



THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 8 Summer 2006

A clove here and there - - -

Its editorial time! An editor is supposed to write editorials. Right? Something very clever or piercing, showing you that the editor is really a very bright chap. Well, it seems that I've been slipping up on my job. The last thing that even remotely resembles an editorial appeared on the front page of the Summer 2005 Issue. That was a year ago!

So, it's editorial time again. Now, what clever or piercing topic can I expound upon? I know.

Let's talk about interesting topics. That means discussing my favourite topics, garlic and people.

That's you, right? Garlic growers, right? Right. We've been getting calls and letters from all over. That makes the Garlic News a very satisfying experience and well worth the effort. Also, lots of people are working hard to promote the garlic world, in different ways.

Take Ted Meseyton in Manitoba for example. Ted promoted the Garlic News in the western farm paper, the Grainews, where he writes a regular column under his Singing Gardener masthead.

The response to Ted's article was tremendous! Since he wrote about the Garlic News, I figure that half of the Ukrainians in Western Canada responded, some with questions and calls for traditional recipes, others with subscriptions.

Whoops! That's politically incorrect. You're not to call Ukrainians, "Ukrainians". What am I to call you? I grew up in Saskatchewan. Everybody was a Czech, a Pole, a German or a Ukrainian. I guess that's not allowed.

Bloody hell it isn't. Let's just be who we are and political correctness be damned!

Closer to home, there's Sheila and Charlie Robb from Northern Ontario. They organized the Haliburton Garlic Day in April up in the north country to teach growers the basics of growing garlic. It was a great success. Scores of new converts to garlic. Read about it in this issue. Great disciples, Sheila and Charles. Ted Maczka was there, of course, spreading the gospel of garlic.

There's Margaret Appleby, the IPM Specialist in the Ontario Ministry of Agriculture and Food, never grew garlic before I met her, her interest and expertise being in fruit orchards. When asked to look into the leek moth problem she responded energetically with dedication.

Dr Peter Mason and his group in Agriculture Canada are doing much of the detailed leek moth research. Peter has encouraged graduate and undergraduate students to get involved as well. Just a professional team of scientists!

I have to single out Jennifer Allen, the new Vegetable Crops Specialist in OMAFRA. She's a great supporter of garlic growers. Jennifer is an active player in the leek moth project. In April, she organized the Kemptville College Garlic Day for growers in this far-flung region of Eastern Ontario. A great "first" and very well done.

There's many more, people like Jean-Francois Landry, Canada's most knowledgeable moth expert, Rob Favrin of the CFIA and others. Government folks are pretty good people. My only concern about them is that I forget to say thank you when they have done a great job. Like most people, I tend to criticize government people. Such criticism is unfounded. Their support for the garlic community has been tremendous, so a hearty "thank you" to all you folks working in government.

There are also my long-time garlic friends. Jack Hinton of Hawkwood Farm, a fellow garlic grower, has been a source of support and cooperation from the day we met. Recently, Jack went off on a visit to the United Kingdom and took the time to visit Colin Boswell on the Isle of Wight in order to foster our garlic friendship across the sea.

There's that fine group of volunteers at Silver Spring Farm, Ed Haines, Jack & Merle Fraser and Bob & Bunny LeMessurier. These fine folks have turned garlic growing into a successful charitable project in the Ottawa region. They know garlic is good. They've shown that garlic can do good as well.

I'll try to include more of my favourite people, that's all of you, everyone, in the Garlic News as we move ahead.

Now, wasn't that a great editorial? Even I can learn!

Canada is an Indian word meaning "Big Village".

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

THE GARLIC NEWS

Connecting the Canadian Garlic
Network

Issue # 8 Summer 2006

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ABOUT THE GARLIC NEWS

The *Garlic News* uses a newspaper column layout and larger print size for easier reading. The wider margins and 8 1/2 x 11 size paper are to enable growers to save copies in a standard 3-hole binder. In keeping with our personal commitment to conservation and environmental protection, envelopes have been eliminated where possible.

Printed on recycled paper.

EDITORIAL POLICY

The *Garlic News* is a new publication. It carries on from where the *Garlic Newsletter* and *The Voice of Garlic* left off. Its purpose is to enable farmers and gardeners to grow better garlic and enjoy it more. Articles and contributions are welcome. They will be published subject to space and suitability. Letters and articles may be edited for length and content. The *News* is distributed in Canada by subscription.

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Articles should be no longer than 400 words.

Pictures may be either colour or B&W.

Deadline for the Fall Issue is September 5.

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Subscription Renewal Form (for subscriptions expiring with this issue) or

Gift Subscription Form (for paid-up members)

Entry Form for Eastern Ontario Garlic Awards (EOA members only)

RENEW YOUR SUBSCRIPTION NOW

For subscribers whose subscriptions expire with this Summer Issue, if you haven't already done so, complete and send in the Renewal Form enclosed.

Being a non-profit publication, we cannot mail out hasteners.

Don't delay, do it now

so that your **GARLIC NEWS** will continue to arrive with no interruption.

YOUR RENEWAL FORM IS ENCLOSED

If you have already renewed, please ignore this reminder.

Paid-up members have not been sent a renewal form.

News from the garlic patch

Garlic Gadgeteer Class 1 Awards



when discussing garlic gadgets!"

Congratulations to the following readers who correctly identified the Garlic Gadget (page 8 Issue #6) as a garlic peeler. You are now entitled to the title, "Garlic Gadgeteer Class 1

Kathy & Dave Nosworthy of Perth, Ontario. "The item in question is a garlic peeler. Supposed to remove the skin. I bought one a couple of years ago and only used it a few times. I found that it scarred the cloves dramatically and created a lot of waste, and was hard to clean. Also, small cloves popped right through it. Haven't used it since".

Pat and Bob Brown of Manitoulin Island. "--took a guess then confirmed it -- your gadget shown is a Garlic Peeler --something I had never heard of before--I guess I'm used to doing it the old fashion way of banging with a knife and --"

Garry Leskiw of Dauphin, Manitoba. "The gadget is a clove splitter or garlic de-clover. Keep up the good work. Lots of interesting stuff."

It is sold under the Chec'n label and distributed in Canada by Danesco, Inc. Made in China, where else? I tried it and found it to be a useless piece of junk! Editor

In the Spring Issue of the Garlic News, **Randy White of Mission, B.C.** sent a picture of his garlic growing on January 8.

On June 24, **Randy** reported further:

"Just pulled seven Majestic yesterday, those whose scapes were cut off a few weeks back. Some of the bulbs are huge, like a orange or apple (3 1/4- 3 3/4"). I left one of the largest to fully mature its scape for bulbils. The one I left in the ground is the thickest stemmed garlic I have seen, only 4' tall but the leaves are so thick and sharp! I'll send a photo soon".

Editor: I'm eagerly awaiting the pictures. As you know, Majestic is "Paul's Pride". I nurtured this strain from a mutation discovered in 1998 and it has been the most amazing garlic for robust plants and huge bulbs.

Thinking About Organic Certification?

Check out the list of national certification bodies on the Ontario Fact Sheet on Organic Food & Farm Certification. Find it at: <http://www.omafra.gov.on.ca/index.html>

For growers in western Canada who belong to a local organic group, check that your local body is accredited by the Standards Council of Canada if you wish to export your products.

Chances that a road is unpaved in the USA ~ 1 percent
Chances that a road is unpaved in Canada ~ 75 percent.

Giving Garlic a Bad Name

By: Ken Willis

Fresh leaves of the garlic mustard plant emit a strong garlic smell when crushed, processed or used as a salad green. With an identifier botanical name of *Alliaria petiolata*, the plant shares a few traits with real garlic, including antiseptic and astringent properties.

Garlic mustard is a native of Europe and was brought to North America in the last quarter of the nineteenth century for it's culinary and medicinal uses. It was a popular addition to sauces and was a treatment for abrasions, ulcers and infections. The leaves and roots were both utilized, with vitamin A and C being present.

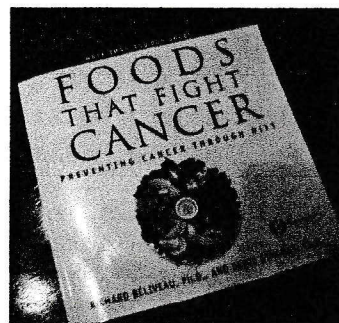
Now a study completed in Ontario suggests the plant is causing havoc in native hardwood forests. Long known as an invasive species and rapid spreader, especially common in cultivated fields and hedgerows, the plant emits a phytochemical which suppresses growth of native tree seedlings by interfering with mycorrhizal interaction.

For more on this story: www.plosbiology.org

The 100-mile Diet

When the average North American sits down to eat, each ingredient has typically travelled at least 1,500 miles from farm to plate. Last year, Alisa Smith and James MacKinnon chose to confront this unsettling statistic with an experiment. For one year, they would buy or gather their food and drink from within 100 miles of their apartment in Vancouver, British Columbia. The 100-Mile Diet was born. To find out more on eating local, go to their website: <http://100milediet.org/i/home>

Foods That Fight Cancer



Watch for this book by Dr. Richard Beliveau of the University of Quebec. If you don't pick it up at your book store by then, I'll do a book review on it for the Fall 2006 Issue. Why? Garlic, of course!

Someone once said:

*What goes around comes around.
Work like you don't need the money.
Love like you've never been hurt.
Dance like nobody's watching.
Sing like nobody's listening.
Live like it's Heaven on Earth.*

Calls and Letters From Our Readers

It's a small world. March 22. An old friend, **Jack Hinton** phoned from Almonte to say he'd received the Spring Issue of **The Garlic News**. Well done, Canada Post! We just dropped them off at the Maberly Post Office yesterday. That's barely 24 hours to get them into people's homes! Now, the reason Jack called is even more interesting. I'd mentioned **Colin Boswell from the Isle of Wight** in the Spring Issue. Well, it seems that Jack is off to the United Kingdom this month and dropped in to see Colin at his garlic farm. Jack wanted to bring copies of **The Garlic News** for Colin but he's already a member!

I guess The News really does connect the garlic network! Editor

From **Minden, Ontario** on March 29: We want to tell you how much we enjoy **The Garlic News**, very informative. We grow only enough for our own use. We've had above average snowfall this year. At time of writing, we still have 12-16" of snow in the bush, a good covering for the garlic.

Cal & Elaine Davison

Editor: Thank you for your encouragement. The last of the snow in our garden melted today.

Michael Fierst of Columbus, Ohio wrote: "I really enjoy your Newsletter. I'm growing about 80 plants in a 2'x14' strip next to a garage in Columbus. Keep up the good work. Could you please send a gift subscription to **Tom Fierst of Stillwater, Maine** and start it with Issue #7, Spring 2006?"

Editor: Tom's subscription has been sent. Thanks, Michael. Let's hope they can grow great garlic in the northeast as well!

Ted Meseyton wrote: Keeping in touch, also, to let you know I gave The Garlic News a real good promo in my latest Grainews column, March 6 issue. I get emails from Grainews readers BC through to Ont. Expect some new subscriptions for The Garlic News, hopefully from across the country, I'm sure you'll let me know if you do. I'm a positive thinker and optimistic for your publication.

I trust you are well. Ted

Editor: I'm optimistic, too, Ted. Below is just one of the many new subscribers, thanks to the Singing Gardener! We're running just over 200 paid members and that's a healthy number for a newsletter of this type. I'm getting good response from readers in the way of news, articles, recipes, etc so it's doing the job.

Bill Joiner of Limoges, Ont. phoned with a spring dilemma. He didn't get straw mulch spread last fall and is concerned about weed control and moisture. The chap who blows it feels the ground is too wet for his machine. Bill has about 2 acres, too much to spread by hand. Any ideas?

Editor: Spreading straw after the garlic is up can cause more damage by breaking the plants and may not be worth it. Here are two suggestions: a. Take a risk, leave it off and deal with weeds. Another wet spring is forecast so moisture may not be a problem, or, b. Do ½ and ½, a sort of a trial. Hand cover part with a small shredder, leave the rest without mulch. Let me know how it does.

Steve Zelych of Carvel, Alberta, wrote: "Read Ted the Singing Gardener's article in the Grainews and I want to subscribe to The Garlic News. I do grow my own garlic, a

fair amount, and I do grow it organically. This year, we had no snow cover until early March, believe it or not!

Editor: I believe you, Steve. We also had one of the mildest winters in years here in Eastern Ontario. Your Garlic News has gone to you in the mail. Enjoy it.

Steven Reynolds wrote: Hello Paul! Hope Mary Lou and you are both well. Many thanks for the info on the Garlic Day. Too bad it's not on a Saturday. We would love to come but alas! We have to work on the chain gang in TO during the week so we can play at the farm on the weekend. There is no justice! All the best and hope to see you see you soon.

Andre Beaucher of Bromptonville, Quebec called with news of his garlic operation and also mailed in copies of an article about the Great Canadian Garlic Collection.

Editor: Thanks, Andre, keep the good news coming!

Sheila Robb of Minden, Ont. wrote: Hello Paul, I need a favour. Charlie and I were at the garlic field day last June and those delicious spreads Mary Lou served used garlic scapes. I took copies of the recipe but now I can't find them. The Haliburton County Farmers' Association is sponsoring a garlic workshop in mid April. We will be serving refreshments featuring spreads and handing out recipes featuring garlic for anyone who wants them. I would like to include those recipes for the spreads using garlic scapes. Would appreciate if you could e-mail them to me. Would you be interested in a report on our garlic workshop for the Garlic News? It might encourage others to do the same. Helps to spread the word.

Editor: I'm not sure which recipes you picked up but I'm attaching a page of Mary Lou's scape recipes. Great idea to run a Garlic Workshop. Yes, report on it for the Garlic News. Also send some pictures of the people involved. Send me the advance publicity on it and I'll promote it for you during my garlic talks.

Donna Lee Toronchuk of Neabrook, Alberta phoned for Growing instructions and sources of planting garlic.

Editor: Hi Donna Lee; Thank you for your call. I'm sending the information and a page from the Garlic Directory. I'm also sending some growing instructions. Good luck with your garlic!

Karen Poce of Chesley, Ontario: We decided to give our plot a break this year and not plant garlic, but try to bring the soil back to life with a cover crop. We planted early spring with a rye but it looks like it didn't take and now we are wondering if it's too late to plant another cover crop and what that cover crop would be at this late stage in the game. Is there some other way to add nutrients to the soil so we can plant in October?

Editor: Buckwheat is one of the best. You can plant and turn under at least 3 plantings over the summer. It breaks down quickly, adding lots of nutrient. Now is the ideal time for the 2nd planting. Till it under when it blossoms in early August. Oats is good for your last planting instead of buckwheat. Planted in August, it won't be very tall and you can plant your garlic right into it. The oats will freeze, providing winter mulch as well.

Preserving the Heritage and Diversity of Garlic -- -- the Great Canadian Garlic Collection

By: Jim Dyer

Garlic should be part of every garden just because its health benefits are so profound. It is well suited to the small-scale, low-input grower, whereas so far, it has not been successfully commercialized by big business. Hence garlic varieties are a valuable genetic resource, even though garlic flowers are infertile. Recognizing that much more has been written about the cooking and medicinal aspects than the cultivation of garlic, Seeds of Diversity Canada (SoDC) has prepared a paper on choosing, growing, using and selling garlic. It is aimed at anyone with an interest in growing garlic, either for home-use or profit.

While the paper had to draw on many gardening sources that describe growing conditions from other regions, it also called upon a few key garlic experts from Ontario, namely, Paul Pospisil and Ted Maczka. Paul has, of course, also shared his knowledge in 'the Garlic Newsletter', while Ted, the 'Fish Lake Garlic Man', contributed a half-day of discussions with the author. Both have been frequent public speakers. One of the first achievements of the Newsletter was to present a classification scheme for garlic types. Another contribution was the review of garlic diseases in an OMAFRA Fact sheet.

SoDC also recognized that the best way to protect garlic diversity was for gardeners to cultivate all of the available garlic strains. So as follow-up to the garlic paper, SoDC has initiated the Great Canadian Garlic Collection, a registry which tracks the different strains grown in Canada, which is starting to build an impressive body of information on Canadian garlic strains. To contribute to this registry, you can go on-line at <http://www.seeds.ca/proj/gcgc/>. This web site provides an E-booklet to guide you on joining the program and a simple standardized recording form to submit your garlic information to the registry. You can also get access to the 22-page paper mentioned above at this site.

Here is how the collection and registry operate. Volunteers throughout Canada receive free samples of garlic varieties each year. Each variety should be grown for at least two years. The characteristics of your garlic, along with some details on your cultivation, must be recorded on the standardized form. Then you are expected to send a sample of each variety to another volunteer. So as the project expands, you should acquire free samples of other varieties. However, while garlic growers need to plant the right seed stock, good cultivation is as important to garlic diversity as a long list of variety names.

The Ontario Agri-Food Industry and Agriculture and Agri-Food Canada under the CanAdapt - Small Projects Initiative through the Agricultural Adaptation Council, provided initial funding support for the SoDC garlic project.

Jim Dyer is a part-time agro-environmental consultant now living in Cambridge, Ontario. See the Seeds of Diversity

Magazine No. 17-2, Spring 2004 for his original article. To locate the Great Canadian Garlic Collection, go to: www.greatgarlic.ca

Web site links

www.extension.umn.edu/distribution/cropsystems/components/7317-varieties.html.
www.orst.edu/Dept/NWREC/garlic.html.
www.gov.on.ca:80/OMAFRA/english/crops/facts/97-007.htm.
www.seeds.ca

Mega-producers tip scales as organic goes mainstream

Reprinted from COG E- News May 2006 on a story from the San Francisco Chronicle

Consumers who think they're buying their lettuce from a small local farm may actually be buying from a company moving up to half-a-million pounds of lettuce a day. Their organic milk might come from cows grazing on lush spring grass near Bodega Bay - or it might come from a barren 5,000-cow feedlot dairy in Colorado. The differences don't mean the food isn't organic. The U.S. Department of Agriculture's green organic seal means that it's certified - that it was grown without chemical fertilizers or pesticides and processed without forbidden chemicals.

However, critics of large-scale organics say that while mega-producers follow the letter of the law, not all follow its spirit. They worry that the movement is sacrificing its soul that it's strayed from its original ideals of creating a new food system that helps small farms, connects consumers with producers, and cleans up the environment.

The Taste of Medicine

Information from Mother Nature Products

Garlic may help heart disease, stomach cancer, high blood pressure, infections, colds and flu, sore throat, chronic fatigue syndrome, high cholesterol, atherosclerosis, digestive disorders, diarrhoea, bladder infections, liver problems, and gallbladder problems.

In the last few decades, more than 1,000 scientific papers have been published on garlic and related herbs of the Allium family. These studies provide strong scientific evidence that garlic has extraordinary medicinal powers. Garlic seems to reduce blood pressure and cholesterol levels, dilate blood vessels, and thin the blood, all of which lowers the risk of heart attack and stroke. It's believed to kill harmful bacteria in the stomach and protect against gastric cancer. It appears to be a potent antioxidant and may boost the response of your immune system. It also works as an anti-inflammatory.

In many cultures, garlic has been used to treat colds, flu, sore throats, high cholesterol, high blood pressure, atherosclerosis (hardening of the arteries), digestive disorders, bladder infections, and liver and gallbladder problems.

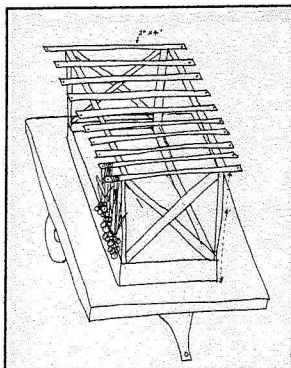
A Harvesting Rack Made of Recycled Lumber

By: Jack Hinton & Glennis Harwig



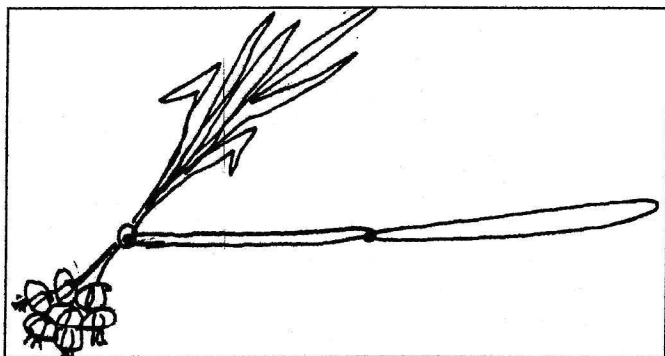
Jack Hinton's garlic on harvesting rack ready for hanging in the barn

Description: Make the rack from old pieces of 2x4s about 4 feet long or a size to fit your trailer. The rack is placed on the trailer. Garlic is gathered in bunches of 10 and hung with loops of twine.



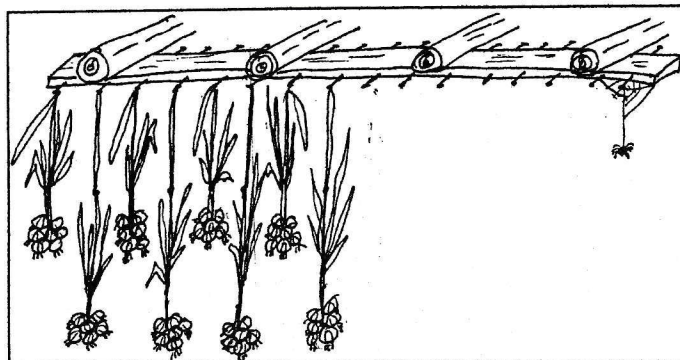
Five bunches are hung on each side of the cross members which have nails at the ends to stop the bunches from slipping off. The rack is towed to the barn where the garlic is hung for drying. This rack carries 1000 garlic - - small, but the same principle could be used to build a much larger one. The middle of the rack is for the twine, culls, curiosities, cold beverages, etc.

Details: Make a six-foot length of twine (we use recycled baler twine), tie it into a circle, and make a knot halfway along the twine. Harvest ten garlic plants and loop the twine around them and through itself to form a slipping loop that will tighten with the weight of the garlic. Hang on harvesting rack. When it's full, tow it to the barn.



Drying in the Barn: 4"-6" planks have been nailed to the overhead beams in the barn. Along both sides of these planks are nails, every six inches, protruding at least an inch. The garlic is hung alternately using the whole length of the

twine and then the half-length. Thus the garlic is not all hanging at the same height and has better air circulation. The barn is open on one side. When necessary, fans are used to increase air circulation. Garlic stems are cut while the garlic is in the hanging position and the bulbs are gathered in a basket. The stems and leaves can be removed at a later date, after the rush is over, and the twine can be re-used.



Garlic bunches hung at alternating height for better air circulation.

We have found over the years that this method of harvesting and hanging garlic has required the least handling, sorting and untangling. Also, the garlic starts curing as soon as its harvested and is never in a damp heap. (*It's all thanks to Jack's ingenuity! Glennis*).

Editor's Note: A great labour saving number of ideas. Thank you Jack & Glennis

Put up a Shelter to Shade You From the Sun

Tips from the Garlic Guru

The sun in July and August can be blazing hot when you're trying to harvest your garlic.

Here, at Beaver Pond Estates, where we spend a lot of time cleaning, inspecting and grading the garlic as it comes out of the Trials Plots, protection from the sun is essential so we put up a shelter over our harvest station.



We use two of those sunshade shelters side by side to shade the work area. Underneath is a work table - just some old window screens set on sawhorses and covered with that green outdoor carpet. It's ideal as it allows

you to move the garlic around on a soft work surface without damage and the water drains right through it.

Oh, yes, we have sticky soil so you need a water hose to rinse the dirt off the bulbs as they come out of the ground. Otherwise, the clay bakes to the garlic causing cleaning problems later on.

The picture shows Mary Lou working under the shelter cleaning and grading the garlic. The Guru is not quite as fortunate. He's out in the sun, lifting and bringing in garlic!

REPORT P/02/2004, BEAVER POND ESTATES SMALL-PLOT GARLIC VARIETY TRIALS				
GARLIC MATURITY CHART: 2004 HARVEST				
Very Early	Early	Mid Season	Late	Very Late
July 20 to 23	July 24 to 27	July 29 to Aug 02	Aug 03 to Aug 06	Aug 07 to Aug 11
22 day harvest period July 20- August 11, 2004				
<u>Artichoke Strains</u> Inchelium P16 TurbanArtichoke	Polish Artichoke P9 Polish #2 Endurance F4 Italian Piedmonte Festival Formidable Wettergren Susanville Lorz Italian			
<u>Rocambole Strains</u>		Israeli Yugoslavian	Reliable, French Carpathian, Polish #1 Spanish Roja Spanish Antolini Czech Red, Slovak German Red, Russian Red, German White BP Roja, Frank Sowa F23Rapture, Rampant McEwen Red	Glengyle(RussianRed) Tear Drop
<u>Porcelain Strains</u>	Magnificent** F3 Ted's Pride**	MAJESTIC Romanian Red F3 Ted's Pride** Magnificent** Prussian White Magnifico, Musical Melody, Magical Georgia Crystal Georgia Fire Italian Topset German White P5 German White #2	Music	
<u>Purple Stripes</u> F60 Asian Red Rezan Paul's Purple Pride	Metechi	Chesnok Red	F21 Polish Marbled Czech Broadleaf P8 Siberian, Robust Purple Glazer	
<u>Silverskins</u> California 98 P12 Silver White	Steadfast Sovereign Argentine White			
<u>Not Assigned</u> Chinese Purple	SP6 Chinese Genki			
NEW STRAINS Cuban Purple Spanish Morado Mexican Red Silver Chinook	Portugeorge Native Creole Baba's Chesnek	Polish Jenn	Argentine Red Stripe Wild Niagara German Stiffneck Korean Purple Ukrainian, Phillipino Inchelium H/N Veseys White	Calgary Lori California 98 H/N Australian Elephant
Note: The maturity pattern this crop year was again affected by irratic weather. A severe cold January with virtually no snow cover froze the ground quite deep. Spring emergence was over two weeks late, starting after mid-April. Lack of sunshine and a colder than normal June and July delayed plant maturity. Scapes were about two weeks late. The harvest started later than usual with no strains ready prior to the 3 rd week of July.				

Editor's Note: Garlic Maturity Charts are recorded from harvest data each year. Although the actual dates may shift from one year to another due to weather and other factors, they serve a useful purpose in allowing growers to select an assortment of varieties that will help spread the harvest workload. The 2004 harvest was somewhat later than an average year for all varieties.

Garlic Day at Kemptville College

April 12, 2006

Jennifer Allen, Vegetable Crop Specialist, OMAFRA, Guelph

The purpose of 'Garlic Day' was to educate and update garlic growers on a number of key issues including the leek moth, bulb & stem nematode, the clean seed project, variety research and organic production. Guest speakers included members of the research community, OMAFRA and garlic growers.

The day started with a presentation from Becky Hughes, University of Guelph on the clean seed project. Following this informative talk, Hannah Fraser, OMAFRA, presented a talk on the impact of invasive alien species. This provided the perfect segway into the next four talks that dealt with various aspects of leek moth research. Dr. Peter Mason, AAFC, started the discussion with a presentation on the leek moth as an emerging problem for garlic growers. Jane Allison, AAFC, Carleton University, then presented her research findings on host plant preferences of the leek moth. Margaret Appleby, OMAFRA, then took the lead in presenting the findings of two years research on the efficacy of environmentally friendly pesticides in the management of leek moth.

In addition to chemical management, Wade Jenner, AAFC, Carleton University, presented portions of his PhD research investigating biological control opportunities for this pest. Glennis Harwig of Hawkwood Farms then provided a grower's perspective on this economic pest. Following Glennis, all speakers returned to the front of the hall and participated in a leek moth panel discussion. As lunch approached, Hugh Martin, OMAFRA, kept the audience captivated as he spoke about organic production. Following lunch provided by the Horticulture Crops Ontario, Michael Celetti, OMAFRA, spoke to the audience about bulb and stem nematode in garlic as well as tips on the management of other garlic diseases. Paul Pospisil, editor of The Garlic News, then took centre stage and talked about his operation and the scope of his variety trials.

The day saw thirty attendees from the Ottawa area. In addition, emails from interested garlic growers across the country were received! Although there was a set agenda, the day was rather informal with attendees asking questions and participating in discussions throughout the day. Comments at the end of the day were very positive.

Project partners included the Ontario Ministry of Agriculture, Food and Rural Affairs, Agriculture and Agri-Food Canada and the Ottawa chapter of the Canadian Organic Growers. Funding for the day was provided by the Horticulture Crops Ontario.

Editor's note: This garlic program was the first to be held at Kemptville College since the Garlic Day during Farm Week 2000. Thanks to Jennifer Allen for arranging this informative day.

Garlic Field Day 2006 at Beaver Pond Estates

Maberly, Ontario Sunday June 25, 2006

This was the 7th annual grower information and networking day held at the Small-Plot garlic variety trials site.

Forty growers came. The day was perfect, weather hot and pleasant, a good growing season was making everyone optimistic about a bumper crop of garlic and an aura of co-operation prevailed. Starting with a round robin of introductions and sharing of garlic stories, the meeting was a success even before the presentations started.

Ed Haines of Silver Spring Farm outlined the Garlic Project in its 11th year, giving some of the unique difficulties of growing an acre of garlic using volunteers to do the work of planting, care and harvesting.

Garlic Diversity – a walk-by and description of garlic trials in progress – 43 proven 'main crop' strains available to growers, 38 proven types in 'Seed Saver' status, 32 new strains and scores of garlic improvement trials using bulbbills.

Margaret Appleby of OMAFRA gave a status report on the Leek Moth project. Due to a colder spring this year, early damage from the moth has been slight but the hot weather will see it get worse. Developments from the research to date look promising. Solutions such as the use of row covers can be implemented now but pesticides, both organic and conventional are still a long ways away from approval for use. The study has funding for two more years.

Paul Pospisil provided a short description of a new trial started this year to evaluate mustard as a green manure crop with a potential for suppressing harmful nematodes.

Lunch was a part potluck with a number of people sharing their garlic goodies to augment Mary Lou's garlic spreads and hummus. **Ted Maczka** gave a talk on bulbil yields and hull-less pumpkin seeds over the lunch hour.

Debbie DeCooman spoke of plans for the Seaway Garlic Festival, including the first ever Garlic Tasting Event to be organized by **Martin Reichert**.

Judy Denham of Seeds of Diversity Canada described the Great Canadian Garlic Collection and how growers could participate in this important undertaking.

Sheila & Charlie Robb from Minden described with pictures the two events, a Garlic Workshop in April and the Haliburton Timberfest in June. Their reports are on page 9.

Jean & Elly from Railway Creek Farm announced the EFAO Garlic Day and Farm Tour coming up on July 9th. Regarding the County Garlic Festival in Picton, **Christine Kosman** sent out an appeal for garlic vendors to participate as the festival was at risk of cancelling due to lack of garlic! A pleasant surprise was the participation of **Genevieve Beaudoin from Montreal** who spoke on behalf of **Filiere of Medicinal Plants in Quebec**, a farm group producing foods for health. Garlic, of course, tops the list!

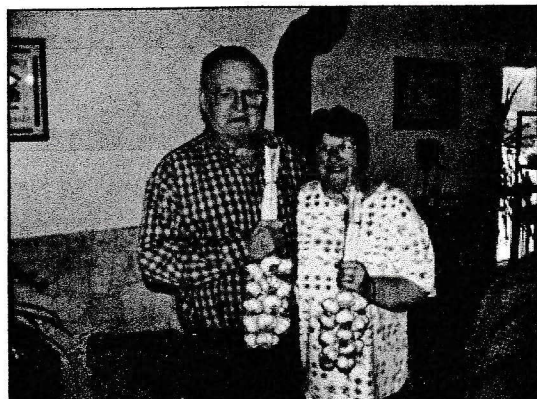
See article in July Issue of Eastern Ontario AgriNews or on the Internet at: <http://www.agrinewsinteractive.com/>

Garlic Field Day 2007 will be on Sunday June 24, 2007

Garlic Workshop in Haliburton County

By: Charles & Sheila Robb

On Wednesday, April 12, 2006 a Garlic Workshop took place at our local community centre in Minden, Ontario. The Haliburton County Farmers' Association of which we are members sponsored this workshop. This was the first time in Haliburton County that garlic was highlighted as a topic for a workshop. Over fifty enthusiastic persons were in attendance and with Ted Maczka as our guest speaker the evening was a success. With admittance by donation we did not cover all our costs but came fairly close. Not bad for our first try.



Charles & Sheila Robb show off their superb garlic
Photo courtesy of the Highland Communicator, Haliburton County.

Our President, Andrea Coysh hosted the evening that consisted of a presentation by Ted Maczka covering the basics of growing garlic, from soil preparation to the harvesting and storing. Ted delighted the crowd with his jovial Polish accent and unique humour. There was a short break during which light refreshments were available, healthy all grain breads and crackers with homemade garlic based dips prepared by some ladies in our organization. The garlic used was from our winter stash (of course) and still had "bite". People were surprised at how much taste there was especially when the garlic was eight months old. Good advertising! An informal Q&A period followed with Ted surrounded by people waiting to ask their questions. There was also literature available for any who were interested in growing their own garlic, from soil preparation to amendment, planting, scaping, harvesting and storing. Much of this information was supplied by Paul and Mary Lou from The Garlic News. Twenty copies of all material were there for the taking and by the end of the evening all was gone in the hands of happy individuals. So here's hoping the Garlic News will gain some new subscribers from our neck of the woods. Thank you both for allowing us to supply that information, people were eager for it. Small recipe booklets were also available and on display, back issues of the Garlic News as well as COG magazines with their subscription form, and a small display of our own information including the sizing tool I use. We also were able to bring a complete braid of our own garlic (that we hadn't begun to use yet). Persons at

the workshop were surprised at the quality of garlic grown in Haliburton County. The evening ended about 10 pm, which allowed us about three hours for the entire programme. Everyone seemed pleased.

We have been growing garlic for years but more seriously since about 1998 when we met Ted. From our humble start of six cloves we now plant close to 7,000. The demand in this area just seems to keep growing and we are trying like Ted and yourselves to get the message out to all. Our garlic plot is about 4,000 sq.ft and all done by hand, mostly Ted's F3, but we are experimenting a little. Trying to keep the GARLIC BANNER flying in our own way.

A "very well done" to both of you and to the Haliburton County Farmers' Association. Charles & Sheila did such a fine job with the Garlic Workshop they were invited to appear at the Timberfest on June 10th. Editor.

Garlic at Haliburton County Timberfest



Saturday, June 10, 2006. We had a booth at the annual Timberfest championships held in Minden. Contestants come from far and wide including the U.S. to compete in such

events as pole climbing, saw cutting competitions, events involving axes etc.

This year they invited different organizations to make the day more interesting. We were invited as a result of media coverage on the garlic workshop. It was too early for garlic sales so we used this opportunity to tell people about garlic. A display explaining the garlic cycle from soil preparation, choosing quality garlic for planting, fall planting, importance of mulching, spring and summer care, scaping, harvesting, drying, storing and replanting.

We had a few pictures, some printed material with tips on growing, green manures, harvesting etc. We displayed The Garlic News, Canadian Organic Grower and "Growing Great Garlic" by Ron Engeland.



We also had a braid left from last year. That showed people how well garlic lasts when it is stored properly and comes from good quality

A big hit was our two garlic dips made with our 10 month old garlic, and we followed up with recipe booklets. Who knows, maybe we'll be asked back next year?

Marketing - - -

2006 Garlic Festivals Across Canada

British Columbia

2006 Annual South Cariboo Garlic Festival, August 12-13, Centennial Park in 100 Mile House, BC is the new location Ph. Gail Szolosi, (250) 397-2540 Fax: (250) 397-2517 e-mail taste@goodnessofgarlic.com
<http://www.kariboofarms.com/contact.html>

The Hills Garlic Festival, Centennial Park, New Denver Park, Slokan Lake, B.C. Sun Sept 10, 2006. Ph. Liza Ireland, (250) 358-2303, e-mail liza@netidea.com

Saskatchewan

Annual Mountain Pride Garlic Festival (note: as of date of publication, plans for the 2006 event had not been set). For Information, phone Evelyn Moore-Holowaty (306) 272-4439 or email at reelmarine@sk.sympatico.ca
<http://www.shopsaskatchewan.com/FoamLake/mountain-pride.htm>

Manitoba

Pembina Valley Honey Garlic & Maple Syrup Festival, Manitou fairgrounds, Sept 8 & 9, 2006. Diana Vodden email svodden@mts.net Check website
<http://www.rmofpembina.com/honny.html>

Ontario

7th Annual County Garlic Festival, Crystal Palace, Picton, Sat Aug 19, 2006. **New vendors welcome.** Ph. Christine Kosman, (613) 476-5943, email rosarugosa@sympatico.ca. Web page countygarlicfestival.ca. See flyer in this issue.

The 2006 Seaway Garlic Festival, Sept 9 & 10, 2006, Connaught Acres, Chesterville, Ont. Hosting the 2005 Eastern Ontario Garlic Awards Competitions. **New vendors welcome.** Ph. Debbie DeCooman, 613-448-3540 email debbie@connaughtacres.ca.

Perth Garlic Festival, previously the Glorious Garlic Festival of Eastern Ontario, Aug 12-13, 2006. Presented by PerthOntario.com Ph. 613-267-5322. Information, go to <http://www.perthgarlicfestival.com/>

6th Annual Garlic is Great Festival. (Note: as of date of publication, plans for the 2006 event had not been set). At the Newmarket Farmers' Market, Newmarket, Ont.

16th Annual Canadian Garlic Festival, Sun Aug 27 2006. A celebration of Ukrainian food at Ukrainian Seniors Centre, Sudbury. Ph. Mary Stefura or Mike Sharko, phone (705) 673-7404, email garfest@cyberbeach.net
www.sudburytourism.ca

SunRoot's 2nd Annual Garlic Festival
(See information from Larry Burkam, below)

Verona Farmers Market Garlic Fest, Saturday September 2, 2006, at the Farmers' Market. Contact Kim Perry, phone 613-377-6668
perryfarm2@sympatico.ca
www.frontenacfarmersmarket.ca

Many Farmers' Markets have special event garlic days for the benefit of their vendors. These are great market opportunities for eligible growers. Contact your local farmers' market to see if they have such an event planned in 2006.

A garlic poem from the Kariboo Farms website

Garlic is great
Garlic is strong
All the people who love it
Just can't be wrong!

It'll spice up your cooking
your love life, and more.
It'll make you feel perky
right down to your core!

A New Garlic Festival in Nova Scotia

Larry Burkam of Bridgewater, N.S. sent this information:

Mark Your Calendars!! Garlic Festival Dates
SunRoot's 2nd Annual Garlic Festival
Saturday, July 29, 10-4pm, rain or shine
Kennetcook, East Hants, Nova Scotia

This fun-filled day includes:

- workshops on garlic growing, garlic as medicine, and organic agriculture
- farm tours
- demonstrations of handmade ice cream, spinning and weaving, mask making, and more!
- deliciously pungent garlicky food, and
- children's' activities. See you in July!

For more information, contact:

juniper@chebucto.ns.ca
902-632-2497
www3.ns.sympatico.ca/sunroot

What people were saying in the 1950's?

"It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet. It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."

Things have changed just a bit since then!

The best garlic recipes & ideas - -

Summer is BBQ and pickling time, with garlic, of course!

First, a word about recipes. I tried a variation of Jerry Olesnyckyj's Salamakha bean dip (Issue 6 Garlic News) using fresh garlic greens from the garden instead of crushed garlic cloves. Delicious!

The Ukrainian recipes were a great hit with readers and we'd like to publish more. So, get out your grandmother's handwritten notes, try it out and if it's as great as you remember it, and send it in and share it with others. Now, a few easy summertime recipes from our readers- -

From **Pat Brown**. I have another recipe for you, one that will be great to use this summer, or all year round. I have made it several times and not always does it come out the same as I adjust ingredients. I find that you can have as much or as little garlic as you would like. I also found that the original recipe does not last long enough so if I'm having company I triple this recipe.

No Fail Salad Dressing

Ingredients:

- 1 tbsp. Lemon juice, or vinegar
- 1 tsp. Salt (we use sea salt from Brittany, the best)
- 1/4 tsp. White or cayenne pepper
- 1/4 tsp. Basil, oregano, and dill
- 1/4 tsp. Dry mustard
- Dash of Worcestershire sauce
- 4 cloves garlic minced
- 1 tbsp. mayonnaise
- 1 tbsp. Parmesan cheese
- 3 tbsp. Oil (olive, canola or light veg.)

Method:

In a jar with lid, combine all ingredients except oil. Shake well. Add oil last and shake again. To make dressing creamier, add more mayonnaise, to make dressing tangier, add more Parmesan cheese. If you find it a too thick, add a tbsp of water. Enjoy!

Refrigerator Garlic Pickles

Cooking garlic softens the harshness of raw cloves but use great care not to burn it. This can be done in preparation for pickling as well. Here is a variation of a refrigerator pickle using garlic fresh from the garden.

Ingredients:

- 2 Tablespoons white vinegar
- 3 Tablespoons water
- 1 Teaspoon sugar
- 1/2 teaspoon pickling spices
- 2 bulbs of garlic, separated into unpeeled cloves

Method:

Combine the vinegar, water, sugar and pickling spices in a small saucepan. Bring to a boil over medium heat. Set aside to cool. In another small pan, cover garlic cloves with water and boil for about five minutes. Remove from heat and cool. Peel each clove and place into a clean half-pint jar. Pour reserved liquid over garlic in jar. Place into refrigerator for at least a week before eating.

Pat Brown's Sautéed Scapes

I have experimented with the scapes and come up with what I think is a sure fire recipe which goes over well for even the sceptics who are not sure whether they like them or have never had them. We had guest to dinner last Sunday and I served them as part of my meal and quite by coincidence they had had them served to them at a local 4 star restaurant the evening before. They didn't eat them there, as they were not impressed with how tough they were and had been served with another vegetable. Anyway they tried mine and went back for seconds and thirds and couldn't believe how tasty they were. Hence a sale was made for 2 lbs of scapes for this weekend.

Ingredients:

Fresh scapes, as much as you need
Béarnaise sauce package mix.

Method:

Take the thin end off at the scape capsule, wash scapes and cut into about 3" lengths. Place in boiling water just to cover and boil for approx 3 mins. Test for tenderness and drain. Meanwhile I have made up a Béarnaise Sauce from package mix. Add 3 to 4 tablespoons, depending on the amount of scapes to pan and stir-fry the scapes in this mixture. Add more if you want it creamier.

The scapes melt in your mouth, and can be served separate or with other vegetables. Try it and let me know.

Garlic & Herb Marinade

Ingredients:

- 6 large garlic cloves
- 1/3 cup fresh thyme s
- 1/4 cup fresh rosemary
- 1 1/2 tablespoons sea salt
- 1 cup fresh lemon juice
- 1 1/2 cups olive oil, extra virgin
- Freshly ground black pepper to taste

Method:

Mince together garlic, thyme sprigs, and rosemary with salt and mash to a coarse paste. In a bowl whisk together garlic paste and remaining ingredients until emulsified. Make day ahead and chill, covered. Use on BBQ meats.

Garlic Food Values

Per serving (size 3 grs.)	% Daily Value*
Calories (5)	
Calories from fat (0) 0%	
Total fat 0 grs.	0%
Saturated fat 0 grs.	0%
Sodium 0 mg.	0%
Cholesterol 0 mg.	0%
Total Carbohydrates 1 gr	+0%
Dietary Fibre 0 grs.	0%
Sugars 0 grs.	
Protein 0 grs.	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

*based on a 2000 calorie daily diet, from the Health Network

THE GARLIC DIRECTORY

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

Garlic Business Advertisements

WARREN HAM



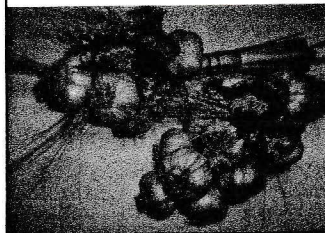
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Ray & Diane Bradley

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www.cog.ca

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Stn Q, Toronto, Ont. M4T 2L7. Phone 1-866-509-7333
Email : mail@seeds.ca Web : www.seeds.ca

Directory Listings

AHHH FUDGE! Garlic Fudge, Garlic Peanuts, a Variety of Garlic Jellies. Dave Nosworthy, RR #3, Perth, Ont. K7H 3C5. Ph. 613-273-3321. Email nosworth@rideau.net.

Organic Garlic for sale: OCIA certified. \$7/lb. Shipping anywhere in Canada. Al Boyko, Coyote Ridge Farm, ph. 306-563-5341. Email sasklawitch@hotmail.com.

Garlic For Sale: Bulbs, garlic powder. Majestic, Music, Czech Broadleaf & Russian Red. Tim & Sue Asselstine, Cranberry Creek Farm, Email clarendonstn@aol.com. Ph. 613-279-1208.

Organic Seed Garlic For Sale: German Stiffneck, King Ted, Music, Siberian, Legacy, Wildfire, German Fire, also bulbils & wild leeks. OCPP certified. Will ship. Simon de Boer, Langside Farms, Teeswater, Ont. ph. 519-357-1919, Email sbdeboer@wightman.ca.

Organic Garlic For Sale: Russian Red & Music, OCPP certified organic, \$6/lb, will ship, Hawkwood Farm, Almonte Ont Ph. 613-256-3188. Email hawkwoodfarm@sympatico.ca.

Organic Garlic For Sale: Porcelain, Rocambole & Asian. OCPP certified organic, Jean Finlayson & Elly Blanchard, Railway Creek Farm, Madoc, Ont. Ph. 613-473-5174, Email railwaycreek@auracom.com

Garlic For Sale: Featuring 'the Original Big Ass Pickled Garlic' & assorted garlic products, will ship, Music garlic in season. Email bigassgarlic@hotmail.com ph. 705-766-2748.

Garlic For Sale: Music, Italian Porcelain, Yugoslavian, Inchelian Red, Polish Jenn and more. Will ship. Ed Chipeur, **CHIP'S ACRES**, ph. 250-499-0019, Keremeos, BC, Email: wechipeur@telus.net.

Boundary Garlic: 2006 Garlic Catalogue coming soon. Certified by Boundary Organic Producers Association. See ad on this page for website and contact info.

Certified Organic Seed Garlic For Sale: Over 40 hardy strains from the Small-Plot Garlic Variety Trials, proven for Zone 5A. Ship within Canada only. Beaver Pond Estates, Maberly, Ont., ph. 613-273-5683. Email: garlic@rideau.net.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

MORE GARLIC DIRECTORY

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



**For accredited organic certification
and information on how
to grow organically**

Contact: OCPP/Pro-Cert Canada Inc.
705 374 5602, 877 867 4264
fax 705 374 5604
www.ocpp.ca

The Garlic News 2006 Advertising Rates for Members

Business Card Ad in Directory: \$15.00 per issue (repeat same ad 4 issues, \$50.00)

Box Ad: \$8.00 per column inch (repeat same ad 4 issues \$25.00)

Directory Business Listing: \$ 5.00 per issue 4 lines listing name or business name, product(s), mailing address, phone number, e-mail (\$1.00 per line for additional lines).

Quarter page: \$25.00 per issue (25% discount for repeating same ad 4 times, only \$75 for 4 insertions)

Full Page: \$75.00 per issue (25% discount for repeating same ads 4 times, only \$225 for 4 insertions)

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1. Advertisements are accepted at the discretion of the Managing Editor subject to good taste and suitability.
2. Advertisers are responsible for supplying a copy of their printable business card or camera ready artwork
3. All advertising material must be received by the deadline date specified on the Advertising Form.
4. Any notice of cancellation must be in writing and received on or before the cancellation date.
5. The Garlic News will not be responsible for damages due to advertising errors, late publication or non-insertion of any advertisement beyond the amount paid for the ad. Liability is limited to the advertising cost paid.

Make cheque payable to: Paul Pospisil. Deliver and send with Application Form to the address below:
Paul Pospisil, Editor, The Garlic News Beaver Pond Estates,
3656 Bolingbroke Road,
Moberly, Ontario K0H 2B0

A Directory Listing pays off. We made over 300 replies to inquiries about sources of garlic this past season. Who did we refer them to? You're right! We provided them with the contact information for growers advertising in the Garlic Directory.

Has anyone successfully grown Elephant Garlic, *allium ampeloprasum* from seed? This leek produces a seed head much like onions but we have not been able to germinate any of this seed. We'd be interested in any positive results.
Ph. 613-273-5683 or e-mail garlic@rideau.net

With the popularity of garlic products, the Garlic News often gets calls for information on dehydrators and mills or grinders for making garlic powder on a small scale.
Do you have your favourite gadget and where to buy it?
If you do, contact us at the Garlic News.

Attention GARLIC ** Growers!

List your seed garlic on the OMAFRA website!
If you would like to be included on the garlic seed supplier webpage maintained by the Ontario Ministry of Agriculture, Food and Rural Affairs
www.omafra.gov.on.ca/english/crops/resource/garlic.htm
or if you would like to nominate a supplier for inclusion, contact:

Jennifer Allen
Vegetable Crop Specialist, OMAFRA,
1st Floor, 1 Stone Road,
Guelph Ont., N1G 4Y2
E-mail to: jennifer.allen@omafra.gov.on.ca

Please provide the following information:

Name:

Supplier Name:

Fax #:

Supplier Address:

Phone #:

Email address:

Web address:

There is no charge for this service.

**** Correction to ad in Winter Issue. Jennifer will list all garlic seed growers on the website****

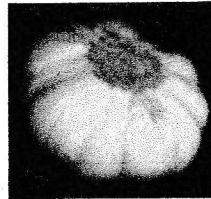
Eastern Ontario Garlic Awards Competition

The 2006 Competition will be held at the Seaway Valley Garlic Festival, Chesterville, Ontario, Saturday September 9, 2006. Entry forms are included with this issue for eligible growers and will be sent to previous competitors. If you grow garlic in the Eastern Ontario region and want to receive an entry form and guidelines for the 2006 competition, contact:

Paul Pospisil, Director, Garlic Awards,
Ph. 613-273-5683 Email: garlic@rideau.net

Great Location! Exciting Program!! Garlic, Garlic, Garlic!!!

**The
2006 Seaway Valley
Garlic Festival
&
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**Two Garlicky Fun Days
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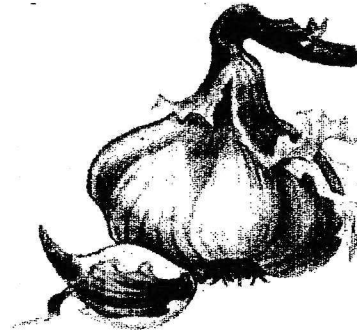
website:connaughtacres.ca

Seaway Valley Garlic Festival

Calling all lovers and growers of garlic!

7th Annual

County Garlic Festival



Saturday, August 19, 2006

10:00 a.m. – 4:00 p.m.

at the

CRYSTAL PALACE

Prince Edward County Fairgrounds, Picton, Ontario

Garlic Contests

Garlic Talks & Cooking Demonstrations

Garlic & Food Vendors

Music

Magic Show & Children's Fun

Adults \$5.00, Seniors & Children under 12 - \$3.00

Children under 6 Free

New Garlic Vendors Welcome

For contest and vendor information contact: Christine at (613) 476-5943

email rosarugosa@sympatico.ca

Visit our website at: countyg garlicfestival.ca

It's going to be a stinking good time!

The Garlic News – Recipes in Past Issues

Issue # 1

Mary Lou's Original Garlic Jelly
Garlic Dream Cream
Sue's Recipe for Garlic Powder
Great Garlic Mashed Potatoes
The 10 Minute Rule
Garden Pasta a la Garlic Guru
Garlic - a Clove a Day
Pickled Garlic
Refrigerator Garlic Pickles – Quick Method
Chocolate Covered Garlic
Garlic for Breakfast? Definitely YES!

Issue # 2

Utensils
About Olive Oil
Bruschetta Con Aglio
The Garlic Guru's Gourmet Croutons

Issue # 3

Garlic Discovers America! Caribbean recipes
Mangu
Garlic Omelette with Hot Red Pepper
Fagioli all'Olio (Tuscan White Beans with Sage)
Recipes Using Garlic Greens

Issue # 4

Garlic Lovers Chicken
Mary Lou's Garlic Spread Using Garlic Greens
A Double Delight - Garlic Scapes and Asparagus
Old Krock's Garlic Feta Spread
Pickled Garlic

Issue # 5

Medicinal Garlic Soup
Crabapple Garlic Onion Marmalade
Kitchen Hint – peeling cloves

Issue # 6

The best Ukrainian garlic recipes
Salamakha (Mashed Beans)
Sour Cream Sauce For Perogies
Garlic Broth
Janet's Garlic Soup from Old Krock

Issue # 7

When in doubt, add more garlic
Shepherd's Pie With Garlic Mashed Potato Crust
Winter Lentil & Garlic Soup by the Garlic Guru
in Mary Lou's kitchen
Garlic Soup the Latin Way
Flavour Change in Garlic

Issue # 8

Summer is BBQ and pickling time
Pat's No Fail Salad Dressing
Refrigerator Garlic Pickles
Pat Brown's Sautéed Scapes
Garlic & Herb Marinade
Garlic Food Values

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How to Increase Your Planting Seed Stock of F3
Recipe Cards – Effective Marketing Material
Sep Bonner’s Sofa Leg Garlic Dibble
Any Gardener Can Grow Great Garlic Part 1
Report # P/04/2004 - Best Size Of Seed Garlic Trial
Summary – Porcelain
The 2004 Garlic Crop in Eastern Ontario
Around the Garlic Festivals in Ontario
The Garlic Clove in Calgary - a Gourmet Delight
Silver Bullets?

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The Garlic Song
Weather Forecasts for the Coming Winter
Leek Moth News
An Approach to Cooperative Marketing
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