

# THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 32 Summer 2012

## Good Practices to Follow in Growing Garlic

At our annual Garlic Field Day at Beaver Pond Estates, the growers put their collective minds to work in coming up with good practices to follow in growing garlic in view of the many shoddy practices that have crept into farming operations.

A list of five topic areas and work sheets were provided to narrow down the scope of the discussions to manageable proportions. A short introduction was provided.

Growers then formed groups of 5 or 6 people and brainstormed ideas. They had over the lunch hour to think about the topics. Once each group had come to a consensus, they shared their collective thoughts with the other groups.

A summary of good practices presented by the groups is covered here under the five topic areas.

### Topic 1. Soil Management & Fertilization

The big concern was with the bad practice of using raw sludge, especially human waste, on food fields.

Good practices suggested:

- Start soil workup at least 1 1/2 years ahead of planting.
- Plant successive crops of buckwheat as a green manure.
- Pick well-drained areas, avoid low ground.
- Use raised beds, especially in clay soil.
- Use good crop rotation, e.g., follow peas with garlic.
- Use composted manure and avoid excess nitrogen.

### Topic 2. Water Use and Management

The main concerns were with the bad practices of wastage of water and pollution of waterways and the ideas centred around water conservation.

Good practices suggested:

- Mulching, to conserve soil moisture.
- Keep winter mulch on over the summer.
- Use drip or tape irrigation to put water close to the plant roots.
- Don't just wet the surface but water deeply.
- Use timely irrigation to keep soil from drying out.

### Topic 3. Garlic Planting Stock Management

This group was very concerned with the spread of diseases, and especially the Bulb & Stem Nematode through the planting of garlic that is unsuitable as seed.

Good practices suggested:

- Don't use store-bought garlic for planting.
- Buy only from reputable growers that you trust.
- Keep part of your own crop for planting.
- If you suspect your own garlic, don't sell it for planting.

### Topic 4. Pest and Disease Management

Again, the growers concerns seemed to focus on the spread of diseases by the use of infected or infested planting stock. The suggestions overlapped with those in Topic 3.

Good practices suggested:

- Conduct regular inspections to check for pests and diseases.
- Burn or deep bury crop residue.
- Use crop rotation for garlic and other crops.
- Avoid buying seed garlic from unknown or unreliable sources.
- Use own garlic for planting (provided that you have confidence that it is free of pests).

### Topic 5. Crop Quality

This topic invoked the most discussion as growers had encountered numerous instances of poor quality garlic that served to give domestically grown garlic a bad image.

Good practices suggested:

- Conduct an annual soil test for both nutrients and diseases.
- Plant only the best quality garlic for a healthy crop.
- Conduct regular, walk through inspections for early identification of problems.
- Remove yellowed or diseased plants to avoid spread.
- Harvest carefully. Avoid rough handling during harvest.
- Treat garlic like eggs.
- Clean harvested garlic thoroughly to remove soil that could spread diseases or nematodes.
- Package garlic to prevent handling damage.

The lively discussion that followed the group presentations indicated a real concern over bad practices and the need for market gardeners and garlic growers to do a better job of following good practices in growing and harvesting garlic.

We appreciate the thoughtful suggestions made. This was a first for the Field Day attendees in sharing good ideas and made this event one of the most successful to date.

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

# The Garlic News

Connecting

The Canadian Garlic Network

Issue 32 Summer 2012

Managing Editor: Paul Pospisil

Business Manager: Mary Lou Pospisil

Contributors: Frank Finneran

: Carolyn Smith

: Joni Seligman

: Clarence Cross

: Liz Tobola

: Al Picketts

: Deb Barnhart

: Sheila Robb

: David McCreery

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## 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)

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*Back issues to complete your set are available.*

Advertising inquiries welcome.

## ABOUT THE GARLIC NEWS

The *Garlic News* is a non-profit membership newsletter produced in print copy. Started in 2004, it carries on from where its predecessors, the *Garlic Newsletter* and *The Voice of Garlic* left off. It is distributed by mail 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 bound sets.

## EDITORIAL POLICY

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

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**Deadline for Fall 2012 Issue is Sept 4.**

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## 2012 Eastern Ontario Garlic Awards (Woodman Trophy)

at

## The Verona Lions Garlic Festival

on

Saturday, September 1, 2012

**Major cash prizes for Eastern Ontario's Grand Champion and Reserve Grand Champion, ribbons, certificates and media recognition. Open to all bona fide garlic growers in the Eastern Ontario region. Contact the editor if you would like to participate. Ph. 613-273-5683 or email [garlic@rideau.net](mailto:garlic@rideau.net).**

## Take part in a Garlic Festival this year!!

Want to learn about growing garlic in Canada directly from those who really know, the garlic growers? You'll find them at a festival. Check out our annual listing of Stinky Rose celebrations on page 8 and the festival flyers on page 14 and make plans to attend at least one or two this year.

*Getting older: It's hard to get nostalgic when you can't remember anything.*

*A "jiffy" is an actual unit of time for 1/100th of a second.*

*Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.*

## Notes from our garlic patch

### Thank you for your support

Thank you to the Early Bird renewals. You don't know just how much I hate leaving the garden to do deskwork over the summer. Also, thank you, friends for sending extra \$ with your renewal to help offset the higher costs:

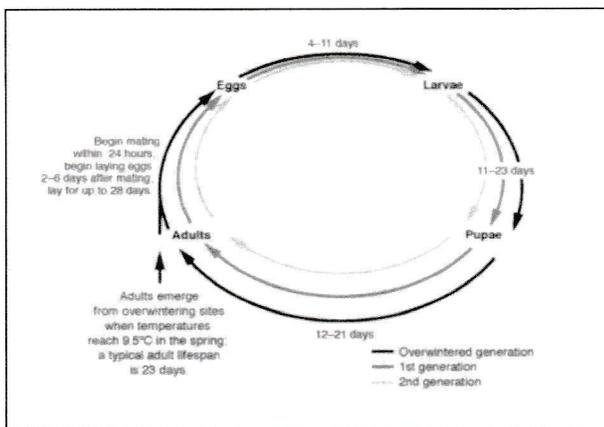
Fred Ayer	Sharon Bartlett & Bill Ableson
Gloria Bissonette	Helen Bohaichuk
William Buckeridge	Jacqueline Chalmers
Victor Danyluk	Don & Pat Dimitrick
Jean Finlayson	Gregory Green
John Kastelic	Janet Kinsman
Amelia Hodder	Rich McFarlane
Linda Jeffreys	James & Janice Jones
Anne Janssen	Madonna Levesque
Cat McBride & Paul Fleming	
Mima Perry	William Nan Vliet
Andrus Vahtra	Rob Wallbridge
Peter & Wendy Varcoe	Marion Clermont

Your kind words, letters of support and help with the costs have been the main reason that Mary Lou and I have continued with this newsletter. As long as you want it and our health permits, we'll keep it going. Great garlic you!

### Leek Moth 2012

After a short hot spell in mid March, our first warm night, +11 deg C occurred on April 14/15. I rushed to put out the second set of pheromone traps when I heard the forecast, and lo and behold, the first male moth was caught in the trap in the morning. So, the earliest date for feeding damage is: Say they mate today, 1st eggs can be laid by 17 April, earliest eggs can hatch in 4 days or on 21 April so that's the day you start watching for feeding damage. If it turns cooler, then everything is delayed.

Life cycle chart is reproduced below:



You'll see that in a typical year, you can expect three sets of larvae doing their chewing damage of the leaves, scapes and in some years, even the bulbs. Since each moth lays 100 to 150 eggs, this relates to about 100 plants per fertile moth that can experience damage. By the final generation, there are over one million larvae possible for every female moth that survived the winter. It makes a lot of sense to locate each and every larva from the overwintering generation and

destroy it so as to minimize the multiplication that will occur if you don't. The early work will save a lot of problems later.

### OK, so we had snow in April. So what?

Snow in April has been around every few years as long as I can remember. What's strange is that it came on April 23, a month after we had the heat wave in mid March. It's just hard to find the apple blossoms when they're covered in white! Didn't hurt the garlic, though.



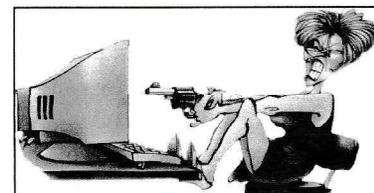
Well, OK, maybe folks in Quebec didn't find it so amusing!

### A Flaming Disaster!

You know those propane torches they sell for killing weeds? The ones with a long handle that means you can kill weeds without bending? Well, I bought one.

This weed flaming idea sounded a lot easier than pulling weeds by hand. I got the clear hard plastic wrapping off without slashing my fingers - well, this gadget looked much like the cane I used to help me walk when my knees were really bad. I screwed the small propane tank to the handle end, clicked the built-in starter and started burning the vigorous weeds along the edge of the garden. When I got to the garlic patch, I was ever so careful not to come near my precious garlic, just sent some dandelions to their new home in Hades. Moving to the asparagus rows, I ruthlessly flamed the weeds as not a spear of asparagus was yet showing. I happened to look around. Lo and behold! Flames spreading through my garlic patch. Dropping the torch, I ran to the garlic, tried tromping it out but the fire just kept racing through the dry straw. In a panic, I ran to the water barrel, grabbed a couple of watering cans and doused the burning straw. After three trips, I had it under control.

Then, I surveyed the damage. Barely visible in the blackened ground, I could see some wilted and badly flamed garlic plants. About 1/2 of my wild garlic and seven or eight of my new cultivars looked like the met a fiery death. What a flaming disaster! Lesson learned. Don't try flaming weeds near your garlic patch when you have dry straw or leaves used for mulch!



*If you don't get it, you haven't got a computer!*

## Another Garlic Dibber

From Al Picketts, Eureka Garlic, Kensington, PEI. Alain

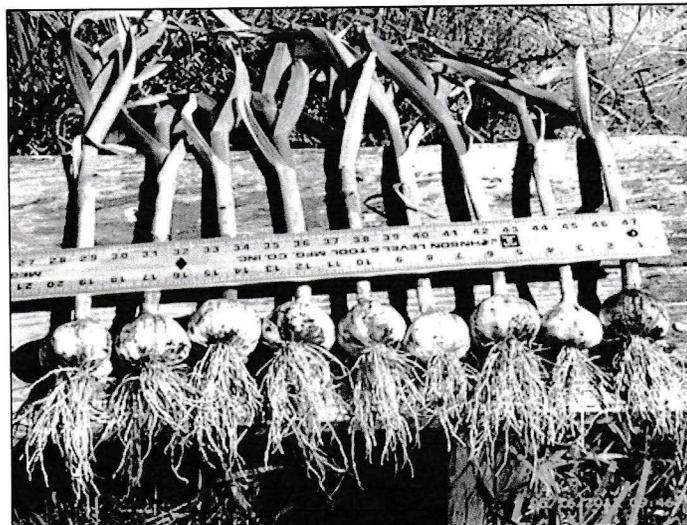


Al & his granddaughter Rowan who turned 4 on July 1.

"I am pleased with my latest creation; a rolling dibber that is bolted to the rototiller. It can't miss the rototiller track because it is fastened right to the tiller. The labour involved with making the holes for garlic planting has dropped to 0. Now that's my kind of labour. Can't wait for Oct so I can try out my new dibber." Plans are free.

## Early Harvest from Raised Beds

From Frank Finneran, Pawtucket, RI



In the Spring Issue, Frank sent a picture of his garlic growing in his raised beds on March 4. This picture was taken June 17. Frank said: "Just a fast one. I picked all of my Turbans, Xian, Lotua and Shandond Purple, today, about 15 to 20 days early. Hope yours is doing fine. Frank.

## A Leek Moth Shelter - - - that works!

From Joni Seligman, hobby gardener, Glen Tay, Ontario

After last year's devastating loss of her garlic to the Leek Moth, Joni was determined to stop the nasty little critters, so this spring, I supplied her with enough



ProtekNet for a large raised bed. It took her and hubby a lot of work, because she wanted to be able to stand up in it for weeding and watering. She was pleased with it and plans on building another one.



Joni reported; "Not a single moth got into my garlic!"

## Nosy Garlic

From Carolyn Smith, Roblin, Ontario

In March, Carolyn wrote: "Thought you might like to hear about my nose.

I had a spot which started at least a year ago. It has slowly gotten bigger. The past couple of months it has been growing noticeably and itchy and irritating. The local quack has me waiting to hear from Plastics to have it cut off, (though does not think it is cancer). For some reason I rubbed Silver Skin on it! Well the next day a good portion on it peeled off. A week or so later, (still faithfully rubbing garlic on it) it has almost completely disappeared. I am very surprised and happy. Still waiting to hear from Plastics! Carolyn.

## To Scape or not to scape

Alain Duranceau asked: "I have a question about scapes. I am lost about whether I should cut them off or not. On the Internet, there is so much for or against about cutting them it is bewildering. This is only my 2nd year growing garlic, my first with hardneck. Any advice you can give would be super. Thank you. Alain.

Editor: Bless the blessed Internet! So much garbage and so little gold you can find there.

On the hardnecks - Porcelains, Purple Stripes and Rocambole Groups - you should definitely remove scapes as soon as they've made a full curl and the round stems extend 4-5 inches out of the leaves. If you leave them on, you will lose up to 1/3 to 1/2 of mature bulb size. Don't let them get hard and woody. Snap them off by grasping the round stem between your thumb and finger. And yes, do take them to the kitchen to eat.

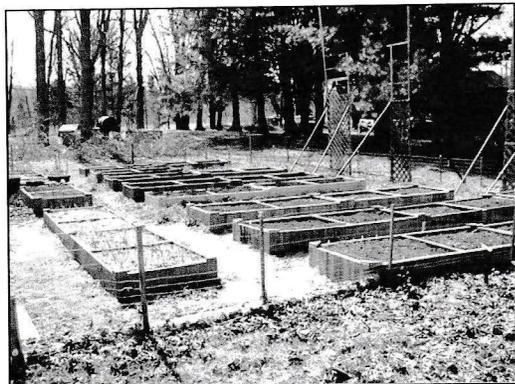
On the weakly bolting softnecks - Turbans and Asiatics, it does not appear to make much difference to bulb size if you remove them or leave them on.



## We get calls and letters

### Just easing through the back issues

Had another nice letter from **Clarence Cross of Erie, Pennsylvania**, who ordered the Year 2 bound set (He's been ordering a year at a time) and said: "Just easing through these Garlic News back issues. I attest to all that one learns something new and interesting in each issue. Thanks much to you and Mary Lou ---another advantage to raised beds is that they sort of isolate one group from another which is good if one group has a problem". Then, Clarence followed up with some really fine pictures of his raised beds.



We've had a kind of winter vacation here in Erie; very, very mild - hardly any snow. Very unusual.

Looking forward to making the trip north for this year's field day in June if we can get away.

Attached please find the raised bed pictures. Last year I used pine and painted them with latex paint. I don't know how long they will last. They may turn into compost in 5 years. This winter I constructed the raised beds out of cedar with cedar frames and others with fir frames. I painted them with a product called Eco Wood Treatment from BC. The inside measurements are 80" x 32" and vary in height from 8" to 9 1/4". At the 40" center I placed a cross member to aid in transporting from the shop to the garden and stability.

With bulbs 6" apart I can plant 30 in each half and with bulbs 8" apart I can plant 20 in each half. I usually turn over the soil with a spade where I place the bed and then fill it with compost, topsoil and bio-char. I plant mustard once or twice before the garlic. I'm on a 3 year rotation using the other 2 years for our other vegetables. I got most of the cedar from the discard pile at a local lumber yard. The pieces were too short to sell but worked out well for the beds. I'd been stopping by the lumber yard weekly or bi-monthly for the past seven years. I knew one day it would be revealed to me what to use the wood for. My garlic last spring and summer was at times 2" under water and the raised beds were my solution. We enjoy The Garlic News both present and past. Thanks so much Paul and Mary Lou for your many years of garlic advocacy. **Clarence and Marlene Cross.**

p.s. The netting on the raised beds in the one picture was to allow our neighbor's cat to think outside the box!



*Editor: Well, I've never seen an anti-cat net before but in this garlic business, you can expect anything!*

### Friends keeping in touch

**Bob Brown of Orillia** called in April to report on his garlic. He's growing 300 Majestic and Siberian in raised beds. He'd had an accident with a deer some time ago and is still taking chiropractic. Also, they had to buy a new car!

*Editor: We had memorable trip visiting Bob & Pat in September 2006 when they first retired to Manitoulin Island. Nice hearing from you, Bob!*

### Dry spell that caused the tips to go yellow

**Don & Pat Dimitrick of Mossley Ontario**, on April 17, wrote: "Our garlic is Music and Majestic. We have noticed with the dry spell that the tips turned yellow but after the rain this week, it has perked up. Wondering what effect this may have on the bulb. The garlic is at least a foot tall now. Enjoy your newsletter. Keep up the good work. **Don & Pat.**"  
*Editor: Yellowing tips can be caused either by stress, such as your dry spell, or by fusarium. In either case, the rain, which reduces the stress, allows the garlic to regain its health. You may have a slightly smaller bulb, but if you continue with good growing conditions, it shouldn't have much damaging effect.*

### Told I'm doing too much for my age

**Madonna Levesque of Tatamagouche, NS**, wrote:

Renewing my subscription, have no problem paying more as it has been the most useful guide on garlic. Practical, down to earth data in a presentation I can understand. Love the story on Bob Klappstein. Now, I have ammo when I'm being told that I'm doing too much for my age. So, I'm going to expand the number of garlic varieties from the 12 I have to whatever I can grow. I'm ordering some bulbil capsules to keep me busy. Also, am thinking about trying to grow garlic in a tunnel to see if there's a big difference. Good gardening to you both.

*Editor: That's the garlic spirit, Madonna! You are always young.*

*(Letters continued on page 16)*

*The Garlic News Issue 32 Summer 2012*



## Tales of the Stinking Rose from the Wild Rose Country

### Country Girl at Heart

By: Liz Tobola

I definitely envy all you folks who've lived your life on the farm and was totally jealous of the livelihood on 'Little House on the Prairie' while growing up. I am a country girl at heart born and raised in the city. There are so many things I have to struggle to learn that I assume most of you all take for

granted. The Internet has been a fantastic source for research and I've spent many hours doing just that.

That's how this garlic fever thing all started for me. After growing a measly 9 huge bulbs, I wondered how come I didn't see them at the local grocery stores. Who would have thought there was such a thing as a garlic festival?

7 1/2 years later, I still have lots of questions and research to do. Just the other day I discovered that all the bone meal I used last year didn't do my garlic a bit of good. Apparently if your soil is alkaline the P (phosphorous) is useless. Acidic soil is needed to convert the P to plant available P. I only stumbled on that fact because I wanted to learn what to use for a natural source of K (potassium). Which lead me to wood ash. This got me very excited for an hour or so. I have a wood burning fireplace.... starting kicking my butt because I didn't know it was such a great natural source for your soil for N P & K. Heavier on the K. But, much to my chagrin, it's so very not good for alkaline soil. If your soil is acidic it is an awesome source of NP&K and it can bring your soil level closer to that magic neutral factor of 7.

Yes, I am far behind on the planning of my garlic garden(s). I've read the great books and The Garlic News cover to cover. I've read many a web site. But, you only take what you want from these sources. Like, why do I have to plant in the fall when my garlic grows so well when I plant in the spring? I really thought my soil was perfect and disregarded much wisdom. Not really intentionally because I was and still am on the great garlic farming learning curve and a lot of that info just stayed there way back in my head. I have taken baby steps, a little too-big-a leap a couple years ago and back to further my baby steps on this great garlic growing adventure. And it has paid off...every year, my earnings have grown.

I hope to further inspire all you farming folks to write a note or story about your *farming practices good or bad*. You all have so much to share and I know us garlic people can still learn some lessons...okay, me in particular! Big or small, blunder, bust or boast, it's all great information.

I do have lots of knowledge too working with hydraulics and electronics.

So, if there were any garlic inventing thingies that you need help with the automation, I would be tickled to offer advice. Now don't be scared cause I'm a girl. I graduated high school with a technical endorsement 30 years ago and have been in the fluid power business for the past 20 years or so. I even did a 1/2 year pulling wrenches in a hydraulic shop and today still assemble or do conversions on various units. George Carlin said: See my beard, ain't it weird? Don't be scared, it's just my beard. I don't have a beard.... okay, I have a few hairs there...geez. Anyway, it would be fun to see if there are any garlic machine-inventing people out there.

PS. I don't have any automated equipment besides the dirt moving kind (rototiller & tractor with various implements). Husband keeps thinking up all kinds of ideas but I like sticking to all the manual chores. It keeps me in shape.

Perhaps down the road the baby steps will lead to additional farm expansion. But, I don't know. I don't think I can ever give up all the manual jobs. Maybe at best I could allow part of the operation to go automated. We'll have to wait and see how far it all goes. This farming thing, it's been calling me since I was short. I didn't how or why, but I am ever so glad I caught garlic fever. Sigh, I do know part of the reason.... I needed to work for myself, I needed to own a little part of this earth, and I needed to expand my knowledge and everyone else who needed to know...

Any questions please feel free to contact me, **Liz Tobola**, direct at [OMAsGarlic@platinum.ca](mailto:OMAsGarlic@platinum.ca)

### The Pioneer Spirit of Alberta, 2012 Style

Generally, folks down east think of cowboys and oil and the Calgary Stampede when Alberta comes to mind. Hardly anyone associates garlic with these hardy, prairie folks. Yet, Sorrentino's Restaurant Chain has been holding their Garlic Feast annually for 21 years, to raise funds for Sorrentino's Compassion House, a sanctuary and support centre for women traveling to Edmonton for cancer treatment. Not only that, but Sorrentino's buy their food from Alberta farmers! This year, their garlic was supplied by **Jackie Chalmer's New Oxley Garlic** from Claresholm, Alberta and novice growers and sisters Natalie Hay and Eileen Campbell of **The Garlic Ranch** from West of Edmonton. No waiting around for government grants to help sell their garlic. These fine folks have found the secret of local food to support local people. That's pioneering, 2012 style!

**Garlic was a vampire-vanquishing tool back in the middle ages. It was considered good luck to wear it and keep it close by. Wearing a wreath of garlic around your neck protected you from vampires and werewolves. As well, garlic was the closest thing to an antibiotic.**

## Al's Ramblings: Black Garlic from the Bright Red Mud

By: Al Picketts

About six months ago, a very nice lady asked me if I knew anything about Black Garlic. At that time, I knew very little about it so I started investigating on the www (great invention) and was rather intrigued by what I read. Seems the South Koreans have developed a way to ferment garlic so that the cloves turn black. Interesting. The same lady was going to Paris for a visit and asked me if there was anything I would like from France. Since the Eiffel tower was too big to fit in her carry-on, I opted for some black garlic. She returned with one bulb for me left from a package of two. She paid seven Euros for a 40-gram package. That's about \$7 per bulb and not a large bulb, either. Another translation is that this black garlic cost \$160 per pound. Now, that's interesting.

It had a pleasant aroma and the bulb looked rather beaten up and dry. When I removed a clove and peeled it, sure enough, the meat was as black as my boots. I tossed it into my mouth and started to chew. What a new sensation in taste. It did not taste anything like garlic. But it was garlic. The taste and texture was like some kind of new, outer-space candy. It was sweet and chewy like a gummy bear and the taste was so unique. There were suggestions of chocolate and licorice and, well, like nothing I had ever tried before. And I liked it. I liked it a lot. I wanted to savour the taste as long as I could and save the rest of the garlic bulb to extend the pleasure but I could not. I had to have another piece immediately and then another and another and ... gone! Oh, poo.... I've got to get me more of this stuff! But wait! \$160/lb? Hey, I've got to learn how to make this stuff. I'll be rich!

Garlic combined with money and topped off with fantastic taste. How could I go wrong? Let me get back to the www again so I can start the money flowing. After many hours of reading stuff I didn't need to know and more stuff I didn't want to know, I started piecing the pertinent information together and planned my attack on this new venture of Black Garlic and Big Bank Deposits. I already had plenty of very good garlic with which to experiment in sizes small and extra small (that would be large and medium on the Ontario scale-o-meter).

Now I just have to hold the garlic at the right temperature for a long time. Oh, this is going to be easy breezy.

WWW said to use your oven if it is a gas oven with a pilot light and you really don't want to bake anything for the next few months and you don't mind the smell of fermenting garlic in your kitchen for those few months and maybe for some months after. We have an electric oven. My wife is normally a very understanding person but I think this experiment would have changed her disposition significantly. Ok, no oven.

I had an old refrigerator with the insides doctored a bit so instead of cooling it would heat with the use of a 100-watt light bulb and a small fan. It worked great for softening hard honey. I was a beekeeper for 30 years in a former life. Yes. This shall be my black garlic fermentor and it won't cost me anything.

I put garlic in a 30-pound honey pail and wet the garlic because the www said the garlic will probably dry out, and we don't want that. On went the lid and into the heater fridge went the garlic to become nice and black and make me rich. After a week, the garlic was turning a pale off-white. Add another pail of garlic. These pails hold about 12 to 15 pounds of garlic depending on the size of the bulbs. Little bulbs pack down more densely and weigh more per pail. After two weeks, the garlic was at a slightly more off-white and the crunch was gone but it was a long way from black. Add another pail of garlic, oh, what the heck, make that two more pails.

Before long there were nine pails of garlic in the fermentor and all changing colour at a snail's pace.

I removed the thermostat that would switch the light bulb off and on because it could not be adjusted to go high enough. Now the bulb would remain on. I hope it doesn't get too hot. After more slow changes in clove colour I exchanged the 100-watt light bulb for a 150-watt. This, too, would burn continuously. Brace yourself for burned garlic! But no burning happened. The cloves stepped up their colour change speed from snail to turtle. Hey, I'm on the right road here. I've got to get the temperature up even higher but how.

I had to sleep on it. That's where I get my best ideas. WWW says to buy a laboratory incubator. I saw a nice one for sale that would have done the job very well and I was rather tempted but it seems I was about \$10,000 short. I could have asked Kim for a loan but I value my life too highly to risk it. No. I'll build my own incubator. I need more sleep.

Eureka! (I love that word). I have another refrigerator that I was supposed to have taken it to the recycle depot but just hadn't gotten around to it. It was a Wood's "all-fridge fridge". If I were to run some copper tubing around and around the inside of this fridge and into a small water heater with a circulation pump (both left over from my bee days) the inside of the fridge, it should get pretty hot. I did it. Then I repaired my leaky solder joints and mopped up the water. I drilled a tiny hole in the fridge door and inserted a probe thermometer. Only 45C. Too cold. Turn the thermostat on the water heater all the way up. Good! Now it was 55C. Take a chisel and cut away some of the dial on the water heater to let the thermostat go past its factory maximum. Now we are at 62C. Still too cold. Time for more copper. I'll make a grid with about ten feet of tubing and a big handful of copper T's and elbows. While we're at it, lets make two. Then I cut the tubing in two places and installed my two copper grids. Done. Repair the bad solder joints and we're away. After the heater had a chance to do its job, the fridge was now just bouncing between 69 and 70C. Perfect.

After plenty of trial and error, plenty of inappropriate language and hair pulling, mixed with a few tears and a few smiles, and lots of burns from soldering, I had finally cracked the code to making beautiful black garlic. My experimental garlic was now very black. I had read MacLean's Magazine article on black garlic and noticed that the chefs had complained that the black garlic from their South Korean suppliers was difficult to cut up and blend into sauces. Well, my black garlic could be like that but it isn't. My black garlic is very moist and soft and could be easily mashed with a fork or tossed into a blender or food processor. It's not gummy and sticky at all. And the taste? Glad you asked. It is fantastic. Unfortunately, the garlic crop of 2011 is all used up but come September I'll be able to produce black garlic at the rate of 100 pounds per month or maybe a bit more.

Now, all I need are sales. My order book is ready and my pen is full of ink. And the best part ... I'll sell beautiful black garlic in Rocambole, Porcelain, Purple Stripe, Purple Stripe Marbled, Purple Stripe Glazed, Turban, Artichoke, and even Silverskin at a price much less than \$160 per pound. Much less. Oh, ya. *And wait till you try the Black Elephant. Wow!*



*Editor: Al Picketts sells garlic from his Eureka Garlic farm near Kensington, PEI. He sent me a great box of assorted cultivars of his Black Garlic to try – see recipes page. Great job Al!*

## The best garlic recipes and ideas

### Black garlic, again

*From the Garlic Guru's  
kitchen experiments*

Spotted black garlic at Foodsmiths health food store, this one sold by another importer, "Just a Pinch" of Mississauga, Ontario. Two small



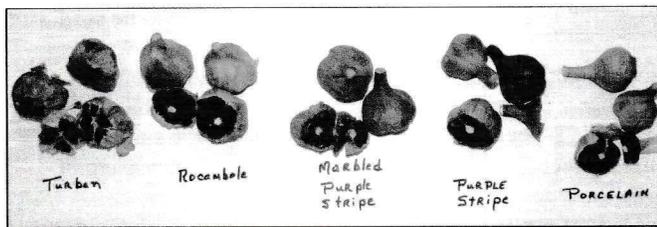
another import, Jeju Black Garlic.

**WHEN IN  
DOUBT  
ADD MORE  
GARLIC**

bulbs of black garlic from Korea selling for \$5.99. Seems that all the importers are jumping on the bandwagon to get a piece of the Black Garlic popularity. See Recipes page in Issue # 22 for the taste testing I did on

Now, for the piece de resistance, the fine Black Garlic sent to me by Al Picketts. Al developed his own technique for making Black Garlic. See Ramblings, page 7 in this issue.

### Black Garlic from Al Picketts, Eureka Garlic



Al sent me six generous size bags of garlic from five varieties, a Turban, two sizes of Rocambole, a Marbled Purple Stripe, a Purple Stripe and, a Porcelain. I cut a bulb of each to check the colour and texture. In all samples, they were softer and moister than the commercial imports. The Turban and the Marbled were a nice, brown colour while the others were black. (Does that mean that Al also invented Brown Garlic?).

In texture, all were very soft and easy to mash with a fork, supporting Al's statement that his garlic was easier to use in recipes. The Rocambole and the Porcelain were slightly more chewy, also the blackest. I couldn't determine whether this was due to being in Al's fermenter longer or a characteristic of the garlic itself.

If asked to rate them – a very subjective matter of personal taste – I would put them in this order, first to last:

- Rocambole
- Purple Stripe
- Marbled Purple Stripe
- Turban
- Porcelain

All in all, well done, Al did a great job in producing Black Garlic!

### Noodles with Black Garlic

A bowl of noodles makes a quick and easy lunch. Made with Black Garlic, it's a new taste sensation, especially if your Black Garlic came from Al Picketts. Here's one of many variations on this popular Asian food.

#### Ingredients:

- 1/2-lb. dry noodles
- 8 to 10 cloves of peeled Black Garlic
- 1 tbsp peanut or canola oil
- 1 tsp sesame oil
- 2 tsp soy sauce
- a dash of chopped herbs of your choice
- salt and pepper to taste

#### Method:

Bring water to a rolling boil in cooking pot, add noodles, turn heat to low and cook noodles till they are soft. While noodles are cooking, add peanut oil to a deep frypan and bring to a medium temperature. Mash one half of the garlic with a fork, slice the other half into thin slices and add both to the hot oil. Allow black garlic to slowly sizzle in oil and slightly crisp up. Drain cooked noodles in a colander and add to frypan. Gently toss. Add sesame oil and soy sauce. Cook noodles for about another 2 minutes. Remove noodles from pan, add chopped herbs, salt and pepper to taste. Serve hot.

### Spicy and Cheesy Garlic Bread

*Another tasty idea from the Garlic Guru's kitchen*

#### Ingredients:

- loaf of French bread
- 3 tbsp butter
- 1 tbsp olive oil
- 1 small green chili pepper, finely chopped
- 4-6 large cloves garlic, minced or pressed
- salt and pepper to taste
- 1 tsp dried oregano
- 3/4 cup shredded cheddar cheese
- 2 tbsp shredded Parmesan cheese

#### Method:

Preheat oven to 350deg F. Melt butter and olive oil and add in minced garlic, chopped green chili, salt & pepper to taste and dried oregano. Be careful not to burn the garlic. Cut bread lengthwise into two halves and brush with the garlic oil mixture on it on the cut side. Top with cheddar and Parmesan cheese. Toast in the oven until golden, about 10-12 min or till brown and cheese is melted. Broil for 1-2 minutes for a crispier texture. Serve hot with your favorite pasta dish, or with garden salad for a lighter meal.

*It's your future. Arrive there healthy. ....the garlic guru*

# HCGGA – Haliburton County Garlic Growers Association

## Just South of Algonquin Park

We all know that just about anything and everything goes with garlic. Since this is the 1<sup>st</sup> instalment in the “South of Algonquin Park” columns, we are going to suggest garlic & ‘moose’. Whether you take it in with a camera, hunt in the fall or cook it with garlic – it’s all good! The one exception is that insurance companies frown on you hunting moose with your vehicle, as it is a little hard on the paint job, front end, windshield etc. The reason why I bring up moose in a garlic column is two-fold. Algonquin Park is a moose haven and moose sightings in Haliburton County have been scarce for the past so many years. But not so this year, I have been privileged to have been held up on 3 separate occasions, with an additional 4 sightings at specific moose crossings. The most memorable was a very large adult cow with her 3-day-old baby! Now in my 27-year history in this county, I have seen only 2 handfuls of moose and never anything under 2 years old. I was grateful it wasn’t a weekend on this lakeside gravel road as the two of them ambled along for about 10 minutes ahead of us looking for an accessible spot to merge with the trees once again. So those of you who know little about our county know that we grow large moose and great tasting garlic. And our garlic cultivars are growing from 5 to 104; more than enough to satisfy the many tastes and uses we dream up on our long, cold winter nights. Yes sadly (or not) I even dream garlic! I hope you have enjoyed your first taste of ‘South of Algonquin Park’ and here is the recipe I promised you. Till next time. Gg

## HCGGA Gets Fresh

On the evening of February 23<sup>rd</sup> 2012, the HCGGA became the next link in the local food chain. Our garlic group along with local businesses and organizations came together for the one night viewing of "Fresh" - a movie about the local food system that is forging ahead in the USA. From 5:30-6:30 pm with a product information display, garlic products for sale and a donation of 2 palette-satisfying spreads that partnered tastefully with a cracker and vegetable selection. Approximately 100 people attended with appetites, questions and open minds.

*Submitted by Debbie Barnhart (aka Garlicgirl of the HCGGA)*

**Garlicgirl Gets Connected** – Stay tuned for the newly consolidated website and blog under the HCGGA Banner with your favourite, down to earth Garlic gal!

## Honey-Garlic Moose Meatballs

### Ingredients

- 1/4 cup minced garlic
- 1/4 cup soy sauce
- 1/2 cup honey
- 2 tablespoons garlic powder
- 3 tablespoons onion powder
- 1 1/2 teaspoons chili powder (optional)
- 3 pounds ground moose
- 2 tablespoons canola oil

### Directions

Preheat oven to 350 degrees F (175 degrees C).

Stir together the minced garlic, soy sauce, and honey together in a small saucepan. Stir in garlic powder, onion powder, and chili powder. Bring to a simmer over medium-high heat, and then reduce heat to medium-low and gently simmer for 15 minutes, then set aside.

Heat oil in a large skillet over medium-high heat.

While the sauce is simmering, roll the ground moose into meatballs in 2-tablespoon portions. Heat the canola Cook the meatballs in batches until well browned, and cooked through, 10 to 15 minutes; drain well.

Place the drained meatballs into a baking dish. Pour on the sauce, and stir until well coated. Bake in preheated oven for about 20 minutes so the meatballs absorb some of the sauce.

## “SNAP IT”



*1<sup>st</sup> Annual Scaping Workshop – get juicy details next issue*

To contact the Haliburton County Garlic Growers Association, Visit website: [www.haliburtongarlic.ca](http://www.haliburtongarlic.ca) or phone Sheila Robb, president, 705-489-4201, Email [robbsheila@gmail.com](mailto:robbsheila@gmail.com)

THE VERONA LIONS CLUB presents

## THE 6TH ANNUAL VERONA LIONS GARLIC FESTIVAL

Saturday September 1st 2012

9:00 AM to 2:00 PM

Free parking, admission by donation. Open rain or shine, at the Verona Lions Centre, 4504 Verona Sand Road, 20 minutes north of Kingston on Road 38.

**Garlic is the main attraction.** Farmers will be offering dozens of varieties of fresh, local garlic and garlic-themed products. Visitors can stock up for the year ahead. Free advice and tips from knowledgeable farmers to help you grow your own.

The Lions canteen will offer their Egg McLion breakfast menu and a lunch menu of garlic pork sausages, local beef-on-a-bun, rabbit sausages, hot dogs, fries, vegetarian options and plenty of fresh garlic toppings.

The Children's Centre will keep youngsters entertained with arts, crafts, activities, mini-golf and the famous "Verona Cattail Express" miniature train ride.

The Frontenac Farmers' Market is partnering in the festival, offering farm-fresh corn, garlic nibbles, jams, preserves, maple syrup, honey, fresh baking and other seasonal produce.

Again this year, The Verona Lions Garlic Festival proudly hosts the Eastern Ontario Garlic Awards, with prizes for the best single bulb, 12-bulb display, educational collection and braid. Champion and Reserve Champion will receive a major cash prize. For Awards information, call Director Paul Pospisil at 613-273-5683.

Vendors are welcome, with early bird space available (booked before July 31) for \$50.00 contact Wayne Conway 613-374-3807. For additional information call John McDougall at 613-374-2516, email john.mcdougall@xplornet.ca.



## 5TH ANNUAL GARLIC FEST

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Saturday, August 25, 2012

Highways 118 & 35

Carnarvon

Grounds of Carnarvon Bowl

9:00am – 3:00pm

For further information contact Sheila Robb

705-489-4201

[robbsheila@gmail.com](mailto:robbsheila@gmail.com)

Visit:

[www.haliburtongarlic.ca](http://www.haliburtongarlic.ca)



October 13 & 14, 2012

at

Evergreen Brick Works

Saturday

1 pm to 9 pm



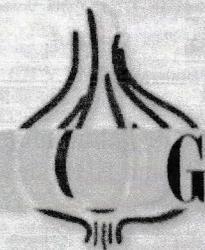
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9 am to 4 pm

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## MORE GARLIC DIRECTORY

Directory Listings, Garlic or Garlic Products for sale, Want Ads, Boxed Ads, Grower Information

**The Garlic Garden.** Fresh garlic and garlic products. Darrel & Anna Schaab, Box 1727, Yorkton, SK, S3N 3L3. Ph. 306-786-3377, Email [thegarlicgarden@imagewireless.ca](mailto:thegarlicgarden@imagewireless.ca).

**Garlic & Saver Seeds for Sale:** Grown sustainably, all natural, environmentally responsibly. Email or write for listing & prices. Denise O'Reilly, Hill & Dale Farm & A'bunadh Seeds, Box 127, Cherhill, AB. Ph. 780-785-2622. Email: [smileyo@xplornet.ca](mailto:smileyo@xplornet.ca). Business card facing page.

**Certified Organic Garlic from the 2011 Eastern Ontario Garlic Champions:** Russian Red, French Rocambole, Georgia Fire, Georgia Crystal, German Red, F4 Italian Red. Certified organic by Pro-Cert Canada. David & Miguel Hahn, Forest Farm, Godfrey, ON. Ph. 613-273-5545. Email [dhahn@rideau.net](mailto:dhahn@rideau.net). Website, <http://forestfarm.wordpress.com>.

al@eureka garlic.ca



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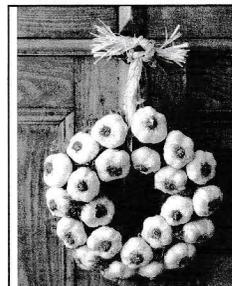
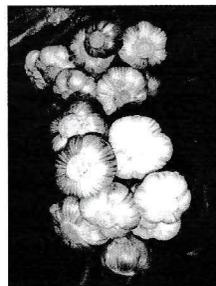
**Present your organic garlic in style in an organic cotton garlic bag.** Contact Liz Murphy at Enviro-Threads, 30 Simcoe St. S., Lindsay, ON, K9V 2G4, 705-328-2644. See article in Garlic News Issue #10 Email [enviro-threads@sympatico.ca](mailto:enviro-threads@sympatico.ca).

**Natural & Organically Grown Music,** smaller quantities of others, will ship. Simon de Boer, Langside Farms, Teeswater, ON. Ph. 519-357-1919. Email [sbdeboer@hurontel.on.ca](mailto:sbdeboer@hurontel.on.ca).

**Certified Naturally Grown garlic:** Music, Spanish Roja, Yugoslavian, German White, Chesnok Red, Czech Broadleaf, New York White. Blue Marsh Farm, NS. Ph. 902-945-2729. Email: [barbara@bluemarshfarm.ca](mailto:barbara@bluemarshfarm.ca) website: [www.bluemarshfarm.ca](http://www.bluemarshfarm.ca)

**Organic Garlic from the Cutting Veg:** Persian, Israeli, Yugo, Tibetan, Ukrainian, Korean, Chinese, Salt Spring, Russian. [www.thecuttingveg.com](http://www.thecuttingveg.com). Contact Daniel Hoffmann, [daniel@thecuttingveg.com](mailto:daniel@thecuttingveg.com). 647-388-7444, business card facing page.

**Ashton Station Garlic:** Award-winning, organically-grown garlic. Member participant in Agriculture Canada's 3-year "Leek Moth Biological Control Project". Seed stock source for 29 garlic varieties in Agriculture Canada's inventory of garlic strains. To meet customer requests for hotter tasting garlic, I grow 19 strains that score at least 3.5 on the 1-5 heat taste testing scale. Will ship in Canada, limited quantities, order by July. Contact Dave Cornell, ph. 613-257-4688 or email at [ashtonstationgarlic@gmail.com](mailto:ashtonstationgarlic@gmail.com) for prices and availability.



**"As you sow, so shall you reap"**

**Do you really believe that you can harvest a good crop from poor seed?**

**Garlic for Sale:** Featuring 'the original Big Ass Pickled Garlic' & assorted garlic products, will ship. Music garlic in season. See facing page. Ph. 705-766-2748. Email [bigassgarlic@hotmail.com](mailto:bigassgarlic@hotmail.com).

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**Salt Spring Seeds** on Salt Spring Island carry a great line of heirloom & heritage seeds including garlic. Contact Dan Jason at 250-537-5269, or email [dan@saltspringseeds.com](mailto:dan@saltspringseeds.com). Website: [www.saltspringseeds.com](http://www.saltspringseeds.com)

**Organically grown garlic for sale:** Over 10 strains available including our Mennonite. Ph. Elly Blanchard, 613-473-2889 or email [railwaycreek@gmail.com](mailto:railwaycreek@gmail.com). Website [www.railwaycreekfarms.com](http://www.railwaycreekfarms.com) to order and descriptions. Will ship small quantities.

**Fall and Spring planting garlic seed and bulbils available.** Alberta Grown Naturally. Home of OMA's Gourmet Garlic! Other varieties available; Purple Glazer, Northern Quebec, Spanish Roja, Georgian Fire and more! Please email (preferred), call or write: Liz Tobola: [OMAsGarlic@platinum.ca](mailto:OMAsGarlic@platinum.ca) Ph.403-601-2642  
Box 100, Aldersyde AB T0L 0A0

**Railside Gardens Garlic:** Music garlic and garlic products. Check our website or call. Laura & Tyler Duchek, 4 miles north & 1/2 mile east of Esterhazy, SK. Ph.306-745-3515. Email: [l.t@sasktel.net](mailto:l.t@sasktel.net) Website: [www.railsidegarlic.com](http://www.railsidegarlic.com)

### **Hill and Dale Farm A'Bunadh Seeds**

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[gardenofeden2010.wordpress.com](http://gardenofeden2010.wordpress.com)

*A thought to ponder:  
When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.*

**BUY LOCAL, BUY ORGANIC, BUY CANADIAN IT MAKES HEALTHY BUSINESS SENSE**

## Still more calls and letters

### Fertilizing Garlic

**Sean Lee-Popham asked;** " My name is Sean, I live in the Maynooth area, north of Bancroft. I've been growing garlic for myself for a number of years, this past year I really expanded to 3000 head, things seem to be going well. I often do a spring fertilizing, side dressing with kelp or old manure or something.

Was looking around for advice in this area. Any tips? This always feels like the right time of year for it. Would love to do compost tea but can't figure out a good system to do it on a larger scale. Do you find the foliar spray works?

*Editor: The organic side dressing you use sounds fine. I use foliar spray every year, either kelp or a kelp fish mixture. You can get it either liquid form or soluble powder. Spray frequency about every 10 days, usually at 2-leaf, 4-leaf, 6-leaf, 8-leaf stages with the final application around mid June.*

*Compost tea or even weed tea is a good idea as well. You just immerse the composted manure, in a bag in a barrel of water, wait about 3-7 days, and then use it to water or foliar spray on your garlic. It's not only a fertilizer but helps to suppress fungal diseases as well. For weed tea, you just throw your fresh weeds in a barrel of water, let sit in the sun until it ferments and then use. It stinks to high heaven but it works! In any of these, use them as soon as they ready or they lose potency.*

### Why does garlic turn blue?

**David Fiske of Sydenham, Ontario** sent this Internet reference that explains why garlic turns blue or green when you pickle it. It's a lengthy explanation but interesting. Just google the following:

<http://sallystrove.hubpages.com/hub/Why-Does-Garlic-Turn-Blue-and-Is-Blue-Garlic-Safe-To-Eat>

Quite simply, the vinegar used in pickling seems to trigger a chemical reaction of the sulphur compounds in the garlic, causing colour change. Blue garlic is safe to eat.

*To further confuse the colour issue, the Chinese make jade green pickled garlic for the Laba festival. No doubt, you'll see that product on store shelves one of these days. Editor.*

### Growing from bulbils

**Hélène Renaud of Mulgrave & Derry, Quebec** asked: How does the bulbil growing work? How many do I need for my garlic (growing approximately 325 per year, for personnel use)? Which ones are good for cooking and that keeps for a year?

*Editor: Bulbils are an advanced growing method used to produce nematode-free garlic. They take several years before you get a full size bulb. Growing instruction is attached. You can't expect a crop of bulbils from bulbils for several years. Stay with bulbs for planting if you want bulbils next year. Best for cooking? Rocamboles.*

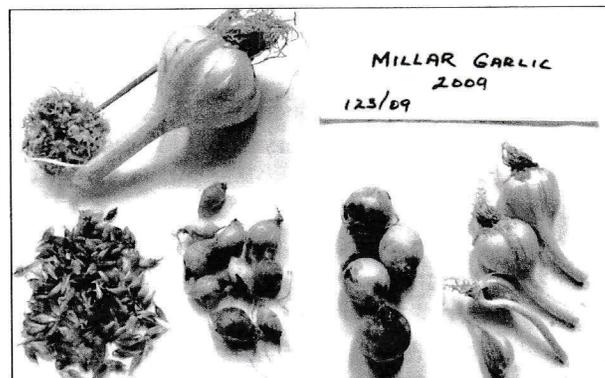
*However, they also have the shortest storage life, starting to dry out in mid winter. Longest keeping? The Silverskins, such as F40, Silver Rose, etc that store up to 12-14 months. However, they don't produce huge bulbs in our climate. Best compromise? Softneck Artichokes or hardneck Porcelains, both of which store till spring under good conditions. Romanian Red is Porcelain.*

## Interested in growing from bulbils

**Walter David of Kanehsatake, QC,** asked: I am very interested in starting new crop using the bulbil method but have a couple questions. Can I use my own bulbils from a field that has shown some contamination of a few? Can I place these new bulbils in grow pots in our greenhouse to keep a better watch on their progress? Do you have Musical bulbils? Is it safe to say we are looking at a 5 year till mature date for Musical?

*Editor: Hi Walter. Bulbil planting. See instruction sheet. Using your own bulbils. Yes, definitely. If you have the nematode in your soil, it doesn't go to the top of the plant. If you have diseases like fusarium, growing from bulbils won't eliminate them completely but you will produce a healthier plant. Let the bulbils mature on the plant until just the stage before the spathe (capsule) opens. The bulbils are stronger and more filled out if left to mature on the crop. Yes, by all means, grow them in pots. Greenhouse is good and if you don't heat it, it's the same as leaving them outdoors over the winter. Make sure that they are well watered before winter. You have to harvest them each year and replant. If planted the same time as your garlic cloves, they are ready to harvest, usually in early July, a week or so before the regular garlic. Musical bulbils? Yes, see the reverse of the 2012 order form in the centre column under PORCELAIN and just after "Majestic". All our bulbils will be harvested around the end of July. Just let me know by June 1, as I have to mark the ones that I leave the scapes on.*

*For all Porcelains including Musical, expect to get undivided rounds for the first two crop years, a small divided bulb in the 3rd year and, when you break it up into cloves and replant, the bulb gets larger each year. Usually takes 5 years. See the picture of Millar garlic. It shows the typical progression of Porcelains nicely.*



### Cloves per bulb

**Guy Allaire of Montreal,** asked: From the five bulbs, there are only 22 garlic. Do you have a suggestion concerning a higher garlic production? Many of bulbs had large cloves.

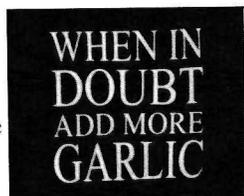
*Editor: The Porcelain garlic types usually have 3 to 5 cloves per bulb or an average of four. They give you large bulbs but few cloves per bulb. If you want more garlic, the Rocamboles usually have 6 to 8 cloves, and the softneck Artichoke family have even more, 5-10. May I suggest that you try, say the French Rocambole and the Artichoke Endurance? Both of these have more cloves than the Porcelains, grow well, and have excellent flavour.*

## More garlic recipes and ideas

### Some summertime recipes for light eating

#### Salmon Filet for BBQ or Oven

Salmon is a delicious and healthy meal providing lots of OMEGA 3. Preparing it with a garlic and maple syrup marinade makes a nice flavour change.



#### Ingredients:

One 8 oz. fillet of Pacific salmon  
1 small onion, cut in thick slices  
¼ cup of soy sauce  
3 tbsp pure maple syrup  
½ lime, juice squeezed  
2 cloves of minced or crushed garlic  
1 tbsp finely minced fresh ginger  
½ tsp red pepper flakes  
a dash of black pepper  
wedges of lime

#### Method:

Mix all ingredients to make the marinade and place salmon, flesh side down, in marinade. Refrigerate for one-half hour.

Pre-heat oven to 400 degrees. Place the salmon, skin side down, in a Pyrex baking dish. Pour marinade over the fish. Poke the salmon with the tip of a pairing knife, so the marinade will get into the flesh. Lay onion slices on top of the salmon.

Roast for 15 minutes and check the salmon's progress. Depending on the salmon's thickness; it is finished when the fish flakes easily but is still slightly translucent. Spoon remaining thickened glaze over salmon and serve with wedges of lime.

For BBQ, make a baking dish from doubled aluminium foil. Place the fish inside, close it tightly and BBQ slowly on the upper rack.

#### Garlic and Pepper Spaghettini for two

A summer pasta using fresh vegetables from your garden is smart eating. Try this one with or without the hot pepper as you prefer.

#### Ingredients:

1/2 pkg (200 g) spaghettini, whole wheat if possible  
1 medium bulb of garlic  
1 sweet red pepper  
1/2 hot pepper, such as Jalepeno  
¼ cup cold pressed extra virgin olive oil  
Ground Parmesan cheese  
Salt  
Freshly ground pepper to taste

#### Method:

Bring a large pot of water to a boil. Meanwhile, separate and peel the garlic cloves. Crush them with a garlic press and then set aside. Seed and dice both of the peppers. In a large skillet, heat the oil to just below boiling; add the peppers and cook, stirring until the peppers have softened, about 5 minutes. Reduce the heat to medium-low and add the garlic. Cook the garlic, stirring for about 10 minutes. Add a generous amount of salt to the boiling water, then cook the spaghettini until al dente. Drain and toss with pepper and garlic mixture, season with pepper and add a little more olive oil if necessary. Top with a sprinkling of olive oil.

For an Italian touch, serve with antipasta and piping hot garlic bread and a bottle of good red wine.

#### Eggplant is good for your health

Eating eggplant is good for you. It can help reduce high cholesterol. One cup of cooked eggplant has 27 calories, one gram of protein, six grams of carbohydrates (two grams of fibre if eaten with the skin), manganese, phosphorus, potassium and folate. But, be aware that eggplant absorbs more fat in cooking than any other vegetable and can absorb enough for 700 calories if deep fried, so keep the oil to a minimum.

We grow and eat eggplant as a quick summer lunch.

#### Breaded Eggplant a la Garlic Guru

#### Ingredients:

1 or 2 medium eggplant, fresh from the garden  
1-cup bread crumbs  
2 eggs  
A drop or two of water  
Flour, enough to coat eggplant  
2-3 cloves garlic  
1 tbsp olive oil or butter, for frying  
Salt & pepper to taste

#### Method:

Peel the garlic cloves, crush them with a garlic press and set aside. Prepare bread crumb mixture, combining bread crumbs, salt and pepper and pressed garlic. Mix well. Place large skillet on medium heat and coat bottom lightly with olive oil or butter.

Prepare egg dip by hand, whisking with a bit of water until it turns whitish.

Slice eggplant into thick slices, about 3/4". Coat with flour, dip each slice in egg mixture and then coat both sides of each slice in garlic-bread crumb mixture. Place in skillet and cook on both sides, just to where the eggplant is turning soft. Don't overcook.

Serve, as a light meal in itself, or with a side dish.

Garlic in Newfoundland by a Clever Lady



Majestic garlic in Kathy's garden

Is that a great, big, ice cream sundae? Amelia claims that it's a salad of apples over baby spinach.

Amelia Hodder of St. John's ordered garlic for planting last year but she doesn't have a garden in her city home. So, what to do? Simple! She talked her daughter Kathy, who lives in Traytown to grow it for her!



Garlic in Cuba

Deborah Rompen of Oshawa, Ontario wrote: I did want to let you know that you have some "fans" in Cuba – agriculture is a big topic for discussion regardless of the crop and garlic is a staple in Cuban cooking. We have a 1-acre garden plot and have a little garlic. Regrettably – the garlic there is grown solely from cloves and each year the bulbs and cloves get smaller and smaller – it is not unusual to see a clove as small as the very tip of the fingernail on my baby finger. I always take what I learn from my gardening experience here in Ontario, as well as what I learn from other agriculturists – like you – and adapt it, use it and share it with our neighbours there. We are working to find ways to "rejuvenate" the garlic being grown – whether we get permission to import bulbils into Cuba from Canada or attempt to produce bulbils ourselves in Cuba and encourage our neighbours there to do the same.

Anyway, I was away in Cuba for week and drats! Two of my garlic plants now have what I think are scapes on them (A portion of the top has coiled right over and there is a bulge in it??). Have I ruined my new garlic already? Eeegad!

Editor: Garlic in Cuba: What a lovely country of great people. A few years ago on vacation in Cuba, I took the opportunity to visit a market gardener that grew garlic as well as other vegetables. Really tough, rocky soil but they did very well despite it all. They do organic production very well but don't seem to have enough organic matter to add to the soil. Rejuvenation is one approach but I suspect that lack of soil nutrients is the greater problem. Also, we, in Ontario, have an excellent growing climate where theirs is a little harsher.

Yup, time to snap the scapes. They are early this year. Garlic is not ruined, just doing its garlicky thing.

Inflation

Mary Lou said to me, "It's now a nickel for my thoughts. The penny is gone".

Garlic Aficionado looking for Black Garlic

Bruce Kinsman of Jerseyville, Ontario wrote: My wife "treated" me to a Christmas gift this past year of a subscription to The Garlic News, including all the back issues from Day one. Needless to say I was thrilled and I am slowly working my way through the past articles and keeping current with the latest releases. I am an eager learner in all aspects of gardening and although my garlic skills are only crudely developed, I am inspired to pursue excellence in this endeavor. I also recruited my 5-year-old grandson to plant his own garlic last fall to supply his mom who usually tapped into mine. I don't even know what kind of garlic I grow currently. It was passed on to me by a co-worker about 10 years ago and I have been planting anywhere from 75 to 150 plants each year ever since. The reason I am writing to you now is to order some new strains and take the next step in becoming a true garlic aficionado. I am sorry we will miss your Field Day since we will be out of the country that day, but I would love to make a visit sometime and show you what I've been up to and learn a little more about your operation. I'm sure we will talk more since I believe I have the capacity to help either in your preservation of heritage strains or your Small Plot Trials.

One further question. One of my daughters in law is an up and coming chef and has talked about black garlic and some other rather exotic sounding strains. Have you ever heard of a black garlic? I would be most interested in getting my hands on something like that.

Editor: Black Garlic? Not a cultivar. It's fermented garlic, being pushed in the USA by Scott Kim of California who has developed a short cut method of making it. A Toronto company, "Just a Pinch" has started importing the real thing from Korea. See Issue #22 on an evaluation I did on Kim's "Jeju" Black Garlic.

I'll be doing another taste test on some Black Garlic that Al Picketts of PEI made and sent me {see recipes page and Al's Ramblings, both in this issue}.

This summer, ripen the scapes on a plant or two so you can try growing from bulbils. Then, you'll be really into the science and practice of garlic growing!

Pricing Scapes

Lynn Gillingham of Toronto asked: I want to sell to restaurants in my neighbourhood. I already have a couple interested in the scapes - but I am not sure of how to price them. I hope to sell my garlic to these same restaurants so I'm prepared to give them a deal, in hopes that I can procure their future business. Do you have any advice?

Editor: On scapes: They are a delicacy and available for only a very short period each year so price should not be a deterrent if the chefs are really interested. Scapes should sell at the same price per lb as local garlic. If \$10.00 per lb. is the going price in your area, then scapes are worth the same. The other guidance is that a bunch of fresh scapes - that is 12-15 in a bunch - are worth between \$2.50 to \$3.50 a bunch, depending on your local market.

## Report on the Garlic Pest Management Update

By: David McCreery

A while ago I offered to be your eyes and ears at the most recent garlic session with OMAFRA and representatives Dr. Peter Mason and Andrea Brauner from the Dept. of Agriculture held on February 17, 2012, at the Carp Agriculture Hall. What follows is the Loonie version. If one wished to wait for the Toonie version they may end with nothing at all.

First, I would like to share with you my appreciation for the dedication and effort of Peter and Andrea and their OMAFRA colleagues particularly Margaret Appleby and Michael Celetti and from the University of Guelph, Becky Hughes. They have been working diligently for several years on our behalf and we owe them a vote of thanks. Garlic growers face two significant problems that are relatively recent.

The first is the pesky **leek moth** introduced to Canada in the Ottawa area. Since its introduction reports indicate that it can now be found in Prince Edward Island, New York State and Quebec. It is steadily moving westward throughout the Province of Ontario. Growers who use organic methods have real challenges with this insect. Because it arrived from Europe, there does not appear to be any natural predators here. Mason and Brauner's work shows that there is some natural predation from various indigenous beetles but not enough to make much of a dent in the population. Their work is focused on producing and releasing a population of predatory wasps also found in Europe that predate on leek moths. They are also investigating other management techniques all under the umbrella of Integrated Pest Management.

To date, their efforts demonstrate that the wasp does kill leek moths, that it can be reproduced and successfully released. The problem for growers is that the results are preliminary and the leek moth is well advanced in terms of range and numbers. Even assuming that a balance is eventually effected the wasp will never eliminate the leek moth. It should control the numbers but the moth is here to stay.

The other thing that organic/natural growers can do is use row covers to protect their crops. That is coincidentally what I do. My own experience with them is telling. A few years ago I had as much as 40% damage from leek moth. My choice was simple. Either stop growing garlic or cover what I did grow. Having chosen the latter, my damage last year went from 40% down to approximately 5%. That is for me a manageable loss for growing without chemicals. Mason and Brauner's work tells us that there are three critical times during the year when the leek moth is most active and when the garlic should be covered. May 1 and the first and smallest spike. From June 1 to July 15 is the worst period. The third is from mid-July to mid August. I leave my covers on for the entire season.

Since the moth is nocturnal covers can be removed during the day for any type of maintenance necessary on the crop. I use sand bags to weight them down and let the covers float over the crop, no supports.

Yes, it is expensive to cover an entire crop. Yes, it means more work. Yes, weeds also grow well under covers. But, given all that, it works.

The second big issue facing growers are **Bulb and Stem Nematodes**. Michael Celetti provided participants with an excellent presentation on the problem and potential management treatments. His first recommendation is that growers plant clean seed. By that he means don't introduce the problem from infected seed from another source. We need to be advised that organic growers and producers are equally as likely to have infected stock as others. Becky Hughes is working on a project to make clean seed available to growers and that effort may, in time, prove to be a valuable tool. Having made that note one needs to remain cognizant of the magnitude of the issue. Hughes is concentrating on Music. I grow 15 additional varieties other than Music and there are many growers who can double and triple that.

The bottom line is that if you have clean seed save your own. If you are buying seed from elsewhere be extra vigilant that it appears healthy before you plant it. If in doubt, discard.

Hot water seed treatment may be a technique for some. Celetti's caution was that while it works it is not easy to do properly.

The second important management technique is to plant the clean seed into "cleaner" fields. Here he recommends soil testing to confirm that a field is not contaminated and crop rotation to reduce the build-up of the nematode. Hot mustard bio fumigant crops apparently are effective in controlling nematodes. I say apparently because I have just begun to try this. I should know more in two years time when I again plant on a field treated with cut and plowed under hot mustard.

Finally, Paul I would like to emphasize the importance of all growers working cooperatively together to address these issues. The issues cannot be solved by individual growers. The problem can be exasperated by those who are careless and affect others. The growing of garlic is too important not to be done well. Your readers will do well to inform themselves of what can be done to manage these problems and put that knowledge into practice.



*Editor: Thank you David. Your comments on the nematode problem reinforce my views. I appreciate your coordination of this workshop at Carp. That allows me to concentrate my efforts at our annual Garlic Field Day on our primary mission, that of evaluating garlic cultivars and improving them. For our readers, I recommend that you review past issues of the Garlic News as a vast amount of helpful information has been published to assist you in managing these two pests. The leek moth is a serious nuisance that significantly reduces crop yields. The Bulb and Stem Nematode is a showstopper, capable of destroying a complete garlic crop.*

*"Gardeners learn by watching others, reading about gardening, doing it themselves, but mostly, by observing the magic of nature" ----- the garlic guru*