

# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 39 Spring 2014

## Elephant, the non-garlic

### What is Elephant Garlic?

The Latin name of 'Elephant Garlic' is *Allium ampeloprasum*, a plant of the Giant Headed Leek Group. It is frequently, and quite incorrectly assumed to be garlic. Not so. Garlic belongs to a separate variety, *Allium sativum*, within the *Allium* genus, and the two should not be confused. They are very different.

### Description

Elephant garlic plants are large and robust. They flower readily, produce large umbels, and shed their spathes at maturity. True garlic produces smaller umbels, and at maturity, the spathe splits but typically remains attached to the base of the umbel. Elephant garlic flowers are more globular than those of true garlic and resemble the flower head of an onion. Bulbils are usually absent from the inflorescences of elephant garlic. The flower or seed head looks much like that of an onion but seldom produces fertile seed.

The vegetative parts of elephant garlic look like large heads of garlic.

Broad blue-green linear leaves, with a central dividing rib, sheathe the stem. In early or mid-summer, a flower stalk grows up to 6 1/2' high. Large bulbs form under the soil, reaching 4" in diameter and consisting of five or six large cloves. Surrounding these cloves, enclosed in the papery outer covering are usually from 1 to 6 small bulblets or corms. They are bright yellow in colour, up to 1/2" across, have one flat side, and are encased in a hard shell.

Plants that do not flower often form one large round, rather than a bulb. This round can be up to 2" in diameter. Rounds can also have corms on the outside.

Plants grown from rounds produce a large bulb divided into cloves.

Elephant garlic tends to alternate between the production of cloves and the production of rounds.

### Growing Elephant Garlic

Growing Elephant is almost identical as the growing of real garlic. Bulbs are broken up into cloves and the cloves are planted in holes or trenches. Plant in fall as you would your garlic (in spring planting regions, plant in spring). Give it the same care as you would your garlic crop.

### Can you plant the seeds or the yellow corms?

The jury is still out on that one. Our own trials with both seed and corms to date have yet to demonstrate that either method will work. The onion-like seed heads produce very few seeds and after several years of trials have not produced fertile seeds. Similarly, with the corms, every germination method tried – vernalization, freezing, cracking the hard outer shell, soaking – have not resulted in successful germination. Annual trials continue.

### Is Elephant better than other garlic?

The bulbs are bigger, yes. But, the bottom line is the taste. While garlic has a strong, even pungent flavour, Elephant has very little of anything. It is mild, rather bland, having less taste than a mild onion.

### What about Northern climates?

Elephant grows better in warm climates than in the colder northern regions. Growing it in Canadian climates produce variable results. For the first 7 or 8 years that we grew it in our trials plots, we called it "the annual failure" because it rarely returned the seed planted. However, in recent years, for whatever reason, be it climate change or

adaptation, the Elephant is starting to produce respectable bulb sizes. Not as large as the imports from the southern USA, but pretty good, just the same.

### Why the name "Elephant"?

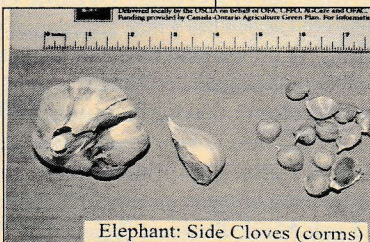
Well, the popular story is that a New York chef was so impressed with the size that he dubbed it "Elephant garlic." Likely nothing more than a popular myth. Over 100 years ago, the botanist, Luther Burbank used the name "Elephant Garlic" to describe this unique plant.

However, despite who or why, just remember that Elephant Garlic is not a garlic, it is a leek.

If you are a true garliciste, you will always choose true garlic for real garlic taste (and all the other health stuff).

### Should you grow Elephant Garlic?

Hey, if you're growing for market and there are people willing to buy it, the answer is, yes, definitely yes! Just because this old guy doesn't like the taste of it doesn't mean that you should let a business opportunity pass you by. Grow just enough, but don't forget that the demand for true garlic continues to be unfilled. *Editor*





# The Garlic News

## Connecting The Canadian Garlic Network

### Issue 39 Spring 2014

Managing Editor: Paul Pospisil

Business Manager: Mary Lou Pospisil

Regular Columns: Liz Tobola

: Al Picketts

: Deb Barnhart

: Sheila Robb

Contributors: Peter McClusky

: Dr. Peter Mason

Published by: Beaver Pond Estates

Printing by: Impression Printing, Smiths Falls

## HOW TO CONTACT US

Paul Pospisil, Managing Editor,

The Garlic News,

Beaver Pond Estates,

3656 Bolingbroke Road,

Maberly, Ont., K0H 2B0

Phone: 1-613-273-5683

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

**Cost of membership:** Canada: \$20.00 per year of 4 issues. Single copy price \$5.00. Outside Canada: we ask our US friends to add \$4.00 per year and our UK friends to add \$8.00 per year to cover higher postal costs.

Advertising: see rates in Directory pages.

## 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 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 ring binder. *Back issues are available both in single copy and 1-year bound sets.*

For lists of articles in previous issues, go to: [www.garlicnews.ca/](http://www.garlicnews.ca/)

or,

[www.rasacreekfarm.com](http://www.rasacreekfarm.com)

## 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 © 2014 Paul Pospisil.

No part of this publication may be reproduced or duplicated without the written permission.

**Deadline for Summer 2014 Issue is June 2.**

## In This Issue

- Growing for Diversity: Elephant, the non-garlic** 1  
A description of Elephant Garlic based on growing it in the Small-Plot Organic Garlic Variety Trials at Beaver Pond Estates.
- Notes from our garlic patch** 3  
Coldest winter yet, back to the good life after vacation, Canada Post increases and our plans for the coming year at Beaver Pond Estates.
- A Tribute to the Memory of Ted Maczka** 4  
We have repeated here the Special January Issue sent out electronically for those who may have missed it.
- We Get Calls and Letters: Tributes to Ted Maczka** 5  
A Canadian garlic legend passed away and garlic growers add their tributes
- Garlic at the Maberly Fair** 6  
The Garlic Theme at the 2013 Annual Maberly fair was the most successful yet.
- Al's Ramblings: Meet my dog** 7  
Al tells about his dog Rufus, a Golden Retriever. Rufus died after being a great pet for 17 years. Al also has a 50 % special on his garlic powder products until end April.
- More Calls & Letters: More readers Tributes to Ted Maczka** 8  
Readers share their experiences with the Fish Lake Garlic Man.
- The Haliburton County Garlic Growers Association page** 9  
Memories and mentorship, tributes to the late Ted Maczka and Charlie Robb.
- The Garlic Directory** 10-11  
Garlic ads, listings and useful garlic contacts. Growers are finding the advantage of letting buyers know about their garlic. "Don't hide your garlic under a bushel!"
- The Best Garlic Recipes and Ideas** 12  
Vegetables of spring, recipes using garlic greens and scapes.
- Health Notes: Garlic and Olive Oil in Cooking** 13  
Heating both garlic and olive oil too high destroys their health benefits; smoke points of some oils, and a simple recipe for making your own garlic oil.
- The Garlic Directory: Certified Organic Garlic & a Garlic History Book** 14  
Rainbow Heritage Garden has a nice selection of Certified Organic Garlic: Peter McClusky calls for information for a new book; and Beaver Pond Estates is dispersing more of their garlic collection in 2014.
- The Garlic Directory: Garlic Products at Wholesale from Eureka** 15  
Al Picketts has a business to help other market gardeners with their business.
- More Calls and Letters (continued from pages 5 & 8)** 16-17  
Members share more of their concerns and successes with garlic.
- Research: Leek Moth Project: Release of Parasitic Wasp** 18  
Dr Peter Mason provides a summary report on the recently completed 2010-2013 phase of the Ottawa Valley Leek Moth Project.
- Enclosed: Early Bird Renewal Form only for memberships expiring in 2014 (those with "- 40" after the membership number). Others may ignore this reminder. : Advance reservation Order Form for bulbs.*

## 2014 Eastern Ontario Garlic Field Day at the Small-Plot Organic Garlic Variety Trials Site

**Date: Sunday, 22 June 2014 from 09:30 a.m. to 3:30 p.m.**

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

*Attendance: By invitation. Growers within reasonable driving distance, i.e., eastern Ontario and western Quebec receive invitations. If you don't receive one and would like to attend, please contact the editor. We'll be pleased to send you one.*

## Garlic Festivals Across Canada??

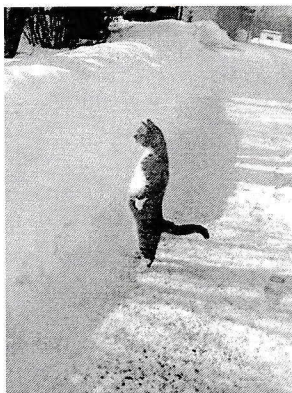
Know of a garlic festival in your area or region? Let us know and we'll include it in the annual listing of Garlic Festivals in the Summer Issue. Drop us a line or email: [garlic@rideau.net](mailto:garlic@rideau.net) with the date and contact info.



## Notes from our garlic patch

### Winter: Bah, humbug!

Well, the results are in. It was the longest, coldest winter in decades. Where is this global warming that the politicians are so concerned about? We could have used more of it this year. And, who the heck invented this “polar vortex” anyways? Still no sign of spring around here.



*Yup, definitely polar vortex.*



*Where's Feldspar Freddy, anyway?*

### Our vacation ended with “back to the good life”?

We had a lovely vacation in the Caribbean, sunshine, 28 to 30 degree temperatures and gentle breezes off the ocean. But, we had to come home, to the good life here in Canada. Landed in Ottawa late Saturday, shuttle from airport to our car. Snowing, cold. Car wouldn't start. After several kindly offers of jump starting that didn't work, CAA came to the rescue. Tremendous service. Got car home but it had to go to the repair shop on Monday.

Got to the house, ready for bed. Phones not working. Two of them died of loneliness while we were away. So, the next week, we had to buy a new phone set. Then, - oh yes, - you can't just plug in a phone nowadays, - I spent hours reading the manual and *programming* the darn things!

What else could go wrong? Oh, yes, more. The grandfather clock had a damaged pendulum. How could that happen??? Well, we're lucky to have a retired clockmaker here in Maberly and he was en route home from Florida so by the next week, the clock was sounding its lovely chimes again. What else? Mice in the cold room, enjoying our stored veggies. I guess our house sitter felt sorry for the poor little critters and let them in from the cold.

Checked our 2<sup>nd</sup> vehicle, the van in the carport. It wouldn't start either! It went to the repair shop as well.

Would you believe that we actually paid Canada Post to hold our junk mail and bills so we had something to do on return? Then, there were the seven loads of dirty laundry, floors and loads of dishes to wash, a bunch calls to answer from when we were away, and more. After a week of dealing with problems, our life was once more back in order; and, I planted my early seeds to start under the Grow Lights.

## Tributes to the memory of Ted Maczka

We've included a lot of letters paying tribute to the work done by the Fish Lake Garlic Man, Ted Maczka in this issue of the Garlic News. I understand that the Garlic Seed Foundation in New York State is planning something, likely during the Hudson Valley Garlic Festival. The Carp Farmers Market Garlic Festival is also planning something. If you have a tribute to Ted, we'd love to know about them.



### Thank you Canada Post for your unmitigated greed!!

Sometimes, I think our world runs on greed. The new postage rate increases coming on March 31 are an example. A letter goes from \$0.63 to \$1.00. That's almost 59 % increase. The Garlic News in its present 18-page format will go from \$1.34 to \$1.80, up \$0.46 or 34 %, not quite as bad. I wonder how many working stiffs out there enjoyed a pay raise of 59 % or even 34 % this year? More than likely, it was around 1% to 2 %.

The good news is - I've done some calculations and the cost of the Garlic News will stay the same. That could change. Shipping costs have a way of spinning off and raising the cost of other goods and services. If printing and paper also go up, we'll have to look at other options, including use of electronic format such as being done the Garlic Press. But right now, the News goes out as normal.

Speaking of the Garlic Press, I will be sending out the next issue to Canadian members this month, as soon as it comes.



### What are our plans for the coming year?

Well, first off, as mentioned in the last issue, we are cutting back on the garlic trials. We'll be dispersing more of our collection of garlic cultivars. We'll keep a selection of 25-30 for our annual performance trials plus a small number of our “Seed Savers” for bulbil trials only. Our collection will be a lot less than the 180 to 200 types we've grown in past years. We're concentrating more on bulbil production. The bulbil order reservation form is attached. Yes, we will have a limited quantity of garlic bulbs from the performance trials for sale again this year. This list will go out in May, after we've confirmed winter survival.

The **Seeds of Diversity Canada** garlic collection has developed from its moderate start a dozen years ago and I believe that it will serve the role of being the main resource for garlic cultivars in Canada. If you haven't checked it out, go to their website at <http://www.seeds.ca>.

I highly recommend joining this fine organization and help protect our future food supply by propagating seed varieties.

And finally, for our local area, we will again host the **Eastern Ontario Garlic Field Day**, this year on Sunday June 22. Also, the **Eastern Ontario Garlic Awards** competition will again be held on Labour Day weekend.

*"If you lack the courage to start, you have already finished."*





# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Special Issue January 2014

## IN MEMORIAM

**Tadeusz (Ted) Maczka**

**The Fish Lake Garlic Man**

**Born: January 14, 1930 in Tarnow, Poland**

**Died: December 30, 2013, Picton, Ontario**

It was with regret that I learned that Ted Maczka had passed away on December 30 in hospital in Picton, Ont.

With his passing, the garlic world has lost a true pioneer of the garlic industry in Canada. Ted was Canada's best-known garlic personality, a familiar figure at garlic festivals and events, and a darling of the news media.

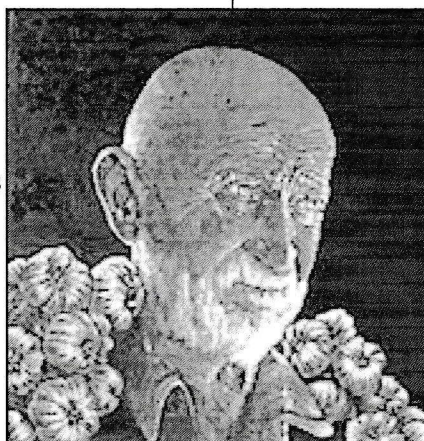
He drove a van with a huge garlic bulb on top and wore a hat or cap decorated with garlic bulbs. He would set up a garlic information stall and preach the gospel of garlic without a break all day.

He was known by gardeners and growers across Canada, shipping his "Fish Lake brand" of garlic varieties by mail order. His personal favourite was a Porcelain type that he dubbed "F3".

He called his farm in Prince Edward County his "Garlic Research and Experimental Station". He collected and grew dozens of different garlic cultivars and experimented with growing of garlic from bulbils.

Ted established the garlic competition at the Royal Winter Fair in Toronto and donated a grant of prize money with the hope that the competition would be continued in perpetuity. During his younger years, Ted would have a garlic information stall at the Royal, manning it for 12 hours a day for the 11 days of the fair, reaching thousands of people with the garlic message.

I recall driving to Toronto to help him with this self-imposed task and was amazed at his stamina and his high spirits, even at the end of a long day on his feet. He seemed to be energized by his talking about the health benefits of garlic and very pleased to be able to tell beginners how to grow this most wondrous of all vegetables.



*The picture shown is of a portrait by Milé Murtanovski, 36" x 24", oil on canvas, 2011, in the collection of the County of Prince Edward Public Library and Archives.*

Ted would talk about garlic anywhere, anytime. When he answered the phone, he would say, "May I help you?"

Articles on Ted's demise appeared starting with the Toronto Star of January 2 and then being picked up by other newspapers across Ontario.

For those with Internet access, you can read these various tributes from reporters that knew of Ted simply by googling Ted's name.

Ted was predeceased by his wife Wilma. He is survived by his son, Taj, his daughter, Barbara, granddaughter, Ally, and four great-grandchildren.

Ted had been admitted to hospital on Boxing Day from a stroke and didn't recover. He had been living in the Maples Retirement Home near Picton, Ontario since 2005 but continued to grow a bit of garlic on his farm near Demorestville in Prince Edward County.

There will be no funeral. There will be a memorial visitation to celebrate Ted's life at:

Whattam Funeral Home,  
33 Main St., Picton Ontario,  
Phone: 613-476-2450.

Messages of condolence to the family may be sent to: Whattams funeral home (on their website), or,

to Jean Dorenburg, Maples Retirement home, phone 613-476-6318, and Jean will forward them.

As garlic growers, we should all be thankful for Ted Maczka, the Fish Lake Garlic Man.

By personal dedication and unceasing effort, he, more than anyone else, helped to create a thriving garlic growing industry in Canada. His determination to make us self-sufficient in garlic left a lasting mark on the world of garlic. *Paul Pospisil, editor.*

**BUY LOCAL, BUY ORGANIC, BUY CANADIAN**

**IT MAKES HEALTHY BUSINESS SENSE**



## We get calls and letters

### In Memoriam

**Tadeusz (Ted) Maczka, *The Fish Lake Garlic Man***

January 14, 1930 - December 30, 2013

*Ted Maczka, the Fish Lake Garlic Man, called me on Dec 14 with Christmas wishes and more of his advice, saying, "Garlic is going through evolution. Planting smaller bulbs gives bigger yields." That was Ted's last call. He passed away Dec 30. Editor.*

### Tributes to Ted Maczka from the garlic community

Hi Paul. I just read that Ted passed away. Do you know any more? And, again; Funny thing I didn't know he had kids and grandkids. Jean and I plan on be there at one.

**Elly Blanchard, Railway Creek Farm.**

*Hi Elly: Ted's family is shown on the obituary. Weather permitting, Mary Lou and I plan on going. Ted was a long-time garlic friend. Also, I had met his granddaughter Ally - just a lovely young teenager at the time - when Ted and I were at the Royal Winter Fair together years ago and wondered how she was doing. We'll try to make it. Paul.*

In today's Whig Standard, Ted the Fish Lake Garlic Man, Maczka passed away. He had a stroke on Monday. Very sad, so glad we saw him in Picton and talked to him.

**Kim Hay of Starlight Cascades.**

Very sad to hear about Ted Maczka's passing. I just heard about it today. He was a true pioneer. His passion for garlic was a great inspiration for me. Thank you for the information.

**Peter McClusky, Toronto Garlic Festival**

Thank you for sending this - you write beautifully - the tribute was very moving. Such a face full of character and a soul and a spirit to match. So sorry for your loss and for all who knew Ted. **Jackie Chalmers New Oxley Garlic**

Good Morning, Paul. Sad to hear about Ted. Thanks for the Tribute in the Special Issue. FYI, typo on first paragraph under the photo. Should be December 30, not January.

**Liz Tobola, Oma's Gourmet Garlic, Aldersyde, Alberta**  
*Whoops! I was rushing to get the Special Electronic Issue out before the visitation. Corrected copy sent.*

Lovely tribute. Thanks for sharing.

**Natalie Ann Comeau, Milford, Ontario**

Hi Paul. Sorry to hear about Ted. Niki & I have relocated to Salt Spring Island, BC and wish to renew our subscription to the Garlic News. I hope this note finds you and yours very well. We look forward to hearing back from you.

**Neale Smith, Pender Harbour Garlic Festival**

Thank you so much for writing and sending this lovely tribute. I am sorry that I never met Ted; he sounds like such a wonderful man and great character. I imagine he was a friend of yours and that you will feel his absence. I hope your memories will warm your heart whenever you miss him. **Anne Janssen, Aylmer, Quebec**

Hi Paul - thank you so much for passing on the news about Ted. I recently purchased a place not too far from Ted's Garlic Farm in Prince Edward County and whenever I talk about my little garlic enterprise to my neighbours and friends, they always ask me if I know of Ted "Fish Lake Garlic Man" and although I never met him personally - I read many of his articles when I was first starting out and he was very inspirational. A legend!! Thanks again for taking the time to let us all know - you are also a big inspiration - always look forward to your newsletters and to meeting you one day. **Lynn Gillingham, Toronto, Ontario**

Thank you for sending the news about Ted. David will be sad. **Janet Cawley, Rose Valley Farm, Rose, NY.**  
*Right afterwards, David Stern phoned personally and added many fine words about Ted.*

Hi Paul. Sad news. Thank you for this. **Steve Reynolds.**

I had not previously heard about his passing. He will be missed. **David McCreery, Carp Farmers Market**

Thanks Paul, a true eccentric, a bit like you in fact! I enjoyed meeting and chatting with him at several of your workshops. **David Fiske, Sydenham, Ontario**

Paul, I saw in our local paper that Ted had died. You were a dear friend and supporter of this amazing man. I am very sorry for your loss.

**John McDougall, Verona Lions Garlic Festival**

Thanks Paul, much appreciated for letting me know. This was the first Christmas I didn't speak with him. He will be missed. I still have the tribute to Ted, in my documents that Charlie wrote for a prior issue of the Garlic News.

**Sheila Robb, President, Haliburton County Garlic Growers Association**

Thank you, Paul. A wonderful tribute for a wonderful man. Would it be all right with you if I posted this on our website? **Jim Capellini, Rasa Creek Farm, BC**  
*A copy of the Special Issue of the Garlic News is posted on the Rasa Creek website. Thank you Jim. Editor.*

*(More Tributes and letters continued on page 8, 16, 17)*



# GARLIC

was the theme for the 131<sup>st</sup> Maberly Fair held

Saturday August 24, 2013

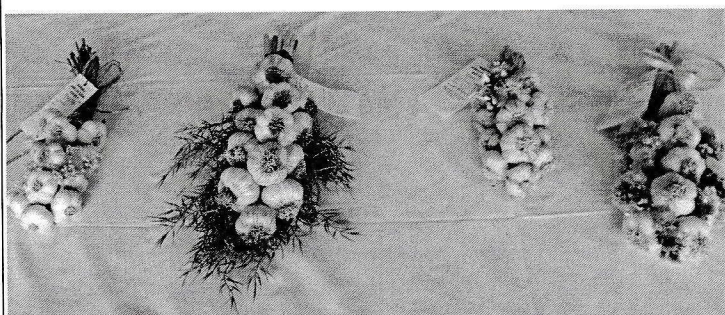
Anyone can enter. Check the website,

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

and download the entry form.

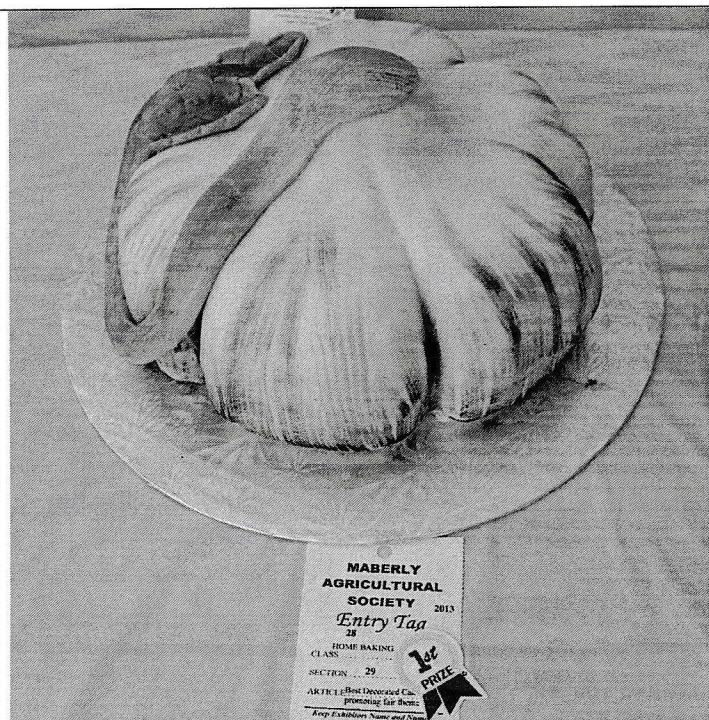
Contact: Paul Pospisil, 613-273-5683

Great prize money.



*Beautiful garlic braids in the competition.*

There were 7 classes in the garlic competition: Softneck bulb, hardneck bulb, display of 3 bulbs, garlic collection of 5 bulbs, softneck garlic braid, hardneck garlic braid and longest garlic braid. As well, garlic was the theme throughout all activities in the fair and it was one of the best themes ever used at the Maberly Fair!



*This garlic cake obviously won a 1<sup>st</sup> prize!*

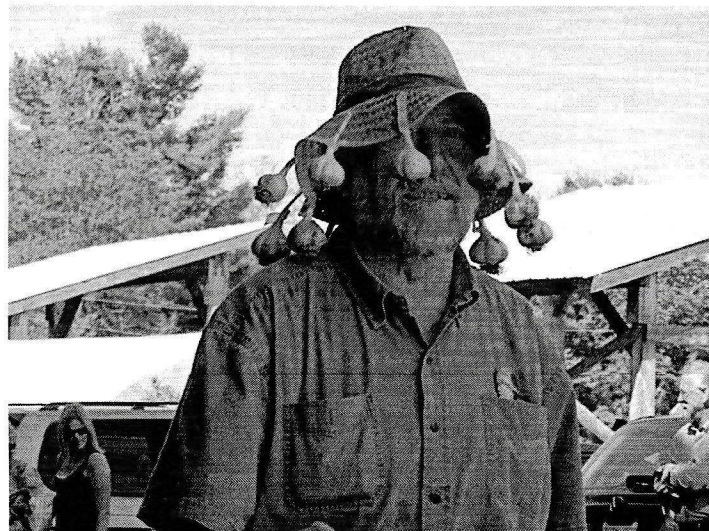


*Smiling "Miss Garlic" won a 1<sup>st</sup> in the Parade.*

--- and some folks just dangled their garlic in the parade!



*Mary Lou supervised the garlic exhibits.*





## Al's Ramblings: Meet My Dog

By: Al Picketts

Yet another snowstorm has come and gone. What a crazy winter this has been for snow. Thankfully, we have dodged the freezing rains and the power outages. I extend my sympathies to those who were not so lucky. I expect the garlic that is snug in the ground would say that it has been a perfect winter for it. We'll see what spring brings.

The scape experiment I did last summer reinforced the findings in *The Complete Book of Garlic* on the effect of garlic bulb size (weight) by removing scapes. I used only one variety, Marino, which is a Rocambole (in my opinion) for this experiment. 150 plants had their scapes removed while 150 plants were allowed to keep their scapes. All plants were harvested at the same time. The result was: the plants with scapes allowed to grow were 15% smaller. So, keep harvesting those scapes to make bigger bulbs.

My banker called the other day. Seems someone has been dumping green powder into the ATM. Since it smelled somewhat like garlic, he figured it could be me doing this. I told him that garlic scape powder is a wonderful food and worth a lot of money and I was only making a deposit into my account so my bills would get paid. He was not very friendly or understanding. No matter how valuable it is it must be turned into cash before depositing.

So, friends, now I must sell some garlic scape powder to please the banker. My normal price is \$300 for five pounds. At this price it is very possible to repackage it into small bags, small jars or shaker jars and double your investment. It sells well but I don't have a very large population base and I can't spare the time to go to garlic festivals and farmer's markets where it should sell very well. To stay on the good side of my banker I'm offering garlic scape powder and garlic scape soup beads (limited supply) **to the end of April at half price**. That's right. I'm offering a five-pound bag of garlic scape powder or beads for \$150. Darn bankers. (*See ad on page 15. Editor*)

I've always tried to predict how best to sell my garlic products and it seems that I'm not very good at it. Take fresh garlic for an example. I figured a two-pound bag would be as small an offering as anyone would want. Not so. I tried fighting it but, finally, I gave into customer demand. I now sell fresh garlic in ½, 1, 2, 5, and 10-pound bags and still I get some folks asking for one bulb.

It is the same for the black garlic. I thought my major sales would be to the restaurant chains and the commercial sauce maker. I was wrong again. My sales are to the average house wife/husband. I was packaging it in one-pound and 4-pound bags. Now I pack in 4, 1, 1/2 pound and a little 50g bag. I guess people don't eat garlic the way I do.

Seed sales for spring planting have been going well but I do have a good selection of top-quality bulbs available. These are in Turban, Porcelain, Rocambole, Artichoke, Purple Striped Marbled and Silverskin and still at 2013 prices.

Let me tell you about my dog.

Rufus is the first dog we have had that we actually purchased. He cost \$300 but was worth many times more than that. A purebred Golden Retriever can sell for several thousand but there wouldn't be one at any price that would be a better dog than our Rufus. He greeted all my customers, visitors, friends and family the same way; with a wag of the tail and a "please pet me" approach. And if you were to make the mistake of petting him then you would have a friend for life. Children rode on his back and jumped all over him while he was trying to catch a few winks but he never complained. My wife (Kim) bought Rufus in Newfoundland in 1997 when he was just a beautiful ball of fur. We each claimed him as our dog but, in truth, he was Kim's dog.

This week Rufus died. He was a few weeks short of his 17<sup>th</sup> birthday. **Al Picketts, Eureka Garlic**



## Raising the Bar, Avram Enjoys Al's Ramblings

Hi Paul. I received the Garlic News the other day and it was a reminder that I totally forgot to send you garlic. My apologies. Where you're at I reckon it's far too late. I just finished planting the last of 12,670 cloves (not including the cloves for green garlic or all the shallots). I got half of it in before the ground froze and had to wait a week or so for it to thaw (it seldom freezes long here in SW Oregon) to finish. If I wasn't still pulling spuds in October I'd be able to get the garlic in sooner but I'd rather plant in the mud than harvest spuds in it. I grow around 2 1/2 tons of spuds comprising 20-25 varieties. They're good in the rotation with garlic.

I found some things interesting in the Garlic News. The contest. The criterion for winners is, for me, my standard. If I'm trying to get top dollar for my product, it's got to look immaculate. I charge more at market than other vendors and seed bulbs I send need to be perfect. It surprises me at times when I get good feedback from customers who've ordered from multiple sources in that my standard clearly isn't the overall standard. Then again, in a cost benefit analysis, others who put less time into it probably make more bank for less labor cost. Customers at market whose first question is how much is it, I don't spend much time explaining anything to, other than there's others with cheaper product. I have, however a loyal customer base. People know quality when they try it and will pay for it. Really though, if I wanted to make bank, I wouldn't be farming at all. I like the idea of the contest in order to, as you said, "raise the bar", to set a good standard which growers ought to shoot for and make that clear for consumers as well.

I enjoyed Al's musings as well, in particular the section on spring planting. **Avram Drucker, Tiller, Oregon, USA**



*Editor: I'm pleased that you like the judging criteria for the Garlic Awards. I find it very discouraging that there are growers out there willing to take advantage of high prices without doing the work needed to justify them. They do a lot to harm the garlic industry. Al Picketts is a great guy. One of these days, we'll take a trip to PEI so I can meet him in person.*



## More Letters and Tributes to Ted Maczka

(Continued from page 5)

### Origin of "Northern Quebec"

Some people here in Quebec pretend that the Porcelain strain known as Northern Quebec was the garlic the first settlers were growing at the beginning of the colony. For that reason, some producers even re-named it «Nouvelle France».

Do you know anything about the origin of this variety? Of it's (English!) name??

Thank you, and bravo for the excellent Garlic News! **Jean Lafontaine, Association Ail Québec**

*Editor: Hello Jean. I've also had a lot of queries on the origin of "Northern Quebec." I obtained my trial samples of Northern Quebec from Boundary Garlic in 2005 along with other Porcelains that I wanted to compare. I suspect that it came from Orv Herrington's collection. I have serious reservations about any suggestion that this particular garlic was brought by the early French for cultivation, especially to Quebec where the fur trade, not agriculture, dominated during the early days. You cannot trace a garlic cultivar name much prior to 1989, that being when the Berlin wall came down, and ag scientists flocked to the Russian Republics in search of the original garlic, came back with hundreds of new cultivars and started growing cataloguing them. In the USA alone, over 600 garlic cultivars were named/ numbered at that time. In my own search for the arrival of cultivated garlic in the New World, I have been able to track down only three historical items:*

*1) Christopher Columbus brought garlic on his ships on colonizing Hispaniola (saw this in a museum in Puerto Plata, Dominican Republic). That was 1494. The cuisine in the Dominican still reflects garlic as a regular seasoning in their national dishes. There is no evidence to indicate that garlic moved from the Caribbean to North America.*

*2) The ships that brought the Pilgrims from Holland to Plymouth in New England carried garlic. Documented in the museum on the Mayflower II. Ships carried garlic in their provisions for health reasons. These early settlers were farmers and likely grew garlic but there is no record of any growing of garlic after arrival.*

*3) The Archives in Manitoba have a 1917 photo of women in East Kildonan, Winnipeg, harvesting garlic. It's attached. They are likely the Doukhobours that fled Russia to find safety in the New World. I believe that this is the earliest record of garlic being grown in Canada, despite it having arrived in the New World much before then. This photo may also be related to the earliest garlic grown here, the cultivar "Russian Red," but I haven't been able to make that connection.*

*Garlic got little mention in history books so research of origin is next to impossible. Having said all that, its just possible that a diligent university student or researcher may find some reference document from early days in Canada to indicate that garlic was actually brought from France and grown in a garden in Nova Scotia or Quebec. I would just love for this discovery to happen.*

*So, what's in the name? Marketing, of course! The garlic market in Quebec is excellent and being able to sell "Quebec" garlic gives it even greater appeal. "Nouvelle France" is even better.*

**Hello Readers! Anyone have something to add on the origin of "Northern Quebec"?**

## Fortunate to have met Ted Maczka

I'm fortunate to have met Ted Maczka, though it was only in the last year. First, it was at the Garlic Field Day at Beaver Pond Estates in Maberly, and later, at the Toronto Garlic Festival, where he gave a talk on garlic.



*Peter & Ted at Garlic Field Day*

After the talk, visitors swarmed his table with questions. It was a cold morning, Ted was feeling a bit chilly, and I gave him my sweater. My last impression of Ted that day was when he stopped talking about garlic just long enough to put the sweater on. I remember his head popping out of the top of the sweater, like a jack-in-the-box, and he resumed talking.

At his memorial I came to realize that Ted's passion for garlic was a lightning rod for something much bigger. It was while talking with his granddaughter, Ally, that I understood that Ted believed in the importance of individuality and independent thinking, and that garlic was a way for him to express this belief.

What better symbol than the stinking rose as an emblem of Ted's philosophy?

It tore me up to see Ted's garlic hat one last time, on display at the memorial. But I'll forever be inspired by Ted's belief in the importance of thinking for yourself. I can't wait to harvest my garlic this year, to help perpetuate something that Ted believed in so strongly. **Peter McClusky, Toronto Garlic Festival**

### Ontario Garlic Draws Better Nutritional Value?

Hello Paul, We believe that Ontario garlic, which is soil bound for 10 months of the year, draws a better nutritional value from the soil, especially the minerals. Do you know if there is any information available to support such a claim? A quote? An article? Anything? Thanks. **Jackie Rowe Owner, The Garlic Box**

*Editor: Hi Jackie. To the best of my knowledge, all garlic cultivars spend approximately the same time in the ground before harvest. I have never run across any research that would put "Ontario garlic" above all the hundreds of other cultivars being grown in Canada. Sounds like a continuation of the hype to promote Music garlic.*

*Let the marketers make all the claims they want. Mother Nature will determine whether a vegetable is good for you or not!*

### Garlic Origin?

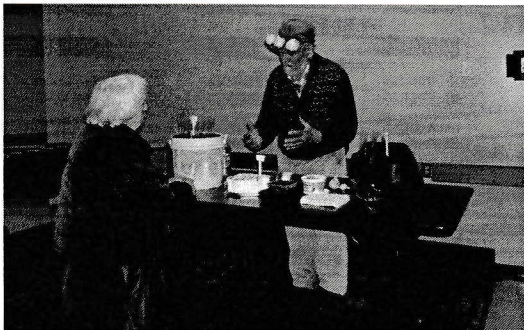
Most people agree it began life in Central Asia--and spread rapidly, even to the Americas, in ancient times. But it's Gilroy, California, that has enshrined it in true American capitalist style. This so-called "Garlic Capital of the United States" (the French Garlic Capital is in Arleux, north of Paris, in the fields of the first World War), produces over 200 million pounds of garlic a year--and makes some pretty bizarre dishes with all that bounty.

*(Letters continued on page 17)*



Memories and mentorship

**A tribute to the late Ted Maczka.**



*Ted informing and encouraging an attendee  
at the 2007 Garlic Workshop held in Minden ON*

When we think of Ted Maczka, words like dedicated, sincere, honest and very passionate spring forth. From garlic festivals to workshops to the Royal Winter Fair, Ted did it all.

He spent his life bringing to others his knowledge and experience of every aspect of growing garlic. For thirty years plus he continually researched to bring forth the best product possible. He was adamant in teaching garlic growers that Canada grows some of the finest garlic in the world. This was Ted's legacy and he left behind those who have carried it on.

One of these was Charlie Robb, who although has also passed, made this comment and did the work, "As a garlic grower myself, Ted has always been there for any help he can give and any time, and through the years a bond of friendship was formed."



From workshop to field and then harvest,  
Ted's message grew on.

Under Ted's mentorship and then later Paul Pospisil, Charlie expanded from grower to sharing with all those he met about the benefits and joy of growing garlic. This grew into a workshop as more people expressed an interest.



*Student become teacher*

The newly educated turned grower and then a handful of growers who expressed interest in hosting their own garlic fest. A month after the first fest in August of 2008, the Haliburton County Garlic Growers Association (HCGGA) was formed and took shape



*A living product, a living legacy,  
we salute you Ted on a job well done!*



*Committed to continuing the work of  
those who have passed and those who  
remain and grow forward!*

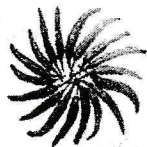
To contact the Haliburton County Garlic Growers Association, Visit website: [www.haliburtongarlic.ca](http://www.haliburtongarlic.ca)  
or phone Sheila Robb, president, 705-489-4201, Email [robbsheila@gmail.com](mailto:robbsheila@gmail.com)



## 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@xplomet.ca



## Snoetic Farm

Naturally grown seed garlic & bulbils  
Prairie-adapted varieties

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

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



Jim Capellini  
Lumby BC 250-547-2077  
[www.rasacreekfarm.com](http://www.rasacreekfarm.com)

Seed Garlic: Bulbs and Bulbils

### New in 2014

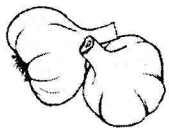
- ✓ 15 new cultivars
- ✓ Expanded "Growing from Bulbil" page
- ✓ Streamlined shopping cart...



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](http://www.garlicfarm.ca)  
[www.saltspringseeds.com](http://www.saltspringseeds.com)  
[www.rasacreekfarm.com/resources/the-garlic-news](http://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](http://www.garlicfarm.ca)

[garlic@garlicfarm.ca](mailto:garlic@garlicfarm.ca)

ALAN COWAN

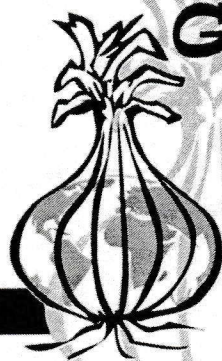
## ARRANHILL GARLIC FARM

R.R. 2 (#110) Allenford, ON N0H 1A0



TABLE GARLIC & GARLIC SEED  
NATURALLY PROCESSED GARLIC  
GARLIC BRAIDS & SHALLOTS

[acowan@bmts.com](mailto:acowan@bmts.com) ph. 519-934-2119 cell. 519-270-0022



## Global Garlic

International Garlic Varieties  
Grown Locally

Daniel Hoffmann : 647-388-7444

[www.thecuttingveg.com](http://www.thecuttingveg.com)



James & Janice Jones  
email ~ [bigassgarlic@hotmail.com](mailto: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

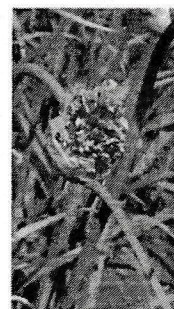
Phone: 250-569-7810

Email: [info@twinmeadowsorganics.com](mailto:info@twinmeadowsorganics.com)

[www.twinmeadowsorganics.com](http://www.twinmeadowsorganics.com)

[www.organicgarlicbc.com](http://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](mailto: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 2013 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)



**EUREKA  
GARLIC**

**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 2014 Advertising Rates

**Business Card:** \$50.00 for 1 year of 4 Issues  
**Box Ad:** \$50.00 per column inch or 5 lines, per 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 group and other rates.

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

*Your ad includes referral service to customers looking for garlic at no additional cost.*

**Organically Grown Elephant, Music & Ivan** garlic. Will ship fresh and seed garlic.

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:

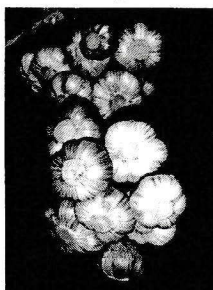
[www.bluemarshfarm.ca](http://www.bluemarshfarm.ca) for varieties. Blue Marsh Farm, NS. Ph. 902-945-2729.

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: [1t@sasktel.net](mailto:1t@sasktel.net)  
Website: [www.railsidegarlic.com](http://www.railsidegarlic.com).



"As you sow, so shall you reap"

**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).

**Salt Spring Seeds** on Salt Spring Island carry a great line of heirloom & heritage seeds including garlic. Dan Jason, 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 include 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 bulbs 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 [OMAGarlic@platinum.ca](mailto:OMAGarlic@platinum.ca) (preferred), call: 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 bulbils or diversify at low cost. From the Beaver Pond Estates Small-Plot Organic Garlic Variety Trials. Over 100 cultivars, all Horticultural Groups. Reserve now for 2014. Ph. 613-273-5683  
Email: [garlic@rideau.net](mailto:garlic@rideau.net)

### THE GARLIC PRESS

*Newsletter of the Garlic Seed Foundation*  
Now available in electronic format.  
Go to website:

[www.garlicseedfoundation](http://www.garlicseedfoundation)  
or Email Bob Dunkel at [gardunk@yahoo.com](mailto:gardunk@yahoo.com)

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

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

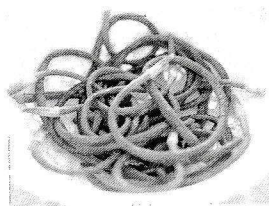


## The best garlic recipes and ideas

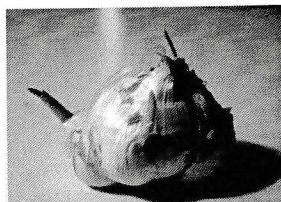
### Garlic scapes and greens

*From the Garlic Guru's kitchen*

Spring is just around the corner and that once a year delicacy, garlic scapes will soon be here. But first, there are those tender young shoots called garlic greens or scallions are there to enjoy. Both of these add a new dimension to your garlic recipes.



### Garlic bulbs sprouting? Freshen them up!



They are likely starting to taste bitter so why not use them to grow garlic greens? Crack them into cloves, plant a few in a window pot for some extra early ones and the rest in the garden as soon as you can get out there without

sinking up to your knees in mud. In about 3 weeks, they're tall enough to start pulling some for your kitchen. You can either pull them or clip them for a second growing. Then, enjoy!

### Mashed potatoes with garlic greens

For the best garlic mashed potatoes you have ever tasted, chop garlic greens finely and sauté them in butter. Add them to mashed potatoes with a little milk or cream. Salt and pepper is optional as per your diet. Use as many or as few as suits your taste.

**Asparagus and garlic scapes** make a great team of a fresh spring vegetables from your garden. Use together as steamed vegetables to make a light lunch or use a scape pesto as a topping for lightly cooked asparagus to give it a bit of a zing.

### Pesto with garlic greens or scapes

Pesto can be made with either scapes or garlic greens and you can use different nuts to change the flavour. Try this one in various ways.

#### Ingredients:

½ cup of toasted sunflower seeds (or pine nuts, pumpkin seeds, walnuts or other nuts, as you wish)  
6 finely chopped garlic scapes or 10 stems garlic greens  
¼ cup of olive oil  
Parmesan cheese (optional)  
Dash lemon juice  
Salt to taste (optional)

**Method:** Combine all the ingredients in a blender or food processor and then use the pesto on pasta, as a replacement for tomato sauce on pizza or just served on crusty bread or crackers as an appetizer.

### Cooked asparagus with asparagus pesto on toast

Asparagus is the delicacy of spring and serving it with garlic scape pesto gives it an added gourmet touch.

#### Ingredients:

24 stalks asparagus  
1 tbsp. sea salt  
4 slices fresh, whole grain bread  
Pesto (see preceding recipe)  
Parmesan cheese  
Olive oil  
Freshly ground pepper

#### Method:

Wash and trim asparagus. Bring a large shallow pan of water to a boil. Add salt, then asparagus, reduce heat, and simmer 4 to 6 minutes until asparagus are cooked. While asparagus is cooking, toast bread, and then thickly spread scape pesto on one side. Sprinkle with olive oil and Parmesan cheese.

Drain asparagus well and divide between 4 warmed plates. Place toasts on side of plate. Serves 4 for a light lunch. For a more filling meal, serve with a lightly poached egg.

### Scape Vichyssoise

A classic soup with a scapey twist. Superb flavour. Serve hot or cold. Sprinkle with a few drops of hot chili to zip it up for a more spicy taste.

#### Ingredients:

2 cups chopped garlic scapes  
1 tbsp. butter  
2 cups diced peeled red potatoes  
4 cups chicken broth  
1/4 cup whipping cream  
Salt and freshly ground pepper  
2 tbsp. chopped fresh parsley

#### Method:

In a saucepan, heat butter on medium high. Add scapes and sauté for 2 minutes. Add potatoes and sauté until softened slightly, about 2 minutes longer. Add chicken broth and bring to a boil. Reduce heat to medium and simmer until potatoes are cooked. Puree in food processor or with a hand blender. Stir in cream and season with salt and pepper. Simmer for 5 minutes to blend flavours. Stir in parsley. Chill before serving. Garnish with a few diced scapes floating on top. Makes 4 servings.

### The early vegetables from your garden

*These are the best vegetables of all – garlic greens and onion scallions, baby lettuce, radishes, rhubarb, baby beet greens, even very early baby potatoes – use them to make the most delicious vegetable dishes that you will taste all year. Spring comes only once a year so enjoy its flavour!*



## Health Notes: Garlic & Olive Oil in Cooking

### Garlic & Olive Oil

All garlic lovers know that olive oil and garlic go together for a delicious and healthy food. Yet, not everyone knows that improper cooking with oil can not only destroy those health benefits but also convert them to a “bad” food that can cause cancer. The enemy is **heat**.

All types of olive oil (including extra virgin) contain a large amount of monounsaturated fat, 70-80% of the total fat.

This is the “good” fat that comes from the monounsaturated fatty acid (MUFA) called oleic acid. MUFAs lower your cholesterol; normalize blood clotting, and some research shows that they help control insulin levels and blood sugar, important if you have type 2 diabetes.

But, MUFAs have relatively low smoke points and cannot withstand a large amount of heat. Unless these high-MUFA oils have been refined or conditioned in a way that increases their smoke point, they typically cannot withstand heats of much greater than 200-250°F (93-121°C) without burning (the temperature of stove-top frying is 375-525°F, or 191-274°C).

#### Too much heat damages extra virgin olive oil

All oils have a “smoke point”, the temperature at which the oil gets too hot and starts to smoke. Studies show that heats as low as 320°F (160°C) can damage the phenols in olive oil. Extra virgin olive oil heated for periods of time sometimes as brief as 10 minutes is damaged.

*Many cooks recommend 210°F and no higher than 220°F to protect the olive oil from burning.* Frying is usually between 350-400 °F. Most microwave cooking is too hot for the oil.

There are, of course, many dishes that do not require heating that will allow you to enjoy extra virgin olive oil. Healthy sautéed vegetables can be drizzled with extra virgin olive oil before serving. Extra virgin olive oil can be blended together with garlic and beans in a food processor to make a delicious dip. Extra virgin olive oil can be used in place of butter on bread or rolls, and it can also be combined with garlic and added to potatoes that have been previously steamed to create a wonderful mashed potato side dish. There are delicious salad dressings containing extra virgin olive oil that do not call for any heating whatsoever. You get to enjoy the great flavor of extra virgin olive oil along with the full benefits of its amazing health-protective phenols.

#### Garlic should be heated even less

If you follow good cooking practice, you’ll cook your garlic at temperatures under 140°F (that is, after crushing it and letting it sit for 10 minutes to release the allicin) so you shouldn’t get hot enough to damage the olive oil.

#### Smoke points of oil

OK, so there are some folks that like to cook with hot oil. For this, it’s wise to use oils with a higher smoke point. The chart that follows gives an indication of which oils are better for higher temperature frying. Notice that refining the oils to take out impurities raises the smoke level.

Fat	Smoke Point °F	Smoke Point °C
Unrefined canola oil	225°F	107°C
Unrefined flaxseed oil	225°F	107°C
Unrefined sunflower oil	225°F	107°C
Unrefined corn oil	320°F	160°C
Unrefined sunflower oil	320°F	160°C
Extra virgin olive oil	320°F	160°C
Unrefined peanut oil	320°F	160°C
Unrefined soy oil	320°F	160°C
Butter	350°F	177°C
Semi refined canola oil	350°F	177°C
Unrefined sesame oil	350°F	177°C
Semi refined soy oil	350°F	177°C
Vegetable shortening	360°F	182°C
<b>Refined canola oil</b>	<b>400°F</b>	<b>204°C</b>
<b>Sesame oil</b>	<b>410°F</b>	<b>210°C</b>
<b>Grape seed oil</b>	<b>420°F</b>	<b>216°C</b>
<b>Olive oil</b>	<b>420°F</b>	<b>216°C</b>
<b>Almond oil</b>	<b>420°F</b>	<b>216°C</b>
<b>Hazelnut oil</b>	<b>430°F</b>	<b>221°C</b>
<b>Peanut oil</b>	<b>440°F</b>	<b>227°C</b>
<b>Refined corn oil</b>	<b>450°F</b>	<b>232°C</b>
<b>Refined sunflower oil</b>	<b>450°F</b>	<b>232°C</b>
<b>Refined peanut oil</b>	<b>450°F</b>	<b>232°C</b>
<b>Refined Safflower oil</b>	<b>450°F</b>	<b>232°C</b>
<b>Semi refined sesame oil</b>	<b>450°F</b>	<b>232°C</b>
<b>Refined soy oil</b>	<b>450°F</b>	<b>232°C</b>
<b>Soybean oil</b>	<b>495°F</b>	<b>257°C</b>
<b>Avocado oil</b>	<b>520°F</b>	<b>271°C</b>
<b>For frying, use oils above 400°F.</b>		

### Garlic Oil

Make simple garlic oil for your salads, vegetables, meats and other food by heating several cloves of garlic in oil.

#### Method:

Crack a head of garlic into cloves and peel. Place cloves in a small pot or a sauté pan and cover with about 2 cups of olive, canola or grape seed oil or any oil that you enjoy. Extra virgin olive oil is the best. Heat the oil and garlic on a low to medium-low setting. If you have a thermometer, keep the oil at around 200-210 °F (93-98 °C) but no higher than 220 °F (104 °C). Without a thermometer, it is hot enough when the oil bubbles gently. If the garlic starts to fry or brown, just remove the pan from the heat for a few minutes. Let the oil and garlic heat for 15 to 30 minutes. For a stronger garlic taste, cook longer. For a lighter flavour, cook less. Remove the cloves with a slotted spoon, or pour the oil onto what you are making, complete with the cloves, depending on your taste.

Use the garlic oil immediately. For any extra, cool to room temperature, pour into in an airtight container or a glass jar and refrigerate. It will keep one to two weeks but no longer in order to avoid bacteria such as botulism.





## Certified Organic Garlic for Seed & Table

All garlic is **certified organic** to meet organic grower requirements

**Over 24** of our favourite varieties available

Orders from **5 to 200 lbs.** welcome

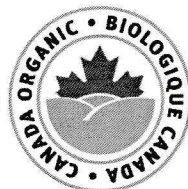
Hardy varieties grown from bulbils and **acclimatized** to zone 3 or warmer

**Variety recommendations** to expand your sales and extend your season

Korean Purple, Puslinch, Chesnok Red, Persian Star, Red Italian, Northern Quebec, Kostyn's Red Russian, Sicilian Gold

**Website:** <http://certifiedorganicgarlic.blogspot.ca> for all varieties, pricing, and download our **order form**

**Email** inquires to [rainbowheritage@gmail.com](mailto:rainbowheritage@gmail.com) or call Zach at (613)-717-2211



### Dispersal of Garlic Collection

The garlic collection at Beaver Pond Estates has been gathered up over the past 25 years from numerous sources and contains many unique and hard to find cultivars.

Last year, 2013, we found homes for some. In 2014, we need to find homes for another 50 to 75 cultivars to cut back our collection.

Growers interested in collecting garlic cultivars and preserving the genetic stock are invited to make proposals. Contact the editor.

### 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](mailto:garlic@rideau.net)

### Call for Garlic Stories

Garlic grower Peter McClusky is researching a book for History Press about the history of garlic in Ontario. Cultural traditions and garlic use from the first settlers to present day will be featured. Peter invites comments and information including old family recipes, stories, and anecdotes about your use of garlic for cooking or medicinal use and, importantly, that shed light on the shifting attitudes to garlic.

Please contact Peter with your story!

Tel: 1-416-888-7829, or  
Email [Peterm@torontogarlicfestival.ca](mailto:Peterm@torontogarlicfestival.ca)



# 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*

### **Eureka Black Garlic**

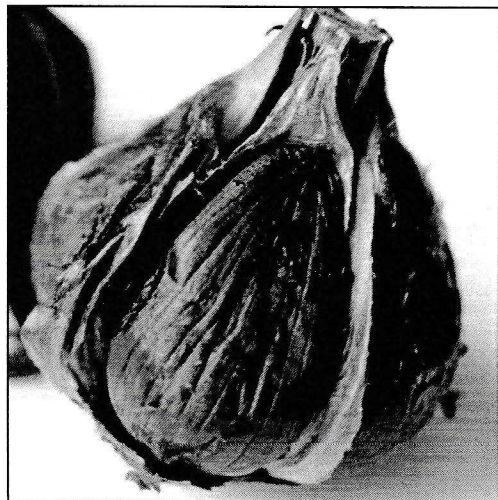
*Prices:*

*1/2 lb bag at \$17*

*1 lb bag at \$30*

*50 lb tote at \$1250*

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



[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

## **Half Price Special**

**Garlic Scape Powder, reg. ~~\$300~~**

**Garlic Scape Beads, reg. ~~\$300~~**

**Only \$150**

*Limited time special until April 30*

*Be ready with product on hand for the scape-selling season.*

*Phone, email or visit but order now while supplies last.*

To contact Al Picketts, phone 1-902-836-5180 or Email [al@eurekagarlic.ca](mailto:al@eurekagarlic.ca)



## More calls and letters

(Continued from page 8)

### Pheromone Traps & Lures

This time of year, lots of growers in leek moth regions are looking for pheromone traps. In our region, the moths start flying early April. Here are two sources that I have used successfully in past years:

1) Cooper Mill in Madoc, Ont:

Contact: John Hastings, ph. 613-473-4847

Website: [www.coopermill.com/](http://www.coopermill.com/)

Write: Cooper Mill Ltd.,

RR 3,

Madoc, ON, K0K 2K0

2) Solida, in Quebec

Contact: Marc Charbonneau, ph. 418 826-0900

Email: [info@solida.ca](mailto:info@solida.ca)

Website: [www.solida.ca](http://www.solida.ca)

### Leek moth, moose and missing the harvest

No worry about thawing and freezing this year. Our 33 types of garlic are buried deep and still fast asleep. We're in the same Ottawa, weather, and climate zone as you.

For leek moth, could you use pheromone traps as a control method or only as an indicator that they're around and where can I buy them? We've managed to stay moth free in the garlic for the last 4 years but they are on the leeks so sooner or later they'll show up.

We've been pest and disease free so far, save a few mite nibbles. Does a Flamenco dancing moose count as a pest?? I have consistently missed my harvest dates by about a week, too late, every year. Each year I swear it won't happen again... then I miss again. Would you be able to post on a site when you and perhaps other garlic wizards are starting the harvest? This would be really helpful.

**Gary Bougard, Mayo, Quebec.**

*Editor: Hi Gary. Pheromones are only an indicator of presence, not a control measure. The male moth would rather choose the little female over her artificial perfume any day!!*

*If you've got them on leeks, you've got them. It's just that they prefer leeks to garlic. Some growers surround their garlic patch with a row of leeks as a trap crop - they kill them on the leeks and have reduced damage on the garlic.*

*Get that moose and marinade him in a garlic marinade. It will make a great new recipe.*

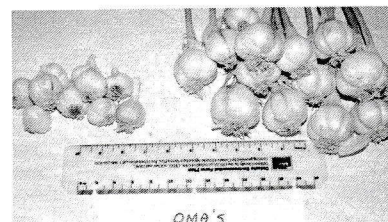
*Harvest dates?? No easy solution to that problem. You just have to watch the plants and try a few when they're coming close. Each crop has to be looked at separately. You and your neighbour may be just a short distance apart and harvest a week or even more different. It depends on so many things that you just can't make general rules. Paul.*

*For members, go to the Boundary Garlic website, [www.garlicfarm.ca](http://www.garlicfarm.ca) for my growing instructions, **Any Gardener Can Grow Garlic - Part 2** for a good technique to follow.*

## Oma's spring planted garlic

Hi Paul. Avram told me you have just published another article on spring planted. I am writing an article for Heirloom Gardener on spring planted garlic. I heard there are growers in Ontario doing some spring planting as an adjunct to fall planting. Can you tell me more or give me a call? Can you send a copy? **Lawrence Davis-Hollander, Ashley Falls, MA**

*Editor: Hi Lawrence. My own growing trials (here in Ontario) with spring planting have demonstrated only the occasional successful crop. The 2013 trial was one of these - see attached performance report and you will notice that the spring-planted Artichoke, "Wettergren" produced excellent results in 2013. Liz Tobola's "Big bulbs sell first" letter in the last issue of the Garlic News is enclosed. Picture is attached. See more from Liz.*



*Oma's fall-planted on left, spring planted on right.*

Hello Lawrence. Regarding planting from bulbils, rounds are the usual result at harvest. Less than 1% will bulb. Second harvest more than 99% bulb, the remaining are larger rounds. Most of the bulbs will have 4 cloves and a few only 2 cloves. It takes 3-5 years for mature sized bulbs. I've been spring planting here in Alberta since 2004 and have only dabbled in fall planting small quantities. I find the best results for the bulbils with the spring planting. Planting to harvesting the bulbils is approx. 18 weeks, give or take a couple weeks or longer. Sometimes I don't harvest the bulbils till after I'm done harvesting the mature bulbs. This is for OMA's Gourmet Garlic that is unclassified, bulbils are Porcelain-like. **Liz Tobola, Aldersyde, Alta.**

### Sprouting Turbans



This is a picture of determined Turbans. Thanks for the tribute to Ted. He lives on with me. I have his F40 and F4 softnecks. I am marinating the steaks in his garlic tonight. He had a great sense of humour. **Carolyn Smith**

*Editor: The Turbans are doing their thing. They are not keepers so they sprout. You might want to plant those for early garlic.*



## Still more calls and letters

(Continued from page 16)

### Saskatchewan – “next year will be better

Cold here with just a thin layer of snow covering the garlic fields. The Saskatoon Garlic Festival was discussed and interest was high, but when the garlic crop did not produce as much as was expected, the festival was put on the back burner. The 2013 crop was intense with flavour and overall quality was top notch. After we survived the winter and got through the cool spring, growing conditions were ideal; rain when we needed it and lots of heat at the right time. We came across a newspaper article from The Grower, which is out of Ontario, discussing the garlic losses this year due to the aster yellows that had affected the crops in 2012. Not sure if that was the source of problems on the prairies - symptoms seemed to match. In years like the past two, makes you wonder if you should keep going or hang up your hat!

Happy to say that yes, we are still in the garlic business. The one positive thing about having a poor year, is you really learn patience, - - and of course, that next year will be better. Hope all is well with the both of you, counting down until weeding season. **Anna Schaab, The Garlic Garden**

*Editor: Hi Anna. Thank you for the garlic crop update. On a humorous note, I like to say that I was born and raised in "next year country," as Saskatchewan was called for many years. Before World War 2, it was drought, high winds that blew the soil east to Manitoba (just drive the highway north of Yorkton and you'll see some of it still piled up along fence lines and hedgerows), grasshoppers, and diseases like rust that prevented farmers from growing good crops of wheat. After the war, it was 10 years of late spring killer frosts, snow in late June and even July, torrential downpours, and floods. However, my father never gave up. He'd always say, "next year the crop will be good." Sorry about a poor crop year. Just remember, "next year" will be a bumper crop!*

### Garlic Congress in Madrid, Spain

I am a guest speaker at The World Garlic Congress in Madrid February 25 – 26, 2014. My subject is the *Origins of Garlic* based on my travels and experiences. I did suggest to the organizers that Ted Jordan Meredith was far better qualified than me but I come free and might be better known in Europe, possibly. I will promote Ted's book on Garlic and draw from it. This (the Congress) is largely for large commercial growers who tend to be “Neanderthals” when it comes to the finer points of garlic varieties, taste and its origins. The Garlic News is not their home country! However I was hoping you could let me have Ted's contact address so I could email him direct.

I have some great new garlic types from Czech Republic and something very special from Irkutsk.

Kind regards, **Colin Boswell, The Garlic Farm**

Hi Paul. Thank you for connecting Colin with me. I have contacted him and will be glad to help him in any way I can. Great to hear that he will be spreading the word about garlic's diversity and nuances.

Best, **Ted Jordan Meredith**

*Editor: Isn't it great to see two of the foremost garlic experts cooperating on spreading the gospel? For our members, see Issue 26 of the Garlic News for some of Colin's adventures searching for garlic in Kazakhstan.*

### Garlic spacing and green manures

We are all going to miss Ted's expertise, I met him at the Royal for many years I am pleased to have known him he was a great teacher: This is my 16<sup>th</sup> or 17<sup>th</sup> year growing garlic. In 2013 I had around 8000 bulbs in the ground and had to hire help to harvest it. All sold out by September 15th. Planted again 3rd week in October 2013 and it took 4 weeks to get in 7000 bulbs in the wet.

For the 2013 crop, I tried a spacing of 5" between bulbs and my harvest averaged 1 %" dia. bulbs that were excellent taste with a loss of about 100 bulbs. Still have some in the garage now. I like to have some to sell in the spring. If they start (growing) I can plant them. I tried a spacing of 6" for the bulbs I planted for next year (2014) and hoping for a larger bulb around 2".

I have been using buckwheat turned under twice as a green manure crop. I have enclosed a brochure from one of our local seed houses (General Seed). I have been thinking about trying their pea, red clover, and buckwheat mixture. Do you think this would make a good spring ground cover? I only have one rototiller and a quarter acre of ground. I may have to plant twice so it does not get too high I find if I till to often I cut my worms up and I need them to make my sandy loam soil good.

We have to keep growing good garlic in Ontario. We do have several new large growers in Southern Ontario and will soon be able to supply all of Ontario's demands.

Hope to see you in June. What are the dates?

**Carole Campbell, Dundas, Ontario**

*Editor: I've extended your subscription to Issue # 48. Thank you for the extra money you sent with renewal. On your green manure/cover crop question: Red clover is by far the best for adding nitrogen to the soil. However, it takes longer to mature and does its best when left in the soil into the 2<sup>nd</sup> year. It may not go well with buckwheat, which is ready to turn under in 4-5 weeks. I would be tempted to grow them in succession, buckwheat first, turn it under and then plant the clover and leave it in longer, even over the winter. Peas and clover are both good nitrogen fixers so you'll wind up with a very rich soil for the next crop. You're right about the greater spacing. You should get larger bulbs, other things being equal.*



## Release of Parasitic Moth for Biological Control of Leek Moth - Summary of Results

By: Peter Mason, Agriculture and Agri-Food Canada

**Objective:** Release the biological control agent (*Diadromus pulchellus*) in areas where leek moth has become a concern, monitor its spread and impact on the leek moth, and develop educational materials for growers for integrated pest management of leek moth.

**Background:** Leek moth, *Acrolepiopsis assectella*, an invasive alien species from Europe, has become established in eastern Ontario as well as parts of Quebec and is continuing to expand its range. Leek moth larvae mine into the leaves of alliums (garlic, leeks and onions) damaging the plant and sometimes rendering it unmarketable.

The Pest Management Center's Pesticide Risk Reduction Program has funded work to develop tools and information, which can be used in an integrated management program (IPM) for the control of leek moth through two previous related projects. One focused on basic biology studies and the development of an IPM system (MU03-ENT2) and the second on the discovery of a biological control agent (PRR03-260). As part of this work Agriculture and AgriFood Canada researchers and collaborators from the CABI Europe - Switzerland centre identified the parasitic wasp *Diadromus pulchellus* as a promising biological agent. After extensive host range studies conducted in Europe and in containment facilities in Canada, a petition was submitted to the Canadian Food Inspection Agency (CFIA) and regulatory approval for release was granted. Through this project the biological agent *D. pulchellus* was released for the first time in Canada. Working with the Ontario Ministry of Agriculture and Food (OMAF), Carleton University, and CABI an IPM system incorporating *D. pulchellus* with other reduced risk methods was developed and implemented on garlic farms in the Ottawa valley, in eastern Ontario. Extensive grower collaboration through a farmer participatory research approach was a key factor in the success of this project.

**Lab and Field Experiments:** Leek moth monitoring and estimate of damage. For field experiments on grower farms five blocks of garlic were planted and a portion of garlic in each block was placed under row cover. Pheromone traps were used to monitor flight patterns and numbers of adult leek moth during the growing season. Field populations of leek moth larvae and pupae were estimated through plant collections, while damage by leek moth was determined through plant dissection. In addition collections of scapes and bulbs were conducted to estimate damage to marketable products. For all farms in 2010 - 2012 fewer plants under row cover had scape damage than without row cover. In 2012, there was no damage observed on the protected plants (row cover) at two sites. The data indicated that floating row cover provided protection to scapes and garlic plants in all years as damage was reduced under row cover compared to unprotected plants. This demonstrates that the row cover can provide protection from leek moth most likely by acting as a barrier to females trying to lay eggs.

In 2011, the results showed that when garlic was hung to dry with the stalk attached, greater damage to the bulbs occurred. However, there does not appear to be much difference in weight between garlic bulbs that were cut at the stalk and those hung with the stalk.

Leek moths were reared year round in the lab to provide host material for the biological control agent *Diadromus pulchellus*, as well as material for field experiments. In May numbers of *D. pulchellus* were increased in preparation for releases at up to four locations, the Central Experimental Farm (CEF) to test methodology and establish a local population of the parasitoid, and at three co-operator locations in the Ottawa area. Experiments to determine the effect of cold storage on fecundity were also conducted.

*D. pulchellus* releases were made in the Ottawa area from 2010-2012. *D. pulchellus* adults were released frequently from time of first generation pupation of leek moth until the end of the season. In 2010, 1337 males and females were released at two sites. In 2011, 1771 individuals were released on two sites and in 2012, 7089 individuals were released at 4 sites. More than 10,000 *D. pulchellus* were released over the course of the project. Recoveries documented survival of *D. pulchellus* in the field for at least one complete generation during the field season. Progeny of individuals released the previous year were also recovered the following spring indicating that *D. pulchellus* can successfully overwinter in eastern Ontario. The results also suggest that immediate parasitism levels of almost 50% can be achieved when sufficient numbers of the biological control agent are released. Background parasitism at five locations in the Ottawa area was also established.

**Farmer Participatory Research:** Farmer engagement was a key element to the successful implementation and completion of the project. At the onset, five Ottawa area growers were recruited as grower collaborators to contribute to the project and the research through a farmer participatory approach. After an initial visit to explain the project and adapt the experimental set up to individual needs, collaborators were engaged through regular on-site visits and discussions during each field season. In addition annual meetings were conducted with each participant to discuss the previous year's results and to plan for the next field season. An end-of-project questionnaire demonstrated that participants were enthusiastic about and benefitted from the pre-project and ongoing on-site interactions. In 2010, all but one farmer was aware of biological control; however, through a combination of on-site visits, individual farmer reports and full-day information sessions, all farmers have said their knowledge and understanding has increased with respect to the leek moth problem in allium plants; the biology of the leek moth; natural enemies of the leek moth; and the role of row cover and leek moth pheromone trap monitoring and temperature data as part of an IPM program against leek moth.

All farmers said they would be willing to participate in a follow-up IPM program against leek moth and would definitely recommend participating in the program to other garlic farmers.

**Knowledge and Tech Transfer:** Knowledge transfer was achieved through multiple approaches, including factsheets and handouts, grower workshops as well as by the farmer participatory approach itself.

The leek moth is an emerging pest problem that will continue to impact allium production systems, particularly organic operations with few management options. This project addressed the need for reduced risk strategies by implementing a biological control option for management of the leek moth.



## Order #

# 2014 ADVANCE RESERVATION BULBIL ORDER FORM

<b>Name:</b>	<b>Member No.</b>	<b>Ph.No.</b>
<b>Address:</b>		<b>Email:</b>
<b>Town &amp; Prov:</b>		<b>Postal Code:</b>

**Oriental Mustard (short), or Brown Mustard (tall), 10 gr. packet of organic seed to grow your own, for Nematode control \$3.00**

**DO NOT ORDER GARLIC BULBS ON THIS FORM!! A SEPARATE GARLIC LIST  
WILL BE SENT IN MAY 2014.**

**Bulbils must be reserved no later than June 15.**

[illegible]

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

Destination	AB, BC and NL	NB & NS	MB, SK & PE	ON & QC
Bulbil Order totals: 0 - \$30.00	\$12.00	\$12.00	\$12.00	\$12.00
Over \$30.00	\$14.00	\$15.00	\$15.00	\$14.00

---

orig/ 15 Mar 2014