



THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 10 Winter 2006-07

Weather, Health Care and Garlic Woes

Are we really into climate change? Or is the fault of the government? Snowstorms in Vancouver, heavy rains during the garlic harvest last summer, flooding in the fall in one part of the country while another was in a deep freeze and nothing apparently the way it should be.

When newspaper headlines read; **“Southern Ontario digs out after surprise storm”** or, **“Storm-weary Vancouver braces for major snowfall”**, or, **“Power returning after massive B.C. storm”**, one has to wonder what is happening to our world.

We ourselves, here in Eastern Ontario had an early December ice-storm which knocked out our power for 20 hours and brought down a lot of branches and trees. Not quite as bad as the infamous Ice Storm 98 which had us without phone or electricity for over two weeks, but bad enough to go over our emergency supplies, just in case.

The Environment Canada forecast for Christmas doesn't bring joy to little hearts, either, with a prediction that, “It's beginning to look a lot like a green Christmas for most of the country east of Alberta.”

“Dreaming of a WET Christmas ----” may become the newest carol of the festive season.

Each year brings another round of bad weather, making farmers question whether it's worth the struggle.

What with climate change upon us, excessive burning or wasting of fossil fuels accelerating the greenhouse effect, scientists appealing to governments to take urgent action, it would seem that heads of governments must shoulder the responsibility, at least for their own intransigence.

If the weather isn't bad enough, for seniors like myself, the United Nations report on Health care, which placed Canada somewhere around number 80 in quality of health care but in the top three for cost, wasn't very reassuring.

For years, we've been fed the propaganda that Communist countries were bad, living in terrible conditions. So why is it now that countries like Romania and Cuba enjoy better health care than we do here, in Canada?

We have a serious doctor shortage.

Our family doctor was absent on “stress leave” for nearly two months with no replacement for his services. Then, a Christmas surprise. A notice in the local paper said that he had closed his practice! No doctor for his 3500 patients. Something to do with the hypocrite's oath, I imagine.

For specialists, the situation looks even bleaker. My poor old knees needed replacement with mechanical joints almost 10 years ago. They got a tune-up in 1998, but no new parts, and I've been waiting for parts replacement ever since. Finally, one of the two local orthopods got approval from the government budget to spend (or waste) money on this aging carcass to do both knees. “Hurray! I said last August when told that both knees would be replaced in early January”. The pain almost went away.

So I waited, and waited. Nothing heard. Inquiries indicated that now there was a shortage of operating theatre space. Finally, a February date is “pencilled in”, but one knee only, not both. Aw, Come on!

I'll be hunching around in a handicap walker just about the time the garlic is ready to harvest. Does that ever bring thrills of joy to Mary Lou?

Maybe I should have gone to Romania or Cuba?

Ted Maczka, the Fish Lake Garlic Man called late November and said his garlic wasn't in yet. He had others planting it for him. You may recall that Ted had hip replacement surgery, followed by a new knee joint (See Issue #2, Winter 2004). The latter operation did not go well and Ted has been physically restricted ever since, depending on help to plant and harvest his garlic crop.

Ted isn't the only one with problems getting garlic planted this year. See page 4 for growers who had trouble planting in the mud and rain this fall.

Last weekend, I had a call from a reporter at the Ottawa Citizen wanting to know if the garlic would survive all the flooding this fall. Will it drown? What am I, a garlic guru or something?

Why is it that the nice weather is always at the end of the five-day forecast and it never actually gets here?

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

THE GARLIC NEWS

Connecting

The Canadian Garlic Network
Issue # 10 Winter 2006-07

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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 and suitability. Letters and articles may be edited for length and content. The *News* is distributed in Canada by subscription.

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Deadline for the Spring Issue is March 5.

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*Our Very Best Wishes to all our Garlic Friends
for a Happy & Prosperous New Year
in 2007*

May your garlic crop be the best ever!

Paul & Mary Lou

News From The Garlic Patch

We asked, "How was your garlic crop this year?"

Mrs. Harry Woytko of Hyas Saskatchewan said, "We had a very good crop of garlic. We use a lot so always try to grow a bit more".

Clark Wiseman of Dutch Settlement Nova Scotia said,

"I noticed no reports on the crop in NS this year. We had a long, warm fall in 2005, and March was dry and warmer than usual. Rain began in April, and never let up until late July. Many kitchen gardens and commercial field crops performed poorly, or didn't produce a thing, but the garlic here was the best I've ever seen. I believe the early start and constant watering were the big factors. I grow Music, and a purple Rocambole type for which I have no information, other than it came from an old Italian man in Gloucester, near Ottawa airport, about 20 years ago. Usually, Music out-performs the purples, but not this year.

Bulb sizes for both types averaged 85 to 90 grams, with the biggest at 155 grams, and very few small bulbs from either. Harvest was about 10 days early for me, about August 10, with lots of moisture still in the ground. For the last few years, many bulbs, almost all of them Music, have blotches of brown on some of the bulb sheaths, which makes the sheaths brittle. Is this possibly a nitrogen or phosphorous response? It doesn't seem to affect the quality of the garlic, but it looks a little odd. Perhaps other readers have some advice?

I've very much enjoyed my first issue as a new subscriber.

Editor; Can anyone help with the brown blotches and brittle sheaths problem? Thanks, Clark, for your report.

From **Peter Greening of Glasgow Garlic Farm, Arnprior, Ontario:**

The planter I talked about was a Holland Transplanter that I purchased in 2005 through a local farm dealership near us. It worked well planting approx. 1300 cloves per hour, planted approx. 14000 cloves last year. You need two people, one on the tractor, one on the planter loading the machine. The field or plot must be tilled and dry, otherwise you will be planting by hand, like I have been doing this fall because of so much rain. I should have planted Thanksgiving weekend when had three perfect days. Holland Transplanter website: www.transplanter.com

Andre Beaucher of Sherbrooke, Quebec, on November 13, wrote: By the way, I finished last week planting my 4000 cloves for next year between the numerous rainy days. On Sept. 25, I sold my last bulb of this year's crop, all 3000 sold at the farm. Thank you also for your very interesting articles, news and information in The Garlic News. I always look forward to receiving the next issues.

A Heads Up on the Dangers of Raw Manure!

"Investigators in California said Thursday they've made a significant finding in connection with the deadly E. coli outbreak in spinach products. The strain of pathogenic E. coli O157:H7 was found in three cattle fecal samples at a ranch about two kilometres from Salinas Valley spinach fields, officials said. Investigators still do not know if the ranch used manure from the cattle to fertilize its fields - "

News items such as the one above boggle the mind. Hundreds of years of good farming practice, that of composting animal manure before using it as fertilizer, are being ignored, and government officials even recommend spraying the shit over the fields with cannon!! Whew!

The deaths from e-coli should serve as a grim reminder to get back to using sound organic farming practices in all aspects of food production. Garlic growers should never use raw manure as fertilizer, only well-composted manure.

Raw manure is loaded with disease bacteria!

The New Canadian Organic Logo



Will small growers be able to use the word "organic" to sell their garlic?

Better look into it. The rules have changed!!

Canada's Organic Standard and Regulation

The Canadian General Standards Board has now released the long-awaited new Organic Production Systems Standard. You can find the Permitted Substances List and the complete version of the Standards at http://www.organiccentre.ca/std_canadian.html

Jan. 25-28, 2007

Guelph Organic Conference - Next Generation Organics University of Guelph, Ontario

This year's conference features four full days of workshops and seminars, a trade show with over 130 booths and Michael Ableman as the keynote speaker. For registration, go to Website: www.guelphorganicconf.ca/

Democracy is two wolves and a lamb voting on what to have for lunch. Liberty is a well-armed lamb.

Calls and Letters From Our Readers

Planting Woes

Fall 2006 was one of the most difficult planting seasons in our region due to incessant rain.

Jack Fraser of Silver Spring Farm called October 9. His work crews are ready to plant but rain means they won't be able to make raised beds in the muddy fields. He called again on November 5 with the news that they'd finally got it all planted. Not as desired but in the ground. On November 15, Jack checked a couple of cloves to verify that they were in fact pushing down some roots.

Susan Major of Powasson in Northern Ontario phoned October 10: "Garlic beds are ready, our volunteer slaves want to plant, it's coming mid October but the rains (and possibly snow) will delay us. We are planting 3300 this fall. I have some questions?

- a. Source for those purple mesh bags you use for seed?

Ans. Masternet of Mississauga

- b. Best storage temperature for garlic?

Ans. About 60-70 deg F, below room temperature in a dry location. If you don't have a cool dry basement, hang it in the kitchen.

- c. What about those small cloves?

Ans. Plant them for greens

- d. Can you help with some ideas to make planting easier?

Ans. Here's the pages from past Issues of the Garlic News on the Garlic Dibble. Why not subscribe and keep up with the latest ideas from growers?

(See Susan's success story in Issue #9 for more of their story).

Here at **Beaver Pond Estates**, we managed to get the last of the garlic trials into the ground on October 28 thanks to a break in the weather. High winds had dried the soil enough so that the Garlic Dibble worked without clogging up. On November 4, we drove up to **Pakenham** to help daughter **Catherine** plant her 2000 cloves. That was a greater challenge. They'd moved from her garden to a cornfield when she decided to increase her planting – you know what a cornfield entails – the soil so hard it was like trying to drive a spade into a concrete sidewalk! It took Saturday and Sunday morning, and a lot of aching bones to get it done. Lesson learned. Next year, the beds will have to be prepared beforehand!

Ted Maczka, the Fish Lake Garlic Man called on Remembrance Day to say that he had no garlic planted, except for some bulbils in containers. His roto-tiller was broken and trying to make the planting beds by hand was just not practical with all the rain.

Debbie DeCooman on November 12: Have you planted all your garlic? I have just finished around 5,000 and hope to get more in but it is so wet. This is the most I have planted.

Bananas beat Garlic to protect your roses??

This tip from **Simon de Boer** would make you think so. If your roses are covered with Aphids, drape banana skins over the branches, It's amazing, but in a day or less, they are GONE!

Fred Vosper of Mansons Landing, BC wrote:

We received the Garlic News as the gales of November brought lots of rain and wind. As I write this, snow is falling. I have been looking forward to cooler weather to slow my garlic down a bit. I see the odd one poking above the straw mulch.

A Garlic Conundrum:

"Is garlic organically grown (so they say) coming from overseas, shipped high in transit and grown in night soil, still organic?" (Page 8 - Spring/2006 issue)

Have enjoyed the News immensely, thank you.

Regards, **Fred**

What do you think, folks, organic or not?

Randy White of Mission, BC asked several questions on varieties. Here they are with my replies:

Is Genki normally a smaller bulb in good conditions?

Ans: Well, it isn't necessarily. I've had them grow to Colossal size. Usually, they are a little smaller on average. It all depends on soil nutrition, sun and moisture. You can 'force' any type to grow huge with special treatment.

Is Endurance a large artichoke bulb in good conditions?

Ans: Endurance is one of the largest of the Artichokes that I've grown. One year when I was growing garlic for large sizes, it produced a 7 oz. bulb. That's huge.

Is Inchelium Mild a large bulb under good conditions?

Ans: Usually smaller than Endurance in my plots.

Lynn Archbold of Guelph, Ontario, wrote:

Hello Paul. First let me tell you how much I love to see my copy of the News in my mail box. I look so forward to quietly sitting down with the issue and going through it cover to cover. You have answered all my questions without my even asking them and I have saved all the previous issues and rely on them often during the year and the growing periods. I am sure it is a time consuming task but you do a great job with the articles and the information you so generously provide. Thanks.

This year my garlic 'crop' was very good with lots of good-sized bulbs. I live in Guelph in a residential neighborhood with somewhat limited space but my little raised beds do very well so far. I also experiment with sweet potatoes here and so, between the garlic and the sweet potatoes I am usually seen in the garden with a smile on my face and a book or article in my hand to help me with my questions. Thank you for your part in helping me to find such pleasure in my little back yard. Your articles inspire me and I yearn for the day when I might be able to plant an acre or more of produce including, of course, lots of garlic.

Editor: Thank you, Lynn, for your kind words. Encouragement like that makes producing the Garlic News worthwhile.

More Calls and Letters

Elly Blanchard of Railway Creek Farm wrote:
Hello Paul. Boy it is hard to get 10,000 garlic planted when it's snowing! We are a little behind schedule but managing anyway. We sent in soil samples to Jennifer Allen. Results showed no bulb or stem nematode.
The last newsletter innards never made it to our mailbox. Only the outside cover arrived. Would you send me another, please? We value the info in it.
Happy garlic planting! Thanks Elly

*Editor: I'll send you another copy. We had trouble with Canada Post on this one with their new sorting equipment. I guess we'll have to go back to using envelopes.
If any of our subscribers didn't receive Issue # 9, let us know and we'll replace it free.*

Peter Collis of Stittsville, Ontario wrote: I want to thank you for spending so much time producing the Garlic News. Each issue is packed with very valuable information for growers. In preparation for the fall planting I read many of the issues using the summaries you prepared and included in the Fall 2006 edition. This summary saved time and allowed me to select pertinent articles relating to seed selection, soil preparation and characteristics of the garlic I will plant. Thank you and Mary Lou for all this information contained in each newsletter and the countless hours you must spend getting the letter out each quarter. I keep all issues in a binder that is referred to on many occasions throughout the year.

I hope your garlic was planted successfully. As the soil is now ready for planting I am waiting for the next sunny day.

*Editor: Hi Peter; Mere mortal that I be, I am afflicted by the same weather as thee! Our garlic beds were meticulously prepared on Thanksgiving day weekend, the rains started, we managed to get about 1/4 into the ground a week later and the rains started again and have continued, unabated. Now, we patiently await the indulgence of the sunshine fairy, or the garlic goblin, whichever has control, to grant us a few dry days in which to plant the rest. Thank you for your kind words.
p.s. It took 7 weeks before we finally got it all planted!*

Clark Wiseman of Dutch Settlement, N.S. wrote:

I find that garlic growers have a lot of similar traits - maybe because the commercial crop is so much hand/hard work. I have been growing about 2500 garlic to supply a small customer base for several years, and now, on the cusp of freedom 55, I have planted 8000, with planned expansion to 25,000 in 2007. I would be interested to see how my operation compares with others. There are just a handful of commercial growers in NS, but the crop is ideal for the maritime climate. There is a fairly large increase in PEI, but many of the growers are full-time farmers who are growing small amounts under contract. NB is also starting to produce at a commercial level. Would you be opposed to a discussion on pricing for garlic? I sell for \$8/kg. My garlic is not organic-certified, but could be. I hesitate to go 'organic' because I don't want the price to inhibit consumption, and most of

my customers are friends and co-workers. Are other growers faced with this dilemma?

Editor: A familiar message. Growers across the land all face the same problems. Some thoughts on two of your points:

a. 1st, expansion. I would caution you against expanding too quickly. 8000 is manageable, 25,000 is a Herculean task! Defer that decision until you see the vast increase in harvest workload in the jump from 2500 to 8000.

It's better to grow a smaller crop of high quality than a larger crop of poor quality. The harvest and preparation for market is by far the Lion's share of the work.

Here, in Eastern Ontario, most of the garlic growers are small, 2000 to 15,000 plants. Several growers who expanded to the 20,000 plus level found they couldn't handle it and this year are cutting back to previous, manageable levels.

Field production of garlic? The Ontario experience has been a disaster. Mechanization just hasn't worked. Garlic is too fragile a crop to stand mechanical harvesting and handling with available equipment. Growers are back looking at niche markets, selling at festivals or switching organic.

b. Garlic Price? In 1996, when large growers in SW were selling field garlic to brokers for as low as \$0.65/lb., local growers here in Eastern Ontario were encouraged to charge \$4-\$6 per lb at the farm gate, more if they were certified organic. At that time, Chinese garlic in the supermarket sold for \$0.49 per lb.

The higher priced local garlic all sold!

This year's 2006 crop, most local growers, organic or not, were charging \$6-\$12 per lb, most of them selling by the bulb and not by weight. Chinese garlic sells in the supermarket for \$0.25 to \$0.50 per large bulb, less than \$1.00 per lb.

Despite the "high" price for local garlic, and the increased number of market gardeners every year, the local crop sells out by the end of August every year with few exceptions.

Your \$8 per kg price might be too low for locally grown garlic. It won't allow the \$5.00 per hour labour that you should pay yourself!! Most of your customers pull a lot bigger salary.

I get calls for garlic and refer them to growers who advertise in the Garlic News. Example: Last fall, a buyer from Montreal called and wanted 4 flats of garlic. 4 flats I said, you mean the 30 lb flats? No, he said, I need 4 tons of garlic!! Lot's of luck!

Wholesale? Very little is sold in retail stores. Most growers sell all they can grow directly to buyers at the farm gate, Garlic Festivals and Farmers Markets. The demand is there and growing. You'll never fill all the orders.

Trust this gives you some food for thought.

Evelyn Holowaty of Mountain Pride Garlic Farms

wrote: Hi Paul. Yes we are still here. Our crop was ok (don't forget we plant in Manitoba) did not have the rain like Sask. Weeds took over and it was smaller because we did not irrigate, but it was ok. We have already replanted and ready for next year. We did scale back to 1.5 acres instead of 3 because running back and forth running 2 businesses' in Sask is killing us. Yes next year garlic fest is on, just have to pick a date and book the hall. End of September is probably the best time so I have time to make my pickled garlic and powders. Evelyn.

Editor: I've had mixed reports on the Sask. garlic crop this year, some good, most not so good. Pleased that you're running the Mountain Pride Garlic Festival again next year

Variety is the Spice of Life Garlic Tasting at the Seaway Garlic Festival

By: Martin Reichert

As promised in the last issue, here are the results of the garlic tasting conducted by Martin Reichert at the Seaway Festival.

Garlic Tasting Scores

On a cool and damp Saturday morning at the Seaway Garlic Festival we finally finished preparing twenty-five different varieties of garlic for taste testing. Most of the varieties are grown by garlic growers in the region. Several of the varieties are ones that we grow or have developed. This is the first time a taste fair of this type has been held in Ontario.

As we have grown garlic over the last few years, the different flavours and strengths of the varieties we have encountered have impressed us. They are subtly different in their texture, how you sense the flavour and the type of heat that develops in your mouth. We wanted to share with the public the range of flavours that Ontario grown garlic possesses.

We had a number of people who sampled all the varieties of garlic and scored them, with most people sampling three or four kinds. The sampling was done on Saturday and Sunday of the garlic festival. We provided crackers to be eaten between samples. These were the varieties we were able to provide and how they rated on a scale of one to eight, eight being the strongest:

Bert Tidwell	5
• Carpathian	5/7
• Dominican	3
• Dominican Softneck	2
• Elephant	1
• French	2
• Genki	4/4
• Georgia Crystal	3
• Georgia Fire	4
• German Red	5
• German Red Tall	3
• Italian Topset	4
• Italian, Tim Tucker	2
• Marbled Siberian	5
• Mohawk	6
• Music	3
• Music Striped	1
• Paul's Purple Pride	4
• Puslinch	3
• Russian Red	4/6
• Russian Red Striped	2
• Spanish Antolini	7/3
• Spanish Roja	5/5
• Wild Garlic/Wild Leeks	1
• Garlic Bulbils	3

Lorna and I really enjoyed the public response to the opportunity we were given to share our enthusiasm for

garlic. We hope to be able to host another tasting booth this upcoming year and share the benefits of different varieties of garlic.

Martin's garlic tasting table at the Seaway Garlic Festival



Why Grow Different Varieties?

Condensed from the Garlic Guru's talk, Variety is the Spice of Life

Garlic is a food experience. The hundreds of strains under cultivation around the world offer a vast range of tastes and flavours, ranging from mild to sweet to spicy to very hot. There is a taste to suit every palate.

For your own enjoyment, you should grow at least one strain from each of the five main groups – Porcelain, Purple Stripe, Rocambole, Artichoke and Silverskin – and, if you are really into gardening, you'll get into the sub-groups as well. Try the Asiatic Artichokes, Turbans and Creoles. They'll open up a whole new world of taste.

If you sell garlic, remember that you are selling to a niche market, not the supermarket crowd. In this market, you appeal to the ethnic tastes – foods from Europe, Asia, Africa and all around the globe. Ukrainian and Polish foods call for varieties like Carpathian or Polish Marbled, Czech Broadleaf for the tasty goulash from Bohemia and Austria, Prussian White for the lusty taste of German food, Korean Purple for spicy Asian dishes. You need to fill the needs of consumers looking for the tastes and flavours that will make every dish a dining experience.

How about storage? While the Rocamboles may offer the widest range of flavours, they also have the shortest storage life, some starting to shrivel by Christmas. The Silverskins, on the other hand, have long storage lives, keeping their juicy sweetness for a year, or even more.

As a grower, you also need to look at economic needs. Basic farm decisions play an important part in selecting varieties to grow. Which variety gives you the best return? How do you spread the harvest workload by a selection of varieties with different maturity dates? What about size of plants? Make your choices wisely.

L'ail, une plante cultivée pour ses vertues médicinales au Québec

Geneviève Beaudoin, Agr.

L'ail est une des plantes médicinales dont la culture fera l'objet de recherche au Québec au cours des trois prochaines années. La Filière des Plantes Médicinales Biologiques du Québec coordonne un projet qui vise à mettre en place un réseau de prise de données technico-économiques et commerciales. Pendant trois ans, dix entreprises cultiveront des plantes médicinales sous régime biologique, dont l'ail, afin de recueillir des données de la production jusqu'à la mise en marché. Le résultat sera publié dans des guides techniques qui seront mis à la disposition des producteurs. Au cours de cette étude, deux producteurs de Gaspésie, Luc Potvin et Éric Gigère, expérimenteront différentes variétés adaptées à leur climat afin d'obtenir un produit à hautes teneurs en principes actifs, une des principales caractéristiques recherchée sur le marché des produits naturels.

Editor's Note: Genevieve came to our garlic field day on behalf of Québec based association called La Filière des plantes médicinales biologiques du Québec (Biologicals Medicinals Herbs Association). The group are growing different varieties of garlic for the purpose of determining which type has the highest allicin content

Ferme Coopérative Tourne-Sol in Les Cèdres

From: Daniel Brisebois



A group of young, serious farmers in their 20s are running their own organic vegetable market garden. Emily Board, Renee Primeau, Daniel Brisebois and Reid Allaway run their CSA on a quiet country road near Les Cedres, Quebec.

Weeding vegetables by hand is hard work

Providing baskets of vegetables weekly to 250 families and selling vegetables to shoppers at two Saturday markets, they completed their second year on the land and improving Ferme Cooperative Tourne-Sol, their five-acre spread just west of Vaudreuil-Dorion.

Besides growing 70 different vegetables of 200 varieties, they have built a heated greenhouse, turned a former dairy barn into a vegetable packinghouse and have put out a vegetable cookbook for their customers.

The young farmers are highly organized and optimistic, despite their 10-hour workdays and six-day workweek.

On weeding, Daniel Brisebois says; "We get them young, before they grow, before you can see them." In less than two weeks, he explains, he and his co-op partners weed the entire farm - all 140 rows - working at a rate of about 300 feet per person per half-hour.

Planting and harvesting are other tasks the partners handle as a team. They all picked green peas and cut scapes, the curled flower stalks of the garlic plants that go into salads, soups and stir-fries. Later in the summer, they harvested tomatoes, peppers, cucumbers, root vegetables, squash, and everything else in its season.

Thursday is deadline day on the property. That's when the baskets, which account for 70 per cent of the farm's sales and are each designed to feed a family of four for a week, must be filled so they can be picked up at the farm or transported to drop-off points in Ile Perrot and Beaconsfield.

Emily Board, 27, runs this aspect of the co-op, which is called the Community Supported Agriculture project and is part of the Equiterre environmental group. She keeps an eye on crops as they ripen and makes sure baskets have something new in them each week - maybe some kale, Swiss chard, kohlrabi or fennel - as well as such basics as several lettuces, carrots, onions and some of the 40 types of heirloom tomatoes.

In an era when farmers are leaving the land and few young people are even considering what's regarded as backbreaking and unprofitable work, the enterprise has met with an enthusiastic support from their customers and encouraged the group into continuing what could turn out to be a long-term livelihood.

Willing workers can make money at farming and a CSA such as this one is a good example of successful cooperation. Daniel also hopes to run a Garlic Festival in his area. Well done!

Garlic People

Left; Jack Fraser of Silver Spring Farm displays a 2-foot long braid of Majestic garlic.



R: Bob & Pat Brown of Manitoulin Island with some of their prize-winning garlic.

The Challenge of Nematodes

By: Marilyn H. S. Light

In response to some questions posed by Paul Pospisil, I conducted a literature review and learned some things that hopefully will help those experimenting with nematode control methods. I am not a seasoned garlic grower but I do have an interest and some experience with soil nematodes such as *Ditylenchus dipsaci*. This is a challenging pest and very persistent by all accounts, but it does have some vulnerabilities which growers can exploit to advantage.

Paul asked about marigold cultivars: Were there any cultivars known to be better at nematode suppression? The answer is YES. I located two articles that deal with various cultivars of marigold. The following website provided more useful information including some thoughtful discussion on the limitations of marigold as a nematode suppressant. "Marigolds as a cover crop" K. E. Dover, R. McSorley, K. -H. Wang, 2003.
<http://agroecology.ifas.ufl.edu/marigoldsbackground.htm>

Given the limitations presented in the above, I looked further and found a 1995 Chilean paper that detailed an effective organic method to destroy the nematode on garlic cloves prior to planting. Given how the garlic nematode can be introduced into gardens, clove pre-treatment is a must. If you were not already doing so, I would immediately add pre-treatment of all seed stock prior to planting anywhere. There are techniques employing hot water or hot water/formalin treatment but the Chilean method employs fresh leaves of the common lawn weed, Plantain (*Plantago major*) that many still try to eradicate from lawns! I feel that this is certainly worth a try if even on an experimental basis. Plantain is easily found and harvested.

Grind up 100 g of fresh chopped Plantain leaf in 1 litre of water. Filter and use immediately if possible otherwise freeze then thaw before use. Immerse cloves in the solution for 24 hours before planting. Do not rinse before planting. Those interested in experimenting could compare the results using this method to any other pre-treatment method currently in use and report their findings.

Crop rotation is useful in controlling many plant pests and diseases. In the case of garlic, I feel that a 3-phase rotation may be better than marigold inter-planting at least until you can consistently show no *Ditylenchus* nematode present in your ground. Such a rotation would employ fallow with solarization, followed by dense marigold planting, followed by garlic planting. Your garlic would not be competing with marigold and therefore yields would be less likely affected.

According to various sources, *Ditylenchus* life cycle is 19-23 days at 15°C, a soil temperature usually achieved by late May to early June in eastern Ontario. These nematodes live 45-75 days when sexually mature. Without host plants such as garlic, they can survive up to 2 years.

Fourth-stage juveniles can enter a survival stage. These dormant juveniles can survive in dry plant material/soil for 3 to 5 years. When soil warms in spring, juvenile nematodes break dormancy and enter plants below the soil surface. Migration on plant parts above ground requires free water, and may occur after rain or sprinkler irrigation. Cool moist conditions favour the spread of this pest, as does clay or poorly drained soil. Dormant larvae can persist for many years so eradication of the pest will take many years. From what Paul told me, I believe that he has evidence that marigolds reduce the nematode numbers but *marigolds could compete with the crop for nutrients*. We cannot know if nematode numbers have been reduced because of interference of marigold on nematode reproduction or simply because the nematodes were suppressed from breaking dormancy while marigolds were present. There seems to be a lot of controversy over the mode of marigold action but this may be because modes of action vary according to the kind of nematode present.

There is some evidence to suggest that a leaf extract of marigold may be effective against nematodes. This approach is worthwhile trying and would take care of the challenge of growing marigolds in early spring when they are still frost susceptible but garlic is growing or later, when inter-planting creates competition for nutrients. We could experiment with a fresh marigold extract that can be frozen for use in spring. Apply the extract to garlic just before the soil temperature in the garlic root zone approaches 15°C, then weekly thereafter until marigolds can be inter-planted. It also may be worthwhile to plant dense strips of marigold across the field in the direction of runoff. This would capture any migrating nematodes and further reduce the population.

Suggested Internet links:

Greenhouse studies of the effect of Marigold (*Tagetes spp.*) on four root-knot nematode species (*Meloidogyne spp.*). Antoon T. Ploeg, Slosson Report 98-99, 1-6.
<http://ucce.ucdavis.edu/freeform/slosson/documents/1998-19992096.pdf>
Soil Solarization:
<http://vric.ucdavis.edu/veginfo/topics/soils/soilsolarization.pdf>
Disinfection Alternatives for Control of *Ditylenchus dipsaci* in Garlic Seed Cloves. P. A. Roberts and W. C. Matthews. 1995. Journal of Nematology 27: 448-456
http://fulltext10.fcla.edu/DLData/SN/SN0022300X/0027_004/95_57.pdf
Control of *Ditylenchus dipsaci* on Garlic (*Allium sativum*) with Extracts of Medicinal Plants from Chile. Insunza B., V.; Valenzuela A., A. 1995. Nematropica 25:35, 41.
http://fulltext10.fcla.edu/DLData/SN/SN00995444/0025_001/00P0184X

Editor: I spoke to Marilyn at the OHA 100th Anniversary in Ottawa where she very kindly came to my talk on garlic. Marilyn Light BSc (Agr), MSc (McGill), began gardening at an early age. She is a garden writer who grows and tests a wide range of vegetables and flowers in her small garden in Gatineau, Québec. In 2000, she received the Silver Medal Award of the Ontario Horticultural Association, and in 2003 was made an honorary life member of Ottawa Horticultural Society. Raising plants from seed is a passion and passing on the knowledge gained through experiments, a lifetime goal.

SMALL-PLOT GARLIC VARIETY TRIALS, BEAVER POND ESTATES, MABERLY, ONTARIO
REPORT # P-02-NSGM-2006 Organic Trial on Using Green Manure Crops for Nematode Suppression

SUMMARY REPORT

1. AIM OF TRIAL

To determine the effectiveness of marigold and mustard in suppressing or controlling the Bulb & Stem Nematode (*Ditylenchus dipsaci*) in fields used for garlic.

2. BACKGROUND

The Bulb & Stem Nematode is fairly new in Eastern Ontario. This nematode appears to have been brought into this region via infected seed garlic. During crop year 2005, many growers reported yellowed, stunted garlic plants and decaying bulbs. Some got into the garlic trials plot. Three versions of Porcelain (Music), obtained from different sources, suffered extraordinary losses and appear to be the cause. Mortality of affected strains was an early indication. The symptoms were initially attributed to fusarium because 2005 was a wet summer. However, Bulb & Stem Nematode damage in garlic looks very similar to fusarium basal plate rot to the untrained eye. Samples of soil and garlic from affected sections of the trials plot sent to the Guelph labs identified the presence of Bulb & Stem Nematode, well above the the threshold of 100/kg of soil. Discussion with specialists indicated that use of some green manure crops showed potential for finding an organic solution to the nematode problem.

3. TRIAL OUTLINE

In summer 2006, the complete area of the Garlic Trials site was used for the trial. Plots 1 and 2 were treated with three successive plantings of yellow mustard as a green manure crop. Plot 3 was used to companion plant marigold with the garlic as a nematode suppressant. Soil samples were taken both before planting (30 Apr) and, in the case of the mustard, a week following each plough down. Selected diseased garlic samples were sent for lab analysis as needed.

4. SOIL TESTING DATES & RESULTS

Date	Nematode Count per kg of soil			
Planting	Soil Test	Plot 1	Plot 2	Plot 3 (garlic)
Starting Soil test	#1, 30 April	0	20	60
Mustard #1 21 April		xx	xx	
Marigold 16 May				xx
	#2, 25 June	0	0	0
Mustard #2 14 June		xx	xx	
	#3, 20 July	0	0	0
Mustard #3 20 July		xx	xx	
	#4, 29 Aug	0	0	20

5. CROPS PLANTED

Common Yellow Mustard in Plots #1 & #2.
 (the preferred oriental mustard seed was not available)
 French Marigold in Plot #3 as companion to garlic.

6. RESULTS

The mustard was very effective in controlling Bulb Stem Nematode. As seen from the table, all nematodes appear to have been eliminated following the first mustard crop and did not reappear in successive soil tests. Both Plots #1 & #2 appeared to be free of Bulb & Stem Nematode following the use of mustard as a green manure crop.

Companion-planted marigold appeared to be effective in suppressing the nematode during the growing period, but the soil test following harvest (Plot #3) showed a re-emergence. This could indicate that the marigold merely suppressed the nematodes from reproducing, rather than destroying them. This part of the trial in Plot #3 had inconclusive results.

7. RECOMMENDATIONS

Mustard used as a green manure crop is considered to be effective in controlling Bulb & Stem Nematode. It grows rapidly, enabling at least three crops to be tilled under during the growing season and would seem to be comparable to buckwheat as a green manure crop.

Marigold does not appear to be as effective in this cold climate. It is very tender and cannot be planted until all risk of frost is past (at which point, garlic has been growing for at least 5 weeks) and nematodes are already sexually active. It must be used sparingly so as not to rob garlic of nutrients.

8. TRIAL CONTINUATION

The trial will be continued in 2007, providing there is evidence of Bulb & Stem Nematode in any trials Plots.

9. REFERENCES

1. Accompanying article by Marilyn Light, facing page.
2. "Extensive Garlic Damage in 2006" by Jennifer Allen, Vegetable Crop Specialist, OMAFRA, The Garlic News, Issue #9, Fall 2006
3. Recent OMAFRA articles:
 - a. "Some Tips for Cover Crop Planting, Establishment and Management", dated 31 August 2006
 - b. "Not All Nematode Suppressing Cover Crops Are Created Equal", dated 14 September 2006.
 - c. "Nematodes-the Microscopic Enemy", dated 19 September 2006.
4. Full narrative record of the trials is contained in Beaver Pond Estates Report P-01-NSGM-2006.

10. APPRECIATION

Thanks and appreciation for advice and support in the conduct of this experiment to:
 Michael Celetti, OMAFRA Plant Pathologist, Guelph
 Guy Belair, Nematologist at AAFC at St-Jean-sur-Richealiu,
 Jennifer Allen, OMAFRA Vegetable Specialist and supporting staff
 Larry Lenhardt, OCPP
 Tom Manley, Homestead Organics
 Marilyn Light of the Ottawa Horticultural Society

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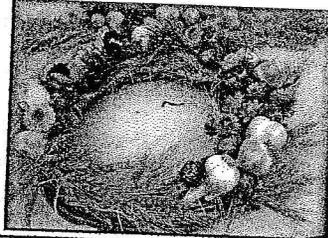
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Garlic For Sale: Bulbs, garlic powder. Majestic, Music, Czech Broadleaf & Russian Red. Tim & Sue Asselstine, Cranberry Creek Farm, Email clarendonstn@aol.com. Ph. 613-279-1208.

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, Rocamboles & 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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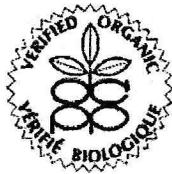
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A Directory Listing pays off!!

We provided over 500 replies to inquiries about sources of garlic in the last two years. 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 in the Directory today?

With the popularity of garlic products, the Garlic News often gets calls for sources of garlic machinery, garlic gadgets or other garlic items. 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

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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

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** 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

New Marketing Opportunity for 2007!

Collingwood Garlic Festival, September 15-16, 2007.

Excellent location in the heart of the Bruce and Grey County tourist region for growers to sell their garlic.

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The best garlic recipes & ideas - -

Oven Roasted Garlic

From Mary Lou's Country Kitchen

Preheat oven to 325 deg. Remove loose wrappers from heads of garlic, slice off the top to expose flesh in all the cloves, place in garlic baker or ovenproof dish, drizzle with olive oil followed by water, cover tightly and bake for about 1 hour 15 minutes. Uncover, baste with juices from the baking dish and bake uncovered until golden, about 15 minutes more.

The creamy flavour of roast garlic is heavenly. If you don't eat it all right away, try some of it in your recipes!

Do you have a favourite recipe using roasted garlic? If so, send it in. In the next issue we will feature roasted garlic recipes, also recipes from Roasted Garlic Express which we will be testing in Mary Lou's country kitchen.

Roasted Potato, Onion, and Garlic Soup

This easy-to-make soup is a comfort food that can also help to keep colds and flu at bay. Winter winds and cold nights call for foods rich in minerals from the earth, the root plants that store their own deep nourishment. Garlic and onions are recognized allies in supporting our bodies' immune systems. Potatoes are creamy and comforting. Roasting mellows and sweetens these great vegetables. Whirring them in a blender with a little vegetable stock and milk makes a soup that warms the body and the soul.

Ingredients:

2 pounds potatoes, peeled and cut into 1-inch chunks
2 yellow onions, peeled and quartered
2 tablespoons olive oil
Salt and freshly-ground black pepper to taste
1 head garlic
2 ½ tablespoons unsalted butter
2 teaspoons water
6 cups vegetable stock
1-½ tablespoons unbleached flour
1/2-cup milk, half-and-half, or light cream

Method:

1. Preheat oven to 400 deg F. Place potatoes and onions in a large bowl, breaking up onions so the layers separate. Drizzle with olive oil, and then spread them in a single layer on a large baking sheet or baking pan. Add salt and pepper to taste.
2. To roast garlic, slice off the top third of the head of garlic and place the garlic on a sheet of aluminium foil. Put 1/2-tablespoon butter on cut top of garlic and dribble water on foil, then fold up the sides of the foil to make a packet around the garlic. Place this packet on the baking sheet or in the pan along with the vegetables.
3. Roast everything for 45 minutes, and then remove garlic. Continue roasting potatoes and onions another 10 or 15 minutes, until done. Onions will be charred and crisp in places.

4. Put a third of the vegetables in a food processor and add a ladleful of stock. Puree until almost smooth, then put into a large soup pot. Repeat remaining vegetables, squeezing the softened garlic cloves into the last batch.

5. Add the remaining stock to soup pot with pureed vegetables. In a small saucepan over moderately low heat, melt the remaining 2 tablespoons of butter and add flour, stirring until the flour turns a light golden colour. Stir in the milk or cream and cook, stirring, until thickened. Add a ladle or two full of the soup from the pot to this cream mixture continue stirring and cook for another minute.

5. Add the cream mixture to the soup. Heat 10 minutes, stirring, until heated through. Serve hot. Serves 6 to 8.

Are you looking for more of Jerry Olesnyckj's Ukrainian recipes? Well, here's a couple more:

Vegetable Soup With Garlic

Ingredients:

2 tablespoons of sunflower or olive oil
1 cup of finely chopped onion
2 thinly sliced stalks of celery (1-1 ½ cups)
1 large carrot thinly sliced
1 beefsteak tomato peeled and diced
1-cup zucchini diced
6 cloves garlic pressed through garlic press
½ cup of finely chopped cabbage
1 cup of separated broccoli florets
5-6 cups of vegetable broth
½ tsp sea salt
¼ tsp black pepper
¼ tsp marjoram
¼ tsp coriander

Method:

Heat oil in a 5-quart stockpot. Add onion and sauté on medium heat for 5 minutes. Add garlic and sauté for one more minute.

Mix in celery, carrot, tomato, zucchini, cabbage, vegetable broth, salt, pepper, and the dry herbs and bring to a boil. Lower heat and simmer for 5-10 minutes.

Add broccoli florets and fresh herbs and simmer for 3-4 more minutes. Serve.

Quick Garlic Guacamole

Ingredients:

1-2 cloves garlic pressed
1 large ripe avocado
1-2 green onions finely chopped
2-3 tbsps fresh lemon juice
½ cup mild salsa
¼ tsp sea salt
1/8 tsp ground black pepper

Method:

Peel avocado, remove pit and slice.
Put all ingredients into food processor and blend for 30 seconds. Serve with vegetable sticks or taco chips.

Garlic recipes, tips & ideas

Your health: vegetables and herbs stored in oil

Taken from Canadian Food Inspection Agency Fact Sheet

Various foods are sometimes stored in oil to extend their shelf life and/or flavour the oil. Examples include garlic, onions, sun-dried tomatoes, hot peppers, and mushrooms. These products are popular home-prepared food items and in some cases, are also prepared commercially. Incidents of food-related illness in Canada and elsewhere in recent years have increased the concern over the safety of such foods, when stored in oil.

Why do these products present a health risk?

These products can present a health risk if stored improperly. If they contain *Clostridium botulinum* bacteria and are bottled and covered with oil, the conditions could be ripe for bacterial growth and toxin production. While refrigeration will slow down the growth of the bacteria, it may not prevent toxin production. Consuming products that contain these toxins can cause botulism, a potentially fatal food-related illness. This can happen without evidence of spoilage such as "off" odour, taste or appearance.

What are the symptoms of botulism?

Symptoms may include dizziness, blurred or double vision, difficulty in swallowing, breathing and speaking, and progressive paralysis. The onset of symptoms takes approximately 12-36 hours and the duration may be 1-10 days although some symptoms may linger much longer. Botulism can be fatal and can cause permanent neurological damage in those who survive.

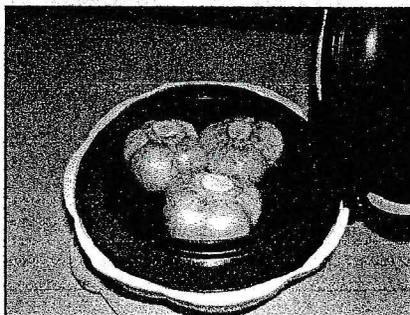
What should consumers do to protect themselves?

Home-prepared products stored in oil should be made using only fresh ingredients, and must be kept in the refrigerator and discarded after one week. Consumers who purchase home-prepared food products in oil from fairs, farmer's markets or roadside stands or receive them as a gift should check when they were prepared and discard them if more than a week old.

A Note from the Garlic Guru: Looking for a safer way to hold your own garlic cloves in oil? Experts suggest the following: After peeling the cloves, soak them in household vinegar overnight. Vinegar, an acid, kills the Clostridium botulinum bacteria, reducing the botulism risk. Drain and put cloves in olive oil. Refrigerate. Don't prepare any more than you will use in a week or two. Garlic is a vegetable with a limited refrigerator life. Most of your garlic should be held as cured bulbs in a cool, dry location. The taste of garlic, freshly prepared, is much better than refrigerated garlic.

A Sneak Preview - The Roasted Garlic Express

This is one of the best garlic kitchen gadgets we've come across in years. In the next issue, we'll have our chef's report on it with a critical review. By that time, we hope that it will be available in Canada.

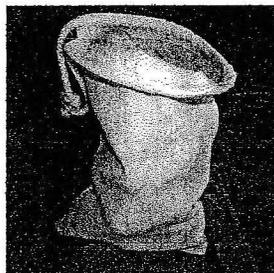


For a sneak preview, Google the Internet under its name, Roasted Garlic Express.

An organic bag of garlic makes a useful gift

Organic garlic is the best garlic. Presented in a certified organic cotton bag, it becomes even better.

Liz Murphy, owner of Enviro-Threads of Lindsay, Ontario sent me a sample of an Organic Cotton Drawstring Bag before Christmas for use as a "garlic bag".



What a great idea!

I immediately filled it with our own organic garlic to see how much it would hold.

The small, 5"x 8" bag held just over 16 ounces, or one lb of garlic. Just the perfect size for a gift of garlic!

The bag is airy, letting the garlic breathe. A drawstring for securing it also enables hanging in pantry or kitchen.

I asked Liz about silk-screening on a label for growers who might want to either identify it as garlic or personalize it with their own logo. Here's her response:

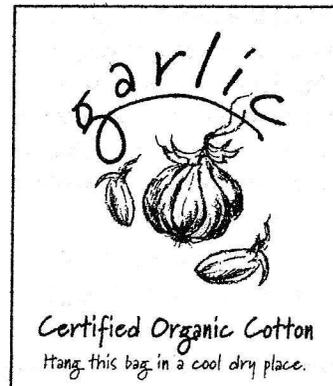
This is what I have come up with! Two sizes of Certified Organic Cotton Drawstring Bags, small 5"x 8" and medium 9"x 12". These bags have the natural drawstring as in your sample and the appropriate label inside. There will be a silk screen in Water Based Pigment. I will run the artwork by you just for input if that is OK. I thought of doing the colour a purple match on the garlic. I only do wholesale and do not have a vendor's permit. Would you be an agent and sell these bags through your paper? These bags should be marketed to the public with a mark up and shipping and taxes extra. You would have me send the bags out from here and I would invoice you plus GST and the shipping. It would be a consultation process at first but has worked for one of my other bags. Can you do this? Liz

"Sorry, Liz, we are not in the retail sales business.

However, it's a great idea and some of our readers may want to present their organic garlic for sale in this unique organic way."

This is a sample of the artwork that Liz sent. It can be silk-screened on to the bag using environmentally friendly water based pigment. The cost of screened bags is very reasonable, well under \$5.00 each and Liz would be pleased to quote you wholesale prices for quantity orders.

Contact Liz at:
Enviro-Threads, 30 Simcoe St. South,
Lindsay, Ont. K9V 2G4
Ph. 705-328-2644
Email: enviro-threads@sympatico.ca



MAIN GARLIC VARIETIES

Variety Porcelain (Previously Continental)

Porcelains are tall, majestic plants often reaching 6-7' to the top of the uncurled scape. Bulbs are satiny white with 4-5 huge, plump, rounded cloves.

Large cloves are fairly easy to peel and popular with restaurant chefs. Porcelains are late maturing and store well, 8-9 months with well-cured ones often lasting a full year. Flavour is strong and robust with a hot bite.

The strain "Music", named after grower Al Music, has been strongly promoted as "Ontario Garlic" and has achieved popularity across Canada.

"Majestic", truly a Canadian garlic, is a superior strain developed by Beaver Pond Estates from a naturally occurring mutation.

Ted Maczka's "F3" produced a half pound bulb in 2002. Other strains, such as Romanian Red, Georgia Fire, Prussian White, Zemo and German White are quickly gaining in popularity.

With a low yield ratio of 4:1 or 5:1, Porcelains are the most expensive garlic to grow commercially but very appealing due to their huge clove size.

Variety Purple Stripe

Named for their bright purple streaks or blotches, these garlic are a gourmet's delight. The plants are similar to Rocamboles but are distinguished by their wider-angle leaves and scapes forming a 270-degree curl. Maturity dates run from mid season to late, making them ideal for spreading the harvest workload. There are considerable differences between strains and they are subdivided into Glazed, Marbled and Standard sub-groups. Names like Red Rezan, Siberian and Czech Broadleaf give an indication of their origin. Bulbs and cloves are easy to peel and make outstanding cooking garlic. Storage is about the same as Rocamboles, 4-6 months with the Siberians going about the same as Porcelains. Yield ratios average about twice those of Porcelains.

Variety Artichoke (Also Called Italian Reds)

Artichoke strains are very vigorous, soft neck garlic growing from short, leafy plants. They produce large bulbs containing multiple layers of cloves. In northern climates, these soft necks may develop stem bulbils or even bolt to topset scapes.

Soft necks are ideal for braiding into neat "pigtail" braids. With 8-12 cloves, they take more work to peel but the fine flavours make the extra effort worthwhile. Artichokes are the earliest maturing group, but retain excellent storage length of 9-10 months or more.

There are numerous strains of this softneck group. Our trials have determined that Endurance and F4 Italian give the most consistent performance, although a number of home gardeners grow excellent types such as Baba's Chesnek. Inchelium is a mild tasting strain. Two sub-groups, the Asiatic Artichokes and the Turban Artichokes are weak hard neck versions of Artichokes. They are of interest to northern growers, as they appear to adapt well to the cold. Easy to grow, the short plants allow closer spacing of plants. This combined with high yield ratios make the Artichokes profitable garlic for commercial growers.

Variety Rocambole

Rocamboles are the largest Varietal Group of hard neck garlic, with the greatest range of flavours, bulb sizes and maturity dates. They are the most popular in home gardens, being easy to grow.

The distinctive feature is the tightly curled scape that forms 1-3 full loops. Plants reach heights of 4' to the tip of the uncurled scape.

Bulbs are often blotchy purple with brown clove wrappers. The 6-9 cloves per bulb are rounded and easy to peel. Strains such as Spanish Roja, French, Czech Red and Carpathian are synonymous with taste test winners. Yugoslavian is a very early garlic.

Storage of Rocamboles is short to medium, 4-8 months, but some strains have kept for up to a year.

Yields are profitable with returns of 7:1 or better.

Variety Silverskin

As the name suggests, this group displays bulbs in silver or paper white colours. Late maturity and long storage periods are typical of most strains in this group. Bulbs contain several layers of cloves, the inner ones being merely slivers.

Small, delicate plants, the Silverskins are best suited for warmer climates. In the colder Canadian climate, year-to-year performance varies from excellent crops in one year, disappointing the next, thus making them more of interest to collectors and garlic hobbyists than to commercial growers.

Two strains, F4 Sovereign and Early Silverskin have given reliable performance in our northern trials.

Under conditions of stress, they may bolt to scapes. Storage is a year or longer and they retain their sweet taste long after other varieties have gone harsh.

Typically, Silverskins are the best braiding garlic and make beautiful kitchen decorations.

The "Creole" sub-group is a specialized hard neck variant of a Silverskin. However, the colourful Creoles do not do well in cold climates.

*Information from Beaver Pond Estates growing trials
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Old Krock's Garlic Feta Spread
Pickled Garlic

Send us your favourite recipe and we'll publish it in the Garlic News, under your name.

We like original home recipes, especially those handed down from your parents or grandparents.

Please don't send in recipes copied from published cook books such as the ones from Gilroy. Copyright laws prevent us from publishing these.

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Garlic Food Values – Chart

Cancer-fighting antioxidant levels higher in organic foods. From OrganicConsumers.org - 01/26/05

The second annual State of Science Review has found that cancer-fighting antioxidant levels are, on average, 30% higher in organic produce vs. conventionally grown fruits and vegetables. The cause for this, say scientists, is that antioxidant chemicals are created within a plant grown organically or in the wild when the plant triggers internal defence mechanisms. These beneficial mechanisms are rarely triggered in plants that are raised with synthetic fertilizers and pesticides.