

# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 36 Summer 2013

## *Tips for Garlic Beginners*

So you want to grow garlic but are a bit overwhelmed with the idea of growing this strange vegetable? Don't worry. Any home gardener can successfully grow excellent garlic.

Garlic is relatively easy to grow but it's not quite the same as growing most of the other vegetables in your garden. You need to learn a few new ideas.

What's so different about garlic? It's just different!

### **No seed**

Garlic does not produce seed. It has to be propagated vegetatively, that is, by planting the separate cloves from the bulb.

### **The Growing Cycle.**

Garlic is best planted in the fall, around mid October, and harvested in July. That means that you have to plant it separately from other vegetables. It's a long season crop, spending about 9 months in the ground. Part of that time, it is merely "resting" over the winter.

### **Soil, Sunshine and Water.**

Garlic needs are similar to those of tomatoes, except for the different growing time frame.

It thrives in good loam soil, high in organic matter, but it will grow in almost any soil from sandy to clay. If you have poor soil, work in lots of compost and composted manure. A soil pH of 6.0 to 7.2 is the desired range. Garlic should be moved to a different part of the garden every year so as not to multiply diseases in the soil. It makes sense to plant it in the same bed that a legume, like peas or beans grew that same summer, as the soil has been nitrogen enriched.

Full sun or nearly full sun is needed for large bulbs. Growing it in the shade will give poor results. During the spring growing season, garlic needs the equivalent of an inch of rain per week, twice that in sandy soils. If mother nature doesn't provide, you need to deep water it about twice a week. Letting it dry out completely will stunt its growth.

However, garlic will not tolerate wet feet. If your garden has water that doesn't run off, you need to make raised beds. These are fairly easy. Just shovel the soil from the walkways on to the seedbeds.

Even a 6" difference in height is generally enough for spring drainage and run off during heavy rains.

### **How much garlic should you grow?**

A good rule of thumb is a clove a day or a bulb of Rocambole per week per person, on average. That's 52 bulbs per person per year. Add about 25% in order to save some for replanting. That's 65 plants.

### **Spacing.**

Garlic is planted 4" deep, spaced 4-6" apart in rows 10-12" apart. So 65 plants need 22' of row. For block planting, a 4' x 8' bed will hold about 70 plants spaced at 6-8" in both directions.

### **What variety of garlic to grow?**

There are over 600 different cultivars of garlic divided into a dozen or more Horticultural Groups. There is no one "best" garlic; they are all excellent. New growers should start off with a diverse selection of cultivars from several different groups; for example, a Rocambole, a Purple Stripe and a Porcelain from the hardneck types and an Artichoke and Silverskin from the softnecks. After trying these for two or three years, the new grower can then decide which ones of these are most suitable to his/her garden or taste.

Garlic takes a few years to adapt to a new site.

### **Planting stock.**

Obtain your first garlic from a neighbour or buy locally. Avoid planting garlic from the supermarket, as it may be unsuitable for many reasons. Once you start growing, save some of each year's harvest for replanting. Your own seed is the best seed.

### **Learn about growing garlic.**

It takes a few years to learn the tricks of how to grow garlic successfully. Learn about things like cultivars, scape removal, knowing when to harvest, harvest techniques, proper curing, how to make a garlic braid, storing garlic over the winter, and much, much more. Find a mentor to help you with questions. Buy a good book on growing garlic or take out a membership in the Garlic News. In a few years, you'll be an expert garlic grower and be delving into the mysteries of this most curious and health giving of all vegetables.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE



# The Garlic News

## Connecting The Canadian Garlic Network

### Issue 36 Summer 2013

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*Back issues in single copies or bound back sets to complete your set are available.*

**Advertising inquiries welcome.**

#### ABOUT THE GARLIC NEWS

The *Garlic News* is a non-profit membership newsletter produced in print copy. Started in 2004, it carries on from where its predecessors, the *Garlic Newsletter* and *The Voice of Garlic* left off. It is distributed by mail to members. 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 enable growers to save copies in a standard 3-hole binder. Back issues are available both in single copy and 1-year bound sets.

#### 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 reserves the right to refuse advertising, subscriptions or material submitted for publication where, in his sole discretion, such inclusion would detract from the worth of the publication. Articles should be no longer than 400 words. B&W pictures preferred. Contents copyright © 2012-13 Paul Pospisil. No part of this publication may be reproduced or duplicated without written permission.

**Deadline for Fall 2013 Issue is Sep 3.**

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*Enclosed: Renewal Form only for memberships expiring with this Issue.*

## 2013 Eastern Ontario Garlic Awards (Woodman Trophy)

at

## The Verona Lions Garlic Festival

on

**Saturday, August 31, 2013**

**Major cash prizes for Eastern Ontario's Grand Champion and Reserve Grand Champion, ribbons, certificates and media recognition. Open to all bona fide garlic growers in the Eastern Ontario region. Contact the editor if you would like to participate. Ph. 613-273-5683 or email [garlic@rideau.net](mailto:garlic@rideau.net).**

*This issue completes our 9<sup>th</sup> year of publication, or Year 9. Year 10 will start with Issue number 37 in the fall of 2013. We would like to express our thanks to our many garlic friends who continue to support this publication. Spreading the gospel of garlic is a worthwhile endeavour – this fascinating herb-vegetable with all its mystical and medicinal properties is deserving of support. We are pleased to be a part of the garlic network that so generously shares knowledge with other garlic lovers. Great garlic to you all.*

*Paul & Mary Lou Pospisil*



## Notes from our garlic patch

### Thanks, Early Birds!

Thank you to the many members who renewed their membership early. We love the garden in the summer. Having a lot of the deskwork done ahead of time really helps.

A special thanks to the following for adding an extra \$\$\$ towards costs of the Garlic News in their renewal:

Lionel Lefebvre

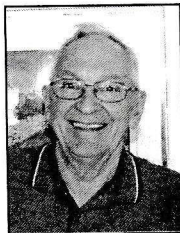
Bob & Cheryl Woods

Laura & Tyler Duchek

Bernie Karschau

Gregg Parsons

David Gilhooly



### You can depend on garlic to prove you wrong

Garlic is more misbehaving than your children could ever be. Remember saying that, "My Johnny would never do that!" And then you get a call from teacher telling you that Johnny did! That's garlic for you. It does the very opposite of what you expect. Here's an example.

Last year, I was so impressed by the performance of the Turban cultivars in a drought year that I wrote a full-page description of the wonderful performance of these garlic types. So, do they say "thank you" and reward me with a repeat performance this year? No way. The Turbans were the only Group to suffer poor emergence this year.



Almost 40% loss, and from some of the best cultivars in the Turban Group. All the other types are strong and healthy, thriving in the wet, cold temperatures we had this spring.

At first, I suspected winterkill caused by the fluctuating hot-cold temperatures last winter, or possibly,

the late spring frosts after the garlic had emerged. The young Turbans looked like they had frozen and many were missing. I sent off the soil for testing.

The lab results indicated a high level of a common fungus, *Pythium ultimum*. This is the one that causes "damping off" disease when conditions are cold and wet. We had a late, cold spring this year, with not enough sunshine, so damping off, rather than winterkill was the most likely cause. This was my first time in over 25 years of growing garlic to encounter "damping off"!

It goes to show that this most fickle of vegetables often reminds you not to be complacent about knowing all about it. The Turbans that thrived in the drought, failed miserably in the cold wet spring weather!

*I've had calls from other growers saying they had either a high level of non-emergence this spring, encouraged them to send off their soil or plants for testing (that's the only way to be sure) but the \$200.00 + cost charged by the government labs in the University of Guelph discourages them from doing so. This is unfortunate as diseases and pests like the Bulb & Stem Nematode are being spread, often without the knowledge of the grower selling infested garlic.*

## Small-Plot Garlic Variety Trials, spring 2013 update

Every year is different with nature and with the nature of garlic, life in the garlic garden is hardly ever the same. Last year, the drought brought on a record bulb sizes from the Turban and softneck cultivars but **waxy breakdown** affected nearly all the Rocamboles and many of the Purple Stripes. This year saw the first ever "**damping off**" that affected the Turbans and the Asiatics, but apparently none of the others. Strange!

We planted early last fall, starting on October 4, so that we could drive south to visit our first great granddaughter (a girl, finally, after five great grandsons! She's beautiful!). Earlier planting resulted in several cultivars emerging through the straw mulch, before the early November freezing. A cold winter followed.

Spring 2013 was late, almost a month later than last year. Our pride and joy, Majestic, peeked through the straw on April 9, even though the ground was still hard frozen. At first, it appeared that the crop would be delayed, but most cultivars seemed to thrive on the cold, wet weather. A late May frost appeared to kill off some of the Turbans, but later lab tests indicated that it was likely caused by the common damping off disease, *pythium*, that thrives in such conditions. The June 8 inspection of the plots revealed that the Porcelains were already at the 9-11 leaf stage with scapes ready to emerge. The garlic had caught up the lost month, so its now looking like a more normal harvest, as opposed to the anticipated delayed one. Time will tell.

Another benefit of the cold spring was the **lack of leek moth**. The first males were caught in a pheromone trap on April 29 during a warm spell, but there was no evidence of larvae hatching throughout May up to mid June. Did the cold and late frosts kill the eggs, or disrupt the mating pattern? Likely, but it doesn't matter. Mother Nature helped again and if any larvae appear, it won't likely be until scapes show, a good time to find the little beggars! Our first **frozen garlic experiment** indicated that garlic bulbs exposed to November freezing down to minus 6 degrees C was enough to kill the growth buds – none grew. A 2<sup>nd</sup> trial using garlic artificially frozen down to minus 3 degrees C for 3 months before planting resulted in a 70% emergence. The limit is somewhere between the two and further experiments will be carried out.

Last summer's 2<sup>nd</sup> attempt at forcing **true seed** produced a small quantity of seed, but when vernalized and planted, none sprouted. True seed experiments will continue. We planted only about 3500 plants in 165 cultivars in total last fall as we've cut back on the size of our plots in order to devote more effort to the Bulbil Project. That means that we'll have fewer bulbs available to sell as planting stock. However, I believe the effort being put toward bulbil research and true seed production will have significant long-term benefits to the garlic industry. Editor

*"We can judge the heart of a man by his treatment of animals"*  
~Immanuel Kant~



## Spotted on the Web

*The Internet is the source of some useful information as well as a lot of garbage. We present a few of the millions of entries that might be of interest to garlic folks.*

### Chinese Garlic

China produced 18,560,000 tonnes of garlic in 2010, 82% of the world's output, according to the United Nations' Food and Agriculture Organization. Growers from other countries complain that they cannot compete against the cheap, abundant Chinese crop.

### Garlic smuggling costing EU millions

Smuggling garlic has become a lucrative crime in the EU, ever since the introduction of a duty of 9.5% on imports. According to the European Anti-Fraud Office (OLAF), the UK, Italy and Poland are the member states most vulnerable to Chinese garlic being smuggled in. The EU has lost millions of Euro because of the illegal smuggling of garlic from China, "not to mention the indirect losses by means of unfair competition and loss of market share by EU producers," Pavel Borkovec from OLAF said. For example, in January 2011, Polish customs officers discovered a load of 144 metric tons of Chinese garlic, which was declared as onions. The smugglers were attempting to avoid paying some €180,000 in duties. The Food and Agriculture Organization of the United Nations reports that in 2010 China produced 18.5 million tons of garlic, about 80 percent of total global production.

### British men suspected in garlic smuggling ring

*From Fox News, Published January 09, 2013*

STOCKHOLM – Swedish prosecutors say they have issued international arrest warrants for two Britons suspected of masterminding a smuggling ring involving over a ton of Chinese garlic.

Prosecutor Thomas Ahlstrand says the men first shipped the garlic to Norway by boat, where it entered the country duty-free since it was considered to be in transit. They then drove the approximately 1.2 tons of garlic across the Swedish border, avoiding customs checks and Swedish import duties. Ahlstrand said Wednesday the men avoided some euro10 million (\$13.1 million) in Swedish taxes through the scheme. The prosecutor says a lengthy police investigation led to the identification of the two British allegedly behind the operation, which took place in 2009-2010.

*So you think that we have scam artists only in Canada, eh?*

### Argentina: Garlic prices to triple this year

After a long period of having to deal with low prices, due to overproduction in China, Argentinian garlic producers in San Juan are looking forward to better days. According to estimates, the price per crate (depending on type and quality) will be between 19 and 25 dollars. Last year, an average crate would fetch a maximum of 8 dollars.

"The reason for this is a discernible drop in garlic production across the world," says Juan Manrique, chairman of the Cooperation of San Juan exporters. "Cultivation is down because of the global crisis, and China had some climate problems." The chairman acknowledges that the industry has been coping with difficult times: "Last year was just plain bad. Expenses were hardly covered. Things are looking up."

### Farmer finds new niche in fermented garlic

*From ABC News, Australia*

A New South Wales farmer has found a new niche, fermenting garlic. John Pye grows biodynamic garlic at Michelago, in the state's south-east. The bulbs are left to ferment in a 60 degrees Celsius oven for 40 days. Mr Pye then sells the bulbs for \$8 each and says he can't keep up with local demand. "The garlic clove changes inside to what effectively looks like a black jelly bean," he said. "It has a flavour a little bit like liquorice, molasses, balsamic vinegar and because this is organic, the chefs are using it in their gravies (and) in their sauces as a flavour additive. "Some are also using it in desserts because of its sweetness."

### Are Marketing Boards Yesterday's Idea?

The complex system of marketing boards in Canada was put in place at a time when our understanding of markets was much less sophisticated. Price fixing and quotas produce negative consequences. Production quotas have left Canadian industry with a large number of smaller high cost producers. The system's rigidity discourages innovations in processing that adds value and creates jobs. In order to control prices, marketing boards restrict imports. In retaliation, foreign governments often restrict exports from Canada. Abandoning these failed methods through an equitable transition program is the best way to ensure a vibrant and sustainable farm economy.

One justification usually offered for fixing prices is to stabilize farm revenue. But fixed prices do the opposite. In years of low production or crop failure, prices cannot quickly adjust upwards to increase falling farm revenue, nor signal the need for increased production to avoid future shortages. In years of harvest glut, prices are not allowed to fall to clear supply and signal the need for less production.

*This is a controversial topic. To read the complete argument, go to <http://www.fcpp.org/index.php>*

### Local Food Claims

In the coming weeks, the Canadian Food Inspection Agency (CFIA) will undertake an initiative to modernize its food labelling approach. The CFIA, is adopting an interim policy which recognizes "local" as food produced in the province or territory in which it is sold, or food sold across provincial borders within 50 km of the originating province or territory. *Farmers' Markets beware! Once the Food Police get serious, your vendor stall may be in jeopardy!*



## We get calls and letters

### Early Scapes

**Sandy Kell of Lake Cowichan, BC**, on June 7, wrote: I have been expanding my garlic patch every year. This year it has been growing terrifically, and looking soooo healthy, but the scapes have started about a week ago and I am very surprised. It is very early in the season for this. Am I wrong??? I don't remember them ever starting for at least another 3 or 4 weeks. I guess it is Mother Nature. We have not had a nice spring for the most part. What is your advice? From a baffled garlic grower ---- Sandy

*Editor: After all these years, nothing that garlic does surprises me! It is by far the most misbehaved child in the vegetable garden. Our garlic was a month later emerging this spring. Despite the cold, now wet days and lack of sunshine, it has grown like mad and is more advanced than most other years. Although I didn't spot any scapes while doing fish foliar spray yesterday (in the rain), I expect them any day as the Porcelains have 8-10 leaves already. In our location, scapes generally show around the summer solstice, June 21, sometimes a few days earlier. Perhaps, you should prepare for an earlier harvest.*

### Producing rounds

**Sylvie Maurice of St.-Julien, QC**, wrote: When I was young, a farmer nearby was selling garlic rounds at the market. I enjoyed them because I did not have to peel so many cloves. Now that I grow garlic, I wonder if it was really garlic or some other Allium. The round looked like a big white onion set and it was not very hot. Lately, I was happy to discover similar Chinese garlic rounds at the market, about an inch wide with purple stripes. If it is true garlic, the rounds are quite big. In my garden, Maiskij, Red Janice and Thai (Turban and Artichoke group) gave 20-30 % rounds when grown from small cloves planted in fall. They were not as big as the Chinese ones. I also harvested many rounds with Music planted in spring from cloves. The natural cycle was disturbed. The plants emerged later, grew foliage but only a few made a flower stalk.

*Editor: Large rounds: See my article page 7 of Issue #33, also Susan Joiner's letter on page 19 of issue #34 as well as your own letter about Elephant garlic. If it's mild, then it's from Elephant. If it's hot like garlic, it's likely a round from a Turban or Asiatic cultivar. Turbans produce rounds for no apparent reason. Good luck with planting the Chinese ones. I tried and they wouldn't grow, likely treated with the same chemical the Chinese use on their garlic to prevent it sprouting. Forcing rounds? Several tricks work. Spring planting of regular cloves, spring or fall planting of tiny cloves both produce some. None guarantee you rounds. You'll always get some divided bulbs.*

### Selling Bulbils

**Jim Capellini of Lumby BC** wrote: I just sold 100 umbels, 50 Rocambole German Red and 50 Porcelain Yugoslavian on March 25 to a new garlic farmer on Vancouver Island. The German had just barely begun to sprout in my storage room so they should be perfect to pop in the ground.

I was glad to see that they lasted so long, eight months before sprouting.

*Editor: Growing from bulbils is finally catching on. Its been helped by the rapid spread of diseases and especially by the spread of the Bulb and Stem Nematode. Warn your buyers to plant them in clean soil. The benefit is lost if they get infected in their first year.*

### Spring planting of bulbils

On April 8, **Carolyn Smith of Croyden, ON**, wrote: I am headed for the greenhouse to plant bulbils in sterile soil. I am surprised that the bulbils seem to have a longer shelf life than their mother bulbs. I have also noticed that the bigger mom is, the bigger her bulbils are. The bigger bulbils seem to grow into 2" stuff in just 2 years, and I have done it with Porcelains. I found four Silverskin bulbils after your visit and have planted them. I will keep close eye on them over the next couple of years to see if they change. Every year I get some Silverskin going hardneck on me so more are coming. I sell people mixed bags of garlic. I put the longest life F40 on the bottom, then some Artichoke, then Purple Stripe and Rocambole on top. This is how I have been getting rid of Silverskin that has a hard neck and does not look like a Silverskin any more. Is it possible that Silverskin is the mother of all Garlic and she is where all the other varieties came from?

I want to try my own experiment this coming harvest. I am thinking of digging up table garlic with 4 wrappers and leaving my seed garlic for a couple of weeks longer.

*Editor: Great that you'll be doing more garlic experiments! Silver skin hardneck variant? I've had F40 produce scapes occasionally. When replanted, some stay hardneck and others revert back to softneck. Strange behaviour of garlic! Not likely that Silverskin is the "mother" of all garlic. Many cultivars exhibit this behaviour of appearing in both softneck and hardneck form. Bulbils should last longer than bulbs due to their hard shell wrapper but not always. Leaving your own seed longer? Yes, by all means. With fewer wrappers, it'll be easier to crack as well.*

### Late spring

**Yoenne Ewald of San Clara MB**, wrote on April 3: We are looking forward to the season as we are trialing a fair number of new varieties which will be available in coming years and I am excited to see how they adapt to our conditions. Hopefully this year there will be significantly less rain. Spring is coming in slowly here; we still have a solid snow pack although the melt is beginning.

**Amelia Hodder of St. John's, NL**, also advised: We have fog; actually we call it RDF (Rain, Drizzle and Fog). Spring would not be spring in St. John's without it. One spring we had SEVEN weeks without a letup.

*(Letters continued on page 16)*

*The Garlic News Issue 36 Summer 2013*





## Tales of the Stinking Rose from the Wild Rose Country

### A Tribute to Chefs

*Especially John Michael Macneil, Executive Chef of the Teatro Group of restaurants in downtown Calgary and a fantastic supporter of local farmers.*

*By: Liz Tobola*

Hats off to Chefs! If not for the encouragement of all Chefs I would abandon my pursuit of refining my garlic hobby.

Chef = anyone who cooks.

Back in the spring of 2008 my son Gene's teacher's brother, John, came in to chat with the students about cooking. After class Gene chatted with John about my imagined garlic venture and a business card came home.

I was still in the process of growing enough garlic to sell that fall but, made the sacrifice of one beautiful bulb and presented it to Sous Chef John at a high-class Italian restaurant in downtown Calgary. We chatted for a moment as he disassembled the bulb, sliced off a piece of a clove, took a bite, mumbled something and ran off. Huh, what the heck? A few long minutes later John and Executive Chef Romuald (that's what he mumbled...I was not familiar with the name Romuald) appeared and he tried a slice. A grin and a hand shake sealed the deal for my first customer. I walked away dancing (in my mind) on a cloud...

Today John is Executive Chef of that restaurant and 2 others in downtown Calgary and a fantastic supporter of local farmers. Another memorable moment was Chef Darren becoming a customer on appearance alone. Not even a taste was needed! I still find that quite remarkable.

Then there were the farm gate sales. I have no signage nor do I advertise (until recently in The Garlic News). Not sure how they found me but the last lady purchased \$300 worth!

At my husband's first and only office job in downtown Calgary they allowed me to set up a lunchtime stand. Too bad I only had 15 lbs with me...it sold out in 15 minutes! Many of those same people support the dehydrated garlic side of things purchasing shakers of powder and granules initially to bulk purchasing to refill those shakers.

The Andrew Garlic Festival was my latest new venture that has brought me a smile. I have had a few calls from people looking for more garlic and/or powder over the winter. Just receiving the calls brings a tear to my eye.

Family and close friends are the luckiest I'm thinking as I cannot charge them...well, I could but, I can't...if you know what I mean. They readily accept the 'scrap' bulb that really saves me time in having to process it. It's a win/win situation. I think.

Of course not all sales are made so easy. Some of the chefs that say they support local product quench at the price...they'll continue to support the cheap stuff. Little do they realize that it would take far less local garlic to bring them the flavour they require for their sauces or entrées. That is fine though as I only grow enough to supply those who are really dedicated local product supporters. I chose to support them back trying my hardest to keep them in stock till planting season in spring with the fresh garlic.

Thank you to all Chefs! Your love of garlic and support for my product makes me work that much harder to keep learning and growing the good stuff. And I do believe that there must be a Garlic God as I am a humble disciple.

Any questions please feel free to contact me, **Liz Tobola**, direct at [OMASGarlic@platinum.ca](mailto:OMASGarlic@platinum.ca)

## A clove here and there

### Free Draw for Garlic Bulbs

Just sign up for Rasa Creek Farm's new E-zine and your name goes into the draw for 10 bulbs of garlic. Go to **Rasa Creek Farms'** website for details:  
[www.rasacreekfarm.com](http://www.rasacreekfarm.com)

### From the OACC E-zine, April 2013

#### Canada's organic market now worth \$3.7 billion -

OTTAWA, April 11, 2013 /CNW - Canada's organic market grew to \$3.7 billion in 2012, with national sales of certified organic food and non-alcoholic beverages reaching \$3 billion. The value of the Canadian organic food market has tripled since 2006, far outpacing the growth rate of other agri-food sectors. A diverse consumer base is driving the sector, with 58% of all Canadians buying organic products every week.

*Editor: Interesting? The article failed to mention that most of this "organic" food was imported. Understandable since much of the funding for the study was from Loblaw's, not farmers.*

### Record cold grips the Prairie

*News item April 9, 2013* — Recent weather in the Prairies is being described by many as 'Springter,' a mix of spring weather and stubborn winter conditions.

*Editor: Wonder how it worked for the garlic? Here in Eastern Ontario, the garlic seemed to thrive on our cold spring weather.*

### Run for a greener planet?

A typical pair of running shoes is comprised of 360 parts. An MIT study demonstrates how energy-intensive the assembly process is. Most of the roughly 25 billion pairs of running shoes sold globally each year are manufactured in China, which relies heavily on coal electricity.

Sewing, cutting, molding and heating the shoes requires excessive use of carbon-intensive energy. A single pair of shoes generates about 30 pounds of carbon dioxide that is equivalent, according to researchers, to keeping a 100-watt light bulb on for one week straight.

Hopefully, the findings will prompt shoe manufacturers to reduce the carbon footprint of their products.

*Published in the Journal of Cleaner Production.*

### Protecting Criminals: Statute of Limitations on Crime

The federal statute of limitations on minor crimes (such as theft under \$5,000) is six months under Section 786 of the Criminal Code of Canada. Thus, the thief walks free after avoiding arrest for 6 months. But, the victim, lacking similar protection of our laws, suffers the loss for life.

**Reminder: September 21-28, 2013: Organic Week across Canada**



## Al's Ramblings: Garlic Storage

By: Al Picketts

Has it happened to you? You put all your energy into growing beautiful garlic and by January, you see little green shoots poking out the top or sides of the bulbs. The roots are also starting to grow and you feel so helpless. "Why me?" you cry. "What did I do to deserve this?" Some folks actually think that garlic only keeps for a set time and then it goes bad, down hill, starts to grow. Whatever description you choose, the garlic is not very attractive or saleable. And once it starts breaking down it will continue with great speed until the sprouts are long and the cloves are spongy. Maybe I can help. First of all, store your garlic in mesh bags hanging up off the floor and if possible away from the wall. Garlic loves to breathe. If you store the garlic in a box or plastic tote or pail, the bulbs on the top will do well but the ones down only an inch or two will not and the bulbs on the bottom will really have a bad time.

Garlic has a vernalizing temperature. It is between 0c and 10c. The word "vernal" means spring. This is the time plants want to grow. Some plants require a low temperature range to start the growing process. Therefore, if you store your garlic between 0c and 10c it will be stimulated to grow and once stimulated it cannot be un-stimulated. The average refrigerator temperature is about 5 C so if you want garlic to grow, then put it in the fridge. To avoid this problem of growing in storage you only need to avoid this temperature range. Garlic stores quite well at 15 to 20 C. It should not grow at this temperature but it will dehydrate over time. Some of my customers have told me in the fall that they are still eating garlic they got from me the fall before, having kept it in a mesh bag hanging in their kitchen.

Now, if you want to keep garlic a really long time and keep it beautifully, read on. I inherited my late brother's deep freezer. It's a big one and works perfectly. If garlic is stored in a normal freezer at a temperature of about -25c it will be good to eat for maybe several years. It can be frozen as peeled whole cloves or chopped up in Ziploc freezer bags. The taste is not as good as fresh but it beats tossing your sprouting garlic in the compost. If you freeze whole bulbs at -25 C you can eat them but that's about all you can do with them. Now, if you get a little magic box that will make your normal deep freezer work at -5 C instead of -25 C, then you have a wonderful garlic storage system. Garlic stored at -5 C will still be alive after years of storage. It will not start growing in the freezer but if removed, divided, and planted, then it will grow. Once removed from the freezer it can also be sold as fresh garlic that is in absolutely beautiful condition. Or, it can be used to make Black Garlic. The temperature range for long term garlic storage is -3 C to -8 C. My brother's freezer is set to come on at -4 C or above and shuts off at -5 C. I put about 500 pounds of my best quality garlic into the freezer in mid October. As of mid February the garlic coming out of the freezer is in perfect condition. Most of it is sold for eating (shame) but I am saving some for early spring planting. I'll also save some for planting in October as well just to see how it does. Now I'm looking for another big freezer to double my long-term storage capacity. Growing garlic is getting to be so much fun I may never quit.

## The Holy Spader

By: Jim Capellini, manager, Rasa Creek Farm

Creating optimal soil for garlic production out of overgrazed, gravely, compacted and nitrogen poor land has proven to be quite a challenge at Rasa Creek Farm in BC, but one key tractor implement has risen to the occasion magnificently... the spader.

Imagine six Olympian athletes side by side, each with an eight inch spade shovel, gliding across your field. These athletes are skinny, so their shovels are nearly touching as they spear the hard ground as deeply as nineteen inches then lift and let fall the slab of soil they've loosened before moving four inches down-field and plunging, lifting and letting fall the next slab in their row. This Olympic team moves tirelessly forward, keeping pace as though taking a slow walk on the beach.

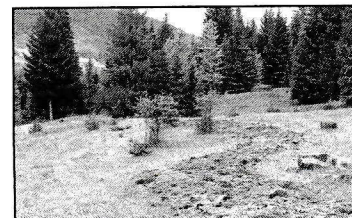
Rasa Creek Farm is certified organic, and is also a permaculture training center, and so we were determined to nurture the micro-organic structure (the soil food web) as much as possible while still preparing the land for our 17 plus varieties of hard and soft neck seed garlic. The results of using a spader have been a dream; light, fluffy, deep soil that is teeming with life and retains moisture while not becoming waterlogged. Compaction, even below the level of the spades, is shattered and the roots of subsequently planted cover crops go wild.

We use the spader to break new ground as well as to turn in our winter rye cover crop in the spring.



The next cover crop—field peas—is then turned in with the spader in summer. With each pass, the spader leaves the soil more and more friable, more rich with organic matter. Even so, we still find it necessary to make one final

pass with a tiller, but that one pass is enough to leave the soil ready for cloves. We've used the spader for two seasons now and see no drawbacks. Used spaders cost anywhere from three to eight thousand dollars and about double that new. Expense is probably the biggest obstacle to most small farms, but we believe it's well worth considering joining forces with other garlic farmers and sharing the expense... and the benefits!



*Spader cuts a swath through virgin, compacted pasture*



# 2013 Garlic Festivals Across Canada

## British Columbia

**Pender Harbour Garlic Festival (not confirmed)**  
August 10-11, 2013  
Email: nealesmith@dccnet.com  
Website: penderharbourgarlicfestival.ca

**Grindrod Garlic Festival 2012**  
Sunday August 18, 2013, 10:00 am- 5:00 pm  
Grindrod Park, Grindrod, BC  
Gabriele Wesle, Ph. 250-838-6581  
Email: gabriele@greencroftgardens.com  
Website: www.greencroftgardens.com

**South Cariboo Garlic Festival**  
August 24-25, 2013, Lac la Hache, BC.  
Ph. Gail Szolosi, 250-397-2540,  
Email: taste@goodnessofgarlic.com  
Website: www.garlicfestival.ca

**The Hills Garlic Festival**  
Sunday September 8, 2013. 10:00 a.m.- 5.00 p.m.  
Centennial Park, New Denver, B.C.  
Ph. Ellen Kinsel, 250-358-2459  
Email: coordinator@hillsgarlicfest.ca  
Website: www.hillsgarlicfest.ca

## Alberta

**Andrew Garlic Festival**  
Saturday October 12, 2013, starting 10:00 am  
Andrew Community Centre, Andrew, Alberta  
Ph. Carri Hrehorets, 780-896-3902  
Website: http://www.andrewagsociety.com

## Manitoba

**Pembina Valley Honey Garlic & Maple Syrup Festival**  
September 6-7, 2013.  
Manitou fairgrounds, Manitou, Manitoba  
Ph. 204-242-2530  
Email: svodden@mts.net  
Website: www.rmofpembina.com/honey-garlic.html

## Ontario

**Carp Farmers Market Garlic Festival**  
August 10-11, 2013  
Carp Farmers Market, Carp, Ontario.  
Email: market.manager.crpmkt@gmail.com  
Website: www.carpfarmersmarket.com

**Perth Lions Garlic Festival**  
August 10-11, 2013  
Perth Fairgrounds, Perth, Ontario  
Email: jgsawdon@hotmail.com  
Website: www.perthgarlicfestival.com/

## **Garlic is Great Festival**

Saturday August 17, 2013  
Newmarket Farmers' Market, Newmarket, Ontario.  
Ph. 905-895-5193  
Email: dsmith@newmarket.ca  
Website: www.newmarket.ca

## **6<sup>th</sup> Annual HCGGA Garlic Fest**

Saturday, August 24, 2013, 10:00 - 3:00 p.m.  
Carnarvon, Ontario. Junction of highways 118 & 35  
Organized by the Haliburton County Garlic Growers  
Association. Contact: Sheila Robb, 705-489-4201  
Email: robbsheila@gmail.com  
Website: www.haliburtongarlic.ca

## **Canadian Garlic Festival (TBA-not confirmed)**

Sunday August 25, 2013. A celebration of Ukrainian food at  
Ukrainian Seniors Centre, Sudbury.  
Mary Stefura or Mike Sharko, 705- 673-7404.  
Email: garfest@cyberbeach.net  
Website: www.sudburyontario.worldweb.com/Events

## **7<sup>th</sup> Annual Verona Lions Garlic Festival**

Saturday, August 31, 2013, Verona, Ontario.  
Sponsor: Verona Lion's Club  
Hosting the 2013 Eastern Ontario Garlic Awards.  
Contact Wayne Conway, 613-374-3807  
Email: wayne.conway@sympatico.ca  
Website: www.veronalions.ca/

## **Stratford Garlic Festival**

September 7-8, 2013  
Sponsor: Kiwanis Club of Stratford & GGAO  
Email: info@www.stratfordgarlicfestival.com.  
Website: www.stratfordgarlicfestival.com.

## **Toronto Garlic Festival**

September 22, 2013  
Evergreen Brick Works, Toronto, Ontario  
Email: Peterm@TorontoGarlicFestival.ca  
Contact: Peter McClusky, Ph. 416-888-7829  
Website: TorontoGarlicFestival.ca

## **Niagara Garlic and Herb Festival**

Saturday, September 14, 2013  
Niagara Essential Oils & Blends Stone Rd Farm  
Niagara on the Lake, Ontario  
Contact: events@neolavender.com  
Website: http://www.neobevents.neoblavender.com

## Quebec

## **The Ste-Anne-de-Bellevue Garlic Festival**

Saturday August 24, 2013  
Ste-Anne Farmers market, Ste-Anne-de-Bellevue, QC.  
http://steannegarlicfestival.wordpress.com/



Garlic Seminars | Cooking Demos  
Free Admission | Garlic Market



Looking for a *stinking* good time?  
**Garlic is Great!**  
FESTIVAL

**AUGUST 17**  
8 A.M. to 1 P.M.  
FARMERS' MARKET  
RIVERWALK COMMONS  
DOUG DUNCAN DRIVE  
905-895-5193  
WWW.NEWMARKET.CA

6th

## Annual Garlic Fest



Saturday, August 24, 2013

9:00am – 3:00pm

On grounds of "The Country Bakery"

9192 Hwy 118

CARNARVON (Opposite "That Place in Carnarvon")

### Featuring

- Local Gourmet Garlic
- Braiding Demo
- Garlic Preserves & Spreads
- Jams, Maple Syrup & Honey
- Featuring Local Pottery & Jewellery.
- Lavender Products
- Native Plant Sale
- Musical Entertainment
- Refreshments by Local Service Club
- Garlic Information/Education Centre

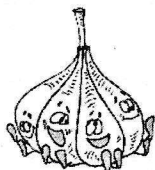
Contact Sheila Robb 705-489-4201

[robbsheila@gmail.com](mailto:robbsheila@gmail.com)



[www.haliburtongarlic.ca](http://www.haliburtongarlic.ca)

## 7th Annual Verona Lions Garlic Festival



**August 31st, 2013**

**9:00 AM to 2:00 PM**

**4504 Verona Sand Road, Verona, ON**  
**Parking Free, Admission by Donation**

Fresh Local Garlic  
Frontenac Farmers' Market  
9 Hole Mini Golf  
Verona Express Train Rides  
Fantastic food  
Great for the Whole Family

Information: 613-372-2092



**Toronto Garlic Festival**

**Sunday Sept 22, 2013**

**9 am to 4 pm**

**Evergreen Brick Works**

### Featuring

75 farmers, chefs & vendors of specialty Ontario-made products!

Garlic infused chocolate, fudge & brittle & garlic ice cream by local chocolatiers!

Free shots of fresh-pressed Ontario garlic-to spice up your food, at the garlic shot station!

Ontario beer and wine!

Free Screening of the cult classic, "Garlic is as Good as Ten Mothers", by filmmaker Les Blank!

Garlic Breath Contest—officiated by the Ontario Science Centre!

Interesting talks! - include Garlic as an Aphrodisiac, 50 Tastes of Garlic, How to Grow Great Garlic and, Is Garlic Good for your Pet? (all tales are free with admission)

\$5 Admission covers free access to all events & activities.  
Food, garlic & alcoholic beverages are for sale

Ontario-based vendors are welcome • 416 888 7829  
[www.TorontoGarlicfestival.ca](http://www.TorontoGarlicfestival.ca)

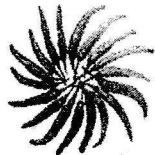
**BUY LOCAL, BUY ORGANIC, BUY CANADIAN IT MAKES HEALTHY BUSINESS SENSE**



# THE GARLIC DIRECTORY

Listings of garlic for sale, garlic wanted and anything that garlic growers might want.

**A'Bunadh Seeds (A-boo-nar)**  
Denise O'Reilly, founder



Box 127  
Cherhill, AB T0E 0J0  
780 785 2622  
gardenofeden2010.wordpress.com  
smileyo@xplornet.ca

## BEAVER POND ESTATES

Tree Farm & Sugar Bush

ORGANIC GARLIC  
Seed Packs for Home Gardens

Garlic Research

• over 100 strains tested  
• Farm Gate Sales - visitors welcome

3656 Bolingbroke Rd.  
Maberly, Ont. K0H 2B0

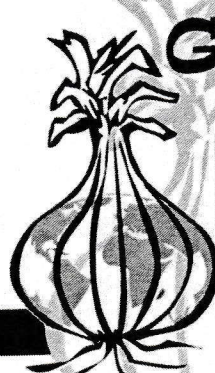
Paul & Mary Lou Pospisil  
Tel./Fax (613) 273-5683  
email: garlic@rideau.net

## Snoetic Farm

Naturally grown seed garlic & bulbils  
Prairie-adapted varieties

Yoenne Ewald, San Clara, MB  
204-937-4827 garlicgirl@snoetic.ca

www.snoetic.ca



## Global Garlic

International Garlic Varieties  
Grown Locally

Daniel Hoffmann : 647-388-7444

www.thecuttingveg.com



Jim Capellini  
Lumby BC 250-547-2077  
www.rasacreekfarm.com

- 10 Free Bulbs -  
Subscribe to the  
RCF Newsletter  
for a chance to win

### New Website Content

- ✓ The Garlic News - Back Issues TOC
- ✓ Extensive "How to Grow Garlic" page
- ✓ Robust new catalog and shopping cart...

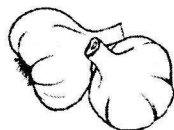


Seed Garlic: Bulbs and Bulbils



### Thanks to some of our members:

The Garlic News doesn't have its own website but you can find out about it and get membership forms on these member's websites:  
www.garlicfarm.ca  
www.saltspringseeds.com  
www.rasacreekfarm.com/resources/the-garlic-news  
http://www.garlicnews.ca



## Boundary Garlic

Henry Caron & Sonia Stairs  
Box 273, Midway BC V0H 1M0  
phone: 250 449 2152

certified organic seed garlic – bulbs and bulbils

www.garlicfarm.ca

garlic@garlicfarm.ca



James & Janice Jones  
email ~ bigassgarlic@hotmail.com

Dorset, Ontario  
705-766-2748

## Twin Meadows Organics

Garry & Wendy Lowe

Certified Organic Garlic

Bulbs and Bulbils

Box 926, McBride, BC V0J 2E0

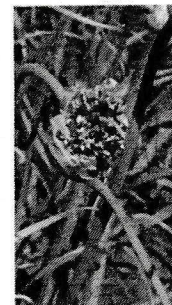
Phone: 250-569-7810

Email: info@twinmeadowsorganics.com

www.twinmeadowsorganics.com

www.organicgarlicbc.com

Plant Bulbils in the Spring!



Planning on organizing a garlic festival in your area?  
Contact the editor for lots of helpful tips and ideas.

garlic@rideau.net



## MORE GARLIC DIRECTORY

Directory Listings, Garlic or Garlic Products for sale, Want Ads, Boxed Ads, Grower Information

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

**Certified Organic Garlic from the 2012 Eastern Ontario Garlic Champions:** Russian Red, French Rocambole, Georgia Fire, Georgia Crystal, German Red, F4 Italian Red. Certified organic by Pro-Cert Canada. David & Miguel Hahn, Forest Farm, Godfrey, ON. Ph. 613-273-5545. Email [dhahn@rideau.net](mailto:dhahn@rideau.net). Website, <http://forestfarm.wordpress.com>.

[al@eurekagarlic.ca](mailto:al@eurekagarlic.ca)



**Al Picketts**

**Seed & Eating Garlic**

*Many Varieties - No Chemicals*

**(902) 836-5180**

RR#6 Kensington  
Prince Edward Island  
Canada C0B 1M0

**Organic Garlic from the Cutting Veg:** Persian, Israeli, Yugo, Tibetan, Ukrainian, Korean, Chinese, Salt Spring, Russian. [www.thecuttingveg.com](http://www.thecuttingveg.com). Contact Daniel Hoffmann, [daniel@thecuttingveg.com](mailto:daniel@thecuttingveg.com). 647-388-7444, business card facing page.

### The Garlic News 2013 Advertising Rates

**Business Card:** \$50.00 for 1 year of 4 Issues  
**Box Ad:** \$50.00 per column inch or 5 lines, \$50.00 for 1 year  
**Directory listing,** For Sale or Wanted: 5 lines \$30.00 per year  
**¼ Page ad:** \$30.00 per issue, \$100.00 per year  
**Full Page Ad or flyer insert:**  
 \$100.00 per Issue,  
 \$175.00 for 2 Issues  
 \$300.00 for 1 year of 4 Issues.  
 Contact the editor for other rates.  
[garlic@rideau.net](mailto:garlic@rideau.net)

**NEW OWNER!! ENVIRO THREADS** for organic cotton garlic bags. Contact Nadine Franceschini at [www.envirothreads.com](http://www.envirothreads.com) Phone 705-328-2644 Fax 705-328-3585 or email [nadine@envirothreads.com](mailto:nadine@envirothreads.com)

**Natural & Organically Grown Music,** smaller quantities of others, will ship. Simon de Boer, Langside Farms, Teeswater, ON. Ph. 519-357-1919. Email [sbdeboer@hurontel.on.ca](mailto:sbdeboer@hurontel.on.ca).

**Certified Naturally Grown garlic for sale.** Check our website, website: [www.bluemarshfarm.ca](http://www.bluemarshfarm.ca) for varieties. Blue Marsh Farm, NS. Ph. 902-945-2729. Email: [barbara@bluemarshfarm.ca](mailto:barbara@bluemarshfarm.ca)

**Ashton Station Garlic:** Award-winning, organically-grown garlic. Member participant in Agriculture Canada's 3-year "Leek Moth Biological Control Project". Seed stock source for 29 garlic varieties in Agriculture Canada's inventory of garlic strains. To meet customer requests for hotter tasting garlic, I grow 19 strains that score at least 3.5 on the 1-5 heat taste testing scale. Will ship in Canada, limited quantities, order by July. Contact Dave Cornell for prices and availability, ph. 613-257-4688 or email at [ashtonstationgarlic@gmail.com](mailto:ashtonstationgarlic@gmail.com)



**Railside Gardens Garlic:** Music garlic and garlic products. Check our website or call. Laura & Tyler Duchek, 4 miles north & 1/2 mile east of Esterhazy, SK. Ph. 306-745-3515. Email: [lt@sasktel.net](mailto:lt@sasktel.net) Website: [www.railsidegarlic.com](http://www.railsidegarlic.com).



**Garlic for Sale:** Featuring 'the original Big Ass Pickled Garlic' & assorted garlic products, will ship. Music garlic in season. See facing page. Ph. 705-766-2748. Email [bigassgarlic@hotmail.com](mailto:bigassgarlic@hotmail.com).

**Garlic for Sale:** from Frenchy's Acres of Lafontaine ON. Featuring 14 varieties. Shipping within Canada. Chemical free. Jerome & Cora Charlebois. Ph: 705-533-4927. Email: [frenchygarlic@gmail.com](mailto:frenchygarlic@gmail.com)

**Salt Spring Seeds** on Salt Spring Island carry a great line of heirloom & heritage seeds including garlic. Contact Dan Jason at 250-537-5269, or email [dan@saltspringseeds.com](mailto:dan@saltspringseeds.com). Website: [www.saltspringseeds.com](http://www.saltspringseeds.com)

**Organically grown garlic for sale:** Over 10 strains available including our Mennonite. Ph. Elly Blanchard, 613-473-2889 or email [railwaycreek@gmail.com](mailto:railwaycreek@gmail.com). Website [www.railwaycreekfarms.com](http://www.railwaycreekfarms.com) to order and descriptions. Will ship.

**Fall and Spring planting garlic seed and bulbils available.** Alberta Grown Naturally. Home of **OMA's Gourmet Garlic!** Others; Purple Glazer, Northern Quebec, Spanish Roja, Georgian Fire and more! Also OMAs Garlic Powder. Email [OMAsGarlic@platinum.ca](mailto:OMAsGarlic@platinum.ca) (preferred), call or write: Liz Tobola: 403-601-2642, Box 100, Aldersyde AB T0L 0A0.

**New Oxley Garlic, Naturally!** - good, clean, fair local garlic. Jackie Chalmers, Claresholm, AB. [www.newoxley.com](http://www.newoxley.com).

### Bulbils

Grow your own nematode-free garlic seed stock from certified organic bulbils. From the Beaver Pond Estates Small-Plot Garlic Variety Trials.

Reserve now for 2013 planting. Bulbils must be marked and saved mid-June.  
 ph. 613-273-5683  
 Email: [garlic@rideau.net](mailto:garlic@rideau.net)

**Do you really believe that you can harvest a good crop from poor seed?**

"As you sow, so shall you reap"

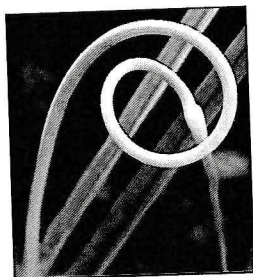
**BUY LOCAL, BUY ORGANIC, BUY CANADIAN IT MAKES HEALTHY BUSINESS SENSE**



## The best garlic recipes and ideas

### Garlic scapes for breakfast

*From the Garlic Guru's  
kitchen experiments*



Since you now believe that garlic is a breakfast food (see previous recipes from the garlic guru), it's only a small stretch of the imagination to have garlic scapes

for breakfast as well. Here are a few tasty ideas:

#### Garlic Scape Omelette

##### Ingredients:

½ dozen fresh scapes	2 tbsp butter
3 large free-range eggs	½ cup shredded sharp cheese
1/3 cup milk	2 large ripe tomatoes
dash hot pepper	salt & pepper to taste

##### Method:

Chop scapes in to ½" lengths. Heat butter in skillet, put in scapes and cook for about a minute to soften. Break eggs into dish, add milk and a dash of hot pepper and whisk until turning white. Add more butter to skillet and pour in egg mixture. Sprinkle softened scapes evenly on top, then shredded cheese and cook covered until cheese starts to melt. With flipper, fold omelette in half, cook for a minute more and then remove. Cut in two portions and serve with sliced tomato and hot biscuits or toast. Serves two. Recipe can be multiplied for more servings.

#### Open faced scape and cheese muffin

##### Ingredients:

½ dozen fresh scapes	8 slices old cheddar cheese
2 English muffins	salt & pepper to taste

##### Method:

Chop scapes into lengths to fit biscuit. Place in dish with a bit of water and heat in microwave just until scapes start to soften. Remove, drain and pat dry on paper towel. Split English muffins in half, arrange scapes on top, cover with cheese and place under broiler. Broil until cheese bubbles. Remove and serve hot. Serves two. Makes a quick and nutritious breakfast.

#### Scapes as a side to bacon and eggs

Simply steam or sauté scapes until just softening. Serve with or in place of sliced tomatoes with your favourite egg breakfast. Enjoy a new and healthy flavour!

**WHEN IN  
DOUBT  
ADD MORE  
GARLIC**

## BBQ Pork Tenderloin with Garlic Scapes

*From: Peggy Clark, Secretary, Perth Horticultural Society*

##### Ingredients:

1 pork tenderloin, of a size you desire	
bunch of fresh scapes	olive oil and/or white wine
maple syrup	salt & pepper to taste

##### Method:

Slice tenderloin lengthwise about ¾ of the way through. Stuff as many scapes as possible into the cavity. Bind with butcher's string. Brush with olive oil (or olive oil and white wine). BBQ on medium. Do not leave the barbeque, stay there with your glass of wine and watch it closely. Turn frequently. It cooks pretty quickly, 20-25 minutes. During the last 5 minutes, slather lots of maple syrup on it, turn it, and slather more maple syrup. Serve. Enjoy!

It is very good with sweet potatoes. These can be cooked on the BBQ pretty much the same way as the above method for the tenderloin. If you choose medium size potatoes and slice them lengthwise they cook in about the same time.

#### Price of scapes?

Lynn Gillingham of Toronto, asked: Any advice on the price of scapes? I have an opportunity to sell to the restaurants in my area again this year and also to a food wholesaler. The pricing will be different but I am at a loss as how to price them and make it worth my while pulling the scapes. The wholesaler is willing to take by the bushel so no packaging or bundling is involved.

*Editor: Here's something that works: Retail, a bunch of 12-15, held together with a rubber band, \$3.00. Wholesale, a bushel basket, loose, \$20.00 to \$25.00. If selling to restaurants, be sure to provide them some easy recipes. They are a seasonal crop. For many years, growers merely cut off and discarded this early summer delicacy; then, to make matters worse, when given an opportunity to sell, they dumped them at whatever low price they could, damaging a potential market.*

*It takes a lot of labour to harvest scapes and take them to market. This labour is worth money. If any of our readers have suggestions on marketing and pricing of scapes, your thoughts would be appreciated.*

#### A bit of humour for your dinner table

*We are all familiar with terms like a herd of cows, a gaggle of geese, a flock of chickens, a school of fish, a pride of lions, an exaltation of doves, a congress of owls, but did you know what a group of baboons is called? They are the loudest, most dangerous, most obnoxious, most viciously aggressive and least intelligent of all primates.....you call them ----  
----- a Parliament of baboons!*

*That says it all.*



## Concerns over the food we eat

This past summer saw groups of concerned farmers and other people demonstrating across the land against the introduction of GMOs, specifically, genetically modified alfalfa, or, Roundup Ready alfalfa. It was front-page news. So what, you ask? We don't eat alfalfa. It's for livestock. Well, this story was perhaps a bit misleading but does represent just the tip of the iceberg insofar. More and more of our industrialized food is contaminated with herbicides. One such practice is a wheat harvesting technique called "desiccation". This involves spraying the wheat with a herbicide to kill it quickly and uniformly in order to speed up the harvest. See the story below:

### A wheat farmer weighs in on Wheat Belly

*From the Internet*

**Keith Lewis**, a wheat farmer, left this insightful comment about modern wheat growing practices:

*You conclude in your book that modern wheat breeding has dramatically changed the nutritional value of wheat. Modern wheat farming has as well.*

*I have been a wheat farmer for 50 yrs and **one wheat production practice that is very common is applying the herbicide Roundup (glyphosate) just prior to harvest.***

*Roundup is licensed for preharvest weed control.*

*Monsanto, the manufacturer of Roundup, claims that application to plants at over 30% kernel moisture result in Roundup uptake by the plant into the kernels. Farmers like this practice because Roundup kills the wheat plant, allowing an earlier harvest.*

*A wheat field often ripens unevenly, thus applying Roundup preharvest evens up the greener parts of the field with the more mature. The result is on the less mature areas.*

*Roundup is translocated into the kernels and eventually harvested as such.*

*This practice is not licensed. Farmers mistakenly call it "desiccation." Consumers eating products made from wheat flour are undoubtedly consuming amounts of Roundup. An interesting aside, malt barley, which is made into beer, is not acceptable in the marketplace if it has been sprayed with preharvest Roundup. Lentils and peas are not accepted in the market place if sprayed with preharvest Roundup..... but wheat is ok.. This farming practice greatly concerns me and it should further concern consumers of wheat products.*

*I went on a wheat and refined sugar free diet before I read your excellent book. I lost 30 lbs in three months. What a remarkable change. In my 69th year I have never felt better.*

**Dr. Davis**, the author, replied: In *Wheat Belly*, I focused on the changes introduced into the plant itself. But there are other aspects of wheat beyond the biochemistry and genetics of the plant, such as bleaching agents, pesticides, additives, and residues of herbicides like Roundup, as Mr. Lewis points out. How much worse can this thing get?

## Genetically modified foods: a primer

*What they are, where they're found and rules for labeling*  
*Condensed from CBC Internet News Apr 11, 2013*

The typical Canadian kitchen is likely to contain many ingredients or foods that have been genetically modified. Everything from bread to corn and soy oil has been produced from altered food organisms. Most processed foods in Canada contain at least some genetically modified ingredients. That's largely because many processed foods contain corn, canola and soy. According the U.S. Department of Agriculture, 93 per cent of soybeans and 88 per cent of corn grown in the U.S. in 2012 were genetically modified and in Canada, 97.5 per cent of the canola crop. Most of our processed foods contain some genetic modifications, but Canadian consumers don't know. Advocacy groups argue that GM foods are a health risk. They say the food industry should be more transparent in its creation and testing of GM foods. They also point out that there are no long-term studies on the effects of modified foods on human health.

In Canada, a free vote in Parliament in 2001 defeated a private member's bill, C-287, that would have required mandatory labeling of genetically altered foods. Instead, the Standards Council of Canada adopted a standard for voluntary labeling of GM foods in April 2004. **Health Canada has taken the position that GM foods are just as safe as conventional foods.**

Food manufacturers are allowed to put voluntary labels but there are no rules concerning GM foods.

The Canadian Food Inspection Agency, under the auspices of Health Canada, deals with food safety and other trade-related requirements. It monitors quality, packaging, labeling and testing of food products.

**CFIA officials have said it's hard to have enforceable rules because of the complicated food growing processes in Canada.** Farmers can grow different varieties of corn or wheat. Some are modified while others are not. Although farmers try to grow GM crops in separate fields, it's hard to guarantee that the different crops won't get mixed somewhere in the process.

The food industry would face huge losses if mandatory labeling were implemented. The fear is that consumers will see the labels as a warning and avoid these foods, and that food processors will reformulate their products to avoid GM foods rather than place labels. It also says labels will increase the price of foods produced and processed in Canada.

*Note that the CBC article avoids using the word "Roundup". Glyphosate is carcinogenic, a killer, and use of this herbicide is growing almost exponentially. Genetically modified plants may be harmless of themselves, they are the means by which this herbicide can be used without killing the crop. Like the anti-GMO demonstrators, the CBC has avoided the real issue. So greed trumps concern for the health of our nation, -- and, cancer rates continue their upward spiral!*



## Garlic Growing Tips & Grower Information

### Using Chicken Manure as Fertilizer

Most garlic growers understand the need for using compost and composted manure to enrich the soil in order to get a good crop of garlic. Most often, that manure is cow or horse manure because its so readily available.

Poultry manure is often neglected because it's not as easy to find, that is, unless you or a neighbour raise chickens.

However, one of the best animal manures for fertilizer is chicken manure. Whether you're raising your own chickens, or buying chicken manure from a local farmer, chicken manure is a great addition to your soil for bigger and more robust plants and, at harvest, bigger bulbs.

Chicken manure contains an abundance of nitrogen, phosphate, and potash, all essential for garlic.

A recommended application is 45 pounds of chicken manure, or even more, per 100 square feet.

Caution! Don't just spread fresh chicken manure on your garden! Fresh chicken manure is very high in nitrogen, which will result in nitrogen burning of plants. You will need to age your chicken manure first before using it as a plant fertilizer. To age or reduce the nitrogen in the chicken manure, spread it out on the ground and let it sit for a few weeks. Better still; mix it in your compost pile with other green matter, or other animal manures for a very rich fertilizer.

The combination of nutrients in chicken manure and organic material in the compost is the best natural fertilizer to make your garlic grow. Finally, make sure you work it into the soil a few weeks before planting.

*Editor: Chicken manure and bedding (collectively called poultry litter) can be turned in to the top several inches of garden soil and left to compost in place, in which case soil organisms aid in the composting process and nitrogen is released directly into the surrounding soil. The Washington State University Extension Service advises that pathogens in chicken manure, particularly E. coli, can present an ongoing human health hazard in crops harvested where fresh manure has been spread. They recommend waiting at least 120 days from the time you turn chicken manure into the soil until the time of harvest of any crops intended to be eaten by humans uncooked.*

### Low-temperature Storage of Garlic for Spring Planting

A study by Gayle M. Volk and Kate Rotindo of the USDA research Centre in Fort Collins, Colorado determined that well-cured bulbs placed in storage at -3 deg C for 6 months formed cloves within the bulbs when spring planted; storage at 0 deg C and spring planted formed side cloves and had loose wrappers. After 9 months of storage at -3 deg C and moved to room temperature, the bulbs retained the quality of freshly harvested bulbs for at least two months.

The studies were carried out on four cultivars, Chinese, California Early, California Late and Spanish Red under Colorado growing conditions. Yields were lower with spring planting than with fall planting.

*The complete study was published in Hort Science Vol 39(3) of June 2004 and can be accessed on the Internet.*

### Dormancy of Garlic

According to researchers in the University of Saskatchewan, garlic will break dormancy after about 4 months in storage. The period of dormancy in seed cloves of garlic (*Allium sativum*) under storage was determined by measuring the growth of the first foliar leaf and its sprouting capacity. It is a hardy plant, adapted to cool seasons. Many cultivars will survive very low temperatures in winter, and even young tops are quite frost tolerant. Roots will grow at temperatures above 8°C. Temperatures above 30°C, however, will inhibit bulb formation and cause foliage to senesce prematurely. For this reason garlic needs to be planted early so that vigorous top growth will occur in May and June.

Garlic can be planted in spring or fall. Fall planting is somewhat riskier in that there is danger of winterkill, but there is also potential for higher yields with fall planting. If garlic is to be planted in spring, previously chilled bulbs should be planted in prepared soil before the end of April. This early planting will allow the plant to obtain sufficient size by late June, when bulbing begins. Late planted crops will bulb poorly and give poor yields.

### Pesticide Approval for Leek Moth Control

The Pest Management Regulatory Agency (PMRA) recently announced the approval of URMULE registrations for **SUCCESS 480 SC and ENTRUST 80 W Naturalyte Insect Control Products** for suppression of leek moth and thrips on crop group 3-07, bulb vegetables in Canada. Success (spinosad) and Entrust (organic formulation of spinosad) were already labelled on a wide range of fruit, vegetable crops for a variety of insect pests. These minor use registrations target key pests of bulb vegetables in Canada and will help to provide a more robust pest and resistance management strategy. Furthermore, organic producers of the approved crops now have wider access to the Entrust formulation that provides them with a very useful management tool. Consult with your certification body to ensure that this product is approved for use. Maximum of three applications per year at 7 to 10 day intervals; pre-harvest interval of three days.

### How To Form a Co-Operative

Feel like sharing the work of growing and marketing garlic to help with the workload?

One possibility is a cooperative.

The Ontario Ministry of Food, Agriculture and Rural Affairs (OMAFRA) have an excellent publication covering all aspects of this topic. Check their website and search for Fact Sheet Agdex # 836 dated March 2002.

*"Do not eat garlic or onions; for their smell will reveal that you are a peasant." - Cervantes, Don Quixote*



# Garlic Products from Eureka Garlic, Kensington, PEI

*Let my business help your business*

## **Attention, Market Gardeners!**

*I make a nice selection of value-added garlic products that I can offer you in bulk quantities at wholesale prices. These sell well at events and farmers' markets and it can save you a lot of time. You just package them into retail.*

*This year, I can offer you the following:*

### **Dehydrated Garlic Products:**

- Garlic Scape Powder
- Garlic Powder
- Garlic Sand
- Garlic Pearls

*Any of the above \$300 per 5 lb bag*

### **Fermented Black Garlic**

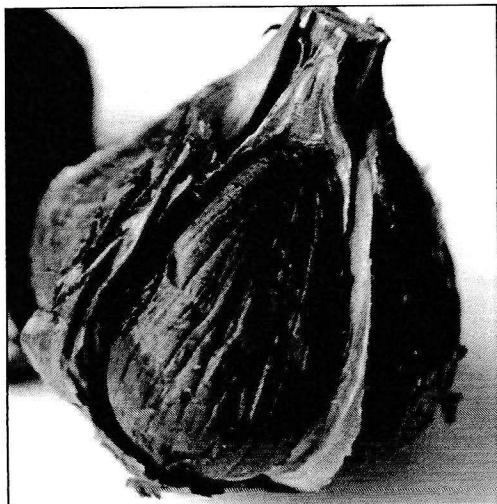
*Prices:*

*1/2 lb bag at \$17*

*1 lb bag at \$30*

*50 lb tote at \$1250*

*I'm taking orders now for early spring or summer delivery. Al*



al@eurekagarlic.ca



**Al Picketts**

**Seed & Eating Garlic**

***Many Varieties - No Chemicals***

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## **Garlic for table use or planting**

*For 2013, I have 77 different cultivars as well as Elephant garlic. All carefully hand harvested and selected for top quality.*

*Looking for larger quantity? Call and I'll price it for you.*

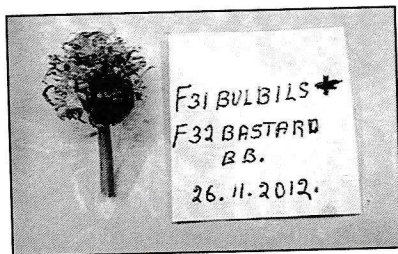
To contact Al Picketts, phone -902-836-5180 or Email al@eurekagarlic.ca



## More calls and letters

### F30 or F3?

**Roger Beck of Valemount, BC** called about a garlic that he'd bought from the **Fish Lake Garlic Man** many years ago. He'd recorded it as F30 and wondered if I could tell him about the origin. From the description, it was likely a bulbil grown F3. I called Ted Maczka and he had no record of an F30. He did email me a picture of his latest bulbil offspring from his F3, called F31 and F32.

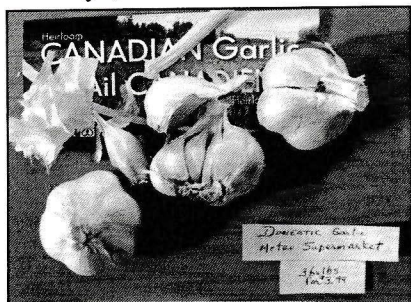


I spring planted the cloves from Roger's F30 but it will take at least one more replanting in the fall to determine whether it is F3 or not. Being spring planted, it will be late putting out scapes and a month or so later to harvest. After replanting it this coming fall, a better comparison can be made.

*Editor: Has anyone a record of the origin of F30??*

### Garlic from Metro

**Carolyn Smith of Croyden, Ontario** wrote: Out of extreme curiosity, I bought a bag of garlic from Metro. For \$4 bucks I got three good sized Porcelains, firm and crisp with a little bit of root starting and a small green shoot inside. Label says, Heirloom Canadian Garlic.



They do the Stratford Garlic Festival. I checked out the web site. I guess I should be happy that finally we have local good garlic to choose from at the grocery store. How do they do it at that price?

*Editor: I suspect that you are talking about the supposed "heirloom" garlic that has entered the stores this past year in competition with the Chinese. Insiders enjoy the subsidies inherent in government grants. Selling price doesn't mean too much when the taxpayers are covering the costs! I wouldn't try to compete with the price. The eastern Ontario growers lost the garlic price war in 2000 when garlic was trucked in to the region at \$1.35 per lb, about \$3.00 below cost of local production. Just sell your garlic at a price that covers your costs and provides you a bit of profit at the end of the year.*

## Garlic from bulbils

**Deborah Rompen of Oshawa, Ontario** sent some pictures of her bulbil-grown garlic, saying: Paul, you may remember last year we exchanged some emails about growing garlic from bulbils.



Well, I had a few bulbils, nurtured them carefully, used the information you gave me and harvested a couple of decent "first year" garlic ("rounders"?). They were lifted in late June and replanted in late October. Well, here we are in the first of June again. Everything is looking GREAT! I have some beautiful "second year" plants with strong stems and leaves. I hope to be able to harvest some beautiful cloves and more bulbils from these plants. The "first year" plants look good too. I've attached a couple of photos - I'm just so proud of myself. I want to thank you so much for your help in getting my little garlic plantation going.

I'm hoping for scapes soon and then some really nice garlic. The largest of my garlics - i.e. the biggest of the second year - do not appear to be forming scapes even though the tops are now well over a foot tall and the stalks are as thick as broom sticks. In order to do the comparison I am prepared to let the scapes I have grow to bulbils - but can I expect scapes on the others? I hope to be lifting the garlic soon.

*Editor: Your 2nd year plants look very robust and healthy. They should produce divided bulbs, if the stems are any indication. A suggestion: Take 1/2 your plants and let them produce bulbils; on the other half, snap the scapes when they form a curl and allow them to produce good bulbs. Compare the two and keep notes (and pictures for the Garlic News as well!).*

### Garlic Growers hold AGM in Woodstock

**Alan Cowan, Treasurer of the GGAO**, sent along a summary of the Annual General meeting held on April 6, 2013 at the OMAFRA offices in Woodstock, Ontario. Eleven GGAO members plus two government specialists attended. The meeting focussed on the Bulb and Stem Nematode problem, government grants, update on the OMAFRA clean seed program for Music garlic and the annual Garlic Festival in Stratford on September 7-8, and the Toronto Garlic Festival on September 22. The main theme of the meeting was deciding to continue the Clean Seed programme. The president, Mark Wales, informed the meeting that OMAFRA has made available \$417 million over five years for a variety of projects. New Directors, Peter McClusky and Bob Romaniuk were appointed.



## Still more calls and letters

### Real Black Garlic?

**Ted Jordan Meredith wrote:** I am aware of at least one cultivar called Black Garlic. It is a Rocambole cultivar called Colorado Black. I see that it is available in Canada from **Boundary Garlic in BC.**



*Editor: Colorado Black is a Rocambole type garlic. It must get its name from the occasional black or gray splotches on the skin, which you can see on the bulb to the right.*

*My apologies to Bruce Kinsman for giving him wrong info - page 18, Garlic News Issue 32.*

### Don't shoot your computer!

**Julie Fleischauer of Golden Acres Farm** wrote: Now, don't shoot your computer, but I didn't get the attachments on your email - I don't know, maybe it's my computer too! I suspect your garlic is all nestled in, cozy-like under the mulch right now, like ours is. It'll be great fun to see how it comes up. I am actually really looking forward to weeding this year, just so I can spend time in the plot with the new varieties and get to know them better.

*Editor: I really should shoot it. I just made a trip to Kingston to get the hard drive replaced, then spent a day sorting out my files as they didn't transfer correctly and now, it still keeps hanging up. I don't know if it's the machine or the result of advancing feebleness of the brain that caused the missing attachments. Anyways, I'll try resending to all the recipients to see how it works.*

### Hot storage?

**Alan Cowan of Arranhill Garlic Farm,** wrote: Fellow Garlic Lovers; after I cured my garlic last August I put some in Hot storage to be sold this spring when local garlic is in short supply. It stored well and is now available for sale. If you know of anyone who is craving local garlic, let them know.

*Editor: OK, I did, but I had to ask him what he meant by "hot storage"? Alan replied:*

Paul & Jerry; after curing in August, I bring the garlic inside and it is always kept above 65 degrees F. It is like a braid on the kitchen wall. It seems to store longer. Lets see if anyone buys it now. Paul, I go to Florida every year and I'm convinced it adds years to my longevity. I know four people in this area fell on the ice and got hurt!! **Alan.**

**Wanda Williams of Cumberland, Ontario,** asked: I have come across your name several times while searching information on garlic. At one point I saw that you were producing a newsletter. Are you still doing that and if so, what do I need to do to get onto your mailing list? I live just east of Ottawa, and planted garlic in my garden for the first time last fall, but it's something I'd like to learn more about. Ideally, if I thought I could be successful, I'd like to eventually grow enough for some farm gate sales. Do you ever have an "open house" of your operation so that a "newbie" like myself can learn for the more experienced gardener/farmer? Any dates of events/meeting etc. happening in Eastern Ontario that I should know about?

*Editor: I sent Wanda the information and she is now a member of the Canadian garlic network.*

### Madonna on line

Wishing you both the best in 2013. Have made my way 'online' but have a lot to learn yet. Reading issue 34 reminded me to contact you. Hopefully I'll be able to send along a few tidbits for you from time to time. A typist I'm not. Mulched Dec.13 and examined roots; doing well. A good sign for coming season. Presently making garlic powder. Our children claim the batches have different flavours and potency. So this year I'm separating and labeling each strain I use. We firmly believe in growing our own and do as much as we can. I also save my own seeds when possible and do some trading. Re: Karen Poce, p.15, issue 34: I have experienced something similar but not to her extent. I plant 300+ cloves of 15 strains and over the years have seen what she describes happen, but only one here and there and put it down as a quirk of nature. A couple of years ago when scapes started I found some but this time in a small group. Than I remembered this was the segment of this row that I had 'pop-ups'. They had heaved up during the winter and I reburied them but noted they suffered some broken roots. Until this happened I would have just dismissed it. Since then I have been very careful when planting even a little deeper. Could this possibility have something to do with this occurrence? I'm wondering if roots getting broke off during spring start-up could cause any problems. Could her (Karen Poce's) cloves have heaved and the roots were broken. I've got many now. Anyway reading her article, seeing photos - yup - sounds very similar. I only had two strains that did this of the 15 I grow. They were one Porcelain, Great Northern and one Rocambole, locally acquired, no name. Maybe the strain makes a difference. As you can see I do a lot of thinking and do come to conclusions and do take some kind of action on occasion. Will talk soon. **Madonna Lévesque, Tatamagouche, NS**

*Editor: Hi Madonna, and a happy 2013 to you too! I am proud of you to have made the plunge and decided to keep up with this crazy new world of electronic communication.*



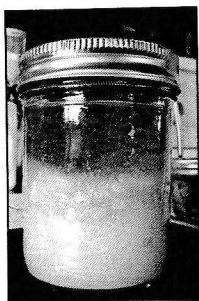
## More calls and letters

### Garlic Awards Competition: Eastern Ontario

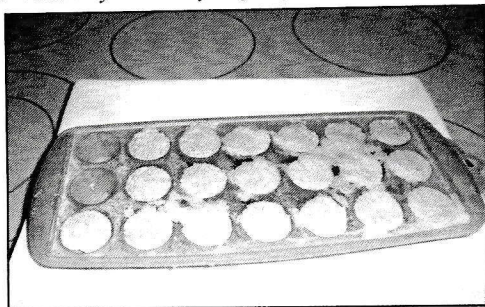
**Kevin Craigen of Napanee, Ontario** suggested: I think the garlic competition placement may be out of the way. A lot of people did not know where it was taking place and therefore did not get to see the entries. When we were leaving with our garlic, people were stopping us to look at the garlic that we won with and said they did not know it was in that building. Three years ago, we went for the first time and were specifically looking for the competition and as well had a hard time finding it. Would it be possible to have this take place out under the pavilion or tent or be displayed outside somewhere even after the judging - would make more awareness. Some people that were there had read it in the paper and never saw the displays at the festival. I'm sending some pictures of what I do with my garlic.

*Editor: Your points on the Awards are well taken. There are some problems but not insurmountable: first, the judge needs a quiet location to do the judging: second, there is a security problem as some folks might just walk off with some attractive garlic. It needs to be supervised throughout.*

*However, I've copied this reply to the Verona Lions and will discuss it with the new festival coordinator, to see what can be done. The Garlic Awards are a big drawing card for festival visitors and need better visibility. Thank you for your suggestions.*



Pressed garlic, heat sealed



Pureed garlic, frozen in ice tray

### Origin of Northern Quebec??

**Sylvie Maurice of St.-Julien, QC**, asked: Is it possible to place an ad in the next Garlic News to find info on the origin of Northern Quebec?

*Editor: Ad in the Garlic News? Not necessary. I'll just include part of your letter with a plea for help in finding out who named this cultivar "Northern Quebec".*

*OK, readers, HELP!!!*

### Mustard Sources

**Ed Marks of Toronto**, inquired: Where can I find bulk seed for things like mustard and winter rye etc. I'm a small home gardener with big plans. What I don't use for winter cover I will use for in in-house micro greens.

*Editor: Mustard Source: The only supplier for Oriental Mustard that I've located is:*

*Roy Bailey, Bailey Seeds  
Milden, Saskatchewan*

*Ph: (306) 935-4702 email: stoneyridge@sasktel.net*

**Leek Moth in St-Lazare, QC** Mike Normandeau advised of a major leek moth infestation this spring, saying, "My garlic has been doing really well this spring. I took a closer look this evening to find out they are back with a vengeance (small white worms). I have over 100 plants and they almost all show damage. Is it too late to save my crop?"

*And, again,*

*"Hi Paul - thanks for your recommendation. Spent a couple of hours yesterday and must have killed 300! All plants had them and some up to 6! Ended up having to take the scapes and associated leaves off - disposed of those in sealed plastic bag. Now that I know what to look for I'll be diligent in combing through my garlic for the rest of the year. I had a big problem with them last year (although I didn't know what they looked like) and by not doing anything made my problem much, much larger this year. Hopefully now that I am on it, the problem will be smaller and more controlled."*

### Spring Planting – softnecks are best

On March 28, **Diane Falvey**, a neighbour, asked: Have you planted soft neck varieties of garlic in the spring? I have a couple of dozen Italian Red that have held up nicely in storage and I want to plant them, but I have no experience with soft neck varieties of garlic.

*Editor: Yes, if you're going to try spring planting, the softnecks are your best bet. Get them in the ground as soon as you dare to walk on the soil without packing it down too much. That could be as early as next week if the thaw continues. Some will produce "rounds" - keep those for your own seed for fall - but most should mature into good sized bulbs by late August, early September. I have a braid of the Artichoke "Wettergren" that hung in the kitchen all winter. It's still in perfect shape so I will be spring planting it.*

### Snow in Saskatchewan

On March 17, **Anna Schaab of The Garlic Garden, Yorkton, Sask**, wrote:

*"That's in our backyard - another 10cm today".*



*If you've had enough cold and snow, raise your hand!*

*I'll be doing a book review on the 2<sup>nd</sup> edition of "Compendium of Onion and Garlic Diseases and Pests" in the next issue of the Garlic News. Even before then, you might want to order a copy - available on-line. Editor.*