

# THE GARLIC NEWS

## Connecting the Canadian Garlic Network!

Issue 25 Fall 2010

### Garlic Planting Stock, or Seed Garlic

You harvest what you sow!

As diseases and pests, such as moulds, fusarium or the Bulb and Stem Nematode, spread to more and more garlic fields, growers need to exercise prudence in selecting garlic for planting. The increasing demand for local garlic has caused growers to search out garlic for planting, often looking for the cheapest garlic they can get. This has resulted in a rapid spread of pests and diseases by the movement of unsuitable seed, with the consequence of reduced crops or total crop failure.

When selecting or buying seed garlic, there dangers to watch out for. Some obvious ones are:

- 1. Diseased or damaged bulbs.** Such bulbs are unsuitable for planting stock and cloves from these should NEVER be used for planting. Look for surface damage, mould spores of any colour, signs of decay or roots rotting away, bad odour or loose clove wrappers. A soft spot indicates bruising of the flesh and entry of bacteria. Peel a clove to check if the flesh is discoloured.
- 2. Roots scalloped or cut away.** This should raise a red flag! Practiced by unscrupulous sellers to remove evidence of root decay by cutting away the roots, hiding the signs of decay from fusarium or nematode damage. Avoid these like the plague!
- 3. Garlic in 50-lb onion sacks.** Just think of workers at the warehouse or loading a truck, pitching those 50 lb sacks of garlic. Every time it lands, damage and bruising of the fragile garlic occurs. Hardneck garlic is particularly susceptible to damage as the sharp edges of the scape cut into adjacent bulbs. I recall one grower who asked me to check a sack of garlic that he'd bought and *every bulb was damaged!* Bulk garlic should be boxed. If buying garlic in sacks, be prepared for a high reject rate, or if you're unwise enough to plant them, a high rate of loss due to disease.
- 4. Dirty Garlic.** Garlic should never be sold with dirt sticking to it. For the table, it's distasteful. For planting, it's a threat. Dirt carries all the soil-borne diseases and organisms such as nematodes. When you crack the garlic, the soil gets on the cloves and is then transplanted into your soil, along with everything in it. Garlic for planting should be washed or thoroughly cleaned to remove soil.

**5. Loose cloves or pre-cracked garlic in August!** Just ask yourself why anyone would sell garlic cracked into cloves at a garlic festival in August, a full two months before planting time? Once exposed by separation from the basal plate, the little rootlets start to dry out and die. By planting time, the cloves are so weakened that not enough roots will be left to produce a healthy plant. As well, there is no way to see if these cloves came from a diseased or healthy bulb. Be cautious of buying loose cloves a long time ahead of planting. It's a poor choice at best.

### What is a suitable, healthy garlic bulb for planting?

A garlic bulb used for planting should be very clean with unblemished bulb wrappers, free of mould or mould spots, roots trimmed to ¼" with all dirt removed, stem trimmed to ½" or longer and show no signs of cuts, gouges, bruising, insect damage or disease.

Ideally, for most Varieties, the bulb should be mid-size and measure between 1 ¾ " and 2 ¼ " in diameter although smaller bulbs may be planted for developing a seed supply.

The outer bulb wrappers on seed garlic may be broken down as a result of bulbs being left to mature longer but clove skins should be intact with no flesh exposed.

### Some good practices to avoid problems:

1. Your best seed is your own seed. Select and set aside your own seed garlic before starting to sell your crop.
2. Rejuvenate your seed garlic on a regular basis by the bulbil method.
3. Buy additional seed garlic only to expand your operation or to add new varieties or strains.
4. Buy from a known or trusted source, preferably one specializing in seed garlic.
5. Don't look for "cheap" garlic for planting. Don't plant supermarket garlic. You get what you pay for. A bargain at planting time could well result in a disaster at harvest.
6. If you suspect a disease or nematode damage, send samples to a lab for analysis. Then, you can deal with the right problem.
7. Never, never plant damaged, diseased or suspect garlic.

Remember, you harvest what you sow. Plant poor seed, expect a poor crop. Plant good seed, plan on a good crop.

### Garlic Planting Stock



BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

# The Garlic News

Connecting

The Canadian Garlic Network  
Issue 25 Fall 2010

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*Back issues to complete your set are available.*  
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 to members.

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 enable growers to save copies in a standard 3-hole binder. Back issues are available both in single copy and 1-year 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 *News* is distributed in Canada by subscription.

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**Deadline for Winter 2010-11 Issue is Dec 15.**

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The proven, main crop strains in the Small-Plot Garlic Variety Trials had some surprises in a bad growing year.

Enclosures: 2010-11 Advertising Application Form

Garlic News Subscription and Order form 2010-11, 7<sup>th</sup> year

*Our best wishes to members of the Garlic News for a pleasant planting season, a Happy Thanksgiving and a great Christmas season to come. May good health, just enough wealth and more than enough happiness be your companions during the coming year.*

Mary Lou & Paul

## Notes From Our Garlic Patch

### What a challenging year for garlic growers!

First it was the weather. Growers calling about losses in their garlic crops. Was it winterkill, the hard frost in May or the rain? I guess we'll never know.

Our own garlic crop suffered moderate losses and smaller bulbs than most years. The Artichokes came through the strongest while both the Rocamboles and Porcelains fared the worst.

In the new trials plots, we completely lost 4 new strains, Himalayan Red, Syrian, Australian and Armenian. They just didn't emerge in the spring.

Then, there was the frustration of the leek moth. This determined little pest seems to evade all control methods and we failed to control it to our satisfaction.

However, if the many calls and emails are an indication, we were better off than many growers as we didn't have any signs of disease or the Bulb & Stem Nematode, the latter which appears to be rapidly spreading.

### Changes for next year in our garlic trials

For the 2010-11 season, we're cutting back on total crop and concentrating more on new types and the Bulbil Project. Our planting will be reduced down to about 3500 plants, but increasing from 135 to 155 different strains.

Al Picketts sent us 10 new types from his collection, Ted Meredith sent five rare ones, a Cuban came from Wayne Davey and Ted Lister sent an heirloom Rocambole that his great aunt grew since 1935. Exciting new finds were Prairie Onion from Alex & Bonnie Oliver of Camrose Alberta, a "pink" garlic that daughter Catherine picked up at a farmers market, and, courtesy of Michael Callaghan, that famous Rose de Lautrec garlic from France!

Thank you all, you've given me lots of work!

We've rearranged our planting, going back to the wider raised bed of three rows (we've had the 2-row bed since 2004 and would like to see if it makes any difference) and a slightly wider walkway, 24" rather than 18" between the beds.

Demand for seed garlic reached unprecedented levels as more gardeners and wannabes get into growing this crop. We sold out our small supply by August and did referrals, sometimes 5-10 a day, to advertisers in the Garlic News.

So why don't we grow more garlic?

Well, we never intended to do it as a business. Our aim, from the start, was to grow it for information and encourage growers to diversify into different types.

As well, it's a hobby. When you retire, you have to keep both mind and body active so as not to vegetate. A hobby has to be rewarding and fun, not a drudgery.

I'm enjoying the gardening, the gardening friends that I "meet" through the Garlic News and spreading the gospel of garlic and can't think of anything better on which to spend the Old Age Pension!

## 2010 Eastern Ontario Garlic Awards Winners

### CHAMPION GARLIC GROWERS 2010:

Forest Farm (David & Miguel Hahn), Godfrey, Ontario

### RESERVE CHAMPION GARLIC GROWERS 2010:

Cordonview Farm (Greg & Carolyn Smith), Roblin, Ontario

**RUNNERS-UP:** Catherine Cheff, Renfrew, Ontario and Al Romaniuk, Sharbot Lake, Ontario tied for 3<sup>rd</sup> place.

Individual Class winners:

#### Class 1 Best Specimen Garlic Bulb:

- 1<sup>st</sup>: Forest Farm, Godfrey, Ontario
- 2<sup>nd</sup>: Croydonview Farm, Roblin, Ontario
- 3<sup>rd</sup>: Cam Mather, Tamworth, Ontario

#### Class 1A Best Display of 12 Garlic Bulbs

- 1<sup>st</sup>: Croydonview Farm, Roblin, Ontario
- 2<sup>nd</sup>: Al Romaniuk, Sharbot Lake, Ontario
- 3<sup>rd</sup>: Cheff Fields Farm (Catherine Cheff), Renfrew, Ontario

#### Class 2 Best Collection of Varieties

- 1<sup>st</sup>: Forest Farm, Godfrey, Ontario
- 2<sup>nd</sup>: Croydonview Farm, Roblin, Ontario
- 3<sup>rd</sup>: Al Romaniuk, Sharbot Lake, Ontario

#### Class 3 Best Garlic Braid

- 1<sup>st</sup>: Forest Farm, Godfrey, Ontario
- 2<sup>nd</sup>: Cheff Fields Farm (Catherine Cheff), Renfrew, Ontario
- 3<sup>rd</sup>: Croydonview Farm, Roblin, Ontario

The Awards were held at the 4th Annual Verona Lions Garlic Festival, Verona, Ontario, on September 4, 2010.

A heartfelt "thank you" to Local 316 of the **National Farmers' Union** and **Family Farms of Verona, Ontario** for donating the cash awards to the Champions and Reserve, to the **Frontenac Farmers' Market** for their cooperation and to the **Frontenac Community Futures Development Corporation** for funding the festival advertising.

Started in 1997, the Eastern Ontario Garlic Awards are the official garlic competition for the region. They are open to all exhibitors, both home gardeners and commercial growers. Exhibitors need not be vendors at the host festival but they must reside within the region and grow and prepare their own garlic for entry.

For information on the 2011 competition, rules and entry form, contact the editor of the Garlic News.

"When I saw David Hahn setting his braid down on the table that morning, I knew I was done. I can see the value in having this great competition. I am glad to be part of a network with a high quality garlic reputation". *Carolyn Smith, 2009 Champion*

*Competition is an essential ingredient in achieving the highest quality product possible. Congratulations, winners, and all those who entered!!!*

## Al's Garlic Ramblings

By Al Picketts

Ever noticed that so many people want to give you advice? Well, my advice to you is to listen to it all, read everything you can get your hands on and then believe half of it. The trick is to decide which half to believe. I used to believe it all and, boy, is that ever confusing. Too many conflicting theories.

Take for instance how garlic is named. Is it a variety or is it a cultivar? Is it a variety or is it a type? Is it a hardneck or is it a softneck? The way that works for me is quite simple and therefore may not be totally accurate but it works for me. Simple always seems to work for me.

First of all, I really detest the terms hardneck and softneck. These names refer to whether the garlic "normally" bolts (puts up a flower scape) or not. If it does, it is a hardneck and if not, then softneck.

Well, Turban, Silverskin, Asiatic, and Creole are considered to be softnecks, but, "normally", in my garlic patch, they all produce beautiful scapes. Every one! Artichoke is the only type that doesn't scape for me.

It does, however, produce bulbils on the end of a short hard stock anywhere from directly on top of the bulb or as high as six inches above the bulb. When the bulb is trimmed up and cleaned ready for sale there can be a hard stump in the centre of the bulb that looks every bit like a hardneck garlic. So, I discourage people from using the terms "hardneck" and "softneck" to cut back on confusion.

Mainly my confusion.

Next, I use the term "Type" to describe what others might call Variety. No reason. I have to call it something and I've found that most people I've met like and use that term. I have become comfortable believing that there are ten Types of garlic. They are: Porcelain, Rocambole, Purple Stripe, Purple Stripe Glazed, Purple Stripe Marbled, Artichoke, Creole, Turban, Asiatic, and Silverskin. These names serve me well but I will admit that not every garlic slides into one slot perfectly. That would be approaching the perfect world too closely.

Finally, within each Type there are many Varieties (some say "cultivars"). I have about 60 varieties of Rocambole but only about 5 varieties of Asiatic. To add to the confusion there are some Varieties that use the Type name. Silverskin is the Variety name and it is in the Type "Silverskin".

Of course, we all know that Elephant Garlic doesn't fit into any of the above categories. That's because it's not garlic at all but is more closely related to the leek. And, wouldn't you know, I have two varieties of Elephant.

Now, you must make your decisions. Do I believe the top half or bottom half, the right half or the left half, or maybe I won't believe any of it?

*Editor: Gee, thanks Al. You've really cleared up all that confusion about names. Now, it's perfectly clear, right?*

*"Eat leeks in March and wild garlic in May,  
And all the year after physicians may play."  
Old Welsh saying*

## A Clove Here and There

### Just how much is a bushel of garlic?

The term "bushel of garlic" is being bandied about in the garlic world and inquiries indicate that no one appears to know just what it is. Accepted definitions for grain are: A **bushel** is an imperial and U.S. customary unit of dry volume, equivalent in each of these systems to 4 pecks or 8 gallons, defined, in part as:

**Imperial bushel** = 8 Imperial gallons or 4 pecks

**U.S. bushel** = 8 corn/dry gallons

"Bushel" has commonly been used as a measure for cereal grains with precise weights for each grain, e.g. wheat, 60 lbs., oats 34 lbs., etc. So, how many pecks or lbs. or gallons of garlic make up one bushel?

I asked the Secretary of GGAO to clarify this and received no answer. Does anyone out there know?

### India Bans Garlic Imports from Pakistan

*From online digital journals*

Pakistan has an abundance of garlic but India has banned the import of garlic from Pakistan, allegedly due to a pest in the commodity. It seems that the Ministry of Agriculture of India sent trade officials a letter, strictly asking them not to buy garlic from Pakistan. The reason quoted was a report that reveals the presence of a pest in Pakistani garlic, making it injurious for health.

Several years prior, India stopped import of garlic from China, which was infected with the fungal disease, Garlic Bulb Canker and with smut.

*Is it trade wars or precautions to stop disease spread?*

### Poor Chinese crop, local Canadian demand spurs garlic prices

*Spotted in the Oct 2010 online issue of Grower Magazine*

At one dollar per bulb, garlic is this season's golden crop. The buy-local movement has shone a light on the cook's clove with the result that consumers are now demanding the fresh, pungent ingredient over dry Chinese imports. With only 300 acres grown in Ontario, growers are in the enviable position of charging seven dollars per pound, up from five dollars last year. The jump in prices is largely due to garlic shortages in China, the globe's primary supplier dominating 77 per cent of the market.

*Editor: So how come the supermarkets are still selling Chinese garlic at \$0.25 - \$0.49 per lb.?*

### Humour from the English language

You never really learn to swear until you learn to drive. What hair colour do bald men put on the driver's licenses?

If a pig loses its voice, is it disgruntled?

**Notice in a farmer's field:**

The farmer allows walkers to cross the field for free, but the bull charges.

### Computer Disaster!

*Our apologies to members and contributors to the Garlic News. This issue is late. Worse still, it does not contain many of the pictures, letters and reports that you sent to us by email.*

*The cause?*

*A catastrophic computer crash! All our files, personal, financial and garlic files, my research, farm records, genealogy, tax files, everything – all gone, lost into the dark holes in cyberspace. That included all the Garlic News files and emails, my address list (over 2000 email addresses), just everything that I work with.*

*When the computer shop called with the bad news but said that the hard drive wasn't damaged and they could reformat it and reload the operating system, I breathed a sigh of relief. I had a backup drive that I'd installed last summer. I took it to the shop for them to recover my files.*

*Then, the second blow! The backup contained only about 1 % of my files, for reasons unknown. It didn't even have the original back up job that I'd done manually and verified to be there.*

*Now I know how I'm going to spend much of the winter, rebuilding my computer records. I have paper copies that can be scanned and replaced. I have some selected backups on CD, especially family photos. Some of my files had already been moved to the Mac but this project was interrupted by outdoor work over the spring and summer. But, a lot is still missing.*

*I appeal to members who have sent letters and reports by email in the past 4-5 months to forward them again if you still have them so I could publish them in a future issue. Your letters are important to readers of the News.*

*The lesson from all of this?*

*All this hi-tech stuff isn't really a step forward. The good old tried and true method of keeping paper files is far from obsolete and is your only recourse when electronics fails you. We learned that lesson very well during Ice Storm 98. Without hydro, computers didn't work, your bank accounts were inaccessible, gas pumps didn't work, grocery store cash registers didn't work, etc., etc., etc. You really can't depend on computers!!*

### Garlic Quiz

This quick little garlic quiz was given to me by **Rosetta McInnes** during a talk on garlic that I did for the Bethel Women's Institute.

#### True or False?

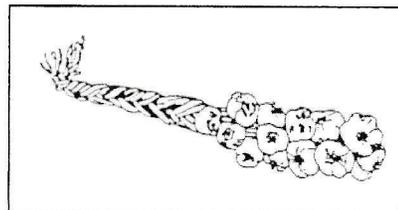
1. *Allium sativum*, commonly known as garlic, is a species in the onion family, *Alliaceae*. Its close relatives include the onion, the shallot, the leek and the chive.  
- True or False?
2. One of the best-known 'garlics', the so-called Elephant Garlic, is actually a wild leek (*Allium Tricoccum*).  
- True or False?
3. In 1858, Jon Claude Van Damm observed garlic's antibacterial activity, and it was used as an antiseptic to prevent gangrene during World War 1 and World War 2.  
- True or False?
4. Garlic is claimed to help prevent heart disease including atherosclerosis, high cholesterol, high blood pressure and cancer.  
- True or False?
5. Garlic has been regarded as a force for both good and evil. A Christian myth considers that after Satan left the Garden of Eden, garlic arose in his left footprint and onion in the right.  
- True or False?
6. Garlic was rare in traditional Russian cuisine (though it is said to have been grown in Russia before 1548) and has been a much more common ingredient in Mediterranean Europe.  
- True or False?

*(Answers on page 14 – don't peek! Test your garlic knowledge)*

### Snakes and leek moth

**Pauline Myre, of Chelsea, Quebec**, sent this tip on holding down floating row cover: "For row cover, I made long snakes out of cloth and filled them with sand, like long sleeves and it worked great to hold down row cover. Soft, but strong. Pauline".

p.s. We lost 40 % of our crop.



*It is not the meek but the insects that shall inherit the earth.  
Garlic guru, Chapter 6, verse 37*

## More calls and letters

### From Dauphin, Manitoba

Garry Leskiw sent these photos and wrote:



Hello from Dauphin, Manitoba. Thanks for the 5-Pack. They turned out real good. This year, my garlic came up early and got off to a great start. Then, the rain came. The garlic held its own but it was a struggle to keep the weeds under control. Harvest turned out well.

I'm keeping to your advice and growing slowly. The upper picture was my main vegetable garden before I switched it to garlic. The lower picture is now my 2<sup>nd</sup> garlic plot.

Had the pleasure of visiting **Darrel & Anna Schaab** of the Garlic Garden, Yorkton, Sask. They have a great operation that opened my eyes to another garlic grower. Thanks to both of them. Keep up the great work, Paul & Mary Lou, and a great fall to all the garlic growers. Garry.

**Mike Callaghan, Fakenham Magna, UK**, wrote:

Hope you and Mary Lou are keeping well. Enclosed renewal for the Garlic News. Enjoy reading about other people's problems growing garlic. I am not alone. In season 2008-09, planted 400 cloves, 35+ varieties. Harvested about 25 bulbs (some form of neck rot). Never mind. It's only a hobby. Hope to get new stock from the Garlic Store, Colorado, USA this year. Have enclosed catalogues showing what is available over here. Not a lot. I would be most grateful for some more hard neck bulbils. If possible, F3 and Sakura, otherwise, your choice. Best regards and hope you have a good harvest. Mike.

**Sheri Fleischauer of Gadshill, Ontario**, a young grower that I met at the Stratford Garlic Festival, penned a very neat letter, saying: "Dear Paul & Mary Lou. Julie and I have enjoyed reading the Garlic News this past year and we look forward to our next instalments. Our crop this year is satisfactory. The demand for garlic is still strong and we will have no problems selling it.

This spring, we planted some Sakura bulbils from you. Two became rounds but the others became bulbs averaging 1 1/2". We also tried some Choparsky bulbils. They are still green (near end August) but they look promising. One has a scape. We have saved bulbils from about 50 of our strains in hopes of doing more experimenting.

I suppose its kind of late to respond to the search for **L'ail Rose de Lautrec** but better late than never. We have grown it for 3 years now. We got it from a person who brought it from France. It has been productive and we are planning to add it to our 2011 list. We have about 2 lbs to share with you if your other source doesn't work out." Garlicky Sincereness, **Sheri F.**

*Editor: Thank you Sheri. First, it's a real pleasure to read a neatly handwritten letter with so few people actually using this disappearing art nowadays. Sorry I couldn't make it to Stratford this year. Keep me posted on your bulbil experiments. 50 strains is an awful lot of work but I'm pleased that you're taking up that challenge. Rose de Lautrec? Will you be taking mail orders next year, or is it all spoken for already. I know I'll receive a lot of queries. I managed to get some but thank you for your offer.*

### Redemption garlic, bulbils and keeping garden notes

**Maureen Temme of London, Ontario**, also penned a newsy letter: "I was rereading your article in the winter 2010 COG journal. Bulbils are waving in the breeze in my vegetable beds. A few years ago, I began planting what I call "**Redemption garlic**". These are the one or two cloves I'd keep from the imported garlic (China! Philippines!) that I'd be reduced to when I ran out of my Ontario garlic. I figured that if I let the cloves grow in good soil – and grow in my backyard – instead of fuel oil filled miles – then, they would be cared for, redeemed somehow. Plus, it would redeem me for buying the imports!

So, I started growing garlic, did a bit of reading and began to notice scapes and bulbils.

Bulbils. Such interesting things! Edible themselves. Different on different types of garlic, and I still don't know what types are what. They got me wondering if they'd grow straight from the plant top or if they needed to be kept from a late July harvest, cured and dried and planted in the fall and how long it would take to get "real" garlic bulbils from the bulbils (I called them seeds the first two years). Lots of questions --- but I'm not the tidiest gardener - - I tuck things into the soil and end up unsure whether it was bulbils or cloves that went in beside the bergamot in bed 5, or the end bed where the peas came out, or other spots? But this year, I sure have a lot of garlic. About twice as much as last year and that amount saw us through the year. Amazing! Your article is interesting and useful.

Thanks very much. You've also inspired me to do some note taking, counting and weighing of heads and bulbils that I harvest over the next while. It'll be good to really understand the process. And if I manage to keep up with the note taking, I'll let you know what I find.

My best regards to you and hope that many people help you in your data collection". **Maureen.**

*Editor: Maureen, it sounds like your redemption garlic has redeemed you, at least rewarded you with a good crop. I'll be very interested in what you find when you count, weigh and keep notes of your bulbil experiments. Keep in touch. Paul*

## Report from St. Joseph's Island

By Gilles Nadon

It's been a long time since I last sent you news from Triple Tree Ranch on St Joseph Island. I am still growing garlic, but I can't keep up with the demand. And this year for the first time, I reached the limits of my capabilities. In 2008, I planted 3656 garlic plants, including a few bulbils, while I managed to increase that to 4829 in 2009. However, this number exceeded my physical ability to dig up the garlic from my brick-like clay in a timely manner. Even if I had been able to dig it up as it became "ready", I would have run out of curing facilities. To overcome the disappointment of losing a significant part of the harvest, I'm planning to reduce my plantings this fall. I may have to anyways, because we've had weeks of rain and the field is currently soaked. Unless we get a good many days of sunny, dry weather, the plantings may be further reduced. Like in 2008, when the wet fall reduced my intended plantings by one third, and I had to sell the remaining seed garlic.

Secondly, I'm looking for an implement that can ease the task of digging. Am working with a local machinist to make up some sort of digger that I can use with the Kubota tractor, providing the rows are properly spaced and the tops pre-cut. Thirdly, I plan on expanding my drying facilities by building three or more drying racks. The one I built two years ago has 5 sliding trays plus the top with hardware cloth to hold "trimmed" garlic while it dries before cleaning and grading. There is a square fan at the bottom that blows air up through the garlic. The drying area is in an insulated room where I run the required numbers of fans as well as a dehumidifier at night. The system works fine.

Part of my garlic growing efforts are experiments. In 2009, I experimented with leaving scapes on some of my garlic crop. In 2008, it seemed to me that plants allowed to mature with scapes on kept better, but it was not possible to "prove" this. However, in 2009, I kept track of scaped and non-scaped plants at harvest. I use the designation "WS" to show that a plant was allowed to mature with its scape. The result was almost as expected; that is, most WS garlic bulbs were lighter than their corresponding non-WS bulbs. There were two exceptions, though, as shown in the following table:

Variety	Average bulb weight	Number
#1 Asiatic	34.65gm	75
#1WS	49.90gm	41
#14 Puslinch	20.57gm	42
#14WS	20.95gm	40

The numbers are a little low, because of the reduced plantings in 2008. However, I consider the #1 case a significant difference – the scape provided a 44% increase in average bulb weight!

As to my Came-by-chance (# TT5V), it is still growing true, with nary a reversion. This fall will be the sixth planting of this variety. I am growing some of it from bulbils. The

bulbils were planted in 2008, the 1<sup>st</sup> year rounds (R1) in 2009, and this year I will be planting the R2s. I harvested 37 R1s this summer. Only 3 were typical single clove rounds, with the rest being small, but typical TT5V bulbs. 11 bulbs were roundish, but with one large and one small clove. One bulb had three cloves. Nine smallish bulbs had 4 cloves each, and six bulbs had 5 cloves each. Of the remaining seven bulbs, all had 6 or more cloves. Surprisingly, of these seven, there was 1 small tube and 2 medium tubes, with the rest being smaller culls.

Although TT5V doesn't have too much to distinguish it, it is the earliest variety I have. For that reason, it goes on sale first and benefits from the pent-up demand for new garlic. I plant quite a lot of it, but it is always the first one sold out. Because of its precocity, it doesn't keep as long as your average garlic, but it does have a nice taste. And it does have another quirk that I'm sure you'll be interested in, and with which I am experimenting. I will send you a report entitled "Plan B" on this shortly.

So much for this time. Am attaching a file I ran across recently, which I thought you might find interesting if you haven't already seen it. I am considering using mycorrhiza to produce selenium enhanced, premium garlic, but need to do more research.

*Editor's comment: Great Report, Gilles! I well understand the problem of planting more than you can handle. You can never grow enough to satisfy the demand. That's why I keep encouraging more growers to grow even a little bit of garlic for market. We've had to cut back our own, mainly for health reasons, so in order to keep my research trials, I cut back on what we sell. For harvesting, the undercutting blade that attaches to your 3-point hitch is likely what you are looking for. It seems that nobody sells them and growers have to design one by trial and error. Can anyone out there help with a design?*

*Now there's an idea --- ??? --- instead of growing garlic, you start manufacturing harvesting tools?*

*Your TT5V, which appears to be an Asiatic, does well in our plots here, producing large bulbs. TT5 on the other hand, compares with other Porcelains with nothing unusual about it. The scaping experiment is very useful. It helps to confirm that the weak-bolting Turbans and Asiatics don't need scapes removed to bulb out fully.*

*Ever wonder why the supermarket garlic looks so beat up? It takes quite a beating on its long journey when those sacks are tossed around many times at the docks and on to trucks.*



## Garlic Festival News

### ◆ Pender Harbour Summer Garlic Festival

Held August 28-29 at the Lions Park in Pender Harbour on BC's beautiful Sunshine Coast, the first annual garlic festival was a great success. Here's what **Neale & Niki Smith**, Lion's Club festival organizers had to report: "Hi Paul: We had a great time at our first festival. About 1400 folks showed up and everyone had fun. A lot of vendors sold out, kids had horseback and wagon rides, wonderful music was played all weekend long, and of course great garlicky foods. We just loved it! We really appreciate all your help and support. We can't wait for next year already. Also next year we will have it on Aug. 20 & 21 so we don't conflict with the South Caribou Garlic Festival again. Next weekend we are going to the New Denver Garlic Festival. Garlicky yours, Neale & Niki Smith"

*Editor: Great work, Neale & Niki and good luck on your 2011 event!*

### ◆ Verona Garlic Festival bigger every year

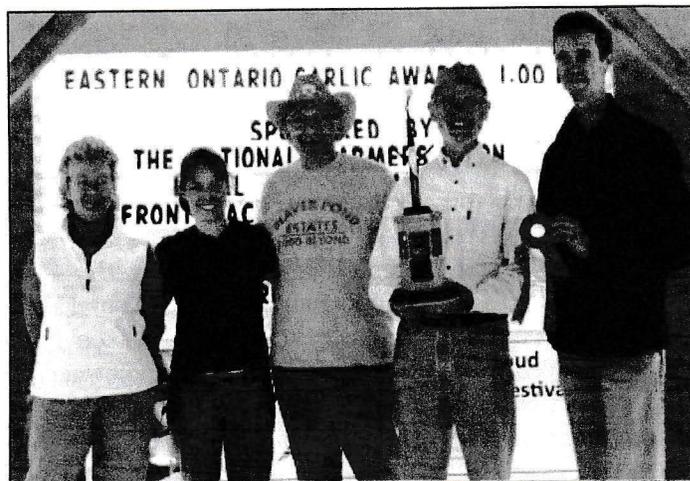
**Julie Druker**, *Frontenac News* journalist, reported: Garlic lovers came out in droves to the 4th Annual Verona Lions' Garlic Festival at the Saturday farmers' market in Verona.

**John McDougall** of the Verona Lions was proud to say that the event is "getting bigger and better every year." Most of the local vendors sold out before the day ended. A total of 50 vendors, 30 from the regular Saturday market and 20 garlic and garden-oriented vendors participated. Generous funding was provided this year from the Frontenac Community Futures Development Corporation and was spent on community advertising, which McDougall said helped to draw a crowd close to double the size of last year's and which he estimated to be roughly 3000 visitors. Other festival sponsors included the National Farmer's Union Local 316, Local Family Farms in Verona, and the Frontenac Farmers' Market.

Paul Pospisil, editor of the *Garlic News* and founder of the Eastern Ontario Garlic Awards (EOGA), presented the awards. David and Miguel Hahn of Forest Farm of Godfrey won best overall Champion Grower for 2010 and Brent and Carolyn Smith of Croydon View Farm of Roblin took second place overall and became this year's Reserve Champions.

Pospisil says that the popularity of local garlic is growing as part of the "buy local" movement. "Right now garlic is the leading edge of the buy local movement right across Canada," he said.

Awards and other presentations were held in the newly-built Donna Clarke pavilion on the Lions grounds. This is a festival to watch as it is based on a strong foundation of local producers and a determination to bring the "buy local" message into a daily reality.



*From left, Debbie Harris, Frontenac Farmers Market, NFU representative Kim Perry, Garlic Guru Paul Pospisil, Dave & Miguel Hahn of Forest Farms. Photo by Craig Bakay.*

### ◆ Other Festivals

**Ted Maczka**, the Fish Lake Garlic Man, who usually attends most of the festivals in the region, had a streak of bad luck this year, missing out on all except the Perth event so no reports are available on the Newmarket, Sudbury and Stratford Festivals.

In a continuing streak of bad luck, Ted reported that he had been stopped at customs enroute to the Hudson Valley Garlic Festival in New York and was not allowed to bring his garlic into the USA.

On the Perth Festival, he reported a good attendance of about 3000 people on Saturday but the heavy rain on Sunday was almost a washout. David Hahn, one of the few local growers selling at Perth said he had the best sales ever on Saturday, attributing his success to having a good choice of varieties.

### ◆ A visitor's view of the Carp Garlic Festival

One of our readers, **Keith Watt**, sent this report: The Carp Garlic festival was held on the 14 and 15 of August. It was my first garlic festival, but not my last. Parking and admission to the fair were free. The first day I arrived at 11:00 A.M. and 4 stalls had already sold out. My first reaction was that there was way too much Music. Music, Musik, Musak at every stall! Jan Beringer of Fieldstone Gardens, Killaloe had her braid of super colossal garlic called Rosewood that won her two years running. One of the prettiest garlic I have ever seen. The growers answered questions and did not rush you. Looking for some new varieties of seed garlic, I found Killarney Red, Korean Red, and my first ever Artichoke, Polish White. Vendors received top price for their garlic \$10.00/\$12.00 per lb. Canadian garlic is all gone by the end of the various Garlic Festivals, so if you want to eat good garlic, you have to grow it yourself. Otherwise Carps' a great place to be after the garlic's been harvested!

*Planning a Garlic Festival for 2011? See article on page 6 of the Garlic News, Issue 7, Spring 2006.*

## More Garlic Festival News

### 3<sup>rd</sup> Haliburton County Garlic Festival : By Sheila Robb, President HCGGA

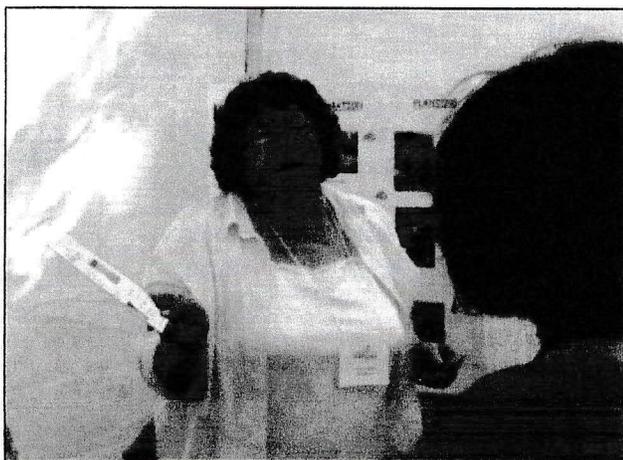
With the blessing of a beautiful sunny day and warm temperatures we celebrated the harvesting of our local garlic with our annual Fest. And what a celebration it was. We gathered in Carnarvon on the grounds of Carnarvon Bowl at highways 118 and 35. Just a one-day event August 28, 2010 from 10am – 3pm but a day filled!

Once again we had hundreds of people who were anxious to buy locally grown garlic. Over the last few years' people have realized the difference between "store bought" garlic and local garlic that is grown with care. That's what brings them out each year. This year was especially good, as the crowds just seemed to flow throughout the day.



*Discussing garlic creates a relaxed atmosphere*

This gave a very relaxed atmosphere, people were chatting with the various vendors – about the crop they were selling, how difficult is it to grow, where can they find out more etc. When they wanted further information then they were passed along to the information kiosk where there was a pictorial display featuring the cycle of growing this wonderful crop.



*Sheila Robb hands out garlic brochures at the information kiosk*

Of course we had for sale our two different volumes of our cookbooks, growing tips brochures and flyers that had a

few recipes on what to do with those scapes. A wife of one of our growers was again selling her wonderful array of garlic preserves – garlic jellies featuring fruit juices, scape pesto, pickled garlic and the list goes on. This is always a popular booth. We had examples of how to braid the "Hardneck" variety and also our other garlic growers are becoming very proficient at it also with their own technique. We had a total of eleven vendors outside and five vendors inside the adjacent building on the property. Those not selling garlic were kept very busy with their own products – honey and honey products, hummus (fantastic) jams, jellies, pickles, baked goods, handcrafted dolls, knitted and crocheted items, chair massage and this year a new vendor selling perennials and small trees. All produce and products are grown locally which we believe in supporting and will continue to do so.

We were fortunate in having entertainment this year, all voluntary. Guitars, vocals and a new trio in the area with the fiddle in the lead. This lent a comfortable country atmosphere to the event and was well received.

And so we close another successful fest with vendors packing up, tents coming down and throughout it all the teamwork helping each other, not only with our own members but the other vendors there. A good feeling with people helping people.

Now we begin to make plans for next year over the next few months – perhaps another workshop – received lots of queries about that and also some suggestions for next year's fest. Only time will tell

### Another garlic festival for Eastern Ontario?

In the afterglow of the Verona Lion's Garlic Festival, Reserve Garlic Champion Carolyn Smith wrote: "Hi Paul: That was such a huge success, they may have to extend it to two days! The crowd was fantastic, lots of questions and interest. We could not write on the bags fast enough, and take money. I had pre bagged a lot, good thing! China must be feeling the pinch by now! When I saw David Hahn setting his braid down on the table that morning, I knew I was done. I can see the value in having this great competition. I am glad to be part of a network with a high quality garlic reputation. I only got a quick glimpse at other people's stuff at the very end of the day. Is scalloping off the roots something that is catching on? It must be because it is a quick way to clean it up. Would this not decrease the shelf life or even damage it for using as seed? At the end of the Festival, Cam Mather suggested to me, that we start a Garlic Festival in Tamworth next year. He is the guy to do it."

*Editor: If Cam Mather wants to start a festival in Tamworth, I would support him fully. Have him contact me to start a dialogue while the time for planning is available. Most important is to pick a weekend that doesn't conflict too much. Root scalloping? See front page!*

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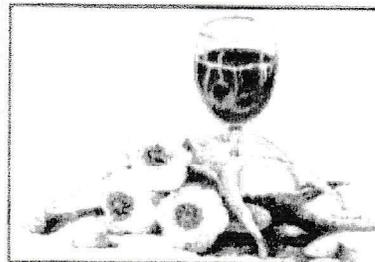


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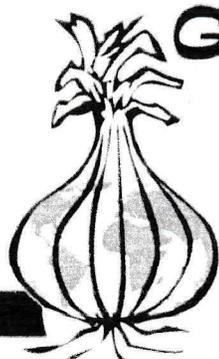
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## The best garlic recipes & ideas- -



In Memoriam  
Donald James Krock  
1930 - 2010  
Belleville, Ontario

*With sadness I read a note from Nancy Krock letting me know that a friend and previous neighbour had passed away in March. Don & Nancy had moved several years ago to a retirement home in Belleville. Readers may recall some of "Old Krock's" recipes in earlier issues. I'd like to share more of his recipes in memory of "Old Krock" Don, a true lover of garlic:*

### Pickled Garlic

#### Ingredients:

2 cups peeled garlic cloves    1/4-cup sugar  
1-cup vinegar                    1 1/2 tsp salt  
1/2 tsp mustard seed pickling spice

#### Method:

Add all ingredients to a pot, bring to a boil, cook 1 minute, Place in a jar and cover. Refrigerate 1-2 days. Makes a delicious pickle for use the next day.



### Shrimp Creole

#### Ingredients:

1 1/2 lbs cleaned raw shrimp    2 cups chopped celery  
1 large onion, finely chopped    3 cloves garlic, crushed  
1 green pepper, seeded, chopped into 1" pieces  
4 large tomatoes, chopped       1/2 cup fresh basil  
1-cup white wine                    fresh ground black pepper  
1 14 oz can tomato sauce        1 tbsp butter

#### Method:

In a deep saucepan, sauté onion in butter. Add crushed garlic, sauté until onions are golden. Add green pepper and celery, sauté 2 minutes. Add tomatoes, basil and black pepper to taste, sauté another 2 minutes. Add a cup of wine and simmer 10 minutes. Add tomato sauce and bring to a gentle boil. Add shrimp; stir gently until shrimp are lightly cooked. Serve over boiled rice.



### Garlic Mashed Potatoes, with Real Cream & Butter

#### Ingredients:

2-3 lbs potatoes, peeled & quartered  
8-10 large garlic cloves, peeled  
1/4 cup unsalted butter  
1/2 cup Half and Half Cream  
salt & pepper

#### Method:

Bring a large saucepan of water to a boil. Add potatoes & garlic, reduce heat to medium and boil gently, uncovered for 20-30 minutes until potatoes & garlic are tender. Drain and set aside the potato water. Put potatoes & garlic in a large bowl. Add butter and mash potatoes. Make a well in the centre and pour in the Half and Half. Beat lightly with a hand-held electric mixer until just creamy. Season with salt & pepper to taste. Add some of the potato water and beat to a smooth, fluffy texture. Serve immediately while hot.

## Cold Season is here - -

---and it's time to get out your grandma's or Baba's home garlic remedies and start bringing those nasty germs under control. Here are some ideas to try:

"Once a cold has you in its grip, concentrate on garlic instead of Vitamin C". Make garlic tea and give to children every hour for runny noses, coughs, stuffed sinuses and sinus headache.

**Recipe:** Boil 4 cups of water and remove from heat. Crush several cloves of garlic and let steep as for regular tea. Drink while quite hot. Add a spoonful of unpasteurized honey to sweeten the taste if necessary.

Fresh garlic is best. To keep cold symptoms under control, crush a clove or two of garlic into a tablespoon of mayo or butter, spread on toast or bread and eat before bedtime.

Ted Maczka, the Fish Lake Garlic Man recommends chewing a raw clove of garlic when you feel a sore throat or cold coming on. It will take the sore throat away. If it comes back, chew another clove.

A bowl of chicken soup with lots of garlic in it before bed will help you sweat out the cold.

Soak peeled & sliced garlic cloves in honey for 24 hours. Use 1/2 to 1 teaspoon to relieve coughs.

Mash garlic into a saucepan of milk and simmer over low heat. Inhale the fumes to clear a stuffy head and restore breathing.

Inhalant. Crush 3-4 cloves of garlic into a teaspoon of apple cider vinegar in a saucepan. Pour boiling water over it and inhale the fumes to clear up nasal congestion.

To cure a bad cold, chop up an onion with 4-6 cloves of garlic in a pan with 1/2 cup of water. Simmer until tender and eat while warm (if you are stuffed up, breathe in the steam from the simmering garlic as well).

Here's an old-timer from the farm: Mix 3 chopped cloves of garlic in 1/2 cup of lard and rub on the soles of the feet. Repeat every 3 hours until cold is eased. Fact: The garlic is absorbed into the body through the feet! My mother had a variant of this, using the garlic-lard mixture on a flannel cloth wrapped around your throat at bedtime.

My own favourite is to make a hot toddy of hot water, crushed garlic, honey, cinnamon, nutmeg and a shot of rum or vodka, breathing in the vapours as you drink it. Caution: repeating this too often can make you sleep through your cold and wake up with a head ache!

*"Garlicks, tho' used by the French, are better adapted to the uses of medicine than cookery".*

*Amelia Simmons, in the first American cookbook.*

## More garlic recipes

### Garlic & Mushroom Soup

This is yet another variation of a garlic soup to warm you after you've been working in the garden on those cold fall days. It was sent to me by one of our readers but got separated from the letter – who will take credit for it?

#### Ingredients:

30 cloves garlic	4 cups sliced white mushrooms
6 tbsp butter	4 tbsp flour
2 cups milk	2 1/2 cups chicken broth
1/3-cup light cream	1/8 tsp thyme
salt & pepper to taste	

#### Method:

Peel garlic & cut cloves in half. Let sit. Sweat mushrooms in a deep fry pan or saucepan over low heat for 5 minutes. Remove mushrooms and set aside. Add garlic and thyme to the butter and cook gently with lid on for 10 minutes. Add flour, stirring in well and cook for 2-3 minutes more. Turn up the heat; add chicken broth and milk, stirring well. Simmer for 10 minutes. Add mushrooms and simmer for another minute to heat them through. Remove from heat, stir in cream and season to taste with salt and pepper. Serve hot, with fresh bread.



Here are some “quickie” recipes to use when cleaning up the last of the harvest from your vegetable garden. Don't worry about exact amounts because these quickies are deliciously forgiving.

### Quickie Garlic Baguettes

Adjust this recipe using more or less ingredients depending on number of baguettes to be served.

Sauté chopped garlic, raisins and pine nuts with swiss chard (or fresh spinach, if you prefer). Slice and toast baguettes under broiler. Cover each with the mixture. Drizzle with some extra virgin olive oil. Serve while warm.



### Quickie Pesto

This is an easy recipe to serve over a toasted baguette or to blend into hot pasta for a delicious meal.

Put 3 or 4 cloves peeled garlic, 1/2 cup toasted pine nuts and 3 cups fresh basil into a food processor. Pulse until well chopped but not pureed. Add 2/3-cup extra virgin olive oil and a dash of salt. It's ready to use. May be refrigerated but use within 3 days.



### Quickie Tomato Sauce

This is a good use for those extra paste tomatoes after you've canned and frozen all you need. Adjust quantities as needed to use up those tomatoes.

Put 3-4 tbsp of olive oil into a deep saucepan. Add 3-4 cloves chopped garlic, a whole chopped onion and pinch of chilli pepper flakes. Cook on medium until onions are translucent. Add 8 chopped plum tomatoes, a dash of salt and pepper and a spoonful of sugar. Cook on low heat, stirring occasionally to prevent burning to pot, until mixture is thickened to a sauce. Add some chopped basil and oregano, and use with your favourite pasta.

## Another 40 Garlic Clove Chicken Recipe

There's something magic about using 40 cloves of garlic to prepare chicken. We've tried several variations of 40-clove chicken in Mary Lou's Country Kitchen and think this one is just great for a fall or winter Sunday dinner. Barbequing it in a honey, wine and fresh herb mixture gives it a very fine flavour.

#### Ingredients:

1 whole chicken, cut into pieces Kentucky style	
40 cloves garlic, whole	1/4 cup honey
2 tbsp chopped thyme	2 tbsp chopped rosemary
1 tbsp butter	1 tsp salt
1-1/2 cups white wine	1/2 cup water
fresh chopped parsley	

#### Method:

Chicken may be cooked either on the BBQ or in the oven.

**BBQ method:** place chicken and garlic cloves in a lasagna pan with tinfoil top. Stir together honey, rosemary, thyme, butter and salt. Toss chicken in honey mixture, coating each piece. Pour in wine. Cover pan fairly tightly with foil cover and grill on BBQ for about an hour on medium heat, until chicken and garlic are tender and browned. Turn chicken occasionally, adding water as needed to keep liquid in bottom of pan.

**Oven method:** Prepare chicken and other ingredients as above but place in a covered roaster. Cook at 400 deg F for about an hour, turning chicken and adding water as needed. Remove garlic cloves and use either as a spread on fresh bread or to give a lift to the mashed potatoes. Sprinkle chicken with parsley and serve hot with rice or mashed potatoes.



The Middleville Fair, one of our little country fairs in Lanark County, had “GARLIC” as its theme for the 2010 event. Here is the recipe for “Garlic Bites” they provided in the prize list to encourage entries in the Baking Class:

### Garlic Bites

#### Ingredients:

4 oz. self-rising flour	2 oz. butter
2 oz. cheese, grated	2 cloves garlic, crushed
1/2 tsp dry mustard powder	1 tbsp water
salt	

#### Method:

Sift flour into bowl. Mix in mustard powder and crushed garlic. Cut butter into flour and rub into crumbs, adding a little cheese as you go. Continue to combine the ingredients, adding a little cold water to get a nice lump of pastry dough. Put in refrigerator for 15 minutes. Roll out pastry on a lightly floured board. With a sharp knife, divide into 64 small squares. Place on a greased baking tray, sprinkle salt on top and bake at 400 deg F for 10-15 min.

## Garlic Research

### Spring versus fall planting of Oma's Gourmet Garlic

In February 2009, **Liz Tobola of Aldersyde, Alberta** sent me two bulbs of her famous Oma's Gourmet Garlic to grow in the Small-Plot Garlic Variety Trials. She had had great success in spring-planting Oma's in Alberta and wanted me to try it in Ontario.

I carried out the comparison trial as follows:

- 1) First, to increase the stock for the trial, I planted the 15 cloves from the two bulbs on 30 March 2009. On 30 September 2009, I harvested 15 bulbs, ranging in size from Medium Tube to Super Jumbo with an average weight of 76.5 grams (the large sizes were very encouraging);
- 2) Second, I divided the bulbs from the spring 2009 planting, and fall-planted cloves from 7 bulbs (about one-half) in October and saved the other 8 bulbs for spring planting in 2010;
- 3) I spring-planted cloves from the saved bulbs on 01 April
- 4) Bulbs were harvested as follows;
  - 15 July 2010: fall-planted bulbs
  - 24 Aug 2010: spring-planted bulbs

Comparison of the two crops is shown here:

Fall 2009-planted garlic      Spring 2010-planted garlic

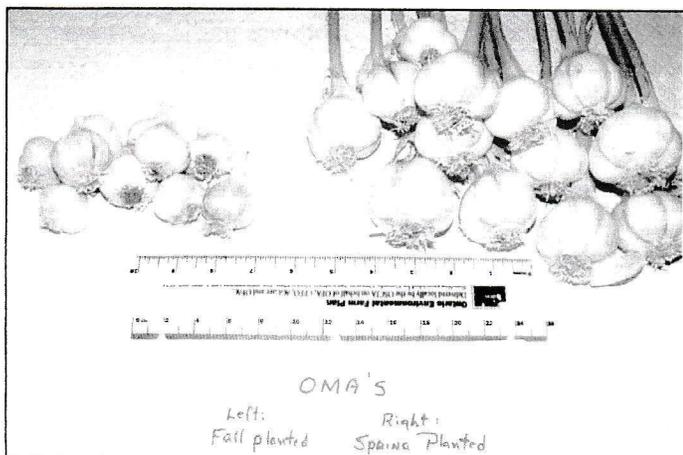
# Cloves planted: 38	# Cloves planted: 18*
Total wt planted: 247 gr.	Total wt planted: 102 gr.
# Bulbs harvested: 34	# Bulbs harvested: 17
Total wt harvested: 651 gr.	Total wt harvested: 980 gr.
<b>Av Bulb wt: 19.15 gr.</b>	<b>Av Bulb wt: 57.6 gr.</b>
Yield ratio: 2.63: 1	Yield ratio: 9.6: 1

\*26 cloves had dried out over the winter

Conclusion: It would appear that Oma's garlic is not only a successful spring planting garlic, but would appear to give better yields when spring-planted as well.

Next stage:

- 12 Oct 2010: fall plant 12 cloves each from the harvests of spring and fall plantings.
- Save 5 bulbs for spring 2011 planting comparison.



Left: the largest of the fall-planted. Right, Oma's spring-planted.

## Which varieties & strains fared the best in a bad year?

The 2010 crop was discouraging to some growers. Our trials plots, although not as good as most years, revealed some interesting results in the reaction to weather. Note the high % losses from winterkill in many strains. Here are the standings for the 37 main crop strains of 2010:

Variety + Strain Name	% Loss	Average Bulb Size
Tur. L Sicilian	0	60.0 gr.
Art. Kettle River Giant	5.0 %	59.5 gr.
Tur. Argentine #4	0	55.5 gr.
Porc. Chiloe	0	45.8 gr.
Porc. Musical	3.0 %	45.1 gr.
Art. Baba's Chesnek	0	43.9 gr.
Art. Korean Purple	3.2 %	40.6 gr.
Porc. Pretoro	0	38.8 gr.
P.S. Purple Glazer	10.2 %	37.1 gr.
Art. Wettergren	3.3 %	36.8 gr.
Porc. Mennonite	11.3 %	35.4 gr.
Asiatic TT5V	1.9 %	34.8 gr.
Tur. Xian	15 %	32.9 gr.
Roc. Reliable	2.7 %	31.1 gr.
Porc. Romanian Red	19.8 %	30.4 gr.
Asiatic Sakura	0	30.1 gr.
Porc. Majestic	9.9 %	30.0 gr.
P.S. Siberian	12.5 %	28.6 gr.
Roc. Hungarian	<b>72.0 %</b>	27.4 gr.
SS. F40	25.0 %	26.8 gr.
Roc. Spicy Korean	0	26.7 gr.
Roc. Glengyle	23.2 %	25.2 gr.
Porc. Mammoth	5.8 %	24.3 gr.
Roc. French	30.7 %	23.9 gr.
P.S. Duganskij	6.5 %	23.7 gr.
SS. Early	20.0 %	22.5 gr.
Tur. Rodrigo	15 %	22.5 gr.
Porc. Music, orig.	11.1 %	22.3 gr.
Argentine Red Stripe	35.6 %	21.7 gr.
Art. F7	6.7 %	21.4 gr.
Roc. Sp. Roja	<b>74.4 %</b>	20.6 gr.
Porc. Magnificent	35.1 %	20.3 gr.
Art. Transylvanian	20.0 %	19.4 gr.
Art. Susanville	<b>45.0 %</b>	17.1 gr.
Porc. Rosewood	4.9 %	16.5 gr.
Roc. Carpathian	<b>46.4 %</b>	15.5 gr.
Roc. German Wh.	2.7 %	14.4 gr.

### Answers to Garlic Quiz

How did you score? If you got all 6 right, you are a true garliciste. 4 or 5 right, you need to eat more garlic to stimulate the mind. 3 or less right, the vampires will suck out your soul.

1. (T); 2. (F). Elephant garlic is a Giant Headed Leek (*Allium Ampeloprasum*).
3. (F). It was Louis Pasteur who in 1858 demonstrated that garlic cloves in a Petri dish destroyed the bacteria around them. Van Dam was a Belgian martial artist, actor and cocaine addict.
4. (T); 5. (T); 6. (F). Garlic was rare in traditional English cuisine (though it is said to have been grown in England before 1548).