



# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 18 Winter 2008-2009

## Highlights of 2008, the garlic year that had - - -

- the worst weather in years,
- the heaviest snowfall in years,
- the latest spring in years,
- the wettest summer and latest harvest in years, and,
- if I can believe the grower reports,
- the best garlic crop in years!

From the record number of calls from consumers wanting local garlic, both for table use and for planting, it also had to be a banner year for sales of locally grown garlic.

As usual, I referred most of these requests to growers listing their garlic for sale in the Garlic Directory.

This year, I did everything possible to stretch our own availability, cutting down on some trials, reducing wastage of cloves by planting even small ones and doing everything possible so as not to disappoint would-be growers. The few thousand bulbs that we grow in the Small-Plot Garlic Variety Trials don't meet a fraction of the demand.

I spend a lot of time and effort promoting garlic from other growers, trying to locate sources of supply in the local area of the customer. However, if you don't let me know that you have garlic for sale, there is no way that I can let the buyer down the road from you know that you can supply their needs!

We need contacts for growers on the east coast, Newfoundland, Quebec, the prairies and even B.C. which already has fine seed suppliers like Dan Jason at Salt Spring Seeds or Sonia and Henry at Boundary Garlic (even they ran out early this year).

This year, make a resolution to take out a listing in the Garlic Directory. Your 1<sup>st</sup> sales will more than pay for it.

I see more and more people realizing that cheap, imported food (garlic heads the list) is not the answer to our future. More people are willing to pay a bit more for locally produced food, seeing the fallacy of saving a few pennies now, only to be faced in future with exorbitant prices when our local farms can no longer feed us!

## Well, what about 2009?

The garlic phenomenon has spread like wildfire and I'm forecasting that next year's demand will be as high or higher than 2008. **"Buy local" is here!**

That said, if you are marketing garlic, or would like to sell a few bulbs, **make your 2009 plan now!**

Your garlic is in the ground so you can't change that. However, decide if you will have some spare garlic to sell next summer. You don't need a ton of garlic (that would be just great!) but you may have some to sell, or even to give away if you plan on going into the market garden business.

With the rising demand, all you have to do is to let friends, family, neighbours, work associates or others know that you will have some garlic. You'll be amazed at the response. "Local garlic? Yes, I'll have some!" Soon, you'll find that you have more requests than you can meet.

So, right then, you start making your **2010 plan** to grow enough to meet this surprising demand for a product that you didn't think was important. With any luck, you'll be on your way to a profitable little market garden business.

One caution, though. Like any business, build it slowly and methodically, growing only enough to meet your customers' needs, plus a little more for future growth.

**Never, never** try to get rich quick the first year. That's a guaranteed formula for failure.

For garlic market gardeners already in the business, I repeat the tried and true words to the wise. You are better off to produce less garlic of a high quality, than trying to grow too much, more than you can handle, and try to market a shoddy product. You'll destroy your future sales.

You will make more money on high quality garlic and work much less than you would if you overwhelm yourself with a large, unmanageable crop at harvest time.

Remember that a family farm of four, Mom, Dad and two slaves (children, that is, while you have them) can handle a maximum of one acre of garlic, that's between 20,000 and 30,000 plants, at harvest time. Any more and you either have to hire and train extra labour, or else, you rush harvesting and you wind up with a sub-standard crop.

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

**IT MAKES HEALTHY BUSINESS SENSE**

# THE GARLIC NEWS

Connecting

The Canadian Garlic Network

Issue # 18 Winter 2008-09

Managing Editor: Paul Pospisil

Business Manager: Mary Lou Pospisil

Contributors: Fred Vosper  
: Kristy Grigg  
: Joe Bannon  
: Juliana Melenka  
: Joanne Paltzat  
: Cathy Weetman  
: Garry Leskiw  
: David Cornell

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,  
we ask our U.S. friends to add \$3.00 per year,  
our U.K. friends to add \$5.00 per year for added  
postal 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 non-profit, Canadian  
newsletter written by garlic growers for garlic  
lovers. It carries on from where the *Garlic  
Newsletter* and *The Voice of Garlic* left off. It is  
distributed quarterly 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.

## 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 Spring 2009 Issue: March 02

## In This Issue

<b>Garlic highlights of 2008 and musings on 2009</b>	1
The editor comments on a year of extremes and a rosy garlic future.	
<b>A clove here and there</b>	3
Tidbits from our world of garlic	
<b>People – We Get Calls and Letters</b>	4-5
We get calls and letters from garlic fans and learn from their garlic experiences.	
<b>Decaying Garlic</b>	6
Kristy Grigg, Vegetable crops specialist gives her take on the 2008 garlic crop in Ontario with suggestions on how to avoid problems with next years crop.	
<b>Garlic dibble made from salmon fishing lures</b>	6
Fred Vosper created an ingenious dibble from his plastic fishing lures when the West coast salmon fishery was sold to large corporate interests.	
<b>A picture of Majestic garlic growing in PEI</b>	6
Joe Bannon displays a rooted clove of Majestic.	
<b>The Bulbil Project</b>	7
The garlic guru needs your help in growing garlic from bulbils to get a sound data base on this promising method of developing cleaner garlic seed.	
<b>Andrew Garlic Festival</b>	8
A successful and growing event in a small Ukrainian community in north eastern Alberta close to Edmonton. Plan to go west for next year, east for you folks in B.C.	
<b>Garlic news from here and there</b>	9
<b>Garlic in Dauphin, Manitoba, from Garry Leskiw</b>	
<b>The Garlic Project at Silver Spring Farm in Ottawa.</b>	
<b>The Garlic Directory</b>	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!"	
<b>The Best Garlic Recipes and Ideas</b>	12
Comfort food and slow cooker comfort food from Mary Lou's Country Kitchen	
<b>More Garlic Recipes</b>	13
Garlic in oil recipes and a warning from Health Canada	
<b>A draft protocol for conducting a garlic tasting</b>	14
A summary by the Garlic Guru on how to get the best results from public tasting of garlic samples at your festival or farmers' market.	
<b>Pictures from the Carp Garlic Festival</b>	15
David Cornell sent a picture of his garlic stall and the garlic tasting.	
<b>The Complete Book of Garlic; Selecting a rototiller</b>	15
Added information on two articles in Issue 17	
<b>More Calls &amp; Letters</b>	15
Continued from page 5	
<b>Garlic Research: Performance &amp; Yield Comparison 2008</b>	16-17
Results from the Small-Plot Garlic Variety Trials on 48 different garlic types.	
<b>More Calls &amp; Letters</b>	18
Continued from page 15	

**Attachments:** Repeat offer, Directory 3 for 2 listing in The Garlic News.  
: Advertising Application 2008-09

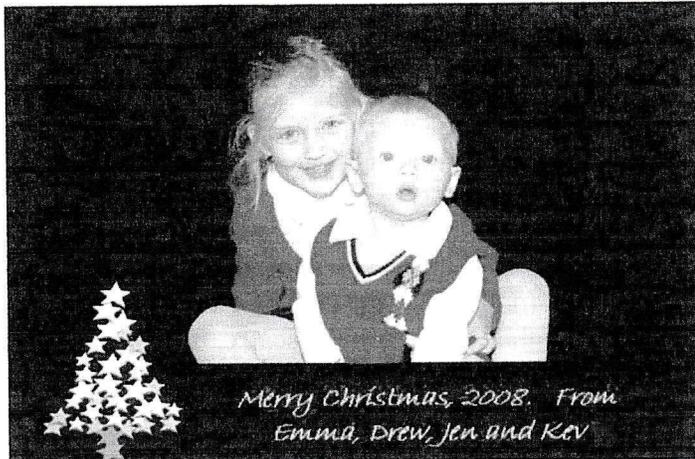
*To all our Garlic Friends, we trust you  
had a Very Merry Christmas and wish you  
a Happy & Prosperous New Year in 2009.  
May your garlic bring you good health  
and even some wealth!*

*Paul & Mary Lou*

## A Clove Here and There

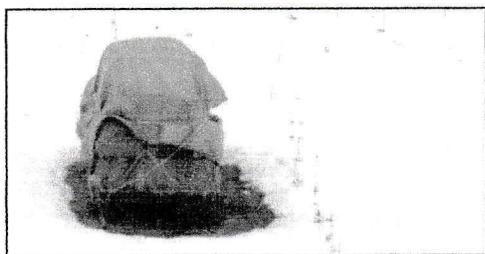
### Welcome back, Jennifer Allen

How many people appreciate government bureaucrats? Well, in Jen's case, I do. She's been away on maternity leave and I really missed her. She's the Vegetable Specialist at the Ontario Ministry of Food and Rural Affairs. She's a talented lady who has been generous in sharing her knowledge. Now, hopefully, Jen is back on duty with the same energy as before. I realize that she has a double demand on her time now, as her Christmas card shows. With those angels, I wouldn't go back to work!



### Did you get your garlic mulched?

Well, here at the Beaver Pond, I didn't. My bales of straw sit lonely and dejected, under a tarpaulin next to the garlic beds. It seems that I took Mother Nature for granted, not a smart thing to do at the best of times, and waited until the ground was frozen. Well, surprise, surprise. The ground didn't freeze but the snow came a month early, and stayed. The straw will go on next spring as a summer mulch, unless, more horrors, we get a mid winter thaw and I have to rush out there and spread it to prevent the garlic sprouting, something that almost guarantees winterkill.



Oh, well, there's always next year to get it right.

### You can always blame the government or the farmers

OTTAWA, taken from The Canadian Press -- Canada Post plans to cash in on online shopping with a **100-percent hike** in postage rates for Internet purchases.

The basic letter stamp goes up by two cents to 54 cents January 2009 and other rates go up, too.

The post office blames the price hikes on costly decisions by the Conservative government in 2006 to **maintain existing levels of rural mail delivery** and to continue a postal subsidy for magazines and periodicals. It also blames higher fuel prices.

*Editor: Nothing to do with the postal workers strike that has been picketing the main Canada Post terminal in Ottawa for the past months, I presume? Also, Canada Post is deliberately sabotaging rural delivery. I use Expedited Post for garlic seed orders with guaranteed delivery (between cities only, the fine print says). An order I shipped to Kitimat, B.C. was HELD for 10 days at a major centre, just to prove their point! To me, Kitimat hardly rates as "rural". And, what is this subsidy for magazines and periodicals? They laugh at the Garlic News and charge full rates.*

### 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. Ditto for your Email address. We sometimes send out news between issues of The Garlic News so add us to your list.

### Apologies to our members – delayed fall issue

The fall issue was delayed due to problems at the printers. Every copy was unsatisfactory and they wouldn't correct their mistakes. I was put in the position of finding a new source and absorbing the added cost. This takes time. I did find a good printer locally – but, it caused a months' delay the costs were higher. I apologize for the delay in getting the fall News out and thank you for your understanding.

**Now, a plea for help.** With the higher costs, we've passed the break-even point. We don't want to raise the annual fee. So, the only avenue that makes sense is to have more **members take out an ad to advertise their garlic.**

An ad helps to pay the costs of producing The Garlic News. At the same time, it helps consumers find the garlic they are looking for. And, it helps you to sell your garlic and establish a reputation in the garlic world. So, if you have garlic or garlic products to sell, consider an ad or listing in The Garlic Directory. A form is attached.

*Garlic is at the leading edge of the "buy local" movement. If you will have more garlic than you can use yourself, sell it to your friends and neighbours. They will thank you.*

### Eco Farm Day 2009

Theme: "The Business of Farming from Field to Fork", February 27-28, 2009 at the Ramada Inn, Cornwall, Ontario. Keynote speaker, Eliot Coleman, the modern father of organic agriculture. [www.organiccouncil.ca](http://www.organiccouncil.ca).

## Calls and Letters From Our Readers

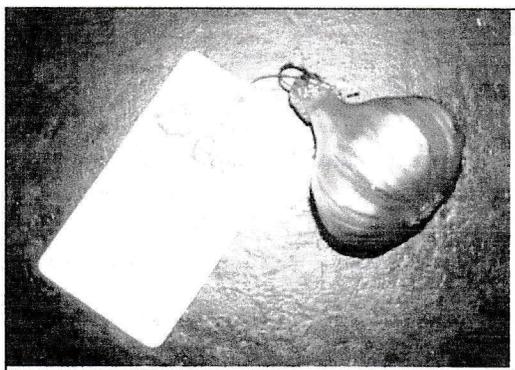
### Helping hands are far better than words

**Julie DaSilva and David Deyette** came to help with planting the garlic trials. On October 4, in just 2 hours, we had all the raised garlic beds done. On October 18, Julie and David came again for the cracking and planting. We had a record planting day. It was a cinch to finish the final 650 myself the next day. Julie and David were a great help. If I had to do it alone, it would have taken many days, even weeks. Thank you, good neighbours!

### We received some lovely Christmas Greetings

While spending the Christmas season at home here at the Beaver Pond – Mary Lou being on another regimen of drug treatment, this time for something called “extra-pulmonary TB”, and not the cancer – and, as a consequence, suffering the terrible side-effects of the drugs – we were happy to receive some really nice wishes. There isn't room to include them all, but here is one worth sharing.

It was a gift from a 13-year old young man, **Ian Hamilton**, who I hired last summer to help with gardening, and his older brother, Adam. Not only was Ian an able assistant in the garden, the gift was thoughtful, too. While on family trip to the USA last summer, he bought for us this Christmas decoration in the shape of a garlic bulb.



The gift was especially appreciated since we hadn't got out to go shopping to buy an annual decoration for our Christmas tree, something that is a tradition with us. Thank you, Ian and Adam!

Paul and Mary Lou. Thank you for the thoughtful Christmas e-card. I'm staying closer to home than before, building up my consulting business and only take on what interests me, our shared small garlic patch went in at the end of October. Take care and Merry HOHO. **Larry & Terry Lenhardt.**

*Editor: Thank you both. For our members, Larry started and built up a Canadian organic certification agency, OCPP. It was bought by Wallace Hamm of Pro-Cert Organic in 2007, bringing both these fine organizations together. Larry's contribution to the organic movement was outstanding.*

### Chinese Proverb:

*When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.*

### The Bulbil Project - Update

*The bulbil project received a lot of positive feedback from our membership. See page 7 for a short article describing what it's all about. If you wish to get bulbils from the Small Plot Garlic Variety Trials, let us know by early June so we can save them for you. Once the plants have scapes removed, there is no way of getting them back. Editor.*

**Frank Finneran of Pawtucket, Rhode Island**, wrote:

Hi, Paul. I have **started growing garlic from bulbils this year** just to see how long it takes to get to full size. I will let you know how it's going from time to time. I just planted the last of my garlic today Nov 03, 2008. I have a garden and not a farm but I plant 2,500 heads every year for the last 15 years, totally organic. This year I planted 42 different ones. Marbled purple stripe and turbans grow the best for me down here, then Artichokes and Rocamboles. Porcelains do not do well here and forget about growing any Silverskins, Creoles or Asiatic.

But my test will be on four that I grew last year. They are #1, a Turban called Korenan, red hot; the size of the bulbils is very small, about the size of a small pea. #2 is an Artichoke that came from Tuscany, Italy last year called Bianco Piacentina. The bulbils came from the plant being stressed in it's new home here in the U.S.A. #3 is an artichoke from Lombardy Italy last year, again with the same stress. The last one is just some thing I want to see is how long the bulb on the bottom of (elephant garlic?) took to grow into a full size plant. I love the Garlic News. Keep up the good work you're doing.

*Editor: Thank you for your report on bulbil planting and your kind words on the Garlic News. Keep some records of your bulbil trials if you'd be so kind. There is so little known about growing from bulbils. An interesting observation on Artichokes. Generally, they are stressed in our region and a lot of them produce stem bulbils. Not so this year. Very wet.*

**Jim and Alice Izatt of Horndean Manitoba** wrote: We were reading the fall 2008 issue # 17 and read about Jerry Olesnyckyj's Carpathian bulbils. We are very interested in getting some bulbils to try. How can we contact Jerry?

**And again after contacting Jerry:**

We just received our bulbils from Jerry O.

We were wondering if we should plant them now like our garlic or would it be better to plant in the spring. We have a late spring here in Manitoba. Thanks **Jim and Alice.**

*Editor: They risk drying up if you wait till spring.*

*Suggest you fill some paper cups (like Tim Horton's) with potting soil, plant the bulbils in these and plant the cups in the garden. That way, they'll start setting roots and benefit from the moisture. 4 or 5 bulbils can go in each cup. Next summer, when you go to harvest them, the cups will be easier to find.*

## More calls and letters

### More on bulbils

**Anna Schaab of Yorkton, Saskatchewan,** asked:  
Hi Paul, it's your Saskatchewan garlic farmers calling. Hope things are well in your world. Robert Osmack tried to call you but couldn't get thru as the line was disconnected? So he wanted me to ask you about planting bulbils. Do you harvest them after the first year and then re-plant or do you leave them in the ground for two years? Darrel and I left them in the ground for two years and have started harvesting them this summer. Good results! Robert also wanted to know how far about you plant the bulbils. Plus, he would like your phone number!

*Editor: Bob Osmack phoned today and asked me to send you the info on planting bulbils to you for him. Attached are two good articles from Issues 4 of The Garlic News.*

*With the tiny Porcelain bulbils, I find it useful to plant them in large garden pots (paper cups for others) and bury the pots in the ground. They are easier to locate and you won't lose them in the weeds. Since the first year "rounds" from Porcelains are tiny, you may find it worthwhile to leave them in the pots for another year and harvest the second year "rounds" for replanting. Keep me posted on your results.*



### Concerns about planting

**Gail Lapointe of Ottawa Ontario** asked:  
Can you please let me know when the proper time is to plant the garlic. I still need to find some straw also or can I use some leaves? Would that do the trick?

*Editor: You can plant anytime after mid October right up to when the ground freezes. Straw is better for mulch. Leaves tend to form a mat as they pack down unless you chop them up with the lawnmower. Good luck with your planting.*



**Sheila & Charlie Robb of Minden, Ontario** wrote:  
Charlie is in the midst of planting. He started late in the day of October 14th. As of last night he had 5880 planted. Still some to go before the weather shifts for good.  
There is a local grower who wants to expand and is looking for planting stock. Realize that it is late in the season but would you have any to sell. He would be interested in a type of hardneck garlic close to Ted's F3.



*Editor: Sorry but we've been sold out for some time. I have a few "Grab Bags" of cloves left over from planting the trials. No Porcelains, just a few Rocamboles and some softnecks.*



### Decaying garlic

**Anna Schaab** again, on another topic, **decaying garlic:**  
We are a bit worried for next year, due to losing so much garlic this year due to what we think was the frost not coming out and the plants dying off. Because of the decaying garlic, is next year something to worry about?

### Editor's reply, on the topic of decaying garlic:

Hi Anna: Here's a long answer to a short question:

This year, in most but not all regions of Canada, a very wet spring and summer had, generally, the following effects:

- 1) A late spring meant later emergence, but this did not appear to affect the size of bulbs at harvest. Growers reporting "winterkill" may have in fact had the young garlic shoots die under a blanket of ice and snow that was 2-3 weeks late in melting off.
- 2) Little or no irrigation was needed during the growing season as there was plenty of rainfall.
- 3) In leek moth regions, damage was less than most years, due to the delayed hatching of the first generation.
- 4) Harvest was interrupted and delayed by heavy rains in July. It was difficult to get the crop in and curing properly.
- 5) Crop size (and bulb size), according to reports that I have received, was larger than most years.
- 6) Curing the harvest in many areas was extremely difficult for growers lacking indoor heated drying facilities, due to high humidity outdoors. A lot of decaying garlic was caused by lack of facilities and/or poor curing techniques.
- 7) There were more reports of yellowing and decaying bulbs, likely due to the wet conditions in late season and during harvest.
- 8) Disease (perhaps it was only decay caused by the damp conditions or, uncured garlic going mouldy) appeared to be the worst in a combination of hot, damp conditions.
- 9) Fusarium, a perennial problem, did not appear to be as bad as other years. Some of this damage, in hotter areas, was no doubt a condition called "waxy breakdown" which occurs under very hot conditions.
- 10) Bulbs (cloves) tended to shrink more on curing, causing loose bulb wrappers. At this time, it is difficult to predict how this will affect storage life.

As far as how this year compares with other years, overall, it seemed to be a better crop year than most, despite a lot of concerns and a very challenging harvest. Our own crop from the trials was excellent with very little disease damage and a much larger yield with bigger than average bulbs. Some growers reported having the largest average bulb sizes ever. Now, not everyone had the same experience and the above is just an overall, general impression gleaned from contact with many growers across Canada.

For next year, there are two main concerns:

- 1) Plant only healthy looking, firm cloves. Discard any that appear soft or diseased. They likely are diseased and there is no point in taking a chance.
- 2) If you had disease in your field, DO NOT plant in the same area. Move to a clean field. Crop rotation is always very important, but especially following indications of disease in your field. You don't want any soil-borne diseases ruining your next year's crop.

Kristy, does this agree with your impressions?

*(see next page for Kristy Grigg's reply)*

## Decaying Garlic (continued from page 5)

*I asked Kristy Grigg, the Vegetable Crops Specialist from the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) for her impressions on the 2008 garlic crop in Ontario. Here is her response:*

Wow, what a great summary! You covered most of the points in your email, Paul. Yield and quality reports that I am receiving from growers are mixed, some have had exceptional growth despite the rain while others lost most of their crop to decay/disease. The only other effects I could note, in addition to Paul's, that the wet season had on garlic would be the pests, in particular onion maggot and bulb & stem nematode.

I received quite a number of soil and bulb samples from growers this season that tested positive for bulb & stem nematode. Populations peak May-June and September-October, so it would be a great idea to have your soil tested at one (or both) of these times. The key to management with this pest is prevention and with the dampness and decay that happened this year in crops, preparation for next year is even more important! Prevention includes working with clean seed, proper field, water and equipment sanitation, as well as following a 2-3 year crop rotation with a non-host crop.

Onion maggot infestations in garlic are quite common in plantings when immune systems have been already reduced by disease, damp weather, etc. It really seemed this year for growers it was an all or nothing case of maggot infestation.

Some growers lost 80+% of their crop to disease and maggot feeding, while others had no problems at all. If maggots have been a problem in the past, there are conventional in-furrow control measures, Lorsban 4E and Pyrinex 480EC that can be used in the spring to get at the first generation. Spraying for adult flies later in the season does nothing to prevent or reverse maggot damage.

So, to summarize and stress Paul's points, despite some problems this year, growers should not be concerned about next season's planting so long as they practice proper production techniques: soil test for nematode, use clean seed and field (if you suspect disease in seed, get rid of it!), sanitize all equipment, and follow a crop rotation (your best means of defense).

### **Kristy Grigg**

Vegetable Crop Specialist

Ontario Ministry of Agriculture, Food and Rural Affairs

1st Floor NW

1 Stone Road W, Guelph, ON

N1G 4Y2

Tel: (519)826-4963

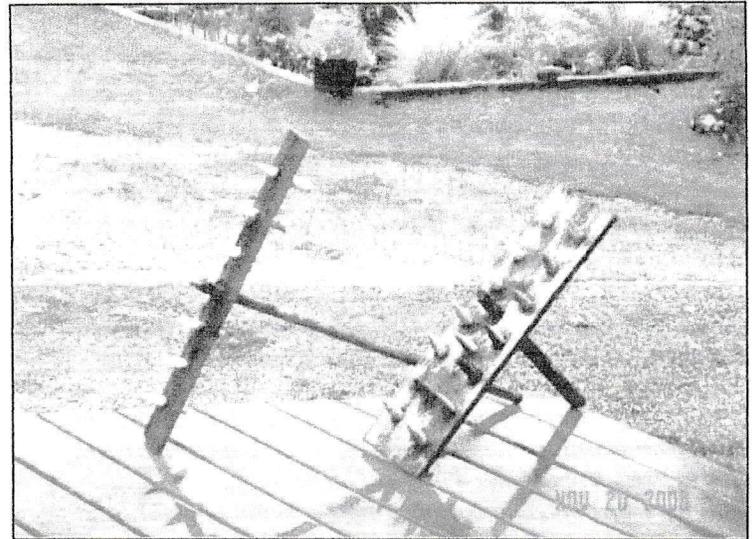
Fax: (519)826-4964

Email: [kristy.grigg@ontario.ca](mailto:kristy.grigg@ontario.ca)



## Salmon Lure Garlic Dibble

*By Fred Vosper*



*Plastic fishing lures made into garlic dibbles*

*The ingenuity of garlic growers never ceases to amaze me! Fred Vosper of Manson's Landing on Cortes Island in B.C sent this picture to me. He mentions the sell-out of the fisheries. For those interested in this government boondoggle, David Brown wrote a book entitled "Salmon Wars" on this subject. Editor.*

Fred wrote: "Like the East Coast Fisheries, the Department of Fisheries and Ocean's bureaucrats sold our salmon to a large grocery chain, who then bought two large fishing companies and their boats and licences.

What to do with my plastic fishing plugs? As the picture shows, I made them into garlic dibbles.

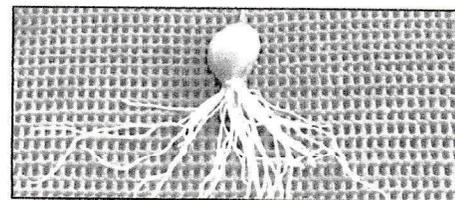
Garlic sold for \$10.80 per pound at our local Co-op with \$9.50 going to the farmer. A fair deal for growers.

Marching right behind this money mess, I see food shortages coming for certain

Keep farming, everybody! **Fred Vosper**



## Majestic in the Maritimes



*Here's a Majestic clove that was planted around the 1<sup>st</sup> of October. It looks like it's well rooted. Regards from Joe Bannon, Murray Harbour, Prince Edward Island*

## The Bulbil Project --

-- at the Small-Plot Garlic Variety Trials,  
Beaver Pond Estates, Maberly, Ontario

By: Paul Pospisil

*In Issue 4, Summer 2005, we described the Bulbil Project in an article titled "Development of Improved Strains from Bulbils at Beaver Pond Estates". This article continues on from the report on that long-term trial.*

The bulbil project needs your help!

**Purpose:** To grow garlic by the bulbil method in as many regions and soil conditions as possible in order to validate the usefulness of this advanced growing technique in maintaining a strong, healthy stock of garlic for planting.

**Background:** Very early in the growing trials at Beaver Pond Estates, it was observed that some garlic clones had the tendency to weaken when replanted successively for several years in the same conditions. The crop of bulbils seemed to get progressively smaller. Following an historic practice of European pioneers of "rejuvenating" the garlic stock by planting bulbils and using the garlic thus produced as seed, I embarked on a long-term trial to either prove or disprove this practice.

Each year, some bulbils were saved and planted, nurturing them through successive years till they produced full-size bulbils. These were then planted alongside cloves from mother bulbils that had been grown by the standard method.

Early results indicated that the plants grown by the bulbil method appeared healthier and more robust than those grown from regular cloves.

It was also observed that some strains took up to 5 years to produce a full-size bulb while others took only two or three years. In one case, a Purple Stripe, a full size bulb was produced in the first year.

There also appeared to be less disease in the bulbil grown plants.

However, with the limited samples, it was not possible to state that one method or the other would produce a better or larger crop. My efforts were woefully insignificant and I knew I needed more help.

**Initial Conclusions.** Not enough is known about growing garlic from bulbils. More work needs to be done on growing garlic by the bulbil method just to learn about what happens before a more definitive research can be done. We need to find out just how bulbil-grown garlic performs and produces under different conditions and how it compares with clove grown garlic.

**The Way Ahead.** I have been encouraging growers to try the bulbil method and to keep growing records. Once a good knowledge base is established, this can then be used for further growing research, for example, determining whether or not bulbil-grown garlic carries less disease than that grown from cloves, or grows better crops of garlic.

**Will you help?** Growers and gardeners, especially home gardeners, are invited to participate in this project. If you are interested, please contact me.

**What do you need to do?** Basically, just plant different types of garlic bulbils and grow them for enough years to produce a full-size bulb (one at least 2" in diameter). Each year, keep a record of the planting and the harvest as well as any growing observations and send it back to me. The types you select should all be sufficiently different so as to give different results. I would like reports on them for a bulbil-grown garlic database. Bulbil growing instructions and a simple record form will be sent to participants.

If you are willing to participate in the Bulbil Project, please let me know. You may use bulbils from your own garlic or I can provide you with bulbils from my plants. Five types, one strain from each of the five major Varietal groups is recommended for this project. I can select a good set. The bulbils are free but I would ask for a small contribution to help pay the mailing costs. **I need to know by early June** each year in order to save the needed bulbils.

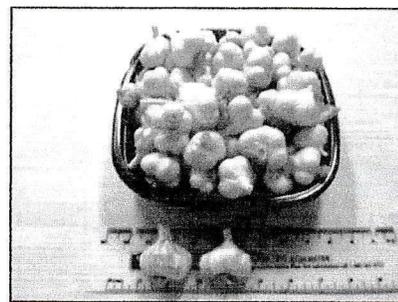
If you were already growing from bulbils, your information from that would be appreciated as well.

Contact me at:

Paul Pospisil, Garlic Research,  
Small-Plot Garlic Variety Trials,  
3656 Bolingbroke Road,  
Maberly, Ont. K0H2B0  
ph. 613-273-5683 Email: [garlic@rideau.net](mailto:garlic@rideau.net)

**Related Project.** Seeds of Diversity Canada have an ongoing project called the Great Canadian Garlic Collection. It started about 4 four years ago and is an attempt at both identifying and cataloguing garlic strains and, having members preserve the genetic stock by growing them. I encourage gardeners not only to join Seeds of Diversity but to learn about this project as well.

Email: [mail@seeds.ca](mailto:mail@seeds.ca) Website: [www.seeds.ca](http://www.seeds.ca)



*A 1<sup>st</sup> year crop of garlic from Artichoke "F4 Italian" grown from stem bulbils planted November 4, 2007. Harvested July 17, 2008, over half the bulbs were market size, >1.5". This was unusual as generally, such results take 2-3 years.*

## Andrew Garlic Festival

The 10<sup>th</sup> annual Andrew Garlic Festival took place on October 18, too late for us to cover it in the Fall Issue. This event was so good this year that we want to share some of the highlights with our members.

Thanks to **Juliana Melenka**, editors from two of the local papers, the Lamont Leader and The Triangle sent pictures of the event which are presented below:

**From Joanne Paltzat, Editor, the Elk Island Triangle**



**The 2008 Garlic King  
Colby Shedney**

Held Saturday October 18, the 10<sup>th</sup> annual Andrew Garlic Festival was the biggest and best ever. Garlic Displays, fall theme arrangements, scarecrow competitions, a bacon and egg breakfast, and a huge Farmers' Market and Craft Sale with over 50 tables filled the morning.

Noon brought a lunch of beef on a bun (no doubt, well spiced with local garlic).



**Vivian Skakun**, one of our Garlic News members from Edmonton spoke to a full house on the topic, "Growing Garlic Successfully".

A famous garlic supper, with every dish including garlic, was served for the evening meal.

The evening concluded with fantastic music by Victor Holubowich & the Royal-Lites, ending another very successful festival.

**From Cathy Weetman, Editor, the Lamont Leader**

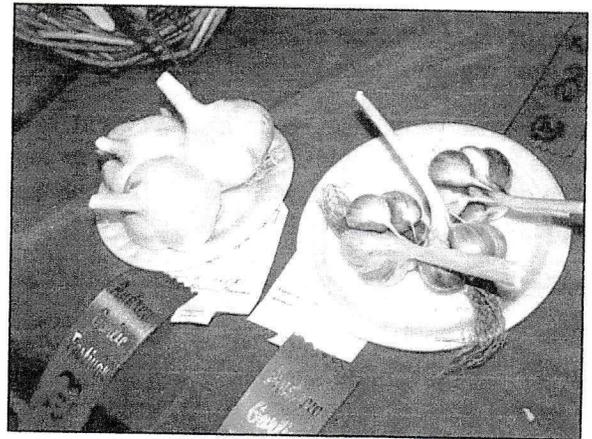
"Wake up and smell the garlic".

Over 800 visitors came from many provinces, the USA and even Ottawa to this year's festival, making it the most successful ever. Cathy Weetman wrote:

*"Paul, I would be delighted to send you some photographs. Thanks for the compliment. I've never seen so many people at Andrew for the garlic festival than I did this year. Apparently some good person sent something about the festival into the AMA travel magazine and it took off from there. Regards, Cathy Weetman."*



*Garlic George & his basket of garlic welcome visitors.*



*Garlic winners in the garlic competition.*

The community of Andrew has proven that you don't have to be big to do something outstanding. I congratulate all the organizers of the Andrew Garlic Festival, and thank Juliana, Joanne and Cathy for sharing a glimpse of their community spirit with us.

*If you're planning to visit the Edmonton area next fall, try to time your visit for October and take in this superb little garlic festival. Contact the local press:*

*The Lamont Leader, [llnews@telus.net](mailto:llnews@telus.net), or,  
The Triangle, [trinews@telusplanet.net](mailto:trinews@telusplanet.net) and I'm confident they'll put you in touch with the 2009 festival organizers.*

## Garlic news from here and there

### Garlic in Dauphin, Manitoba

By: Garry Leskiw

Hello from Dauphin, Manitoba!

I liked your issue on hardneck braiding. Great stuff! The braids are a good selling piece for the wall. I find the garlic lasts longer in a braid. What do you think?

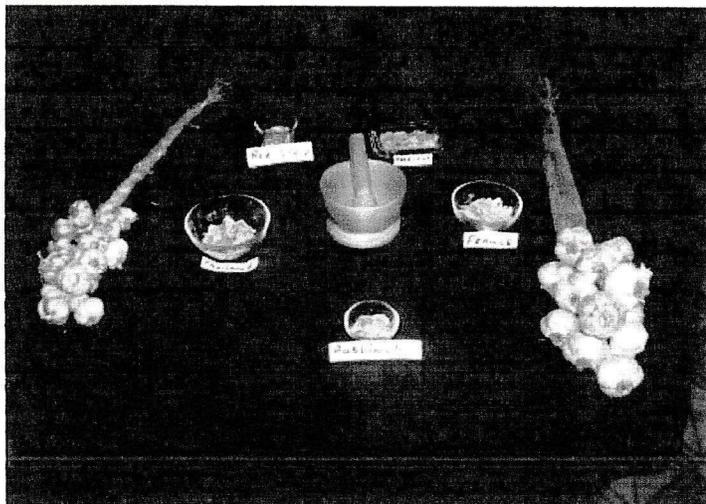
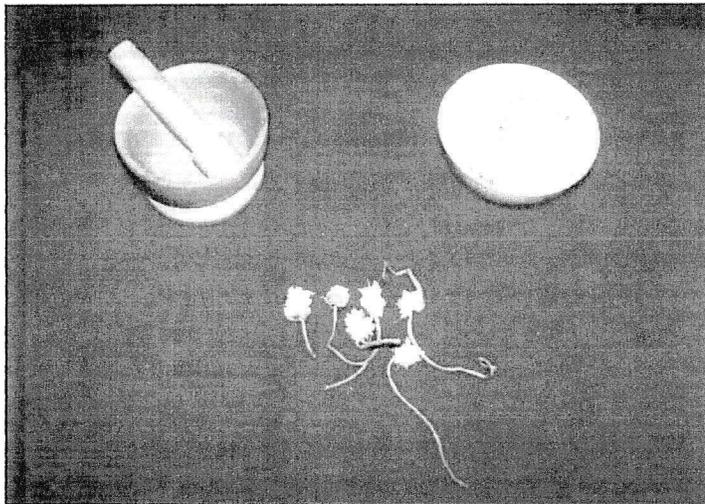
In 2007, I put some scapes in a bowl in the basement and they developed into bulbets. See my first picture. How do you plant them, in a pot or how?

The second picture is of braids and types of dried garlic. A friend, **Robert Baker, well-known plant photographer** took the pictures. I hope your friends can have a Garlic Festival in Yorkton next year.

This year, it was raining lots in Manitoba and the garlic was stressed with the rain. The growers, too!

Lots of luck to the garlic growers of Canada. Keep up the great work on the garlic newsletter and hats off to Mary Lou's Country Kitchen recipes. **Garry Leskiw.**

*Editor: Thank you for your kind comments and the pictures Braided garlic is definitely the way to store it because air circulation keeps it from moulding or decaying. You can plant bulbils directly in the garden, in paper cups buried in the garden, or in large pots. See also my reply to Anna Schaab on page 5. Good luck.*



## The Garlic Project at Silver Spring Farm in Ottawa

Started by **Ed Haines** and now coordinated by **Jack Fraser**, the Garlic Project is a major fundraiser for the charitable work of the Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD). When I dropped in to visit Silver Spring Farm during harvest time last summer, the volunteers were busily cleaning garlic and selling it to a steady stream of visitors. Their crop was the best ever, both in bulb size and quantity. They harvested over 30,000 bulbs. Their only problem?

Too many Super Jumbo and Colossal size bulbs (over 3" diameter) and not enough smaller sizes for some customers. Now, don't you wish you had that problem?

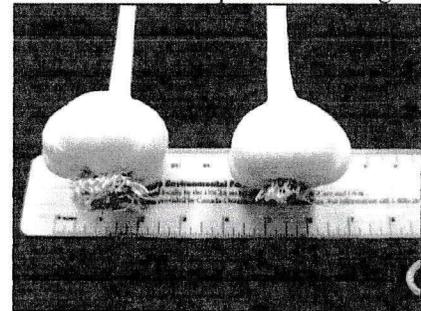
As usual they sold too many and didn't hide away enough for seed. And, as usual, they had to buy some Music seed bulbs from **Alan Cowan of Arranhill Garlic Farm**. Since I was going to the Stratford Garlic Festival, I brought the garlic from Alan back for them.

Along with Jack Fraser, and Alan Cowan, I received a nice "Thank You" letter from Dave Ferguson of OCAPDD.

It's nice to get a word of thanks, even though I would support this fine organization regardless.

If you'd like more on the work of OCAPDD, check their website at [www.ocapdd.on.ca](http://www.ocapdd.on.ca) and follow links to their various activities.

You can also find a lot on the work that Jack Fraser is doing by googling under "Jack Fraser garlic". He is a virtual dynamo when it comes to promoting garlic in the Ottawa area, arranging radio, TV and newspaper coverage. Market gardeners in the Ottawa Valley as well as the handicapped reap the benefit of his tireless promotion of garlic.



Colossal bulbs from Silver Spring Farm 2008 Garlic Crop

## Humour and Wit

### Great Truths About Growing Old

- 1) Growing up is mandatory; growing old is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.



### 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](http://www.garlicfarm.ca)

e-mail : [garlic@garlicfarm.ca](mailto: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](http://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)

Allenford, Ontario N0H 1A0

(519) 934-2119

[acowan@bmts.com](mailto:acowan@bmts.com)

## BEAVER POND ESTATES

Tree Farm & Sugar Bush



ORGANIC GARLIC

Seed Packs for Home Gardens

Garlic Research

- over 100 strains tested

- Farm Gate Sales - visitors welcome



3656 Boilingbroke Rd.  
Maberly, Ont. K0H 2B0

Paul & Mary Lou Pospisil  
Tel./Fax (613) 273-5683  
email: [garlic@rideau.net](mailto:garlic@rideau.net)

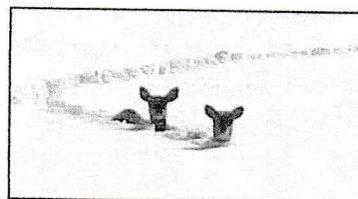
*You harvest as you sow. It pays to buy quality seed.*

**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!**



James & Janice Jones  
email - [bigassgarlic@hotmail.com](mailto:bigassgarlic@hotmail.com)

Dorset, Ontario  
705-766-2748

### A Canadian Seed Library

Adopt your favourite Variety and Seeds of Diversity Canada will grow and preserve it in a Permanent Seed Library. A full adoption costs \$250.00 and shared adoptions start at \$50.00. Note that this project is for seeds other than the Great Canadian Garlic Collection.

For more information, contact:

**Seeds of Diversity Canada**

Email: [mail@seeds.ca](mailto:mail@seeds.ca) Web: [www.seeds.ca](http://www.seeds.ca)

Phone: 1-866-509-SEED

*Local is in, imported is out.*

*Why not put on a garlic festival or a garlic food event in your local community? Be sure to use local food. Use the event as a fund-raiser for your chosen charity. You'll help in many ways, the charity, the garlic lovers and even yourself if you happen to grow garlic*

**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.

### NEW ADDRESS!!

WARREN HAM



4727 Rd 130, RR #2

Gadshill, ON

NOK 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, ON. K9V 2G4. Ph. 705-328-2644. Email: enviro-threads@sympatico.ca See article on organic garlic bags, The Garlic News #10.

**Certified Organic Seed & Table Garlic, also fingerling potatoes:** Garlic primarily Music with some Wildfire Select, Georgian Fire, Chiloe, etc. Potatoes var. Russian Banana, Laratte, Rose Finn, etc. Will ship. Simon de Boer, Langside Farms, Teeswater, ON. Ph. 519-357-1919, Email sbdeboer@wightman.ca.

**Organic Garlic For Sale:** Majestic, Music, Georgia Fire, Georgia Crystal, Magical, German Red, Russian Red, French Rocamboles, OCPPP certified. David Hahn, Forest Farm, Godfrey, ON. 613-273-5545, dhahn@rideau.net. **2008 Champion Garlic Grower in Eastern Ontario for the 2<sup>nd</sup> time. Your assurance of top quality.**

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

**Organic Garlic For Sale:** Mennonite, Russian, Polish, Hungarian, Czech, Spanish Roja, Italian, Puslinch, French and others strains are available to sell. All certified organic by OCPPP/Pro-Cert. Will ship in Canada. Jean Finlayson & Elly Blanchard, Railway Creek Farm, Madoc, ON. Ph.613-473-5174. Email railwaycreek@auracom.com

**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, Zone 5A hardy. Bulbils for participants in The Bulbil Project. Limited supply of wild garlic. Order ahead. Ship in Canada only. Beaver Pond Estates, Maberly, ON. 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

*Note: We have just mailed out GSF Press # 47 to Canadian Subscribers. Check their website for info.*

### The Garlic News 2009 Advertising Rates

**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, a saving of \$5.00. 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. Save 25% by 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**

### Attention Garlic Growers!

Place an ad or listing in the Garlic Directory and reach garlic lovers across Canada. Email: garlic@rideau.net.

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

**IT MAKES HEALTHY BUSINESS SENSE**

## The best garlic recipes and ideas

### Comfort Food

What are comfort foods? They are foods that soothe by reminding us of warmth and love. For most of us, these foods are familiar, home-cooked and far from being gourmet. They can be Grandma's delicious roast chicken, or if you hail from the Punjab, chapati and dal, since all of us have different childhood memories.

Since we recently bought a slow cooker to add to Mary Lou's Country Kitchen, I've included recipes using this appliance that nicely duplicates slow cooking on the back of the old wood-fired cook-stove.

### Refried beans, traditional frijoles refritos

Refried beans (frijoles refritos) is a dish of cooked and mashed beans and is a traditional Mexican staple.

#### Ingredients and preparation

Refried beans are traditionally prepared with dried pinto beans, but other varieties of dried beans can be used, such as black, brown or red beans. The beans are soaked overnight, stewed, drained of most of the liquid, saving it, and mashed into a paste with a potato masher, or even a fork. Some of the drained liquid, or chicken or vegetable stock, is added if the bean paste is too dry. The paste is then fried with lard, typically in a cast iron pot or skillet, and seasoned to taste with salt and spices. Onion and garlic may be sautéed in the lard before the beans are added. Roll in a tortilla to form a bean burrito, or, make a layered dip with sour cream on top for corn tortilla chips.

### Slow Cooker Refried Beans

#### Ingredients:

3 cups dry pinto beans, rinsed  
1 onion, peeled and halved  
2 tbsp minced garlic  
1/2 fresh jalapeno pepper, seeded and chopped  
5 tsp salt  
1 3/4 tsp fresh ground black pepper  
1/8 tsp ground cumin (optional)  
9 cups water

#### Method:

Place the onion, rinsed beans, jalapeno, garlic, salt, pepper, and cumin into a slow cooker. Pour in the water and stir to combine. Cook on High for 8 hours, adding more water as needed.

Note: if more than 1 cup of water has evaporated during cooking, then, the temperature is too high.

Once the beans have cooked, strain them, and reserve the liquid. Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

*The name is a mistranslation. In Mexican Spanish, "re-" means "very" or "well", not to be confused with the English prefix re-. Thus, frijoles refritos, the Spanish name of this dish, translates as "well-fried beans", not "twice-fried beans".*

## From Mary Lou's Country Kitchen

### Slow cooker beef stew with vegetables

This beef stew with vegetables is cooked in the slow cooker, with, carrots, potatoes, onions, tomatoes, garlic, seasonings, and other ingredients.

#### Ingredients:

1 to 1 1/2 lbs. stew beef  
4-5 medium potatoes, peeled and cut in 1 1/2-inch chunks  
4 carrots, peeled and sliced  
2 medium cooking onions, peeled and quartered  
4 large paste tomatoes, quartered  
4-6 large cloves garlic, peeled and sliced lengthwise  
1/2 tsp. seasoning salt                      1/4 tsp. dry mustard  
1/4 tsp. pepper                                      1 tbsp. Worcestershire sauce  
3 cups water                      1 1/2 cups drained canned or frozen peas

#### Method:

Place beef in a 5-quart slow cooker. Add cut up potatoes, carrots, onions and garlic. Mix all remaining ingredients, except peas, and pour over meat and vegetables. Cover and cook on LOW for about 8-10 hours (or HIGH 6 hours). Add more water if necessary. Add peas about 20 to 30 minutes before serving. If liquid is too thin, add a teaspoon of flour, stir well and let thicken.

Note: Until you get familiar with your slow cooker, check during last hour or so to prevent overcooking. Don't lift the cover or the steam will escape.

Serve with thick slabs of fresh-baked brown or whole wheat bread.

### Slow cooker roast beef with gravy

#### Ingredients:

3 lbs boneless eye of round beef roast  
4-6 medium cloves garlic, peeled and quartered lengthwise  
1 tsp beef bouillon powder  
1/2 cup boiling water  
Gravy, see recipe below

#### Method:

Insert slivers of garlic into holes made in roast with point of sharp knife. Place in a 5-quart slow cooker. Stir bouillon powder and boiling water together in small cup. Pour over beef. Cover. Cook on Low for 8 to 10 hours or on High for 4 to 5 hours. Add water if needed. Make gravy with juice from beef. Serve with mashed potatoes and gravy.

### Gravy

#### Ingredients and preparation

2 tbsp All Purpose flour                      1/4 tsp garlic salt  
1/16 tsp pepper                                      1 tsp bouillon powder  
1 cup meat juice from roast plus water to make up if needed  
Combine flour, salt and pepper in saucepan. Stir. Gradually whisk in meat juice and water until no lumps remain. Heat and stir until boiling and thickened. Taste, adding bouillon powder for more flavour if needed

## More garlic recipes, tips & ideas

### Garlic In Oil

*From: It's Your Health, a Health Canada service*

Garlic-in-oil is a popular homemade food item that can cause serious health problems if it is not stored properly. If you make and use this item at home, you can take steps to protect your family from the possibility of food poisoning. Garlic-in-oil is a mixture of vegetable oil and garlic, either whole, chopped or minced. When you make it at home and use it right away, it's a safe product. It's also safe if you keep it refrigerated continuously, and use it within a week.

The trouble starts if you store homemade garlic-in-oil at room temperature, or if you keep it in the fridge for too long. These actions could result in contamination of the product by the bacteria spores that cause botulism.

The bacteria spores that cause botulism - Clostridium Botulinum - are widespread in nature, but they seldom cause problems because they can't grow if they're exposed to oxygen. If the spores don't grow, then they can't produce the toxins that make us sick.

However, when garlic containing the bacteria is covered with oil, there's no oxygen present. That means conditions are ripe for the spores to grow and produce toxins. You can slow down the growth of bacteria (and the production of toxins) by refrigerating the product, but this may not be enough to stop it from spoiling. What's worse is that there won't be any obvious signs that the garlic-in-oil is spoiled. You won't be able to tell if it's dangerous, because it will still look, smell and taste the same.

If you eat garlic-in-oil that contains the toxins, you can get botulism - a potentially fatal food poisoning that may cause the following symptoms: dizziness; blurred or double vision; difficulty in swallowing, breathing and speaking; or paralysis that gets worse with time.

Check the label on commercially prepared garlic-in-oil products for sale. If salt or acids are in the list of ingredients, the product has been preserved. You don't need to worry about food poisoning as long as you follow directions for storing the product.

### If you make Garlic-in-Oil at home

You can protect your family's health and reduce the chance of food poisoning by following these rules:

- 1) Prepare garlic-in-oil fresh, and use it immediately;
- 2) It's best to throw away any garlic-in-oil that's left-over. If you decide to store it, make sure it goes into the refrigerator right away, and use it within a week; and
- 3) Never store garlic-in-oil at room temperature. Throw away any that has been in the refrigerator for more than a week.

For more information about the safety of any food product, contact your nearest Health Canada office, or the Canadian Food Inspection Agency.

### Making garlic oil

Throughout Asia, garlic is used to flavour oil for frying, partly because of the aromatic flavour it imparts. Here are both a basic recipe and one for flavoured oil:

#### Basic garlic oil from roasted garlic

##### Ingredients:

- ¼ cup olive oil
- 2 tbsp crushed garlic

##### Method:

Heat oil in a small saucepan. Add crushed garlic. Cook gently for approximately five minutes or until the garlic is pale gold, stirring occasionally. Do not let it burn or the oil will taste bitter. Cool, strain and use as required. When serving clear soups, a teaspoon of this flavourful oil will enhance the taste of the soup. Use garlic oil, instead of the normal cooking oil, in the various Asian stir-fry dishes like vegetables and fried rice.

#### How to make a flavoured roasted garlic oil

##### Ingredients:

- 2 heads of garlic
- 2 cups virgin olive oil
- 2 sprigs of thyme
- 1 tspn black peppercorns, dry roasted in a frying pan

##### Method:

Cut the garlic heads in half crossways. There is no need to peel the garlic cloves - you can leave the head intact. Place the garlic heads cut side down in a small ovenproof dish. Pour the olive oil over them and add the thyme and pepper. Cover with a lid or foil and bake in a preheated 150F oven for 45 minutes to 1 hour, until the garlic is soft enough to mash.

Strain off the oil and allow to cool. Place in a bottle or jar and keep in the fridge. Use within two weeks.

Use the oil for recipes or dipping and the roasted garlic for a snack.

Squeeze the roasted garlic from the heads. Mash into a paste and spread on bread or crackers, or use in soups, sauces or dips. It has a wonderful nutty taste and is quite different to raw garlic.



*Roasting garlic changes the flavour from hot and pungent to a nutty flavour and eliminates most of the strong aroma. Use roasted garlic when you want a milder garlic flavour.*

## A Draft Protocol for Conducting a Garlic Tasting

By: Paul Pospisil

Garlic tasting tables have become an integral part of the offerings at Garlic Festivals and Farmers' Markets during the garlic harvest season. They have appeared in response to consumer questions on which garlic is the best, the hottest or the most appropriate for various uses, recipes or meals.

On observing some of the early attempts at garlic tasting, it became obvious that the efforts were far too ambitious and could not result in good conclusions.

When tasting raw garlic, the first thing that occurs in the taster's palate is a fairly long-lasting burn that masks any attempts to discern any differences in the next sample. When tasting too many samples, the taster's palate is so numbed by garlic burn that any comparison with further samples is at best, a dubious exercise.

When you have several dozen or even several hundred different types of garlic to compare, a single tasting exercise will not produce good results. It is necessary to break down the samples into manageable groups.

In wine tasting, for example, the taster follows some simple protocols. First, he does not attempt to compare hundreds of different types of wine - grapes, regions, reds, whites, fortified, bubbies, etc., in a single comparison but limits his tasting to similar types to make comparisons possible. Second, he cleanses the palate with soft bread and water before tasting the next sample.

Finally, he does not swallow the sample but expels it to reduce a lasting effect on his palate.

These approaches or protocols are equally, if not more so, applicable to garlic tasting. It is necessary to break the garlic samples down to compare strains within a variety, and if possible, to sub-varieties, and then, to limit the number of samples in each tasting group.

Garlic tasting tables rely on the public to drop in, taste the garlic samples and give their opinion. They are not "professional" tasters but only people who are willing to involve themselves.

The secret to a successful garlic tasting depends on several important factors:

- 1) Limiting the number of samples to no more than five (you can have more than one tasting table to increase the number of varieties sampled),
- 2) Using only fresh, raw garlic samples,
- 3) Providing good instructions to tasters,
- 4) Providing tasters with water and bread or plain biscuits to cleanse the palate between samples, and,
- 5) Recording the opinions of tasters in a standardized manner.

Limit the scope of the tasting to achieve good comparisons.

## What are you trying to compare?

The three components of taste in garlic are:

- a) Heat, the burn you get when you bite into raw garlic,
- b) Aroma, or the smell of the garlic. It is totally different between raw garlic and cooked garlic, yet, this sense is the one which affects your palate most; and,
- c) Flavour, the combination of the aroma and the sensation on your tongue when the heat is gone. Heat is removed by cooking the garlic, leaving the true flavour.

Practically, if you eliminate tasting of cooked garlic and conduct the tasting with raw garlic only, you can ask the tasters to give an opinion on two aspects, the aroma of raw garlic, and the heat. An opinion on best flavour is optional.

## Draft Protocol

### 1. Comparison of Samples within a single Variety

Select no more than five strains of garlic, e.g. in the Porcelain Variety, use samples of Majestic, Georgia Fire, Romanian Red, Music and Mennonite. Actual selection is based on strains that are available at the event.

### 2. Comparison of Samples from Different Varieties

Select one strain from each of five varietal groups, for example, Georgia Fire (Porcelain), Sicilian Gold (Artichoke), Czech Broadleaf (Purple Stripe), Xian (Asiatic), Spanish Roja (Rocamboles). Actual selection is based on strains that are available at the event.

## Preparation of Samples

Take 1/8 " slices from cleaned cloves. Place them on a plate, with toothpicks for picking up. Mark each sample with a number, 1, 2, 3, etc., and not the name of the garlic. Cut only enough to last 10-15 minutes (taste changes with time). Cover the plates with a dust cover. Discard stale samples and replace with fresh ones frequently.

## Instructions to Tasters

Tasters sample one slice at a time, first, by smelling for aroma and then, chewing the slice to determine the amount of burn, or heat. Provide a spittoon. Once the taster has sampled the first one, he should clean his palate with water and bread until his palate is receptive again and repeat with the next sample, until all five are tasted.

Tasters are to rate samples on a score of 1 to 5, for aroma, 1 being the most appealing, 5 the least, and, for heat, 1 being the mildest, 5 being the hottest.

## Recording and Posting of Results

The coordinator in charge of the test should prepare a display showing the ratings assigned by tasters, converting sample numbers to garlic names. The display should show, Garlic Name, Aroma Rating, Heat Rating.

Try out a garlic tasting at your festival next summer!

David Cornell of Ashton, Ontario sent these pictures:



*Dave Cornell & family with their Ashton Station Garlic stall*



*Garlic tasting table at Carp Garlic Festival 2008. See the Garlic News, page 16 of Issue # 17, for report on tasting.*

### **The Complete Book of Garlic. A Guide for Gardeners, Growers, and Serious Cooks**

*By: Ted Jordan Meredith, ISBN-13: 978-0-88192-883-9  
Published 2008 by Timber Press, Inc. U.S.\$39.95  
Distributed in Canada by Thomas Allen & son, Can \$45.95.*

In Issue #17, I did a book review of this fine work by Ted Meredith. It was rewarding to hear from growers that they had purchased the book and were very pleased with it. I would encourage growers to look it up in your local library, or, failing that, order a copy. You won't be sorry. (and, no, I don't get a kickback from sales!!) Editor.

### **Selecting a rototiller, Garlic News, Issue 17, page 8 – Addendum**

After I wrote the article, I noticed that I'd missed mentioning that the Troy Bilt Pro Line comes in two versions, a counter-rotating (CRT) and a forward-rotating (FRT) version. The dealer ordered me the CRT version. The CRT digs much deeper but it is harder to control as the rotating tines work against the forward motion. The FRT version on the other hand, doesn't dig as deep but the rotating tines pull it forward, making it easier to control in a straight line. Life is never simple, is it?

### **Bulbils, again**

Mike Callaghan of Norfolk, U.K wrote:

I've just received the latest Garlic News. Interesting to read that Canadian growers are suffering as I have been with a very wet summer. With regards to Jerry Olesnyckyj offer of Carpathian bulbils, would he be able to ship a few over to me Carpathian is a variety that I've wanted for a long time. Here in U.K. it's mainly softnecks.

Are there many subscribers to Garlic News in the U.K.?

Regards Mike

*Editor: I'll ask Jerry to send you some Carpathian bulbils. If you'd like, I still have bulbils left from several strains of hardneck. I'd love to have you grow them. I'm trying to gather data on this technique via the Bulbil Project.*

*Yes, it was a difficult summer across most of Canada.*

*Scientists put it down to La Nina lasting a 2nd year.*

*There are yourself and Colin Boswell on the Isle of Wight.*



Carolyn Smith of Roblin, Ontario wrote: Hi Paul. I have just received my first Garlic News. I wish I had signed up sooner. A couple of weeks ago my husband picked up a 20-year old Troy Bilt rototiller for me. It is wonderful. He has read your article to me twice now and is very pleased with himself.

A quick question if you don't mind. As I am popping my garlic open, some of the papers have broken showing the bare clove. Would you still plant these? I have been setting them aside but my crop size is going to suffer. Also, I am interested in The Bulbil Project. I have already planted a patch of Croydon Music bulbils and have some Purple Stripe and some softneck (F 40) to plant. Interesting to see what the soft neck does. I understand the soft neck may produce a scape under stress. I'm not sure they were stressed though. I spoke with you at the Verona Festival. I am hoping to take part myself next year. After not having much luck with local stores, I opened my own produce stand at the end of my driveway. It has been a great success and I sold more garlic than I wanted to. I am very excited about doing better next year. Great newsletter. Thank you.

*Editor: Hi Carolyn:*

*1) Exposed cloves. Generally, it doesn't matter, as some Rocamboles and most Asiatics, among others, tend to break the clove cover when you crack the bulb. The trick here is to recognize whether the clove is diseased or damaged. If either of those appears to be the case, DON'T plant them. Disease is easy to spot. It's when there is a dark area anywhere on the flesh of the clove. Damage is a little harder. You look to see if the waxy finish (after the clove wrapper is removed) on the flesh of the clove has been cut or damaged. If it has, bacteria will enter and the plant will die.*

*2) The Bulbil Project will be in the next issue of the News. Watch the bulbils you planted, keep the weeds down and harvest them a week or so before your regular garlic.*

*3) Selling your garlic. Your farm gate stand is a great idea and, yes; do take part in the Verona Festival next year.*

**Purpose:** To determine relative yield and performance of 48 proven strains from all Varietal Groups grown in the 2007/2008 Small-Plot Garlic Variety Trials. New strains under evaluation and Seed Saver strains are not included.

**Method:** All garlic was grown using standard organic methods under conditions sufficiently equal so as not to bias any strain. Trial beds were fall-planted Oct 14-25, 2007 and hand-harvested July 09-August 01, 2008. Raised beds contained double staggered rows at density of 3 plants per foot of row (corresponding to 87,120 plants per acre).

**Yield\* Calculation:** Yield = No. of Bulbs x Avg. Bulb Wt x 87, 120/1000 x 2.20462 x (100 % less % Loss) = lbs/acre  
 B-Grade garlic (<1.5”) is included in harvest. % Loss column includes all losses including winterkill, non-emergence, insect, disease & animal losses and harvest damage. Losses reduce yield.

**H: S Ratio (Harvest to Seed Ratio)** is calculated by dividing Column 5 (Harvest Weight) by Column 2 (Planted Weight).

STRAIN	Cloves Planted (wt grs.)	Harvest Date	Bulb Harvest	Harvest Wt grs.	AvBulb Wt grs.	% Loss	Yield * lbs/acre	H: S Ratio	Relative Standing
<b>Porcelain - 14 strains evaluated</b>									
Majestic	473(5300)	19 Jul – 01 Aug	444	16322	36.8	6.1	6630	3:1	13 of 14
Mammoth	60(630)	25 Jul	58	2897	50.0	3.3	9277	4.6:1	7 of 14
Mennonite	33(560)	30 Jul	31	3293	<b>106.2</b>	6.1	<b>19,158</b>	5.9:1	<b>1 of 14</b>
Nellie’s Chiloe	74(970)	30 Jul	74	5335	72.1	-	13,847	5.5:1	4 of 14
Pretoro	28(510)	30 Jul	28	2296	<b>82.0</b>	1.23	<b>15,749</b>	4.5:1	<b>2 of 14</b>
Romanian Red	80(755)	27 Jul	78	4953	63.5	2.5	11,891	6.6:1	5 of 14
Magnificent	70(570)	26 Jul	70	3301	47.2	-	9057	5.8:1	8 of 14
Musical (control)	40(560)	30 Jul	40	3027	<b>75.7</b>	-	<b>14,535</b>	5.4:1	<b>3 of 14</b>
Music-original	34(270)	29 Jul	35	1539	44.0	+3.9	8775	5.7:1	9 of 14
Ger Stiffneck	43(330)	19 Jul	35	1356	38.7	18.6	6057	4.1:1	14 of 14
Georgia Fire	42(320)	30 Jul	42	1739	41.4	-	7952	5.4:1	10 of 14
Zemo	22(175)	29 Jul	21	831	39.6	4.5	7258	4.7:1	12 of 14
Alberta Hardy	28(210)	29 Jul	27	1077	39.9	3.6	7386	5.1:1	11 of 14
Leningrad	22(210)	27 Jul	22	1165	53.0	-	10,171	5.5:1	6 of 14

**PURPLE STRIPE – 5 strains evaluated**

Czech Broadleaf	180(905)	31 Jul	161	8177	<b>50.8</b>	10.5	<b>8731</b>	9:1	<b>3 of 5</b>
Siberian	30(210)	29 Jul	25	917	36.7	16.7	5868	4.4:1	5 of 5
Northern Siberian	30(180)	29 Jul	25	1241	49.6	16.7	7942	6.9:1	4 of 5
Robust	58(280)	01 Aug	54	2689	<b>49.8</b>	6.9	<b>8904</b>	9.6:1	<b>2 of 5</b>
Purple Glazer	50(250)	25 Jul	48	2536	<b>52.8</b>	4.0	<b>9742</b>	10.1:1	<b>1 of 5</b>

Results: 1) Bulb sizes in 2008 crop were generally larger than other years with some notable exceptions. Non-emergence in spring resulted in some crop failures, Rocamboles being most affected. (Loss of 50% or more marketable bulbs or bulb average below market size is deemed a crop failure.

2) Relative Standing is based on a comparison of forecast yield (lbs/acre); cull rate (<1.5”) and a successful harvest.

3) It is recognized that different sample sizes, as opposed to equal samples could cause variance in yield calculations.

REPORT # P-02-2008 Performance & Yield Comparison of Proven Strains 2008 Crop – page 2 of 2

STRAIN	Cloves Planted (wt grs.)	Harvest Date	Bulb Harv	Harv Wt in grs.	AvBulb Wt grs.	% Loss	Yield * lbs/acre	H:S Ratio	Relative Standing within strain
<b>ROCAMBOLES (13 strains evaluated)</b>									
Carpathian	100(670)	30 Jul	63	2125	33.7	37.0	6748	3.2:1	9 of 13
French	150 (910)	29 Jul	135	6494	48.1	10.0	8315	7.1:1	5 of 13
Yugoslavian	108(570)	30 Jul	107	6873	<b>64.2</b>	0.9	<b>11,227</b>	12.1:1	<b>1<sup>st</sup> of 13</b>
Reliable	42(211)	27 Jul	38	1875	49.3	9.5	8577	8.9:1	4 of 13
Spanish Antolini	64(348)	28 Jul	62	3637	<b>58.7</b>	3.1	<b>10,918</b>	10.5:1	<b>2 of 13</b>
Spanish Roja	60(298)	28 Jul	54	2208	40.9	10.0	7068	7.4:1	8 of 13
Spicey Kor. Red	60(470)	27 Jul	19	1229	<b>64.7</b>	<b>68.3</b>			Crop failure
Czech Red	38(208)	27 Jul	14	481	34.4	<b>63.2</b>			Crop failure
Ukrainian	40(230)	27 Jul	18	741	41.2	<b>55.0</b>			Crop failure
Slovak	30(156)	31 Jul	31*	1031	33.3	+3.3*	6599	6.6:1	10 of 13
German Red	40(233)	28 Jul	35	1644	47.0	12.5	7894	7.1:1	6 of 13
German White	42(215)	28 Jul	41	2280	55.6	2.4	<b>10,424</b>	10.6:1	<b>3 of 13</b>
Glengyle	50(300)	31 Jul	43	1944	45.2	14.0	7468	6.5:1	7 of 13
<b>ARTICHOKES (8 strains evaluated)</b>									
Endurance	80(391)	17 Jul	79	4561	<b>57.7</b>	1.25	<b>11,089</b>	11.7:1	<b>2 of 7</b>
F4 Italian	80(417)	14 Jul	79	2506	31.7	1.25	6016	6.0:1	6 of 7
Formidable	32(169)	14 Jul	28	1040	37.1	12.5	6242	6.1:1	5 of 7
Baba's Chesnek	80(384)	14 Jul	76	3732	<b>49.1</b>	5.0	8960	9.7:1	4 of 7
Rodrigo	60(512)	9 Jul	63*	2928	46.5	+5.0*	<b>9373</b>	5.7:1	<b>3 of 7</b>
Korean Purple	40(151)	14 Jul	39	1178	30.2	2.5	5656	7.8:1	7 of 7
KettleRiverGiant	32(185)	10 Jul	32	2056	<b>64.25</b>	0	<b>12,340</b>	11.1:1	<b>1<sup>st</sup> of 7</b>
Sicilian Gold	8(22)	14 Jul	6	95	15.8	25.0%	2281	4.3:1	Sample too small
<b>ASIATIC ARTICHOKES (4 strains evaluated)</b>									
Japanese Asiatic	30(206)	16 Jul	31*	1466	47.3	+3.3*	<b>9383</b>	7.1:1	<b>2 of 4</b>
Arg Red Stripe	30(167)	31 Jul	31*	1471	47.5	+3.3*	<b>9415</b>	8.8:1	<b>1<sup>st</sup> of 4</b>
Asian Tempest	30(141)	27 Jul	34*	1025	30.1	+13.3*	<b>6560</b>	7.3:1	<b>3 of 4</b>
Genki	10(93)	16 Jul	11*	301	27.4	+10*	5781	3.2:1	<b>4 of 4</b>
<b>TURBAN ARTICHOKES (2 strains evaluated)</b>									
Pyong Vang	36(252)	9 Jul	29	902	<b>31.1</b>	19.4	<b>4815</b>	3.4:1	<b>2 of 2</b>
Xian	48(245)	9 Jul	45	1268	<b>28.2</b>	6.25	<b>5074</b>	5.2:1	<b>1 of 2</b>
<b>SILVERSKINS (2 Strains evaluated)</b>									
Early Silverskin	60(228)	10 Jul	59	1783	30.2	1.7	<b>5706</b>	7.8:1	<b>2 of 2</b>
F40 Sovereign	92(359)	28 July	89	3536	39.7	3.3	<b>7379</b>	9.8:1	<b>1 of 2</b>
* doubled cloves in some strains often produce extra bulbs, accounting for more bulbs harvested than cloves planted.									
Note that allocation of strains to Varietal Groups may have changed from previous reports. Identification of garlic types is still changing as more accurate genetic testing is completed. We try to use the latest possible identification.									

## Still more calls & letters

*These are some of the letters held over from Issue 17*

**Ulrike Kielhorn-Bieri of Progress, BC,** asked  
I'm in the process of planting my garlic. We have such a glorious Indian summer that I postponed my planting until now, October. Never planted so late, usually it's quite cold by now here in northeast BC. I also want to plant some bulbils, but when I looked at them, I was skretching my head. Would you plant them the same depth as cloves?  
*Editor: Hi Ulrike. No, you don't plant them as deep. I put mine only 1 inch deep and about an inch or two apart. I also plant them (especially the Porcelains and the Marbled Purple Stripes with their tiny bulbils) in Tim Horton's paper cups (or Starbucks, or Burger King, or?) and bury the cups in the soil. Next summer, when you go to harvest them, the plastic skin of the paper cup is still there and the little rounds are easier to find. Let me know how you make out with them.*



**David Hahn of Godfrey, Ontario,** asked:  
We're going to be in Italy from Oct 9 to 27th. I'm inclined to plant before I go. What do you think are the downsides of that course? We are using the heaviest areas of the gardens this year. What would you do? David

*Editor: I suggest you stay here and plant your garlic and I'll use your tickets to Italy!  
Seriously, I'd be tempted to plant early November rather than early October. If the garlic comes up from too early a planting, it will weaken the crop next year and you risk winterkill. The likelihood of an early freeze-up is very small.*



On the topic of **One-clove garlic**, **Randy White of Mission B.C.** wrote:  
The One-clove seems unique. Imagine trying to propagate it in quantity. I wonder if it has bulbils? It must in order to reproduce.  
This year was good for your Majestic, my Spicey Red Korean and Pepperoni Porcelain. It was really good for Wild Fire Artichoke. Bulbs near the size of Majestic although more heat and taste. Limburg and Simonetti were much smaller than previous years.  
I'm going to plant most of my garlic stock in October this year. Maybe make them earlier to mature come next year.  
**Randy.**

*Editor: Randy had sent me a bulb of Chinese One-clove garlic in 2006 that he'd received from Finland. It didn't survive the winter. This latest was an example of a one-clove grown by John Prazek. I suspect that One-clove garlic must be a "round" from a strain that grows them very large.*



### More Decaying Garlic

**Susan Major of Powassan in Northern Ontario,** had called about her garlic decaying. About 1/3 had died from rot due to wet conditions and the ones harvested had a white, fuzzy mould under the clove wrappers. The cloves were brown and rotting.

I advised her to contact Kristy Grigg, the vegetable specialist and get some samples into the lab to check on the possibility of disease.

After consultation, **Susan** wrote back in October::

"Well, we called Kristy and after consultations, the decision was to:

- 1) try one more year before testing;
- 2) remove the mud or soil from the harvested bulbs;
- 3) use an airier building to hang them in when curing; and,
- 4) pray that the 2008 rains won't be repeated.

It is the consensus that not removing the soil from the bulbs in a very damp year and hanging them in a non-humidified room has caused the mould. Interesting that the Porcelains and a few Rocamboles escaped the decaying conditions. The Rocamboles and Inchelium were worst hit. Humidity! Even the wheels of the lawn mower at noontime were always wet when doing the lawn!  
We hope to have not 4000, not 3000 but at least 1000 viable cloves to plant later this month."

*Editor: We started washing our garlic as soon as it was pulled quite a number of years ago to reduce the risk of mould. Since then, we've had no problems caused by dirt holding moisture on the bulbs. As the summers got damper and damper in the past 6 years, we had to abandon our drying shed and bring the garlic indoors and cure it with the assistance of a dehumidifier.  
If climate change continues to bring these humid summers, growers will be forced to build proper, closed in drying facilities because outdoor air-drying will not be a suitable method. There is no question that this summer was the most challenging for proper curing of garlic.*



### Garlic falling over

**Lynn Archbold of Guelph, Ontario** wrote:  
I am having an interesting problem with one of my types of garlic, Sweet Haven. The stalks started to fall over as though someone had walked on them but that is not the case. I felt the stalks by the earth level and they seemed a bit punky so I have started to pull those and have them hanging to dry now. It just seems a bit early and the leaves weren't dying back to the extent when I would ordinarily take them out.  
Do you have any suggestions?

*Editor: Its quite normal for many softnecks as well as Asiatics and Turbans to "fall over" when they are ready for harvest. Sweet Haven obviously does.  
When that happens, lift them out with a fork. Don't pull the stem or it's likely to break off.*

