



THE GARLIC NEWS

Your Window to the Great, Glorious World of Garlic!

FALL 2004 ISSUE #1

Welcome to the *Garlic News*!

This new publication carries on from where the Garlic Newsletter left off.

As many of the growers are aware, the publisher of the Garlic Newsletter resigned and cancelled memberships. The Garlic Newsletter is no more.

As I type this editorial on my computer, I can only think back on the excitement of writing garlic news for previous garlic newsletters and wonder what the future may hold for this publication.

For the first one, *The Voice of Garlic*, the newsletter of the Garlic Growers of Eastern Ontario, I penned out the content for three issues over the winter of 1999-2000. That publication fell victim to the power struggle for control over the organization it was intended to serve, dying along with the parent body. Despite its demise, the *Voice* was a success. The information in those three issues was worth many times its weight in garlic!

After a two-year vacuum in garlic information, growers at our June 2002 Garlic Field Day here at Beaver Pond Estates expressed support for the resumption of a growers' newsletter.

One of my garlic protégés, George Ward, agreed to act as publisher of such a newsletter and handle the business side of publication if I would carry on as editor and look after content.

By September, working as a team, the fruit of our labours, the 1st issue of the Garlic Newsletter went out. It was member-owned, non-profit, written by garlic growers for garlic growers.

Over the next two years, we put out a total of eight issues of the newsletter, gaining a following of scores of growers from one end of Canada to the other. Articles provided by the best authorities on garlic that I could find made the Newsletter a broad-based source of information.

The success of this venture was short-lived.

In June 2004, at our Garlic Field Day, the publisher dropped in to announce his resignation, informing the growers present that he had stopped publication, cancelled memberships, disbursed the funds and was selling off the assets of the Newsletter.

What a nuisance! Just when outdoor summer work was coming to a peak, leaving little time for desk work!

Following that surprise action, many growers called and encouraged me to continue publication.

Now that summer work at the garlic trials plot is over, I can devote some time toward spreading the gospel of garlic again. My talented bride and partner, Mary Lou, has filled the gap left by the publisher's resignation and taken on the task of keeping the membership lists and accounts. That allows me the time for research and writing.

With such an able partner, the *Garlic News* will be a success. We have the nucleus of a "garlic news team" as well as many contributors.

As a conservative first step, we feel confident about publishing the first four issues; if this works, we'll move on to the next four and so on.

We do need your help and participation. Send in your articles and garlic news from across Canada. The articles will be published to share your ideas and experiences with other growers. This is needed to make the *News* a forum for discussion, networking and information exchange.

~~For the moment, the window to the world of garlic~~ is open again. Working together, we can keep it that way.

Paul Pospisil, Editor, The Garlic News

Planting by the Light of the Moon.

Wondering when to plant? Lunar planting practice says you plant on the full moon or the week following (waning moon). This year poses a bit of a dilemma. The best planting time in our Eastern Ontario Zone 5 is mid October.

There is a full moon on September 28 which is a bit too early to plant. The next one comes on October 30.

Past experience has shown that later is better for a good crop. So, if you plant by the moon, this year, you plant during the week starting October 30 and up to November 6. Werewolves, beware!



THE GARLIC NEWS

Your Window to the World of Garlic
Fall 2004 Issue # 1

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ABOUT THE GARLIC NEWS

The *Garlic News* uses a newspaper column layout and larger print size for better readability. The wider margins and 8 1/2 x 11 size paper are to enable growers to save copies in a standard 3-hole binder. In keeping with our personal commitment to conservation and environmental protection, envelopes have been eliminated where possible. It was our hope to print on recycled paper with vegetable inks; however, the need to get the fall issue out did not leave enough time to do it for this issue. We will do so in the future.

EDITORIAL POLICY

The *Garlic News* is a new publication. It carries on from where the *Garlic Newsletter* left off. Its purpose is to enable farmers and gardeners to grow better garlic and enjoy it more. Articles and contributions are welcome. They 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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Winners 2004 Eastern Ontario Garlic Awards Competition Woodman Trophy

Winners of the Year 2004 Woodman Trophy Competitions held at the 2nd Annual Seaway Valley Garlic Festival in Dixon's Corners near Iroquois on September 11, 2004:

CHAMPION GARLIC GROWER 2004 - Sep Bonner, Athens
RESERVE CHAMPION 2004 - George Ward, Westport

Winners in the individual Classes were:

Class 1, Best Specimen Garlic Bulb	1st	-Sep Bonner, Athens
	2nd	-George Ward, Westport
	3rd	-Connie Horbas, Iroquois
Class 1A, Best Display of 12 Garlic Bulbs	1st	-George Ward, Westport
	2nd	-Connie Horbas, Iroquois
	3rd	-Sep Bonner, Athens
Class 2, Best Collection of Varieties	1st	-Sep Bonner, Athens
	2nd	- George Ward, Westport
	3rd	- Debbie DeCooman, Chesterville
Class 3, Best Garlic Braid	1st	- Sep Bonner, Athens
	2nd	-Silver Spring Farm, Ottawa
	3rd	-Kenny & Linda Willis, Iroquois

Sep Bonner of Athens, a first time competitor, took 1st prize in three of the four events, walking away with the Woodman Trophy as Champion Garlic Grower for 2004. He received a cash prize of \$150.00 from Mike's Valu-Mart of Morrisburg, a major sponsor of the Awards.

Competition and judging standards were provided by the Garlic Awards Foundation.



Paul Pospisil, Director of the Garlic Awards Foundation presents the Woodman Trophy to the 2004 Champions, Sep & Virginia Bonner.

About the Garlic Awards

The Eastern Ontario Garlic Awards Competitions were inaugurated at the 1st Glorious Garlic Festival held in Perth, Ontario on August 16, 1997. They have been moved around to other host garlic festivals in the region to provide opportunities for competition. They are open to all home gardeners or commercial garlic growers in Eastern Ontario. Entrants do not have to be participants in the festival hosting the Awards.

The purpose of the competition is to encourage excellence in the local growing and production of garlic and to reward such excellence by the presentation of awards.

Festival organizers wishing to host these competitions in future years should contact the editor of *the Garlic News* for terms and arrangements.

Copies of the Horticultural Judging Standard and instructions on conducting garlic competitions at Fairs and Festivals are available from *the News*. Send \$5.00 per copy

News From the Garlic Patch

The *Garlic Newsletter* is no more. With this inaugural issue of the *Garlic News*, we move ahead into a new era of information exchange among growers in order to maintain a grower network from all regions of the land.

Dr. Peter Mason, head of the leek moth research project, advised that he is consolidating the reams of data gathered this summer. We hope to have a report for the next issue of the *Garlic News*.

Sad news that **Orv Herrington** of L and O Farms, Cawston, B.C. decided to get out of garlic. Orv was the one who said, "you should never grow any more garlic than your wife can look after." Here's his own words:

"Paul; Last Oct. we had a freak freeze here which froze out our garlic and peach trees with the exception of Music and a few other Porcelain hard necks. The artichokes made it through but all bolted out the neck. The Asian garlic did not come up. Rocamboles we cut back on last year due waxy breakdown from the heat we get here. The silver skins and Marbled Purple and Purple stripes were a hit a miss. So we tilled every thing in and will take a couple of years off and then maybe just grow a dozen hard necks here for the local farmers market. So keep on enjoying your garlic growing and I will stay in touch from time to time to see how you are doing. A garlic friend, Orville"

We learned that **Derek Takerer** had difficulty with harvesting his 3-acre plot of garlic at his Fragrant Pearl Farm due to ill health. A garlic growing neighbour, **Margaret Plume**, came to his rescue and managed to salvage and market a good portion of his crop. We hope that she takes over growing Derek's unique strain of Asiatic garlic called "genki"

This past **summer was wet and cool**, providing a poor growing season in much of Ontario. As a result, there were more unfilled requests for local garlic than ever before. Despite more market gardeners getting into the garlic business, demand continues to outstrip supply.

There was a **shortage of good seed garlic** across the eastern region again this year. Our own releases from the garlic trials were sold out by September this year so I have spent considerable time trying to put willing buyers in contact with growers who still had some on hand. If you advertise with the *Garlic News*, we can help you sell your garlic! A \$5 Directory listing will put you in touch.

A SMILE INCREASES YOUR FACE VALUE.

The Fish Lake Garlic Man, Ted Maczka, is back in action! After hip replacement surgery and a hard recovery, the fiery king of garlic was back doing the rounds of the garlic festivals again. They can sever his limbs but they'd better not get in the way of his garlic! However, Ted said that he would not be manning his booth at the Royal Winter Fair in November this year.

Dr. Rina Kamenetsky, whose picture was featured on the cover of the March 2004 issue of *The Garlic Newsletter*, has returned to Israel with her husband Moshe to resume work at the Volcani Centre after a year's sabbatical leave at the University of Guelph. The *News* intends to keep tabs on her research work on developing true garlic seed.

What price garlic? In response to many calls regarding the price of garlic, I did my annual check on prices. They ranged from a low of \$0.59/lb. in the supermarkets for Chinese garlic to a high of US \$13 per 250 grs (that's about Canadian \$31/lb.) in Richters Herbs on-line catalogue. Whew! That's quite a spread. At the garlic festivals in Ontario, locally grown garlic was selling at between \$4/lb to \$9/lb, the higher prices being for certified organic. A price of \$1 to \$2 per bulb is reasonable in light of costs and wages in Canada. Small growers need to charge more to cover their higher costs (unless you feel a need to subsidize consumer food prices!)

Kenny Willis, co-organizer of the **Seaway Garlic Festival**, is looking for a new venue for 2005. It seems that despite the excellent facilities, the location of the 2004 festival was just a bit off the beaten track, losing some visitors.

Another garlic great, **Al Music**, the originator of the Music strain of garlic, is still going strong. Although no longer in the limelight of the garlic farm industry in SW Ontario, Al is still growing his beloved Music garlic on a farm in Beaverton while "retired" in Toronto.

Simon de Boer, host for the 2004 GGAO Field Day, reported that about 20 growers were in attendance at his farm in Teeswater, Ont., for this annual event held on the last weekend in June. On the same Sunday, the Eastern Ontario growers turned out in greater numbers for their local event, with 45 showing up at the Beaver Pond Estates Garlic Trials site. See the Field Day report in this issue.

I just mailed out Issue #44 of **The Garlic Press**, the newsletter of the Garlic Seed Foundation, to Canadian subscribers. Growers interested in getting it can call me or contact David Stern in Rose, NY direct. Check the GSF website at www.garlicseedfoundation.info

Calls and Letters

My name is **Connie Horbas**, and I run a small mixed farm in the Cornwall area. I have been planting garlic now for about 4 years on a "larger" scale. I put in 2000, and then 3000 bulbs. Before it was always just between 15 and 50. I would like to come to your field day, and I was wondering if you could answer a question for me. I have found this "worm" on my garlic tucked into the leaves, and they seem to be doing what a leaf miner would. Is this the leek moth? What can be done about it. They seem to be destroying some of the leaves and some of the scapes which are just starting to come up. Any help would be appreciated

Hi Connie: It sounds like you have the leek moth. I've attached the CFIA description to help you identify it. My personal recommendation on an organic approach is in the article "Living with the Leek Moth". This is an imported pest and there is NO pesticide registered for its control. It may take a bit of work but try and find and destroy as many of the little worms, also any cocoons or eggs you find. That will reduce the damage at harvest time. Once the scapes are out, you'll find the worms inside any that show a little hole. Coming to the Field Day should provide you with more information. Dr. Peter Mason of Ag Canada will be doing an update on the Leek Moth Project we have underway in the Ottawa Valley. He's started on this 3-year project to try and find organic and IPM controls for this little beastie. Good luck. Paul

"Imported Canadian garlic?" Ted Maczka called about Chinese garlic being sold in the supermarkets as Canadian garlic and asked that we publish an expose on this apparent misrepresentation.

Editor's Note: Upon investigation, it was found that there is a company based in Mississauga, Ontario registered under the name, "Canada Garlic". They are the largest importer and distributor of garlic in Canada and a supplier to the supermarket trade. When you check their garlic in the supermarket, it is emblazoned with the bright red label, "Canada Garlic", leaving the unsuspecting buyer to jump to the conclusion that the garlic is of Canadian origin. Yet a closer look at the produce price card will identify the garlic as "product of China". All quite legal. Let the buyer beware!

Bill Wegman wrote: Hi Paul, My garlic this year has been smaller, due I think to the weather. I did however contribute 4 leek moths to Ana Maria at the Farm...will tell you about it at the festival.

Hi Bill: You are not alone in smaller bulbs this year - it seems to be the party line across the region. A late spring, cool summer and lack of sunshine have exacted their toll on the garlic growers. However, we are not the worst off. Just think of the poor corn growers who depend on heat for a reasonable crop!! I am very interested in your participation in the leek moth project. Paul

Gregg Parsons wrote: I grow only a small amount of garlic but I am interested in learning more about growing and possibly doing it for a living. Can one make a living growing garlic and if so how much does one have to grow? How many acres would one have to plant and how many acres can one look after himself?

Hi Gregg: How much can one handle? Not more than one acre. Most organic growers do between 5000 and 30,000 plants, or less than one acre. Any more and you have to hire and train skilled workers. There aren't enough hours in the day at harvest time to do any more, and, as well, you need days away to sell it.

Henny Markus wrote: Greetings Paul!

This garlic season I have come across some unexpected problems. I'm not sure whether they stem from weather conditions, high humidity or my soil. When cleaning my garlic, I noticed 3 or 4 problems. First, some of the garlic's outer skin had become yellowy-brown especially around the base. It smelled musty, like cigar smoke. In another case, there was blue/grey mould on the other skin. Third, some of the garlic had mushy beige/brown skins. When you opened them up you could see the decomposing base, stem and skins around the cloves. Looking even closer, into some of these bulbs, I noticed a 1/2" white larva with a black spot at the front end. In one garlic, I spotted a 1/4" brown chrysalis.

Last fall, I increased to 300 bulbs hoping to sell half of it. Now, I'm wondering if it's a good idea. I want to sell a good quality product but I'm not sure about the quality of my bulbs this year. I'm also concerned about planting more garlic this fall. How often do you rotate your garlic? Do you plant a different type of crop i.e. beans, spinach, etc. where you grew garlic the year before?

Any suggestions would be greatly appreciated.

Hi Henny: Sounds like you have problems galore.

I'm attaching some articles that you may find helpful. Disease was fairly common this year due to steady rain and damp conditions. Damp garlic tends to mould - several forms of it. On the insect pest, it's most likely the leek moth, but to be sure, get a sample to an entomologist, someone like the pest diagnostic labs in Guelph. If its onion maggot and you've got them in your soil, you need to control them.

Rotation? Definitely, YES, every year on a 3 to 5 year cycle. I would be very hesitant to use diseased seed as you not only spread more disease but you risk crop failure. Perhaps you might want to grow something else for a year or two until you have a chance to clear up the garlic problems. Just grow a little garlic in a new plot to keep your hand in until you find out what's wrong. I can't help you with new seed as we are sold out for this year.

*Paul Pospisil, Garlic Research,
Small-Plot Garlic Variety Trials,*

Creg Buxton wrote:

The scapes are now in the kitchen. Don't know quite what to do with them. Is this a secret recipe? I'm interested in the spread. I will drop in the last of this week if that is convenient.

Hi Creg! Mary Lou will give you the recipes when you come. We'll be here and pleased to spread more of the "gospel of garlic" Paul & Mary Lou

Rich McFarlane wrote: This resurrection of the Garlic News is great! I'm on my way to mail a cheque. It's been such a weird year for growing garlic in this area I was really wondering how the rest of the country is doing. I had been thinking about contacting you for information

Hi Rich: The first issue of the News is almost ready to go. Information I dispense freely but I am out of good weather!

Email of August 3, 2004 -- Curing Your Garlic

This is the text of an e-mail sent to growers in the Eastern Region when it was evident that curing of garlic had become a problem.

Hi fellow garlic grower! If you're like many growers across the Eastern Ontario region, you've probably experienced some concerns about your garlic crop this year. A late spring, wet summer and lack of sunshine have delayed the harvest and had a detrimental effect on garlic.

What that means is smaller bulbs and in some cases, fusarium virus causing the roots to decay, reducing your crop. There's not much you can do about it as that's the way nature works.

On top of that, we're experiencing one of the dampest summers and highest humidity during the harvest period in many years. Night humidity is been running at 100% for much of July and early August.

That spells trouble. Garlic will mould rather than cure when the humidity is too high. If it does, you lose your garlic. It's even worse than summer 2003 when some growers lost much of their crop to mould and decay after it was out of the ground.

May I share some ideas with you on how we, at Beaver Pond Estates, are coping with the curing problem this year?

1. Our outdoor drying shed. We've added extra fans to keep the air moving. At night, we close it off with tarpaulins to cut down on the amount of dampness that comes in. That helps tremendously. The tarps stay on until the morning sun burns off some off the dew and then we open it up to the sun and breeze. Fans run 24 hours per day.

2. Moving garlic indoors: Being very small, around 5000 plants, we can move some of the harvested garlic indoors ~~into the porch and back room to speed up drying.~~

We invested in some portable dehumidifiers last year and they run constantly until the tanks fill up with water. They need emptying twice a day.

The garlic dries very well, but it costs more in electricity and heats up the rooms. However, it works and dries the garlic much faster than just air drying. We didn't lose any garlic to mould last year and hope not to this year.

If you're lucky enough to have built a full drying facility, you won't have these problems. We're not big enough to afford one so have to cope as best possible.

If anyone has any other ideas, please pass them on.

Paul Pospisil

Replies to "curing your garlic"

Hi Paul, Last year I had some problems with black mouldiness developing on many of the bulbs. I've kept two furnace fans on at night, with the windows closed and fans off during the day with the windows and doors open. In a double garage, there are two large doors on the front and one at the back on the side, plus four windows and a small door. Should this practice be adequate, do you think?

Thanks, **David Hahn**

More replies to curing your garlic: A small heater during the night will do one very important thing. Warm air can hold a lot more moisture than cold air. So as long as the temp inside your tarps is even a few degrees warmer when you open them during the "dry" day you will dump moisture in a big way. Warm garlic even a couple of degrees above outside temp is the only way to be safe. **Warren Ham**



Garlic Field Day 2004

The 2004 Garlic Field Day at the Small Plot Garlic Variety Trials was held on Sunday, June 27 at Beaver Pond Estates, Maberly, Ontario. It was a superb event with great weather and a turnout of 45 people, the best ever since we started this annual event a few years ago.

The program started with a walk-by of the trials site and description of the 70-plus strains of garlic being tested.

Majestic was again the dominant Porcelain strain with taller plants and thicker stems than the others.

A program on topics of concern to growers followed. The guest speakers were:

- Larry Lenhardt, CEO of OCPP, who provided an update on the state of the organics program in Canada and on the need for certification.
- Jack Fraser of Silver Spring Farm, Ottawa, who described the charitable garlic project ongoing at the farm in support of the mentally handicapped
- Dr Peter Mason of Ag Canada and Margaret Appleby of OMAF who described the scope and progress of the leek moth project in the Ottawa Valley started last fall
- Ana Maria Farmakis of Ag Canada talked about raising a colony of leek moth in the lab in order to study the life cycle of this insect.
- Ken Willis spoke on the 2nd Annual Seaway Garlic Festival being held 11-12 September near Iroquois.
- Paul Pospisil gave his 2004 crop forecast.

A free wheeling discussion was held on numerous topics, especially the increasing spread of the leek moth.

Mary Lou provided garlic jellies and spreads to enhance the picnic lunches brought by attendees.

As in previous years, those attending had first chance on purchase of new strains from the trials plots.

Mary Lou and I would like to thank all the growers who gave up a Sunday to attend this event at our farm and, especially, to thank the guest speakers who so generously gave of their time to provide updates on matters near and dear to the hearts of garlic growers.

Mark Sunday June 26, 2005 on your calendar for next year's Garlic Field Day at the Small-Plot Garlic Variety Trials site.

The Garlic Exchange - - -

- - - the Rocamboles

Rocambole: *Allium sativum* sub-species *ophioscorodon* var. Rocambole. Also known in history as Serpent garlic, it makes up the largest hardneck Varietal Group.

They are also called home garden garlic as many of the settlers from Continental Europe grew it in their home gardens when they settled in the new lands of North America.

For many years, they were the most widely grown hard neck garlic in North America, being easy to grow and dependable.

Various strains are named after their country of origin; Spanish Roja, Czech Red, French Rocambole, Carpathian, Polish, Ukrainian, Yugoslavian, the many "Russian Reds", and Israeli provide a clue as to the people who brought them here.

The Rocamboles have strains with the greatest range of flavours, bulb sizes and maturity dates. In our Small-Plot Garlic Variety Trials, we have observed maturity dates covering the full span of the harvest period, ranging from the very early strains in early July (strains such as Fish Lake F1, Yugoslavian and Israeli) through to late and very late in August for Carpathian and Glengyle's Russian Red. Other strains mature from early to mid season.

This range provides distinct advantages to market gardeners, enabling spreading the harvest workload and fresh market crop over a longer period.

In physical characteristics, the Rocamboles are medium height plants, reaching heights of 4' to the tip of the uncurled scape. Their distinctive feature is the tightly curled scape which forms 1-3 full loops. Leaf structure can display either erect or drooping tips, depending on strain. Scapes, while delicious to eat when tender, can also be dried in bunches to make attractive floral arrangements. The large bulbils are sometimes left to mature, both for eating as well as seed rejuvenation.

Bulbs are flat and globe-shaped with varying size cloves arranged in a fairly symmetrical pattern around the center stem. They have 6-9 cloves when grown in cold regions, more in warmer climates. Bulbs grow medium to large size. Bulb wrappers are attractive, often with blotchy streaks, not unlike Purple Stripes.

In the kitchen, they are versatile and easy to peel. The rounded cloves slice well or fit nicely into the garlic press.

The main disadvantage of Rocamboles is the shorter storage life, 4-6 months, although we have had some well-cured ones keep up to a year.

Commercial growers will profit from high yields of 7:1 or better. We generally recommend that growers try at least two or three strains from this group to appreciate the diversity offered by the Rocamboles.

Rocambole Pick of the Year – "Reliable"

From a difficult growing season, our own Control Standard, Reliable produced the best garlic of the 11 Rocambole main crop strains in the Trials Plot, again surpassing perennial favourites like French and Spanish Antolini, in bulb size, uniformity and percent of marketable bulbs.

The modest description in our seed listing hardly does justice to this reliable performer. It states: "Our Control Standard since 1991, very reliable, just like its name. Medium size bulbs. Consistent results year after year. Flavour is similar to Spanish Roja. An all-round, main season crop. Nominal Yield Ratio 7.7 : 1 "

In the 2004 harvest, bulb sizes were; 7 % Colossal, 28 % Super and Extra Jumbo, 17.5 % Jumbo, average size; Jumbo plus. Cull rate was a mere 3.5 %. It truly lives up to its name, Reliable.

How to Increase Your Planting Seed Stock of F3

By: Ted Maczka

It is my personal opinion that F3, which is a Continental Variety, is a hybrid. There is no record of when it was created. It can produce 75-150 bulbils. The weight can be in the range of 15-200 mg. For the best results, one can start growing them inside, beginning in March, in paper cups. Make a few holes in the bottom and fill with rich, organic soil. Each cup can contain 4 bulbils planted pointed end up. Cover with 2-4 mm (3/16") soil on top. When there is no more danger of snow, one can transplant in a larger container or a raised bed. I use old fridges or bathtubs filled with swamp soil and enriched with wood ashes, eggshells, manure and compost. When transplanting, make holes with a bulb planter. Have the soil moist and don't disturb the roots. They can be put very close to each other. Give them manure tea every 3rd week, talk nice to them, play classical music and keep them weed-free. Here is one of my experiments: In early March, I planted 20x60 mg bulbils in paper cups. The total weight of 1.2 grams harvested 67.2 grams, an average yield of 56:1. The smallest bulb of 2.4 grams made a yield of 40:1. The largest bulb of 4.2 grams made a yield of 70:1. Not a bad result for an amateur farmer, a 6th grade dropout in 1939. When you look at the front cover of the March 2004 issue of the Garlic Newsletter**, bottom right corner, that is how the bulbs look in their 1st year of growth from bulbils. You will notice they are of different shapes and colours. Some will produce the original F3 or similar and others may be a rocambole type. The differences will show up in the 3rd year of growth.

Please note: the above results were obtained by my creative idea. By adding your own, you may produce better results and contribute to the betterment of humanity.

Editor's Note: ** the picture referred is of 1st year rounds.

Recipe Cards – Effective Marketing Material

By: *Marlene Werry, PAg, Client Account Officer, Belleville*

Recipe cards have long been used by Foodland Ontario and national commodity organizations as “point of sale” marketing material. Cards not only provide ways to cook with garlic but can also include information on how to reduce spoilage, storage methods etc. Recipe cards can provide two important functions in marketing your garlic.

1. **Customer satisfaction:** Promotional activities are important for maintaining customer traffic throughout the market season. Value-adding your product by including additional information on its use will increase customer satisfaction and build repeat customers. Providing complementary products that are used in your garlic recipes can increase sales as well as provide a service for your customers. Research has shown that “word-of-mouth” is one of the most effective ways to promote and advertise your business. Satisfied customers are your best advocates.
2. **Promote and advertise your business:** include your farm name and contact information on the back of the recipe card. Including a card with each purchase will provide a reminder of where they bought that excellent quality Ontario garlic.

Each week, provide a new recipe that will give your customers a quick and easy way of using garlic for all meal occasions. As with any marketing tool it is important to evaluate its effectiveness. Ask your regular customers if they tried the recipe and would they use it again. For recipe ideas visit the website: www.aboutproduce.com.

Good luck to **Marlene Werry**, who has left her position as Client Services Officer, OMAF for employment as a Rural Economic Development Officer in Durham Region.

We thank Marlene for her article on “Use of Recipe Cards for Effective Marketing” and her past contributions and support that she provided in Client Services.

THE FARMER

The farmer's trade is one of worth
He's partner with the sky and earth
He's partner with the sun and rain
All four may help him with his grain
For men may rise and men may fall
But the farmer, he must feed them all

*From the Bethel Women's Institute 100th
Anniversary Cookbook, "Bethel's Treasures"*

Sep Bonner's Sofa Leg Garlic Dibble



Have you ever dibbled your garlic? Well, here's your chance to make your very own “garlic dibble” using Sep Bonner's novel design.

A dibble is a tool used for planting bulbs, or, for us, garlic cloves.

I stopped in to see Sep Bonner on his farm near Athens and he showed me his invention, the Mark I version of his garlic planting tool, made

from a few recycled sofa legs (those short, tapered things that screw into the bottom of your sofa) attached to a sturdy base of steel shelving corner with a handle attached.

The idea is that you can make your planting easier by pushing tapered holes into the soil with the dibble, just the right depth, walking along the rows, and then you can just drop in the cloves, saving yourself the work of making trenches for planting. Saves the back, too.

I was impressed with Sep's invention. Since it wasn't yet patent-protected, I rushed home to make one myself.

An hour was spent rummaging through my lifetime collection of treasures to find eight reasonably matched sofa legs, saved many years ago for just such an occasion, a piece of 2 x 4 in which to mount them, and a suitable, broken shovel handle to attach to this contraption to make it look like a garden tool. The handle is also useful, being needed for manipulation of the device.

Another hour in the workshop assembling it, and “Eureka!” I had my own garlic dibble

Sep and I use different planting techniques so I made mine 24” long, with staggered rows of sofa legs spaced at about 3 ¼” apart, enabling 4 cloves per foot of row.

I called mine a Mark II, due to its obvious enhancements! Sep's Mark I had the sofa legs arranged in a straight row so this engineering change to staggering the sofa legs was clearly a new design, worthy of its own patent!

The picture shows Sep and I comparing our two versions of “Sep's Sofa Leg Garlic Dibble”, the Mark I straight row version and the highly re-engineered, staggered row, Mark II version.

Now, suitably armed, we impatiently await garlic planting time to test out these ingenious devices.

To build your own, collect up 6 to 8 recycled sofa legs. 5-6” long, a 2 x 4 about 24” long, a handle from a broken spade or shovel and some sturdy wire to brace the handle.

The legs have protruding threaded screws. Drill holes 1/8” smaller at desired spacing in the 2 x 4 and screw the sofa legs into the holes as tight as possible. Cut the handle square, attach with a long screw or lag to the 2 x 4 and brace it with diagonal wires attached from about a foot up the handle to each end of the 2 x 4.

Sep's design uses a bent pipe instead of a broken shovel handle. Both systems work. Use what you have on hand.

Any Gardener Can Grow Great Garlic Part 1

By: Paul Pospisil, Master Gardener

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

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

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

Growing Cycle. In our northern climate, garlic is planted in October, sets roots before freeze-up, rests over the winter, resumes growth the following April and is harvested in July or August, depending on strain.

Spring planting does not produce satisfactory results.

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

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

A soil pH within the range 6.0-7.5 is acceptable.

Bed Preparation. Garlic may be grown in flat rows or in raised beds. Raised beds have the advantages of deeper soil for the roots, earlier thawing in the spring and good drainage. Either till the soil just before planting or plant through an earlier-planted cover crop. Cover crops like annual rye grass don't need to be tilled under as they will form a mulch when they freeze.

Make trenches in rows at least 12 inches apart and 4-5 inches deep in which to set the cloves.

Selection of Planting Stock. You have a large choice of what type of garlic to grow, anywhere from the tall, majestic Porcelains which grow up to 6 feet tall and produce huge bulbs of only four cloves, through to the short, soft neck Artichokes, often called 'Italian' garlic, which grow 10-15 cloves per bulb. Most home gardeners start with a Rocambole strain of 7-8 cloves per bulb. Whatever your choice, get it from a local grower.

Cracking into Cloves. Take the bulbs and carefully divide them into their separate cloves. Garlic is propagated vegetatively, and it is the clove which is planted as 'seed'.

Set aside any damaged cloves as even a little nick can foster green mould disease.

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

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

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

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

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

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

A follow on article on harvesting, curing and storage will appear in a future edition.

Editor's Note: the arrival of the leek moth in Ontario and Quebec has posed the first serious insect threat to garlic. It is no longer free of insect damage!



This article is taken from the pamphlet, "Any home gardener can grow garlic". The content was based on results of the first five years of growing trials, 1990-95, at Beaver Pond Estates conducted to determine the best cultural approaches in Eastern Ontario Zone 5. Since it was first published in 1997, we have handed out thousands of copies of this little grower's guide at festivals, garden talks, seminars and other events. It has become somewhat of a condensed grower's bible for new growers.

We publish Part 1 in this issue for the benefit of newer growers. Part 2 will be published in the spring prior to the harvest.

The Best Garlic Recipes and Ideas

Garlic is the world's most commonly used food flavouring next to salt. It is also one of the most health-promoting vegetables that you can eat. It is no wonder that hundreds of books containing thousands of recipes using garlic have been published in the last few years. As well, many new recipes are unveiled at garlic festivals every year.

The *Garlic News* is pleased to present some of the best garlic recipes and ideas for enjoying garlic.

Mary Lou's Original Garlic Jelly

Mary Lou developed this recipe for the 1st Glorious Garlic Festival held in Perth, August 16, 1997. It has been featured at festivals since that time and is still as popular as ever. It is offered here for you to try for yourself.

Ingredients:

¼ lb peeled garlic cloves 2 cups white vinegar
5 cups sugar 1 3-oz. pouch of liquid Certo

Method:

In a food processor, blend garlic and ½ cup vinegar until smooth. In a 6-8 quart saucepan, combine garlic mixture with remaining ingredients and bring to a boil, stirring constantly. Quickly, add Certo, return to a boil and boil hard for 1 minute, stirring constantly. Remove from heat and immediately fill hot, sterilized 250 ml jars with jelly mixture, leaving a ¼ inch headspace. Wipe jar tops and threads clean. Place hot lids on jars and apply screw bands firmly. Check snap lids for pop down when cool. Makes about 6 jars.

Garlic Dream Cream

Reachview Farms brought this recipe to the County Garlic Festival in Picton, Ontario. They didn't specify amounts of each to use so you have to try it until it's a dream!

Ingredients:

Sour Cream Miracle Whip
Sliced Green Olives Tomato Paste
Fresh Garlic Fresh Basil

Method:

Chop garlic and basil to desired consistency. Mix with olives. Stir in other ingredients in amounts to your taste. Serve on chunks of fresh, whole grain bread.

The Garlic Clove in Calgary - a Gourmet Delight

For a true garlic gourmet, lunch at Antonio's Garlic Clove restaurant is worth the airline flight to get there.

If you enjoy the robust flavour of garlic, try the signature dish of the restaurant, its steak—marinated, saturated, garnished and sauced with garlic—is sure to overpower even the strongest breath-freshener. The tidy and welcoming restaurant is outfitted in a traditional Italian style, with antique wine bottles intertwined among the vines lining the walls. We had lunch there on a February visit to see our granddaughter Shelsea, and other family. Paul had the Roasted Garlic Soup at \$4.95 and the Bruschetta served on bischotti bread while Mary Lou had the Spaghetti Agli e Olio at \$7.95.

Outstanding food, made from fresh ingredients and served in European style.

Check the website at www.garliclove.net for menu.

Sue's Recipe for Garlic Powder

Sue Asselstine featured this at the Seaway Garlic Festival

Peel garlic cloves.

Place a few handfuls in food processor and mince.

Spread damp garlic evenly on cookie sheets or trays.

Cover with cotton cloths.

Place on shelves or brackets in warm spot (high above a wood stove works, but watch the garlic doesn't heat up too much or it can scorch or cook).

About two weeks later when it is completely dry, break sheets of garlic into chunks.

Grind in an electric coffee grinder to desired consistency.

You can either make a fine powder of granules. Both sold well for me.

I used a new coffee grinder that had never had coffee beans through it. And I don't intend to use it for coffee any time soon!

Sure, go ahead and use my garlic powder method in the *Garlic News*. I might amend the drying info just a bit. I find the garlic dries quite well in a warm, dry room and doesn't necessarily need to be *above* a wood stove. The reason I suggest this slighter slower method is because if the garlic isn't checked often, it is very easy to go beyond dry to scorched or cooked.

Great Garlic Mashed Potatoes

Another great recipe from Mary Lou's Country Kitchen.

Ingredients:

4 cups peeled white potatoes, quartered

1 cup peeled garlic cloves

½ cup milk

3 oz. butter

chopped fresh parsley

salt and pepper to taste

Directions:

Simmer the potatoes in salted water until tender. Drain and mash with butter.

While the potatoes are cooking, simmer the garlic and milk in a saucepan until soft, about 30 minutes. Puree in a blender.

Beat the garlic puree into the mashed potatoes and season with salt and pepper.

Garnish with chopped parsley.

Makes 4 servings.

The 10 Minute Rule

Crush, chop or slice garlic and let sit for 10 minutes to release the allicin before cooking it. If using whole cloves, cut them to expose the garlic.

More of the Best Garlic Recipes and Ideas

Garden Pasta a la Garlic Guru

When we changed to healthier eating habits, European-style pasta became one of our top food choices. This is a simple meal to make during the summer when your garden is overflowing with bounty. You can use any combination of veggies that you enjoy but zucchini should be one of them.

Ingredients:

1 lb whole wheat pasta
1 cup vegetables chopped into small pieces – gold zucchini, broccoli and green or ripe tomatoes
6-8 large cloves of garlic
¼ cup extra virgin, cold pressed olive oil
chopped fresh herbs – parsley, basil, cilantro
grated parmesan cheese

Directions:

Peel and crush garlic cloves in a garlic press. Let sit 10 min. Bring salted water to a rapid boil. Add pasta and stir until boiling again. Cook about 8 minutes for al dente pasta, 10 minutes for more tender. Drain.

While pasta is cooking, wash, drain and prepare vegetables and herbs. Combine with garlic and olive oil and either sauté in a skillet over low heat until tender, or, heat in the microwave for 2 minutes on High. Drizzle over spaghetti and toss to cover it all.

Serve while hot, sprinkling with parmesan cheese.

Garlic - a Clove a Day

Medical studies indicate that just a clove of garlic a day has a long list of health benefits. That's about a bulb per week or 50 - 60 bulbs per year. Cost? For top quality organic garlic at \$6-\$8 per lb, the cost is a \$60 or a mere \$5 a month out of your food budget. It's a small price to pay for one of the most health-enhancing vegetables you can buy, to say nothing of the tantalizing dishes that it will make.

Silver Bullets?

We live in an era of expectations of instant gratification. In health terms, people expect to pop a pill in order to cure any condition. Live a decadent life, go to the doctor and get an expensive prescription to cure the ills of poor habits. Today, people are turning to the health food stores for dried herbs, expecting miracles from herbal remedies where prescription drugs didn't help them.

Life just doesn't work that way.

Is garlic a magic cure-all for anything that ails you?

Definitely not. Its benefits can only be realized from a longer term lifestyle of eating habits. You can be healthier by eating sensibly and including the necessary foods in your diet. Garlic is an essential one of those foods. There are no silver bullets despite all the scientific discoveries in our time. Garlic is good for you but it is not a miracle cure-all. Eat it for the good of your health.



Pickled Garlic

Ingredients: 2 c peeled garlic
1 ¼ c vinegar
¼ cup sugar
½ tsp pickling salt
½ tsp peppercorns
½ tsp mustard seed
1 bayleaf

Method: Combine all ingredients except garlic, boil for 2 minutes, add garlic and boil for 2 more minutes. Bottle in sterilized jars and seal. Makes 7-8 small jars.

Refrigerator Garlic Pickles – Quick Method

Ingredients: 3 cups large garlic cloves about 1 pound
1 ½ cups white distilled vinegar
½ cup sugar
½ tsp. Salt

Directions: Peel garlic cloves. If they are thick, cut them in half lengthwise. In a 2/3 quart pan combine vinegar, sugar and salt. Bring to a boil stirring until sugar dissolves. Drop garlic into boiling vinegar mixture and cook uncovered over high heat stirring occasionally for 1 minute. Let cool. Store pickles in refrigerator in a tightly covered jar at least one day or up to 2 months. Makes about 1 ½ pints.



Chocolate Covered Garlic

This recipe from *Evelyn Holowaty* was featured at the Foam Lake Garlic Festival in Saskatchewan. The method is quite easy but takes a bit of practice to get it just right. First, peel some garlic

cloves. Heat milk chocolate in a double boiler saucepan.

Soften the cloves in the microwave before you coat them, then dip in pure milk chocolate and coat with nuts or coconut and put on wax paper to cool. The garlic should not be mushy soft but have a bit of a crunch when you bite it. Keep refrigerated and use within a few days.

Garlic For Breakfast? Definitely YES! Everyone loves an omelette. These nutritious breakfasts are made with eggs, ham, cheese, peppers, onions - - onions did you say? Well, if you can eat onions for breakfast, why not substitute some garlic instead? You'll get a pleasant surprise and eat healthier at the same time.

Did you send in a recipe to the *Garlic Newsletter* that didn't get published? If so, send it again and we will publish it in the *Garlic News*.

The 2004 Garlic Crop in Eastern Ontario

By: Paul Pospisil

The 2004 crop in Eastern Ontario was late, smaller than usual and difficult to harvest and cure.

Climate change created one of the most difficult growing seasons yet. The harsh weather was the dominant factor affecting garlic this year.

Following a very wet, humid summer in 2003 when it was nigh impossible to cure the harvested garlic, there was a short respite in September before the autumnal rains came with a vengeance. October, November and December could be described as "rain, rain, and more rain" setting a rainfall record for the period. Great for the forests but not for garlic.

We planted the Garlic Trials between October 10 and 24 whenever the garden dried up enough to walk on the soggy soil. Raised beds were a blessing.

Mulching with straw was done on November 18, much too early as the rains continued into year end. The few flakes of snow in December washed away along with soil.

Growers concerned with garlic rotting in the wet ground called frequently for advice; "What can we do?"

January 9 brought a stretch of minus 25 to 30 Celsius setting off one of the coldest winters in Eastern Canada. Snowfall over the rest of the winter was light. With poor snow cover, the frost drove deep into the ground

Spring appeared to come early in March but temperatures remained below normal well into late April.

The garlic didn't emerge as expected around the 1st of April nor the week following. On April 12, I pulled back the straw mulch to find ice sheets covering the soil. Only a few determined garlic spears had broken through the ice.

By April 16, most Porcelains were poking through but no sign of the remainder. Emergence was delayed by almost three weeks, shortening the growing season. Reports from growers indicated that unmulched beds were no better off as first emergence didn't occur until after the April 15 warm spell. The ground was frozen too hard and too deep.

Growth was slow with the lack of sunshine and a colder than normal June and July. Plants were 15-20% shorter than usual. Scape emergence was late by over two weeks. Harvest was very late. Rather than the usual mid-July start, some growers didn't start pulling till well into August.

Rain and high humidity hampered both harvesting and curing. Humidity readings ran 100% for much of the curing period. Growers, accustomed to air drying the garlic in the hot summer breezes had to resort to ad hoc measures in order to save their crop from mould and decay.

We dedicated our sunroom and living room in the house to dry the precious new garlic strains, using dehumidifiers to speed up the process! Other growers used fans and heat inside closed buildings to cure their crop.

When reports from growers were assessed, it was evident that weather had taken its toll. Bulb size was down an average of two grade sizes and the overall crop was drastically diminished. Only growers on sandy soils with good drainage reported good crops.

Around the Garlic Festivals in Ontario

With garlic festivals multiplying faster than the growing of garlic itself, we had to choose which ones to attend. You just can't get to them all. Here's our three top picks.

Seaway Valley Garlic Festival, Iroquois, Ontario

This new festival is by far the best and most promising garlic festival in Ontario! Kenny and Linda Willis had the right idea when they picked a September weekend. Late harvests in Eastern Ontario have made it impossible for local growers to get their garlic cured in time to sell at the earlier and larger events at Perth and Carp. The Seaway timing meets this need. Its location with access to the large Montreal consumer base assures its future growth.

The Dixons Corners site was a bit off the beaten track but the facilities in Matilda Hall compensated. Ample vendor space for an indoor-outdoor event, a hall for the excellent entertainment and facilities for the serving of garlicky foods were there. Hosting the Garlic Awards was a plus, providing a focus for public and media interest. The full-blown speaker program on both days included authorities on both cultural and culinary aspects of garlic

Ambience, fine music and the relaxed and friendly tone of the vendors made for just a superb festival!
Mark September 10-11, 2005 for the 3rd annual festival.

The County Garlic Festival, Picton, Ontario

This fine little festival organized by Christine Kosman was a charming event in its 5th year. It was held at the Crystal Palace at the Picton fairgrounds not far from the centre of this historic Ontario town.

The festival atmosphere reflected Christine's personality, Soothing music, friendly vendors, garlic competitions, costumes, garlic peeling contest and the annual "Breath of Death" contest. I enjoyed a large audience for my portion of the education program held in an adjacent building. Visitors and vendors enjoyed the relaxed tone of the event. At day's end, the children smashed the piñata for the treats! Christine has booked the Crystal Palace for the 3rd weekend in August for the next 5 years, assuring the festival a home. Mark your calendars for Saturday August 20, 2005.

Garlic is Great Festival, Newmarket, Ontario

Gary and Cathy moved the festival from Milton to a better location at Newmarket off the 400 north of Toronto. Same weekend, the 3rd Saturday in August. Run in conjunction with the outdoor Newmarket Farmers' Market, it had a good mix of both garlic growers and market regulars. Customers had an abundance of choice. This festival in its 4th year has made a positive move towards better market access for growers and promises steady growth in the years ahead. Its timing enables good participation..
Saturday August 20, 2005 is the 5th Garlic is Great Festival.

