

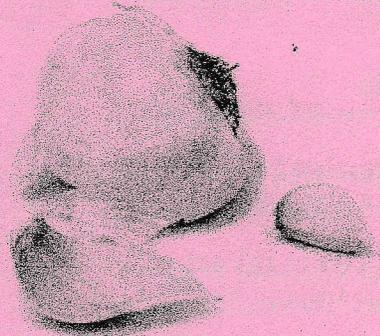


# THE GARLIC NEWS

## Connecting the Canadian Garlic Network!

Issue 11 Spring 2007

### Garlic, Festivals & Trivia on Arthritic Knees



The weather this past fall and winter has caused a lot of anguish and worry over the survival of the precious garlic crop in many regions of the country. Just check the letters pages in this issue and you'll see the concerns. And so it should. Garlic takes a lot of work. It's like a little child that needs to be nurtured along with tender, loving care until it blossoms to maturity.

Well look, in the USA, they even celebrate a National Garlic Day on April 19. Maybe we should have one in Canada as well?

With a federal election threatening our immediate future, perhaps we could make National Garlic Day into a major election issue. Think about it. The next time one of those opinion polls or candidate's office calls to ask you what you consider the most important issue facing the nation, all you have to say is; "we need a National Garlic Day in Canada!" Then, listen to the silence at the other end of the line. Sure would stop a lot of verbal pollution.

News of Garlic Festivals is coming early this year. Giving the season a kick-start is Sheila & Charlie Robb's Garlic Workshop on April 11. Check details on the back page.

Ted Meseyton has given early notice of the Pembina Valley Honey, Garlic & Maple festival in his Singing Gardener article on page 9.

Warren Ham advised that the Stratford Garlic Festival would make its debut performance in September.

Ken & Linda Willis, founders of the Seaway Garlic Festival, have put their talents to starting the Verona Lions Club Garlic Festival on Labour Day weekend.

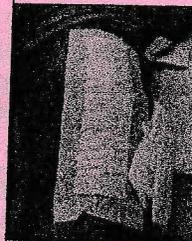
Spring is just about here and in a few short weeks, the garlic spears will be poking out of the frozen soil. If you mulched, pull it back a bit to let the sun heal some of the winter damage and coax it to grow.

Two other important spring tasks.

April or May is the time to start building up the soil for your fall 2007 planting. Get that first green manure crop seeded as soon as you can get on your land. You'll want to turn it under in June and immediately reseed a second planting. You'll want at least three plantings over the summer to enrich and loosen the soil.

The next task is for Leek Moth affected areas. The moth starts flying when temperatures hit around 10 degrees C. That's the time to have your leek moth traps out to get early detection. Look back in past issues for control measures. See especially "Living with the leek moth-an organic approach" in Issue #7.

What's the story on knees? My poor old arthritic knees that is. Well, the good news is, they finally took sympathy on me and provided one of those mechanical ones for my left leg. There was something they didn't tell me, though.



Who could imagine that a little, 9-inch long bandage could dominate just about every waking hour of your life for nearly 6 weeks? Well, it can and it does! Wake up, have coffee, and start therapy (that means exercising - bending, lifting, icing and elevating, racing the exercise bicycle and more, stopping for meals and exhaustion. By the time the evening therapy session is done, you collapse into bed to toss and turn the night through.

Well, it paid off. The surgeon was so pleased with my efforts that he booked to do my right knee in mid May. I'll know what to expect, this time. Meanwhile, my stalwart partner in crime, Mary Lou has to go in for lymphoma surgery in early April with chemotherapy following.

What a bunch of invalids looking after the garlic patch this year!

**BUY LOCAL, BUY ORGANIC, BUY CANADIAN**

**IT MAKES HEALTHY BUSINESS SENSE**

# THE GARLIC NEWS

Connecting  
The Canadian Garlic Network  
Issue # 11 Spring 2007

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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.

The Editor reserves the right to refuse advertising, subscriptions or material submitted for publication where, in his sole discretion, such inclusion would detract from the worth of the publication. Articles should be no longer than 400 words. Pictures may be either colour or B&W.

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Deadline for the Summer Issue is June 4.

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Enviro-Threads Order Form for garlic bags  
Advance Garlic Seed Order Form from the Small-Plot Variety Trials

## RENEW YOUR SUBSCRIPTION EARLY

Avoid paperwork during the busy harvest season. It's hard for all of us to keep up over the summer when beautiful days keep you outdoors.

**For subscriptions expiring with issue #12, Summer 2007, your Early Bird Renewal form is enclosed. Don't delay, do it now so that your *Garlic News* will continue to arrive with no interruption. If there was no form with your News, you are paid up.**

## Eastern Ontario Garlic Field Day 2007

Sunday, 24 June 2007

**An annual outdoor event run for growers at the Beaver Pond Estates trials location to learn more about garlic.**

*(Contact the editor if you wish to attend but didn't receive an invitation by end May)*

### Garlic Braids & Braiding Techniques

**In the Summer 2007 issue we will be featuring Garlic Braids & Braiding. If you have a special method or technique to share, please send it in by June 04.**

# News From The Garlic Patch

## Spreading the Gospel of Garlic

Salt Spring Seeds on Salt Spring Island, B.C. is the latest member to list The Garlic News on their website. Check out their site at:

[http://www.saltspringseeds.com/articles/garlic\\_news.cfm](http://www.saltspringseeds.com/articles/garlic_news.cfm)

Other websites that we are aware of promoting The Garlic News are: **Boundary Garlic, Kings Creek Garlic, Maple Bay Organic Garlic and Mountain Pride Garlic Farms.** See their ads in the Garlic Directory.

**Seeds of Diversity Canada** kindly distributes our subscription form with their annual Seed Exchange Directory. The two Teds are great supporters. **Ted Meseyton, the Singing Gardener**, regularly mentions us in his column in the **GRAINEWS**, and **Ted Maczka, the Fish Lake Garlic Man**, hands out subscription forms from his information stall at garlic events during the year. Many other growers spread the word and for this, we thank you. We greatly appreciate this support as we depend on our members to help spread the gospel of garlic.

As a non-profit newsletter, there is little left in the budget for advertising after production and mailing costs are paid.

## Garlic Goes Travelling with CAA - -

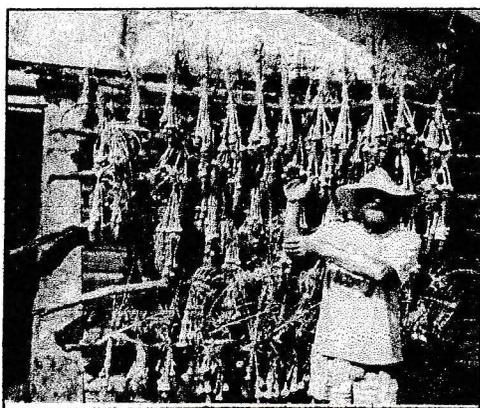
- - to Sudbury, Ontario



Did you happen to spot the garlic in the fall 2006 issue of the Canadian Automobile Association (CAA) magazine? They gave a short history of the Canadian Garlic Festival. The Ukrainian Seniors Club of Sudbury put on a Gala Garlic Dinner in 1991 that blossomed into an annual garlic food festival, featuring

Ukrainian food, of course! The festival runs every year on the 4<sup>th</sup> weekend in August. For information on this annual event, go to the seniors website at: [www.ukrseniors.org](http://www.ukrseniors.org)

## Garlic Crop in Dauphin, Manitoba



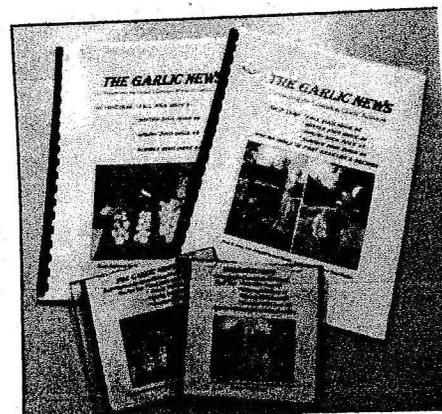
Garry Leskiw proudly displays his 2006 garlic crop. Not bad for northern Manitoba with its frigid winters, Zone 2b growing conditions and short season. He planted 1500 cloves and his sales grow every year.

*p.s. Dauphin is north of Riding Mountain National Park.*

## On CD as well

1<sup>st</sup> and 2<sup>nd</sup> year back issues of The Garlic News are now available on CD as well as in bound sets, just \$22.00 per year, including postage. Make a fine gift for your garden friends.

Just send in the order form with your cheque and the name & address of who you would like to receive it.



## Can all the Groundhogs be wrong?

Groundhog Day Rule; The Groundhog Seeing His Shadow: If the groundhog sees his shadow, we have 6 more weeks of winter. If he doesn't, winter will end soon.

News reports early February 2 from three sleepy forecasters, Shubenacadie Sam, Punxsutawney Phil and Wiarton Willy predicted an early spring. No shadow. Only Manitoba Merv saw his shadow so our prairie friends will have to endure a longer cold spell than Easterners.

For all prognoses by two dozen sleepy wonders, check:

<http://www.groundhogday.com/groundhogcentral.php>

*Editor: Closer to home, Feldspar Freddie, the devourer of my lettuce rows, didn't bother to peek out of his snug winter cave!*

## China's Rising Wealth

AP Story 11 Jan 2007

China could overtake the United States as the top car market at some point after 2015, Dunne said.

"It could happen," he said. "China's annual income per person is just over US\$1,000 and they're buying seven million vehicles. Imagine what happens when that goes to \$2,000 or \$3,000."

*Editor: And to think they made all this money just by selling us cheap garlic!*

## April 19 is National Garlic Day in the U.S.A



How come we don't celebrate Garlic Day in Canada???

## Calls and Letters From Our Readers

### The Spectre of Winterkill

An extremely wet autumn in Ontario caused concern among growers about mortality of garlic in flooded fields. Flooding of low-lying fields and those not planted in raised beds created the worst case for drowning of plants. A short period of post-Christmas snow was followed by two weeks of very warm weather in January, rising to double-digit temperatures that started plants growing.

Growers asked, "Now, what can I do to save my garlic?" Add to that the problem of mice. You generally wait till the ground is hard frozen and the mice have found homes elsewhere before laying down the mulch. This year, there was no hard freeze before year-end and the mice are joyfully skittering over fields and gardens as well as chewing up any straw that was laid at the usual time. Garlic is growing and no sign of the comforting blanket of snow. Finally, snow fell on January 15, followed immediately with a sudden drop in temperature down to -28 deg C. Ideal conditions for winterkill!

There just could be a problem with the crop! We'll have to wait for April to see just how much.

**Carolyn Girard, a reporter for the Ottawa Citizen** called for advice on the concerns expressed by Ottawa Valley garlic growers over the unseasonably warm weather and flooding destroying their garlic crops. It's the first time in over 25 years that flooding to this extent has occurred.  
*Editor: Carolyn's article appeared in the December 18 issue Ottawa Citizen, City section. Readers wanting a summary of grower comments can contact me.*

**David Hahn of Godfrey, Ontario**, called on January 4: "I covered 40% of my garlic a week ago with straw but held off, waiting for a freeze and was wondering whether to finish mulching or leave it?"  
ps. Mercury reads +8 deg today, rising to +12-15 tomorrow!  
*Editor: "I recommend you finish mulching. That will protect the tender growth when the first hard freeze occurs. Better some protection than none at all."*

**Jack Fraser of Silver Spring Farm** called January 8 with a rather disturbing report. He'd lifted the mulch and checked 6 rows of garlic and found that cloves in only 3 of the rows had set roots. Samples in the other 3 rows were either decayed or dead? A bad omen as it could spell a 50% loss from the fall rains. He decided not to check any more rows!  
*Editors note: Good decision, Jack. Delay the bad news till spring! Still no snow cover yet, rain washed away the trace of snow that fell last night. A bad winter, one of the worst in my short history.*

**Elly Blanchard of Madoc, Ontario** wrote: "Wanted you to know I am just getting the last 2/3 of the garlic mulched. I should be finished by January 12. Regards"  
*Editor: Better late than not at all. You just may have saved your garlic from an icy grave!*

*Life is short. Get an Extension. How? Eat healthy food, eat garlic, walk, don't drive and get a good night's sleep.GG*

**Ted Meseyton of Portage la Prairie** called during the January freeze and asked for a garlic quote to use in his GRAINEWS column. Here's what he got:

*Garlic guru sez; "Canada is the 2nd coldest country in the world and grows the best garlic. So who cares how cold it is in Vostok, Antarctica? They don't grow any garlic at all!"*

**Warren Ham of Stratford, Ontario** called with a "heads-up on another new garlic festival starting up in Stratford, Ontario in September this year. **The Stratford Kiwanis Club** has apparently made contact with their counterparts in Saugerties and want to run something patterned along the well-known **Hudson Valley Garlic Festival**.

*Editor: Well, Stratford being famous for its Shakespearean plays, the following quote is worth repeating:*  
"And, most dear actors, eat no onions nor garlic, for we are to utter sweet breath." William Shakespeare (1564 - 1616) in A Midsummer Night's Dream.

**Ted Maczka, the Fish Lake Garlic Man**, called in January to say that his garlic was growing! Not the garlic in the garden but his table garlic in the house. Even the best one, F40 was sprouting. He wondered if it was caused by the very wet harvest we had last summer.  
*Editor: What about it, folks? Anyone else have problems with short storage life this year?*

**Walter Budz from Cornwall, Ontario** phoned on a cold January day to discuss the possibilities of winter kill of exposed garlic with this severe cold snap. If its not mulched, chances of winter kill are quite high. Walter has been retired for a year now. Maybe I'll convince him to grow a few acres of fine Ukrainian garlic!

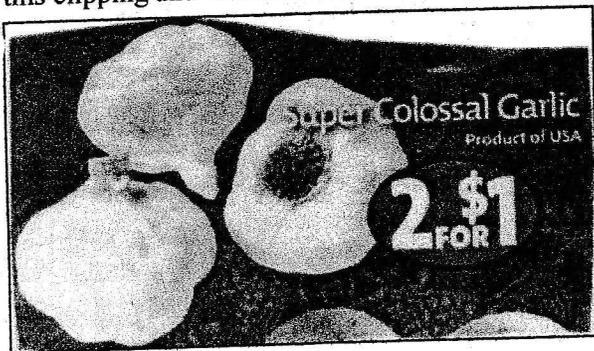
**Garry Leskiw of Dauphin Manitoba** sent a picture of his garlic and wrote: "I took your advice, Paul, and planted it all, 1500 cloves last fall. I had a good crop despite the hot weather. The rain came at the right time. People here like to buy braids. Would the softneck artichoke variety give me big bulbs for braiding?"  
*Editor: I have had good success with getting large bulbs from some artichoke types. My Endurance produced a 7 oz. bulb one year. That's quite huge. A lot depends on how rich your soil is and the weather. Garry, you can also "string braid" hardneck garlic. I'll publish the instructions in the Summer2007 issue, in time for your next crop.*

**Ted Maczka of Picton, Ontario** called with a suggestion for **Clark Wiseman** (page 3 Issue 10). Ted says; "pick one bulb with all nice and clean cloves. Grow it for the bulbils and use them to grow garlic without blemishes. It will take 2 or 3 years of effort but you can replenish your planting stock that way".

Ted also sent his recipe for Fish Lake Fire Water:  
"Peel 6 to 8 cloves of garlic, put them in 1 litre of Polish vodka and age three to six months. Take a shot. It can leave you breathless! One can also improvise by adding honey or other herbs. I am looking at it as medicine, not to get drunk."

## More Calls and Letters

**Fred Vosper of Manson's Landing, B.C.** sent this clipping and wrote:



Your weather is bad, ours is good. Subject to change with out notice! I hope my back handed slap at garlic coming from overseas stirs the pot. Chinese garlic is getting some competition from the good old USA here on the coast, mostly silver skins.

Paul, I have suffered with bad knees for years and have had acupuncture treatments that have really helped, actually the only reason they work. During treatment I asked about farming practices in China, oh my!!

Thank you for all your hard work with regards to growing garlic. Fred & Pat

**Bob & Bunny LeMessurier of Ottawa** wrote:

Greetings. We received the newsletter yesterday. Bunny beat me to it so I just got to read it this morning. Lots of good info in it. Will be having a meeting with Jack one evening this week so will have lots to talk about, I think we are all afraid to go and look in the field to see how things are. We hope you can get your knees fixed soon.

Best wishes. Bunny & Bob

*Editor: Thank you, Bob & Bunny and a Happy New Year to you, too!*

**Daniel Brisebois of Les Cedres, Quebec** wrote:

Re the article about our farm in issue #10 (Ferme Cooperative de Tourne-Sol). I want to make a couple of additions. The article is excerpted from an article by Julian Armstrong for the Montreal Gazette. I would also like to add Frédéric Thériault's name to the list of people who run the farm.

Because this is a garlic publication I'll throw in a few details about our garlic production. We have just less than 1/2 an acre planted to garlic this year. We used to grow mainly porcelains. This year we've also planted a lot of artichokes and rocamboles. We're still increasing our purple stripe stock. Our biggest challenge is conditioning our garlic. I'd love to read more information on different grower's post harvest processes.

Thanks for putting this newsletter together, Daniel

*Editor: Harvest time is rapidly approaching. Do any members have suggestions for Daniel on curing the harvest?*

Keep those letters coming. They make great reading!

**Ken Willis of Verona, Ontario** provided advance notice of the Frontenac Garlic Festival:

"The Verona Lions Garlic Festival is still on the go and progressing for the Saturday of Labour Day. We are trying some new innovations and it will be a late afternoon/early evening event with the emphasis on a garlic banquet and entertainment rather than that of our old format. We are still very much in the early planning stages."

Here's the draft of the plan:

Saturday, September 1st, Labour Day weekend  
3 to 8 pm

**In the Hall:** The Great Garlic Banquet, 5:30 to 8 pm

A sit down dinner highlighting food with garlic, two sittings of 50 each, sell tickets in advance, at \$ 12.00 a plate.

Menu suggestion: garlic soup with garlic bread, kabobs - chicken or beef, garlic baked potato, fresh vegetable, dessert - garlic ice cream and cookies etc. Licensed.

Prepared by Lions, served by Lions.

Speakers and entertainment.

Inside vendors, art show, silent auction, door prize

**On the Grounds:** Garlic Emporium

\$5 admittance if not purchasing Banquet ticket

Garlic vendors, other vendors, baked goods, crafts, non profit groups.

Snacks and concessions outside during festival

Speakers, braiding demo, home gardening, music, buskers, cooking show. Garlic competition.

*Editor: Sounds like a great event. A sit-down garlic meal promises to be a gourmet delight. Vendors, book early as space will be limited! Call Ken or Linda Willis at 613-374-3081 or email holyverona@hotmail.com.*

**Cec Andrus of Boulter, Ontario** wrote:

Please find my cheque for the back issues of The Garlic News. I am a recent subscriber and want to see what I missed.

I read your editorial in Issue #10 about weather. In our local newspaper, the Haliburton Echo, one writer lamented about the lack of snow - no snowmobilers - loss of revenue for local business. Underneath that article, another writer lamented about gas emissions affecting the environment. So, how do you fix either? Cec.

*Editor: Perhaps, next year, we should cancel the weather completely and then see what people have to complain about. No weather? Hmmm? Now that would be real climate change!*

**David Anderson of Sunnybrook, Alberta** wrote:

Your Newsletter is fabulous! Did not receive your #9 issue. We also had a wet fall but we had already planted our garlic.

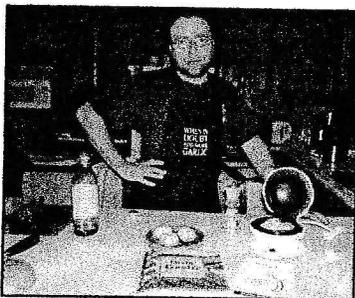
*Editor: Sorry about Issue # 9. We ran into problems with Canada Post and it seems that some readers didn't get theirs. A new copy is in the mail tomorrow.*

# The best garlic recipes & ideas - -

## Testing the Roasted Garlic Express

"It's a pleasant surprise to have a machine actually do what the advertising says it will. The Roasted Garlic Express does exactly what it says".

*Chef Brian Watkins assessment after having tested the Roasted Garlic Express in Mary Lou's Country Kitchen.*



Just before Christmas, I received a Roasted Garlic Express from Todd Hannon, of TAGCO in Basset, Wisconsin. In appreciation, I agreed to test it and provide the results to members of The Garlic News.

Our son Brian, who is a gourmet chef of long experience, was visiting, so I imposed on him to conduct the test.

This electric kitchen appliance, shaped like a garlic bulb, roasts two or three large garlic bulbs at a time. Using it is very simple and the enclosed instructions with clear illustrations make it even easier, enabling even a novice to get perfectly roasted garlic the first time.

Prepare your garlic bulbs by cutting the tops off the tapered end to reveal the cloves. Cover the bottom of the roasting cup with two tablespoons of olive oil per bulb and place the bulbs roasted side down in the cup. Season with salt, close the lid, plug the Express in and press the start button. The light will go off when the roasting cycle is finished. Let it sit for two to three minutes, open the lid and using the enclosed handle, lift out the roasting cup and place it on the cutting board.

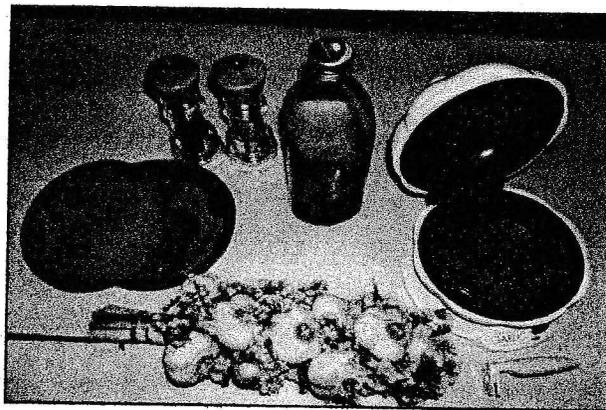
In just 27 minutes, you have perfectly roasted garlic, along with some caramelised oil in the bottom.

Squeeze the roasted garlic out of each clove with your fingers or fork and use it as a spread, as a side vegetable, or in making your favourite roasted garlic recipe.

**Now for the test:** We decided to compare two ways of preparing roasted garlic, one using an ordinary terra-cotta baking dish and the second using the Garlic Express.

We selected six extra jumbo size bulbs of Porcelain "Majestic" garlic from Mary Lou's prize-winning braid.

Three were baked in the Roasted Garlic Express and three in a terra-cotta garlic baking dish for comparison. In both cases we used a gourmet recipe for caramelised roast garlic. The Roasted Garlic Express provides a simple recipe in their instruction booklet; for the terra-cotta baking dish, we followed the recipe from Linda and Fred Griffith's book, *Garlic Garlic Garlic*.



### Results:

The garlic from the Garlic Express was done first, in exactly 27 minutes, as stated. Allowing a few minutes to cool, we then enjoyed sampling it while waiting for the other to finish baking. Soft, squeezable and a heavenly aroma. Dee-licious!

Using the terra-cotta dish, baking at 325 deg F, took 1 hour 15 minutes so there was a bit of a wait. The garlic came out nicely done, squeezable and tasty although there was some burning of the oil in the bottom of the dish.

When both were done, Mary Lou, Brian, his wife Heather and I taste-tested the garlic from both methods. Now you can't say that roasted garlic, using any method, can be bad. It's simply a matter of degrees of excellence. We squeezed samples on fresh, whole wheat bread and tasted and ate.

While both were excellent, we agreed that the garlic from the Roasted Garlic Express was smoother, and even had nice, caramelised oil in the bottom of the dish to add flavour. The Roasted Garlic Express was a clear winner!

The Roasted Garlic Express, while heating up on the cover, remained cool at the base. Using the handle provided, it was safe and easy to lift the hot cup and move it to the cutting board to cool.

Cleanup was a whiz – just washed the roasting cup with soap and water, wiped the exterior with a damp cloth, wrapped the cord into the self-storage base and put it away.

Chef Brian's final assessment was; "Quick and easy, did a better job than the terra-cotta baker. Would make a fine addition to any kitchen".

*Todd is trying to get a Canadian retailer, possibly Canadian Tire, to handle sales in Canada. In the meantime, if you would like to order one, check website at:*

*<http://www.roastedgarlicexpress.com/contact.htm> or phone him at 262-537-2191*

**Roasting garlic removes the hot bite and changes the taste to a mild, nutty flavour. The strong smell also disappears.**

## A consumer's guide to garlic

By: Paul Pospisil

Garlic is not a new, high-tech science. It has been cultivated as a food crop for over 5000 years and used as a medicine for as long or longer. The Egyptians fed it to their slaves building the pyramids to give them endurance. The Chinese have used it for millennia. Roman soldiers ate it for strength. Evidence of garlic has been found in caves inhabited over 10,000 years ago. Columbus brought it on his ships in voyages to the new world and introduced it to the Americas. If all these earlier people were wise to garlic, you as a modern-day consumer should be at least so wise.

Here are some hints to guide you things you should know about selecting, buying, storing and using garlic.

First, in buying garlic, **choose quality, not cheap price.** Quality means buying the best locally grown garlic that you can find. Forget about the imported garlic that has flooded supermarket shelves in the past few years. It may be cheap, but it's also cheap quality. Locally grown garlic is tastier, higher in allicin content and fresher, of course.

Buy only garlic that is clean, undamaged with no sign of disease or decay and firm with no soft spots. The bulbs should be well cured for winter storage. Check each bulb carefully. Gently squeezing garlic is allowed! **Buy organic** whenever possible.

**Where and when can you buy it?** Locally grown garlic is in short supply so you won't likely find it in the stores. Buy it at a Garlic Festival, your local Farmers' Market or from a local farmer who is open for farm gate sales.

Plan on buying at harvest time, from July through August. Supply is very limited. Any later and you're likely out of luck as many growers are sold out within weeks of harvest.

### How much should you buy?

I have always used a rule of thumb that says you should eat a clove of garlic, on average, per day, for good health. With Rocambole types, that translates to one bulb per week, or 52 bulbs per year, about 6-7 lbs. Dr. Richard Beliveau, in his book, "Foods That Fight Cancer", suggests that six grams, or two or more cloves of garlic per day provide protection. Plan on buying at least 20-30 lbs of fresh, locally grown garlic to last your kitchen for the next year when the harvest again occurs. Spend a little extra for the convenience of garlic in braids.

Garlic is very fragile. Handle it as you would eggs. Even a small bump or bruise will start to decay.

**Variety and strain.** As you become a connoisseur, choosing the type of garlic to meet your specific needs, how you intend to use it, the taste or flavour that you are looking for, size of cloves, etc., becomes an important consideration. There are five Varietal groups of garlic and hundreds of strains in them so you have endless choices.

The most commonly known and largest group are the Rocamboles. Versatile and easy to use in the kitchen, they come in a wide range of flavours. Strains like Spanish Roja or French are taste test winners while Carpathian is the hottest of the hot. Early types, like Yugoslavian or Israeli are available at the start of the pickling season.

The huge Porcelains, having only four or five large cloves per bulb are best for roasting and for recipes that need a large quantity of garlic. The raw flavour is very hot.

Purple Stripes are the gourmet chef's choice. Their vivid colours make them a joy to use in the kitchen. Similar to Rocamboles with 6-8 cloves per bulb, some, like Siberian, look more like Porcelains, having only 4-5 cloves.

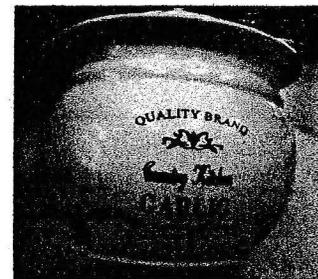
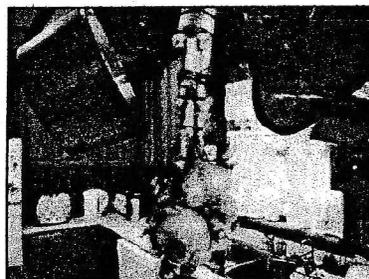
The softneck garlic of the Artichoke and Silverskin groups are longest keeping types and make the neatest braids. Although it's fidgety cleaning the 8-12 small cloves in a bulb, the subtle flavours make the extra work worth the trouble. The following spring, when other varieties have dried up or harsh, the Silverskins are still fresh and sweet.

A good rule is to buy a selection of different varieties.

**Storing your garlic.** Ideal storage temperature is 60-65 deg F with a low relative humidity around 50-60 %. Garlic is best stored by hanging in a cool, dry place with good air circulation, like a cool corner of the basement. This is where the idea for braids originated. Hang one braid in the kitchen where it is handy for daily use. You can also keep loose bulbs in a ventilated garlic keeper on the counter.

Different strains of garlic have varying storage periods, ranging from 4-6 months for the early Rocamboles through to 11-12 months for the softneck Silverskins. On average, cured garlic will keep till the following March or April. Damp areas or high humidity cause mould to start quickly. **NEVER STORE GARLIC IN THE REFRIGERATOR.** This triggers the start of growth and ruins the flavour.

**Cooking with garlic.** Having garlic readily available makes it easier to get in the habit of using it every day. Start with simple recipes like roasting a bulb or two and using it as a spread; add a clove or two to soups or stews or inserted in meat roasts; and, make oil and garlic for pasta or dipping. As you get more familiar with using garlic, you can expand into fancier recipes for any meal. Ordinary dishes become gourmet delights with garlic.

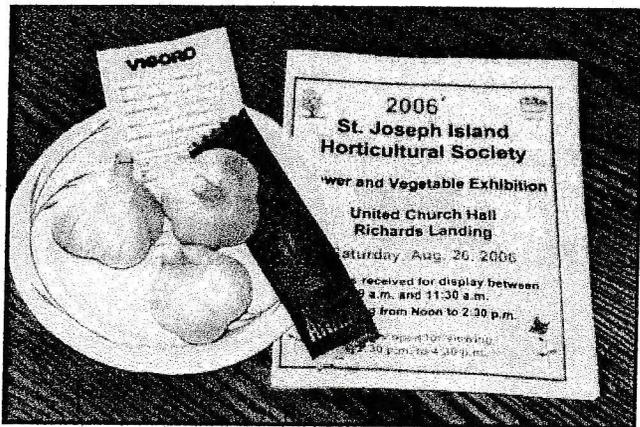


Handy in the kitchen, a braid in use and an airy garlic keeper

## A Genetic Variant due to Genetic Expression?

By Gilles Nadon, Richards Landing, Ontario

No, my interest in garlic has not waned. From 1200 cloves planted in 2005, last fall's planting was 2400 cloves (including a few rounds and bulbils as well as 55 cloves of three varieties from Seeds of Diversity Canada for the Great Canadian Garlic Collection – Khabar, Red Italian and Siberian).



A copy of this message is being enclosed in a shipment I am forwarding to you in the next day or so. The shipment includes one bulb of my #5 (the larger bulb) and one of my #5V. For the moment, these varieties remain unnamed, but each has a story. I would like you to examine them, compare them and taste them. The #5V was harvested on 20 Jul 2006, while the #5 was harvested on the 03/06 Aug 2006. As you can see from the harvesting date differential, the #5V is early, while the #5 is late season. Not only is #5V early maturing, it is also not a very good keeper, as you will notice. The growth started in Jan 2007.

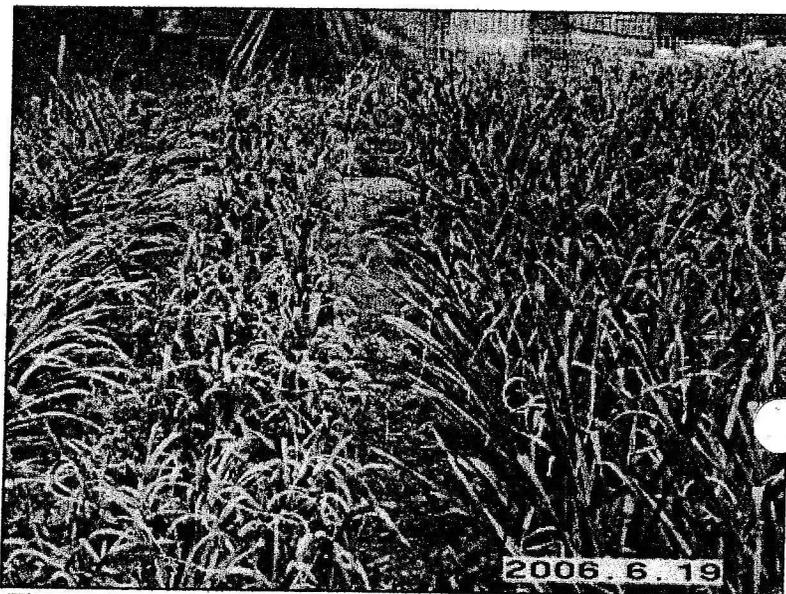
#5 was obtained as a big handful of bulbils (red coloured, about 1/4" in dia.) from the host at a B&B my wife and I stayed at in Winnipeg in Sep 2002 while on a western vacation. He (of Ukrainian origin) had obtained the garlic from a Ukrainian friend who had grown it in Winnipeg. The bulbils were planted later that fall, but didn't result in full-grown bulbs until the 2005 harvest. Because of its large four cloves per bulb and strong flavour, it has become my favorite garlic variety. It won first prize at the St Joseph Island Horticultural Society show last fall (*see photo above*).

Now for the really interesting part. The summer of 2005 (as well as 2006) was more than usually hot, with little rain. I will spare you the details, but I keep temperature and rainfall records. The garlic crop was planted in a rich oamy soil, and was only watered sporadically by hand a few times. All of this made for an unusually early harvest compared to previous years – about a month earlier.

Among the #5 plants, there were some that were smaller, but nothing to worry about. But some time before harvest, the stems of some of these seemed to dry up and fall over. I began to worry, but held on. By harvest, about 25% of the #5 had stems that had softened and fallen over. Amazingly, these "softneck" bulbs looked normal, but different from the "regular" #5. The bulbs were smaller, had more cloves

and they had a different colour. The outer covers were lightly colored (as opposed to the white #5), and the clove covers were brownish rather than red striped. These "variant" bulbs were segregated and named #5V. The #5V cloves were planted separately in the fall of 2005, while I pondered what had happened.

In the 2006 growing season, I installed an automatic soaker hose watering system for the garlic crop. However, the hot temperatures encountered made the crop mature earlier than usual again. The grasshopper invasion on St Joseph Island eventually attacked even the garlic stems. However, the top growth of the #5 and #5V, planted side by side, were dramatically different. The #5V was much shorter, with a yellowish hue, while the much taller #5 had a bluish hue. (*See photo below*).

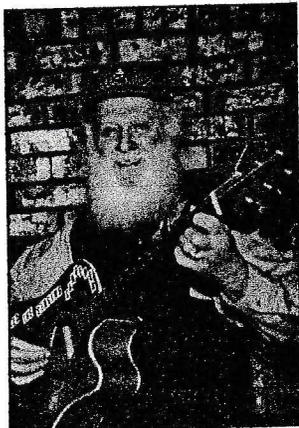


The most amazing thing, though, was that the #5 did not produce any more "softneck" plants, and every one of the #5V developed soft necks that fell over before harvest! They grew "true to type". In the fall of 2006, I planted 367 cloves of #5V, and am anxious to see what will happen in the new clayey plot where they were planted.

Here is my take on what happened. There is a new field of study developing in science – Genetic Expression. I read quite a lot about health, and over a year ago ran across an interesting passage (which I was unable to locate for reference), which led me to my conclusion about the #5V garlic being a genetic variant due to genetic expression. The author concluded that genetic expressions could pass generations. The literature shows that changed genetic expression occurs in plants subjected to heat stress. In my case, I believe it was "low water" stress, because the 2006 summer was essentially as hot as 2005, and the difference was "watering". In the summer of 2006, none of the #5 garlic showed variance. Supposing the #5V continues to grow "true to type", this experience raises an interesting possibility. Could genetic expression account for some or most of the varieties of garlic? I wish I were a scientist... Thank you for your work with the Garlic News. Gilles

## The Singing Gardener & Grow-It Poet

By Ted Meseyton



You don't need a guitar to keep in tune with The Singing Gardener. If pages could sing; words and music would fly right off this picture. So you're going to have to imagine what I sound like, unless you get one of my CD's or audiocassette.

Recently, I sang a couple of my original tunes to folks at a coffee house. Ears really perked up during "I'm a Garlic Guru."

Then I followed my garlic tune with another fun song:

"O It Must Be the Tomatoes." This latter tune has an important message promoting prostate health and wellness.

As you men reading this know, only us guys have a prostate. Since I'm the Singing Gardener, it's only natural I incorporate vegetables I grow and eat - especially garlic, tomatoes and broccoli - into my lyrics. These are three of the best foods for a healthy prostate.

### Bringing Folks Together With Honey, Garlic & Maple Syrup

The 6th annual Pembina Valley Honey, Garlic & Maple Syrup Food Festival takes place at Manitou, Man., on Friday & Saturday, September 7 and 8, 2007.

The festival is a showcase of growers and artisans who bring together their produce and creativity under one umbrella for throngs of consumers to view, sample and buy.

One major highlight is the Saturday buffet. Last year it was sold out and over 650 people were served. It goes without saying that many menu items were flavoured with Manitoba produced honey, garlic and maple syrup.

For this year's buffet tickets or more information; contact Joe Kozak, phone (204) 242-2514. Joe is the festival's original chairperson and still holds the position. He was instrumental in spearheading the drive to organize the festival. The annual Pembina Valley Honey, Garlic and Maple Syrup Food Festival has grown by leaps and bounds and continues to enjoy and garner tremendous support.

Picturesque Manitou is situated about 100 km due south of Portage la Prairie; or approximately 160 km SW of Winnipeg. I've wended my way to past Manitou festivals and it's a sure bet...a winner.

## Allium Canadense

Unless you know your Latin botanical names, you won't know it's commonly called Canada Garlic or Rose Leek.

In the kitchen you have a choice. Dig up the entire plant when young and use like scallions. Pickle the bulbils when making dills, then enjoy as a snack and a pint of your favourite beverage. Or, use the pure white, crisp and mild bulb in lieu of an ordinary onion. I've already got my Allium canadense seeds. Wondering where to get your packet?

Write to: Chiltern Seeds, Bortree Stile, Ulverston, Cumbria LA12 7PB, England.

Send an international draft or money order to the value of £ 1.95 British currency. And yes - Chiltern does send seeds to Canada and their catalogue too.

By the way, Chiltern's also has seeds for Allium ursinum; in layman's language; referred to as Ramson's Wood Garlic. This is a useful plant for naturalizing in damp woods and shady places. When given half a chance, it will eventually carpet an area completely.

Ted Meseyton is the Singing Gardener & Grow-It Poet from Portage la Prairie, Man.

He's available for workshops and growers of the garden and keepers of the soil events. His e-mail address is: [singinggardener@mts.net](mailto:singinggardener@mts.net) or mail to:

Ted Meseyton  
54-14 St. N.W.,  
Portage la Prairie, Man.  
R1N 2V3

### Marketing Tip

**Be the first on the marketplace with fresh garlic this spring.**

**Here's three proven ideas that we used while selling fresh produce at the Perth Farmers' Market:**

- 1) **In April, cut and bunch garlic greens;**
- 2) **In May, pull some young garlic when it reaches 10-12" high, bunch, and sell the same as you would green onions;and,**
- 3) **In June, watch for those scapes. Snap them off, put in bunches and watch them fly!**

**Provide your customers with recipe cards and ideas on how to use garlic greens scallions and scapes.**

**You'll make up to 25% of your sales before other growers start lifting bulbs.**

**Good luck! Mary Lou & Paul**

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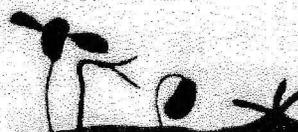
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#### Enviro-Threads Organic Garlic Bags

In Issue #10, we carried an article on organic garlic bag.  
 For the convenience of our members in placing your order, we are  
 enclosing an Enviro-Threads order form with this Issue.

**WARREN HAM**



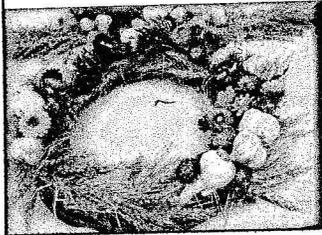
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**Organic Garlic For Sale:** Porcelain, Rocambole & Asian. OCPP certified organic, Jean Finlayson & Elly Blanchard, Railway Creek Farm, Madoc, Ont. Ph.613-473-5174. Email [railwaycreek@auracom.com](mailto:railwaycreek@auracom.com)

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## The best garlic recipes & ideas - - -

### Recipes using Roast Garlic

Roasted whole garlic has a sweet, nutty flavour and smooth consistency. Roasting produces a milder garlic flavour with a less pungent odour. Once roasted, it can be used in an endless number recipes.

There are many ways to make roast garlic. You can make in the oven, on the BBQ, in the microwave and for those readers fortunate enough to have obtained one, using the Roasted Garlic Express (see page 11 of this Issue). Last month, we published Mary Lou's recipe for Oven Roasted Garlic. You may have your own.

Roast Garlic may be used immediately or kept in the frig for a few days to use later. When needed, just peel or squeeze the soft clove from the wrapper with your fingers.

Here are a few ideas on serving roast garlic:

1. as a low-fat spread on bread or crackers.
2. as a side dish or vegetable.
3. in sauces.
4. mixed with mayonnaise for a tasty dip.
5. spread on fresh whole wheat bread, with or without creamy cheese.
6. add to extra virgin olive oil and balsamic vinegar for dipping oil.
7. blended with roasted eggplant for a savoury dip.
8. added to fresh basil pesto instead of raw garlic.
9. whipped with mashed potatoes and butter.
10. as a pizza topping.
11. stuffing tomatoes with a mix of roasted garlic, cream cheese, lemon juice, salt and herbs.
12. with goat cheese and fruit chutney on Melba or Swedish toast.
13. added to chicken, beef or pork gravies.
14. with pasta salads.
15. mixed with butter to spread on fresh corn.
16. added to desserts! Baked and peeled cloves can be used in brownies, ice cream or chocolate sweets.
17. and anywhere you use garlic but want a milder flavour.

Now, for a few choice recipes - - -

### Creamy Roasted Garlic Hummus

Try making this hummus with roasted garlic in place of raw garlic. Roasting the garlic brings out its nutty and sweet flavour and cuts down on the sharpness.

#### Ingredients:

- 2 cups canned or cooked chickpeas
- 1 large head of garlic, roasted
- 2 tbsp tahini
- 4 tbsp extra virgin olive oil
- juice of 1 freshly squeezed lemon
- ¼ tsp sea salt
- water, if needed, for consistency

#### Method:

Squeeze the soft garlic out of each roasted garlic clove into food processor, add the other ingredients and blend until completely smooth. Serve at room temperature on Melba toast, warm pita bread or crackers. Sprinkle with chopped parsley or paprika before serving.

### Pork Loin Stuffed With Roasted Garlic in Wine Sauce

Here's a fine change for your Easter family dinner. Pork loin has a milder flavour than beef tenderloin so the flavour of raw garlic can overwhelm it. It's much nicer made with roasted garlic.

#### Ingredients:

- 1 whole pork loin, approx. 8 lbs., thawed, patted dry
- 16 roasted garlic cloves
- 2 tbsp minced garlic cloves
- 3 tbsp extra virgin olive oil (saved from roasting garlic)
- 3 tbsp minced fresh rosemary
- Salt and freshly ground pepper
- 1/4-cup apple jelly
- 2 tbsp apple jelly
- 1/4-cup port or sherry wine
- 1/2-cup chicken broth
- 2 tsp cornstarch
- Heavy kitchen string or twine

#### Optional:

- 16 dried apricots, peaches or other dried fruit
- 1/3 cup dried cranberries

#### Method:

Pre-heat oven to 250 deg.  
Slit pork loin lengthwise to form a long pocket, leaving a 1/2-inch border of unslit meat at each end. Brush cavity with some of the saved garlic cooking oil, and sprinkle with salt and pepper and half of the rosemary. Fill cavity with roasted garlic and dried fruit. Tie loin together with kitchen twine or heavy-duty string at 1 1/2-inch intervals. Brush with oil, and sprinkle with salt and pepper. Set roast, fat-side up, on a roasting pan. Heat ½ cup apple jelly with the minced garlic and rosemary. Brush mixture onto meat. Roast until a meat thermometer at centre registers 125 to 130 degrees. Check after 1 1/2 hours. Remove from oven; raise oven temperature to 400 degrees. Brush loin with pan drippings, return to oven, and continue to roast until the loin is golden brown and a meat thermometer registers 155 to 160 degrees.

Let roast sit 15 to 20 minutes; transfer to a carving board. To make sauce, stir pan to loosen brown bits. Pour through a strainer into a small pan, and stir in wine, chicken broth and remaining 2 tbsp. of jelly; bring to a simmer. Mix cornstarch with a 2 tbsp of cold water; whisk into sauce. Simmer until lightly thickened. Slice pork and serve with a little sauce. Serves 16.

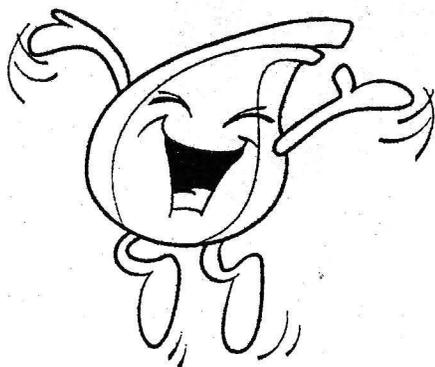
#### Garlic Hint:

*If stung by a bee, slice garlic clove and press the cut side against the sting. Brings instant relief. Works on black fly and mosquito bites, too.*

## More garlic recipes, tips & ideas

### Recipes from The Roasted Garlic Express

-reprinted with permission



#### Roasted Garlic Mashed Potatoes

**Ingredients:**

3 bulbs of garlic  
2 tablespoons olive oil  
2 1/2 pounds baking potatoes  
4 tablespoons butter  
1-cup whole milk  
Salt and pepper

**Method:**

Follow instructions to prepare and cook the bulbs of garlic in The Roasted Garlic Express. When finished and cooled squeeze garlic cloves into a bowl. Peel and quarter potatoes and place in a pot of salted water. Bring to a boil, reduce heat and simmer until potatoes are tender, about 15 minutes. Remove from heat and drain. Add roasted garlic and butter. Using a potato masher or electric beater mash together the potatoes, cooked garlic paste, and butter. Slowly add enough milk until desired consistency is achieved. Season with salt and pepper.

#### Roasted Garlic Dressing

**Ingredients:**

1 bulb garlic  
3 tablespoons balsamic vinegar  
1/3 cup olive oil  
1/2 teaspoon Dijon mustard  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon salt

**Method:**

Prepare the bulb of garlic in The Roasted Garlic Express following directions. When finished squeeze cloves into a blender or food processor. Add remaining ingredients. Blend until smooth. Serve on your favourite salad greens.

#### Roasted Garlic Appetizer - Garlic Bruschetta

Allow one-half to one garlic bulb per person. After removing the cooked and cooled garlic from the cooker break each clove off and squeeze the garlic puree out and spread onto your favourite bread or cracker.

**Ingredients:**

2 thick slices of French bread  
Olive oil  
1 large garlic bulb  
2 ripe plum tomatoes  
4 tablespoons balsamic vinegar  
2 teaspoons fresh chopped basil  
1/2-teaspoon salt

**Method:**

Prepare the bulb of garlic in The Roasted Garlic Express following directions. Cut tomatoes in small pieces and marinate with basil in the balsamic vinegar. Brush bread with olive oil, sprinkle with salt and grill until hot. To serve cut bread in half, squeeze the paste from the cloves of the roasted garlic and spread on the grilled bread. Top with the tomato balsamic mix.

#### Roasted Garlic Stuffed Mushrooms

**Ingredients:**

1 bulb of garlic  
1-tablespoon olive oil  
15 2-inch diameter mushrooms  
1-teaspoon butter  
1/2 cup breadcrumbs  
1 tablespoon Parmesan cheese  
1 tablespoon chopped fresh parsley

**Method:**

Prepare the bulb of garlic in The Roasted Garlic Express following directions. Cut the stems from the mushrooms and chop the stems. In a skillet, sauté the chopped stems in 1 teaspoon of oil and 1-teaspoon butter about 3 minutes. Add breadcrumbs and cook about 5 minutes. Remove from heat and mix in parsley and Parmesan cheese. Separate the cloves of the cooked bulb of garlic and squeeze the paste from them into a bowl. Using a fork, mash enough garlic to measure 2 tablespoons. Add the oil from the Roasted Garlic Express. Stir garlic mixture into chopped mushroom mixture. Season with salt and pepper. Brush mushroom caps with olive oil. Place rounded side down on a baking sheet. Spoon filling into mushrooms. Bake in a preheated 375-degree oven for 20 minutes. Transfer to cutting board. Cool 5 minutes. Sprinkle with remaining 2 tablespoons basil. Cut into wedges and serve.