



THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 15 Spring 2008

Spring Tasks in the Garlic Patch

Spring work in the garlic patch starts as soon as the garlic spears start poking through the ice and snow. In colder parts of Canada, this happens in April. Warmer regions start earlier. Spring tasks continue until the summer solstice when scapes start forming and the underground bulbs begin swelling. Depending on the size of your garlic patch, the tasks can be daily or weekly.

Inspect, Inspect, Inspect!

Regular walk through inspections are essential to look for signs of trouble – soil drying out, monitoring growth, signs of yellowing or disease and insect damage, especially in leek moth regions.

The first and most important inspection should be while there is still some snow cover. That's the time to pull back the mulch, check for emergence and for signs of winter damage. If you have raised beds, make sure that no water is sitting in the walkways. Open the ends and let the water drain away. Otherwise, the garlic could rot away sitting with roots in wet, cold water.

Once you're satisfied that the garlic is growing well, continue with your daily walk through.

Irrigation

Garlic needs the equivalent of an inch of rainfall per week during the growing season, more in sandy soils. When needed, irrigate deeply. In our area, April winds dry out the soil very quickly so we use straw mulch to preserve soil moisture as well as irrigating when needed.

A good soaking should go down 6-8" or more as the garlic roots run deep. Lay out soaker hoses or drip irrigation between the rows of garlic. Do this while the garlic is still very short so as not to damage the leaves. Sprinkler or overhead spray systems are not recommended as they waste excessive amounts of water. In a dry spring and summer, irrigation continues until a week before harvest.

Weeding

In a small plot, especially a mulched one, weeding is a simple task. You simply pull any weeds that poke through the mulch during your regular walk through.

If you let the weeds get ahead of you, you'll have to schedule weeding sessions, always a distasteful task.

For semi-mechanized operations, weeding can be done by cultivator, providing that rows were spaced appropriately to the size of equipment to be used. This still leaves the weeds adjacent to the garlic itself. Guess what? They need to be pulled by hand.

Herbicides for weed control? Never! Don't spread poison.

Fertilizing

If you planted in a healthy soil, enriched with organic compost, no additional fertilizer is needed. If you want gigantic garlic bulbs, or need to supplement the soil nutrients, either water with manure tea (its best to do this after irrigation when the soil is wet) or apply a foliar spray of kelp or fish fertilizer. Supplementary fertilizer is best applied early, at the 2-leaf, 4-leaf, 6-leaf and 8-leaf stages. Fertilizer applied too late is wasted.



The Leek Moth

If you suspect leek moth in your garlic patch, don't panic. It's just another insect pest and you have to deal with it. In late April, when temperatures exceed 9 deg C, the leek moth is active, laying eggs, hatching and the larvae doing their damage by chewing on leaves and boring into the stems. You can spot the damage during your regular walk through inspections. Check past issues of The Garlic News on how to live with the leek moth. Simply, if you find them, kill or destroy them.

Preparing to Plant Next Fall

Is this really a spring task? Definitely, YES! You prepare your planting plot months ahead.

That means tilling up the soil, destroying weeds and planting the first of several plough-down crops of legumes or buckwheat. You need to start your soil building as early as possible so its ready for fall.

Do you have time for all of this when other spring tasks are demanding of your time? Raking the yard, planting grass, starting your seeds for transplants and a million other jobs, all needing your attention today, now.

Yes, you have the time, or you will find it.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

THE GARLIC NEWS

Connecting

The Canadian Garlic Network

Issue # 15 Spring 2008

Managing Editor: Paul Pospisil

Business Manager: Mary Lou Pospisil

Contributors: Kathy Keeping

: Dave Cornell

: Mrs. S. Zaharko

: Evangeline Kozakewich

: Charles & Sheila Robb

Published By: Beaver Pond Estates

HOW TO CONTACT US

Paul Pospisil, Managing Editor,
The Garlic News, Beaver Pond Estates,
3656 Bolingbroke Road,
Maberly, Ont., K0H 2B0

Phone: 1-613-273-5683

Email: garlic@rideau.net

Cost: \$15.00 for 4 issues mailed in Canada. Single copy price \$5.00. Outside Canada rates under review due to rising postal costs and currency exchange rates. **Back issues to complete your set are available in single copy, bound sets or on CD.**

Advertising inquiries welcome.

ABOUT THE GARLIC NEWS

The *Garlic News* is a new publication. It carries on from where the *Garlic Newsletter* and *The Voice of Garlic* left off. It is distributed by subscription.

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. Back issues are available both in single copy and bound sets.

EDITORIAL POLICY

The purpose of *The Garlic News* is to enable farmers and gardeners to grow better garlic and enjoy it more. Articles and contributions are welcome and will be published subject to space and suitability. Letters and articles may be edited for length and content. The Editor reserves the right to refuse advertising, subscriptions or material submitted for publication where, in his sole discretion, such inclusion would detract from the worth of the publication. Articles should be no longer than 400 words. Pictures may be either colour or B&W.

Contents copyright © 2008 Paul Pospisil. No part of this publication may be reproduced or duplicated without written permission.

Deadline for Summer 2008 Issue: June 3

In This Issue

- Spring Tasks in the Garlic Patch** 1
A check list of the many jobs that need attention during this busy time of year
- Editorial: Pondering the ways of the natural world around us** 3
Ice Storm 98, El Nino and La Nina, groundhog forecasts, record snows and garlic
- People – We Get Calls and Letters** 4-5
We get calls and letters from garlic fans and learn from their garlic experiences.
- Thoughts on Growing Varieties** 7
Kathy Keeping has plunged right in with dozens of different garlic types
- Making Raised Beds** 8-9
Garlic grower Dave Cornell discusses three types of raised beds for garlic
- The Garlic Directory** 10-11
Garlic ads, listings and useful garlic contacts. Growers are finding the advantage of letting buyers know about them.
- The Best Garlic Recipes and Ideas** 12
Recipes for the maple syrup season and the blustery days of spring.
- More Garlic Recipes: From the “Garlic Delights” cook book** 13
Hot, filling meals with Ukrainian recipes from the Andrews Garlic Festival.
- 3rd Haliburton County Garlic Workshop** 14
Charles & Sheila Robb report on the 3rd year of this fine garlic initiative which is helping to spread the gospel of garlic in the North country
- Performance & Yield Comparison 2007 Garlic Crop** 15-16
Evaluation of 39 proven strains from all Varietal groups in the Small-Plot Garlic Variety Trials to provide growers with an indication of how the different types grow
- Enclosures:** Early Bird Subscription Renewal for subscriptions expiring in Summer 2008
Advance Garlic Order Form, 2008 Crop, Small-Plot Garlic 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 #16, Summer 2008, 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 included with your News, your subscription is paid up.

Eastern Ontario Garlic Field Day 2008

Sunday, 29 June 2008

(tentative date, to be confirmed)

We hope to hold our annual outdoor event run for growers at the Beaver Pond Estates trials location again this year; however, with the uncertainty of Mary Lou's illness, we are unable to confirm it this far in advance. We will be sending out a notification, either yes or no, in June.

Pondering the ways of the natural world around us

As I sit here munching on one of my favourite lunches, a garlic bruschetta, and ponder on whether or not to get out there and start shovelling the foot or so of snow that just appeared on our steps, our walk and our driveway. While munching, my thoughts go back 10 years.

January 6, 2008, the start of Ice Storm 98

Ten years. It's been 10 years since Ice Storm 98 struck our region, leaving devastation and destruction in its path. It totally destroyed 5 years of young growth in our Christmas tree plantation, broke or destroyed about one-quarter of the lovely maples in our sugar bush, leaving many more so injured that they would die in ensuing years, taught us how to live without hydro for two weeks of winter and cost us most of that year just trying to clean up the mess on our lovely Beaver Pond Estates.

Ice Storm 98 was verily the disaster of the last century.

Ice Storm 98 was blamed on El Nino, the Pacific weather phenomenon that affects the weather around the globe every few years.

This winter, 10 years later, it's La Nina, El Nino's evil little sister, who will be blamed for our early onset of winter here in Eastern Ontario, the heavy snowfalls, the unbelievable minus 50 degree temperatures that froze Calgary to a standstill, paralysed other parts of western Canada, and, left the residents of Prince Edward Island without electricity during the coldest part of winter.

El Nino and La Nina. They start with opposite effects. They are different stages in a cyclical pattern of climate turbulence otherwise known by meteorologists as the Southern Oscillation. First noticed by 16th century fishermen on the Pacific coast of South America, these phenomena were not scientifically documented until the 1920s when scientists noticed periodic occurrences every three to seven years in the eastern Pacific. Since the 1970s, though, El Niño and La Niña have been occurring with more frequency and intensity. The El Niño part of the cycle involves warmer-than-usual sea temperatures, increased rainfall in the northern hemisphere and low atmospheric pressure. In contrast, cooler sea temperatures, high atmospheric pressure and drier air characterize the La Niña phase of the Southern Oscillation. Some scientists believe that the increased intensity and frequency—now every two to three years—of El Niño and La Niña events in recent decades is due to warmer ocean temperatures resulting from global warming

Well, you too, can ponder on these happenings without coming to a satisfactory conclusion, no doubt as puzzling as to why your garlic patch has too much snow in one year and risks winterkill from lack of snow the next year.

If the wrong weather happens, just blame, - well, just take your pick, El Nino or La Nina!

February 02, 2008. Ground Hog Day

Three of Canada's top rodent weather forecasters, Ontario's Wiarton Willie, Nova Scotia's Shubenacadie Sam and Alberta's Balzac Billy, all predicted an early spring, capping off a week of severe weather with at least the hope of good news. There was no word from Manitoba Merv this year.

If you believe that Wiarton Willy or Shubenacadie Sam is the authentic forecaster of spring, you can now heed the only true forecast from our very own **Feldspar Freddie**, the vegetarian gourmet who demolishes our rows of spring lettuce every year.

Last fall, when I spoke to him, peering out of his burrow (Freddie peering, not me), I said very authoritatively; "Freddie, if you expect to continue fattening up on my lettuce, you have to earn your keep, like all working groundhogs, by forecasting the arrival of spring. I expect, from you, that on February 02, that you will emerge into the sunshine or cloudy day, and announce your forecast". Freddie just turned and went back into his den.



Well, what a rude awakening! No Freddie on Groundhog Day. I marched, as only one can march while struggling through several feet of snow, directly to Freddie's burrow.

There, posted on a little stick, was a note written by a furry paw, reading; "Listen people, get real. Get a life! Stop this nonsense of 6 more weeks of winter or an early spring. We live in Canada, people! I, me, for one, intend to sleep till April or May, when the sun will come out and the snow will start to melt and the garlic spears are poking out of the ground. Until then, get off my back and let me sleep!"

So ends the legend of Ground Hog Day forecasts at the Beaver Pond.

March 9, 2008, the snowstorm of the year!

As it turned out, the forecast by those other rodents was more than a little wrong. The paralyzing snowfall made it clear that at least another 6 weeks would be needed to melt the snow and indicate even a hint of spring.

Feldspar Freddie was right in his judgement. In the middle of April, our garlic beds were still covered in 2 feet of snow

We're "enjoying" a long winter with record snowfalls, thanks to La Nina, the evil one.

Let's see if it benefits or harms the garlic crop this year.

Calls and Letters From Our Readers

Mulching on snowshoes?

I just got my garlic bed mulched yesterday! Gardening on snowshoes is quite a workout. There was a long delay as I was trying to find a source of organic straw, and then arrange delivery, so it just arrived Jan 5th, but I'm keeping my fingers crossed that the early and deep snow was just as effective as a fall mulch. What do you think?

Kristine Swaren, COG Librarian, Ottawa

Editor: Mulching. With the early onset of winter, I got only 4 of 13 beds mulched with straw before the snow arrived. Yes, you are correct in your assumption that the snow was as good as winter mulch. I'm not worried about ours (unless the thaw continues) as snow is an excellent insulation for over wintering plants. We still have a good 16" of heavy snow over the garlic beds so there is little risk of winterkill. With weather being totally unpredictable, especially in a la Nina year, you just do what you can and pray for a good crop, as farmers have been doing for 10,000 years!

Onion maggot or leek moth?

I have been growing garlic for about 16 years and have had great success and yields with my garlic growing. However, 2 years ago, I sold my property near Picton and moved up to the top end of the county near Belleville. In my first summer's crop of garlic at the new location, I noticed an insect attack on a few plants. I didn't think too much of it because I've never had a bug problem before, I thought garlic was basically immune to infestation. This past summer though, the problem was worse, about 24% of my plants were hit with these little tiny bore holes on the stem and the grub tunnelling down to the bulb. On harvesting, I had to very, very closely inspect every single bulb and stem. Finding any boreholes, I opened the bulb, found the maggot and separated clean cloves for fall plantings. I gathered all refuse, stems and crushed maggots and burned it. I do not grow onions and I rotate my veggie beds yearly. So, can you tell me where these little buggers come from, why the sudden on slot and how can I combat them without starting to spray pesticides all over the place? Will early harvesting interrupt the life cycle? Is there an organic control method?

Christine at "County Sunshine" in Picton suggested I contact you because she said you have identified the Onion Maggot as the culprit and you were looking into organic control. Thank you. **Bill Vloeberghs, Belleville, Ontario**

Editor: From your description, you have the leek moth. It has been spreading across Ontario and reached the County several years ago. They also attack onions and leeks and show preference for leeks. I'm attaching three documents, one is a picture of the adult moth, and the other is a guidance instruction I wrote for The Garlic News several years ago. Newspaper coverage from our Garlic Field Day is included.

Spraying doesn't work. No insecticide is registered for use against them so save your energy and money. What you are doing is a good approach. Find them, kill them and burn any residue to destroy any eggs or cocoons. The moth you will likely never see. It flies at night and lays hundreds of eggs.

When the eggs hatch, the larvae, those little worms, start feeding and that's the damage that you see on the garlic plant.

I publish regular updates on the Leek Moth Project in The Garlic News. The only organic control, other than what you are doing, is to use row covers, the Reemay type. As of last year, the experiments with Bt had not come to a satisfactory conclusion.

Small world

Hello Paul! Loved the copy of The Garlic News issue 14. Your response with working 16-hour days in retirement makes me feel really guilty!! Slow down and smell the roses. We are saying a prayer for your wife, Mary Lou. She sounds like a very courageous woman.

We got the garlic all in this past fall with the aid of a somewhat mechanized tool. Darrel built an attachment for the tractor in which two people squat on the back pieces of 2x4 and as the tractor drives in snail, plunk in the garlic cloves. Still was time consuming but it worked well! Curious to hear if anyone else mechanizes the seeding.

We are looking for Porcelain Italian garlic. Right now we have Music and Siberian Red, have heard that Italian is even stronger! Can you suggest a grower in Sask? Plus, still seeking a garlic peeler to speed up the process of removing the skins in the making of powder (great description of your powder making technique by the way). Any suggestions?

Talk about a small world. Al Boyko, of Canora who you mentioned in the #14 edition, has a wife who is a teacher here in Yorkton. As it turns out, at the last parent-teacher interviews, she is our daughter's teacher!! Needless to say, we spent a brief moment talking about schoolwork and the majority talking about garlic!! Garlic makes the world a better place!! **Anna Schaab, The Garlic Garden**

Editor: Hi Anna; Nice report. Thank you.

Mechanized planting: I hope to dedicate an issue to this topic but am still working on different growers to send in their ideas.

Porcelain Garlic: Look at my seed order form for a good selection. I carried Porcelain Italian for a number of years but had to put it in "seed saver" status to make room for new types.

If you really want some, I can save you a couple of bulbs so you can propagate your own seed stock. Let me know.

Garlic Peelers: So far, none of the USA suppliers have responded to my orders. I'll keep trying, as I'd like to evaluate some of these gadgets. In the meantime, soak the cloves in lukewarm water. The skins will come off easier.

p.s. Do lots of stretching and bending exercises to get ready for the weeding season! My climate change advisor tells me that weeds thrive better than vegetables in our warming climate

No garlic in the poop!

From AP story in the Kingston Whig Standard.

Human fossil faeces, dated some 14,340 years old, were found in a cave in Oregon. They contained squirrel bones, bison hair, fish scales, grass and sunflower plants. No garlic. What a poopie discovery!

More calls and letters

A Great Ambassador

Hi Paul. I look forward to the newsletter and I thank you for sharing your knowledge with everyone. You are a great ambassador in educating every one on how to grow the best garlic in our area.

My prayers are for Mary Lou and you. She will fight through this and win over this terrible disease.

Gino de Angelis, Osgoode, Ontario

Editor: Thanks, Gino, both for your support and especially your prayers for Mary Lou.

A Birthday Gift for My Sister

Dear Paul: I really enjoyed the last issue, Winter 2007-2008. I wish to renew my subscription and ad for the year. Also I wish to send a subscription to my sister for her birthday. Let me know what I owe, and will send out a cheque. **Liz Murphy, Enviro-Threads, Lindsay, Ontario**

Editor: Thanks, Liz. I hope your sister is as great a garlic fan as you are. Her gift subscription has been mailed.

Now, listen up, readers! If you haven't contacted Liz yet to place your order for organic cotton garlic bags for the coming crop, do it now! See the Garlic Directory page for contact information.

Doesn't Grow Garlic in her Apartment

Attached to my latest Garlic News was a yellow sticky asking for an article about growing garlic in my apartment in Toronto. I am sorry to disappoint you, and your readers, but my garlic growing activities are in Norfolk County, near Waterford, Ont.

We are Toronto condo dwellers and rather than a cottage, we have a bit of farmland "down south". Most of this we rent to our farmer neighbour but have plenty left over for me to indulge my love of plants including garlic. I maintain about 15 different kinds and offer them to others through the "Seeds of Diversity" seed exchange.

Our neighbour told me that Al Music developed his strain of garlic on a farm just down the road from us. I believe he has retired and moved elsewhere now but I seem to remember reading in "Garlic News" that he was still growing some garlic at his new location. I was thrilled when I learned of this close geographical connection with someone who I believe is one of the pioneer garlic growers in Ontario. Whenever anybody asks me about the garlic named "Music" I tell them what I know about Al. I was once told that Music garlic was so called because the scape formed itself into what looks like a musical notation. A creative idea but one I corrected.

How about an article about Al Music for The Garlic News?

I feel sure you must know him. Please let me know if any of what I am saying regarding Al is wrong.

Thank you so much for all work you do in putting together The Garlic News. Always a good read.

All the best to you and especially to Mary Lou as she continues her battle. I have just witnessed at close quarters the effects of chemotherapy and can only say that my heart goes out to you both as you battle on.

Felicity Fowke, Toronto, Ontario

Editor: What a wonderful letter in reply to my little sticky note! Yes. I keep in touch with Al Music. He is a true pioneer of the garlic movement in Canada. Attached is an article that I did on Al's Music garlic. Yes, Music was named for him, not for any other reason. Al is retired; also living in Toronto but grows his Music garlic at a farm near Beaverton.

I'd love to do a complete article on Al, but he is so modest that he won't even give me a picture of himself. If I get the time, I'll go out and see him and take one myself.

So, ---, now Felicity, ---, having blown my bubble, you don't grow garlic in your city apartment, how about some information about your Waterford operation? It's the growers who have made The Garlic News such a good read.

ON Organic, a new organic newsletter

Hugh Martin, the organic specialist in the Ontario Ministry of Agriculture & Rural Affairs has just posted the first issue of the Organic Newsletter on the web. To view it, <http://www.omafr.gov.on.ca/english/crops/organic/organic.html>

I Have Big Feet, too

I have the same size feet as you and gardening has been a real struggle due to feet and back problems. It took me four days to get my 1,065 cloves in my prepared beds. I was really struggling. My feet have been very painful and I was having trouble walking even inside the house. I believe my New Balance shoes were not helping the cause. Chinese footwear is no good. I've gone through 3 tubes of GOOP just keeping them together. For Christmas, a friend, my partner in garlic patch north, about 800 cloves in our hunting camp 40 miles north of here, gave me a pair of CROCS. I've been wearing them around the house and the pain in my feet has really eased up so that now I have no problem walking the 5 or 6 blocks to the post office. My 2007 crop was not good, late and slow coming up. Of the 1,045 cloves only 70% emerged and I lost lots after emergence - very depressing especially as I was running experiments on clove planting size and type (remember the Chinese remarks on 'female' cloves? seems to have some merit.). The crop was very small. My Rocambole types did really badly with only about 30% surviving and my Artichoke types struggled as well. My Polish Jenn did better than my Music. Some of my other porcelains have been downgraded to 10 plant experiments they fared so poorly.

Rich McFarlane, Thunder Bay

A Clove Here and There

Two lads from Saskatchewan share love of garlic

Bob Osmack hails from Yorkton and spreads the gospel of garlic around there. Paul Pospisil was born in Wadena, grew up on farms in the area and went to high school in Sturgis, just north of Yorkton, a couple of years or so ago.



While visiting friends in Trenton, Ontario, Bob drove to Maberly to visit Paul at Beaver Pond Estates to swap lies about all things garlic.

They agreed on everything except one. Bob was a

veteran, like most prairie

went to sea, while Paul served his years in the

Army!

Bob on left, Paul on the right

It took the love of garlic to breach that gap!

By the way, if Bob has his way, you'll see a **new Garlic Festival** spring up in Yorkton this year.

Do you read The Furrow?

Last summer, Lorne McClinton, the Canadian editor of "The Furrow", a farm magazine published by the John Deere Company, flew up from his home in Yellow Grass, Saskatchewan to do an article on our garlic growing trials here at Beaver Pond Estates.

His story, entitled "the Garlic Guru", published in the Spring issue of The Furrow, was very flattering to this country kid. Thank you, Lorne.



Lorne McClinton

Editor: With all this attention from out west, do you think there's a conspiracy afoot to move me back to Saskatchewan?

What was this Earth Hour nonsense when people shut off their electricity for an hour on the evening of March to learn what its like to live without electricity?

Ontario Hydro provides us with regular practice doing just that. Power outages occur frequently and last much longer than an hour and we only turn on our generator after 5 or 6 hours of doing without!

Progress in Penobquis

Garlic lovers **Frances & Michael Legault**, who moved from Kanata Ontario to Penobquis, NB in 2007 to seek their fortune by doing the pioneering thing in a rural area,

keep in touch with us at the Garlic News on a regular basis.

This spring, they will be selling all sorts of garlic goodies at their farmers' market. Frances complained about the difficulties in getting local people to even try the stinky stuff. How it brought back fond memories from the early '90s when we were trying to start a garlic festival in Perth, Ontario. "We don't want that smelly stuff in our town!" was the theme. How that tone changed the following year when the stinky stuff brought thousands of visitors to town.

Keep up the good work! You're making progress.

The Garlic News is Available in the COG Library

Kristine Swaren, librarian at Canadian Organic Growers, wrote: "I would like to order the bound back copies of The Garlic News for the COG library. Would you be willing to donate all or part of that in return for a tax receipt?"

Editor: Copies sent January 2008. No tax receipt needed. Thank you, Kristine, for helping to spread the gospel of garlic.

Buckwheat or other green manures

I was planning to put plant some buckwheat as a cover crop to help with the grass/weeds (I'm sure that grass is not going to go away easily) and add organic matter. Buckwheat seemed good for spring planting, as I want something that can be broadcast seeded and doesn't need to be drilled in, as I don't have a tractor or serious equipment (other than that nice fancy rear-tined tiller I'm going to get). However, I then read in one of your articles that planting mustard is a good method for suppressing harmful nematodes. Could you tell me a bit more about that? Can it be spring planted? Is it easy to get hold of? Any thoughts greatly appreciated. And yes, I will send in my renewal for the Garlic News before spring work starts and before I have spent it all on garlic. I do love the Garlic News. What a wonderful community of true "originals."

Ilse Mozga, Campbellville, Ontario

Editor: Buckwheat is the best for new soils. You can broadcast it by hand over newly tilled soil, drag a rake over it to hide it from the birds (they'll still get some of your seed!), it grows quickly, tills under easily with a rototiller and you can do repeat seeding every 6 weeks or so. You'll find that several plantings will also help to germinate many of the weed seeds in your soil and you then till them under with the buckwheat. I do at least 4 plantings every summer and till the last one under about 2 weeks before planting time in the fall.

Mustard is not quite as good as it has stringier stems, which don't break up as easily. Unless you find that you have Stem & Bulb Nematode, I wouldn't use it

Thoughts on Growing Varieties

by: Kathy Keeping, Knutsford, B.C.

My thoughts on the different types of garlic I grow.

They really haven't been given a fair trial yet.

In one of your articles you wrote, "Learning to grow garlic well takes a few years". I am most definitely still learning. I started out with four varieties of garlic in April 2005; in October 2007 I planted 44 varieties.

I am looking for consistent producers with good keeping capabilities. I'm hoping this will be the year that the garlic will have consistent care and attention; and will be able to show me what they can do.

My garlic patch started with a new garden area. I picked enough rocks to line the run of my chicken yard (to keep the varmints from digging under the fence). The soil can become quite hard and is very nutrient poor. Every year I add lots of manure, leaves and grass clippings. The soil is improving more every year.

The first crop of garlic didn't have the benefit of the organic matter to help it grow. That spring was also dry and the summer was hot. I ran short of water - the saving grace was the bit of mulch I had managed to get on the garden. The Prairie Purple garlic I had planted still managed to produce a decent sized crop. The other 3 varieties were basically a failure.

Some of the failure can also be attributed to pocket gophers - they love garlic.

In October 2005 I planted eighteen varieties of garlic. Again we had issues with water. I tried using soaker hoses on the rows this year. Not as much waste as overhead watering. The hoses did not provide the uniform watering I was expecting. They seemed to spring leaks fairly quickly. Some garlic ended up without water. We ran low on water towards the end of the season. I harvested later than I should have. Not paying close enough attention. Pocket gophers helped themselves to garlic again.

Prairie Purple was again a good producer. Red Morado, Teardrop and ordinary white garlic were from the original four and were basically failures again. About 10 of the varieties produced large tube to jumbo bulbs. The rest were smaller.

Forty-one varieties were planted in October 2006. I just can't resist trying different varieties. Winter came before I could get more than two rows mulched. We got a good snow covering that stayed all winter and protected the bulbs.

Along with the pocket gophers dining on my garlic, the deer decided they liked the taste of it in the spring. The only green growing I guess. Now that the garden wasn't mulched the garlic had to compete with weeds. I put in drip irrigation lines in late spring. They brought even watering, until the coyotes got into the act. These coyotes have attitude. I think they are angry they can't get into my chicken pens anymore. They have decided it would be a lot of fun to chew up my drip irrigation pipes and my solar lights, as well as dig up the mulch in the garden.

Some garlic didn't grow well in some spots where I had failed to work the manure in real well. It was still too hot. Again, harvest was later than it should have been. I thought even with all these barriers to growing that the garlic produced reasonably well.

October 2007 saw 44 varieties planted. The garden is mulched, and I might have to fence it to keep the coyotes out. I will be adding a timer to the drip system, so water is not relying on me to remember to turn it on and off. Mother Nature and all else co-operating, I am expecting a good crop this fall.

Prairie Purple garlic has been a regular producer since I started. I was impressed with the size of Northern Quebec, Ukrainian Mavniv, Prussian White, and Siberian last year.

Some other decent producers were Czech Broadleaf, Yugoslavian, Spanish Antolini, Magical, Persian Star, Chesnok Red and Leningrad.

Baba Franchuk's, French and Teardrop were not long keepers. Prairie Purple, Chesnok Red, Leningrad, Yugoslavian and Czech Broadleaf lasted until about January. Persian Star and Siberian lasted until early spring.

I haven't tried eating or storing all the different varieties yet. Some varieties I sold most of and what was left I planted again. My palate isn't discerning enough to tell any real differences between varieties. Some varieties do seem to be hotter, or is it that the more I eat the hotter they get!?

This year will be the year it all comes together!!! The watering, weeding, harvesting, varmint control and record keeping. Optimistic? You betcha!

Over the next couple of years I hope to settle on 10 to 20 varieties that do well for me, though I will probably always be trying a new variety or two.

Editor: Well done, Kathy! Your perseverance will pay off and get you the best types of garlic possible and I "betcha" that your palate will start to pick out your likes and dislikes as you get to try them all out. Keep up the good work.

Making Raised Beds

By: Dave Cornell

For the past 32 years I have grown organically and have cultivated up to 1/10 of an acre in garden crops. I've intensively grown everything from asparagus to zucchini, but have only grown garlic for the past 10 years. Garlic now fills about 90% of my garden space.

The low land on which I have been growing has been challenging at times due to poor spring drainage. Occasionally heavy summer storms would also cause drainage problems with standing water. I have learned to adapt to these adverse conditions by using several types of raised garden beds. I subscribed to and learned from the articles in the Harrowsmith and Rodale Organic Gardening magazines. They have taught me to successfully build raised log beds and grow bumper organic crops, using square foot and other gardening principles, which I now apply to growing garlic.

Cedar Log Beds

My first log raised bed consisted of making a simple log perimeter frame, then filling in with soil. Over the years these beds have evolved and have improved by constructing multi layers of logs similar to a log home. Constructing this type of bed requires a basic skill in the use of a chain saw and affordable source of straight, consistent diameter cedar logs.

As my passion for growing garlic overtook the available space in my raised cedar log beds, I had to decide, should I build more raised beds or try growing garlic in my poorly drained ground. The decision was simple; I could grow much more garlic in ground, without the labour and costs of building more cedar log raised beds.

Advantages of cedar log raised vs. growing in ground are; raised beds dry out earlier in the spring; the soil heats up earlier in the spring and allows earlier planting/germination of seeds or garlic; beds drain better than most in ground garden soil even after heavy summer rains; the top log perimeter of the raised bed acts as a place to sit while planting, weeding and harvesting crops; soil in raised beds doesn't get compacted if mulched and not walked on; crops can be grown intensively.

Disadvantages of cedar log raised beds vs. growing crops in ground are; they are costly and time consuming to build; if logs are not of a uniform diameter holes between them need to be caulked otherwise soil erosion happens; weeds invade the bed between the spaces in the logs; weeds and grass is awkward to cut at the base of logs at ground level; raised beds are an obstacle when using a lawn tractor to cut grass; beds must be cultivated by hand using a garden fork before planting crops.



Garlic growing in cedar log raised beds.

In Ground Raised Beds

In the fall of 2005 I planted about 1/2 of my 2006 garlic crop in an area with poor spring drainage. The resulting August 2006 harvest from this area was only about 50% of that harvested from my cedar log raised beds.

To resolve this problem in the fall of 2006, all garlic was planted either in log-raised beds or in ground raised beds as shown in the photo. This type of bed is made by simply removing 6 inches of soil from a rototilled garden bed, to form a path the width of a straw bale. The path is then filled with straw to smother weeds and to stop soil from eroding back into the path.



Straw bales fill the walkways of the beds.

Patio Stone Raised Beds

My latest raised bed project has helped to reduce, reuse and recycle some surplus cement patio stones.

I had noticed an interesting product for recycling my patio stones in the 2007 Lee Valley Gardening Catalogue. I subsequently purchased the kit for under \$100. I reviewed the instructions for building a raised bed, using my old 2'x2' and 2'x3' patio stones, with the metal connectors and corner brackets in the kit.

I soon realized that I had enough patio stones to build several new raised beds, but didn't really want to spend another \$200, or try another course of action to utilize my surplus patio stones. So back to the drawing board I went, trying to figure out how to hold the patio stones on edge and join them together without Lee Valley's metal connectors and corner brackets. I had an idea, why not try drilling the patio stones, then bolt them together with 2"x4"s. The idea sounded feasible, so I experimented with a broken patio stone.

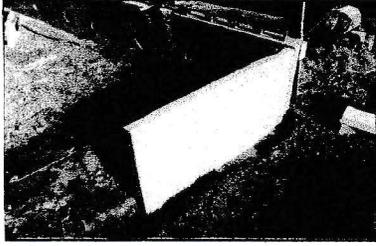
I borrowed a 1/2" cement drill bit and a hammer drill from a friend, then drilled several holes in the broken patio stone, while it was still in place in the ground. I now made a cardboard template and used a felt tipped pen to mark the top left and right corners of 16 2'x3'x2" patio stones, 2" down from the top and 3" in from the edges. These hole-centres were then centre punched for starting the masonry bit.

I chose to install the 2"x4"s around the top exterior perimeter of the 6'x18'x2' raised bed. Interior installation of the 2"x4"s would have shaded young plants and reduced planting bed space by 8 square feet. The 2"x4"s would also rot sooner if they came in contact with the soil surface.

Spruce or pine 2"x4"s were not a good choice for this project because they rot much sooner than hemlock or cedar, if exposed to the elements. Local lumberyards didn't carry any hemlock or untreated cedar 2"x4"s. I contacted a friend who owns a sawmill and has a source of white cedar. I then obtained 50' of rough-cut cedar 2"x4"s for my project. Note: pressure treated (green coloured) wood is full of carcinogens and should not be used for anything holding earth used to grow food, or anything coming in contact with your skin or water.

Making Raised Beds (continued from page 8)

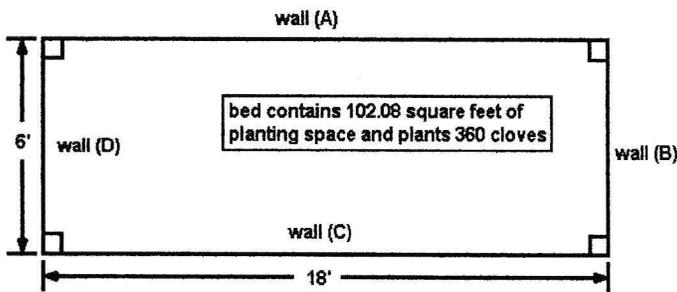
After deciding to secure the tops of the patio stones in place with 2"x4"s I still had to determine how to hold the bottom of the stones in place. Rather than burying 2"x4"s anchored to the patio stones, as in the Lee Valley Kit, I decided to try another method to hold the stones in place. My idea was to use a row of bricks outside the patio stonewall standing in a level trench in the soil.



The bricks would be set into the ground so that their face was level with the soil surface. Bricks set end to end would provide a secure perimeter around the outside base of the stonewall. Brick joints should not be at the

same place as the stone joints, i.e., for strength, overlap a brick at a stone joint. With the brick's face set at 90° to the vertical patio stonewall would reduce weed growth at the base of the wall and make grass cutting easier.

Constructing The Raised Bed



Carefully define the location of the raised bed, so that it will receive maximum sun exposure and not be shaded by buildings or trees.

Drive 4' wooden stakes 1' deep into the ground around the perimeter of the 6'x18' raised bed. Stretch a heavy string tightly around the four wood stakes at ground level.

Using a square nosed digging spade or edger, cut the sod/earth 6" deep on the outside edge of the tight string line along the 18' wall (A). Start the depth of the first patio stone 6" below the existing soil surface level. This should compensate for any unlevel ground around the perimeter of the new raised bed. Measure over 5" from the 1st string cut line in the sod/soil and set another stake and string line parallel to the 1st string line, then cut another 6" deep line in the ground.

Be sure that the 2nd cut line is outside the 6'x18' perimeter described in step 2 above, otherwise your bed will no longer measure 6'x18'.

Carefully remove the earth from the 5" wide and 6" deep by 18' long trench. It is important to keep the walls of the trench perpendicular to help support the vertical patio stones and brick wedges. (You could set the patio stones deeper than 6" and gain by not having to fill the bed with as much topsoil.) The configuration I have used is as follows: 24" patio stone set 6" into the ground leaves 18" to the top of the bed. I chose to fill the bed with 16" of compost, peat moss, manure, leaves and topsoil and leave a 2" space between the bed soil surface and the top of the bed. This avoids the loss of soil from the bed when summer storms cause water to overflow.

Place the 1st patio stone in the trench horizontally so that it is standing 2' high on edge measured from the bottom of the trench to the top of the patio stone. Adjust the level of the stone both vertically and horizontally by adding or removing soil from

under the base of the stone. After levelling the stone brace it in place with bricks then install a string line and stake level with the top of the level stone and extend along wall (A 18'). Use a string line level to ensure that the string line is level with the top of the 1st stone in the trench.

Set and level the 2nd stone in the trench as defined in step 6 above then tie the 2 stones together at the top by clamping a rough cut 2"x4" parallel to the top edge of stones 1 and 2. Insert a felt tipped pen through the 1/2" holes in the stones to mark the perimeter of the holes on the 2"x4". Remove the 2"x4" from the clamps, centre mark the circles marked by the felt tip pen, then vertically drill the 2"x4" using a 1/2" wood auger drill bit and electric or cordless drill. Replace and clamp the drilled 2"x4" so that the holes in the patio stone align with holes in the 2"x4". Insert a bolt through a flat washer then through the 2"x4" and cement patio stone. Use a rubber mallet or a hammer to ensure a tight fit prior to adding another washer and nut to the exposed bolt thread. Finish this step by ratcheting the nut snugly to the bold, then repeat for each drilled bolt hole in the 2"x4" perimeter around the bed.

Keep adding patio stones and 2"x4" supports to them until the 18' wall is finished (6stones).

Start wall (B) using a 90° carpenters square to locate the string line at ground level, install the 6' string line, when cut the 6'x6" deep by 5" wide trench as described in steps 3, 4 and 5 above.

Set the 1st of 2 stones in wall (B) as described in step 6 above, then tie walls (A) and (B) together using a 6" - 90° angle corner brace, bolted on the inside of the bed.

Repeat step 10 for stone number 2 of wall (B) i.e., angle corner brace 90° to wall (C) (Note: make sure to set walls B and D inside walls A and C, otherwise you will loose 8 square feet of bed planting space.)

Repeat step 6 for stones in wall (D) and tie wall (D) to wall (A) as shown in step 10 above.

I don't know if it was a result of good luck or proper planning that the bed ended up square when the last 90° angle corner brace and exterior 2"x4" perimeter were bolted together. Now all that remained to do was to caulk between the stones both inside and outside and around the boltholes to keep the earth inside and weeds and insects out.

I then recycled some excess 1" pink ridged Styrofoam sheets by gluing them to the inside walls of the bed and over the top surface of the patio stone and wood to make a 5" wide seat to sit on while tending my garlic crop. I then covered the Styrofoam with some enamelled steel to stop future sun or tool damage. I now had the Cadillac of raised beds so I decided to treat it like a Cadillac and filled it with a mixture of peat moss, fish meal, compost, leaves, grass clippings, compost starter, cow and sheep manure and top soil.

I expect that in future this will be my demonstration bed for propagating new strains or experimenting with row covers, which could easily be attached to the 2"x4" outside perimeter of the bed. Fall 2007, I planted 360 cloves in 15 rows of 24 cloves each in 102.08 square feet of bed.

The total estimated construction cost of all materials except labour and bed soil contents to build the above-described bed is \$400. Costs would be less if all materials were not required to be purchased.

For more detailed information on this project or to drop in to see this bed please feel free to contact Dave Cornell at 613-257-4688 or ashtonstationgarlic@gmail.com at your convenience.



Boundary Garlic

Henry Caron & Sonia Stairs

Box 273, Midway BC V0H 1M0
250-449-2152

Certified organic seed garlic
rocamboles, purple stripes, porcelains, artichokes

www.garlicfarm.ca

e-mail : garlic@garlicfarm.ca

Garlic Seed • Shallots • Table Garlic

ARRANHILL GARLIC FARM

Alan Cowan
R.R. #2 (#110) (519) 934-2119
Allenford, Ontario N0H 1A0 acowan@bmts.com



James & Janice Jones
email - bigassgarlic@hotmail.com

Dorset, Ontario
705-766-2748

Note: Valerie Russell advised that Maple Bay Organic would no longer sell garlic for seed, only for table use, due to an infestation of white rot in 2007. Valerie's website is no longer online although earlier information on Maple Bay still pops up

The Garlic Press Features Canadian Garlic!

David Stern, Head of the Garlic Seed Foundation (GSF), U.S.A. advised that the next issue of The Garlic Press would feature articles on garlic activities in Canada. Contact me for further information or subscribe directly using the contact information on the facing page.

Editor

If 4 out of 5 people suffer from diarrhea...does that mean that one out of five enjoys it?



offering sixteen varieties of garlic

SALT SPRING SEEDS

call us at (250) 537-5269 or browse our entire catalog at

www.saltspringseeds.com

Box 444, Ganges P.O., Salt Spring Island, BC V8K 2W1 Canada

Kings Creek Garlic Farm

Home Grown Garlic

(613) 253-0436



kingscreekgarlicfarm.ca
garlic@kingscreekgarlicfarm.ca

Ray & Diane Bradley

Fax (613) 253-2176

You harvest as you sow. It pays to buy quality seed.

Demand for Canadian Grown Garlic continues to go up, year after year.

Again this past year, we received scores of inquiries from every part of Canada looking for garlic – garlic to plant, garlic to eat, just garlic, as long as it was local.

We referred these customers to the growers listed in these Garlic Directory pages. If your ad was here, you had dozens of referrals from us. If we didn't know that you had garlic to sell, we couldn't help you sell it!

Don't delay. Fill out your application and send it in today!

Canadians want clear rules in labelling, so they know that food in their local grocery store labelled "Product of Canada" is actually produced in Canada by Canadian farmers, says Grant Robertson, Ontario Coordinator of the National Farmers Union (NFU).

NEW ADDRESS!!

WARREN HAM

August's

HARVEST inc.

4727 Rd 130, RR #2
Gadshill, ON
N0K 1J0

TEL 519-393-5550

FAX 519-393-5551

FREE 1-877-272-1742

warren@augustharvest.com

GARLIC
GARLIC SEED
SHALLOTS



Hand Cultivated
Organically Grown Garlic

Pickles Jellies Gift Packs

Frozen Garlic Scape Pesto
Fresh & Cured Garlic
Seed Stock-6 Varieties & growing

Call ahead for prices & availability
Ph. 613-257-4668

Dave Cornell

1967 Ashton Station Road
Box 42, Ashton, ON K0A 1B0
ashtonstationgarlic@gmail.com

Present your organic garlic in style in an organic cotton garlic bag. Contact Liz Murphy at: Enviro-Threads, 30 Simcoe St. S., Lindsay, Ont. K9V 2G4. Ph. 705-328-2644. Email: enviro-threads@sympatico.ca
See article on organic garlic bags, The Garlic News Issue #10.

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

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

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

Garlic For Sale: 4 Porcelains, 12 Rocamboles, 5 Purple Stripes, and 6 Artichokes. Lorna & Martin Reichert, Reichert's Gardens, Morewood, Ont., K0A 2R0. Ph. 613-448-1033. Email mfreichert@yahoo.ca.

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

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

(see advance reservation form included with this issue)

Subscribe to: the Garlic Press, Newsletter of the:
Garlic Seed Foundation

Rose Valley Farm, Rose, NY 14542-0149

Website: www.garlicseedfoundation.info

The Garlic News 2008 Advertising Rates for Members
Business Card Ad in Directory: \$15.00 per issue. Repeat same ad 4 issues, \$50.00, a saving of \$10.00.

Box Ad: \$8.00 per column inch. Repeat same ad 4 issues \$25.00.

Directory Listing: \$ 5.00 per issue 4 lines listing name or business name, product(s), mailing address, phone number, E-mail. Repeat same ad, 4 issues \$15.00. Added lines, \$1.00 per line, per issue.

Quarter page: \$25.00 per issue. 25% discount for repeating same ad 4 times, \$75 for 4 issues.

Full Page: \$75.00 per issue. 25% discount for repeating same ads 4 times, \$225 for 4 issues.

Terms and Conditions:

1. Advertisements are accepted at the discretion of the Managing Editor subject to good taste and suitability.
2. Advertisers are responsible for supplying a copy of their printable business card or camera-ready artwork.
3. Black and white ads only, no color.
4. All advertising material must be received by the deadline date specified on the Advertising Form.
5. Any notice of cancellation must be in writing and received on or before the cancellation date.
5. The Garlic News will not be responsible for damages due to advertising errors, late publication or non-insertion of any advertisement beyond the amount paid for the ad. Liability is limited to the advertising cost paid.

Make cheque payable to: Paul Pospisil. Deliver or send with Application Form to the address below:

Paul Pospisil, Editor, The Garlic News Beaver Pond Estates, 3656 Bolingbroke Road, Maberly, Ontario K0H 2B0

Join Today: Seeds of Diversity Canada

Email: mail@seeds.ca Web: www.seeds.ca

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

The best garlic recipes and ideas

Mary Lou's Three Bean Maple Baked Beans

This is a great baked bean dish to serve with your pancakes and maple syrup for your family Easter Brunch.

Ingredients:

2 cups dried beans, either white or coloured
1 cup dried lima beans
1 cup dried chick peas
10 cups home made chili sauce
3/4 cups maple syrup, Amber or Medium
6 cloves garlic, freshly minced
1/3 cup prepared mustard
1 cup tomato juice

Method:

Wash beans and chickpeas. Place in separate bowls and soak overnight in 3 times their volume of water. Next day, discard any beans that have risen to the surface. Drain thoroughly. In separate pots, bring beans to a boil in 3 times their volume of water; reduce heat and cook until tender but still firm (about 45-60 minutes). Drain, saving the cooking liquid. Combine beans in a 20-cup (5-litre) casserole and stir in all ingredients, except tomato juice. Slowly add tomato juice and enough cooking liquid, stirring until mixture resembles very thick soup. Cover and bake in 300F oven 5-6 hours or until beans are slightly broken down. Add more cooking liquid while beans are baking to keep top of beans covered. If beans are too runny, remove cover for last hour of baking. Makes about 25 servings. Freeze any that you don't use right away or reduce amounts proportionately for a smaller amount.

Fresh Garlic Flavour in the Spring

In March or April, much of your stored garlic has dried out (except for those long-keeping soft necks!) or at best, has grown strong and bitter. This is the time of year to get the earliest taste of fresh garlic greens or scallions.

First, if you have any bulbs sprouting, plant them in pots on your windowsill to grow some early greens (see page 7, Issue #2 of The Garlic News for article on windowsill garlic). You can plant whole bulbs or break them into cloves. It doesn't matter. Keep them watered and watch them grow! When they get 10-12" tall, snip some of the stems and tops and use these greens in place of garlic cloves. You'll be pleased with the fresh, garlic flavour.

Once the snow is off the garden and your garlic is growing, watch for candidates among the plants to pull as garlic scallions. Any plant that has a smaller diameter stem than its neighbours of the same variety is unlikely to develop a large bulb. Pull it as you would a green onion and use it chopped up in your recipes. Simply delicious!

This will keep you in fresh garlic flavour until the scapes appear in mid-June.

Soups Using Garlic Scapes or Greens

Garlic Scape Soup #1

This soup enhances the delicate garlic flavour of the scapes. Use the complete scape including the bulbil or flower capsule. Early in the season, you can use garlic scallions instead of scapes.

Ingredients:

3 cups garlic scapes, cut into short pieces
1 medium onion, chopped
1 tbsp olive oil
1 tsp thyme leaves or 1/2 tsp dried thyme
3 cups chicken broth
1 cup cream
Salt and pepper to taste

Method:

Sauté the garlic scapes and the onion in the olive oil over medium heat until vegetables are soft. Add the thyme at the end. In food processor, purée the vegetables and add chicken stock as needed to make a smooth paste. In saucepan, heat the vegetable mixture and add the remaining chicken broth. Bring to a simmer and add the cream. Adjust the seasoning. Serves 4.

Garlic Scape Soup #2

Ingredients:

7 fresh garlic scapes
3 small potatoes, cut into chunks, with skins
2 tbsp butter
3 cups of chicken broth
2-3 tbsn white wine vinegar

Method:

Cut the scapes into thin rounds. Sauté in butter for about 10 minutes at low heat. Place the potatoes and sautéed garlic in a saucepan and add chicken broth. Cook covered for about 30 minutes. Puree the soup in your blender until it is smooth. Return soup to the saucepan and add more broth if it is too thick. Add salt and pepper to taste, reheat. When hot, add white wine vinegar and serve.

Wild Leek Pesto

Wild leeks are a threatened species. In the spring, pick only the leaves, leaving the bulbs to propagate the patch.

Ingredients:

3 cups fresh wild leek leaves 1/2 cup pine nuts
2/3 cup grated Romano cheese 1 tsp salt
2/3 cup extra virgin olive oil 1/2 tsp white pepper

Method:

Finely chop pine nuts in food processor. Add cheese, salt, pepper and wild leek and run till finely chopped, then, add oil and blend it in. Use in your favourite pasta recipes. Freeze in small portions to keep some for later use.

Borsch, Borsch or Borscht

Borscht is a vegetable soup from Eastern Europe, which is traditionally cooked including beetroot as a main ingredient giving it a strong red colour. History says that borsch was and is one of the most popular dishes in Russia. Ukrainian borsch has become famous in Canada. Why Ukrainian? Because Ukrainians cook the best borsch!

Borsch is usually made from a base of rich meat stock. Pieces of meat, usually pork, may be cooked in the soup along with the vegetables, but there are meatless versions (svekolnik) and these are especially served on fasting days. The tart flavour may come from any one of the following: beet kvas (fermented beet juice), lemon juice, strained rhubarb juice, sorrel leaves, vinegar, or pickle brine.

Besides having a slightly tart flavour, borsch also tastes of salt, pepper, dill, and garlic, according to the discretion of the cook. A good borsch should retain its deep red colour and the ingredients should not be cooked to a mush, but should retain their texture. One way to guarantee this is to bake the beets in the oven until they are tender, remove their skins, chop them, and then add to the soup near the end of the cooking.

Classical Ukrainian Borsch

This classical borsch recipe demands time to cook it but the taste of it will be delicious reward for your work.

Ingredients:

2 lb (1 kg) beef and pork meat
2 medium beets 2 potatoes
1/3 head cabbage 2 onions
1 carrot 1 parsnip root
3 tomatoes or 2-3 tbsp tomato paste
2 tbsp butter or oil sugar & salt
5-6 black peppercorns 1 garlic bulb
fresh dill or dill seed

Method:

Make the broth by placing the meat, 1 onion, 1/2 carrot and 1/2 parsnip root in a pot, adding water and 1 teaspoonful of salt and boiling the broth for 1 to 1 1/2 hours. Remove vegetables from the broth and discard them.

Remove the meat and chop into small cubes. Put into a small pan, add some water and 2 tbsp of butter or vegetable oil and stew for 15-20 minutes. Then add tomato paste, a little bit of sugar (optional) and stew it 10 minutes more.

While the beef is stewing, slightly brown chopped onion and carrot. Then add sliced tomatoes and fry for 5-7 minutes more. Shred the cabbage and beets, add to the broth and boil for 10 minutes. Chop potatoes into 1-inch cubes and add to the borsch. Add fried onion, carrot and tomatoes. Boil all for 10 minutes, then add stewed meat and peppercorns and boil 5 minutes more.

Add 2 bay leaves, chopped garlic, dill and salt to taste and turn off the oven.

Let the borsch brew for a half of hour to blend the flavours. Serve the borsch with sour cream.

Here are two borsch recipes from the Garlic Delights Cookbook, published for the Andrews Garlic Festival



Beet Soup (borsch)

by Mrs. S. Zaharko

Ingredients:

3 cups water
1 medium onion, finely chopped
1 medium potato, cubed or cut in strips
1 medium carrot cut in strips
1 stalk celery, finely chopped
1 cup canned shoestring beets
1 cup baked beans or kidney beans
1 to 2 cloves garlic, mashed with salt
1 to 2 tbsp sugar
1 tbsp butter or oil
1 tsp salt
8 oz can tomato sauce or can of tomato soup
1/2 cup parsley, finely chopped

Method:

Pour water into a quart pan. Bring to a boil. Add next 6 ingredients. When vegetables are 1/2 done, add the remaining ingredients, except tomato sauce and parsley. Let vegetables cook until done. Add tomato sauce and parsley. Bring to a boil. Serve with sour cream.



Meatless Borsch

For Ukrainian Christmas Eve
By Evangeline Kozakewich

Ingredients:

2 qt shredded cooked beets
2 cups boiled white beans or lima beans
1 cup cooked rice on oil and onion
8 cloves garlic, chopped
Sufficient amount of water
Vinegar, salt, pepper to taste,
1 pint tomato soup (preferably homemade)

Method:

Boil for 1/2 hour. Then brown 1 medium onion in oil. Add to beets. Add tomato soup. Thicken with Bisto. Simmer for 15 minutes.



No cook who has attained mastery over her craft ever apologizes for the presence of garlic in her productions. -- Ruth Gottfried, The Questing Cook (1927)

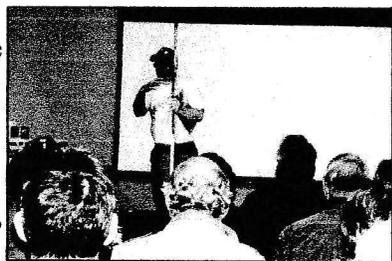
3rd Haliburton County Garlic Workshop

By: Charlie & Sheila Robb

On the evening of Wednesday, April 16, 2008 a Garlic Workshop was held in Minden, Ontario sponsored by the Haliburton County Farmers' Association. This was the third year in a row that this workshop has been held, and again, a very successful one. Close to ninety people were in attendance travelling from Gooderham, Eagle Lake, Tory Hill, Irondale, Bracebridge, Kinmount, Haliburton and closer to home, Minden, it was the best attendance yet. Good advertising pays off. We had notices of the workshop posted as far and wide as possible, notices were announced over a two week period by the two local radio stations, an excellent article written by Gina Atkinson in her column "Stanhope Life" in the Minden Times titled "Learn everything about garlic at workshop" was a huge promotion for us, an article in the Highlands Communicator and a notice in the Minden Times upcoming events calendar, and let's not forget "word of mouth" advertising.

This year our workshop concentrated on local growers. Our programme featured a power point presentation that showed all aspects of growing garlic from soil preparation through to harvesting. This presentation was designed using the step-by-step photos that we had on display the previous workshop.

Charlie Robb guided the audience through the steps. We discovered that a visual display is important – a picture is worth a thousand words, and that is so true.



There was also a brochure for everyone "Steps to growing quality garlic" that enabled them to follow the presentation. Many thanks to Megan Stong who spent some time setting up the power point.

Following that there was a demonstration "Cooking with Garlic".

Gail Grainger, whose husband grows garlic in the area was on hand to show attendees the many ways she uses garlic from the scapes



to the cloves. A simple garlic scape spread that can be used in pastas, bruschetta, soups, etc., a variety of garlic jellies that can be used in many dishes, pickled garlic, relish and so much more. Her husband, Todd, assisted Gail and the whole presentation was not only informative but also very entertaining. They make a great team!

Time for the refreshments and we wondered if there would be enough "tasting" for everyone, such a large crowd but were pleased to see that there was plenty. An assortment of spreads, dips, jellies etc were on hand prepared with locally grown garlic from last year's harvest and once again people were surprised at the "bite" of the garlic after so many months. A good way to emphasize the quality of good garlic! Following the refreshments draws took place for the sixteen door prizes of which all were donated. There were small bags of garlic from our local growers, fresh farm eggs, and a delightful Christmas tree ornament that was in the shape of a garlic bulb, a book "Growing Great Garlic" by Ron L. England and a photo frame.

It was now time for our local growers. Rick Ratcliff who has been growing garlic for six years was the first to speak. Rick grows garlic mainly for himself and relatives and we have been urging him to expand. Hopefully he will this next planting season. John Kellett was our next speaker. John is in his second season and was encouraged by us to begin growing garlic. He enjoys growing the garlic because for him it is an easy crop as he is involved in many things and is kept very busy. Our last speaker was Richard Taylor who has been growing garlic for a few years. He demonstrated his homemade tool that he uses for planting (to save his knees). All three speakers had their own views on the growing of garlic and it made for a very interesting and informative presentation. Following this there was a short period for questions.

We also had on hand cookbooks that contained recipes using garlic, our own brochure "Steps to growing quality garlic", information on the Mosquito Barrier, health benefits of garlic and subscription forms for The Garlic News (hopefully Paul, you will get some new subscribers). Everything went. In fact we did not have enough and some people have requested some be sent. So the evening wrapped up. We owe much to the volunteers who helped us out. Couldn't have done it all ourselves. One thing was evident – we ran out of time – we could have easily used more – from the speakers to the cooking demonstration – but with an evening event – it was enough – maybe something different can be arranged for the future – the interest is definitely there.

Editor: Congratulations to Charlie & Sheila and the Haliburton County Farmers' Association. This early spring garlic initiative is demonstrating success in spreading the gospel of garlic. The number of attendees has gone up every year. You can't argue with numbers.

Advance notice of other garlic events for 2008

Kenny & Linda Willis advised that the **2nd Annual Verona Lions Garlic Festival** is on Saturday August 30.

Warren Ham has already sent out vendor packages for the **2008 Stratford Garlic Festival**, Saturday September 13.

REPORT # P-02-2007 Performance & Yield Comparison of Proven Strains 2007 Crop

This trial was done in the 2006/2007 Small-Plot Garlic Variety Trials using 39 proven strains from all Varietal Groups in order to determine relative yield and performance within the groups. Neither the new strains under initial trial evaluation nor Seed Saver strains are included in this report.

All strains were grown using standard organic methods under conditions sufficiently equal so as not to favour one strain against another. Trial beds were fall-planted Oct 16-30, 2006 and hand-harvested July 16 – Aug 04, 2007. Yield extensions* are based on using double-row raised beds, at 3 plants per foot of row equating to 87,120 plants per acre for hardneck types and 4 plants per foot (intensive planting) for softnecks, equating to 116,160 plants per acre. B-Grade garlic <1.5" (below market size) is included in harvest calculations. Crop loss includes all losses including winterkill, non-emergence, insect, disease & animal losses and harvest damage and is shown in the % Loss column.

STRAIN	SampleSize Cloves Planted	Planted Wt grs	Harvest Wt grs	AvBulb Wt grs	Harvest Date	Extend* lbs/acre	% Loss	Yield* Lbs/acre	Relative Standing
PORCELAIN – 10 strains evaluated at density of 3 plants/foot, 2 strains to show yield reduction at 4 plants/foot									
Majestic @ 3/ft	153	2225	6478	50.4	28 July	9872	12.4	8646	5 of 10
Romanian Red	162	1692	5363	39.4	25 July	7572	16.0	6361	8 of 10
Musical (Control)	41	443	2647	63.0	28 July	12,106	0	12,106	2 of 10
Melody	48	555	1896	39.5	21 July	7586	0	7586	7 of 10
Music-original	31	292	1379	44.5	21 July	8543	0	8543	6 of 10
Georgia Fire	41	383	1979	48.2	28 July	9270	0	9270	4 of 10
Polish Jenn	60	592			25 July		48.0		Crop Failure
Ger Stiffneck	106	1135	2968	41.2	28 July	7916	32.0	5383	9 of 10
Mammoth	55	634	3395	61.7	28 July	11,856	0	11,856	3 of 10
Nellie's Chiloe	55	634	4193	72.3	28 July	13,885	1.6	13,444	1 of 10
The following two were planted at intensive density of 4 plants per foot (116,160 plants per acre)									
Majestic @ 4/ft	200	2480	6433	36.3	28 July	9308	11.5	8237	
Magnificent @ 4/ft	202	1845	7313	39.5	28 July	10,123	8.4	9272	
PURPLE STRIPE – 4 strains evaluated at density of 3 plants/foot									
Czech Broadleaf	120	625	6628	55.7	01 Aug	10,698	0.83	10,612	1 of 4
Siberian	42	599	2238	41.4	21 July	7960	0	7960	2 of 4
Robust	50	288	1562	31.2	31 July	6000	0	6000	4 of 4
Purple Glazer	38	287	1558	44.5	31 July	8550	7.9	7874	3 of 4

Notes:

- 1) Harvest Weight and Lbs/Acre columns are based on harvested crop, deducting losses from all causes.
- 2) To convert kg to lbs, multiply by 2.20462
- 3) Relative Standing is based on a comparison of forecast yield (Lbs/Acre), cull rate(<1.5"), if applicable and successful harvest.
- 4) Loss of 50% or more or bulb average below market size is deemed a crop failure.
- 5) Growers wishing to calculate relative Harvest to Seed Ratio simply divide Column 4 (Harvest Wt) by Column 3 (Planted Wt)

(report continued on page 16)

REPORT # P-02-2007 Performance & Yield Comparison of Proven Strains 2007 Crop – 2nd page

STRAIN	Sample Size	Planted Wt grs	Harvest Date	Harvest Wt grs	AvBulb Wt grs	Extend* lbs/acre	% Loss	Yield* lbs/acre	Relative Standing
ROCAMBOLES – 12 strains evaluated. Density 3/foot or 87,120 plants/acre									
Carpathian	133	717	30 July	4991	40.6	7794	7.5	7209	12 of 12
French	145	762	29 July	9090	57.9	11,120	+8.3*	12,043	3 of 12
Spanish Antolini	60	347	30 July	3362	54.2	10,415	+3.3*	10,759	6 of 12
Reliable	84	382	30 July	4418	51.4	9867	+1.02	10,064	8 of 12
Spanish Roja	40	231	30 July	1636	40.9	7856	0	7856	10 of 12
Yugoslavian	96	470	25 July	6659	66.6	12,790	+4.2*	13,327	1 of 12
Czech Red	46	226	31 July	2596	56.4	10,839	0	10,839	5 of 12
Slovak	36	253	01 Aug	2088	58.0	11,140	0	11,140	4 of 12
German Red	43	207	31 July	2894	67.3	12,926	0	12,926	2 of 12
German White	58	162	30 July	2290	39.5	7583	0	7583	11 of 12
Glengyle	100	491	31 July	4744	47.4	9112	0	9112	9 of 12
Ukrainian	40	200	04 Aug	2181	47.4	9106	+15*	10,472	7 of 12
ARTICHOKES or ITALIAN REDS – 6 Strains evaluated. Density 4/foot or 116,160 plants/acre									
Endurance	124	454	21 July	4823	39.5	10,124	1.6	9962	3 of 6
F4 Italian	100	595	18 July	4199	46.1	11,817	9.0	10,753	2 of 6
Formidable	52	339	18 July	1743	36.3	9299	7.7	8583	5 of 6
Baba's Chesnek	96	475	21 July	5577	62.0	15,869	6.25	14,877	1 of 6
Danielle's Rodrigo	45	302	16 July	1709	42.7	10,941	11.1	9727	4 of 6
Korean Purple	72	328	16 July	2329	33.3	8520	2.8	8282	6 of 6
ASIATIC ARTICHOKES – 4 Strains evaluated. Density 4/foot or 116,160 plants/acre									
P1 Asian Tempest	34	182	01 Aug	1126	35.2	9011	5.9	8479	3 of 4
ArgentineRed Stripe	60	325	01 Aug	1827	38.9	9955	21.7	7795	4 of 4
Genki	44	250	21 July	1475	36.9	9443	9.1	8584	2 of 4
Japanese Asiatic	34	275	21 July	1504	45.6	11,671	2.9	11,333	1 of 4
SILVERSKINS – 2 Strains evaluated. Density 4/foot or 116,160 plants/acre									
F40 Sovereign	66	310	21 July	2077	29.7	7599	+6.0*	8054	2 of 2
Early Silverskin	60	225	21 July	2038	36.4	9320	6.7	8695	1 of 2
* doubled cloves in some strains often produce extra bulbs, accounting for more bulbs harvested than cloves planted									