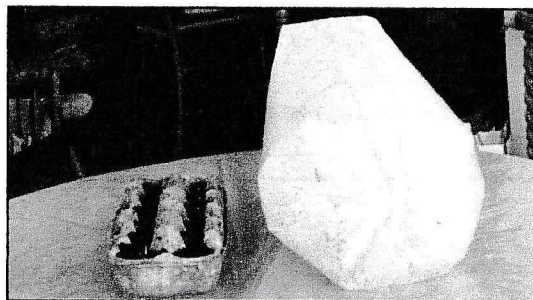
## An Ingenious Technique for Growing Garlic Bulbils

By Joe Bannon

I've been playing around with some bulbils that a woman has been planting and growing in her own small garden for several years. She brought the first bulbils from Newfoundland several years ago. I'm attaching pictures I took of them on March 21.



I started the bulbils in planting soil in egg cartons on February 14.



I kept them in my basement for 2 weeks and then put them in a plastic green house (a 12 lb capacity plastic bag). I then blew the bag up to capacity and tied it closed with a green plastic tie, making a very nice warm, humid greenhouse.



After the plants grew to 3 or 4 inches I transplanted them into 3 1/2" peat pots. I didn't disturb the root system; I simply cut the cups off the egg carton and stuffed them into the soil in the peat pot. They are now sitting in the sunlight and growing rapidly. I expect to have them in a warm garden in the early part of April. I will have straw around them and will keep my eye on any frost warnings. Please give me your opinion on my experiment as well as any suggestions that would improve on the same. I plan on sticking them into the garden without taking them out of the peat pot. I'm looking forward to the harvest.

*Editor: What a novel idea, Joe. An excellent experiment.*



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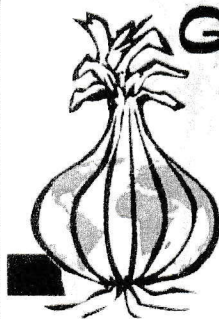
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See article on organic garlic bags, The Garlic News #10.

**The Garlic Garden.** Chemical-free grown garlic. Darrel & Anna Schaab, Box 1727, Yorkton, SK, S3N 3L3, Ph. 306-786-3377, [thegarlicgarden@imagewireless.ca](mailto:thegarlicgarden@imagewireless.ca).

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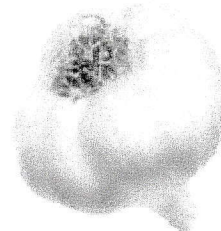
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Place an ad or listing in the Garlic Directory and reach garlic lovers across Canada. Email: [garlic@rideau.net](mailto:garlic@rideau.net).



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Courtesy of Dr. Jennifer Allen, the OMAFRA vegetable crops specialist, growers are invited to list their garlic on the garlic seed supplier website.  
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If interested, contact:

[ag.info.omafra@ontario.ca](mailto:ag.info.omafra@ontario.ca).

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*"Seed garlic" is a misnomer. It is correctly referred to as "planting stock". Cultivated garlic does not produce seed.*

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# The Best Garlic Recipes

## Honey, Garlic & Vinegar Jelly

*From Frances Legault*

*"Wanted to give you a recipe that came from Mary Lou but we changed it a bit. Frances"*

### Ingredients:

¼ pound peeled garlic cloves  
1-½ cups white vinegar  
½ cup cider vinegar  
2-½ cups sugar  
2 cups liquid honey  
1 pouch of liquid certo

### Method:

Blend garlic in ½ cup vinegar.  
In 8-quart saucepan, combine garlic mixture & other ingredients. Bring to a boil, stirring constantly, add certo, return to a boil & boil hard 1 minute. Remove from heat and skim off foam.  
Fill hot jars to ¼ inch from top and seal.

*Scapes will soon be here so think about using them in your meals while they are in season. See also Issue 12 for Mary Lou's tips for using garlic scapes and greens.*

## Sautéed Garlic Scapes

*Another recipe from Frances Legault*

### Ingredients:

2 tbsp olive oil  
2 tbsp dark brown sugar  
8 oz garlic scapes, trimmed  
1-½ cups coarsely chopped tomatoes  
¾ cup dry white wine  
¼ tsp ground pepper  
1 tsp salt  
1 tbsp chopped parsley  
¼ cup grilled goat cheese, diced

### Method:

Heat the oil in a sauté pan and add sugar. Stir to caramelize the sugar for about 2-3 minutes and add the scapes. Cover and sauté over medium-high heat for no more than 3 minutes, occasionally shaking the pan to prevent scorching. After 3 minutes, add the tomatoes and wine. Stir, then cover and reduce heat to low; continue cooking 5-6 minutes or until scapes are tender but not soft. Season, and then add the parsley and cheese. Serve warm or at room temperature.

*A bit of timely humour- - -*

*The real reason that we can't have the Lord's Prayer and the Ten Commandments posted in courthouses and other government buildings is this: You cannot post 'Thou Shalt Not Steal,' 'Thou Shalt Not Commit Adultery,' and 'Thou Shall Not Lie' in a building full of lawyers, judges and politicians. It creates a hostile work environment.*

## Garlic Soup

*From Bob Osmack*

*Bob phoned me from Yorkton Saskatchewan today to say he had a great recipe to go in the Spring Issue of the Garlic News. I grew up not too far from Bob's home, and in the west, you just don't turn down a neighbour. So, you're getting your Garlic News a few days late, just because of Bob! He did bribe me, though. He sent 2 shakers, one of his garlic powder and the other of garlic granules. On first tasting, it's good. Now, we'll put it to the test in Mary Lou's Country Kitchen to see if it's as good as it looks. Here's Bob's recipe for garlic soup:*

### Ingredients:

30 cloves of garlic  
4 cups white mushrooms, sliced  
4 tbsp flour  
2-½ cups chicken stock (can use canned broth)  
1/3-cup light cream (can be left out by skinny people)  
Salt and pepper

### Method:

Peel garlic. Sweat the mushrooms in the butter for five minutes. Add more butter if needed. Lift out of the pan and keep to the side. Add the garlic and thyme to the butter and mushroom juice and gently cook on low with lid on for ten minutes. Add the flour and cook several minutes. Turn up the heat and add the stock and milk a little at a time, stirring well. Simmer for ten minutes. Add the mushrooms and simmer for another minute to heat them through. Remove from the heat. Stir in cream and season with salt and pepper.

Note: Can be started in the morning and cooked in a slow cooker as well.

## Mashed Potatoes with Garlic Scapes

### Ingredients:

2-½ lbs new potatoes, peeled and cut into 1" pieces.  
2 tbsp butter (can omit this if on a restricted fat diet)  
1 to 2 tbsp olive oil  
¼ cup finely chopped scapes  
¼ cup hot milk (or more)

### Method:

Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and sauté about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

## Roasted Garlic Scapes

Take the scapes and put them in a lightly oiled roasting pan, top with salt (kosher or sea salt works best but any will do). Cover pan and put in a hot (425 °F) oven for 30 to 45 minutes or until they are beginning to turn brown. Serve as a side or main dish. Tastes like roasted garlic but creamier.



## More of the Best Garlic Recipes

### Garlic Recipes by Ted Jordan Meredith



#### Roasted Garlic, Fresh Goat Cheese, and Arugula on French bread

This is my mother's recipe and a big family favourite.

##### *Ingredients:*

1 head of garlic  
extra virgin olive oil  
salt  
French bread  
fresh goat cheese (Chèvre)  
arugula

##### *Method:*

Remove the outer skins from a head of garlic. Slice off the top of the head so that the clove tips are exposed. Drizzle with oil; add a tablespoon of water, cover in foil, and roast at 350°F for about an hour. Lightly toast slices of crusty French bread, drizzle or spritz with olive oil, and lightly salt. Squeeze the roasted garlic paste from the skins and spread on the oiled toast. Top with a smear of goat cheese and chopped arugula. For a closed sandwich, place another piece of oiled toasted bread on top.

Richly flavoured Purple Stripe garlic's are particularly good for roasting. Alternatives or additions to arugula include roasted peppers, sliced tomatoes, minced chives, chopped Kalamata olives, or any number of other variations that might appeal.



#### Garlic and Olive Oil Bread Dip

In restaurants, one sometimes encounters a dish of olive oil, or olive oil and balsamic vinegar, for dipping bread---a healthy and tasty alternative to butter. This alternate version features the nutty toasty character of minced, sautéed garlic. This preparation method brings out the best in any garlic but is especially good with garlic types having a deep, complex character, such as Asiatics, Creoles, Rocamboles, and Purple Stripes. On the other hand, if you have some aggressive Silverskins on hand, this will tame their harshness and bring out their nutty best.

##### *Ingredients:*

garlic  
extra virgin olive oil  
salt

##### *Method:*

Finely mince (do not use a garlic press to crush) several cloves of garlic and sauté in several tablespoons of olive oil. Adjust quantities as needed. As the sautéing begins, salt the garlic to taste, and stir occasionally until the garlic is a straw to light tan color. Undercooked and white, the

garlic will be less richly flavoured and nutty. Overcooked and dark brown, the garlic will begin to taste burnt and acrid. Cooked to a straw to light tan color, and the flavours will be ambrosially rich and nutty. Transfer the garlic and flavoured olive oil into a shallow dish or small bowl.

To eat, dip a piece of good crusty bread into the mixture so that each bite has a bit of the oil and some garlic bits. For a more substantial snack or appetizer, cheese is an excellent accompaniment, as are garden tomatoes and basil, for a variation on the bruschetta theme.



#### Pasta with Garlic, Bacon, and Beet Greens or Chard

##### *Ingredients:*

1 large bunch of chard or beet greens  
4 slices bacon  
1 medium head of garlic  
6 ounces farfalle (bow tie) pasta  
extra virgin olive oil  
grated Romano cheese  
salt and pepper

##### *Method:*

Remove stems from the chard or beet greens and reserve for another use. Coarsely chop the greens and set aside. For a more rustic version you can include the chopped stems. Sauté the bacon until crisp, remove from pan, and mince or crumble after it has cooled. Begin heating the pasta water and cook pasta until al dente. Drain all but a tablespoon of the bacon fat from the sauté pan. Mince garlic, add to pan, lightly salt, and sauté until straw or light tan color. Add the chopped greens, toss, and cover to steam, stirring occasionally. Sprinkles of water can be added as necessary so the greens cook in their own steam without drying. Cook about 7 to 10 minutes, or to desired doneness. Stir in a few tablespoons of extra virgin olive oil and freshly ground pepper to taste. Toss with the drained pasta, add grated Romano and the crumbled bacon bits, and toss again. Plate and top with additional grated Romano.

Any pasta will do, but the farfalle provides a large flat area so that the greens stick well and do not end up at the bottom of the plate. Myzythra is an alternative to Romano. Parmesan is another possibility, but in this dish the sheep's milk character of (authentic) Romano or Myzythra seem to complement the greens particularly well. Rocambole, Purple Stripe, Asiatic, and some of the more flavourful Artichoke garlic's suit this preparation well.



*Ted sent more recipes and we will publish these in a future issue. Ted's Complete Book of Garlic (see book review in Issue 17 of the Garlic News) does not contain specific recipes but has tips on culinary aspects of different garlic types. A book well worth having on any garlic lover's bookshelf!*



## Bulbil Experiment in Pawtucket, Rhode Island

By: Francis Finneran

November 3, 2008: I have started growing garlic from bulbils this year just to see how long it takes to get to full size. I will let you know how it's going from time to time. I just planted the last of my garlic today. I have a garden and not a farm but I plant 2,500 heads every year for the last 15 years, total organic. This year I planted 42 different ones. Marbled Purple Stripe and Turbans grow the best for me down here, then Artichokes and Rocamboles. Porcelains do not do well here and forget about growing any Silver skins, Creoles and Asiatic.

My test will be on four that I grew last year.

They are

# 1, a Turban called Korean Red Hot. The size of the bulbils is very small about the size of a small pea.

#2 is an Artichoke that came from Tuscany Italy last year called Bianco Piacentina. The bulbils came from the plant being stressed in its new home here in the U.S.A.

# 3 is an Artichoke again from Lombardy Italy last year with the same stress.

The last one is just some thing I want to see is how the bulb on the bottom of (elephant garlic?) took to grow into a full size plant.

I love the Garlic news and keep up the good work.

Report March 28, 2009

Hope all is well and your winter was kind. No snow on the ground from February 14 on, just 8 inches that lasted for two days. All my garlic is up and going just fine so far. Just an up date on my bulbils project.

# 1 Korean Red. I planted 50 they all came up and are about 5 inches tall.

# 2 Bianco Piacentina, I planted 50 and only 5 came up and are about 3 inch tall.

# 3 Viola France. I planted 50 and only 33 came up and are about 2 to 4 inches tall.

# 4 the elephant was a bust. Of the 30 I planted only two came up and are about 3 inches tall.

I have a Turban variety called Shantung Purple from The Garlicsmiths. It is 10 inches tall as of today. It looks like the best of them all so far.

I will let you know how they are doing in June. Keep up the good work you are doing. We all need the info.

## New Growers Moving to our Community

Jeff Greenberg bought a farm and is moving to our area this spring. It sounds exciting. He said "- looking forward to getting going this year - - received our Grillo walking tractor and some starting implements, including a rotary plough - - should be ready to roll - - allowing 1/10 acre for garlic in year 1 and hope to plant 1/4 acre year 2. All future years are dependant on what we learn this first year but I take your advice from this issue of The Garlic News and, like the rest of the farm, will start slow, learn and adapt."

Welcome and all the best for success in your garlic endeavours!

## Beware imported garlic!!

Joe Bannon forwarded this article from the Australian website "Diggers Club". It's interesting to note that the Aussies are trying to get back to locally grown food. I have not been able to confirm or deny whether a similar problem with Methyl Bromide exists with garlic imported into Canada. Editor.

Clive Blazey explains that the garlic we eat is drenched with the most deadly chemical.

Ninety percent of the garlic we eat in Australia is imported and every single bulb is fumigated with one the world's most dangerous chemicals, Methyl Bromide. Because our locally grown garlic is rarely labelled, none of us are able to avoid imported garlic, so growing your own has a special attraction.

Methyl Bromide is highly toxic to humans and all living things. Acute exposure burns the skin and causes severe kidney damage. It has devastating effects on the central nervous system, which could be fatal.

In 1991 Methyl Bromide was found to be one of the chemicals that was destroying the earth's ozone layer and was to be phased out by January 2005 – but it is still used as a fumigant by our Quarantine Department. The Department of Agriculture states "Garlic from all countries is subject to mandatory fumigation with Methyl Bromide".

Most people have heard of the destructive effects on our ozone layer of chloro-fluorocarbons, CFC's, because of the threat they posed to life on earth. Bromine compounds are 45 times as effective at destroying the ozone layer as Chlorine.

"Had humans found Bromine cheaper or more convenient than Chlorine, it is quite likely...we would have been enduring unprecedented rates of cancer, blindness and a thousand other ailments..." Tim Flannery, *The Weather Makers*.

Why is 90% of our garlic imported?

Our British tradition, as exemplified by famous English cook Mrs Beeton, was that garlic was a flavour alien to the English palate. So it took the arrival of European immigrants for Australians to finally appreciate its culinary attributes, but by then we had relied for so long on cheap imports of the bulbs that production never really got started.

Because the bulb is so labour intensive to grow, China has become our largest supplier and by forcing down its price, has almost destroyed any chance that Australians will replace the heavily fumigated imports.





## More on Garlic Tasting – a Professional View McCormick & Company, Inc.

By: Ms. Leslie Norris

*Editor's note: This article which was published in Garlic Press # 42, was forwarded by David Stern, Director, The Garlic Seed Foundation. To make the point that taste testing of garlic is far from a simple matter, David said:*

*"The general feeling is that once you eat a raw garlic sample, you've blown away your taste buds and they won't be able to differentiate. They all use crusty bread, slice the clove and rub the garlic on the bread and eat the bread.*

*Or else make a common base – hummus, for example and add the different garlic's to the common base. The enclosed article you can reprint if you wish. McCormick is the big "tasters' panel in the U.S.*

*Botulism: Don't forget to tell the folks that botulism kills.*

*May your cloves find the sun. David"*

*Thank you David for both the article and your down-to-earth advice. Editor.*

McCormick & Co. is the largest dehydrator of garlic in the world. Evaluation of garlic at McCormick therefore is serious business. Since we are in the business of selling the aroma and flavor experience of garlic, we must insure that our garlic products taste right. They will not be successful unless a consistent and desirable flavor profile is delivered to our customers.

Many factors affect the flavor of garlic. There are natural variations in agricultural products from year to year, variety to variety, field to field. Additionally, changes in processing parameters can alter the taste of garlic. Our consumers expect a certain flavor profile. Because chemical and physical tests cannot always predict how a product will taste to a consumer as a result of these external factors, other tools are necessary to monitor changes, thus, sensory evaluation or taste testing using scientific methods and controls has evolved.

"Trained" tasters or judges rigorously test garlic products. A trained judge is an employee who has successfully completed a 14-month McCormick sensory program. The program teaches the students to describe what they are tasting in terms of its "notes." The method is referred to as Descriptive Analysis. Much like music can be broken down into notes, flavors can be broken down into chemical notes or attributes. For example, perception may be broken down into two parts: basic tastes (sweet, sour, bitter, umami) and volatiles (those chemicals that are sensed by the nose). References or standards are then applied to refine the definition so that all the panelists are "speaking the same language," and are tasting with a single reference in mind.

When our panelists taste garlic, they use the following notes to describe the flavor: green, fresh, fruity, hydrogen sulfide (boiled eggs), rubbery sulfur, musty, pungent, heat, sweet, metallic, and bitter. The standards (the chemical definition of each note) are listed in Table 1.

**Table 1. List of Garlic Reference Standards**

Attribute	Reference
Green	Freshly cut grass
Fresh garlic	Oil of asafetida in 1.0% EtOH
Fruity Sulfur	Cantaloupe
Hydrogen Sulfide	H <sub>2</sub> S
Rubbery Sulfur	Methyl allyl trisulfide @ 0.5 ppm
Musty	Alpha fenchol
Pungent	1 tsp. horseradish
Heat	Red pepper @ 0.15%
Sweet	2% sucrose solution
Metallic	0.1 % ferrous sulfate
Bitter	0.07% caffeine solution

Once a common language has been established, the group will meet and evaluate the products by quantifying specific flavor notes or attributes.

Each descriptive panel consists of 10-12 trained panelists who taste 2 to 3 products during a panel. Panelists rate the intensity on a 15 cm line scale with 1.5 cm = threshold (barely detectable), 5 cm = slight, 10 cm = moderate, and 15 cm = strong for intensity of the specific attribute. The panel is conducted in such a way as to minimize human bias (for example, randomizing the sample presentation and evaluating under red lights to mask any appearance differences).

The individual panelist ratings are compiled, and statistically analyzed using a customized data analysis program. The data are presented as a flavor profile (*using a star diagram\*\**), allowing the observers to visually compare the attributes found in an item, in this case garlic powder. Furthermore, panelists can taste multiple samples and the star diagrams can be used to illustrate the differences between samples.

*\*\* Star diagrams have been omitted from this article.*

### ***The Risk of Botulism Poisoning***

***The Garlic Recipes page in Issue 10 of the Garlic News includes a Canadian Food Inspection Agency article on the botulism risk when vegetables and herbs, including garlic, are stored in oil.***

***The culprit is a very common bacterium called Clostridium botulinum.***

***Any medium, such as hummus, which includes olive oil, also carries the same risk as oil alone as it provides the same oxygen-free conditions needed for the bacteria to grow and produce toxins.***

***Be aware of the botulism risk when preparing foods that will not be consumed right away. In a taste testing at a festival or farmers' market, you are safer to prepare the food on site rather than making it several days ahead.***



## Growing My Garlic Collection in PEI

By: Al Picketts

I started my collection in 2000 with 5 varieties from a local friend and it has just mushroomed from there. If you want to put me in the Garlic News you had better do it soon before my wife has me committed. Kim has been a definite influence on my garlic growing. In fact, her constant comments toward me gave rise to the name Eureka Garlic.



*Al in his garlic patch. "This what too much good eating can do to a boyish figure. I do like to eat garlic but it hasn't been all garlic that I eat. I've never met an ice cream that I didn't like".*

Problems I've had a few. Not so much as to growing the garlic (except for some of the Creoles). No, my problems have been in selling it. Garlic is not traditionally a staple food on PEI but as people get to know about me, sales for seed garlic have been picking up a bit. Last winter I made powder and pearls out of some beautiful seed quality garlic. Shame. I keep my powder and pearls true to type (not variety) so if you want some Turban powder or some Purple Stripe pearls then I have it. I desperately need a website.

One problem that has taken me a long time to recognize is that I was not using enough compost and was also crowding the plants. I used to plant in a block with the plants 4 inches apart and 10 plants across with rows also 4 inches apart. I found that the best plants were the ones on the ends and sides of the block. Now I plant the same block but leave out rows 3,4,7,8 so my block is only 6 plants wide instead of 10. The 2 Elephant varieties get more space. I also top-dressed with compost before mulching. Let's hope this crop will have all nice, large bulbs (except for the Creoles of course). My soil preparation will be much better for this fall's planting since I started working the soil last fall and again this spring to kill out as much grass and weeds as I could.



Then I planted buckwheat with the plan to disc it down as soon as the bloom fades and then plant another buckwheat crop to disc down mid September. I'll also apply more compost than any other year. My compost comes from the mushroom plant a few miles away. It's beautiful stuff and they load your truck at \$30 per pay loader scoop. In fact, they're such a nice bunch of people that they will add another part scoop for free if your truck can carry it and mine can.

I remove scapes and cut them up for the freezer. Last year I froze 45 pounds just for personal use. Now you understand more as to why the threat of committal. Try as I did I ate only about 15 pounds of scapes and now the new crop of scapes are starting. What's a guy to do? Well, I placed an ad in the local rag, the Summerside Journal. I dread the thought of throwing beautiful scapes on the compost pile but I also fear those strange looks from Kim.

My harvest should start on July 25 with the Turbans and Asiatics and progress through the Porcelains, Purple Stripes, Artichokes, Rocamboles, and Creoles and wind up with the Silver skins. The last of the Silver skins will be on the drying racks on August 10. At least, that's the plan. I start cleaning garlic about August 15 to 20 and have beautiful garlic for sale by early September. I grade the largest bulbs for seed and of course the best of the best are reserved for replanting. The smaller bulbs are sold for eating and starting about mid November I make powder and pearls until everything is pretty much gone by early January. I also peel, chop and freeze any garlic that starts to sprout. It tastes great and sure makes cooking with garlic easy.

*(The picture at the bottom of the page is me, Al, with very dirty knees from some intense hand weeding).*

This patch of garlic was planted in 2007 starting on September 27 and finished and mulched with barley straw on October 13. There were almost 17,000 cloves planted and I think most grew. I got the straw a bit thick in spots but I knew the patch would be weedy if I didn't mulch heavily. As it turned out, the most common weed was grass but with that much mulch the soil was moist and loose and the grass pulled out without much trouble. The garlic is pretty much weed free but of course the weeds will continue to try my patience for the entire summer. I've devised a plan to help this problem.

*Everyone who wants to go on a garlic patch tour must pay admission of weeds with root attached. If they pull garlic then they owe 5 more weeds.*

That's pretty much it for me. I don't mind sharing any knowledge that I might have acquired through the years of flail and error so I'll try to answer questions as best I can.





# BEAVER POND ESTATES

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Phone 613-273-5683

Email: [garlic@rideau.net](mailto:garlic@rideau.net)

Name: \_\_\_\_\_ Member No. \_\_\_\_\_ Ph. No. \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Postal Code: \_\_\_\_\_

**NOTICE TO GROWERS: ORDER EARLY.** Send order form with payment by end May 2009 to be assured of choice. Quantities are limited. All orders are filled on a first paid, first filled basis. Specify quantity of each size pack ordered.

*** 5 Variety Starter Pack of 10 or more bulbs. A must for new growers or market gardeners. Two or more bulbs of selected strains from each of 5 Varietal Groups.				\$25.00	(cont'd)				
					KoreanPurple				
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STRAIN	2 bulb pack \$6.00	Garden pack* \$15.00	10 bulb pack \$30.00	Total Price	STRAIN	2 bulb pack \$6.00	Garden pack* \$15.00	10bulb pack \$30.00	Total Price
<b>PORCELAIN STRAINS (10)</b>					<b>ARTICHOKE STRAINS (6)</b>				
Majestic					Endurance				
Magnificent					Kettle RiverGiant				
Musical					Baba's Chesnek				
Mammoth					Korean Purple				
Mennonite					Wettergren				
Music, Al's orig.					Festival				
Chiloe					<b>TURBAN ARTICHOKE STRAINS (3)</b>				
Pretoro					Xian				
Romanian Red					Argentine # 4				
Rosewood					Rodrigo				
<b>PURPLE STRIPE STRAINS (6)</b>					<b>ASIATIC ARTICHOKE STRAINS (2)</b>				
Czech Broadleaf					Pyong Vang				
Purple Glazer					Japanese (Sakura)				
Duganskij					<b>UNALLOCATED (1)</b>				
Robust					Arg Red Stripe				
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Yugoslavian					Wild Garlic				
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Glengyle					Red Shallots				
German White					10 bulbs or rounds				
Spanish Roja					3 rounds or cloves				
F7					2 bulbil capsules				
Korean Red					Pack of 8 cloves				
					<b>ORDER TOTAL</b>				
					Add Postage – see chart below				
					Total Amount enclosed				

\* Garden Pack contains sufficient garlic (4 or more bulbs) needed to plant 10' or more of row at recommended spacing.

\*\* Bulbil needs must be advised no later than mid June so that scapes can be left on to mature.

\*\*\* 5-Variety Starter Packs contain 10 or more bulbs, our choice of strain. A great way to get started into Varieties.

\*\*\*\* Single bulbs of any strain, \$3.50 each plus postage.

**POSTAGE & PACKAGING** (Canada Post). Orders shipped by Expedited Post in late August or early September.

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Order Amount: 0 - \$30.00	\$14.00	\$14.00	\$13.00	\$11.00
\$30.01 - \$60.00	\$17.00	\$16.00	\$15.00	\$13.00
\$60.01 - \$90.00	\$19.00	\$17.00	\$16.00	\$14.00
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