

THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 43 Spring 2015

An Acre of Organic Garlic

Spring is just around the corner. Gardeners are anticipating seeing those little shoots of garlic poke through the mulch, heralding another growing season. Some, in western Canada and warmer regions, are waiting to put in their spring-planted crop, hoping to expand their operation to grow more. The big question is, can you grow enough to meet the demand for local garlic? Here are some thoughts to consider when planning on growing more garlic.

How much is an acre of garlic?

First, how much is an acre of land? Farms are generally measured in "sections", a Saskatchewan wheat farm being anywhere from 4 to 10 sections, corporate farms much larger. A section of land, used in the Dominion of Canada land survey is a square one mile long by one mile wide. An acre is a small piece of that land, a mere $1/640^{\text{th}}$ of a section. Very small.

One Acre Equals:
0.0015625 square miles
43,560 square feet
 $1/640^{\text{th}}$ of a section
0.405 hectares
and will fit into a square
208.71 ft. \times 208.71 ft.

An acre of garlic is very large. It is huge when you look at the workload of harvesting the crop. An acre can produce a very large crop of garlic. Selling the crop will generate a significant part of the income from a market garden.

How much garlic can you plant in one acre?

That depends on the planting density, or how you arrange the rows and beds for growing it. There are many options. In the Small-Plot Organic Garlic Variety Trials, we use intensive planting densities from 87,000 to 112,000 plants per acre equivalent. We grow information, not big sizes. Market gardeners need to use lower densities in order to produce larger bulbs, and, hence, larger crops.

One practical option is to use raised beds, 36" wide with 24" walkways between with 3 rows per bed. This layout provides 26,136 feet of row in an acre.

Common in-row spacing between plants is 6" for the tall Porcelains and Siberians and 4" for the others such as Rocamboles, Purple Stripes and Artichokes.

Using these spacings, the 26,136 ft. of row will hold 52,272 Porcelain plants or 78,408 of the others.

Calculating planting stock.

How much garlic planting stock is needed for an acre? Using Porcelain as an example, it works out like this: Porcelains have 3-5 cloves, an average of 4 per bulb. Not all cloves are suitable for planting so the small ones and any damaged in cracking are set aside. About 20-25% extra has to be added to the calculations for this. So, 52,272 plants will need 16,335 bulbs of seed garlic. Using size Jumbo (2" diameter) bulbs at 9 bulbs per lb., it will take about 1800 lbs. or *just under a ton of seed garlic*.

Cost of seed garlic to plant an acre?

That depends a lot on where you are. A few prices are:

- At \$8.00 per lb., seed cost is \$14,400.00
- At \$10.00 per lb., seed cost is \$18,000.00
- At \$15.00 per lb., seed cost is \$27,000.00

The money puts a different perspective on the size of the acre. Buying seed is a major expense, cutting into profits. Many growers wisely choose to either save their own seed from each crop, or develop a supply using bulbils.

Labour

Garlic is a very labour intensive crop. There is a tendency to grossly underestimate the work it takes, especially the massive workload at harvest time.

Approximate times for some of the tasks are:

- Cracking bulbs: 200-300 bulbs/hour, 50-80 hours/acre.
- Hand planting into pre-dibbled holes: 25-40 hours/acre.
- Inspection, weeding & watering: no estimate.
- Scape removal & bundling: 1000-1500 plants/hour, 35-50 hours/acre.
- Lifting & moving loosened plants: 2 days/acre.
- Washing, cleaning, inspection, grading & hanging: 75-150 plants per hour for 2 people, 350-700 hours/acre.
- To these must be added the machine-assisted tasks of working the soil, bed preparation, dibbling, etc.

Selling the garlic crop.

Experienced growers know that only about 60% of the crop is saleable after deducting crop and harvest losses, undersize bulbs and keeping back their own seed. The 30,000 bulbs left available for sale from this acre can bring in a tidy sum. That is, if adequate labour is assigned at harvest time to prepare the crop into a quality product.

Editor.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

The Garlic News

Connecting

The Canadian Garlic Network
Issue 43 spring 2015

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Payment by cheque, cash or PayPal.

Advertising: see rates in Directory pages.

About The Garlic News

The *Garlic News* is a membership newsletter distributed at cost to members. The purpose is to provide a networking forum for the sharing of garlic information. Started in 2004, it carries on from where the *Garlic Newsletter* and *The Voice of Garlic* left off.

Back issues are available both in single copy and attractive 1-year bound sets.

For lists of articles in previous issues, go to:
www.garlicnews.ca/ or,
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. 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 Summer 2015 Issue is June 1.

In This Issue

An Acre of Organic Garlic

Some sobering thoughts when considering expanding your market garden to include an acre of garlic.

Notes from our garlic patch

Spring 2015 weather update, flu and pneumonia, Groundhog Day, and plans for more spring planting trials.

A clove here and there

Ted Maczka's house and a new festival planned for Cornwall, Ontario.

Spotted on the Internet

The Internet is the source of a lot of entertaining but useless information. There's Garlic Cola, a disagreement over Zoo Poo, diapers on cows in Germany and a cold February.

We Get Calls and Letters

Readers share their experiences in growing garlic.

Liz Tobola: Working the day job & dehydrating garlic.

Liz tells about processing garlic using a garlic peeler and dehydrator.

Our Featured Garlic Grower from Manitoba: Snoetic Farm

Yoenne Ewald tells about leaving the Arctic and starting up a market garden in Manitoba.

Horticultural Group Porcelain: F3 Ted's Pride and Music

From the Garlic News archives, the story behind two popular Porcelain cultivars.

The Haliburton County Garlic Growers Association page

Deb Barnhart introduces the new look to the HCGGA page with Garlicgirl heading up the new Garlic Connections information service for growers.

The Garlic Directory

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

Signs of spring, recipes using garlic scallions, greens and scapes.

Health Notes: The Often Forgotten Health Benefit of Garlic

The editor talks about the exercise benefit of looking after your garlic and garden.

Garlic Folk Remedies that work

Cold sores, baldness, pimples, weight loss and more. Garlic is the miracle food.

Ramblings

Al Picketts is back, this time rambling on about a tough year for garlic, 2-3 clove garlic in 2014 and lots of other strange happenings in his garlic patch.

Garlic Facts & Trivia

From the Garlic News archives, some historical facts and curious items about garlic.

The Garlic Directory: Garlic Products at Wholesale from Eureka

Al Picketts is offering 35 cultivars for spring planting this year.

Where are we headed? A marketing tale: Rasa Creek Farm

Jim Capellini describes their plans for a cooperative marketing approach for seed garlic.

More Calls and Letters (continued from pages 5)

Members share their experiences and problems with growing garlic.

Marketing: Selling at the Farmers' Market

Tips from the editor on selling at the farmers' market.

Enclosed: Early Bird Renewal Form only for memberships expiring in 2015 (those with "- 44" after the membership number). Others may ignore this reminder.

: Advance Reservation Order Form for Bulbils from the Small-Plot Garlic Variety Trials.

2015 Eastern Ontario Garlic Field Day at the Small-Plot Organic Garlic Variety Trials Site

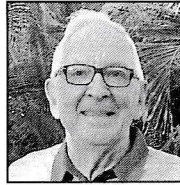
Date: Sunday, 28 June 2015 from 09:30 a.m. to 3:30 p.m.

**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.

Notes from our garlic patch

Small-Plot Garlic Variety Trials: Spring 2015 update



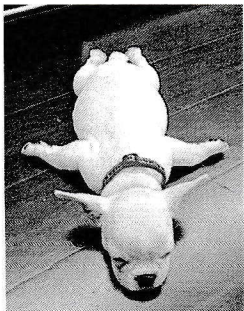
It was a tough winter in our region. After a good snow cover, Christmas week was warm, well above freezing, and all the snow disappeared from the garlic beds. It was long enough that the garlic started to grow. Then, after a week, “bang”, a hard freeze, the temperature dropped to minus 15 and then to minus 25. That’s a surefire recipe for winterkill. By January 6, the anniversary of the Great Ice Storm, we’d already had a spell of freezing rain and then, EXTREME COLD WARNING. Then, snow again. It turns out that we had the coldest February in half a century. Then, the long-range forecast is calling for another late spring this year. Something to do with the Jetstream being down there in Texas or somewhere, it seems. While I have to admit that Ontario temperatures don’t get as low as those on the prairies, well, everyone knows that its “dry cold” out there and you don’t feel it as much. Hah! We’ll see how bad the winterkill was come harvest time. Spring may be late, but it is official - it will come sooner or later.



Springtime in Saskatchewan

All of us could take a lesson from the weather. It pays no attention to criticism.

Influenza and Pneumonia



One wonders why we bother getting those flu and pneumonia shots? This year, I came down with both the flu and pneumonia at the same time, a double whammy from strains that weren’t covered by the vaccines that we got in the fall. Spent over two weeks down, weak and sick. Our Christmas dinner was a mug of chicken soup and drugs.

Sure was sick as a puppy.

What did Feldspar Freddy have to say this year?



February 2 rolled around and nothing was stirring around Freddy’s winter burrow. Couldn’t tell because it was buried under 3 feet of snow. Where was our erstwhile forecaster of an early spring? Sleeping, if I’m not mistaken. Who would be silly enough to tunnel through all that snow just to see his shadow? Groundhog Day? Bah, Humbug. Let the CBC try and figure out what will happen six weeks from now. If it’s like last year, make that eight weeks.

Renew Your Membership Early

For some, your membership comes due next issue (check you address label, a “-44” after you membership number denotes your last paid issue, -44, denoting Summer 2015. Spring and summer is the time to be in the garden, not working at the desk. Having Garlic News paperwork done ahead of time is a big help. So, do us both a favour, and renew before the summer work overwhelms our time. A renewal slip is enclosed for some of you. If it’s faster to pay by PayPal electronic transfer, send us a short email and PayPal will invoice you.

Thanks for your encouragement!

It’s heart warming to find how many people are appreciative of the Garlic News and express their appreciation by adding extra \$\$\$ towards the costs of producing it. A very special thanks to the following generous members:

Larry Craigen

Spring Planting Trials

There’s still almost 3 feet of snow in the garden and already I’m counting my garlic stock to see how many different types I should plant this spring. Also, to make sure that all of it doesn’t wind up in the kitchen. Some garlic is in the freezer with temperature set to minus 3 deg. C while the rest are hanging in the cold room. I’ll be planting some of both again this year.

The current spring planting trials are showing more promising results than the ones I did two decades ago. Maybe there is something to this climate change, after all.

Phone Number Correction

The phone numbers for Rural Delivery magazine (Issue 42, page 3, “More Fame and Glory”) should read:

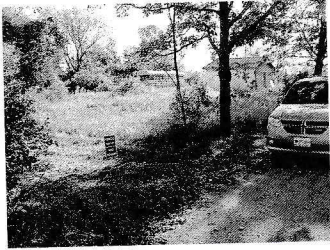
Toll free 1-877-354-3764

Local number is 902-354-5411.

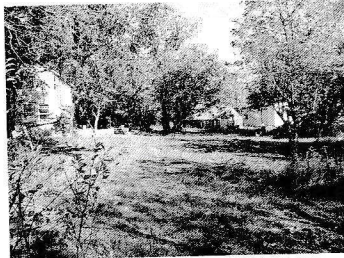
A clove here and there

The Fish Lake Garlic Man's House

Last fall, we were driving in Prince Edward County and swung by Demorestville where Ted Maczka used to live. It was a bit depressing to see his house being torn down the property abandoned to nature.



Ted's bus-office in the back.



House on left is 1/2 torn down.

A new garlic festival in Ontario in 2015

Brenda Norman of Kozroots Garlic & Herb Farm is planning the first SD&G (Stormont Dundas Glengarry) Garlic Festival to be held in Cornwall Ontario on Saturday August 29, 2015. The planned program includes education, food tasting and cooking, entertainment, artisans, & community organizations and showcasing all things SD&G! Interested vendors should contact Brenda by phone at 514-867-6222 or email kozroots@gmail.com for a vendor package.

Spotted on the Internet

Zoo Poo

African Lion Safari, an African Nature Game Park near to Toronto has a problem on what to do with the droppings left by its birds, lions, giraffes and elephants. John Ackland, the zoo controller says that it's just manure, the same as cow and horse manure and is used as fertilizer for the Safari's soybean and fodder fields and often by local farmers. The province disagrees. It does not consider the zoo to be a farm and therefore, their poo is not manure. It must be disposed of in a landfill like any other waste product!

Bavarian farmer diapers cow over EU rules

New rules by the European Union Commission aim to ban cow dung from hillsides with more than 15 per cent grade.



Farmer Johann Huber diapered Doris the cow to make his protest.

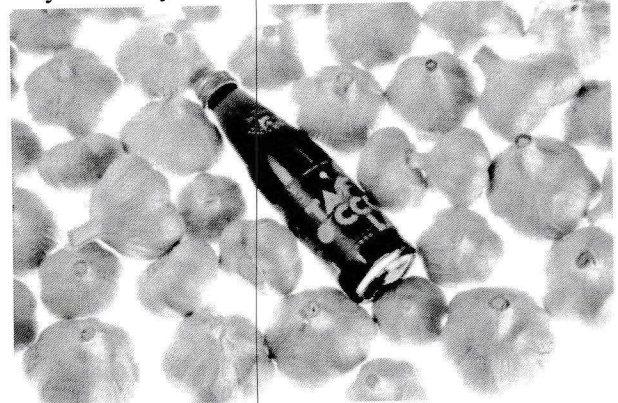
Spotted on the Internet

Garlic Cola?

A new fad just hit the garlic world. Simon de Boer spotted this Garlic Cola from Romania on the Internet.



Not to be outdone, the Japanese introduced Jats Takkola from Takko, a city considered to be the garlic capital. The drink is just cola mixed with some finely ground garlic, bubbly and tasty like cola, but with an aftertaste of garlic.



Editor: Good choice for the teetotalers but true garlic lovers would choose Ted Maczka's Polish Firewater, a vodka infusion loaded with fresh garlic!

February was the coldest month on record

From the CityNews on the web

Between Ontario and Quebec deep freezes, the Maritime snowpocalypse, and British Columbia's early spring, February was a month of extreme weather.

Temperatures across Quebec and southern Ontario were seven to nine degrees colder than the historic averages. Quebec had the coldest February since at least 1889. A jet stream of frigid air from the Northwest Territories kept a cold air mass trapped over parts of Ontario and Quebec for most of the month.

Ottawa recorded its coldest-ever February, with average temperature of -16.8 C; lower than the record set in 1979. In Toronto, it was the first February in 75 years where the temperature did not climb above the freezing mark.

Editor: And then, Niagara Falls froze over. Is this really Global Warming?

We get calls and letters

Cover crop rotation

Dorothy Oogarah of Centreville, ON, asked: This fall our son borrowed the neighbours tractor, plough and cultivator, and worked up approx. a 1-acre field. We had used about 70 x 50 ft. area of it this spring (2014) and prepared it with three crops of mustard/ buckwheat for our fall planting of garlic. We will eventually rotate our garlic through the rest of the field using no more than 1/4 acre for our garlic crop and a 1/4-acre for vegetable garden. What would be the best green manure crop to plant in the rest of it this coming year? Should we just plant several crops of mustard and buckwheat or something else?

Editor. Best cover crops/green manure?

The simple answer is that you use buckwheat to break up hard soil AND control weeds; crimson (red) clover is the best for adding nitrogen. Since it sounds like you're moving to a 4-year rotation (including your vegetable garden), you will have something different in each 1/4-acre plot. I've attached a suggested 4-year rotation plan as well as a comparison of some common cover crops (Garlic News Issue 33).

You may find this a bit costly in seed for cover crops; that's why I recommend that garlic is not a stand-alone crop but should be grown along with other market garden vegetables.

For our readers, see the Garlic News 1st year for other planning charts.

4-year organic rotation plan for garlic

	Plot 1	Plot 2	Plot 3	Plot 4
1	Garlic (fall)			
2	Garlic, then mustard	clover, then Garlic (fall)	buckwheat mustard	Own vegetables
3	Own vegetables	Garlic, then mustard	clover, then Garlic (fall)	buckwheat mustard
4	buckwheat mustard	Own vegetables	Garlic, then mustard	clover, then Garlic (fall)
5	clover, then Garlic (fall)	Buckwheat mustard	Own vegetables	Garlic, then mustard
6	Garlic, then mustard	clover, then Garlic (fall)	buckwheat mustard	Own vegetables

1) As a precautionary, plant a crop of mustard or buckwheat plus mustard immediately after you've harvested the garlic.

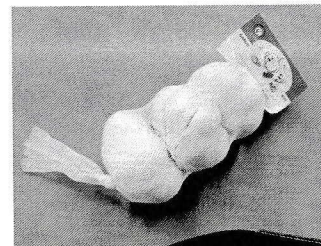
2) Your own vegetables should follow the garlic (but, plant onions and leeks with the garlic, not with your own vegetables). If they are out of the ground early enough, you might plant a September crop of buckwheat/mustard right after them.

3) If you decide to grow other cash crops in one of the four plots (say green beans for the market), grow them in place of the buckwheat/mustard rotation.

Kathy Keeping of Knutsford, BC, said: Have finished reading the Garlic News. I will be keeping out your article on preparing and selecting seed garlic for future reference. One needs a reminder once in a while that its not necessarily the biggest that makes the best seed garlic. Thanks again for all your hard work.

How do you compete with the imports?

I get this question quite often from growers trying to sell garlic. I bought this package of garlic in the supermarket, three size Extra Jumbo, 2 1/4" bulbs all for \$0.40. The same bulbs locally grown are worth around \$9.00. Why?



It's simply a matter of labour costs. Goods are costed on the basis of the labour it takes to produce them. Canadian labour is worth about \$20.00 per hour, Chinese labour at less than \$1.00 per hour. When you consider the amount of work it takes, \$9.00 for 3 bulbs of locally grown garlic is a real bargain. The cheap import is worth every penny you waste on buying it.

When a customer tells you that your garlic is overpriced, ask them whether they would work at a Chinese salary!

Bulb cracker needed

Nick Lysachok of Sangudo, Alberta called inquiring about a small bulb cracker that doesn't damage the cloves. Anyone have an idea on where to get such a piece of equipment?

Editor. The problem of trying to mechanize garlic production is compounded by the fact that most of the hardneck cultivars, and particularly the Porcelains that are grown in Canada are very fragile and easily damaged. Any damage to the cloves exposes it to entry of disease pathogens and subsequently, diseased plants and crop failure. The time-proven adage, "machines for the soil, hands for the garlic" will continue to apply until some clever engineer designs "soft hand" machines for handling the garlic.

In the meantime, growers saving their own garlic planting stock should leave it in the ground to mature longer, past the table garlic stage, until only one or two clove wrappers are left. The bulbs with fewer wrappers are much easier to crack.

Clarence & Marlene Cross, who recently moved to a new home in West Virginia, reported on his new garlic operation: "Nice weather here too; 20 F and about 5 inches of snow. Winter eh? Planted 30 cultivars in mid October, eleven of which are peeking through the soil. 999 were cloves or rounds and another 278 bulblils. Still planting six for your bulbil project. Will get the results to you this coming fall. Got some enormous bulbs of Estonian Red from a monk in Iowa. Looking forward to see how it adapts to West Virginia. Have a couple Asiatics; Japanese and Korean that produced some fine looking bulbs last year. Will see how they do here also. Also have 11 of your Majestic. Moving was such a pain and then dealing with plumbing and electrical issues, enjoyment of our new home has come in spurts."

Editor: Thank you for keeping in touch. Glad you're enjoying your new home and being close to your grandchildren.

(More letters continued on page 17)



Tales of the Stinking Rose from the Wild Rose Country

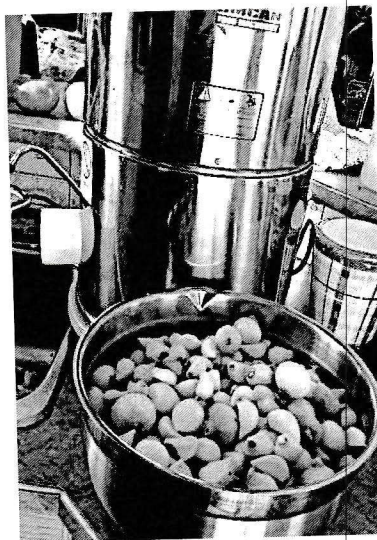
**Working the day job and
dehydrating garlic. The winter
months.**

By: Liz Tobola

There is no rest allowed these winter months! With the garlic botrytis problem I've had a lot of the sell stock became process stock. To date I've managed to dehydrate 80lbs of cloves. Only one more load to do then I'll check through the seed stock. Hopefully there won't be much as planting season is fast approaching and there is not much time left between now and then!

For the new readers and forgetters I plant my garlic here at the Aldersyde, Alberta in spring as soon as the ground can be worked. The 80 lbs. fresh garlic has dehydrated to 16,515 gr. Okay, I'll help with the math; 36.3 kg fresh dehydrated to 36.3 lbs. Better? Sorry, I sell fresh by the pound and dehydrated by the gram. Good thing I like working with number\$.

So back at the day job it was decided that I would be in charge of inventory, as things got totally messed up. The stress they put me under mid-December, through Christmas and into January is beyond what a garlic lady on weekends should endure. It does not help that things are done like they did since 1934. Yes, the dark ages before computers. Well, I'll give them a little credit we do use computers but the point of sale is way out of date, leaving me to be the human computer. There is way too much thinking required and manual paperwork. It definitely takes the fun out of the technical sales I so enjoy. But, it does make my mind work 100% of the time. The days have flown by and I am so looking forward to the day when I get things straightened out in a way I can share the workload with my co-workers. Oh, did I tell you, all the children were home for Christmas and this was my year to do my family Christmas dinner. It was a blur and I'm pretty sure we all had a good time. I didn't even send out Christmas cards this year...1st time in 35 years! But, I did manage to get a New Years 'What's Happening' letter picture collage sent out in February! Now back to my weekends. I'm rather lazy so it takes me a full day to do all the steps for processing. I enjoy many rests between and during each step. First you have to get the dehydrator empty from the last batch. I find that the sliced garlic can use the extra airtime to fully dehydrate. The trays then go in the dishwasher rinse cycle twice. The trays are tall so the top tray of the dishwasher has to come out. Oh, dang, dishwashers full...empty dishwasher! I do not use any soap to clean them. The hot water removes the little sticky garlic bits and that is all I use the dehydrator for anyway. Then, off to the garage to crack garlic. I need about 8-9 lbs. of cloves. Next I use my *expensive garlic peeler*. 15 minutes later the peeler is cleaned and put back away and the skins are garburated out to the septic system. I do not compost any garlic waste because they may harbour disease.



The garlic peeler & peeled garlic.

I started to use gloves this year as handling the freshly cut garlic was sort of burning the top layer of skin on my hands. It didn't hurt but the skin would redden and peel away for a few weeks. I find this step hard because I can't find a real comfortable position sitting or standing to do it for very long. Others may have no problem...I do.

Next step is food processor slicing time. Easy peasy. I used to slice each clove by hand but not anymore. The 2nd last step is to lay the garlic out on the dehydrator trays.



Other tools and dehydrated garlic.

The very last step is to bring the full dehydrator down to the garage, plug it in and hit the go button. That's the dehydrating process I use. If anyone has any tricks or tips I would sure appreciate hearing about them. Oh darn, I forgot to include my blender in the pictures. And I'm running out of space to tell you about how I make the sliced dehydrated garlic into powder and such. There are some clues in the picture above. But, I have another gadget in mind to try out that might help speed up that part of the process. So, I will tell you more another time. While you wait, if you have any questions please feel free to contact me direct via email or phone.
OMASGarlic@platinum.ca (403) 601-2642

Raise the bar with your garlic!

Spring is the time to start looking for the best garlic to enter in those competitions at the fall fairs and festivals. Select possible plants and give them the extra care – a shot of foliar fertilizer, regular water and keep them free of weeds. Come harvest time, take just a little extra care in preparation. Competition with other growers is the only way to see if your garlic is as good as you say it is.

Our Featured Garlic Grower from Manitoba: Snoetic Farm, San Clara, Manitoba



By: Yoenne Ewald

Snoetic (snow-etic) Farm is a small garlic operation supplying garlic-initiates, home gardeners, variety connoisseurs, and smaller commercial operations with a growing range of prairie-adapted seed garlic. We are located near San Clara, Manitoba, a stone's

throw from Saskatchewan and a short drive north of Roblin.

We were living in Inuvik, Northwest Territories when my garlic interest formally began. We had moved "into town" from a cabin in a sled dog yard where we were handlers for a local musher for a couple of years; I suddenly found myself with all sorts of free time. With a background in food security and being an avid gardener (even in the Arctic), I registered to take a horticultural certificate via distance education. My passion began.

In 2007, we left the North and bought the farm. It was August already and I scoured the country for the few remaining available seed bulbs and bulbils. I sowed my first crop that year in a 200 sq. ft. garden. Every successive year has seen the break up and working of more land as the crop expanded. The annual crop now covers nearly an acre; although, I plant in fairly low density as I continue to improve soil tilth and fertility.



The garlic and other alliums move together in a four-year rotation and are followed by cover crops, *chicken tractors*, and market vegetable production. In addition to general soil building, our garlic is fertilized when sown with bone and blood meal and foliar fed through the spring and early summer with a fish emulsion and seaweed blend. Any manure that is accumulated on the farm and available from the neighbours is applied during interim land uses. My planting dates vary a little as we have been getting +30C in September these past few years. I begin anywhere between September 28th and October 10th. Despite the odd nervous winter featuring -30C before adequate snow cover, I do not mulch the garlic. The late springs and excessive rainfalls through to early July mean that mulch would both slow early warming of the soil and retain too much moisture.

Harvest usually begins in mid to end of July although there are years where maturation is as much as two weeks behind. Nearly all of the scapes are snapped at a tender age and pickled for market. The remaining umbels are selections that are allowed to mature for sale and my own use.

Bulbils are a huge part of our operation. Not only are they a fantastic and safe way to introduce a new variety to our collection, we view them as our insurance policy for seed stock quality. Bulbils from every bolting and weakly bolting variety are planted out and replanted each year.

We are now growing over 70 varieties in varying quantities, including several less common types like Pskem, Lotus, Blossom and Blanak and a couple of regionally developed strains like Bulkley Valley Select. In 2014, 22 varieties were grown in sufficient quantity and quality to be offered for sale through our website (www.snoetic.ca).

In addition to the garlic, we produce market vegetables, pastured chickens and grass-finished Dexter beef, which are sold to local customers.



Cull garlic is sold by the pound at local farmers' markets and is pickled, powdered, and made into jams and jellies. Our farm endeavours are a fulltime workload for me from spring to early winter. Everything from plant to harvest to shipping is by hand. Growing garlic and food and helping others to do the same is the most gratifying work I have ever had.

What's a Snoetic?

Snoetic is a whimsical combination of the words "snow" and "noetic" with the additional benefit of rhyming with "poetic". We created and chose this word for its implication that our thoughts, wishes and actions would facilitate the onset of winter each year. Noetic sciences examine "how beliefs, thoughts and intentions affect the physical world". Snow is....snow.

Check our website www.snoetic.ca for a list of garlic varieties for sale. Our contact information is on our business card ad on page 10 of this issue.

Editor: San Clara is in hardiness zone 2b. Garlic has to be pretty tough to thrive in this type of winter. Good snow cover, of course, is a boon to overwintering plants. Interestingly, Inuvik is in Zone 2a, not much colder, according to the plant hardiness maps.

Horticultural Group Porcelain

Fish Lake F3 "Ted's Pride"

Article by Paul Pospisil from the Garlic News archives

In his lifetime, Ted Maczka, the Fish Lake Garlic Man would proudly tell how he had grown a 225 gram or 1/2 lb. garlic bulb in his plot of F3 in summer 2002. In fact, he had grown several bulbs in weights ranging around 7-8 oz. That's quite spectacular since Super Colossal bulbs, the largest market grade size, weigh only about 125 grams (4.6 oz.) We decided to investigate this strain a little closer and report on it to our readers.

F3 has been the pride and joy of Ted Maczka's garlic patch since he started growing it in 1984. Ted identifies garlic strains with an "F" number starting at F1, F2, F3, etc., in the order he grew them in his garlic research station at his farm near Fish Lake.

F3 was one of his earliest strains. Its origin is unclear although he recalls getting it from a Ukrainian who was importing from Russia and growing it on his farm nearby. Ted identified it as a "Continental" variety, now called "Porcelain". Many of the bulbil growing trials that Ted carries out were with F3 bulbils.

Very hot in taste, Ted says, "You bite it and it bites back!" We brought F3 into the Beaver Pond Estates Variety Trials in 1996 for comparison with our Control Standard, "Musical" and have grown it every year since. At that time, Ted stated that he was growing 7 oz. bulbs with his F3. Our trials do not attempt to maximize bulb size but measure overall performance in a typical organic garden.

F3 grows a shorter plant than most other Porcelains but produces a typical, 4-clove bulb characteristic of this Varietal Group. In performance, it has rated in the top three or four Porcelains for comparative size and dependability in our research trials every year. In the 2003 crop, it rated No. 2 out of 16 Porcelains grown, coming 2nd only to Majestic. Average Bulb size was Jumbo with average harvest weight of 56.3 grams.

In the 2002 University of Saskatchewan garlic trials, it was given a rating of No.4 out of a possible 5 with only two of the 20 strains tested having a higher performance rating. In 2001, it rated 3rd out of 25 strains tested. Note that these trials are in Hardiness Zone 2, one of the coldest growing areas in Canada.

F3 provides a top choice for growers looking for a northern-hardy Porcelain strain with a very high yield potential.

Editor: Ted distributed F3 to all regions of Canada so it is a well-known cultivar in many garlic plots. It is distinctive not only from being a very short plant but also from the observation that it can appear in two distinct morphological forms, one Porcelain and the other resembling a Turban. Trials with these are ongoing.

Due to current economic conditions the light at the end of the tunnel has been turned off.

The Story of Music Garlic

From the Garlic News archives as told by Al Music at the 1999 Perth Garlic Festival with introductory comments by Paul Pospisil.

Most growers and many consumers have heard of Music garlic. It is the McDonalds hamburger of the garlic world. Why should this one strain of garlic, out of hundreds, be so well known? Here is part of the story.

When I was preparing the guest lecturer lists for the 3rd Glorious Garlic Festival (Perth Garlic Festival) in 1999, I invited Al Music to come to Perth and talk about his special brand of garlic to the Eastern Ontario garlic fans. Al is the grower who developed this strain and gave his name to it. His business card states; "CANADA'S OWN GARLIC KING." Al was delivering a truckload of garlic to Montreal and he stopped over for the Perth festival.

His talk was appropriately entitled, "The Story of Music Garlic." Al's tale starts in tobacco country of SW Ontario in the early 1980s. He related it in a very unassuming manner, from a grower's point of view.

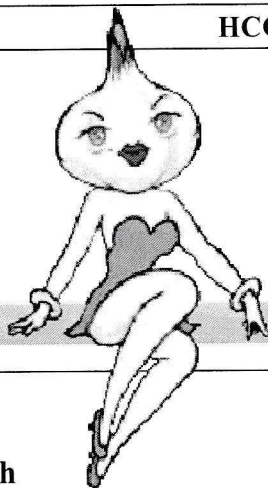
The tobacco fields in the region were losing profitability and alternative crops were needed. Many growers were changing over from tobacco to herb production. Al had been trying out garlic, with its rising popularity in North America. He had developed one garlic, of a Continental variety (now called Porcelain), which grew well in his soil and climate. Capital investment was minimal as the tobacco sheds and field equipment were adaptable to garlic production. Al's hardneck garlic had many advantages. The large cloves were easy to peel; it had strong garlic flavour and a bite (heat, in garlic parlance); it was easy to grow and produced large bulbs with huge cloves; and, restaurant chefs could handle it with ease. In appearance, it differed significantly from the imported softneck garlics that were flooding Supermarket shelves, making it easily marketable as a distinct product.

Al, along with 12 other like-minded growers, banded together for the purpose of growing and marketing this strain as a standardized garlic type, forming the Ontario Garlic Growers Association (OGGA) in 1985 for this purpose. They named the garlic, Music in recognition of Al's initiative.

Later, planting stock was made available to other new growers in order to increase garlic acreage. As production increased, Music garlic started to appear on supermarket shelves, providing a tasty alternative to the imports. Through effective marketing, it was presented as "Ontario Garlic".

The catchy name "Music" caught on, writing another chapter in Canada's agricultural history. Music garlic was here to stay.

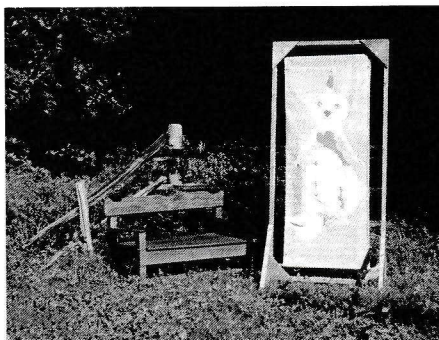
(Addendum by Al in 2002: Al Music has moved from Waterford and is semi-retired in Toronto. With his love and enjoyment of garlic Al still grows a plot of top quality Music garlic on another farm in Beaverton nearby. The organization (OGGA) which he co-founded still carries on under the name Garlic Growers Association of Ontario (GGAO) and has opened up its membership to growers from other regions of Ontario).



So...*how does your garlic grow?* Garlic Connections

Just South of Algonquin Park

Meet **Garlicgirl**, our new hostess of all garlicky happenings in Haliburton County, Just South of Algonquin Park. With her down to earth sex appeal, engaging personality and generous sharing of all things garlic, you will eventually have to book a visit to the Highlands. In the meantime, stop by her Facebook page - Garlicgirl 101, where she is hard at work gathering and connecting all things (and people) garlic!



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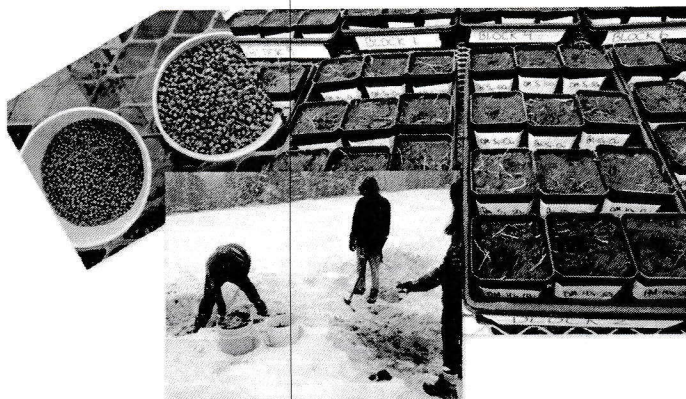
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HCGGA Updates

GARLIC RESEARCH PROJECT Managing Garlic Pests in Haliburton County

As you will remember from the last issue #42,
regarding the nematode experiment,
the seeds for our cover crops didn't germinate.
So...



Emma Horrigan (*Partial figure on extreme right of snow photo*) and her Fleming College students, are currently conducting seed germination trials for each cover crop (pearl millet and oriental mustard) using the soil taken from the test site (soil gathered during February of this year).

This will allow the team to tailor the cover crop seed application rate this spring.

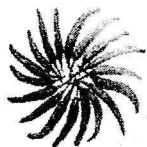
This part of the project is to test the effectiveness of different crop cover treatments in reducing soil nematode populations integrated with planting nematode-free or "clean" garlic seed.

To contact the Haliburton County Garlic Growers Association, Visit website:www.haliburtongarlic.ca
or phone Sheila Robb 705-489-4201,
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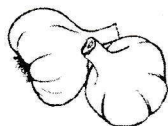
Thanks to some of our great members:

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www.garlicfarm.ca

www.saltspringseeds.com

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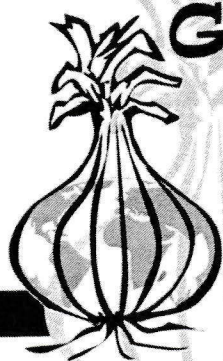
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Directory Listings, Garlic or Garlic Products for sale, Want Ads, Boxed Ads, Grower Information

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.

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¼ Page ad: \$30.00 per issue, \$100.00 per year

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Contact the editor for group and other rates. garlicnews@kingston.net

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

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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.

Garlic from Blue Marsh Farm, Nova Scotia. Check our website for details: www.bluemarshfarm.ca
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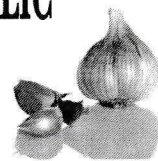
Railside Gardens Garlic: Music garlic and garlic products. Check our website or call. Laura & Tyler Duchek, 4 miles north & 1/2 mile east of Esterhazy, SK. Ph. 306-745-3515. Email: l.t@sasktel.net
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Garlic Recipes

Using garlic greens and scallions

From Mary Lou's collection of her own garlic recipes

There is nothing quite as delicious as the first tasty vegetables from your own garden in spring. If you've never tasted garlic greens, this spring has a delicious surprise waiting for you.

Garlic greens and scallions are essentially the same thing, young, immature garlic plants. For greens, you snip the leaves off the young garlic plant, leaving the root to grow more leaves; for scallions, you pull the whole plant to get the tiny little immature bulb as well as the green leaves. Both are equally delicious.

You can prepare them the same as any fresh green vegetable. Both scallions and greens can be cut into small pieces with scissors or a knife.

They can be sautéed, steamed, lightly boiled, stir-fried, chopped, pureed and pickled.

Use them in soups, stews, omelettes, scrambled eggs, scalloped potatoes or any dish where you would use garlic.

They can be used in any recipe calling for garlic.

The flavour is a bit milder than the garlic bulb. The uses are just endless and each idea is uniquely delicious. Don't be afraid to experiment a little. Use your imagination to create your own recipes.

For starters, try this:

Omelette a la garlic greens

Take 3 fresh eggs, organic free range, of course, break them into a mixing bowl, add a dash of milk, salt & pepper to taste and beat them to combine yolks and whites. Chop a small bunch of freshly picked garlic greens into tiny pieces and stir into the egg mixture.

Pour into a small, pre-heated fry pan coated with cooking spray, sprinkle some grated Parmesan cheese on top and cook over medium heat about 3 minutes, until partially set. Flip over with a spatula, and continue cooking 2 to 3 minutes more.

Serve with fresh toast for a healthy breakfast.

Greens can be kept in the refrigerator but freshly picked from the garden is much better.



You can freeze them in containers for use in winter but it is better to grow them fresh. Over the winter, you can grow them in pots on the windowsill.

We also plant our culls (tiny cloves) and some bulbils so we will have fresh garlic greens in May and June.

Garlic Scapes are not too far away

Right after a month or so of garlic greens, the annual delicacy of garlic scapes is yours to savour. Next, Yoenne Ewald has shared two of her recipes with you.

Garlic Scape Pesto

From: Yoenne Ewald

Garlic scapes are in fact a tasty culinary delight of their own. Scapes can be stored in a plastic bag in the fridge for months. As they age just snap the bottoms off again, just like you would with asparagus. They can also be frozen without blanching. As they gain in popularity, an increasing number of recipes are being published in newsletters and online. Here's a favourite one of ours:

Ingredients:

2 cups chopped garlic scapes

¾ cup grated Parmesan

¾ cup grated mozzarella

¾ cup olive oil

1 tbsp. lemon juice

1 ¼ cups walnuts

Method:

Chop the scapes and then puree them in a food processor until smooth. Add the cheeses and walnuts and process until smooth. Add lemon juice and slowly add olive oil while blending. Store in an airtight jar in the fridge for up to 2 weeks or freeze.

Hippy Butter

From: Yoenne Ewald

Here's another garlic recipe that you can publish. I've been eating this stuff since my late teens and everyone I've met who's tried it loves it.

Ingredients:

3 tbsp. minced garlic

2 ¼ to 2-½ tsp. tamari (a nice soy sauce is fine)

1 ¼ cup nutritional yeast (found at health food stores, it's often called "redstar". Don't mistake it for brewers yeast)

¾ cup olive oil

Method:

Mix all the ingredients together in a pint jar. Let it sit for about an hour so the nutritional yeast can soften and integrate with the oil. It should make a nice spreadable paste. You can adjust the texture by adding more yeast. Store it in the fridge and use it within the week. The oil will solidify a bit so allow it to warm on the counter a short while before you use it.

Eat it by itself on toast or with avocado.

Editors Note: Health experts recommend that adults eat about two cups of fruits and up to three cups of vegetables each day. And the garlic guru recommends that you eat one or two cloves of garlic a day or an average of a bulb or two per week!

Garlic is a favorite cooking ingredient. Garlic bulbs have been an important flavor component for about 10,000 years, says Liz Primeau, author of "In Pursuit of Garlic: An Intimate Look at the Divinely Odorous Bulb."

Garlic Health Notes

An Often Forgotten Health Benefit of Garlic

While people avidly read the studies confirming that garlic is good for your heart, prevents and/or cures cancers, treats infections and dozens more wonderful cures, the garlic benefit that will help you more than any other is ---the exercise benefit.

The benefit doesn't come from eating garlic. It comes from growing garlic!

To grow garlic, or any other vegetable in your garden takes a lot of work – walking, bending, pulling, pushing, raking, reaching, stretching, lifting, lugging, hoeing, digging, shoveling and breathing – work that uses every muscle in your body. You work hard, sometimes to the point of exhaustion.

This work helps you to control your weight, improve your breathing, clear your lungs, improve your blood circulation, strengthen muscles, build up your endurance and most of all, makes you feel good. You'll wake up the morning after a hard day's work in the garden, muscles stiff and sore, but you feel just great and think how great it is to be alive.

You can burn 300 to 400 calories an hour from gardening. But, you must be smart. The biggest risk, especially for seniors, is trying to do too much right away. Its spring, the snow is gone, the sun is shining and it's wonderful to be out in the garden, seeing the little sprouts pushing up and watching for the first robin to return. There's winter mess to clear away, mulch to pull back, soil to work up in preparation for planting the other vegetables, tools and equipment to haul out of storage – well, there's more than a body can do. You could work in the garden all day.

Don't! You could hurt yourself. Work up to it slowly to get into better shape. Make a rule to start with a 30-minute session followed by a sit-down rest with a glass of water. Quit for the day after a few of these 30-minute sessions. Don't try to do everything all at once. There's always tomorrow. If you find the muscles getting stiff, a little loosening up stretching or a short walk will help.

The hard work in the garden is still ahead.

When the garlic is up, so are the weeds. Weeding is great exercise. It takes a lot of bending, stretching, pulling and carrying away. Instead of just bending, you can practice bending at the knees and crouching. Your back gets a rest and you improve the strength and flexibility of your legs. And, you don't have any sports club fees to pay. You get it all for free while looking after your garlic and garden. If the weeds discourage you, keep saying to yourself, "Just saved a \$25.00 lesson", "Just saved a week's club fees", "Just saved another \$100.00", and, "Oh my goodness, I've just saved enough for my Florida vacation next winter!"

Soon you'll have the work of scaping and before you know it, the really heavy work of harvesting. You should be in pretty good shape by then provided that you built up your endurance in a sensible manner.

The exercise you get from gardening is the real benefit of garlic. And, best of all, it's free! *Editor.*

Garlic Folk Remedies

Cold Sores can be a real nuisance

Several years ago, I read an old folk remedy that said you could cure cold sores faster with fresh garlic than with over-the-counter patent medicines. You simply peel a clove of garlic, cut it in half and gently rub or squeeze the juice from it directly on the cold sore. Repeat every few hours with fresh cloves. It works! The cold sore dries up and heals in a day or two. It seems that there is science behind this.

Herpes simplex, type HSV-1 is a viral infection.

Antibiotics are used to kill bacteria but do not work on viruses. Garlic is effective against virus.

More folk remedies and cures from Readers Digest:

Garlic prevents and treats colds.

Make garlic tea. Steep chopped or minced garlic in hot water for several minutes, then strain and drink. Add a bit of honey or ginger to improve the taste.

Garlic clears acne.

Rub a sliced clove of garlic on the pimple for an effective topical treatment. The antioxidant properties of garlic kill bacteria.

Remove a splinter with garlic.

Place a slice of garlic over the splinter and cover it with a bandage or duct tape.

Keep away mosquitoes with garlic.

Mosquitoes don't seem to like garlic. Make a solution of garlic oil, petroleum jelly, and beeswax for a natural repellent to rub on.

Grow beautiful hair with garlic.

Garlic could end your hair loss problems because of its high levels of allicin, a sulfur compound similar to that found in onions, which were found to effectively treat hair loss. Rub sliced cloves of garlic on your scalp, squeezing as you go for the most benefit. You can also infuse oil with garlic and massage it into your scalp.

Soothe psoriasis with garlic.

Since garlic has proven anti-inflammatory properties, it could be useful in relieving psoriasis outbreaks. Rub a little garlic oil on the affected area for rash-free skin.

Treat athlete's foot with garlic.

With its anti-fungal properties, garlic could get rid of itchy athlete's foot. Soak your feet in a bath of crushed garlic in warm water.

Control your weight with garlic.

Garlic could help you control your weight. Many people swear that garlic helps them diet. Try to cook with garlic daily for tasty and waist-friendly meals.

During the Dark Ages, people believed garlic could ward off the plague and wore garlands of it as protection. In fact, as recently as 1917 and 1918, Americans wore garlic garlands in public during influenza epidemics.

Al's Ramblings: A tough year

By: Al Picketts

According to some garlic growers 2014 was a strange growing year. I agree. It was strange. The winter wouldn't quit so my spring garlic was planted on May 10 instead of April 10. A man lives by his convictions so I refuse to follow the snow blower to plant garlic just as I refuse to drill holes in frozen soil to plant garlic. I have my pride. The spring garlic (about 10,000 cloves) grew quickly and matured quickly without as much growth as I would like to see. In fact, the spring garlic was ready for harvest before the fall planted garlic. This posed a logistics problem. I can harvest just so fast and then I'm worn out. I'm not the pup I once was. The Porcelains and Purple Stripe Marbled were hit hard with the 2 & 3-clove syndrome that was so common in eastern Canada.

The Turbans all grew as rounds so I left them in the ground to see what they will produce for 2015. I was surprised to see them grow again in the fall. When we got freeze-up the Turbans were about six inches tall. Stay tuned for a follow up report later in the year as to how they fared.

The Elephants all grew as rounds, which I expected, which I harvested and, subsequently, replanted in Oct. This happened in 2013 as well. Some rounds are as big as baseballs and should produce quite large Elephant bulbs. I had one last year that weighed in at one pound even. I grew spring planted Creole again last year and I'm convinced that spring planting is the way to go for Creoles on PEI. They did very well. Never saw such beautiful bulbs. I'll be planting Creoles again in the spring of 2015, lots of them. They are so pretty when the bulb wrappers are pulled back to show the outstanding burgundy colour of the clove covers. If I were to ever wear a suit I might be tempted to put a peeled bulb of Creole garlic in the lapel where a flower usually goes.

The fall planted garlic in 2014 was very good except for the Porcelains and the PSM, which had the 2 & 3-clove problem. Not all the varieties had the problem. Some fared very well but many of my favourite varieties did not. Yes, you can plant cloves from these 2 or 3-clove bulbs and they can produce normal bulbs but I chose to not go this route. I try to sell only bulbs that look as near perfect as I can grow and I believe my customers have come to expect high-quality garlic from Eureka Garlic. By doing this I did take a bit of a hit on my Porcelain seed sales but I feel better about my product for doing it this way. The Rocamboles grew beautifully as did the Artichokes, Turbans, Silverskins, Purple Stripes, and Elephants. I grow only one variety of Purple Stripe Glazed (Vekak Czech) and it never seems to grow very big. I've decided to grow it this year as spring-planted. The same holds for Eureka Kim (a PSM which was a mutant of a PSG). Will they grow any bigger if planted in the spring? We'll see. On a lighter note, I will also be spring-planting the Rocambole Mountain Top. Not because it was too small. No. I just forgot to plant this variety until it was too late. Yes, folks, the memory banks do sometimes get overdrawn.

Garlic Facts and Trivia

From the Garlic News archives

Did you know that there are about 700 different garlic cultivars grown around the world?

Did you know that garlic bulbs were found along with mummified bodies in the pyramids in Egypt?

Did you know that first recorded labour strike occurred when the slaves building the great pyramids of Egypt were cut off from their daily ration of garlic?

Garlic in the Old Testament bible after Moses led the Israelites from bondage in Egypt, Numbers 11:5: "we remember the fish, which we did eat in Egypt freely; the cucumbers and the melons, and the leeks, and the onions, and the garlic."

The Greek physician Hippocrates, father of modern medicine, recommended garlic as a remedy for dozens of ills, including stomach tumours, infections of wounds, diarrhoea, constipation, sinus infection infirmities of old age and many others.

Did you know that the sailors on Columbus's ships first brought garlic to the New World in 1492?

Did you know that "Elephant Garlic" is a leek, not garlic?

Did you know that the word "garlic" came from the words "gar" for spear and the word "leac" for leek plant; thus, "gar-leac" was the leek with the spear shaped leaves.

Did you know that garlic was the antibiotic used in medicine from the time of discovery of bacteria by Louis Pasteur in 1858 until the discovery of Penicillin in 1928 by Sir Alexander Fleming? Many doctors still use it today.

Did you know that next to salt, garlic is the most widely used food seasoning or condiment used around the world?

Did you know that in Europe, many cultures have used garlic for protection against demons, werewolves, and vampires? To ward off vampires, garlic could be worn, hung in windows, or rubbed on chimneys and keyholes.

Did you know that the stake for killing a vampire must be made of white ash and not of oak or pine?

Did you know the sticky juice within the garlic cloves is used as an adhesive in mending glass and porcelain?

Garlic may be applied to different kinds of bread to create a variety of classic dishes, such as garlic bread, garlic toast, bruschetta, crostini and canapé.

Did you know that garlic braids were used for practical storing of garlic by hanging it from the ceiling or rafters?

Garlic is widely accepted for its ability to fight disease. One very special difference is its ability to discourage illness-causing bacteria without harming useful bacteria, something that most synthetic drugs are unable to do.

Did you know that the only regular Canadian publication on growing and using garlic is published in Maberly, Ontario?

It's a quarterly newsletter called The Garlic News.

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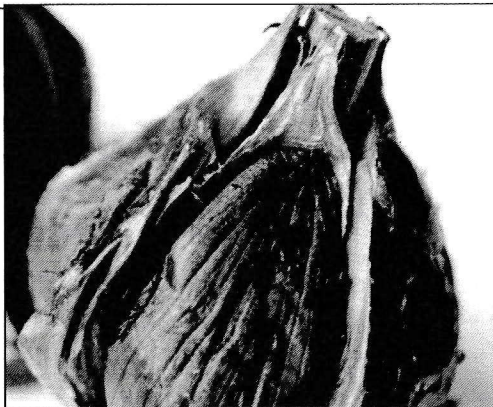
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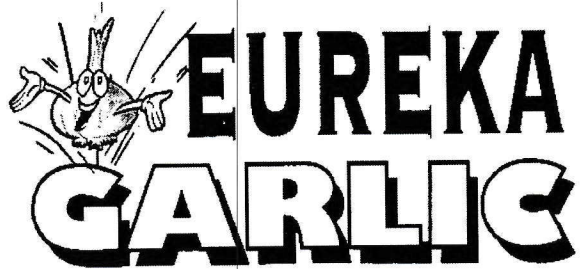
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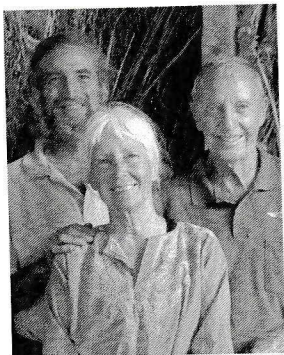
To contact Al Picketts, phone 1-902-836-5180 or Email al@eurekagarlic.ca

Where are we headed? A marketing tale

By: Jim Capellini

Website: www.rasacreekfarm.com

When Paul recently asked if I would write a one-page article about Rasa Creek Farm's garlic operation, I was honoured. I've learned so much from so many generous contributors to The Garlic News over the years. If I haven't thanked you in person, consider yourselves thanked now.



me, the mrs. and father-in-law

On Rasa Creek Farm's website, I put a lot of emphasis on customer service and marketing. Although I love to work in the fields and to have my hands on the garlic at every step of the way, I equally love building strong partnerships and working with customers to fill their needs, helping them to achieve their goals. I'd like to address that aspect of our farm since I see it as directly affecting

the bigger picture of where Canadian grown garlic is headed and how we may play an important role. Rasa Creek Farm sells seed garlic. In the very beginning, I humbly put myself under the wing of Henry and Sonia at Boundary Garlic and they generously shared what they knew with me, including the very important skill of growing from bulbils. That spirit of abundance has informed my vision for Rasa Creek Farm ever since and we've endeavoured to position ourselves as the "go to" source for new and expanding garlic farms.

I'm adding a new section to our website that will outline basic business plans for new garlic farms. We already have an extensive "How to Grow Garlic" page. In this way I get to pay forward all the wonderful gifts that Henry and Sonia (as well as many other local garlic growers, such as Peter at Skye Farm) have given us while also not competing too directly with them - e.g. Boundary Garlic focuses on home growers and doesn't sell seed garlic in bulk.

We've provided the start up seed garlic for many new farms, some run by rank beginners (ah, the enthusiasm of the beginner!) who just want to get out of the rat race of city life, and some run by experienced farmers who recognize the financial opportunity that exists in farming garlic. Rasa Creek is there for them all, from beginning to end and beyond, offering free consultation about growing, curing, storing and marketing their finished product. When a BC market chain called me in 2013 wanting 7 tons of garlic to meet their expected sales that year, I passed the lead on to all my farmer customers. Many capitalized on that opportunity and had sales within weeks of my email. Canadian garlic has begun breaking out of the box. Warren Ham—garlic farmer in Ontario and owner of August Harvest—now has contracts with Canadian Superstore and others. My nose is telling me that an explosion in domestic garlic demand is just around the corner; not only through health food stores, festivals and farmer's markets, but through other creative channels and through larger chains.

Where is the supply going to come from? Who will produce this garlic? Will Gilroy, SK, become our garlic headquarters? I received calls from the BC Ministry of Agriculture in Abbotsford putting me in touch with South Korean interests who are investigating growing 70 acres of garlic in the Kamloops area. They see the signs just as I do. They wanted my help and offered me a position managing the farm. Is that the direction we want to go? On the other hand, when I spoke with Warren Ham a couple of years ago, he offered some wise counsel that I took to heart, "Keep it small. I used to have fun growing garlic when it was just an acre or two. Now it's just stressful!"

Rasa Creek Farm is at a cusp. In 2014, we had far more demand than we had product for and I hated having to tell people that I couldn't serve them. Then, I had an epiphany. Garlic farms some of which started with my garlic and use my methods for growing surround me. Why not team with them, providing a "sales division" for their product, saving them the headache of marketing and me the stress of growing too large? I've carefully selected growers, both certified organic and naturally grown whom I personally know and trust, and am teaming with them for the 2015 season. My organic certifier is overseeing this new aspect, helping me to create systems for traceability and organic integrity for customers who require certified product. It's a Win-Win—Win situation, the final Win being the end customer who can more easily find the quantity of seed they need without having to hunt all over for it.

Remember the chain that wanted 7 tons for 2013? They sold 60 tons in 2014. I believe that with a little organization and team spirit, small-scale Canadian farmers can continue to fill this growing demand. I'm not interested in managing a Korean mega farm and watching my neighbours go out of business because of it. Neither am I interested in exchanging the joy of managing one acre for the drudgery—and ulcers—of managing seventy. I wouldn't wish that on anyone (at least not any of us) but someone is going to do it eventually. That's how business works.

What I'm considering is a grass roots movement that's integrated with the larger world of commerce we find ourselves in. The details are still gestating, but the goal is clear: Domestic garlic produced joyfully by small scale farms and effectively distributed in sufficient quantity to meet more and more of Canada's needs.

We've taken the first steps in that direction and Canadians everywhere can find good garlic at their local farmers' market, but it's very seasonal, and, sadly, relatively few people shop at our markets (only 2.8% in BC). Those of us fortunate enough to own land, or have a backyard garden, can always grow our own. It's the other 90% of Canada that I'd like to reach.

Editor: The explosion in demand has been growing for several decades. It has grown on the basis of the quality and variety produced by the small market gardeners that sell at the local farmers' market, the garlic festivals and the farm gate. You are on the right track by teaming up with other small growers.

Still more calls and letters

(Continued from page 5)

Early Spring on Vancouver Island

Ray & Denise Machin of Courtney, BC wrote on February 15 and asked: I've attached a photo of our garlic that I took yesterday, we are experiencing a warmer than usual winter and the garlic thinks it's March already.



We are wondering, if we should pull the mulch and spring fertilize now or if we should wait and top with more mulch in case winter decides to show itself in March. We would love your input on the matter.

On another note, we planted all the cloves in the 2 grab bags that we got from you and we

have 100% germination, they too are already 6 inches thru the mulch!

Editor: Hello Ray & DD. If I recall, the climate around Comox is rather warm and you are in one of the warmest zones in Canada. I suspect that you will be a greater expert than me about gardening in those conditions. I would bet that you have spring and any cold spell shouldn't hurt the garlic.

Fertilization now? Definitely, yes. The garlic is at 2-leaf stage already and that's the time you start adding more nitrogen to get those huge bulbs. If you are doing foliar spray with a liquid fish and kelp or compost tea, you don't have to remove the mulch. The plants are already exposed. For granular fertilizer, the mulch can come off so you can work it into the soil.

Foliar spray is usually best at 2-leaf, 4-leaf, 6-leaf and 8-leaf stages. After that, it doesn't seem to help any more as its getting close to the start of scape formation.

You might consider leaving the mulch on over the growing months as it seems to me that the bulk of your rain/snow comes over the winter with March, April and May being relatively dry. Garlic needs an inch of water per week and mulch helps you keep the soil moist over the drier periods. You'll get to know this better with each year.

All in all, I'm envious of your weather. In Mabery, we've had minus 29 deg C with wind chill down to minus 40 or colder!!

Larry Craigen of Napanee, ON sent this crop report and asked: "Two years ago, our French Rocambole had as many as 5, 6 or 7 cloves side by side in a single wrapper. Previously, we had found it common to have two and three cloves in a single wrapper. Is this common in Rocamboles? Could it have been a mutation?"

A tip for other growers:

In a quest to buy straw from a farmer, he said he only grows enough for his berry farm, the reason being that many farmers now spray Roundup before harvest so they can bale directly behind the combine.

The problem is that the Roundup is now on the stock of the straw and will leach into the soil, killing or stunting the crop you are trying to save.

We decided to stick with hay for mulch.

A planting question: Will the cloves from a 2-clove bulb produce more 2-clove bulbs? We pondered that question so at planting time we separated the garlic by number of cloves and planted each in a separate row.

Here are the crop results:

From 4-clove bulbs: 3 x 5 clove, 13 x 6 clove, 5 x 7 clove
12 x 8 clove.

From 5-clove bulbs: 1 x 4 clove, 12 x 5 clove,
17 x 6 clove.

From 6 clove bulbs: 1 x 4 clove, 7 x 5 clove, 11 x 6 clove,
10 x 7 clove 1 x 8 clove.

From 7 clove bulbs: 1 x 4 clove, 9 x 5 clove, 19 x 6 clove,
1 x 7 clove.

We used only one variety and regrettably, did not size and weigh the bulbs. We did notice that the cloves from 4-clove bulbs were the largest and that row produced the largest bulbs.

We also separated cloves into Small, Medium and Large. The Large cloves grew the largest bulbs and the Small cloves grew the smallest bulbs. Since then, at planting time, we set aside all the small cloves for pickling or powder. Our yield is much better now.

We are learning that when growing a crop like garlic, one cannot keep enough records.

Editor: Hello, Larry. Thank you for your letter and report. 1st, to your question on Rocamboles.

It's very common to find multiple cloves under the same clove wrapper in this Varietal Group. This characteristic seems to occur frequently with Rocambole cultivars, but rarely in garlic from other hardneck groups.

Two or three is most common and I have found on occasion up to four. Never had 5, 6 or 7.

It's unlikely that this was caused by mutation. More likely it resulted from some stress caused by the whims of weather that we encounter so often nowadays.

Your problem with straw is one that most organic growers face. You just can't seem to locate pesticide-free straw for mulch.

Use of Roundup to ripen wheat is a filthy, dangerous practice and should have been banned years ago. Roundup is a systemic killer, that is, it travels through the whole plant system and into the seed as well so it's there when the wheat is ground into flour. Ask yourself, how much Roundup are you getting whenever you eat a slice of store-bought bread?

Your experiments on clove size are on the right track. The smallest cloves from the bulb should not be planted. Clove size is more important than bulb size when selecting planting stock. Even in Music, often you get one large clove, two medium size ones and one much smaller in a 4-clove bulb. You should plant only the three best ones and set the small one aside.

Also, you get bigger harvested bulb sizes from planting small bulbs having only 2 or 3 cloves than from planting the cloves from larger bulbs having say 6 or 7. The cloves from a 2-clove bulb are bigger than those from a larger bulb with 5 or 6 cloves. Yes, it's better if you measure and weigh both the planting and the harvest. That way, you get an accurate picture.

Marketing: Selling at the Farmers Market

By: Paul Pospisil, from the *Garlic News* archives

The most difficult task involved in selling the garlic crop at a profit is marketing, both in deciding where and to whom to sell and then, the actual task of selling itself. As well, it is hard to find the time to grow and harvest the crop and be out selling it at the same time. There is a pricing problem. Imported garlic dominates the marketplace, selling at below-cost prices. Selling to food chains for supermarket sales is not an option for a grower; the imports dictate a ridiculously low wholesale prices. Even specialty food stores and restaurants buy at wholesale prices in order to make a profit and offer a lower price than retail, although generally a higher one than wholesale buyers. Direct marketing to consumers in the local market area offers the best returns for market gardeners. The easiest direct sales option for most growers is the local farmers' market. It is a ready marketplace already organized, has customers will come as they have in previous years, and they are usually prepared to pay a premium for locally grown vegetables such as garlic. Mary Lou and I operated a market garden for 10 years and sold our produce at two farmers' markets in the local area. It was a rewarding experience. A farmer needs to develop marketing skills to sell to the public. Dealing with the challenge of the disparate prices of cheap imported food takes extra effort. Below are some tips based on our experience to help novice growers with the farmers' market experience.

Tips for selling at a farmers' market

Novice market vendors should follow good market practice. Some tips are given below but the gardener will soon learn with experience.

- Do market research and make your plan. Identify a potential farmers' market the year before you want to start selling. Ask to do a "trial run."
- Decide on the produce to grow and sell along with garlic and plan your garden.
- Design and build an attractive stand. Have everything ready for market opening day.
- Be there from opening day. When most farmers' markets open, usually early May, there is an acute shortage of fresh, local produce. Early salad greens, bunching onions and rhubarb are generally the extent of the offerings for sale at market stalls.
- A vendor, offering freshly picked garlic greens or scallions at a time when garlic bulbs are either scarce or badly dried out at best, has a distinct advantage. Once customers have tasted these delicacies chopped in a salad or in a breakfast omelette, they will be back. Later, they will buy scapes and in the summer, garlic bulbs.

- Recognize that garlic is not a stand-alone crop when it comes to selling. Customers look for a selection of produce. Sell a variety of veggies.
- Be organized. Have a system for organizing, transporting and setting up your stall quickly.
- Know the crop calendar and tell customers what's coming up.
- Bring a supply of bags; preferably paper ones, for purchases.
- Bring a cooler for perishables.
- Have a cash box with plenty of small bills and coins.
- Be helpful. If you don't have it, refer the customer to the vendor that does.
- Customers need choices. Practice cooperative competition with like vendors and never insist on being the only vendor to sell a particular vegetable. Nothing will drive customers back to the supermarket quicker than being told they have no choice at the farmers' market.
- Make sure that both you and your stall are attractive. Dress the part. The image of a farmer does not include somebody wearing baggy track pants and rubber sandals. Use clean tablecloths and display signs with clearly marked prices.
- Be personally prepared with a good night's sleep the evening before, especially if you're selling at an early-morning market. Nobody likes a grumpy farmer first thing in the morning. Markets have a reputation as a friendly, fun place to shop.
- Be dependable. Plan on being at every market during the season.
- Share information about your farm with your customers and hand out recipe cards with orders.
- Charge a high enough but fair price for local produce and don't try to compete with the local supermarket. No discounting or depressed pricing at the end of the market day. Better to give unsold produce to the local food bank than to use it to lower market prices in the consumer's eyes.
- Follow market rules and regulations as they vary from market to market.
- If you want to sell in season, you need to respect the seasons and have those local veggies at the height of their natural season.

"In the years that we sold our vegetables at the farmers' markets in Perth and Smiths Falls, we took pride in being the first at market in spring with salad greens -- lettuce, radishes, chives, green onions, and, of course, the finest one of all, bunches of tender young garlic greens. None of these were high value items but they served to keep a loyal group of customers coming back every Saturday all year."

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