



# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 40 Summer 2014

## *When is garlic ready to harvest?*

### *"How can I tell if my garlic is ready to harvest?"*

This is the most frequent question posed by novice growers and even experienced gardeners. Knowing the best time to lift mature bulbs is an art gained from experience.

Harvest preparations start a month ahead of the actual date that the bulbs are lifted and activity doesn't finish until two or three weeks later when the cured garlic is put away in storage. Although there is no single rule that can be applied, there are some good indicators to guide you.

First, watch the **calendar**. The magic date for harvest preparations is the summer solstice, June 21. This is when the underground bulbs start to swell and grow and when the garlic needs pre-harvest attention. On hardnecks, the scapes have to be removed to aid in bulb growth. The bulbs develop quickly over the next month or so. Irrigation is stopped during this period.

Fall planted garlic is ready to be dug somewhere between the first week of July through to mid August.

The second factor is **Varietal Group and Cultivar**. Garlic maturity in this region occurs in the following order:

Very Early: Turbans and Asiatics.

Early: Artichokes & Creoles.

Mid Season: some Porcelains and the three Purple Stripes.

Late: Porcelains and Silverskins.

The Rocamboles, having the greatest diversity, range in maturity from very early cultivars to late ones with most of the cultivars maturing in mid season.

The spread between early and late cultivars can be as much as four weeks.

Third, watch the **weather**. The growing conditions each year influence whether a harvest will be early or late. Each year is different. Dry or drought conditions favour an earlier harvest while a wet year is favourable to a longer growing period. These examples from the Beaver Pond Estates trials show how harvest dates vary from year to year:

2013: July 13 – July 26 (14 days). A wet year.

2012: June 27- July 15 (18 days). A drought year.

2009: July 12 – August 3 (15 days). A very wet year.

2008: July 13- August 1 (25 days). Late spring, wet year.

2007: July 16 – August 4 (19 days). Wet year, wet harvest.

When to dig the bulbs? Exactly when is a little tricky. Too early will give undersize bulbs that don't store well, and a few days too late will result in bulbs lacking the protective wrappers around the cloves. I've found that you have only about 3-7 days in which to harvest successfully, and with some, like the very early ones, only a day, or two. A Turban can be showing few signs of maturity and the next day, can have gone past and be broken down with few bulb wrappers left.

Next is the **appearance and behaviour** of the plants.

Hardnecks and softnecks behave quite differently.

First, hardnecks: Scapes grow on hardneck garlic. When the scape appears, the underground bulb is starting to swell. The bulbs draw their energy from the leaves, causing the leaves to die, a stage in plant life called senescing. The time worn rule is to "watch the leaves." When the bottom three or four are dead and the top five or six are still green, its time to lift a bulb or two to check them. If they are ready, start harvesting and get them out of the ground and curing as soon as possible.

The softnecks, including the weakly bolting ones: Here you have really strange behaviour. Nearly all the Artichokes, Turbans and Asiatics, and some Silverskins will fall over when harvest is approaching. They weaken at the stem, just at soil level. Watching the leaves is not a good indicator as all leaves have gone soft when the stem weakens and they may even look pale green when the bulbs are ready. Once a number of the plants fall over, its time to lift a few bulbs and check them. As well, the Artichokes will start producing bulbils along the stem, another indicator of bulb swelling. The Asiatics are especially tricky.

**Check the bulb.** It should be firm and well filled out, the cloves pushing the wrappers tight. You can cut the bulb in cross-section. The cloves should be fully swelled, with distinct separations forming between them. Hardneck bulbs will show some space or separation from the scape stem. Softnecks are usually tight bundles of cloves with separation between the bundles.

Treat the harvest as your most important work in growing garlic. This is the stage at which you can do it extremely well, as a master grower, and produce top quality garlic or fail miserably and ruin an otherwise good crop.

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**IT MAKES HEALTHY BUSINESS SENSE**



## The Garlic News

Connecting The Canadian Garlic Network  
Issue #40 Summer 2014

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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)

### The E-Garlic News

Members with Hi-speed Internet access may choose to receive the *Garlic News* by Email instead of by Post. Just contact the editor.

### 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.

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**Deadline for Fall 2014 Issue is August 18.**

## In This Issue

<b>When is garlic ready to harvest?</b>	1
The Garlic Guru provides some indicators to help you with the timing of your harvest.	
<b>Notes from our garlic patch</b>	3
A late, cold spring, members' generosity, the E-Garlic News and a new weapon in the annual battle with the leek moth.	
<b>The 15<sup>th</sup> Annual Garlic Field Day at Beaver Pond Estates</b>	4
Fallen friends, garlic pests and diseases and a late spring occupied the discussions.	
<b>We Get Calls and Letters - - from across this vast country</b>	5
Members share their questions and garlic experiences with others in the garlic network.	
<b>Liz Tobola: Spring planting challenges</b>	6
Liz Tobola describes the challenges involved with spring planting.	
<b>Al's Ramblings: Spring planting and Garlic Gnus</b>	7
Al tells us about his spring planting with a little joke about Garlic Gnus.	
<b>Of Sailing Ships (or lack), of Bulbils, and of Kings</b>	7
Julie Fleischauer talks about spring kill in her garlic, growing from bulbils, and more.	
<b>Garlic Physiology at Harvest</b>	8
David Stern, Director of the Garlic Seed Foundation, sent the speaking notes that he used for his talk at two of the 2014 Garlic Schools held in New York State this past spring.	
A humorous response to the Elephant garlic article and a recipe for Elephant Garlic Stew.	
<b>The Haliburton County Garlic Growers Association page</b>	9
The HCGGA has been awarded a 3-year Grow Forward grant for a two-prong research; continuation of the leek moth counts in wild leek sites, and testing several remedies for nematodes. This dynamic association continues its work in support of garlic growers.	
<b>The Garlic Directory</b>	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!"	
<b>The Best Garlic Recipes and Ideas</b>	12-13
Summer recipes and BBQ ideas from the Garlic Guru, three fine recipes from Frances Legault and some humour over metrics in the kitchen.	
<b>The Garlic Directory: Certified Organic Garlic, Garlic Festivals</b>	14
Rainbow Heritage Garden has a nice selection of Certified Organic Garlic.	
<b>Garlic Directory: Garlic Products at Wholesale from Eureka</b>	15
Al Picketts has a business to help other market gardeners with their business.	
<b>2014 Garlic Festivals Across Canada</b>	16
Our annual listing of garlic festivals across the land.	
<b>Garlic Directory Festival Ads &amp; Flyers</b>	17
<b>More Calls and Letters (continued from pages 5 &amp; 8)</b>	18-19
Members share more of their concerns and successes with garlic.	

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

## 2014 Eastern Ontario Garlic Awards (Woodman Trophy)

at

## The Verona Lions Garlic Festival

on

**Saturday, August 30, 2014**

**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).**

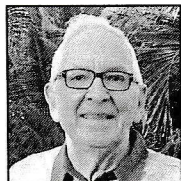
*This issue completes Year 10, our 10<sup>th</sup> year of publication. Issue number 41 in fall 2014 will start Year 11. Our sincere thanks to our many garlic friends who continue to support this publication. Spreading the gospel of garlic is a worthwhile endeavour – this fascinating herb-vegetable with all its mystical and medicinal properties is deserving of support. This garlic network generously shares knowledge with other garlic lovers. Great garlic to you all.*

*Paul & Mary Lou Pospisil*



## Notes from our garlic patch

### Small-Plot Garlic Variety Trials: Spring 2014 update



Spring was late, but it is official - it will definitely come next year! As of mid-May, the Canada Geese were flying north overhead - a whole month late, - the robins had arrived, but the ground was still too cool for planting. It's a Canadian tradition to wait for May 24th when, supposedly, the last chance of frost is gone. But, this season, we kept our frost blankets out just in case. The garlic in our trials plots was growing under the blanket of snow still on the beds in mid April. We pulled the mulch off - had to do it as it was starting to mold with the constant rain. With a hefty sigh of relief, the poor crushed plants leaped upward to search for the occasional glimpse of sun. Our friend, the leek moth, showed up in the pheromone traps on April 21 on a rare warm evening, but then, all romantic urges were stifled by a return to cold nights. We're hoping that the cold will both delay and reduce the moth larvae in the garlic patch again this year. (Oh, those darn black flies were out as usual, early May, happily sucking away at exposed skin, making gardening a slap-dappy activity!). As June arrived, the garlic appeared to be catching up after a very, very late start. Scapes started appearing on the hardnecks on June 14, earlier than expected. Not good. There was a bit of winterkill, well, more likely spring kill, as sporadic gaps were to be found in all the garlic rows. Now, to wait for the surprises that harvest brings!



### Thanks, Early Birds!

Thank you to the many members who renewed membership early. There's a lot more work in the garden this spring and summer due to the late thaw, flooding and winter damage. Having Garlic News deskwork done ahead of time is a big help. And, a very special thanks to the following for adding extra \$\$\$ towards costs of the Garlic News with your renewal. Your generosity has taken the pressure off having to do anything drastic:

**Fred Ayer**

**Gloria Bissonnette**

**Colin Boswell**

**Carole & Bill Campbell**

**Stanley Dafoe**

**Wayne Davey**

**Luigi De Angelis**

**Jean Finlayson**

**Donald & Shirley Kent**

**Patrick Lamb**

**Beverly Marley**

**Sheila Robb**

**Craig & Jenny Tallman**

**Stuart Wood**

**Andre Beaucher**

**Ann Burbidge**

**Michael Callaghan**

**Jacqueline Chalmers**

**Victor Danyluk**

**Murray Davis**

**Pat & Don Dimitrick**

**Anne Janssen**

**Bonnie Klingenberg**

**Nina & Bill Maidansky**

**Michael Pachara**

**Bernard Smyth**

**Bert Van Hierden**

**Steve Zelych**



## And, speaking of deskwork - - - the e-Garlic News!

I've been looking at options for dealing with rising mail costs on the Garlic News.

For those who like the Internet, we plan on putting a digital version on a website. That won't happen right away because this old guy just doesn't have the computer savvy to do it. One of our members, smarter than me, is looking into it and with any luck, it should be set up by next year.

In the meantime, I've worked at making an electronic copy to send by Email. You still need hi-speed Internet to receive it. I've compressed it down from the normal 30 MB or more to less than 5 MB so that service providers will accept the Email. If you have dial-up, its likely still too big to receive.

If you'd like to see what it looks like, let me know and I'll send you a converted issue. It's rather slick and you can read the whole newsletter just by scrolling down one page after another. I'm not sure about PC's but on my Mac, the "Print" command allows you to select any page you'd like to print. So far, only the Year 10 issues are available in Email format.

Also, membership fees payable by PayPal (that enables you to use your credit card) in place of cheque will be an option.

### *We have no intention of stopping the mailed paper version.*

In this vast land of ours, not everybody has Internet, and if you live in a rural area, there's a good chance that there's no hi-speed service either. A few kilometres from us, there are people living without either landline telephone or Ontario Hydro service!! Besides, I hate all these changes being shoved down our throats under the guise of "technology". Technology, bah! Just more ways to keep you buying new junk that doesn't last too long. (That's my rant for today).

Does electronic copy cost more? Yes, not surprisingly, it does cost more. It saves a bit of paper but, there's other costs - more software to buy, more computer work - that's this old man's labour in front of the monitor, more electricity, fees for electronic payment, website fees, and so on. However, it looks like savings on paper and especially postage will offset these new costs so it should be about cost neutral. For our out-of-Canada members, electronic transmission eliminates the exorbitant cost of overseas postage.

Who says that old dogs can't learn new tricks? Reluctantly.



### New discovery in the battle against the leek moth!

A self-appointed Garlic Guard Toad was discovered perched on a garlic plant during our daily inspection of the garlic patch on June 7. This was coincident with our discovery of the first hatched leek moth larvae this year. We immediately opened negotiations with this silent sentinel to bring more of his long-tongued friends and family to join in this annual battle. We're waiting.





## 15<sup>th</sup> Annual Garlic Field Day

*Theme: Growing from bulbils*

The day was sunny and warm as growers gathered at the Beaver Pond Estates garlic trials site for the 15<sup>th</sup> annual garlic information and networking day. A bit of sadness prevailed. Absent were friends Ted Maczka, the Fish Lake Garlic Man and Glenn Gangnier, the 2013 Reserve Garlic Champion, both of whom had passed away since the last Field Day. Sympathies went to Stuart Wood of L'Orignal who came without Odette, another cancer victim in the past year.



*Mary Lou Pospisil & daughter Catherine Cheff welcome growers to the 2014 Field Day.*

**Garlic Pests:** A vibrant discussion took place on the problems of the leek moth and the Bulb & Stem Nematode. Sheila Robb, president of the Haliburton Garlic Growers Association and Deb Barnhart described two projects underway:

- Studying the leek moth in wild leek patches.
- Studying the effectiveness of different crop treatments in reducing nematode populations.

Information from these studies will be shared with other growers and results published in the Garlic News.



*Paul Pospisil describes the 135 garlic cultivars grown in the small trials plot and the various experiments in progress this year. The trials are being changed from performance comparison to more effort in developing clean seed by the bulbil method. Limited experiments on forcing true seed continue each year as well.*

**Sharing Table:** The highlight of the lunch hour was the garlic recipe “sharing table”. A delightful assortment of garlic spreads, hummus recipes, dips, pickles and other goodies made one wonder if the growers came for the food rather than the knowledge!

After lunch, an extensive discussion took place on ideas and techniques for growing from bulbils.

**Marketing:** Garlic Festivals, being the best market place for growers to sell their garlic, evoked a lot of discussion. Wayne Conway spoke on the 2014 version of the **Verona Lions' Garlic Festival** on Saturday, August 30. Nearly half the vendors are garlic stalls; garlicky food, including the McLion breakfast sandwich, will be in abundance; and children's activities are free. Festival admission is by donation. Again this year, the Verona Festival will be hosting the Eastern Ontario Garlic Awards, assuring festival goers that they will find the *best garlic* grown in the region.



*Wayne Conway of the Verona Lion's Garlic Festival, tells growers about the 8<sup>th</sup> annual festival coming up on August 30.*

In the absence of a **Carp Garlic Festival** rep, Catherine Cheff, secretary of the Carp Farmers' Market, gave an overview of this, the largest garlic festival in Ontario and perhaps in Canada. It will be held the weekend of August 9-10 with an anticipated attendance of the usual 20,000 to 25,000 people. The festival features free admission, the largest collection of garlic growers, a full farmers' market, entertainment and an abundance of great garlicky food.

Sheila Robb described the **7<sup>th</sup> Annual Garlic Fest** run by the Haliburton County Garlic Growers. Vendor stalls are reserved for local members as the focus is strictly on promoting local – local food, local entertainment, and local crafts. This family oriented event is on Saturday August 23 at a new location at the Stanhope Community Centre.

**Dispersal of Garlic Collection:** The end of the day dealt with dispersal of more of the Beaver Pond Estates garlic collection. Over 200 cultivars have been collected and tested over the 22 years of performance trials. With more space and time needed for bulbil research, another 60 or more cultivars are being sold off to growers willing to preserve the genetic stock. For fall 2014 planting, the collection will number less than 75 cultivars and most of these will be grown by the bulbil method only.

**Garlic Field Day 2015** is tentatively scheduled for Sunday June 28, since Fathers' Day will fall on June 21.

The Field Day ended successfully with most attendees pleased with having learned a great deal more about garlic. We thank all attendees for their participation and sharing.

*Paul & Mary Lou*

### **Garden Tip**

*Drink coffee? Save the used coffee grounds for your garden. Use them to deter ants or destroy a new ant bed. Dig into the soil as a slow-release fertilizer for tomatoes, carrots and melons. If your soil has a high pH, say over 7.0 like ours, the acidic grounds are great for your garlic beds, too. They have lots of uses.*



## We get calls and letters

### "It's been quite a winter!"

Hi Paul! Well, it's been quite a winter in Ontario. Record breaking cold, snowfalls, and here in the Guelph area the wonderful ice storm on Dec 21 where many were without power for 7 days and still can look forward to the carnage of trees and branches to clean up when spring finally arrives. Yesterday I took this photo of my creek. Originating from the pond behind the barn, it cuts across my horse paddocks, goes under the driveway, and then bisects my front lawn before heading under the road to another pond. In the 30 years I have lived here, I have never seen this kind of flooding.



This creek is normally max. 4 ft. wide during the summer is often dry by August. What you can't appreciate is that on the right side of the photo, the land rises up quite a bit. The flooding is now getting dangerously close to my garlic beds. My garlic is planted in raised beds that during a normal winter, you can see the hump under the snow-not this year! Well with 1 ½ ft. of snow both sides of the creek yet to melt...

Received your newsletter today and will send my renewal next week - always enjoy reading it. I still have enough garlic that has stored well to keep us going for many weeks - can't imagine not cooking with garlic!

Cheers, **Vicki Jensen, Guelph, Ontario**

*Editor: Thanks Vicki! Just wait for the spring flooding. Here's what came on the weather network this morning. I looked out the window and sure enough, they weren't telling a lie!*

**"Snowfall Warning.** Issued at 7:24 AM EDT Saturday 22 March 2014. A heavy snowfall expected today. It may be early spring, but it's no surprise that Mother Nature is still in a wintery mood. The snow is expected to be very heavy at times with snowfall rates of more than 3 cm. per hour. The accumulations of heavy snow will likely reach 15 cm. before it tapers off early this afternoon over Eastern Ontario."

Sent in by **Bonnie Ottenhof of Gananoque, Ontario:**

*Such gardens are not made by singing, "Oh how beautiful!" and sitting in the shade. Kipling.*

## Short notes that encourage that encourage the editor - - -

"Keep up the great work". **Jean Finlayson.**

"With thanks!" **Denise Gaulin.**

"Thanks, Paul". **Sue.**

"Keep up the good work and I wish you and your wife good health." **Victor Danyluk.**

"Keep up the good work". **Pat & Don Dimitrick.**

"Hi, Paul. The Garlic News is always very interesting.

Thanks and have a good season". **Andre Beaucher.**

"Thanks for all your hard work." **Ann Burbidge.**

"Happy deleted spring!" **Anne Janssen.**

*Might as well find it funny as to cry about it! Editor:*

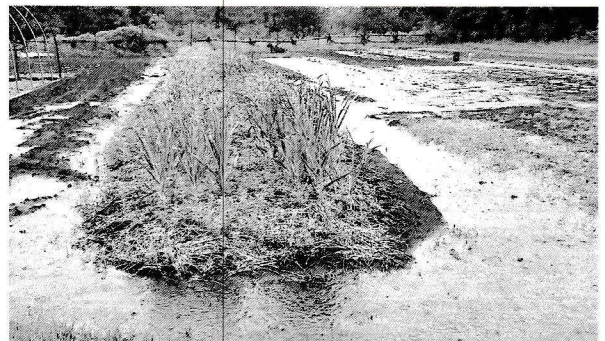
### Red clover tip

"Thanks, Paul. Enjoyed the last issue, especially the tip on red clover. Will use it in my rejuvenation project. Proud to be growing F3 that I got many years ago from S of D Canada." **Felicity Fowke, Toronto, Ontario.**

*Editor: See Editor's note, p 17 Issue 39 for tip on red clover.*

### Raised Beds Pay Off in spring flood

**Carolyn Smith of Croyden, Ontario** sent this picture:



### Fish Lake Brand Garlic

I feel so lucky to have gotten one bulb of Fish Lake garlic a few years ago. Have built up my stock ever since. I'm so pleased with it and it's so good to harvest. It's a wonderful tribute to Ted the Fish Lake Garlic Man that you put in the newsletter. Am also pleased that Kim and Kevin got to meet him. Have a good growing summer.

**Sandy Kell, Vancouver Island. B.C.**

*Editor: Nice to hear that you've got one of Ted's garlic varieties. likely F3. I have several: F1, F3, F4, F7, F3, F21, F23, F30 and F40. Over the years, he collected up about 60 different kinds and gave each a separate F-number. He liked to call him his "Fish Lake brand."*

*(Letters continued on page 8, 18, and 19)*





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

### Spring Planting Challenges

By: Liz Tobola

Every year I'm in dire straits thinking I don't have enough seed to plant. And every year I am surprised that well, I do. This year was no exception. According to my calculations there were less than 1200 bulbs left for planting. Consider 25% loss and average 4-5 cloves/bulb; that only amounts to 4500 maximum. I want at least 8,000. As of today there are just under 6000 planted and I'm not done yet. Many of OMA's Gourmet garlic have more than 4-5 cloves, especially the multisapes. Last season there weren't that many multisapes, or rounds. But I had kept some of what I had tagged as S3's (sell 3<sup>rd</sup>) when I realized I didn't have enough seed stock. Turns out there were 250 of those and they've given me over 1000 cloves. And then there is a batch left of small, sell 1<sup>st</sup> and 2<sup>nd</sup> that I had decided not to sell...they're yet to be cracked and counted. Cracking garlic this year I sorted into 4 categories. Seed stock, Sell 1<sup>st</sup>, Sell 2<sup>nd</sup> and trash. The primo cloves are seed. The slightly off cloves are Sell 2<sup>nd</sup>. The sceptical cloves are Sell 1<sup>st</sup> and the ones I don't even want to touch are trash. Yes, I am opening up chances of disease with the Sell 1<sup>st</sup> but so far I have been lucky. And heck lots of those bulbs come out spectacular. The ones I had tagged last year, as S3 were plants that had yellow spots on their leaves. I am doing an experiment this year to determine if I should bother culling them out or if it's just a fluke with OMA's. I do not consider it to be yellow aster but, then again, maybe I am just kidding myself. I had testing done in 2010 and there was zero potyvirus. It takes me 6-8 weeks to plant all the garlic. Weekends mostly and holidays from the day job. Most years I have done all the planting and most of everything else. Yes, that is a very long time! Harvest will also take the same amount of time give or take a week. The big advantage with the long harvest is the weather. Case in point would be 2010. That was an 8-week plant/harvest. The 1<sup>st</sup> couple of weeks in September were absolutely ridiculous with rain. Fusarium ran rampant but only to the plants that were at the stage where it mattered. Quite a few of them were affected yet there were still so many others that the rains did not affect. Had I planted that year all the garlic in early March, I would not have had any of my precious OMA's left. Back tracking a little to my Sell 1<sup>st</sup> cloves. These cloves have all sorts of issues. And I do leave myself open to problems such as botrytis. Normally I would trash those cloves that have obvious signs but I am reluctant, as I want sell stock. I may damage the planting area but I guess I'm just crossing my fingers that the damage will heal itself before rotation puts the crop in that same area. In saying that, the Sell stock again would only be put in that spot. Or, maybe I will work up some new land for rotation...no worries for a couple years. I do not recommend planting suspect cloves as you

definitely run the risk of wiping out your entire crop. For spring planting I do recommend peeling every single clove naked. That way you can inspect and sort. (Al Picketts, thanks to you planting takes forever, as I cannot stop myself from doing this! Three days worth of cracking and peeling = one day to plant all!) I put them in Ziploc freezer bags and fill with a baking soda water mix to hopefully kill any fungus. Then they are put in the fridge for a day or many days before planting. This helps with the vernalization (this year especially here as now the ground is warm). I need to continue to build up my primo cloves. I am overplanting bulbils to get that good seed stock eventually so I can trash or process all those suspect cloves. Every year the sorting, planting, culling and selling aspects change as the crop warrants. And I continue to grow in the knowledge and experience and experiments. Oh, and yes, I am still having fun!

### Bulb Mites in BC

Thanks for your feedback on my problem last season. The BC Ministry of Ag entomologist, identified the problem as a Dry Bulb Mite (DBM): [https://extension.umd.edu/sites/default/files/docs/articles/Bulb\\_Mite\\_Found\\_In\\_Garlic\\_Fields.pdf](https://extension.umd.edu/sites/default/files/docs/articles/Bulb_Mite_Found_In_Garlic_Fields.pdf). The Entomologist is doing farm visits to identify any DBM in my field this year. The crop looks great, about 9 inches high. There is a lot of confusion around this mite in almost all the scientific literature. It is not a wheat leaf curl mite. [http://www.science.oregonstate.edu/bpp/Plant\\_Clinic/Garlic/Mites.pdf](http://www.science.oregonstate.edu/bpp/Plant_Clinic/Garlic/Mites.pdf). Regards, **Bill Campbell**

*Editor: Thank you for this follow up. You were absolutely right in going to the agricultural specialist as they have access to far more information than you or me. This was the first report that I have had on this particular pest in over 20 years of growing garlic. I checked the Compendium and, yes, Oregon State University had previously identified Bulb Mites in California garlic fields. Paul*

**And more from Bill on the Dry Bulb Mite** The mite in California is probably different than the DBM. 99% of the commercial garlic in California is Softneck which is mostly untouched by the mite whether in the Czech Republic or in my Garlic patch (10% of what I grow are Softneck Artichokes. I did not lose one bulb of these to the mite.) I will keep learning more. Bill.

**Soaking for Virus: Walter Krivda of The Pas, Manitoba,** asked: "A local farmer is now getting yellow plants of garlic and spoiled roots. If this is a virus disease, can the garlic be soaked to prevent this?"

*Editor: Washing or soaking is unlikely to help. Check with your agricultural representative to identify the disease.*



## Al's Ramblings: Spring Planting & Garlic Gnus

By: Al Picketts

The garlic seems to be growing just as it should here on PEI. My spring planted garlic did not go into the ground in early April, as I wanted. It didn't get planted in April at all. Late snow and rain prevented me from planting until May 8 and 9. I'm anxious to see how it matures. The seed garlic I used came out of the freezers about the end of February into a vernalizing temperature of about 7C so, with the delayed planting, the garlic was really starting to grow in the bags. The Turban garlics had shoots 4 inches long. I planted shallowly – 2 inches deep so all the garlic was up and growing within days. Then I got sick with a nasty old cold that seemed to hang on for weeks on end and the weather turned wet. The garlic didn't get covered with straw as I had planned and now the weeds are growing with a vengeance. All may not be lost, however, because I have two lads just finishing grade 11 who will be starting to work for me next Thursday. We'll be weeding the 10,000 spring planted plants and placing straw carefully between the plants all by hand. Then we'll attack the spring planted, second year, bulbil bed. Same objective – weed and mulch. Hope these lads are ready for some hard work. I especially hope they are ready to learn something about growing garlic. I have a desire to pass on some of what I've learned in the world of garlic to others. Apprentices! Yes, that's what I need.

When I had my heart reamed out in October the doctor told me that heart disease was a one-way trip. He said that once you have heart disease the condition will only worsen until you die. And, for me, that may not be too far into the future. Oh, that's sad. Then I had a man-and-wife team from New Brunswick visiting me to buy garlic and to learn a bit about growing garlic. They just happened to be naturopaths and when the topic swung to my heart problems they had something to say about how to help myself. They sent me 5 DVDs on eating a whole-food, plant-based diet. I was convinced and started on that diet in late November. I eat no animal products. Hard to imagine since I was the guy who would eat two T-bone steaks for lunch and a big top sirloin steak for supper. This, of course, was after I had had my normal six-egg breakfast. Now I live on oatmeal with flax seed followed by all-vegetable soup with brown rice pasta for lunch and supper. As you would expect, the soup has fresh garlic, dry garlic scape soup beads and black garlic in it in great abundance. If I need a little something else I'll have an apple or celery or nuts. Does it help the old ticker? Well, I'm not sure yet but I don't take medications anymore and my cholesterol readings are in the good range of 4 rather than in the terrible range of over 6 like they were. In my mind this can only be good.

*I overheard two lions talking the other day. One said, "Let's eat one of those wildebeests over there." His buddy replied, "No. They have bad breath." To which the first lion stated, "Yes. But they really do taste the best of all the wildebeests so let's eat one." Just then a third lion happened along and asked, "What are you two talking about?" The first lion says, "Oh, we're just considering eating some of the Garlic Gnus."*

Yes, folks, it's true. Heart disease can affect the brain.

## Of Sailing Ships (or lack), of Bulbils, and of Kings

By: Julie Fleischauer

First off, I hope your garlic plots are doing okay this spring, I have heard that some growers had missing garlic when all that snow cleared away – frozen or flooded I suppose.

I've dug around in a couple of the bare places, and found almost nothing – only two cloves, that were close to the surface, and rotted out through the center along the sprout, one more deeply buried clove that had turned to brown mush, and a remnant of a clove wrapper. *It's like they disappeared!*

Most of what I planted for this season is from the Porcelain group. They have good performance, therefore, I favoured them at the start of our planting stint, ran out of room, and had no time in which to refigure the plan last fall. I also had to add two rows just to squeeze in all the little varieties. The 2nd and 3rd year bulbil seed takes more room than you think!

Anyway, it turns out this is a good thing. Porcelains show themselves to be the most vigorous in our area, and if I hadn't planted so many, the field might have had bigger bald spots. I usually expect 95% emergence, or better from my Porcelains, but this year the low swales in the field are putting the total estimate down to perhaps 90%, maybe even 85%, it is hard to tell. Rocamboles in the low areas did much worse. It seems that the bulbil culture seed I planted has a better population, but that could just be the fact that their space in the rows doesn't cover as much area, or as many poor spots.

*I have started the practice of saving bulbils from almost every kind I have, and planting some in spring – I find I get better, more even results from spring planting, although that may be because I never mulched the bulbils I planted in the fall.* As a practice for developing seed security, saving the bulbils is more work than it's worth, just in organization and storage for 100+ strains. However, I'll be recovering two strains that way, and I'd be doing it with a lot more if I hadn't mulched the softnecks, Turbans, Asiatics, Creoles, and the small but much-adored strains in our plot with straw last fall, after freeze up.

In March, I did a presentation on garlic at the Kitchener Horticultural Society's Seedy Saturday, put on by the Kitchener Master Gardeners. The turnout of audience members proves that garlic is still generating a lot of interest (a couple thousand years later!) It was purely too much fun, showing slides our garlic collection, and our farm. I tried to say as much as possible about everything garlic, and mostly about what is closest to my heart – the varieties, and genetic diversity of garlic -- so, no kidding, I overstayed my time allowance. I had to give away packets of bulbils just to sooth the organizers! That was just part of the Seedy Saturday seed exchange – totally voluntary.

*Editor: Hi Julie. Your enthusiasm is always heartwarming. Our own garlic plots? Much better than anticipated as we'd had the garlic submerged several times in the heavy rains this spring. Had to pull the mulch off. So far, no sign of any serious problems. Occasional plants missing from every row. I've had no reports of serious problems so far this year from other growers. Yes, growing from bulbils is a LOT of work, and you need more space each year.*



## Garlic Physiology at Harvest

*David Stem, Rose Valley Farm, Garlic Seed Foundation  
Speaking notes for Garlic Schools 2014*

When we talk about the physiology of garlic in relation to harvest, we have to look at a number of factors that bring the garlic plant to that specific stage. First of all, the clove we plant has one goal: to reproduce its kind. Garlic is unique in that it was given three reproductive options: the bulbil (vegetative) and the flower (sexual) in the scape (umbel), and the bulb (vegetative). The other factors involved in this process are the day length of the sun, degree-days, and heat units. We also need to mention "genetic triggers" or whatever we call ways that plants respond to and communicate changes in their environment or structures. Each of these plays a role prior to us lifting our crop. In the "establishment stage" of growth (autumn), the planted clone sets roots and sprouts. Day length decreasing, temperature decreasing - no photosynthesis, no vegetative growth (z-z-z-z).

The "vegetative stage" (March-May) has day length increasing, temperature/ degree- days increasing and the plant in full growth mode, utilizing sunlight from above and water and nutrients from below. Full leaf and root development. Good weed control important, water (irrigation) important, supplemental application of nutrients if needed during this stage.

In our northern location, the "floragenesis - bolting stage" starts in June with the appearance of the scape in the first week. We don't exactly know what triggers the erection, but the day length continues to increase, as does the temperature and degree-days on through June 21, the summer solstice (the longest day: 18 ½ hours of sunlight). Most producers remove the scape at some stage of its development on the theory that it is not necessary, uses valuable resources, and is good to eat and sell. But to the plant, we are removing two means of reproduction, leaving only the bulb to carry on the species.

If the scape is not removed, the umbel will develop and the spathe (paper covering) will open to reveal flowers, which are sterile, and bulbils, which will mature. The bulb in the ground will continue to grow and mature as stated below, but will be up to 1/3 smaller.

The "bulbing stage" goes from June 21 to the harvest within 30 days. A plant dug on June 21 is segmented and usually no larger than 1" (plus or minus) in diameter. The day length is now decreasing, as is the photosynthesis by the plant and the need for good weed control. Nutrients are no longer utilized, but the temperature and degree-days continue to increase. Research shows that the bulb will increase its size and weight weekly until harvest. It is our understanding that this plant knows its demise is near by the decreasing daylight, and translocates energy from the leaf to the bulb, thus the yellowing or browning of the leaves, but we don't understand the triggers. Irrigation is usually withheld at least two weeks prior to harvest. The bulb's diameter increases because each of the cloves increases in size, pushes out from the centre scape, and will continue to grow and eventually bust out, cracking the weakened wrapper leaves.

When we determine when to lift the garlic, we balance the diameter of the bulb and the condition of the wrappers. As the cloves enlarge and push out from the scape, they eventually leave a small gap of 1/32 - 1/16 inch and this is recognized as the ideal time to lift. Aboveground condition or colour of the leaf is not always accurate. Cracked bulbs can be difficult to sell and store, but are good to use for planting stock.

## More Calls and Letters

*(Continued from page 7)*

### In Defence of the Elephant (Re: Cover page article Issue 39)

"Enough!" Mr. Editor in Chief, "Enough!"

Slander the elephant no more! Who are you to tell us what we aren't! We respect you Canadians for your diversities, and the elephant deserves space on the kitchen counter!

Let me present my case:

"You are correct about the sulphur compounds: the elephants have 50% less, but since each clove is twice in size, we eat the same amount of sulphur. And who needs to burn their face off enjoying garlic? Our taste buds are all different. I don't enjoy hot peppers either, when the flames are shooting out my nose."

"You just wait, Mr. Editor in Chief, when your hands are as old and stiff and you try to peel the slivers of Silverskin, or crack a tight Rocambole, you'll welcome the size and very-easy-to-peel clove skin, or the ease of setting them in the soft earth when planting. I once let a purple-stripe ophio garlic go to seed. It had a delicate curl and 4' erection to some type of awkward flower-bulbil thing. Do you want to see a real flower? Let an elephant mature, unwind to 6' and explode in a 6" globular flower of hundreds of white florets. They sold, dried, at the Boston Flower Show for \$6 each."

"I've grown and tried to store the ophios for more than 35 years, and never am I able to go past February 1. They dry out, green sprout, or they rot from penicillium or fusarium."

"Not my elephants: they are rock-hard, un-sprouted, little rot, and root hairs only starting at April 1."

Signed: **A garlic guy from south of the border.**

And lastly, a recipe...

### Elephant Garlic Stew

#### Ingredients:

1 elephant  
2 rabbits  
Brown gravy  
3,800 garlic bulbs  
Salt & pepper to taste

#### Method:

Cut elephant into bite-size pieces (this will take 4 months). Peel and crush the garlic cloves.

Cook over kerosene at 525 degrees until tender (about 5 months). Add salt and pepper and cover with brown gravy. This will serve 3,800 people. If more are expected, add 2 rabbits.

Do this only if absolutely necessary, as most people do not like to find hare in their stew.

*Editor: Thank you for both the serious and the humorous, David. You've been for many years, and continue to be, an inspiration and mentor to garlic growers both north and south of the border. On a note of concern, up here in Canada, we have a kerosene shortage, having used up all our supplies keeping the lanterns lit in our cabins over this long, dark winter. It may be necessary to cook the elephant using the slightly more expensive natural gas! Price of elephant stew will rise 40% as well.*



# HCGGA – Haliburton County Garlic Growers Association

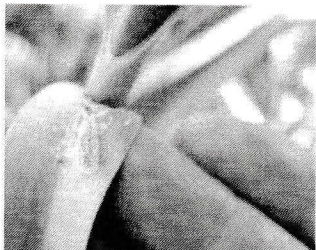
## Just South of Algonquin Park

As we awaken from our long winters slumber, toss off our five foot deep snowy comforter and burst forth with new energy and growth, the HCGGA, like the fledging garlic clove has been setting roots and on the grow...

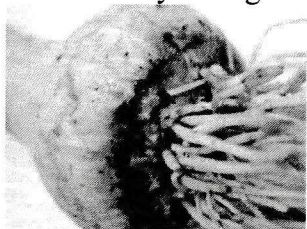
This comes in the form of being awarded a 3 year – Grow Forward 2 grant which builds on the work and research by our Citizen Scientists.

The grant has two prongs, one focusing on the leek moth research and the other will test several treatment remedies for nematodes.

The leek moth research will continue to monitor with traps etc., the 5 wild leek sites that were tested last season, as well as the 4 garlic patches that had the highest leek moth captured.



The nematode protocol requires a large flat space with an accessible water supply that shows a high nematode population (identified with soil samples and testing for nematodes). There will be four treatment types. After the treatment period is concluded, the nematode population will again be measured and the site planted with clean seed. The soil and garlic will be assessed again upon harvest. This process spans two years. Year 3 will be comprised of disseminating information about the research results and attending conferences to share our findings with the garlic community at large!



This leads into the exciting news that our beloved editor, Paul Pospisil, has agreed to partner up with the Canadian Organic Growers and be the author of the 7<sup>th</sup> book in the Practical Skills Handbook series. The title – Growing Garlic Organically, is seen to be a critical next step to empower and equip new and experienced garlic growers in Ontario with up to date knowledge on cultivating garlic in accordance with the Canadian Organic Standards.



Heartiest Congratulations Paul! \*\*\*

## NEW “Forever Home”

With room to grow, expanded family activities, ample safe parking, new and additional vendors and some tasty surprises to add to the mix... so don't miss the

7<sup>th</sup>

Annual

Garlic Fest



Get your kickin' garlic fix on  
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9:00am – 3:00pm

New location:

Grounds of Stanhope Community Centre  
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A cornucopia of freshly harvested garlic awaits your taste buds.  
Fill your shopping sacks with garlic preserves, dips & spreads, honey, maple syrup, baked goods, local artisans ware, lavender products, native plants and much more...

Take away prepared foods or sit and snack  
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listening to local talent.

Come join us at this family-oriented event in our new spacious location while  
completing your garlic list and becoming informed in all matters garlic!

Contact Sheila Robb 705-489-4201

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

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



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)

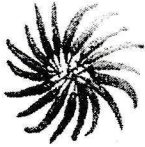
\*\*\*Editor's Note: You might want to hold with the congratulations, Deb. We've had preliminary discussions but no agreement as of the date of publication of this Issue. I have been a long time member and supporter of COG and would love to help them with their publication program but we just have to wait and see where the discussions take us.



## THE GARLIC DIRECTORY

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

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Denise O'Reilly, founder



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smileyo@xplornet.ca



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

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### New in 2014

- ✓ 15 new cultivars
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- ✓ 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:

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

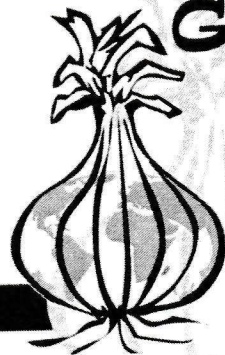
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Bulbs and Bulbils

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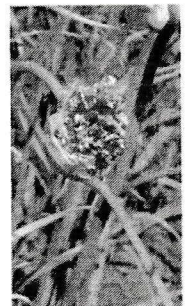
Phone: 250-569-7810

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)



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647-388-7444, business card facing page.

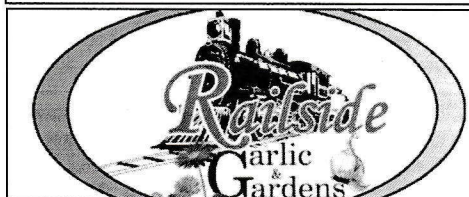
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**Box Ad:** \$50.00 per column inch or 5 lines, per year.  
**Directory listing,** For Sale or Wanted: 5 lines \$30.00 per year  
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*Your ad includes referral service to customers looking for garlic at no additional cost.*

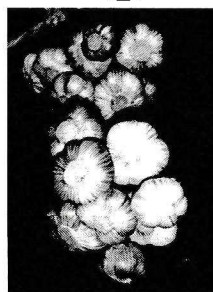
**Organically Grown Elephant, Music & Ivan garlic.** Will ship fresh and seed garlic.  
Simon de Boer, Langside Farms, Teeswater, ON. Ph. 519-357-1919.  
Email: [sbdeboer@hurontel.on.ca](mailto:sbdeboer@hurontel.on.ca).

**Garlic from Blue Marsh Farm, Nova Scotia.** Check our website for details:  
[www.bluemarshfarm.ca](http://www.bluemarshfarm.ca)  
Ph. 902-623-0832  
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)  
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"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)

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Website [www.railwaycreekfarms.com](http://www.railwaycreekfarms.com) to order and descriptions. Will ship.

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Email: [garlicnews@kingston.net](mailto:garlicnews@kingston.net)

### THE GARLIC PRESS

*Newsletter of the Garlic Seed Foundation*  
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Go to website:  
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## The best garlic recipes and ideas

### Summertime is BBQ and Scape Recipe Time

*From the Garlic Guru's  
kitchen experiments*

#### Summer scape dip

Sweet green peas are ready in your garden soon after scapes are picked so the two can be combined into a healthy green dip for patio meals. You can use sugar snaps or shelling peas; both are delicious. The peas come alive with the addition of the garlicky scapes.

#### Ingredients:

3 cups fresh green peas  
1 tbsp. yellow mustard  
2 tbsp. extra virgin olive oil  
1/4 cup lemon juice  
1-cup fresh garlic scapes, chopped  
1/4 tsp. sea salt  
1/2-cup water

#### Method:

Combine all ingredients in a food processor. Process until smooth. Serve with fresh veggies, fresh brown bread cut into chunks or corn chips.

#### Scapes on the BBQ

There are lots of BBQ recipes but this is one time you don't want to waste time with a bunch of ingredients. The simpler, the better is the rule of the BBQ chef.

Take a piece of aluminum foil, fold it so that it can be enclosed, put in a bunch of fresh scapes, drizzle with olive oil (or, if you are a butter fan, top it with a pat of butter), salt and pepper, fold the aluminum closed and cook on the upper rack while the steaks are getting perfect. Serve as a side vegetable.

#### Baby Potatoes?

I plant a row of early potatoes just so I can dig up those little marble sized potatoes for meals in July. Next to homegrown, vine ripened tomatoes, there's nothing better from your garden than these little gems of flavour.

Just wash them to remove the dirt, place in a covered microwave safe dish with a bit of water and cook a few minutes just until they turn a bit soft. In the meantime, chop up some fresh scapes, add a pat of butter, salt and pepper to taste and microwave just until the scapes start to turn soft.

Drain the baby potatoes, add the scape/butter mixture, and enjoy a taste of heaven!

You can adapt this to the BBQ, but just don't overcook the potatoes or you lose the fresh taste.

WHEN IN  
DOUBT  
ADD MORE  
GARLIC

## Conversion of Kitchen Measurements

I grew up the days before foolish politicians imposed the equally foolish system of metric measures on a gullible population. The reasons escape rational explanation. Our land was surveyed in acres, not hectares. A 1/4 section of land is 160 acres, not 160 x 0.404685642 hectares. Our houses were and are still built using 4' x 8' sheets of drywall. No matter how long I live, my mind will think in terms of the old system that I learned as a child.

Temperature comes in degrees Fahrenheit, distance comes in miles, and lumber will always be two by fours.

In the kitchen, the metric system has created even more confusion. You need a calculator as well as a measuring cup. I measure in pounds and ounces and have to convert grams and kilos to these measures to make any sense.

Here are some of the more common conversions that you need at hand or recipes will be merely gobbledygook:

1 kilogram = 2.2 lbs.  
454 grams = 1 lb. = 16 oz. = 2 cups = 1 pint  
225 grams = 1/2 lb. = 8 oz. = 1 cup  
28.35 grams = 1 oz.

(But dairy products are slightly different):

250ml tub = 1 cup  
500ml tub = 2 cups)

1 fluid oz. = 29.5 ml = 2 tbsp.  
1 tbsp. = 15 ml  
1 tsp. = 5ml  
1 tbsp. = 3 tsp.  
4 tbsp. = 1/4 cup  
8 tbsp. = 1/2 cup

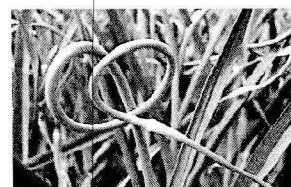
There are also differences between dry measure and fluid measure but these are generally small enough to just ignore them (for example, a cup of dry weighs 225 grams but a cup of fluid weighs 250 grams).

Most recipes are approximations in any case so the small difference won't change things much.

Oh, yes, and some U.S measurements and Canadian ones, both old and new, are different as well.

We have three sizes of "gallons," first; the legal, Canadian, metrified 4-litre gallon; then, the Imperial gallon at 4.546 litres, this one being the biggest; and, the U.S. one at 3.785 liters (yes, even the spelling of litre is different)!

Doesn't that all make a lot of foolish sense?





## More Garlic Recipes and Ideas

### Hello from New Brunswick!

*By: Frances Legault, three recipes*

I don't know if we mentioned that we do suppers at our home. Our dining room seats 8 comfortably. We have a group of nine, a regular group from TOPS (take of pounds sensibly). They usually come after they weigh in. Never a diet meal. We provide a beer or a glass of wine, both homemade by Mick. They pay fifty dollars a person. It usually includes a Caesar salad, three-cheese potatoes, lamb chops, and a Grand Marnier Cake. That is an example. We have a group coming on the 2nd of April, a lady (she enjoyed her meal so much last November) coming back from Ontario for her birthday meal. Two of her sons live here. I am making the salmon steak recipe. Mick and I had it this morning for breakfast. It was delicious. I make 4 to 5 new recipes a week and Mick makes 2 every week. We both enjoy cooking and eating of course, all with garlic. We had the dinner on Wednesday. It was a hit. Here is the recipe for the salmon. It was delicious. We had Caesar salad, salmon, roasted vegetable medley, three cheese potatoes and a floating island cake for dessert. Made the mushroom soup for the dinner as well. We preferred the salmon recipe on a plank but both are delicious. Cheers, Frances and Mick

### Salmon & Garlic in Foil

#### Ingredients:

4 salmon steaks, ¾ inch thick	1/4-cup honey
4 cloves minced garlic	1 tbsp. olive oil
White wine vinegar	Fresh thyme leaves
Kosher salt & freshly ground white pepper to taste	

#### Method:

Preheat oven to 375 degrees F. Line a baking sheet with foil. Cut four pieces of foil. In a small bowl whisk together honey, garlic, olive oil, white wine vinegar, thyme, salt and pepper to taste. Place one salmon at a time onto piece of foil on baking sheet and fold up all four sides. Spoon the honey mixture over the salmon. Fold the sides of the foil over each salmon covering completely and sealing the packets closed. Repeat for all four. Place into oven and bake until cooked through about 15-20 minutes. (The salmon can be cooked on the BBQ as well). When done, open the foil and wrap the skin with the fork taking the outer skin off by twirling it all around the steak. Serve immediately. Serves 4.

### Planked Salmon with Maple Mustard Sauce

#### Ingredients:

4 Atlantic fresh salmon steaks 1" thick	
1 maple or cedar plank	
¼ cup butter	2 tbsp. maple syrup & brown sugar
2 tbsp. grainy mustard	1 tbsp. soy sauce & oil
1 tbsp. minced ginger & garlic	

#### Method:

Soak cedar plank in water for 2 hours or more. Rinse salmon and pat dry. Season with salt and pepper on both sides. In a saucepan, melt butter, brown sugar, and maple syrup over medium high heat. Once at a simmer, reduce heat and whisk in mustard, soy sauce, oil, garlic, and minced ginger. Let mixture cool. Put the salmon on the maple plank and spread glaze on top of salmon. Place plank salmon in the center of a hot grill on direct heat or in a 400-degree oven. Cook in oven or cover the grill and cook for 20 minutes or until the fish is cooked through with an internal temperature of 135 degrees F using an instant read thermometer. Let salmon rest for ten minutes. Serve

### Mushroom & Garlic Soup

#### Ingredients:

1 lb. cremini or white mushrooms sliced ¼ inch thick	
1/4 oz. dried shiitake mushrooms	4-¼ cups water
1 sprig fresh thyme	1 bay leaf
4 garlic cloves peeled	4 garlic cloves minced
¼ tsp. baking soda	½ cup wild rice
4 tbsp. butter	1 onion chopped fine
1 tsp. tomato paste	2/3 cups dry sherry
4 cups chicken broth	1 tbsp. soy sauce
¼ cup cornstarch	½ cup heavy cream
¼ tsp. finely grated lemon zest	Salt and pepper

#### Method:

Adjust oven rack to middle position and heat oven to 375 degrees. Grind shiitake mushrooms in spice grinder until finely ground you should have about 3 tbsp. Bring 4 cups water, thyme, bay leaf, 4 garlic cloves, ¾ tsp. salt, and baking soda to boil in medium saucepan over high heat. Add rice and return to boil. Cover saucepan, transfer to oven, and bake until rice is tender 35 to 50 minutes. Strain rice through fine mesh strainer set in 4-cup liquid measuring cup. Save liquid. Discard thyme, bay leaf, and garlic. Add enough water to reserved cooking liquid to measure 3 cups. Melt butter in Dutch oven over high heat. Add cremini mushrooms, onion, minced garlic, tomato paste, ¾ tsp. salt, and 1 tsp. pepper. Cook stirring occasionally, until vegetables are browned and dark fond develops on bottom of pot 15 minutes. Add sherry, scraping up any browned bits and cook until reduced and pot is almost dry, about 2 minutes. Add ground shiitake mushrooms, reserved rice cooking liquid, broth, and soy sauce and bring to boil. Reduce heat to low and simmer, covered, until onion and mushrooms are tender, about 20 minutes. Whisk cornstarch and remaining ¼ cup water in small bowl. Stir cornstarch slurry into soup return to simmer and cook until thickened about 2 minutes. Remove pot from heat and stir in cooked rice, cream and lemon zest. Cover and let stand for 20 minutes. Season with salt and pepper to taste and serve.





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Orders from 5 to 200 lbs. welcome

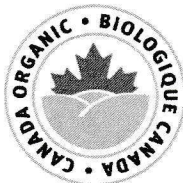
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**GARLIC FESTIVAL**  
8th edition  
**August 23**  
**Ste-Anne-de-Bellevue**  
**Québec, Canada.**

Quebec's Premiere Garlic Fest  
Local, organic garlic  
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Garlic Workshops, Contests..  
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[marchesteanne@gmail.com](mailto:marchesteanne@gmail.com)

### Sale 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 60-plus 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



# 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:**

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- Garlic Powder
- Garlic Sand
- Garlic Pearls

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

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*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*



*Our Black Garlic can be used in hundreds of recipes. Why not try a sample size bag? You'll fall in love with it. And come back for more, and more, and more. Your customers will love it.*

al@eurekagarlic.ca



**Al Picketts**

**Seed & Eating Garlic**

***Many Varieties - No Chemicals***

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To contact Al Picketts, phone 1-902-836-5180 or Email al@eurekagarlic.ca



# 2014 Garlic Festivals Across Canada

## British Columbia

**The Pender Harbour Garlic Festival** is no longer running

### **Grindrod Garlic Festival**

Sunday August 17, 2014, 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 23-24, 2014, Lac la Hache, BC.  
Email: info@garlicfestival.ca  
Website: www.garlicfestival.ca

### **The Hills Garlic Festival**

Sunday September 7, 2014. 10:00 a.m.- 5.00 p.m.  
Centennial Park, New Denver, B.C.  
Ph. Paula Shandro, 250-358-2774  
Email: coordinator@hillsgarlicfest.ca  
Website: www.hillsgarlicfest.ca



## Alberta

### **Andrew Garlic Festival**

Saturday October 11, 2014  
Andrew Community Centre, Andrew, Alberta  
Ph. Carri Hrehorets, 780-896-3902  
Website: http://www.andrewagsociety.com



## Manitoba

### **Pembina Valley Honey Garlic & Maple Syrup Festival**

Friday & Saturday, September 5-6, 2014  
Manitou fairgrounds, Manitou, Manitoba  
Website: http://www.rmofpembina.com



## Ontario

### **Carp Farmers Market Garlic Festival**

August 9-10, 2014  
Carp Farmers Market, Carp, Ontario.  
Email: market.manager.crpmkt@gmail.com  
Website: www.carpfarmersmarket.com

### **Perth Lions Garlic Festival**

August 9-10, 2014  
Perth Fairgrounds, Perth, Ontario  
Website: www.perthgarlicfestival.com/

### **Garlic is Great Festival**

(see ad on page 17)  
Saturday August 16, 2014, 8:00 am to 1:00 pm  
Newmarket Farmers' Market, Newmarket, Ontario.  
Ph. 905-895-5193  
Website: www.newmarket.ca

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

(see ad on page 17)

Saturday, August 23, 2014, 9:00 - 3:00 p.m.

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**

Sunday August 24, 2014. A celebration of Ukrainian food at Ukrainian Seniors Centre, Sudbury.

Mary Stefura or Mike Sharko, 705- 673-7404.

Email: garfest@cyberbeach.net

Website: www.canadiangarlicfestival.com

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

(see ad on page 17)

Saturday, August 30, 2014, 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 6-7, 2014

Sponsor: Kiwanis Club of Stratford & GGAO

Email: info@www.stratfordgarlicfestival.com.

Website: www.stratfordgarlicfestival.com.

### **Toronto Garlic Festival**

(see ad on page 17)

Sunday September 21, 2014

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, 2014

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**

(see ad on page 14)

Saturday August 23, 2014

Ste-Anne Farmers market, Ste-Anne-de-Bellevue, QC.

Website: www.marchesaintanne.ca

Email: marchesteanne@gmail.com





**Saturday, August 16, 2014**

8 a.m. to 1 p.m.  
Newmarket Farmers' Market,  
Newmarket Riverwalk Commons,  
200 Doug Duncan Drive.

**Cooking Demo's  
Garlic Vendors  
Seminars &  
Entertainment!**



Visit [www.newmarket.ca](http://www.newmarket.ca) for more information.

## 7th Annual Garlic Fest



Get your kickin' garlic fix on  
**Saturday, August 23<sup>rd</sup>, 2014**

**9:00am – 3:00pm**

**New location:**

Grounds of Stanhope Community Centre  
Turn right onto North Shore Rd - 4km north  
of Highways 35 & 118

A cornucopia of freshly harvested garlic awaits your taste buds.

Fill your shopping sacks with garlic preserves, dips & spreads, honey, maple syrup, baked goods, local artisans ware, lavender products, native plants and much more...

Take away prepared foods or sit and snack  
under our new picnic pavilion while  
listening to local talent.

Come join us at this family-oriented event in our new spacious location while  
completing your garlic list and becoming informed in all matters garlic!

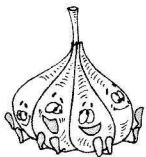
Contact Sheila Robb 705-489-4201

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



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

## 8th Annual Verona Lions Garlic Festival



**August 30th, 2014**

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

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

Fresh Local Garlic  
Vendors with a Wide Variety of Products  
9 Hole Mini Golf  
Verona Express Train Rides  
Fantastic food  
Great for the Whole Family

Information: 613-372-2092

No Pets Permitted on the Site



**get your winter supply of garlic!**

FRESH ONTARIO GARLIC, FREE RAW GARLIC SHOTS, DELICIOUS GARLIC DISHES, GARLIC POP-CORN, GARLIC ICE CREAM, GARLIC BREATH CONTEST, ONTARIO BEER & WINE, GARLIC EXPERTS, FREE COOKING DEMOS, FREE FILM SCREENING & SPECIAL MUSICAL GUEST.

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## More Calls and Letters

(Continued from page 5 & 8)

### From the United Kingdom, a fresh start with bulbils

Hello, Paul & Mary Lou! Hope this finds you both well. After several years of declining yields resulting in a 100% loss in 2012 (some sort of soil disease, only salvaged a few bulbils), I was very reluctant to continue growing garlic. Your words of encouragement on growing from bulbils helped me decide to carry on. Late in 2012, I made a brand new plot well away from the vegetable growing area and managed to plant out some varieties from reliable sources. Harvest 2013 was a great success, good size and yield. After planting out some 15 varieties in another brand new area on October 2013, things are looking rather good. Obtained another 25 varieties of bulbils from the USA, so hopefully, by 2015-2016, I might have some for local sale. I'm cleaning up my original beds with brown mustard and other green manures, hoping to have them back in garlic production in 2016 or 2017. We'll see how it goes. Sending my 2-year renewal. Keep up the great work. The Garlic News is a great newsletter and always interesting.

**Michael Callaghan, Thetford, UK.**

*Editor: Well done on starting over, Michael. Unfortunately, garlic with its many health-giving properties cannot defend itself against all pests and diseases. Your approach is sound and I hope it works out well.*

### Sorry to hear

Thanks so much for all your efforts with the Garlic News. Sorry to hear of Ted Maczka's passing. I had spoken to him a couple of times by phone and he was always helpful. Thank you for letting us know.

**Linda Jeffreys, Brantford, Ontario.**

### Hello from Dauphin, Manitoba!

When I do buy  
field more  
garlic

I was sorry to hear about Ted Maczka. After reading an article about Ted in the Sept 1999 issue of The Pioneer, it started me on growing garlic and it's been great. Last year, the crop was looking good and then the rains came in June and I lost half my crop to root rot. Through good friends at the Garlic Garden, I was able to find some garlic to plant and to hold my crop to what I lost. I do it for the love of garlic. Thank you, Ted Maczka!

**Garry Leskiw, Dauphin, Manitoba.**

*Editor: Thanks, Garry, for the report and the newspaper clipping. I've collected a lot on Ted over the years. He was well known across Canada, and like you, gave many growers a start in garlic.*

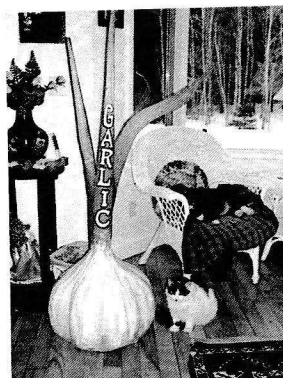
### It will be interesting to see - - -

Spring of 2013 was not kind to growing garlic. It came late and with above average snowfall, didn't melt until later in May so only half of the garlic survived. Although we have only half as much snow this year (2014), the temperature has been very cold most of the winter so it will be interesting to see what the garlic will do this year. Enjoy your publication immensely.

**Carol Maybuck, Cando, Saskatchewan.**

*Editor: Let's hope that the garlic is as hardy as you good folks that tough it out on the prairies!*

### And, from New Brunswick - - -



Hello from New Brunswick! Here is a photo of a garlic bulb an artist friend of ours made for us. Fred Harrison is the local artist for the wall murals in Sussex. He has murals in Toronto, bronze statues and more. It is made out of Styrofoam and paper maché; the leaves are wood. His email is: [fredharrisonartist@gmail.com](mailto:fredharrisonartist@gmail.com)

**Cheers, Frances Legault**

*Editor: Well, that's how big I expect my garlic to be this year!*

### Nematodes in Music

Barb Fowler called to ask if there was an easy way to get rid of the nematodes that were destroying her Music garlic.

*Editor: Hello Barb. Sorry to hear that you are having problems with your Music garlic. Once you have introduced nematodes or diseases to your garden, there is no quick way to solve the problem. It takes a lot of patience to restore the soil to an acceptable level of health. I'm attaching the handout on the Bulb & Stem nematode that I passed out at my talk in Tamworth. I trust that will be of help to you. (Garlic News, Issue 29).*

### Vekak garlic

**Stan and Gill Woronko of Mississauga,** asked: We are looking for a Canadian source for Vekak (glazed purple stripe) garlic bulbs or bulbils. So far we have only found sources in USA, but importing appears to be impossible. Do you know where we can purchase Vekak this summer?

*Editor: Call Julie Fleischauer, Golden Acres Farm, near Stratford. They had Vekak last year and may have it again.*

*"When you love something enough...work becomes play... perspiration becomes inspiration.... and it doesn't matter what others may say." gvvg*

(Letters continued on page 19)



## Still more calls and letters

(Continued from page 18)

### Bulbils from last year

As a newbie garlic gardener, I saved some bulbils last year and this spring I found them starting to grow on their own so I planted them out. I should have planted them in the fall, but I didn't know better as I hadn't read your article! Now I'm wondering what I should do with them this year. How long do I let them grow -- they surely will not reach full-sized garlic this year -- but won't they die if I just let them stay in the ground over the coming winter?

**Suzanne Townsend, Glendale Farm**

*Editor: Hi Suzanne. You are best off to harvest them and replant your harvest in another spot this fall (Soil depletes so leaving them in the same place means they would go hungry). Let them grow till they mature, then harvest and replant. Wait until the tops die down, and then dig up the little "rounds," cure them like garlic and then replant the largest ones in the fall. Keep records so you know from year to year what happens.*

### Foliar Spray in late June?

**David Hahn of Forest Farm** asked on June 17: "Is it worth while to foliar spray at this time?"

*Editor: Foliar spray? Any other year, I'd say "no!" This year I say, "YES!" The darn garlic has only 7 leaves and scapes are emerging. With that few leaves, bulb sizes will be down badly so any little bit of nourishment will help.*

### When to stop watering

**Sandy Kell of Lake Cowichan, BC**, asked: "I somehow forgot when to stop watering garlic. After the scapes are all picked, or longer?"

*Editor: Hi Sandy. You should stop watering about 2 weeks before the anticipated harvest time. That's usually about a week or a little more after scape removal. Now that's not always possible if Mother Nature decides to continue with rain!*

### Questions on Asiatics

**Stan Woronko of Mississauga** wondered whether the Asiatics were long storage garlic because of apparently conflicting statements from various sources. Asian Tempest stores exceptionally well if harvested somewhat early, and that Pyongyang stores exceptionally well.

*Editor: Another fairly reliable source, Gourmet Garlic Gardens says they are short storing garlics as most don't last more than 5 months at room temperature before sprouting. It puts Asiatics and Turbans at about 5-month life, bearing out my own experience with them.*

**Sue Hamilton of Montreal** asked: "The Pyong Vang we planted last fall have this strange yellow colour. Any thoughts on what might be causing all the yellowing?"

*Editor: I must admit that I have no answer as to why the Asiatics demonstrate this streaking and yellowing. The natural colour of Asiatics is described as "yellow-green." My own, Pyong Vang, (as well as other Asiatics), have demonstrated this same colouring since I first obtained a trial sample from BC on 2006. In seven harvest years, they have not shown any greater propensity to fusarium decay than other Horticultural Groups.*

*My advice? Keep an eye on them. If a plant yellows and curls, it is obviously diseased and dying so remove it to prevent spread to its neighbours. If it continues just looking like an Asiatic, you have little to worry about.*

*If you haven't grown Asiatics before, take extra care at harvest. They mature quickly and the bulbs split their covers if you don't lift them fast enough. Check there maturity chart, page 14, Issue 37 and you'll see that they are ready at least a week ahead of the more common ones.*

### Removing Scapes

**Wayne Schlote of Casselman Ontario**, asked: "I planted one bulb of Music from the Perth Garlic Festival last fall and now the tops are 2-3 feet tall with the curly scapes now visible. For this variety, should I now trim off the scapes to maximize the energy going to the bulb or leave them until fall harvest? Thanks for your help!!"

*Editor: Hello Wayne. Music is one of many cultivars in the Porcelain Group, and yes, you should remove the scapes in order to get larger bulbs. Wait until the scape has emerged, done a 3/4 turn and has about 4-6 inches of round stem showing. Grasp the round part of the stem with thumb and forefinger just where it emerges from the leaves, give a snap and Eureka! The scape is ready for the table. If you leave the scape on (as some growers do in order to mature the bulbils) your bulb will be only 1/2 to 2/3 the size.*

### Creoles didn't emerge

**Annelies Davis of Hamilton, Ontario**, reported: "I am concern with my Creole garlic. I made sure all my garlic was covered with 6 inches of straw to protect them from this harsh winter. This April, I see all the Porcelains, Rocamboles, Purple Stripes, and Marbled have all sprouted about 2 to 3 inches in height except no sign of the creoles.

Have I lost them all to the extreme cold this year??"

*Editor: I suspect you may have had winterkill, or possibly, they could have been drowned with all the spring rains we've had. The Creoles generally come up quite early.*

*3D's that destroy your garlic crop: Dirty, damaged, or diseased seed.*



## Spotted on the Web

*The Internet is the source of some useful information as well as a lot of garbage. We present these excerpts without any judgment as to whether they are garbage or gold. Editor.*

Organic food is getting a lot of critical attention in the media these days. Part of it is due to the concern over the higher prices charged, but a lot of it stems from shortcomings in the Organic Regulations themselves. Here is a sampling of some of the criticisms and responses.

### What do the organic rules say about pesticides?

"Organic practices and this standard cannot assure that organic products are entirely free of residues of substances prohibited by this standard and of other contaminants, since exposure to such compounds from the atmosphere, soil, ground water and other sources may be beyond the control of the operator. The practices permitted by this standard are designed to assure the least possible residues at the lowest possible levels."

### Do you need to be certified to sell organic products at the local farmers' market?

Not necessarily. The Canadian Organic Regulation applies only to products for the import/export trade and inter-provincial sales but not to domestic consumption within a province. Not all provinces have passed provincial regulations requiring certification in order to identify the food as "organic," Ontario being a prime example. So, vendors at a farmers' market can advertise their produce as organic without evidence of following organic practices. It's a classic example of "Buyer Beware."

In a similar manner, you can buy "organic" produce in a store without an organic certification label to back up the claim.

### What about imported organic products?

"About 70 to 80 per cent of organic products in Canada are imported, primarily from the U.S. The bulk of Canada's organic exports are grain, sold mainly to the European Union. Some countries have mutual agreements recognizing each other's standards. Canada has such an agreement with the U.S., meaning products certified as organic by the U.S. Department of Agriculture are automatically considered organic in Canada and vice versa."

### Does organic certification offer protection from pesticides?

Evidently not as this recent CBC news item would indicate. You can read the complete article by googling the CBC Internet news:

**'Pesticide levels on some organic produce indicate use was deliberate. Concerns raised over Canada's enforcement of organic rules'.**

*CBC News Posted: Jan 10, 2014*

Nearly half the organic fresh fruits and vegetables tested across Canada in the past two years contained pesticide residue, according to a CBC News analysis of data supplied by the Canadian Food Inspection Agency (CFIA).

CFIA says residue levels that have more than five per cent of that maximum level "are considered to imply the deliberate use of a pesticide."

(The CFIA said it did not prevent the eight per cent of produce that exceeded the threshold from being sold as organic because it did not represent a health risk).

US officials said: "We're concerned that the Canadian officials lack enforcement powers to really crack down on problems when they turn up."

### Canada's organic food certification system 'little more than an extortion racket,' report says.

"Not included in that (certification) process, however, is mandatory laboratory testing of products that could ensure organic-labeled food is actually farmed without pesticides, leaving the organics industry in the hands of the honour system. It amounts to little more than an extortion racket, one that the greediest of mafiosi would envy," says a report released by the Winnipeg-based think-tank.

**Canada Organic Trade Association (COTA)** response, in part: The Canadian Food Inspection Agency (CFIA) pesticide residue testing results support the claim that choosing organic reduces consumers' exposure to unwanted pesticides. "We see that over 560 residues were found on non-organic apples, more than ten times the 52 found on organic apples. That would worry me if I weren't buying organic," said Matthew Holmes, Executive Director of COTA. Consumers can now be assured that the Government is monitoring organic products—both imports and domestic—thanks to the new Organic Products Regulations published in 2009 and fully implemented in June 2011. This new rule in Canada makes organic products the most regulated and inspected in the country: building on top of all other food safety and regulatory requirements.

As CFIA integrates the new organic rules into its existing testing and inspection systems, it will be able to monitor these sorts of occurrences in the future and find out where they might be happening, to minimize this type of exposure for organic products in the future.

However, Holmes adds: "it's not too surprising that we're seeing some trace amounts of chemical residues. We cannot overlook the fact that these chemicals from industrial agriculture are present in our water, air and soil—that's why organic agriculture is offering consumers another choice: one that does not contribute to this toxic load in our environment and in our population."

*We do not stop playing because we grow old;  
We grow old because we stop playing.*