



THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 9 Fall 2006

The 3rd year!

Time passes quickly. We've completed our first two years of putting out The Garlic News and it hardly seems possible that this issue starts off the 3rd year of publication.

In the inaugural issue put out in fall 2004, I wrote:

"As a conservative first step, we feel confident about publishing the first four issues; if this works, we'll move on to the next four and so on.

We do need your help and participation. Send in your articles and garlic news from across Canada."

Well, your support has been just outstanding! Every issue is filled with articles, letters or recipes sent in by our readers. Just look at the Letters pages and the list of contributors sending articles and recipes.

The membership continues to grow and we're anticipating reaching the 300-mark by the end of 2006. The Garlic News is coming of age. Most important, it is filling a need felt by growers of the Stinking Rose.

I think we've got a good thing going. Do you? If you'd like to see something in this newsletter, let us know and we'll try our best to get it.

Thank you for helping make this little publication a success. Keep those letters, news items, recipes and articles coming! We all enjoy them.

Garlic Weather

For most of Canada, it's been a hell of a year. Hurricane season brought heavy rains through September and October, making it difficult, if not impossible for some growers to get their garlic planted.

"The year 2005 was the wettest in Canada in six decades, says Environment Canada".

2006, the Year of the Dog, wasn't much better.

My own garden record reads:

"Jan 11,12,13 &14 – Midwinter thaw and rain, up to +6 deg C. Snow cover still holding. Scraping ice sheets from driveway. Jan 14 to17: Cold, damn cold. Dropped to minus 15-17 deg for 3 days."

Jan 27: Across Canada, reports said:

"Balmy Alberta sets new record. Alberta is seeing record-breaking high temperatures while Winnipeg is on its way to having its warmest January ever."

Winter temperatures have been above normal across Canada, the report says, with most of the country at least 2 C above normal and with Saskatchewan, Alberta, and the Northwest Territories all having temperatures more than 6 C above normal.

July 06 Headline: *Fires continue to burn across the West*

From our own garden record: *July harvest came on very quickly, likely from the very hot weather, compressing the harvest period. Crop was much smaller.*

And, on it went through the whole year.

The lucky areas that enjoyed good seasons can thank their stars. It may not happen next year.

Climate change is here and its causing havoc with farm crops, garlic included.

What can you do about the weather? Not much. As a grower, you just have to try and stay ahead of the whims of mother nature. Otherwise, your lovely garlic may not grow a bumper crop.

What's the Big News in the Garlic World?

Well, visiting the supermarket the other day, I spotted something new. "Organic Garlic" from China!!! And, selling at the same bargain-basement price as regular Chinese garlic.

Amazing how quickly the Chinese reacted to the new Canadian Organic Standard! Printing labels doesn't cost a great deal, does it?

If a Canadian grower tried to pull such a stunt, the diligent inspectors would soon close him down.

No point losing sleep over it. Just sell your quality garlic to those who recognize a good thing and let big business play their silly games.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

THE GARLIC NEWS

Connecting
The Canadian Garlic Network
Issue # 9 Fall 2006

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Advertising inquiries welcome.

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.

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 and will be published subject to space
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Deadline for the Winter Issue is December 4.

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The Best Garlic in Eastern Ontario!



David Hahn & Marion Watkins
of Godfrey, Ont., received the
Woodman Trophy and a \$100
Prize, becoming the Champion
Garlic Growers for 2006.
L to R, Debbie DeCooman, host
for the 2006 competition, David
Hahn, Marion Watkins, and Paul
Pospisil (presenting the trophy).



Growers from all across the Eastern Ontario region
travel long distances to enter the Eastern Ontario
Garlic Awards competition, now in its 10th year.

Inset at right is Ken Willis, Verona, Ont., 2006 Reserve Champion Garlic Grower.

Jean Finlayson of Madoc came 3rd overall, winning a 1st for her Mennonite garlic.

News From The Garlic Patch

How was your garlic crop this year?

A general comment on the Eastern Ontario crop this year: Overall, no pattern, with crops ranging from very poor to excellent just a few miles apart. A wet June followed by excessively hot July brought on a premature harvest, resulting in smaller bulb sizes in some fields. In trying to get a representative picture from grower reports, I found the greatest divergence in years. While most reported poor crops, for various reasons, there were some exceptions, like Silver Spring Farm where the crop was excellent. David Hahn, the 2006 Champion had an outstanding crop. In affected areas, leek moth damage was less than previous years. Our own harvest here at the Small-Plot Garlic Variety Trials produced smaller than normal bulb sizes, although much healthier with fewer yellowed plants. How was your crop, in comparison to other years?

Canada's Organic Standard and Regulation

The long-awaited new Organic Production Systems Standard has now been released by the Canadian General Standards Board (CGSB) and is available at

http://www.tpsgc-pwgsc.gc.ca/cgsb/on_the_net/organic/index-e.html

You can also find the Permitted Substances List and the recent complete version of the Standards at http://www.organicagcentre.ca/std_canadian.html

Will small growers be able to use the word "organic" to sell their garlic? Better look into it. The rules have changed!!

It's Garlic Planting Time Again!

Here's a summary of planting guidelines: For complete growing article, see Issue # 1 Fall 2004 of the Garlic News.

1. Good location – full sun, weed free, well-worked soil enriched with compost, good drainage, access to irrigation. If site will grow other vegetables, it will grow garlic.
2. Rotation – don't plant where alliums were in past 2 years
3. Make raised beds.
4. Decide on garlic variety and strain
5. Select healthy garlic bulbs from proven stock.
6. Orient rows north – south.
7. Timing (most of Canada) – plant in mid October.
8. Crack bulbs into cloves just before planting.
9. Planting - by hand is best or use planter that doesn't damage cloves (see Garlic News Issue #1 for building a garlic dibble as a planting aid)
10. Row spacing – about 12"
11. Planting depth – 4", cloves with pointed end up.
12. In-row spacing – 4" to 6" or more depending on variety
13. Cover cloves with soil.
14. Mulch with straw after ground has frozen.
15. Prepare site for following year planting.

Health Hazard Alert - Wendy's Home-style Garlic Croutons May Contain Salmonella Bacteria

OTTAWA, September 14, 2006 - The Canadian Food Inspection Agency (CFIA) and Wendy's Restaurants of Canada, Inc. are warning the public not to consume Wendy's Home-style Garlic Croutons because the product may be contaminated with Salmonella.

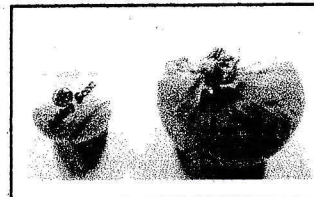
The affected product, Wendy's Home-style Garlic Croutons, is sold in 14 g packages bearing the UPC 0 70200 100282 and the lot code USE BY FEB 05 07. This product has been sold at Wendy's restaurants in Ontario and Quebec.

Garlic Fact: *Some strains of soft neck and Asiatic garlic fall over when ready to harvest. This may have given rise to the false belief that you should break the stems and tramp on them to make them mature, as many people do with onions.*

What Size Garlic is Best for Seed?

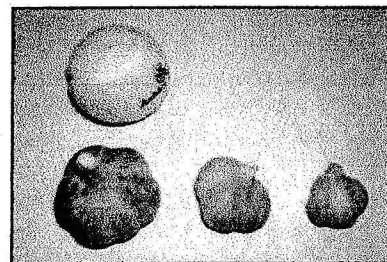
The best-size-of-seed trials this year proved inconclusive with erratic results due to the premature harvest. We will not be publishing the report. See Issue #6 for 2005 report.

These pictures are offered as food for graphic thought:



Would you plant this onion in place of Dutch sets to get green onions in your garden?

Which garlic bulb below will give you the best seed?



Just don't plant the tennis ball!!

Demand For Local Garlic Continues

Again, this year, I'm receiving calls for both table garlic and planting stock. I refer the callers to growers who list in the Garlic Directory. Again, this year, known growers have not been able to fill the many demands for local garlic.

If you have or will have garlic or garlic products for sale, list them in the Directory. The small fee will get you orders!

At Last! a Garlic Tasting of Varieties

Martin Reichert conducted a much-needed garlic taste test at the Seaway Garlic Festival this year using 27 varieties. Results will appear in the Winter Issue.

Calls and Letters From Our Readers

About the Harvest

Paul, a question. 2 years ago in November I planted several small rows of garlic from seed. Last year, there was no yield. I roto-tilled the area down last fall. This year, magically, the area I planted the garlic seed in has a nice crop of garlic.

Does garlic planted from seed take 2 years to produce?

Bill Scheel, Newmarket, Ont.

Editor: Hi Bill; when you say "seed", I assume you mean the little bulbils from the top of the scape. It depends on the variety of garlic. Some, like the Porcelains, take 4-5 years to get a full size bulb; others, like Czech Broadleaf, can grow a full size bulb in 2 years. You probably had some last year but the plants were so tiny that you might have missed them. They produced little "rounds" which remained in the soil and grew this year. Depending on the variety, this year, you'll harvest either larger "rounds" or small bulbils. Harvest them when they're ready and let me know what you get.

Jack Fraser of Silver Spring Farm called on July 17 to say his 30 volunteers had pulled 6 of 15 rows, a bit early but they needed cured garlic to sell the August long weekend. The garlic was more uniform in size this year, not as many little ones nor as many huge ones as last year.

Editor: I dropped in to Silver Spring Farm on August 12 and was very impressed with the excellent quality and size of the yet-unsold bulbs. You've got a great team of volunteers, Jack. Keep up the good work!

On July 20, **Mildred Ribbink of Perth, Ontario** called: "A friend gave me a package of garlic last year and I put it in my garden. Should I cut off that bulb that's on top and how do I know when I should dig the garlic up?"

Reply: It's a bit late to remove scapes this year as the damage is already done. Make a note in your gardening book for next year to start snapping them off when they've just made a curl. Start checking them around mid June.

On timing of harvest: 3-4 dead leaves at the bottom and its time to check bulbs for size. 4-5 green leaves should still be at the top. The actual date varies from year to year depending on weather.

Connie Horbas of Cornwall, Ontario called to say that her garlic came out all yellow this year. She was looking for a supply of inexpensive seed garlic, about 200 lbs., as she had moved her plot and wanted to start over again with disease-free seed.

Reply: It's hard to get both cheap and quality at the same time. Planting "cheap" can be a costly experience! Spend the money on good seed, Connie. You'll improve your crop success.

Success story. Susan Major of Powasson in Northern Ontario phoned on September 7: "We've had great success with our garlic here in Zone 3. Huge bulbs. Last fall, we planted 1600; they sold in 8 days. This fall, we want to plant 3000 and since you started us out in good garlic, we'd

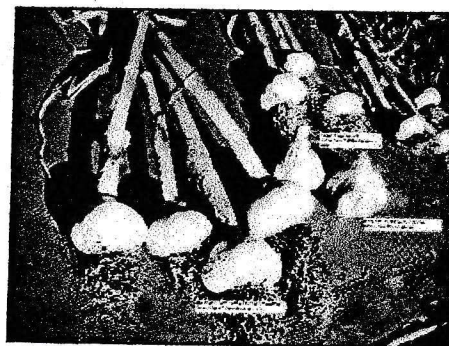
like to pop in and talk to you about garlic and buy some more when we come. I'm trying to boost our present stock."

Editor's comment: Susan and Francis bought 8 bulbs, all different kinds, in 2001. In just 4 years, they multiplied their planting stock to 1600 (after eating lots and losing some) and they are now on their way to a nice little market operation. They did stop in on their way to a wedding in Westport and bought some Majestic and Carpathian, two of our best types. We await the next report of success. A garlic blessing to you both on your undertaking! p.s. Susan supports the Powasson Farmers' Market and spreads the gospel of garlic at the Powasson Horticultural Society as well

Paul: I've attached a few images of samples of garlic from harvest this year. I should have placed a baseball in the images, for example of size. Majestic was as large as a baseball, some larger! A neighbour thought it was a cooking onion. I got seven large bulbs still drying, and two capsules of bulbils for experiments.

Randy White, Mission, BC

Editor: Here's the picture, Majestic is on the left. I'm pleased that it's done so well in the warmer B.C. climate. This is the first report from there.



Hi Paul. The porcelain types look nice and large. The only question I have is that some of the larger Majestic's seem to have floppy necks. They aren't stiff like most are. I don't see any signs of Fusarium at the bottom of the bulbs. The necks are strong at the bulbs. What do you think?

David Hahn, Godfrey, Ont.

Editor: That's a new one on me. Usually, they're quite rigid. Taking a guess, it could be premature drying out caused by the hot spell we've just had. Keep an eye on them during harvest to see if the bulbs are affected.

If any growers have noticed this with Porcelain types, I'd be very interested.

p.s. Seems it didn't affect David's garlic as he won the big prize!

Quack grass problem: We have been turning the soil over but I'm afraid we may be slicing quack grass roots over and over. Well, I just can't lose sleep over it. I was hoping that turning over will expose the roots and they will die off.

Karen Poce, Chesley, Ont.

Editor: No easy solution to quack grass. It won't just "die off". In fact, you may be multiplying the problem because each piece of root will grow a new plant. For quack grass, you have to keep pulling out the roots every time you expose them - a long, slow process - until you finally get them all, or, at least most of them. Then, you control it by pulling out or digging each young plant as it comes up.

You can beat it over a couple of years.

More Calls and Letters

Hi Paul. On Friday, July 21st Claire harvested our garlic with good results. No evidence of the Leek Moth or other blights. The Porcelain Majestic produced the best size, nice large size bulbs. I should have ordered some from you for fall planting. I am impressed with the results. Of the 9 cloves planted, 9 bulbs were harvested so I might save 3 bulbs for fall planting. The other that did very well was the Purple Stripe Czech Broadleaf.

As I used a row cover from late March until Friday's harvest I seem to have been lucky and avoided the pesky Leek Moth. I'll continue being vigilant and look for any telltale holes on there leaves or stalks.

I'll keep you informed as the garlic continues to dry.

Peter Collis, Stittsville, Ont.

Editor: Great that the leek moth didn't do damage.

Both Majestic and Czech Broadleaf are excellent performers so I'm also pleased with your results. If you need more Majestic, I can put aside a few bulbs for you as one of my orders cancelled out. Let me know. Your harvest must have been quite early as well. Czech B normally doesn't harvest until early August but this year, it appears to be turning so we'll likely pull it this week.

Paul: I was talking to another garlic grower, and he mentioned that your garlic is fantastic, and that we should try your Majestic. He was very impressed by it. I would like to order some, if you have any left. We are coming to Ontario for Thanksgiving. If we can get away from the family, could we come and visit? I'm not sure yet how long we will be out, so it might be difficult to do, but worth a try.

Valerie Russell, Maple Bay Organic Seed Garlic

Editor: I've put some Majestic aside for you and will mail it with your order. Please, do come and visit when you come to Ontario.

About Scapes

Hi Paul, I have many scapes this year, and I cannot eat them all. How can I preserve them for the future, can I freeze them, just blend up with olive oil and it will keep for months? Help, I don't want them to go in the compost.

Kim Hay, Yarker, Ont.

Editor: Hi Kim: Sending two pages of recipes from Mary Lou. The scape paste freezes well. Also, when you get the Summer issue of the Garlic News, check out Sheila Robb's recipe.

Thanks Paul, That helps, now I can save them. One more question? The flowering head, if it has gone to far, do you cut off and keep the bulbs that form, or do you use the top as well. **Kim**

If its gone too far, you can do one of several things:
a. Cut it off and use it as dried decoration, or even let the bulbils cure and eat them as garlic.

b. Let the scape stay on. When the bulbils mature, use them for planting. See articles on planting bulbils in past issues of the Garlic News. Your underground bulb will be a bit smaller than it would have been if you'd have removed the scape earlier.

Hi Paul. When do you pull the stocks that you want the bulbils for new seed? **Daniel Hammerli, Prescott, Ont.**

Editor: What I do (I save one or two scapes from every strain for bulbil trials) is mark the scapes with a bright tape and leave them on the plant. When I harvest the garlic bulb, I leave the scape attached to let the bulbils cure at the same time as the garlic. You have to watch because the bulbil capsule will dry out and the bulbils could be knocked off. When that starts to happen, cut the bulbil capsule off the scape and store it in an open cup to finish drying until its time to plant the bulbils. You get both the bulbils and a reduced size bulb from that plant. In Porcelains, you need only one or two as each capsule has 150-200 bulbils.

Hi Paul. When is a good time to put lime in garden before planting garlic this fall? Charlie is at present putting the last of the buckwheat in. This gives him about 6 weeks before replanting. He has never applied lime before. He will be applying dolomitic limestone. Appreciate your opinion.

Sheila Robb, Minden, Ont.

Editor: Whoa! Do you really need lime in your soil? If your pH is between 6.0 and 7.5, there is no need to lime it. Garlic, being a heavy user of sulphur, would rather go the other way, toward a slightly acidic soil. If you haven't already done so, suggest you do a soil test before liming. If your soil is too acidic and does need a bit of sweetening up, now is the time to do it, a few weeks before planting, so as it gets a chance to work into the soil.

Hello Paul. What is wild garlic? I have been reading a book for livestock. It is recommended that the animals have access and be able to graze on wild garlic regularly. The Latin name given is Allium species Liliaceae.

Samantha Handley, Cameron, Ont.

Editor: What most people commonly call "wild garlic" is actually a wild leek found all over eastern Canada, (also called ramp or 3-seed leek). Latin name is Allium tricoccum Aiton with variant, Allium burdickii. Common names cause a lot of confusion. The true wild garlic is Allium canadense, the native edible weed. Attached is an article I wrote on the misnamed "wild garlic" on the topic. I have a few plants of both in my trials plot hoping to be able to develop a system to grow them from seed. All varieties of garlic, onions and leeks belong to species liliaceae. Trust this helps. I wouldn't allow cows to graze in it. The plant is on the endangered list. It's better to save the stems and tops from the garlic crop and mix them with hay; or, grow some garlic greens from bulbils, small cloves, etc just for livestock feed. If it's for dairy cows, the milk will be tainted

Hi Paul: I was wondering if Canadian garlic (Allium canadense) is grown in Ontario? If so, do you have any crop production information i.e. planting dates, cultivation, existing and/or potential markets. **Jennifer Allen, Vegetable Crop Specialist, OMAFRA**

Editor: There has been some interest shown in this native species as a commercial crop but to the best of my knowledge, there is no one cultivating Allium canadense or meadow garlic in Canada. Best description is on the Connecticut Botanical Society website.

Extensive Garlic Damage in 2006

By: Jennifer Allen, Vegetable Crop Specialist, OMAFRA

Garlic growers across the province are suffering severe losses due to stem and bulb nematode this season. Stem and bulb nematode (also referred to as bulb and stem nematode), *Ditylenchus dipsaci*, was first noted in Ontario in 1957. Although this pest has been recorded for almost 50 years, this is the first year that there have been so many reports of losses in both small and large garlic plantings from the east, north and southwestern areas of the province.

What is the stem and bulb nematode?

This nematode is different from other common nematodes like root-lesion or root knot nematode because it is not confined to the root region of plants. Stem and bulb nematodes can enter seed, invade the basal plate of the bulb, and enter host leaves through stomata or move upwards into leaves through the bulb. A unique characteristic of this nematode is that it's capable of living without water and tolerates desiccation for several years.

The stem and bulb nematode has three life stages: 1) egg, 2) juvenile and 3) adult. The juvenile life stage is broken into four stages, 1st stage larva, 2nd stage larva, and 3rd and 4th stage larva. Only the 4th stage larva is capable of infecting its host.

What does the damage look like?

Depending on when the stem and bulb nematode infects garlic, there can be a variety of symptoms. Early in the season, young seedlings infected with nematodes are often stunted, with chlorosis and bloating of young leaves. Later infections can cause twisting of new growth, bulb softening and desiccation, loss of roots (Fig. 1), followed by clove destruction (Fig. 2). To see colour photos-visit

<http://apps.omafra.gov.on.ca/scripts/english/crops/agriphone/index.asp>, and click on August 14, 2006.

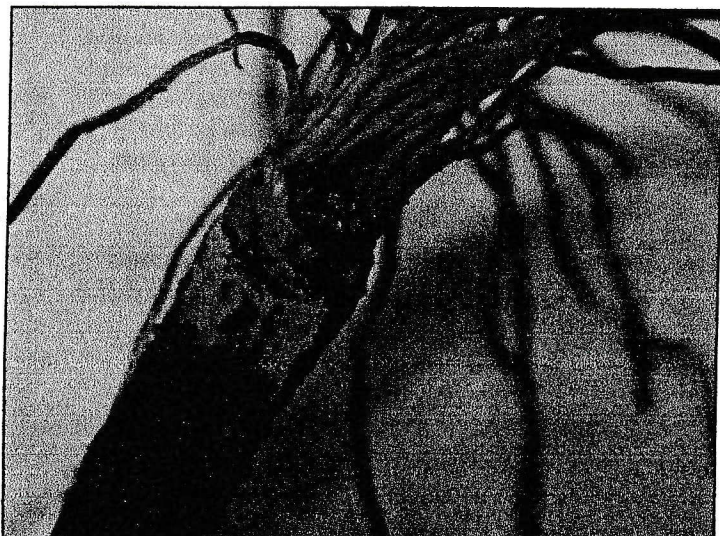


Fig. 1. Underdeveloped garlic bulb; absence of roots on one side of basal plate indicative of stem and bulb nematode infection.



Fig. 2. Rotting of basal plate due to stem and bulb nematode infection.

Why is this an issue for garlic growers?

Garlic is not planted from true seed. Garlic growers often keep a supply of harvested bulbs, and plant individual cloves from these bulbs in the fall. Therefore, a small infestation can quickly multiply when contaminated cloves are replanted. Unfortunately, with a microscopic pest like the stem and bulb nematode, even plants that appear perfectly healthy when they go into storage may harbour some parasitic nematodes. If you think you have stem and bulb nematode it is important to have both your soil and garlic tested.

For more information on hosts, biology, and recommendations for control, check out Bulb and Stem Nematode in Onions and Carrots (Fact sheet 258/658; Order No. 00-043) or online at www.omafra.gov.on.ca/english/crops/facts/00-043.html. For information on laboratory testing please contact me:

Jennifer Allen, ph. 888.466.2372 x64963 or email

Jennifer.allen@omafra.gov.on.ca

1. See also Issue 5, Fall 2005 of the Garlic News for Michael Celetti's article, "Managing the Bulb and Stem Nematode in Garlic".
2. The Garlic News will publish results of a trial on using mustard and marigold to clean up soil infested with nematodes in the Winter Issue. Watch for it.

University of Guelph Pest Diagnostic Clinic

The Pest Diagnostic Clinic is a comprehensive laboratory offering a wide range of plant disease and pest diagnosis. Services range from plant & disease identification, nematode analysis and quantification of more obscure plant and soil infections. Custom testing for specialized plant and crop diseases is available.

Ph. 519-767-6256, fax 519-767-6240.

Home gardeners seeking advice on pests and plant diseases should contact their local Master Gardener. In Ontario, call 1-800-694-4769 for local contacts.

BOOK REVIEW

Fighting Cancer With Food: What You Should Be Eating To Beat The Odds

By: Mike Gillespie, Deputy Editor, The Citizen's Weekly
613-596-3767, email mgillespie@thecitizen.canwest.com
Reprinted with permission from The Ottawa Citizen, Sunday,
June 11, 2006

"Cancer continues to defy the progress made by modern medicine; after more than 40 years of intensive research, it remains a mysterious killer, responsible for the premature deaths of millions of people each year."

The evidence, according to leading Canadian cancer authority, Dr. Richard Beliveau, is overwhelming: cancer continues to play a major role in most lives.

And since we now know that about one third of all cancers are directly related to diet, the Montreal biochemist says it makes sense to fight back using just that -- diet.

Not a starvation diet by any means, Beliveau explains in a book on cancer prevention being released in Ottawa Tuesday, but one that harnesses the huge array of foods scientific studies suggest do combat the disease.

In *Foods That Fight Cancer: Preventing Cancer Through Diet* (McClelland & Stewart, \$29.99), Beliveau teams up with Montreal molecular researcher Denis Gingras, to describe the science of food and which ones offer the most effective protection against cancer. It's served up as an accessible, non-preachy guide to what's good for you and what's not.

The book includes the much-welcomed research that two to four glasses of red wine a day can be helpful (and more than that dangerous) and describes exactly what is in a slab of dark chocolate that's so good for you.

There's also the common-sense stuff: quit smoking, reduce red-meat consumption, avoid preservative-laden foods, lower your calorie intake and exercise regularly.

"Nature supplies us with an abundance of foods rich in molecules with very powerful anti-cancer properties, capable of engaging with the disease without causing any harmful side effects," the authors say in the book's foreword. "We have the possibility of deploying a veritable arsenal of anti-cancer compounds occurring naturally in many foods as a complement to the therapies now in use."

For the record, here's a checklist of cancer prevention facts Beliveau and Gingras suggest you add to your diet:

- A diet containing three to four weekly servings of broccoli is shown to offer protection from colon polyps. Cruciferous vegetables (Brussels sprouts, broccoli, cabbage, cauliflower, kale) should be lightly cooked and thoroughly chewed to fully extract their anti-cancer potential.

- **Freshly crushed garlic is by far the best source of anti-cancer compounds and should be preferred over other supplements.**

- The key to benefiting from the anti-cancer effects of soy lie in consuming about 50 grams a day (raw or roasted).
- The daily addition of a teaspoon of turmeric to soups, salad dressings, or pasta dishes may have the greatest positive impact against colon cancer.

- Green tea contains large amounts of catechins, compounds that boast many anti-cancer properties. Drink it freshly brewed and steeped for eight to 10 minutes.

- Citrus foods are essential to cancer prevention, acting both directly on cancerous cells and in enhancing anti-cancer effects of other phytochemical compounds in the diet.

- The resveratrol present in red wine possesses powerful anti-cancer activity. Grape and cranberry juice contains the resveratrol but at levels 10 times less than red wine.

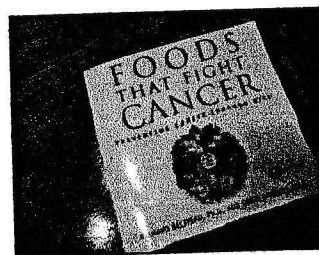
- Daily consumption of 40 grams of dark chocolate (70 per cent cocoa mass) may have definite health benefits.

- Eating two tomato-sauce-based meals per week may lower your risk of developing prostate cancer by up to 25 per cent.

- The best way to increase Omega-3 levels in your diet is to eat fatty fish (wild salmon, sardines and mackerel) once or twice a week or add one tablespoon of freshly-milled flax seeds to your breakfast cereal.

- Many herbs and spices, in particular ginger, contain large quantities of molecules that act as anti-inflammatory compounds, which also reduce the risks of developing certain chronic diseases.

The book contains a whole chapter on the benefits of garlic benefits of garlic and other alliums and that is worth the price alone to properly understand garlic's powers.



The authors make the point that garlic is one of the key ingredients for any healthy lifestyle. I attach the review.

If it's of any use for your newsletter, feel free to run it.

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				
Artichoke Strains Inchelium P16 TurbanArtichoke	Polish Artichoke P9 Polish #2 Endurance F4 Italian Piedmonte Festival Formidable Wettergren Susanville Lorz Italian			
Rocambole Strains		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
Porcelain Strains	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	
Purple Stripes F60 Asian Red Rezan Paul's Purple Pride	Metechi	Chesnok Red	F21 Polish Marbled Czech Broadleaf P8 Siberian, Robust Purple Glazer	
Silverskins California 98 P12 Silver White	Steadfast Sovereign Argentine White			
Not Assigned 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: A Delayed Harvest Year: 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 3rd week of July.

REPORT P/02/2006, BEAVER POND ESTATES SMALL-PLOT GARLIC VARIETY TRIALS				
GARLIC MATURITY CHART: 2006 HARVEST				
Very Early	Early	Mid Season	Late	Very Late
July 15-17	July 18 - 20	July 21 to 23	July 24 to 26	July 27 to 29
13 day harvest period July 17 to July 29				
Artichoke Strains(8)	Endurance F4 Italian, Baba's Chesnek, Inchelium Formidable, Genki		Argentine Red Stripe Asian Tempest	
Silverskin Strains (2)	F40 Spring-planted Early Silverskin			F40 Silverskin
Rocambole Strains (14)	Yugoslavian	French	Reliable Czech Red, Slovak German Red, Russian Red, German White Korean Purple Chuck, Tear Drop Spanish Roja Spanish Antolini	Carpathian
Purple Stripes (6)	Chesnok Red Siberian	F21 Polish Marbled	Purple Glazer	Robust Czech Broadleaf
Porcelains(15)	MAJESTIC (part)	MAJESTIC (balance) Prussian White Magnifico, Musical Melody, Music(H) Georgia Fire Polish Jenn Romanian Red	German Stiffneck German White Mammoth Magical Magnificent F3 (from bulbils)	
NEW STRAINS(32) Rodrigo Australian Philippino	Veseys White Korean Purple P71 Red Rezan Luciano's Sicilian Bajada Maltese Xian Creole Burgundy Tibet	Arg #4, Leningrad Northern Quebec Ukrainian Mavniv Japanese Asiatic Northern Siberian Sicilian Gold Duganskij Brown Tempest Zemo, Tibetan	Wild Buff, Alberta Hardy P87 Puslinch Baba Franchuk's MUTANTS Inch H/N Mutant Calif H/N Mutant CTC H/N Mutant Endurance H/N	P95 Puslinch Nellie's Chiloe
Seed Savers (37)	Cuban Purple, Native Creole, Spanish Morado, Mexican Red Silver, Polish Artichoke #1, Red Rezan Imp99, Turban Chinese, Portugeorge Wettergren, Chinook Susanville, Piedmonte Lorz Italian, Festival	Paul's Purple Pride Israeli Italian Topset Georgia Crystal P8 Siberian Metechi Metechi Imp 02 Persian Star McEwen Red Frank Sowa	Calgary Lori California 98 F1 Rapido F23 Rapture BP Roja Rampant Rampant Imp 01 Polish H/N #1 Ukrainian SS Steadfast	Wild Niagara Glengyle Glengyle Imp 02

Note: Advanced Harvest Year: An abnormal, sudden harvest due to a July heat wave that followed an extremely wet, cloudy month of June. Some strains went by without the usual dieback of leaves and others died from the tips back as well as from the bottom up. Extended heavy rains midway during the harvest required premature lifting of bulbs to prevent the garlic rotting. Late strains lacked the full growing time to develop large bulbs.

Note 2: Seed Saver strains (not previously included) have been shown in this 2006 Report

THE GARLIC DIRECTORY

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

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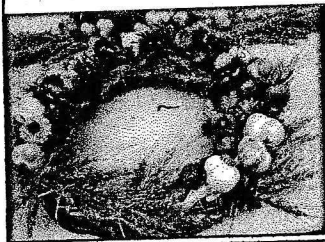
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Directory Listings

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: Majestic, Music, Georgia Fire, Georgia Crystal, Magical, German Red, Russian Red, French Rocambole, OCPP certified. David Hahn, Forest Farm, Godfrey, Ont., ph. 613-273-5545, Email dhahn@rideau.net

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

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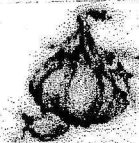
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Make cheque payable to: Paul Pospisil. Deliver and send with Application Form to the address below:
Paul Pospisil, Editor, The Garlic News Beaver Pond Estates,
3656 Bolingbroke Road,
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A Directory Listing pays off. We made over 300 replies to inquiries about sources of garlic last year. Who did we refer them to? You're right! We provided them with the contact information for growers advertising in the Garlic Directory. Why not list your garlic and garlic products?

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:

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There is no charge for this service.

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

Needed to answer requests: Sources for wild garlic and wild leek seed. Contact The Garlic News at 613-273-5683 or email at garlic@rideau.net

The 2- year Anniversary Issue of the Garlic Press will be coming out in Fall 2006.

We have a cooperative arrangement with David Stern, Director of the Garlic Seed Foundation and distribute it to Canadian subscribers on his behalf.

Subscribe to: the Garlic Press, Newsletter of the:
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Garlick With a K: Early 1800s Garlic Growing

By Ken Willis

The first half of the nineteenth century is the beginning of the end for the world of gardening and agriculture as practiced by the land holding gentry, the hardworking farmer or the professional horticulturist of those times. Before science transformed each of these disciplines into the forerunners of their modern versions today, the information and knowledge on the cultivation of garlic was limited in the English-speaking world, at least in the popular press.

Without copyright laws, it was common practice to plagiarize or even blatantly reprint material for publication. Therefore, when examining the garden/farm books and magazines from the 1800s, the sections on garlic usually contain much the same information. The information presented was also usually of British origin, which continued on as a general problem in Canadian gardening until roughly the 1970s.

If you were a garlick grower from this time period, the following is typical of what was available as a how-to on growing techniques, in both content and extent:

Soil: capable in almost any soil

Propagation: generally by parting the root, but may be raised from the bulbs produced on the stems

Planting time: any time in February, March or early April

Method: a single clove to be placed in each one of holes made six inches apart and one and a half deep, in straight lines six inches distant from each other.

Care is taken to set the root downwards: to do this it is the best practice to thrust the finger and thumb, holding a clove between them, to the requisite depth without any previous hole being made.

Cultivation: keep clear of weeds. In June the leaves to be tied in knots to prevent their running to seed, which would greatly diminish the size of the bulbs. A few roots may be taken up as required in June and July, but the whole must not be lifted until the leaves wither, which occurs in July or August. It is usual to leave a part of the stalk attached, by which they are tied into bundles, being previously well dried for keeping during the winter.

There is one other major theme present when looking at the history of garlic from this time period. An example of this appears in the book *The Victorian Kitchen Garden* from 1987 which states: "thought that garlic might not have been grown, particularly during the first part of the nineteenth century, owing to the anti-French feeling at the time."

The prevalence of garlic use among English speaking people was very low, as a direct result of the racist nature of societies at that time. The reputation of the vile

pungency of garlic, that lingers even to this day, has its roots in the aftermath of hard feelings from armed conflicts such as the Napoleonic Wars. This aspect of garlic is made perfectly clear in the sole paragraph dedicated to garlic in *The American Gardener* from 1829: "Almost all nations except the English, the Americans and the French, make great and constant use of garlick, and, even the French use it frequently to an extent that would drive us from the table."

The unusual journey to popularity that garlic was to achieve by the later years of the twentieth century with the appearance of Italian-American fast food such as pizza and spaghetti is even more peculiar with the knowledge that the French and Italians were relatively light consumers of garlic, as compared to the heavy consumers of East European descent, the Poles, Germans and Russians.

Further reading:
The Victorian Kitchen Garden, Jennifer Davies, BBC Books an excellent story of the restoration of a walled kitchen garden, also a television series of the same name
A Dictionary of Modern Gardening, G.W. Johnson, 1847
The American Gardener, William Cobbett, 1829 are reprinted in online form, available on the web.



Garlic growing in the heritage gardens at Bellevue House in Kingston, the home of Canada's first Prime Minister, Sir John A. MacDonald.
Photo by Ken Willis



Garlic grown at Bellevue House. L to R; Paul & Mary Lou Pospisil with Head Gardener Ken Willis & assistant, wearing period working attire of the late 1800s

Much more of Garlick would be used for its wholesomeness, were it not for the offensive smell it gives to the by-Standers.
John Woolridge, *The Art of Gardening* (1688)



Portage la Prairie Farmers' Market

By Ted Meseyton, The Singing Gardener & Grow-It Poet

Farmers markets are a busy come and go social event. September is transition month and the harvest of fresh, homegrown vegetables,

flowers and fruit, home baking, honey, preserves and crafts are all available and plentiful.

Garlic grower Rory Timmers and his wooden dancing men, known as "bon hommes gigueurs" keep the beat, while Chris Meseyton, the accordion pro, belts out the polkas, waltzes and all sundry of tunes on his 120 bass accordion.



Photos by Ted Meseyton

Recipe: Freeze Ahead of Time Garlic Mashed Potatoes

Ingredients:

- 20 medium potatoes
- 1 tablespoon of salt or garlic powder (or half of each)
- 2 large heads roasted garlic
- 2 cups sour cream
- ¾ cup butter or margarine
- 1 tablespoon minced parsley
- ¼ cup of milk (more or less)

Method:

Roast garlic heads in the oven at 200C/400F for one hour. Peel and cube potatoes then place into a large stockpot. Just barely cover with water. Add salt and/or garlic powder. You may also add 3 tablespoons of canola or sunflower vegetable oil to discourage water boiling over. Boil potatoes 20 minutes to a half hour until done, adding a bit more water if required. Once cooked, drain water from 'spuds' and then mash potatoes.

Add sour cream, butter or margarine, minced parsley and the two heads of roasted garlic that should easily squeeze from their skins. Enough milk can be added to make potatoes the desired fluffy consistency you like, but don't let it become soupy.

This is a nice amount for a larger group.

To Freeze It:

The full amount or any leftover Garlic Mashed Potatoes should first be cooled completely. Pack potatoes into 2-cup size freezer containers, then label and freeze. It keeps well for up to 6 months. To serve later on, merely thaw the potatoes overnight in the fridge, then bake in a preheated oven at 180C/350F for a half hour or slightly longer. It all depends on the quantity.

**Looking for accordion music in Toronto? Ted's son Chris gives lessons and is part of a duo available for hire.
Ph. 416-759-1898**

Ancient Garlic Ted Bits

Galen, the prince of physicians called garlic: Poor Men's Treacle (drained or pressed garlic juice or syrup).

Lord Lister, a celebrated British medical authority of last century worked on the principles of garlic as an internal antiseptic and disinfectant of human pipes, ducts and tissues. Garlic is the immemorial powerful remedy of nature and possesses the priceless property of cleansing whatever it contacts.

Sulphur in garlic purifies and tones the system. It promotes bile secretions and contributes to a healthy liver. One must have sufficient dietary sulphur for luxurious hair and a generous complexion.

Garlic destroys bacteria within the system and detoxicates poisoned areas. It also exercises a positive action in toning the lymphatic cells of the body, purifying the bloom stream; breaking down toxic accumulation and removing waste matter and irritants through pores, kidneys and intestines.

After eating garlic, if you wish to remove the odour and sweeten your breath, eat some baked beetroots and the smell is gone. Chewing a sprig of parsley works too.

What would we do without a bit of garlic humour?

An old European belief held that if a jockey chewed a clove of garlic before running a race, it would keep the garlic chewer well ahead of his competitors. Garlic was also hung on racehorses for the same results.

Natural Mosquito Control

Garlic contains sulphur that repels mosquitoes, wood ticks and fleas. Since mosquitoes are soft bodied, garlic juice when concentrated can be very toxic and deadly to them. Mosquitoes have an extremely sensitive odour sensing mechanism - as high as 10,000 times better than humans. They'll remain absent from an area sprayed with a garlic barrier for up to a month. You won't smell the garlic, but mosquitoes will. Additionally, mix some canola or sunflower oil with garlic juice or oil. Coat the surface of any standing water with a very thin film of the mixture, including rain barrels, puddles, and catch basins or wherever water tends to pool. This oil barrier suffocates any mosquito larvae developing in the water.



Ted Meseyton is a singer of songs and gardening columnist from Portage la Prairie, Man. He's available for personal appearance at growers of the garden and keepers of the soil events. His e-mail address is:
singinggardener@mts.net

The best garlic recipes & ideas - -

Carol Maybuck of Cando, Sask., sent this recipe that her 16-year-old granddaughter makes with lots of garlic.

Salad Dressing

Ingredients:

6 tbsp olive oil
2 tbsp vinegar
2 tbsp lemon juice
1-2 minced garlic cloves (or more, according to your love of garlic)
½ tsp salt
½ tsp sugar
¼ tsp onion salt
¼ tsp dried oregano
¼ tsp ground mustard
¼ tsp paprika

Method:

Mix all ingredients together; serve on lettuce, cucumbers, tomatoes, and carrots.

Double the recipe to make ¾ cup.

Garlic And Onions

Both onions and garlic release a pungent chemical when you cut them. In the case of onions, the chemical makes you cry. There are many techniques intended to stop your tears while cutting onions – chew white bread, wear goggles, light a candle near the chopping block to oxidize the sulphur compounds, or let your spouse do it!!

Cutting into garlic doesn't make you cry, but it does release a pungent aroma, which is why eating raw garlic is likely to give you garlic breath. When you poach garlic, say, putting raw garlic into a soup, you create a different set of compounds, which some people believe may inhibit colon cancer. When you sauté garlic in oil, you create two classes of compounds; one has been patented in Europe as an asthma medicine, the other to relieve certain types of pain. Roasting garlic has the effect of making it taste much sweeter, giving it a nutty flavour.

Regardless of health aspects, there's nothing like the aroma of garlic and onions wafting from the kitchen to make your taste buds awaken.

It has been said that clever young newly-married brides, having spent the day visiting with their friends, would rush home with a pre-cooked meal from the deli, and just before hubby arrived from work, would fry some onions to fill the kitchen with delectable odours. The hungry husband would be convinced that his loving wife had spent the day slaving over the stove to prepare him a gourmet meal.

Such is the power of the lowly herbs!

The Garlic Guru's Gourmet Croutons # 2 — made with fresh basil and a crumby twist

In Issue #2, Fall 2004, we ran a recipe for Gourmet Garlic Croutons. Well, this year, as I was harvesting bushels of over-ripe tomatoes in the garden and smelling the inter-planted Basil, a recipe came to mind. When there's an abundance of fresh garlic available, you can try lots of different ideas. This is one such idea.

Gourmet croutons! Fresh basil, MORE GARLIC, lots of olive oil, some sea salt and all those bread crusts left in the freezer from the visiting relatives over the summer. So, I modified the recipe for Gourmet Croutons. The result was heavenly. Then, I thought about Mary Lou actually going out and BUYING flavoured breadcrumbs at the health food store! Quel dommage!

Here's the new recipe with a crumby twist:

Ingredients:

One loaf worth of leftover whole wheat or rye bread
One loaf worth of leftover Italian or French bread
10 medium size bulbs of fresh garlic
2 cups extra virgin olive oil
leaves from 5-6 complete stems of fresh basil
Sea salt, 1 tspn, or to your taste

Method:

Cut bread crusts into cubes, place on a cookie sheet and slow dry in oven under low heat, <150 deg F until cubes are crisp and dry. Keep heat low. Avoid burning
Break garlic into cloves, peel and crush with a garlic press. Remove leaves from basil stems, wash, spin dry and put in food processor. Add olive oil, garlic and salt and puree to fine texture.

When bread cubes are dry, drizzle with olive oil puree and shake to make sure all cubes are covered

Place back on cookie sheet and put in slow oven to dry some more, turning to make sure that oil mixture soaks in to all cubes. Dry until crisp. Takes about 4-5 hours for preparation. When thoroughly dry, serve with soup, on salads, as a snack or store for later use in airtight packages. Save crumbs for breading (see below).

A true, heavenly gourmet taste!

Herb Flavoured Breadcrumbs

When you make croutons, lots of tasty breadcrumbs are left over on the drying racks. Why not save and use these when frying your eggplant or fish or whatever. Don't throw them out! They are merely the collateral damage to the bread that naturally occurs when making croutons.

Just save the crumbs from the croutons!

p.s. Did you know that many gourmet recipes today are taken from peasant foods, those simple dishes eaten by the poor who couldn't afford to eat better? I guess they did eat better.

More best garlic recipes & ideas

Chilly autumn days call for bowls of hot, nourishing soup to warm you when you come in for lunch. Made with generous amounts of garlic, you get the added benefit of protection against colds and flu.

Quick Broccoli & Garlic Soup

This recipe was tried out in Mary Lou's Country Kitchen. Hot!

The two healthiest vegetables from your garden combine to make a delicious soup. Broccoli keeps producing little florets as long as you pick them and you can enjoy it fresh from your garden from your garden until winter comes.

Ingredients:

1 lb fresh broccoli
1 lb potatoes
8 to 12 large garlic cloves
6 cups rich chicken stock
Salt and pepper to taste
Chopped fresh parsley

Method:

Peel potatoes, boil until tender, set aside
Peel garlic, chop and set aside
Steam broccoli without overcooking
Put the broccoli in a blender with the garlic. Blend. Add the potatoes and blend. Add the stock, salt and pepper. Blend at high speed. Heat, stir, and sprinkle on some parsley and serve.

Preparation time: about 40 minutes. Serves 4

This soup reheats well. If you want creamier soup, add 1/2 cup half-and-half cream. Add potatoes to thicken, or stock to thin.

This recipe with the raw garlic is quite strong to many tastes. If you prefer a milder garlic flavour, partly cook the garlic before blending with the steamed broccoli.

For a summer variation, use fresh peas or snap beans in place of the broccoli.

About Ukrainian Recipes

Ukrainian cuisine is closely linked to the customs, culture and way of life of the Ukrainian people. It is famous for its diversity and quality of flavour. Every region of the Ukraine has its own recipes and traditions.

The most popular Ukrainian dish is borsch. This thick and delicious soup is prepared with a variety of ingredients including meat, beans, vegetables, sour cream and even garlic. In Ukraine people eat borsch with pampushka, a bun made with grated garlic.

Holubtsi or stuffed cabbage is another favourite dish. Varenyky, often mentioned in folk songs, are filled with potatoes, meat, cheese, sauerkraut, or berries.

Ukrainians' dairy products are cottage cheese pancakes and riazhanka, fermented baked milk.

There are no holidays without pies, baba, which is a tall, cylindrical cake and honey cakes.

Here's another Ukrainian Recipe from Jerry Olesnyckyj handed down from his mother:

Ukrainian Wild Mushroom Garlic Soup

The mushroom soup recipe needs a pound of wild mushrooms. We used to pick these in the Peterborough forest each year and my mother would sort out all the edible ones and discard the bad ones. One can substitute the fresh wild mushrooms with reconstituted dry wild mushrooms soaked for several hours in water. This is quite expensive so the second choice is dried Chinese mushrooms reconstituted by soaking in water. These can be bought in bags in Chinese grocery stores. Third choice is to substitute the wild mushrooms with shitake, oyster or portobello mushrooms

Ingredients:

1 finely chopped onion
½ pound sliced white mushrooms
¼ pound of garlic cloves peeled and sliced lengthwise 4-5 shallots or green onions finely chopped
¼-cup dill weed leaves, chopped
1 quart water
2 quarts heavy cream or ½ in ½ if you're on a diet
¼ pound of unsalted butter
1 cup of brandy
1 pound of fresh wild mushrooms, sliced stems removed and set aside

Method:

In a large saucepan melt butter on medium heat and add chopped onion, shallots, wild mushroom stems and sliced white mushrooms. Sauté for 45 minutes. Add sliced garlic and brandy and bring to a light boil. Transfer to a 5-quart pot.

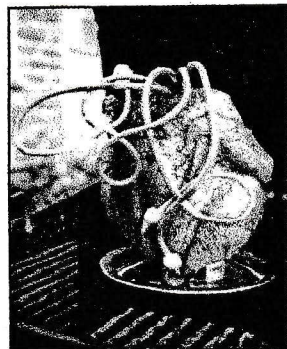
Add ½ of the water and bring to a simmer. Simmer for 5-10 minutes. Slowly stir in the heavy cream and simmer for 20 more minutes.

Add more water if necessary to get a desired consistency. Season with salt and pepper to taste.

Add the sliced wild mushrooms and simmer for 10-15 minutes. Add chopped dill and simmer for a minute or two more. Season with salt and pepper to taste again and serve.

The Chicken that Didn't E-Scape!!

Sep Bonner of Athens, Ontario put a new twist on the BBQ favourite, Beer Can Chicken. He stuffed it with garlic scapes before setting it on the beer can and then tied it down with garlands of scapes! Now that's a new use for scapes.



Around the Garlic Festivals

2nd Annual Sun Root Garlic Festival a Success!

By: Larry Burkam

The 2nd annual Garlic Festival was held at Sun Root Farm in Kennetcook, Nova Scotia on Saturday July 29th. Last years premier festival had a very good turnout despite the rainy, cool weather. This year, the festival was blessed with abundant sunshine and the turnout was greater than last year. About 400 attendees enjoyed this year's festival. The festival' goal was to bring together garlic lovers and those interested in learning more about this wonderful and often misunderstood member of the Allium family. There were several workshops related to growing garlic, medicinal uses and pest management. There was a large variety of freshly prepared delicious foods spotlighting garlic, tours of the beautiful collectively owned and operated farm, kids' programs, music and a garlic market where locally produced crafts and garlic products were available for purchase. Festival proceeds go to help the Community Voice program of The Sun Root Eco-Solidarity Association. This group helps to provide fresh, local organic produce for 10 families dispersed throughout Hants County, Nova Scotia. We are all looking forward to next year's Festival!! For more information and to find the dates for next year's festival check out www.sunroot.org or contact Jen Melanson jen@sunroot.org.

Garlic at the Providence Day Fair

Pat Brown wrote:

Bob thought you might like to see his garlic and shallots that won 1st at the Massey Fair, 1st at Mindemoya and 2nd at Providence. Day Fair. What do you think of uniformity, size and colouring?

Editor: Who am I to comment on the ruling of the judges?

Abbotsford Garlic Festival, August 20

By: Randy White

The Abbotsford Garlic Festival wasn't as big of a success as it was last year! Different location away from consumers. A bit out of the way! Last year it was held in downtown Abbotsford, in plain site, which gave it more exposure.

There were two more garlic vendors this year, though Val's booth had the most varieties. She has some very interesting varieties I must add! Limburg Artichoke is one of her hidden secrets. This garlic is really tasty and has some kick to it! I never took any pictures of the festival, though The Abbotsford News took some pics of Valerie's stand and interviewed her helper.

Valerie Russell added: Paul, sorry, but we forgot the camera! There was a photographer who came and took pictures, but I can't find a newspaper article for it on the web. The festival was very slow, not one to write home about. Valerie

Editor: For those with Internet access, check <http://www.abbotsford.net/msamuseum/garlic.htm>

7th Annual County Garlic Festival, Picton, Ont.

Christine Kosman's festival held in the Crystal Palace on Sat Aug 19, 2006 was again a pleasure to attend. As always, the ambience was set by chamber music by the Academy players, providing a relaxed atmosphere for shoppers. Lots of garlic, garlic ice cream, the clown who set off the fire alarm (!!) garlic competitions and lots of fun for everyone.



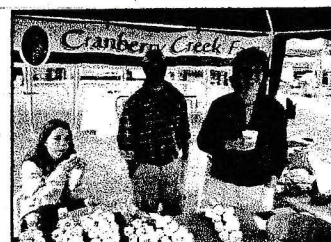
Christine and some of her volunteers have a quick Conference to ensure all is going well.



The Garlic Piñata is just one of the activities for children at the County Garlic Festival. The kiddies scramble to pick up the goodies after smashing the garlic piñata.

I was pleased to judge the garlic competitions that drew top quality garlic, and also to present a talk on garlic varieties, which I call, "Variety is the Spice of Life".

Garlic Day at the Frontenac Farmers' Market



Sue & Tim Asselstine's Cranberry Creek stall did a roaring business in garlic during Garlic Day at the farmers' market.

Garlic in cookies? Linda Willis hands out garlic oatmeal cookies to a less than convinced visitor.



Held on the Saturday of the Labour Day weekend, the event was reminiscent of the first garlic festival held at the Perth Farmers market, creating the best sales event ever for market vendors. Impressed by the attendance and interest in garlic, the Verona Lions Club have formed a small committee to look at running a full-fledged Garlic Festival next year. I certainly encourage another new festival.

Around The Garlic Festivals

Seaway Garlic Festival

An outstanding program of garlic lectures, cooking demonstrations, a scarecrow competition, children's activities, entertainment, lots of great garlicky food and the best garlic in Eastern Ontario made the 4th Annual Seaway Garlic Festival a true bargain for the \$5.00 entry fee.

The festival was held again this year at **Ed & Debbie DeCooman's** organic farm, Connaught Acres, near Chesterville, Ont., in conjunction with the North Dundas & Prescott-Russell Agri-Tour on September 8-9.



Roshan Aubin of Spencerville cooks up pakora and other specialties at their garlic stall.

Families enjoyed a day in the country at Connaught Acres during the Seaway Garlic Festival



Bruce Wood, resident Chef with Urban Element led off the cooking show, fascinating his audiences in repeat performances of garlic magic, using only a BBQ and an outdoor flame cooker to produce delectable garlic bruschettas. Jud Simpson, Executive Chef from House of Commons, followed him. Chef Bruce did a repeat performance after lunch as well. Sunday's chefs were Mary Lou Pospisil on cooking with garlic and Glennis Harwig of Almonte who presented some her special organic garlic recipes.

Music was by the Nation Valley Bluegrass Band and folk singer Helen Latimer-Hanna.

A significant "first" at the festival was the garlic taste table put on by **Martin Reichert**. Garlic-istes were asked to sample from 27 types of garlic and rate them for flavour. Martin will be putting out the results of this experiment.



Martin Reichert's garlic taste table was a popular spot at the Seaway Garlic Festival.

The festival was held outdoors in a large field, with tents provided for the education and cooking programs. Weather dampened spirits on Saturday as high winds and rain from Hurricane John kept the faint of heart at home, but Sunday's sunshine brought lots of visitors.

Judge Ina Poole and assistant, Marion Clermont had the challenging task of selecting the best from amongst the best garlic Grown in Eastern Ontario



There was more, much more, not the least being the abundance of the very best local garlic available in Eastern Ontario as evidenced by the winners of the 2006 Eastern Ontario Garlic Awards (see awards results on page 2).

Congratulations to Debbie and Ed DeCooman on staging a very fine festival!

6th Annual Garlic is Great Festival

Run by the Town of Newmarket Recreation and Culture Department on August 19 at the Saturday Farmers' Market. No report available. Deanna Smith, the coordinator, did not reply to my query.

Mountain Pride Garlic Festival

It appears that Saskatchewan's garlic festival was cancelled this year. We're waiting to hear plans for next year's event.

Do you have a story or pictures of your Garlic Festival? Send them to the Garlic News and we'll publish them to give your event a boost for next year. Planning to start one? Contact me for information.

Editor

Perth & Carp Garlic Festivals

The Garlic News has received no articles or pictures from these two larger events that compete for attention on the same weekend in August.

Perth, as usual, had a varied program of both local and imported entertainment and charged a \$5.00 admission fee. Carp, being a farmers' market special event, had little in the way of garlic education program but offset this by promoting itself as a "FREE FESTIVAL", as evidenced by the many road signs throughout the region.

Grower comments indicated that sales were reasonably good at both events.

Garlic Fact: Companion planting garlic is especially beneficial to lettuce where it deters aphids and also cabbage. As well as protecting other plants, garlic can also improve the flavour of beets and cabbage. Not all companion planting combinations are beneficial. Avoid planting legumes (beans and peas) or potatoes too near your garlic.

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