



# THE GARLIC NEWS

## Connecting the Canadian Garlic Network!

Issue 16 Summer 2008

### Quality

When growing garlic, think quality in everything you do. Start with the quality of the seed bulbs that you use for planting. If you look for the cheapest seed, don't expect the best crop. Spending a little more to get good quality seed will reward you with a better and bigger harvest.

You harvest what you sow.

Then, at harvest time, think about how to make your garlic as appealing as possible to prospective customers. In between, think about how to use good growing practice, not shortcuts, to grow the best crop. Quality counts.

### Assign your time for harvesting

You just can't harvest garlic when you can spare a couple of hours.

You have to be ready to harvest when the bulbs are mature, not before, not after. It sounds simple but you must allot the time needed. When garlic is mature, it must be harvested. Leaving it in the ground even a day or two longer means that the protective wrappers are lost and the garlic is hardly fit for market. Trying to harvest it before its ready means an immature bulb that will not keep well in winter storage.

Quality is timing of the harvest to ensure that you get the best garlic bulbs possible from the fine garlic that you grew.

### Enjoy the Harvest

Why should harvest time be drudgery? It shouldn't be. It should be a time of doing enjoyable work to realize the fruits of your labours. If you are a good steward of the land, have planned your crops to make you a good living within your means of your available time, you should be able to enjoy your success at harvest time.

Plan your harvest. Work out a method to reduce labour. Use whatever tools you have, providing they won't damage your precious garlic bulbs, to carry out the harvest.

Remember the heat of the summer sun. Set up necessary shelters to protect you from the sun.

Have lots of fresh, cool water available to drink. Make your harvest as enjoyable as a summer picnic.

### To Wash or Not to Wash the Garlic

Bulbs must be clean. Dried garlic should never be washed, as it will cause it to mould. However, garlic freshly lifted from the soil is impervious to water due to its green wrappers. Washing has little or no effect upon it.

The decision of whether to wash or not is dependent on the soil in which the garlic is grown. Sandy soils have little need to washing as the soil easily brushes off when it dries. Clay soils, on the other hand, stick to the garlic like glue, and if left on to dry, are near impossible to remove.

So, if you have a clay soil, wash your garlic bulbs with a gentle spray of water as soon as you lift it from the ground.

You might also choose to peel off the dead, excess leave and trim the roots at this time to have them ready for market as soon as they are cured.

### The Garlic Harvest

The harvest is when you reap the fruits of your labours. All your toils, the backbreaking work of tilling and preparing the soil, seed selection, planting, weeding, the watering, checking for disease and insect attack and the nurturing of the growth, - - - these all come together in the final result, the harvest.

Proper harvesting is the most important part of the growing cycle and yet the one most often neglected. Due to the pressures at harvest time, growers often sacrifice a good crop just to rush a poorly harvested one to market. What a shame to waste all that work!

Here are a few tips to avoid that happening.

### Presentation

Food, whether it's garlic or carrots or broccoli, tastes better when it looks better. So, make your garlic look better for market.

That means it has to be clean free of blemishes, with unbroken, attractive wrappers and at least as well-prepared as that awful Chinese garlic that you see on the grocery shelves.

Presentation is an important consideration of producing and presenting QUALITY garlic.

### Pricing Garlic for Sale

Now, who is prepared to work for \$1.00 a day? That's the labour rate for farm workers in China. \$1.00 a day is what makes Chinese garlic so cheap in the supermarket.

When you sell a Canadian grown vegetable, its selling price has to be based on Canadian farm labour, that being around \$150.00 to \$200.00 per day, not \$1.00. Simple, ey? Simply, selling your garlic, you need to charge the \$8-\$12 per pound for Canadian grown, because that's what it costs to grow and bring to market. Forget that the supermarket sells Chinese garlic at less than \$1.00 per pound.

Discerning Canadians will happily pay a little more for locally grown, Canadian Quality.

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

**IT MAKES HEALTHY BUSINESS SENSE**

# THE GARLIC NEWS

Connecting

The Canadian Garlic Network  
Issue # 16 Summer 2008

Managing Editor: Paul Pospisil

Business Manager: Mary Lou Pospisil

Contributors: Grant Robertson  
: Ulrike Kielhorn-Bieri  
: Frances & Mick Legault

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](mailto: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 Fall 2008 Issue: August 04**

## In This Issue

- The Garlic Harvest** 1  
A few thoughts on producing quality garlic by good growing and harvesting practices.
- A clove here and there** 3  
News from the world of garlic
- People – We Get Calls and Letters** 4-5  
We get calls and letters from garlic fans and learn from their garlic experiences.
- The public wants farmers to prosper** 6  
Grant Robertson, a senior elected official with the National Farmers Union provides  
some thought-provoking advice on direct marketing.
- Garlic Festivals Across Canada in 2008** 7  
The annual listing of known garlic festivals selling the local garlic harvest
- Eastern Ontario Garlic Awards – Notice** 7
- Any Home Gardener Can Grow Great Garlic** 8-9  
Taken from the handout pamphlet that Paul Pospisil has been handing out to growers  
during his lectures, it is a condensed guide for growers of the stinking rose.
- The Garlic Directory** 10-11  
Garlic ads, listings and useful garlic contacts. Growers are finding the advantage  
of letting buyers know about them. "Don't hide your garlic under a bushel!"
- The Best Garlic Recipes and Ideas** 12  
Recipes from the Legault's in NB, soups, dips and even Chimichurri from Ulrike..
- More Garlic Recipes** 13  
Dilly Scapes, mushrooms and zucchini with garlic.
- Humour: Facts About Garlic Seed - from the Garlic Guru's Pen** 14  
Taken from one of his many talks on growing garlic, Paul Pospisil presents a serious topic  
in a humorous manner.
- Book Review: Harrowsmith's Truly Canadian Almanac 2008** 14  
A short review of the first Canadian Almanac by the Garlic Guru.
- Garlic Research: Best Size of Seed Trial 2006-2007** 15  
A continuation of the best size of seed project at the Small-Plot Garlic Variety Trials in  
order to provide growers with a sound basis for planting decisions. Four strains, Majestic,  
Magnificent, Czech Broadleaf and Reliable in this trial.
- Keeping Garlic Records Part 2 – The Harvest** 16  
Two more forms from the Small-Plot Garlic Variety Trials to help growers with garlic  
paperwork.
- Attachments:** Garlic Harvest Record form  
: Garlic Maturity Chart record form.
- Enclosures:** Entry Form Eastern Ontario Garlic Awards (EOA members only)  
: Subscription Renewal for subscriptions expiring in Summer 2008

## RENEW YOUR SUBSCRIPTION

**For subscriptions expiring with issue #16, Summer 2008, your  
Subscription Renewal form is enclosed. Don't delay, do it now so that  
your *Garlic News* will continue to arrive with no interruption. If no form  
was included with your News, don't worry, your subscription is paid up.**

## A Clove Here and There

### The Garlic Press

Bravo to David Stern for featuring Canadian garlic in the latest issue of the Garlic Press! Growers wishing to subscribe to this fine publication can find contact information for the GSF in the Garlic Directory.



### The end of another year for The Garlic News

This Issue of The Garlic News, #16, completes our 4<sup>th</sup> year of publication. Are we going to quit? No, not likely. The responses to the Early Bird Renewal form that we included with our last issue were simply overwhelming. Most members renewed for 2 years, committing us at least until Summer 2010. A few members have The News booked till year 2011 and some till 2012. Not sure if we can guarantee to live until then!

As I plug away at getting the next issue ready, I wonder if I should make any changes in the 5<sup>th</sup> year or stick with success. If you think the News needs a new look, let me know. Otherwise, we'll stick with what we've got.

### Changes To "Product Of Canada" Food Labelling

The announcement that the federal government will introduce changes to rules governing "Product of Canada" labels on food products is welcome news. Under current Canadian Food Inspection Agency (CFIA) guidelines, imported food products can be repackaged and labelled as "Product of Canada" if the cost of labour and/or additional ingredients represents 51% of its cost of production.

In the past, store shelves were mostly stocked with products made in Canada; today, over 65 percent of products bought in Canada are imports and numerous other products made or repackaged in Canada include parts and ingredients from other countries without identification of their source.

Except for local farm outlets or farmers' markets, Canadian food is disappearing from our food supply.

The Government of Canada website at:

<http://www.HealthyCanadians.ca> asked Canadians for input before the legislation was finalized. Note that you had just 21 days in which to submit your comments with a June 11 deadline. Sounds kind of fishy to me.

The National Farmers Union (NFU), a driving force pushing for this legislation, stated: "Only food that is produced by Canadian farmers should be allowed to be called 'Product of Canada'. Canadians want clarity and truth in food labelling."

*Editor: Bravo! When it comes to food we eat, cheating and lying about it is just not acceptable. I dread the thought that nearly every can of fruit and vegetables on store shelves now comes from China (what happened to our once-thriving food production?) fish from our shores are now imported from China (who's fishing fleets operate off our coasts?) and nearly 100% of the garlic comes from there! Now, let's just hope that the feds have the balls to write the regulations themselves for the benefit of the people instead of the usual copout of letting "the industry" write for them! If that happens, trucks of imported produce will drive through the loopholes as "Product of Canada".*

*I personally informed the owner of the local supermarket that I would not buy any food from China and expected him to stock Canadian food for people like me.*



### 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. They are busy spreading the gospel in their area.



### Address Changed?

If you've moved or even changed your local address, let us know. Canada Post is very quick to slap on a "Return to Sender" sticker, rather than forwarding the mail to your new address. We'd like you to have your Garlic News with no delays so help us to help you.



### Cold, wet spring threatens B.C. pot crop

*CBC News Wednesday, June 11, 2008 | 10:36 AM ET*

Wet weather across British Columbia is threatening profit margins for producers of one of the province's largest — although illegal — cash crops — outdoor marijuana. B.C. has endured weeks of unseasonable drizzle and grey skies this spring with temperatures touching record lows in the months of May and June, and growers are worried about mildew killing the seedlings.

Marc Emery, a marijuana advocate whom some media have dubbed the "Prince of Pot," said growers are worried their annual crop worth up to an estimated billion dollars may be rotting in the ground.

*Editor: I'm just a bit chuffed over that one. CBC News has never done a headline like that about the garlic crop, good or bad. Come on, guys, let's get with the important stuff!*



## Calls and Letters From Our Readers

### Concerns over garlic survival

Many of our calls over April and May were about garlic's ability to survive the harsh spring weather. Rightfully so. It was a strange winter and spring. Spring thaw in our garden was 3 weeks late with the snow hanging on despite an unseasonable heat wave in the mid 20's. The garlic was finally free to embrace the sun on April 20 and started a rapid catch up. Then, night time freezing temperatures followed. Here's a few of the calls:

On April 29, **Pauline Myre of Chelsea, QC**, asked: "I am concerned about the frost and our garlic growing. We are in Chelsea and they are announcing -2. Can garlic (it's out by 10-12 inches already) take that type of frost and not suffer any damage? Many thanks."

*Editor: I wouldn't worry about a light frost. Garlic is quite hardy and even grows through the snow. A hard freeze of minus 10 or more could set it back but its not likely to kill it. We had 0 deg last night and colder tonight as well.*

**Moe Garahan**, a first time grower in **Alcove, QC**, called and asked about pulling back the mulch when frost was expected. Would it damage the garlic?

*Editor: If it's not poking through the straw, go ahead and give it a little sunshine. Don't worry about the light frost.*

**Moe** again in May on **Tip Yellowing** and other concerns:

- 1) The tips on my garlic are turning yellow. Should I dig them out and get rid of them?
  - 2) Should I plant the mustard or buckwheat after I harvest?
  - 3) If I get leek moth, do I have to burn all my garlic?
- This is my first crop and I want to do it right.

*Editor: That's a lot of worries. Here it is in a nutshell:*

*1) Tip burn is most likely fusarium, very common in most garlic patches. The hot April followed by rains, likely brought it on early this year. Unless the complete plant shrivels and yellows, the garlic should still bulb out. See Jennifer Allen's article in Issue #5, Fall 2005.*

*2) Unless you have Stem & Bulb Nematode, don't bother with mustard. Grow buckwheat as a plough-down green manure now in your rotation patch set for fall 2008 planting. Don't consider planting in the patch where you have your garlic now. You must rotate every year on a 3 or 4-year cycle for organic practice.*

*3) If you get leek moth, don't panic! It's not the end of the world. Garlic can survive this insect pest although it does reduce your crop somewhat and destroys a lot of scapes. Again, check the early issues of The Garlic News for a series of articles and updates on control measures.*



*Drink Coca-Cola? If there's rust on your car, forget those expensive rust removers. Just saturate an abrasive sponge with Coca Cola and scrub the rust. The phosphoric acid in the coke is what gets the job done.*

*Putting the coke to good use saves your tummy, too!*

## Tip Yellowing

**Ted Maczka, the Fish Lake Garlic Man**, called about the perennial problem of **Tip Yellowing**. He said; "Would you ask readers what they think about tip yellowing in May. From my observations, maybe it was caused by lack of water. In my containers, I water it well and there is no tip yellowing. In the field, where I can't water it, the tips go yellow."

*Editor: Well, garlic fans, what do you think?*

**Simon de Boer, Teeswater, Ontario**, wrote: "I see that the **Chiloe** variety did well in your trial plots. I got seed at the same time and agree that in a field trial alongside my standard Porcelain varieties like Music, it has superior potential although a little later (harvesting). It grows strong, upright, dark green, uniform plants. Please change the wording in my Directory Listing. **Simon**."

*Editor: I'm very pleased with the performance of Chiloe. For our readers, Nellie Melnick, a home gardener in Pembroke, Ontario, sent me a few bulbs in fall 2005 to try out in the trials. It was so successful that we are releasing what we have available so that other growers can try it as well. Also, see Simon's new ad on page 11. His farm is organic.*

**Bob & Bunny LeMessurier**, volunteers at **Silver Spring Farm** in **Ottawa** wrote: "We hope Mary Lou is getting stronger every day and getting lots of TLC. When the weather warms, we hope she will be able to get out to see her lovely flowerbeds. The few garlic bulbs at home here are up and at various heights. The garlic at Silver Spring Farm is looking good, and if the weather cooperates, we should have a good crop. We enjoy the **Garlic News** and read it the day it arrived. It's amazing the people you hear from both near and far.

*Editor: All I can say is thank you, Bunny & Bob.*

**Rogue Garlic. Debbie DeCooman** of **Winchester, Ontario** phoned about selling those spurious garlic plants that mysteriously show up in the spring in last year's garlic plot after you thought you'd harvested them all. Should these rogues be tilled under as weeds? Debbie was taking them to the farmers market and selling them as green garlic.

*Editor: Yes Debbie, you are completely right to salvage those rogues. They are delicious and an early source of fresh garlic flavour. We used to bunch ours like green onions to sell at the market, providing a little recipe card on ideas for using them.*

**Amy Alsace** of **Markdale** wrote:

Thank you so much for forwarding the Spring Issue of The Garlic News. I do enjoy reading everything in it and I forward any information of interest to my brother who also grows garlic. I do appreciate your work. With thanks, **Amy**.

*Editor: Thank you, too, Amy. Occasionally, Canada Post doesn't deliver. I was most pleased to send it again to your updated address.*

## More calls and letters

### Hungarian Goulash.

**Cec Andrus**, a loyal member of The Garlic News, phoned to inquire about planting buckwheat and other plough down crops for restoring the fertility of the soil. He also enjoyed the Ukrainian recipes for borscht in The Garlic News.

Cec used to be a long-haul trucker, and would stop in Craig, Saskatchewan for some of the best Hungarian Goulash he'd ever tasted.

Now, that's a real challenge!

The best Hungarian Goulash! We think we have the best right here in nearby Perth, Ontario at Maximilians Restaurant, based on a Czech recipe. When we travelled to the Czech Republic in 1998, goulash was our daily fare and you never tired of the endless variety of delectable flavours.

*Editor: Now, readers, can you come up with a recipe for goulash that will make Cec a convert from his memories of trucking in Craig?*

*Recipes, using garlic, of course, will be published in The Garlic News for everyone to enjoy.*

**Karen Poce** of Chesley, Ontario sent a nice card, saying: "Dear Paul & Mary Lou. Thanks again for a great year of newsletters. Garlic looks great so far up here in Grey/Bruce counties. We've been eating garlic greens that fall outside the rows of cultivated garlic. Have a great summer!"

*Editor: And a great garlic summer to you, too, Karen. You've been one of the people that have made the News so interesting.*

**Helen Skinner** of Athens, Ontario wrote: "Ron and I enjoyed our visit with you when we were passing by Beaver Pond Estates. Kindly send me the first year bound set of The Garlic News. Your newsletters are most interesting and full of great information. I look forward to each issue".

*Editor: Thank you for your encouragement, Helen. It was nice to have you drop in and talk garlic.*

### Scaping

**Chris Weidmark** of Val Des Monts, Quebec called June 12 about when he should start snapping scapes and also the price to charge for this delicacy.

*I replied: Scaping time varies considerably across our region and even ½ a climatic zone can make a difference of up to two weeks. While just south of us, growers are already harvesting scapes, here, at Beaver Pond Estates; the scape tips are just starting to show on the Porcelains and Asiatics. Your region is similar to ours. Start looking to harvest scapes on Porcelains in about a week to 10 days, later for the Rocamboles and Purple Stripes.*

*Price? Now that's a dilemma. They should sell at the same price per pound as garlic, due to the labour costs involved in harvesting them. However, a few large growers are depressing the price by dumping them on the market below cost, just to get rid of them.*

*An honest grower is then faced with trying to sell them at fair market value. Here, in Eastern Ontario or Western Quebec, you should charge \$4-\$6 per pound just to recover labour costs. We used to bunch ours, 1/3 lb per bunch and sell them 3 bunches for \$5 at the local farmers' market. That was a good compromise.*

### Debbie Decooman of Connaught Acres wrote:

We cut the scapes off the garlic today, since we still have the spring garlic to harvest.

My CSA members are enjoying garlic like you would not believe. Most get a bunch each week of ten; they don't realize how lucky they are! I love the green garlic and the bulbs for spaghetti and stir-fries. Think of you often when I am in the field and since I work with so many people.

*Editor: Hi Debbie: Really pleased that you introduced your CSA customers to young garlic shoots or green garlic. You've probably succeeded in converting a lot of non-believers to the wonderful flavour of fresh garlic.*

*Now that you have them on scapes as well, make sure they try sautéed or steamed garlic scapes as a side vegetable. Steamed, along with fresh asparagus, is a delight for the senses.*

### Marilynn Shimkus of Birch River, Manitoba, wrote:

Hi Paul: My garlic is dying from the top leaves down. I dug one up and it has root rot. (Deteriorating bulb) Can you tell by that what is wrong? I could take a picture and send to it you. We have gotten quite a bit of rain this past two weeks but the soil is a sandy base and is well drained. The garlic was coming so good! Please help if you can

*Editor: Hi Marilynn;*

*You've likely got a serious case of fusarium basal plate rot although it could also be something like Stem & Bulb Nematode. The symptoms of both are very similar. See the articles in The Garlic News, Issue #5, Fall 2005 for more information on both. With lots of rain and hot weather, its most likely to be fusarium. If its only a few plants, remove them and burn them to prevent further spread to the healthier ones. Contact the Manitoba Agriculture department to see if they'd do a test on your plants and soil. That way, you can be sure.*

### On June 1<sup>st</sup>, Randy White of Abbotsford, B.C. wrote:

Hi Paul, Your Majestic is doing very well! Many more than when first started. I am doing very well; hope the same is for your wife and yourself! Have six tomatoes of 3-5 oz on plants currently, a race to finish before first day of summer.

*Editor: I'm envious of you folks in balmy B.C. The early tomatoes I set out in the garden under a tunnel 3 weeks ago have hardly moved. Too cold. Now that nighttime temperatures are finally in the double digits, things should start to grow.*

**Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him or her**

## The public wants farmers to prosper, but farmers have to meet them half way

*A commentary for the National Farmers Union-Ontario  
: By Grant Robertson*

Due to the nature of our farm business as retailers of our own farm grown products and my position in the NFU, I often find myself in conversation with farmers who are, or are thinking of, direct marketing their own farm raised meat or other products. As well, as a frequent user of our processor I spend a lot of time chatting with those in line behind me as we wait for the plant to open. On top of this I make it a point to visit farmers markets, farm gate and roadside stands.

Often in these visits I am asked for advice or those of us in a similar type of business trade advice and observations. In a great many ways I often feel foolish giving this advice because I know that there are so many farmers within the NFU who are much more experienced and much more knowledgeable than me.

On issues like local food marketing, the fight for clear "Product of Canada" labeling, the right of farmers to grow and save their own seeds for replanting and the right of us eaters to know exactly what is in our food, it is not a stretch of the imagination to state that NFU members are at the core of working on these issues. Long before local food, product labeling and other such issues were even on the radar of many, it was NFU members quietly working away, without fanfare, to make things better. Scratch the surface of any real farmers market in Ontario and chances are you will find an NFU member at the heart of it.

In a world where governments, academics and others treat the latest biotech manipulation of our basic foodstuffs as some sort of divine innovation, NFU members have been out there creating real innovations that benefit local communities, families and farmers alike.

A short list of products NFU members have created and have for sale to eaters includes: wines (including a delicious fruit wine called Strawberry Delight), garlic products, pies, breads, cakes, flours, all kinds of food with soya beans and others, along with high quality eggs, chicken, beef, pork, berries, lamb, fruit and any kind of food you can think of.

The quality is extremely high and so are the authentic stories and connections for eaters with these farmers. The NFU members I have met are always willing to share a recipe, unless it is Grandma's secret recipe for that heavenly Angel Food Cake, explain how they grow the food they create and tell the story of their family and farm. In many ways these farmers are acting as farmers always have, sharing what they grow with others in a generous and giving manner.

Which brings us back to that advice I am asked for.

One thing I have noticed time and again is that a great many farmers are not charging enough for their products, given the risk they take in producing food and for their labour.

In short my advice is get your prices up!

Far too many are embarrassed to ask a decent price for their work. They count their work and labour as next to nothing. Too many have not worked out what their costs are and instead ask a price they think no one will argue about. Here's the thing though, most consumers will not mind paying a farmer what it costs, including for their labour, for the quality food they are getting. If they do, don't sell to them, there are plenty of other customers where that person comes from.

When I visit my local hardware store to buy a hammer, I know there is included in the cost a profit. I don't resent paying them for that, in fact I want them to get paid, that way I know the next time I need nails for my hammer they will be there running a business for me to purchase my nails in.

The average eater buying a farmer's produce feels exactly the same way. They are glad to pay a good price for the quality product you are providing them. You should be able to make a living from your farm. The public wants you to make a living. Know your costs and charge accordingly.

Why are you charging less than it costs you to grow that food? No store charges less when a teenager is working at a summer job to help them out and neither should you. The public wants you to prosper, which is why they are buying your food.

It is time for you to meet them halfway and ask a little more for your quality food and labour.

*Grant Robertson is a senior elected official with the National Farmers Union-Ontario and a National Board Member of the NFU. Grant and his family farm near Paisley, Ontario. The author can be contacted at [grant@bmts.com](mailto:grant@bmts.com).*

**Here's an interesting Email that came in to The Garlic News.**

**Not quite a local event but something different!!**

Dear Sir: Thank you for your supports for a long time. We invite you to the Qixian Garlic Festival in Henan province in June 11th 2008. We hope you come here investing. It is the biggest Garlic Festival in China. We believe you will have a big harvest. Thanks!  
Lisa

Tel : 0086-371-66397268

Fax: 0086-371-66397266

## 2008 Garlic Festivals Across Canada

### British Columbia

**9th Annual South Cariboo Garlic Festival**  
August 16-17, 2008, Centennial Park in 100 Mile House.  
Ph. Gail Szolosi, (250) 397-2540,  
e-mail : taste@goodnessofgarlic.com  
website : www.garlicfestival.ca

### **Abbotsford Garlic Festival**

Saturday August 23, 2008. Hosted by Abbotsford Farm & Country Market downtown.  
Bruce Fatkin, Manager, 604-996-1542.  
info@abbotsfordfarmandcountrymarket.com

### **The Hills Garlic Festival**

Centennial Park, New Denver Park, Slocan Lake, B.C.  
Sunday September 7, 2008. 10:00 a.m. to 5.00 p.m.  
Liza Ireland, (250) 358-2303,  
Email: liza@netidea.com  
Website: www.HillsGarlicFest.ca

### Saskatchewan

*The Mountain Pride Garlic Festival has been cancelled.  
We haven't heard back from Bob Osmack about a new garlic  
festival that he'd hoped to start in the Yorkton area.*

### Manitoba

7<sup>th</sup> Annual Pembina Valley Honey Garlic & Maple Syrup  
Festival, Manitou fairgrounds, September 5-6, 2008.  
Joe Kozak, 204-242-2514.  
Website: www.rmofpembina.com/honny.html

### Ontario

#### **18th Annual Canadian Garlic Festival**

Sunday August 23, 2008. A celebration of Ukrainian food  
at Ukrainian Seniors Centre, Sudbury.  
Mary Stefura or Mike Sharko, 705- 673-7404.  
Email: garfest@cyberbeach.net  
website: www.sudburytourism.ca

#### **Perth Garlic Festival**

(previously the Glorious Garlic Festival of Eastern  
Ontario) August 9-10, 2008. 613-267-5322.  
Website: www.perthgarlicfestival.com/

#### **Carp Farmers Market Garlic Festival**

August 9-10, 2008, at the Carp Farmers Market, Carp,  
Ontario. 8am to 3 pm Saturday and 10am to 3pm Sunday  
Website: www.carpfarmersmarket.com

## 8th Annual Garlic is Great Festival.

Saturday August 16, 2008 at the Newmarket Farmers'  
Market, Newmarket, Ontario.  
Joe Sponga, 905-830-8983. jsponga@rogers.com or Deanna  
Smith at the Town of Newmarket, 905-895-5193.  
dsmith@newmarket.ca

### **The Verona Lions Club Garlic Festival**

Saturday, August 30, 2008, Verona, Ontario. Emphasis on  
garlic food. Garlic Banquet, garlic food vendors. Hosting  
the 2008 Eastern Ontario Garlic Awards Competition.  
Contact Ken or Linda Willis, 613-374-3081,  
Email: holyverona@hotmail.com  
Website: http://www.veronacommunity.on.ca/index.htm

### **Stratford Garlic Festival**

Saturday September 13, 2008. Sponsor: Kiwanis Club of  
Stratford, garlic rep, Warren Ham, ph.519- 272-1742.  
Email: info@www.stratfordgarlicfestival.com.  
Website: www.stratfordgarlicfestival.com.

### **Haliburton County Garlic Fest   \*\*New in 2008\*\***

Saturday, August 23, 2008, 10:00 - 3:00 p.m.  
Carnarvon, Ontario. Junction of highways 118 & 35  
Garlic Fest will feature local garlic growers, braiding  
demonstrations, information on the growing of garlic.  
Info: Charles & Sheila Robb, 705-489-4201  
Email: sheila.robb@sympatico.ca

### **County Garlic Festival, Picton, Ontario**

*Christine Kosman advised that the festival was cancelled.*

### Quebec

*No known garlic festivals in Quebec this year.*

*Many Farmers' Markets have special event garlic days for the  
benefit of their vendors. These are great market opportunities.  
Contact your local farmers' market for events planned in 2008.*



### **Attention Eastern Ontario Growers!**

***The 2008 Eastern Ontario Garlic Awards (Woodman  
Trophy competition) will be held at the Verona Lions  
Garlic Festival, Verona, Ontario, on August 30,  
2008. Entry Form is enclosed with this issue of your  
Garlic News. Be sure to complete the form and send  
it as soon as possible. It must arrive no later than  
Wednesday August 27, 2008.***

## Any Home Gardener Can Grow Great Garlic

by: Paul Pospisil, Master Gardener

*This article is taken from the pamphlet, "Any home gardener can grow garlic". It is repeated here for growers who would like a condensed grower's guide. The content is based on the first five years of growing trials, 1990-95, at Beaver Pond Estates, the trials being conducted to determine the best cultural approaches in Eastern Ontario Zone 5. As such, growers in other Zones, especially the warm or mild climate regions of Canada, will observe differences in planting and harvest dates from those in this article.*

Garlic is a fascinating plant, with its hundreds of strains and varieties, its unique growing cycle, the folklore surrounding it and its real and mystical powers. It has been cultivated in every civilization for thousands of years for both its health-giving properties and tasty flavour.

Any gardener can grow great garlic. The cultural approach is different from other vegetables, but it's not difficult to grow, just different.

If you wish to grow garlic, plan on growing organically from the start. It makes little sense to grow a health-giving plant and then contaminate it with toxic, synthetic chemicals. Garlic thrives in nutrient-rich organic soil. It is a fragile bulb, requiring careful handling. It lends itself well to organic methods.

**Growing Cycle.** In our northern climate, garlic is planted in October, sets roots before freeze-up, rests over the winter, resumes growth the following April and is harvested in July or August. Spring planting does not produce satisfactory results.

**Site Selection.** Pick a location with good soil, drainage, full sun and proximity to water for irrigation. The plot should provide for space rotation, as garlic should not return to the same bed where any allium grew in the last three years.

**Soil.** Rich soil, high in organic matter and full of microorganisms is the key to organic garlic production. Start with loam, if possible. Sandy soil dries out easily and should be avoided. Clay soils can be built up over a number of years with large amounts of compost. In building up the soil, use liberal amounts of organic matter (compost or composted animal manure) and grow green manures and legume crops for plough-down. Wood ash can be sprinkled to provide potassium. Take a soil test to maintain soil balance. A soil pH within the range 6.0-7.5 is acceptable.

**Bed Preparation.** Garlic may be grown in flat rows or in raised beds. Raised beds have the advantages of deeper soil for the roots, earlier thawing in the spring and good drainage. Either till the soil just before planting or plant through an earlier-planted cover crop. Annual cover crops like annual rye grass don't need to be tilled under, as they will form mulch when they freeze. Make trenches in rows at least 12 inches apart and 4-5 inches deep in which to set the cloves.

**Selection of Planting Stock.** You have a large choice of what type of garlic to grow, anywhere from the tall, majestic Porcelains which grow up to 6 feet tall and produce huge bulbs of only four cloves, through to the short, softneck Artichokes, often called 'Italian' garlic, which grow from 7-15 cloves per bulb. Most home gardeners start with a Rocambole strain of 7-8 cloves per bulb. Whatever your choice, get it from a local grower. Avoid trying to grow garlic found on grocery shelves. It's likely imported and not suitable for our climate.

**Cracking into Cloves.** Take the bulbs and carefully divide them into their separate cloves. Garlic is propagated vegetatively, and it is the clove that is planted as 'seed'. Set aside any damaged cloves as even a little nick can foster green mould disease.

**Planting.** Hand planting is preferable. Place the clove vertically in the trench, basal end down (pointy end up) and press it gently into the soil. Mechanical planting devices generally drop the cloves in random fashion, resulting in crooked stems. Cover the garlic by filling the trench, ensuring at least 4 inches of soil cover.

**Mulching.** Garlic should be mulched to insulate it against mid-winter thaws and resulting winterkill. Wait until the ground is frozen, usually November, and then mulch with 4-6 inches of clean straw. The same mulch can be kept on the following summer to help keep down weeds and preserve moisture.

**Spring Care.** Even before the frost is out of the ground, the garlic spears will be seen poking up through the mulch. Carefully move the mulch away from the row to enable faster thawing and rapid growth.

**Inspection, Weeding and Watering.** Inspect the garlic by walking the rows twice weekly. Hand-pull any weeds that emerge through the mulch. Look for any yellowed or diseased garlic and remove it right away to prevent spread. Garlic needs a steady supply of moisture so irrigate to supplement rainfall, giving it a total of one inch per week.

**Fertilizing.** If you started with a rich organic soil, no added feeding is needed. Otherwise, add nitrogen very early in the growing season by means of a watering with manure tea or a kelp or fish foliar spray.

Garlic lends itself readily to organic methods. It is bothered by few insect pests \* and, if carefully handled and grown in healthy soil, is relatively unaffected by disease. Beautiful, tasty, top quality bulbs are the result when garlic is handcrafted organically.

*\* The arrival of the leek moth in Ontario and Quebec has posed the first serious insect threat to garlic. This hardy plant is no longer free from insect damage!*

## Any Home Gardener Can Grow Great Garlic, cont'd

The harvest is the tasty reward for your hard work of growing garlic. Harvesting must be carried out carefully, by hand, in order to get top-quality bulbs that will store well over the winter.

The Three Harvests of Garlic: In garlic, there are three harvests or crops you can use.

The first harvest is in early spring, when garlic plants are about a foot tall. You can either cut some greens or pull some complete plants as scallions and use them in your cooking as a source of fresh garlic.

The second harvest is the scapes. Around mid June, hardneck garlic varieties send up a round stalk or scape. When the scapes curl, snap them off. This enables the plants to put their energy into bulb formation. The scapes are delicious and should not be discarded but used in place of garlic bulbs. They contain loads of garlic oil and have the same health benefits as the bulbs. Scapes can be refrigerated in plastic bags for about 3 months. on using this garlic delicacy.

The main harvest is when the underground bulbs are dug, cured and stored for fall and winter use. This is the most critical harvest requiring meticulous care to give you top quality, keeping garlic. Careless harvesting can ruin a fine crop of garlic.

Harvest preparations start a month ahead of the actual date that the bulbs are lifted and activity doesn't finish until two weeks later when the cured garlic is put away in storage. After scape removal, the underground bulbs start to swell and grow quickly over the next month. Little special care is needed as the plant is transferring energy from the leaves to the bulbs. In the event of a very dry year, watering may be needed for the latter part of June. However, stop watering around the first of July to let the bulbs mature.

Garlic is ready to be dug between the first week of July through to mid August, depending on variety and strain.

When to Dig the Bulbs? Exactly when is a little tricky. Too early will give undersize bulbs that don't store well, and a few days too late will result in bulbs lacking the protective wrappers around the cloves. I've found that you have only about 3-7 days in which to harvest successfully.

Watch the Greens. The green leaves start to die from the bottom up. When the bottom 3 or 4 leaves are dead and the top 5 or 6 are still green, its time to harvest. Many soft necks fall over when ready, giving another indication. If you're not sure, dig a bulb or two and check. A mature bulb is fully swelled, well sized and has some partially decomposed wrappers. Pick a dry day for harvesting.

Handle Garlic Like Eggs! Garlic is very fragile and should not be bumped, bounced or dropped. Manual harvesting is recommended, as even the smallest bump will bruise the garlic, causing early decay and loss of quality. Carefully lift the bulbs with a garden fork and take them, greens and

all, for cleaning and curing. Don't leave garlic in the hot sun but move it quickly to a shady spot to avoid 'cooking'.

Cleaning. If your soil is a sandy loam, any dirt can be gently brushed off. Clay soils tend to adhere to the bulbs and may need to be washed off with a gentle spray of fresh water. Trim roots to 1/4 " and carefully remove any dirt from the roots.

Curing. Garlic needs about 2 weeks to cure in order to prepare it for winter storage. Either hang it in bundles of 10-12 or place on mesh racks in an airy, ventilated drying shed. Your carport or barn works well for this purpose. Ensure a good airflow and protection from direct sunlight. Cured garlic is then trimmed to remove stalks, placed in containers and taken to storage. It can also be braided for convenience of storage and use.

Storage. Best storage temperatures are low, 32-35 F, or room temperature, 60-70 F, at low humidity. Never store garlic in the refrigerator as temperatures of 40-50 F will start premature growth. I believe that garlic is best stored in braids, with some hanging in your kitchen where it is convenient to use. Extra braids go in your cold room or pantry. Different strains and varieties of garlic have different storage lives, varying from 6 months for 'pickling' garlic to as long as 11 or 12 months for some of the softneck strains.

Garlic Braids. Garlic braids are a practical means of storing garlic. Braids can be simple bundles held together with string or more elaborate pigtail braids (used for softneck garlic) or string braids (for hardneck garlic). They may be decorated with dried grasses or flowers and ribbon to serve the dual purpose of a kitchen decoration. If you wish to braid garlic, do this before the garlic is completely cured, while the stems are still pliable. The braided garlic is then left in the drying shed to complete the curing process. Again, avoid bruising garlic during braiding by working on a soft surface.

Using Garlic. Garlic is for eating, for health and for flavour in cooking. Even if you make or buy garlic for decoration, remember to eat it Fresh garlic has the best flavour and gets stronger with age. Crush or finely slice garlic to bring out the health-giving allicin compound before using. To reduce the sulphur odour, cook garlic and chew fresh parsley as a breath freshener.

A clove of garlic a day, on average, is a suitable amount to include in a healthy diet. This equates to about 45 garlic bulbs of Rocambole garlic or 4 braids worth per year. Garlic lovers or gourmands, of course, may wish to stock up on more!

**"Intelligent people cooperate for mutual benefit. Stupid people mistake cooperation for weakness and try to take advantage of you. Avoid stupid people at all costs. Seek out and cooperate only with the intelligent ones"**

*From the garlic guru's collection of wise sayings.*

THE GARLIC DIRECTORY

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

Garlic Business Advertisements



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



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

Garlic Seed • Shallots • Table Garlic

ARRANHILL GARLIC FARM

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

Kings Creek Garlic Farm  
Home Grown Garlic  
(613) 253-0436



kingscreekgarlicfarm.ca  
garlic@kingscreekgarlicfarm.ca

Ray & Diane Bradley Fax (613) 253-2176



James & Janice Jones Dorset, Ontario  
email ~ bigassgarlic@hotmail.com 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!

The Garlic Press #46 is filled with articles on garlic in Canada from cover to cover. David Stern, Director of the Garlic Seed Foundation made a selection from The Garlic News and the Garlic Newsletter, providing a glimpse of the Canadian garlic industry. See GSF ad on the facing page for contact info.

If a pig loses its voice, is it disgruntled?  
If a cow laughed, would milk come out of her nose?

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!

Political correctness is a doctrine, fostered by a delusional, illogical minority, and rabidly promoted by an unscrupulous mainstream media, which holds forth the proposition that it is entirely possible to pick up a turd by the clean end. Source: Texas A & M University

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

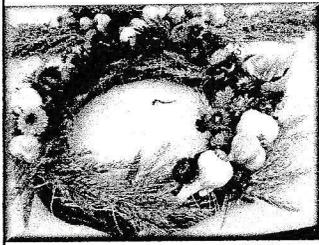
## MORE GARLIC DIRECTORY

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

### YOUR BUSINESS CARD CAN APPEAR IN THIS SPACE

Contact the Editor for  
special rates for  
repeat insertions

Ph. 613-273-5683  
garlic@rideau.net



*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

**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

**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. Also red shallots, Egyptian onion bulbils and  
seed for perennial Welsh onions. Ship in Canada only.  
Beaver Pond Estates, Maberly, Ont., ph. 613-273-5683.  
Email: garlic@rideau.net.

**Subscribe to:** the Garlic Press, Newsletter of the:  
Garlic Seed Foundation  
Rose Valley Farm, Rose, NY 14542-0149  
Website: www.garlicseedfoundation.info

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

**IT MAKES HEALTHY BUSINESS SENSE**

## The best garlic recipes and ideas

### Soup Recipes from the Legault's in N.B.

#### Creamy Garlic Soup

##### Ingredients:

26 garlic cloves (unpeeled)  
2 tablespoons olive oil

2 tbsps (1/4 stick) butter                      2 1/4 cups sliced onions  
1 1/2 tsps chopped fresh thyme    18 garlic cloves, peeled  
3 1/2 cups chicken stock or canned low-salt chicken broth  
1/2 cup whipping cream

1/2 cup finely grated Parmesan cheese (about 2 ounces)  
4 lemon wedges

##### Method:

Preheat oven to 350°F. Place 26 garlic cloves in small glass baking dish. Add 2 tablespoons olive oil and sprinkle with salt and pepper; toss to coat. Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 45 minutes. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl.

Melt butter in heavy large saucepan over medium-high heat. Add onions and thyme and cook until onions are translucent, about 6 minutes. Add roasted garlic and 18 raw garlic cloves and cook 3 minutes. Add chicken stock; cover and simmer until garlic is very tender, about 20 minutes.

Working in batches, purée soup in blender until smooth. Return soup to saucepan; add cream and bring to simmer. Season with salt and pepper. Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat, stirring occasionally.

Divide grated cheese among 4 bowls and ladle soup over. Squeeze juice of 1 lemon wedge into each bowl and serve.



#### Lentil Soup

##### Ingredients:

1 carrot                                      8 oz. bacon bones  
1 onion                                        8 oz. lentils  
1 stick celery                                14 oz. can tomatoes  
3 garlic cloves                                4 cups water  
1/2 oz butter                                 2 beef stock cubes  
1 tbsps. of olive oil                        2 tbsps. chopped parsley  
pepper

##### Method:

Peel and chop onion, carrots celery and garlic very fine; heat butter and oil in pan, add onion garlic, celery, and carrot, cook, stirring until onion is transparent. Add bacon bones, lentils, undrained tomatoes (crush tomatoes with potato masher), water and crumbled stock cubes. Cover, bring to boil, reduce heat, simmer covered 1 1/2 hours or until lentils are as tender as desired. Remove and discard bacon bones, season with pepper, add parsley

#### Chimichurri

By: Ulrike Kielhorn-Bieri

*Chimichurri originated in Argentina and is a popular spicy parsley sauce used with grilled meat in many Latin American countries. It can also be used on baked or boiled potatoes. This recipe, from Ulrike, is fabulous.*

##### Ingredients:

5 minced garlic cloves  
1/4 to 1/2 tbsp minced parsley  
1/2 tbsp red pepper flakes  
1/2 cup olive oil  
3 tbsp red wine vinegar  
salt & ground black pepper to taste

##### Method:

Put all ingredients in a jar and shake well. Let sit 2-3 hours to allow flavours to develop. Makes about 1 cup. Keep for up to a week in refrigerator (if its not all gone by then, you've really missed out).



#### Garlic Dip

By: Wanda Courtoreille, *Garlic Delights* cookbook

##### Ingredients:

10-15 cloves garlic, crushed and minced  
1/2 cup plain yoghurt  
1/2 cup sour cream  
1 tsp Worcestershire sauce (optional)

##### Method:

Stir ingredients together, refrigerate overnight. Sprinkle top with chopped green onions before serving. Use as dip for crunchy vegetables, raw asparagus or chips.



*Garlic Guru's tip for cooking with garlic: Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.*



#### About Garlic

Copied from <http://garlicrecipes.org>, a website with some garlic recipes

From the earliest times, garlic has been used as part of peoples diet. It formed part of the food of the Israelites in Egypt and of the labourers employed by Cheops in the construction of his pyramid. It was largely consumed by the ancient Greek and Roman soldiers, sailors and rural classes. Galen eulogises it as the rustic's theriac (cure-all), and Alexander Neckam recommends it as a palliative of the heat of the sun in field labour. Garlic is most often used as a seasoning or a condiment, and is believed by many to have some medicinal value. It also contains alliin, ajoene, enzymes, vitamin B, minerals, and flavonoids

## Dilly Scapes from Mary Lou's Country Kitchen

*Note: with any home canning, use sterilized jars with new snap lids and follow instructions from a good home canning guide for pressure processing or hot water bath as appropriate.*

### **Ingredients:**

4-5 lbs freshly picked scapes  
1 3/4 teaspoons crushed dried hot peppers  
7 fresh dill heads  
5 cups vinegar  
5 cups water  
1/2 cup pickling salt

### **Method:**

Wash scapes and cut into lengths to stand in the jars with about 3/4" space at the top.  
Have jars clean and very hot and the snap lids softening in boiling water.  
Make brine by heating the water, vinegar and salt.  
Place a dill head and 1/4-teaspoon hot pepper in each jar and pack scapes in vertically.  
When brine boils, pour it over the scapes, filling each jar to 1/2" from the top. Place on lids and process jars in a boiling water bath for 10 minutes. Remove jars; adjust lids for seal and place on a board to cool. As they cool, you will hear the lids snap down. After 24 hours, check for proper sealing. You can remove the screw bands, as the vacuum will hold the snap lid securely.  
Makes 7 half pint or 250 ml jars.  
Place them in a cool place and let sit for at least 3 weeks before using.



## Mushrooms With Garlic Butter

*By: Mick & Frances Legault*

### **Ingredients:**

3 slices firm white sandwich bread, crust discarded and bread cut into 1/4-inch cubes (1 1/4 cups)  
3 tablespoons unsalted butter  
1 tablespoon finely chopped garlic  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3/4 lb small white mushrooms  
2 tablespoons finely chopped fresh flat-leaf parsley

### **Method:**

Put oven rack in middle position and preheat oven to 375°F.  
Toast bread cubes in a shallow baking pan in oven, stirring once, until golden and crisp, 6 to 8 minutes.  
Meanwhile, melt butter with garlic, salt, and pepper (on the stove or in a microwave). Put mushrooms in an 8-inch square baking dish and toss with garlic butter.  
Bake, stirring occasionally, until mushrooms are soft and juicy, 15 to 20 minutes.  
Just before serving, toss mushrooms with parsley and croutons.

## Creamy Zucchini and Garlic

*Now that zucchini is starting its annual bounty, you need some ideas on making it interesting. Here's a good one.*

### **Ingredients:**

6 medium zucchini, grated.  
6 garlic cloves, minced.  
2 1/2 tablespoons of butter.  
2 1/2 tablespoons of garlic powder.  
2 1/2 tablespoons of sour cream.  
1 teaspoon of thyme leaves, chopped.  
Fresh pepper.

### **Method:**

Melt the butter in a skillet.  
Add the minced garlic, sauté over low heat.  
Add the grated zucchini, garlic powder and thyme.  
Cook, stirring frequently until the zucchini is tender.  
Remove from the heat and stir in the sour cream.  
Season with the fresh pepper to taste.  
Serve as side dish or main course.



## Garlic Lovers Chicken

*Several people gave variations of this quick and easy chicken breast recipe to me so it must be common enough that I cannot credit it to any one garlic lover. It cooks fast enough to do it even on a hot summer day. Serve with a garden salad or side vegetable.*

### **Ingredients:**

1/2 cup dried breadcrumbs  
1/3 cup grated Parmesan cheese  
2 tbsp parsley  
1/4 tsp salt, optional  
1/8 tsp pepper

6 boneless chicken breasts  
1/4-cup butter, melted  
2 cloves garlic, minced  
2 tbsp lemon juice  
1/2-cup milk  
Paprika

### **Method:**

Put first 5 ingredients in a plastic bag and shake them. Dip chicken in milk then shake in the crumb mixture. Place in Pyrex or metal baking pan. Combine melted butter, garlic and lemon juice. Drizzle over chicken, sprinkle with paprika. Bake uncovered at 350 deg. for about 30 minutes.

### **Gracie Allen's Classic Recipe for Roast Beef**

*1 large Roast of beef*

*1 small Roast of beef*

*Take the two roasts and put them in the oven.*

*When the little one burns, the big one is done*

## Humour

### Facts About Garlic Seed -

- from the Garlic Guru's Pen

1. Garlic has no seed. It reproduces vegetatively by cloning from a portion of itself. This is a fact.
2. It is the cloves from the garlic bulb that are planted. Cloves are the small bulbs into which the garlic bulb is divided. Each clove, when planted, will grow into a plant that will then produce another underground bulb at maturity.
3. Garlic bulbs are sometimes called "heads".
4. The little "seeds" which grow from the flower are called "bulbils". They are not seeds. Garlic has no seed.
5. Bulbils are a survival mechanism to help garlic survive and reproduce itself in the event that the bulb is destroyed.
6. Bulbils may be matured, harvested and planted. The result after the first year is small "round" or undivided garlic.
7. Rounds may be matured, harvested and planted. The result is usually a small, divided garlic bulb. This may be divided into cloves for planting to produce a full sized garlic bulb.
8. Growing garlic from bulbils is a slow process. It takes three to five growing seasons to produce a large bulb.
9. Softneck garlic sometimes produces bulbils. They may appear at soil level, anywhere along the stem or even at the end of a scape, much like a hardneck.
10. Sometimes, planting a bulbil will produce a large, divided garlic in one season. This is just one of the many strange ways in which garlic behaves in order to survive.
11. "If garlic has no seed, what do I ask for to get some garlic seed?"
12. There is no such thing as "garlic seed". The correct term is "planting stock". You buy planting stock to plant, table stock to eat.
13. "Why can't I plant table stock?"
14. Usually, you can. It is the same garlic. Table stock is generally more expensive since it has been selected for quality and gone through careful cleaning and preparation.
15. "When can't I plant table stock?"
16. The garlic sold in food stores is usually imported and may not be a suitable strain for growing in northern regions of Canada. Sometimes, the garlic is treated to prevent sprouting in storage, making it unsuitable for planting. You are wise to buy planting stock that has been locally grown.
17. "I have some garlic left over from last year. Can I plant it?"
18. No. Garlic for planting must be fresh, grown in the same year. After 6 - 12 months, it dries out, killing the living growth buds in the basal area of the clove.
19. "OK, OK! So where can I get my seed garlic?"
20. Not "seed". Its "planting stock". Your best garlic to plant is your own garlic. You should always put some aside for replanting. Otherwise, buy some at a local farmers' market, from a neighbour who grows garlic or from a grower at one of the many garlic festivals springing up everywhere.
21. Remember to ask for "planting stock". Garlic has no seed!!

Copyright © 2002 Paul Pospisil

## Book Review

### Harrowsmith's Truly Canadian Almanac 2008

ISBN2-920675-91-5 Norecob Imprimeurs-Printers

I love reading almanacs. Ever since I can remember, I would read the Old Farmers Almanac, in later years, the Canadian edition of it, and pore over the interesting articles, laugh at country humour, try my darndest to decipher and understand the astronomical charts and weather forecasts and just glory in a world of country mystique contained between the covers.

When Harrowsmith advertised "*The First Home-Grown Almanac for Country Dwellers*", I quickly ordered a three-year subscription. The first issue, 2008, arrived and I read it from cover to cover. Then, I placed it in the morning reading room where I could study it in leisurely contemplation, replacing the mail order catalogue that usually provided reading during this blissful period.

This almanac is a treasure of 320 pages filled with stories, Canadiana, Canuck facts, and all sorts of little gems. As well, the usual almanac astronomy charts, information on celestial events and, of course, prognostications about the weather in the coming year, sufficiently vague to make it defensible no matter what Mother Nature throws our way.

The disappointing part was there was nothing about garlic or garlic festivals, not even a mention of it in "*Cook's Calendar Of Bumper Crops*". Not one recipe using garlic! Garlic, or even wild leeks, a Canadian springtime specialty, could have at least been mentioned alongside the rhubarb, radishes, Bing cherries and bitter greens. What an insult!

The "*Can-Do Spirit*" article on festivals across Canada didn't even mention the growing phenomena of garlic festivals in every province and region, but did cover events like Spock Days (give me a break!), Binder Twine Festival (kind of a ropy idea) and New Fun Land Square Dance Festival.

"Read Em & Reap", the seed source list, was another disappointment, merely a recopy of the old listing found in Harrowsmith, with little effort in locating the many emerging seed savers offering heirloom and heritage seeds.

As an almanac fan, I enjoyed reading it but felt the editors could have searched a little deeper into the Canadian landscape for items of Canadian interest (and, of course, included a major coverage of garlic and its role in Canadian gardens and kitchens). I certainly hope they will do better with the 2009 edition.

The Almanac is available by subscription at \$5.95 per year from Harrowsmith Country Life in Markham, Ontario. Phone: 1-800-387-0581 or order on line by going to their website, [www.harrowsmithcountrylife.ca](http://www.harrowsmithcountrylife.ca).

## Report # P/04/2007 - Best Size Of Seed Garlic Trial Summary 2006-07 – Four Trial Strains

Purpose of Trial: To determine the best size of bulbs to use for planting stock. This is the continuation of an annual trial to determine if there is a direct relationship between the size of bulbs used for planting and the size of bulbs harvested from those cloves, when grown under approximately equal conditions.

**Table A – Porcelain Majestic (142 plants @ 3 plants/foot, corresponding to 87,120 plants/acre)**

Bulb Size	Cloves Planted (Wt. grs)	Bulbs Harvested (Wt. grs)	Avg Bulb Wt. grs.	Avg Bulb Size	Yield H:S Ratio	Extrapolate Est. Lbs/Acre
Super Jumbo	13 (195 grs)	13 (595 grs)	45.8 grs	Jumbo	3.05 :1	8,791
Extra Jumbo	22 (305 grs)	22 (1172 grs)	<b>53.3 grs</b>	Jumbo +	3.84 :1	<b>10,232</b>
Jumbo	21 (305 grs)	21 (955 grs)	45.5 grs	Jumbo	3.13 :1	8,734
Giant	20 (260 grs)	18 (908 grs)	<b>50.4 grs</b>	Jumbo	3.49:1	8,720 **
Lg Tube	19 (240 grs)	18 (684 grs)	38.0 grs	Giant -	2.85:1	6,915 **
Med Tube	14 (120 grs)	12 (471 grs)	39.25 grs	Giant	<b>3.93:1</b>	6,453 **
Sm Tube	16 (130 grs)	16 (422 grs)	26.38 grs	Med Tube -	3.25:1	5,066
Cull Size	18 (95 grs)	18 (231 grs)	14.44 grs	Cull	2.43:1	2,773

**Table B – Porcelain Magnificent (202 plants @ 4 plants/foot, corresponding to 116,160 plants/acre)**

Extra Jumbo	15 (150 grs)	14 (686 grs)	49.00 grs	Jumbo	4.57:1	11,711**
Jumbo	43 (450 grs)	42 (2106 grs)	<b>50.14 grs</b>	Jumbo	<b>4.68 :1</b>	<b>12,542 **</b>
Giant	43 (370 grs)	42 (1467 grs)	34.93 grs	Lg Tube +	3.96 :1	8,737 **
Lg Tube	41 (380 grs)	41 (1454 grs)	35.46 grs	Lg Tube +	3.83 :1	9,082
Med Tube	20 (205 grs)	20 (729 grs)	36.45 grs	Lg Tube +	3.56 :1	9,334
Sm Tube	20 (160 grs)	17 (602 grs)	35.41 grs	Lg Tube +	3.76 :1	7,708 **
Cull Size	20 (130 grs)	9 (271 grs)	30.11 grs	Med Tube	Invalid. 55% crop loss	

**Table D – Purple Stripe Czech Broadleaf (58plants@ 4 plants/foot, corresponding to 116,160 plants/acre)**

Giant	12 (59 grs)	12 (355 grs)	29.58 grs	Med Tube	6.02:1	7,576
Lg Tube	12 (54 grs)	9 (527 grs)	<b>58.56 grs</b>	Jumbo +	9.76 :1	<b>11,247 **</b>
Med Tube	11 (45 grs)	10 (429 grs)	42.90 grs	Giant	9.53 :1	9,986 **
Sm Tube	11 (39 grs)	11 (475 grs)	43.18 grs	Giant	12.18 :1	<b>11,058</b>
Cull Size	12 (31 grs)	12 (444 grs)	37.00 grs	Giant -	<b>14.32 :1</b>	9,475

**Table E – Rocambole Reliable (72 plants@ 3 plants/foot, corresponding to 87,120 plants/acre)**

Bulb Size	Planted Cl/Wt	HarvestBulb/Wt	Avg Bulb Wt	Avg Bulb Size	Yield Ratio	Est. Lbs/Acre
Jumbo	12 (84 grs)	15 (847 grs)	56.47 grs	Jumbo +	10.08:1	10,845
Giant	12 (64 grs)	12 (848 grs)	<b>70.67 grs</b>	Extra Jumbo	13.25:1	<b>13,573</b>
Lg Tube	12 (53 grs)	12 (785 grs)	65.42 grs	Extra Jumbo -	<b>14.81 :1</b>	<b>12,564</b>
Med Tube	12 (51 grs)	13 (746 grs)	57.38 grs	Extra Jumbo -	<b>14.63:1</b>	11,022
Small Tube	12 (37 grs)	11 (432 grs)	39.27 grs	Giant	11.68:1	6,915 **
Cull Size	12 (31 grs)	12 (410 grs)	34.17 grs	Lg Tube	13.22 :1	6,562

Trial was done in the 2006/2007 Small-Plot Garlic Variety Trials with 4 strains; *Porcelains Majestic & Magnificent*; *Purple Stripe Czech Broadleaf*; and, *Rocambole Reliable*. Cloves at intensive planting density of either 116,160 plants/acre or high density of 87,120 plants per acre as shown (2 rows per 18" wide bed, 18" walkways between).

**Yield Ratio is the harvest weight to planted weight ratio; the higher the ratio, the better the return from the seed.**

**Est. lbs/acre is extrapolated from the average size of harvested bulbs. It has been adjusted down\*\* as needed, to take into consideration crop losses, i.e., non-emergence, harvest losses, etc.**

### Discussion of results

**Planting at greater density gives more yield per acre even if average bulb sizes are smaller.**

**Porcelains appear to produce a larger yield when bulbs around the Jumbo size are used for planting.**

**Rocambole Reliable and Purple Stripe Czech Broadleaf would seem to perform better with smaller size bulbs, in the Giant or Large Tube range or even smaller. This has been observed in previous years as well.**



Farm Name:

### GARLIC MATURITY CHART: 2008 HARVEST

25 day harvest period July 08 to Aug 01

Very Early July 08-12	Early July 13-17	Mid Season July 18-22	Late July 23-27	Very Late July 28-Aug 01
Artichoke				
Silverskins				
(enter strain name under Variety under dates harvested)				
Rocamboles				
Purple Stripes				
Porcelains				
NEW STRAINS				

Comments on crop year: