



THE GARLIC NEWS

Your Window to the Great, Glorious World of Garlic!

SPRING 2005 ISSUE #3

Eastern Ontario Garlic Field Day 2005

Date: Sunday, 26 June 2005

Time: 10:00 a.m. – 3:00 p.m.

Location: Garlic Trials Site
Beaver Pond Estates
Maberly, Ontario

Attendance: by invitation

*(Contact the editor if you wish to attend but
didn't receive an invitation)*

SPRING IS HERE! It's time to start looking at your precious garlic again. The hot April sun has triggered the start of growth and the magic of nature is starting its annual cycle of creating life as it has since the dawn of life on earth. As you pull back the mulch, the sturdy little garlic spears have pushed through the frozen soil in their search for the life-giving sun. In the next few days, they will sprout their leaves to capture the energy needed to fulfill their purpose of reproduction.

The garlic will provide you with a bountiful crop, given the opportunity to develop. Look after it and it will give you personal enjoyment, and if you planted enough, garlic to sell and garlic to give as gifts. The next 3-4 months in the life of this magic vegetable can be a rewarding experience to any gardener.

Garlic grows quickly during the months of April through June, developing a lush growth of leaves. During this time, ensure that it has a regular supply of water, keep weeds under control and regularly walk through, checking for disease or insect damage. And, if you're like Ted Maczka, you'll play beautiful classical music in your garden to soothe the garlic and help it happily grow big.

Direct Marketing

In the last issue, we provided information on co-operative marketing. In this issue, we cover two more forms of direct marketing, festivals and farmers' markets.

With spring just around the corner, farmers' markets will soon be opening, market gardeners offering early bird specials in fresh, local vegetables.

For the market gardener, the marketing page in this issue focuses on selling at the local farmers' market. If you haven't tried this sales approach yet, this could be the year to do it. Go to Marketing on page 10 for advice from one of Canada's leading authorities on farmers' markets.

In the years that we took our vegetables to market, we took pride in being the first at market with salad greens -- lettuce, radishes, chives, green onions, and, of course, the finest one of all, bunches of tender young garlic greens! Taking advantage of your local market from opening day can increase your annual sales by up to 25% and you'll have the added benefit of established customers by the time your fresh bulbs are ready.

Farmers' markets are usually held out-of-doors, where farmers can sell their produce to the public. Products at such markets are renowned for being locally-grown, very fresh, and sold directly to the public, without going through a middle man. Vendors often feature additive-free and organic produce to cater to the growing number of health-conscious consumers.

Farmers' markets are a traditional way of selling agricultural and home manufactured products. A weekly market day is a part of normal life in town squares throughout the world. In Canada, farmers' markets have taken off in popularity due in part to the increased interest in healthier foods and lifestyles. New markets appear regularly, and existing markets, some well over a century old, are seeing renewed growth.

Selling at a farmers' market lets you develop your own client base. Your customers get to know and trust you and come back for your vegetables, week after week, year after year. Just be there regularly to live up to that trust.

Garlic Festivals

These events are by far the garlic lovers best events of the summer season, whether you are selling garlic or garlic foods or are out looking for a day of learning about the Stinking Rose. If there isn't one running in your area, get together with other garlic fans and organize one! I have boxes of information from the festivals we started or helped out with and am willing to share this experience. Just contact us at the News and I'll send out a package for a nominal fee to cover costs of copying and mailing. Don't wait till the last minute -- there's a lot of advance work needed to make your festival successful.

A Big Thank You to all of you who have helped to promote the Garlic News and get the word out. We now have members from Newfoundland to Vancouver Island and from every province in Canada.

THE GARLIC NEWS

Your Window to the World of Garlic
Spring 2005 Issue # 3

Managing Editor : Paul Pospisil

Business Manager : Mary Lou Pospisil

Contributors : Robert T. Chorney
: Christine Kosman
: Ted Meseyton
: Martin Reichert
: Kings Creek Garlic Farm
: Ted Maczka
: Connie Horbas
: Pete Lajoie
: John Hastings

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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

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ABOUT THE GARLIC NEWS

The *Garlic News* uses a newspaper column layout and larger print size for easier reading. The wider margins and 8 1/2 x 11 size paper are to enable growers to save copies in a standard 3-hole binder. In keeping with our personal commitment to conservation and environmental protection, envelopes have been eliminated where possible.
Printed on recycled paper.

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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Articles should be no longer than 400 words.
Pictures may be either colour or B&W.
Deadline for articles, ads, recipes or other content for the Summer Issue is June 6.

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RENEW YOUR SUBSCRIPTION EARLY

Subscriptions expire with the Summer Issue. It's hard to keep up with paperwork during the busy harvest season. Don't delay, do it now so your **GARLIC NEWS** will continue to arrive with no interruption.
YOUR EARLY BIRD RENEWAL FORM IS ENCLOSED

Using the Garlic News in Your Field or Garden

The **GARLIC NEWS** is a working textbook for growers and gardeners, useful in your field, garden or kitchen. Keep your garlic growing records along with the *Garlic News* and any other garlic articles together in the same binder. You'll have it all in one place, convenient for use indoors or out.

Use a 3-ring binder. The inside margins of the **NEWS** are a little wider so you can use a 3-hole punch without cutting into the text.

Even better, place each page in a top-loading plastic sheet protector, available from most stationery shops. They cost only pennies each. This way, you can keep the pages protected from dirt and water when using it in your garlic patch.

News From the Garlic Patch

Mark Wales was re-acclaimed as president of the **Garlic Growers of Ontario (GGAO)** for another year at the annual general meeting held in Woodstock, Ontario..

Al Music, one of the founding members of the SW Ontario-based marketing organization, GGAO, and developer of the now-famous Music garlic, phoned trying to locate a late winter supply of organic garlic. Although retired, his fans continue to call him for information.

On the Road again! The Garlic News has been making the rounds, spreading the gospel of garlic. I did four talks and appearances at horticultural events in Ontario in January and February, went to the **GGAO AGM** in Woodstock, Ont., and have several more engagements on my calendar for the spring period. If only I had the time and resources to travel across this vast land of Canada? Garlic would certainly win the next election!

Paddy Doherty, Canada Organic Initiative Co-ordinator, reported: "The Canadian organic industry has been increasing at a rate of 15 per cent per year. Industry estimates the value of the 2003 organic retail market range to be \$800 million to \$1.3 billion. Projections for 2005 indicate organic retail sales growth may increase to \$3.1 billion."

Hello from Italy. Hello Paul: We've had a freak snowstorm last night – wow! Everything is white and the Italians are freaking out driving in it. What exactly would you like me to bring back - a few heads of local garlic? Take care. **Danielle Evans**

Editors Reply: Thanks Danielle. Garlic from every part of the world is always welcome. Just beware of the "Garlic Police" at the border who are determined to prevent Canadian growers from making a living!

Melanie Sommerville, graduate student at Carleton University, contacted me and said in part:

"I'm am hoping to focus my thesis research towards a Master of Arts degree on organic agriculture. Broadly speaking, my research concerns how **ideas** about nature play into organic production, but I also have some more specific interests surrounding organic seed issues. I would very much appreciate any help that you can offer."

Editors Note: I met with Melanie and was very encouraged with the thrust of her thesis. It seems that university students are as concerned as farmers with organics. Melanie's thesis is more on the social aspects of organic farming rather than in how to go about it. That is doubly encouraging.

The Fish Lake Garlic Man, Ted Maczka, wasn't as lucky with his knee replacement surgery as he was with his mechanical hip last year. It seems that complications occurred, forcing Ted to spend the best part of the winter on therapy to get the knee working again.

Chris Hume wrote: Hi Paul: You are probably aware of the article in the January issue of Fruit & Vegetable Magazine - "**Garlic Producers Need to be Aware of Nasty Nematodes**" - by **Margaret Land**.

Editors Note: Bulb and Stem Nematodes (Ditylenchus dipsaci) are hardly a new problem. They have been around onion patches in warm climates for a long time. Thanks for the heads up. There have been no reports from colder regions. The spread of disease and pests is reduced or eliminated by following crop rotation and other good farm practices. Contact your agricultural representative for control measures.

Garlic in Tasmania: Thursday, 2 December 2004
"A difficult season has thwarted Lilydale organic farmer Peter Nunn's journey towards harvesting five tonnes of garlic a year. He said that he had been on target to produce his first commercial-sized crop of about 5 tonnes this year until weather conditions conspired against him. Mr Nunn said that the long, cold wet spell leading up to spring had rendered his crop prone to rotting, so he was harvesting now rather than late December."

Watch for **The Glass Onion!** **Jamie Doran**, a graduate student from the University of Guelph with 5 years of research in alliums is moving from research to practical application with a company devoted to alliums. His proposed company will provide tissue culture and clean seed stock technology in support of the garlic and onion farm sector. A well done for a much-needed initiative!

Chinese Garlic continues to dominate the Canadian marketplace. Despite a tariff designed to level the playing field, Chinese garlic continues to sell at retail prices well below the federal tariff. **Warren Ham**, who had spent innumerable hours and thousands of dollars in getting the Canadian International Trade Tribunal to rule against the subsidized Chinese garlic, was understandably frustrated by the lack of enthusiasm displayed over enforcement of the tariff. It seems that federal customs agents are incapable of applying the tariff. One must wonder why?

Canadian Organic Growers and other organic farming groups filed their response last week to the government's call for input on proposed amendments to the **Plant Breeder's Rights Act**. COG fears that the changes would empower a few dominant seed companies to further control the seed supply and erode farmers' rights to save seeds. The proposed amendments would ultimately reduce genetic diversity, increase our chemical dependence, and increase costs for small-scale farmers who are already struggling to make a living. For more information on how changes to the Plant Breeder's Rights Act could impact farmers and COG's recommendations, read the full story on COG's website www.cog.ca

Life is simpler when you plough around the stumps

People



Diane and Slim Bradley, Kings Creek Garlic Farm

Ray & Diane Bradley have been in the garlic business for four years. Ray, or "Slim" is a 5th generation Bradley born and raised in Stittsville, west of Ottawa. Diane was born and raised in Dartmouth, Nova Scotia and has been in Ontario since 1971. Shortly after they were married in 1986, they moved to their new home just outside of Ashton, 30 minutes from Ottawa

where they transformed their land to what is now known as Kings Creek Garlic Farm growing only home grown quality garlic. Diane makes and sells beautifully created gift baskets using their homemade garlic jellies, pickles, garlic chips and other products.

For more information on their enterprise, check their website at: www3.sympatico.ca/diane.bradley01.

A big "thank you" to Diane and Slim for promoting the Garlic News on their website.

Ted Maczka's Garlic Angel



The Garlic Angel

I am the Garlic Angel!!
Yes, Garlic is "my thing"
Lovingly I tend to it
To little sprouts, I sing
Darting round each curling stalk
I follow HIS command

By Bea Lotz
and
dedicated
Ted, The
Garlic Man



Watching over tender bulbs
That slumber neath the land
Within these napping nuggets
There hides a wondrous wealth
A hearty flavouring of food
A healing for ill health
So if you're feeling poorly
Wrung out, run down and weak
Don't sit around and worry
Get garlic, dear....AND EAT!!



Well loved he garleek, nynons, and eek lekes. And for to drinken strong wyn, reed as blood. -- Geoffrey Chaucer (1340)



Connie Horbas, Rainbow Farm

Connie entered her garlic in the Eastern Ontario Garlic Awards for the first time at the Seaway Garlic Festival, gaining a respectable

2nd and 3rd prize for her entries in the Display and Specimen classes. At her picturesque Rainbow Farm near Cornwall, Ontario, she produces ecological country products, raising lambs, goats, pork, eggs from free-range hens and, garlic, of course. Her garlic is the hardneck strains, Music and Russian Red. Contact Connie by phoning 613-931-3452.



Pete Lajoie, Perth, Ontario
Driving on Highway 7 east of Perth in May and June each year, you can spot a little hand-lettered sign reading, "Wild Garlic." Last spring, I stopped there and Pete gave me a tour of his closely guarded bush where wild

leeks grow in abundance. Realizing how easy it is to destroy this rapidly diminishing native plant, Pete does not allow visitors to dig any. He carefully harvests them himself, just a few from each patch, so as to preserve them for the future. He sells to lovers of wild garlic, reminding you to eat the whole plant, leaves, stems and bulbs.

Pete dug a few plants for me to transplant to my trials plot for some growing research, had me sample some of his wild garlic dips and sent me away with a new respect for landowners who respect and protect our native plants. Contact Pete by phoning 613-267-7511, (and be sure to order some of his delicious "wild garlic" creations!)

Cancer-fighting antioxidant levels higher in organic foods. *OrganicConsumers.org - 01/26/05*

The second annual State of Science Review has found that cancer-fighting antioxidant levels are, on average, 30% higher in organic produce vs. conventionally grown fruits and vegetables. The cause for this, say scientists, is that antioxidant chemicals are created within a plant grown organically or in the wild when the plant triggers internal defence mechanisms. These beneficial mechanisms are rarely triggered in plants that are raised with synthetic fertilizers and pesticides.

Birthdays are good for you. The more you have, the longer you live

Starting Over - - -

A Story of Winter Kill During a Harsh Season

By: Martin Reichert, Market Gardener

The fall of 2003 was promising to be a good year. We were undertaking a weed control program on the piece of land the garlic was to be planted on. During the garlic harvest the previous season, we had uprooted all the weeds before they had gone to seed with our digger blade. We then worked them back into the soil using a chisel plough and planted the area with buckwheat by the first week of August. By mid September the buckwheat was knee high and the weeds were only up a few inches. Late September, the buckwheat was worked into the soil with a spring tooth cultivator. Weed control had been satisfactory, but the buckwheat did not break up enough before the garlic was planted and caused problems with the tool that we cut the rows with.

We planted on Thanksgiving weekend. The weather was perfect and we managed to plant 18,000 – 20,000 garlic. In our operation this is done by hand, this year planting three rows at a time, 15 inches apart. This gave us a bed of three rows. To maximize the usage of the land, we used sticks marked at 7" for Rocambole and 10" for Porcelain garlic.

By placing an extra row between 30" centred rows and ensuring proper spacing, we were able plant twice the crop in 15 percent less acreage.

Covering the crop with soil over this large an area has always proved to be a challenge. The soil is primarily clay and does not flow well unless it is really dry and granular. The cloves are covered using a blade that is dragged behind the tractor and a hand rake to bury those that come back up to the surface.

A week later all looked good. Then the rains came. The spot we had chosen to grow the garlic was fairly weed free, ~~and the soil stayed moist even in dry spells.~~ The rains continued to come. Checking the garlic in mid November the soil was still fairly firm and no water was standing.

By the end of November when we went to put the straw on the field, we almost got stuck with the wagon between the rows. We had to wait till the soil froze to be able to cover the crop with straw. We never did get much snow cover on that field all winter. By the March the ditches were filled with ice. The garlic patch as well as the rest of the field had a sheet of ice on it 2-3" thick.

We waited and waited for the garlic to come up. Only a handful of cloves were able to endure the winter. We had waited as long as we could.

Stewart worked up the soil and planted a crop of organic soybeans. He had wonderful crop of beans, where the garlic had been planted. We've noticed that garlic cultivation does something to the soil that seems to enhance cash crops the next year. Stewart is a cash crop farmer who humours me in my attempts to grow garden crops on his certified organic farm.

Starting over in Fall 2004.

We decided to take the summer off and regroup.

We chose a piece of land that we had previously used for a market garden plot, and worked it regularly to get rid of the weeds. We contacted growers we had met at the Seaway Garlic Festival and some listed in the Garlic News for seed.

Luckily we had collected garlic bulbils the year before and planted these. During the month of August we were digging these precious bulbs out of the soil, the offspring of the crop we had lost. Most of the Rocambole was of a nice size when we harvested them. The Porcelains were smaller and quite a challenge to find in the soil as all tips had dried up after the wet summer we had.

Many of the garlic growers in Eastern Ontario remind me of artisans. They take such pride in their work, producing a product of high quality. It is almost as if the garlic is crafted to prepare it for sale. Needless to say in my search for new garlic, I was introduced to some new varieties that I am excited to be growing. The garlic that was grown from bulbils has all been planted and I am looking forward what this undertaking will yield.

This year, we planted in the same soil, new location, in raised beds 30" wide, 8" high, 3 rows spaced 12" apart. Rocamboles were planted with a spacing of 4", using a 14" ruler. Porcelains and larger garlic bulbs were spaced at 6" between cloves. Compost was worked into the raised bed before planting. Rows were back filled using a hand rake.

The combination of the raised beds and the depth of the rows made it easy to ensure the bulbs were well buried and stayed. Straw was placed over the raised beds the third week of November to a depth of 1-2".

We planted 8 1/2 beds of garlic in rows 140 feet long. If every thing goes well, we should harvest between 4000 to 6000 garlic bulbs this year.

In our first year of growing garlic, we had planted this same number of cloves in an area that was about a third of an acre. ~~This year we have used about 1/4 of that space.~~ This will allow us to ensure the garlic receives enough nutrition and water at the appropriate times. The weeds will also be easier to manage since everything is scaled down. The journey this past year has almost been like reinventing ourselves. A new crop and some new ideas thanks to our friends in the garlic business, it looks like it's going to be another good year.

Wishing you all the best in the New Year and Happy Gardening. Caitlin, Lorna & Martin

Editor's Note: I had several reports of crop losses in the Eastern Ontario region both from the very wet fall when garlic fields were inundated with water for long periods and also from the thick ice cover in the spring. Was it winterkill from the extremely cold January or simply the cloves decaying in the waterlogged soil? Perhaps both.

We wish Martin the best in his decision to start over.

A good farmer is nothing more nor less than a handy man with a sense of humor

E.B. White, 1899. American author and humorist.

Leek Moth News

Update on the Ottawa Valley Leek Moth Project

A short review of the leek moth is provided for growers who may have become affected recently. The leek moth is an imported pest spreading through eastern Ontario and western Quebec. Key events are:

May 2000: John Geary first reported its presence at a meeting of Eastern Ontario Garlic Growers at the Garlic Field Day held at Beaver Pond Estates

2000-2003: Monitoring of leek moth areas by CFIA.

31 March 2003: Meeting with Margaret Appleby, integrated pest management (IPM) specialist from OMAF, Brighton office to set up a monitoring project at three pre-arranged grower sites.

October 2003: Review meeting in Ottawa. Researchers Dr Peter Mason and Dr Jean-Francois Landry of Agriculture Canada outlined a three-year project to study both the behaviour of the leek moth and the simultaneous evaluation of biological and parasitoid control measures. Three primary grower locations arranged to participate in the study.

2004: Initial year of life cycle study and preliminary evaluation of potential control measures.

09 February 2005: Review and coordination meeting in Ottawa between Margaret Appleby, Dr Mason and participating growers to move ahead to the 2nd year of the study.

Current Status:

The leek moth is spreading through the garlic, onion and leek growing areas of Eastern Ontario and Western Quebec.

Crop damage to garlic crops has become significant, causing reduced yields and adversely affecting the marketing of garlic scapes and bulbs.

The behaviour, life cycle and means of spread of this imported pest in the Canadian environment have yet to be determined.

There is a 3-year entomological study in progress in Agriculture Canada to find solutions to the problem.

There are no pesticides registered in Canada for control of this insect pest.

Growers in potentially affected regions are advised to be aware of this pest and carefully monitor their fields for its presence.

Living with the Leek Moth -- An Organic Approach

By: Paul Pospisil, Master Gardener

This article, originally published in the March 2003 issue of the Garlic Newsletter, is repeated here for the guidance of growers in leek moth affected regions.

1. Learn to identify and recognize the leek moth in all its stages and by the damage it does to your garlic.
2. **INSPECT, INSPECT, INSPECT.** Watch for the 1st generation when the temperature reaches 9.5 deg C. This can be as early as April. The more you find and destroy at this stage, the fewer eggs will be laid for the 2nd generation. Each female lays up to 100 eggs, singly, over her 3- week lifespan so the pest multiplies quickly.
3. Set out pheromone traps around your garlic field for early detection. See contact in box below.
4. Try moving earwigs to your garlic field. They eat both larvae and pupae and don't damage the garlic.
5. Inspect daily as scapes form. The 2nd generation larvae bore into the scapes and damage is easily visible.
6. Spraying pesticides, whether organic or synthetic, is a fool's errand at best. Larvae hatch daily and burrow into the plant, so you would have to saturate the plants every day to try and kill them as they hatch. At worst, the survivors will develop immunity to the chemical. (Don't experiment with pesticides. There are none registered for the leek moth so you are likely to make the problem worse).
7. At harvest time, carefully inspect each plant for damage, cocoons or the larvae as you handle it. Set aside damaged ones for examination.
8. Burn or deep-bury all residue from scaping, harvesting and cleaning of bulbs.
9. Inspect all other alliums in your field or garden. The leek moth attacks leeks, onions, chives, shallots and even flowering alliums.
10. **DONT PANIC** if you discover the leek moth in your beautiful garlic. With the spread of this pest, it's only a matter of time before it will find your plot.
11. The leek moth is here to stay so growers must have a pest management program to minimize crop loss.

John Hastings of Cooper Mill Ltd, Madoc, Ont., called and confirmed that he was preparing leek moth bait for April delivery. If you would like to order traps and lures, call him. John Hastings Ph. 613-473-4847



Ted Meseyton The Singing Gardener & Garden Poet

Just in case some of you are wondering what this full-face, bushy white-bearded Singing

Gardener Guy looks like, here's my picture, taken as Via went by. Allow me to briefly introduce myself! I am a garden writer, columnist, folklorist, songwriter and balladeer and I yodel to my garlic and other plants in my holistic garden. If you're interested in following my writing style and material I cover, I suggest you consider subscribing to GRAINNEWS, a nationally distributed publication that helps make your farm, garden and family thrive. To subscribe or for more information, call GRAINNEWS at (toll free) 1-800-665-0502 or Winnipeg local (204) 944-2227 or (204) 944-5587.

Lately, I've been doing some Happy Birthday 'SING O GRAMS' in addition to singing and yodeling at garden events and workshops I attend. More bookings continue to come in.

Last August 2004, I sang and yodelled at the annual World Lily Festival in Neepawa, Man. My signature tune for that event is a song I call: 'LILY SWEET LILY' during which I rattle off names of dozens of lilies. I mention this because said tune is on my CD and audiocassette and you can order either or both from me.

Except for sacred and spiritual music, I only perform my own original material. For example: 'O IT MUST BE THE TOMATOES' is a fun song I wrote and sing. It has an important message that promotes prostate (only us guys have one) health, wellness and awareness among men.

~~One of my most recent compositions~~ is a song titled: 'I'm A Garlic Guru' and the lyrics follow below. I was inspired to write it by Paul Pospisil, Managing Editor of Garlic News and I dedicate it to him. If you've concluded that many of my songs have other garden themes, you're right!

Refrain

I'm a garlic guru, I'm a garlic guru,
I'm a garlic guru and how do you do,
And I grow garlic organic too.
I'm a garlic guru, I'm a garlic guru.
I'm a garlic guru and how about you.
Aren't you proud to grow garlic too?

1. I'm a garlic guru, cook with garlic too.
Smell and taste is what it's about.
It's garlic for me, I need no recipe.
To tell me that garlic has clout.

2. Garlic what a friend, faithful to the end
To the top of my lungs I will shout.
Of garlic I'm proud, so I say it loud.
Grow some garlic, year in and year out. (repeat refrain)

3. I am convinced, garlic's a prince,
A principal health food no doubt,
Kills, viruses, germs, makes infection squirm,
For the more I eat, the more I yearn.

4. From my breath to my toes, with me garlic goes,
Don't care if the whole world knows,
I live and breathe, garlic's my creed,
There's happy folks where garlic grows. (repeat refrain)

Now you know I'm a garlic guru,
And quite a few of us there are too,
I garden organic, results are titanic,
How well everything grows.

Oh how well my garlic grows,
Oh how well my garlic grows,
No need to panic, when you garden organic,
Spread the word, let people know. (repeat refrain)

*Words & music by Ted Meseyton, The Singing Gardener & Garden Poet
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copying or transmission in any form or by any means is prohibited
without consent of the copyright owner. A CD of Ted's songs including
the Garlic Guru can be ordered for \$5.00 plus \$2.50 postage.*

Ted Meseyton can be reached at:

Mail: 54-14th St. N.W., Portage la Prairie, MB R1N 2V3,
Phone (204) 857-5766
or at e-mail: singinggardener@mts.net

Out here on the southern prairies in the centre of the country where I live, I recommend planting cloves from September 21st (the fall solstice) to the end of October. Of course spring planting is acceptable too - the earlier the better - but garlic heads will be slightly smaller.

~~I have a wild rabbit or two running in my garden and they~~ never touch garlic. Slugs, insects, birds or deer don't appear to bother my garlic either.

To get garlic cloves off to a strong start and protect them from fungal diseases, here's what I recommend and do. Before planting, soak garlic cloves for a few hours in the following organic solution. For every litre of water, stir in the following:

One heaping tablespoon of household baking soda
One tablespoon of liquid seaweed fertilizer
Remember to use volume for volume. That is, for 6 litres of water, use 6 tablespoons each of baking soda and seaweed.

Once your garlic is up and leaf growth appears, (usually between end of March to mid-May) start to foliar feed every 2 weeks until the end of June with one tablespoon of liquid seaweed fertilizer and one tablespoon of fish fertilizer emulsion stirred into 4 litres of water. Such nourishment is quickly absorbed. Your garlic is off to a solid start.

A tip of my hat to all and good garlic harvest come fall!

REPORT # P-02-2004 Performance & Yield Comparison of Proven Strains

This trial was done using 45 proven strains from all Varietal Groups in order to determine relative yield and performance within the group. New strains under initial trial evaluation are not included in this report. All strains were grown using standard organic methods under conditions sufficiently equal so as not to favour one strain against another. Hardnecks were fall-planted Oct 10-14, 2003, Artichoke strains Oct 24. Harvest Yield extensions* are based on using raised bed, intensive planting of 4 plants per foot of row, giving a total of 115,000 plants per acre. Culls are <1.5" (below market size).

PORCELAIN – 16 strains

STRAIN	Sample Size	Planted Wt (g)	Harvest Wt (g)	AvBulb Wt (g)	Harvest Date	Extend* lbs/acre	% culls	Relative Standing & comments
MAJESTIC	288	3445	11092	38.5	Aug 1	9765	6%	6 of 16
Ted's Pride F3	115	1265	3744	32.6	Jul 30	8254	20 %	8 of 16
Romanian Red	124	1426	4268	34.4	Aug 2	8726	15 %	7 of 17
Magnificent	138	1408	3861	28.0	Aug 2	7099	6 %	12 of 16
Magical	182	1814	5289	29.1	Jul 29	7367	21 %	11 of 16
Musical Control	43	538	2528	58.8	Jul 30	14,905	0 %	1 of 16
Melody	39	534	2135	54.7	Jul 30	13,879	2.5 %	2 of 16
P3B Legacy	19	180	XX	XX	Aug 2	XX	84 %	Crop Failure
Georgia Crystal	21	242	680	32.4	Aug 2	8210	0 %	9 of 16
Georgia Fire	41	390	1588	38.7	Aug 2	9820	2 %	5 of 16
Magnifico	20	260	991	49.6	Aug 2	12,562	0 %	3 of 16
Prussian White	58	551	2559	44.1	Aug 1	11,182	3 %	4 of 16
German White	38	399	1110	29.2	Aug 2	7406	5 %	10 OF 16
P25 Music	15	200	XX	XX	Aug 2	XX	XX	Crop Failure
P30 Music	15	200	XX	XX	Aug 2	XX	XX	Crop Failure
P54 Music	19	253	XX	XX	Aug 2	XX	XX	Crop Failure

PURPLE STRIPE – 8 strains

STRAIN	Sample Size	Planted Wt (g)	Harvest Wt (g)	AvBulb Wt (g)	Harvest Date	Extend lbs/acre	% culls	Relative Standing & comments
Czech Broadleaf	356	2136	12906	36.25	Aug 6	9191	21 %	3 of 8
Asian Tempest	15	78	517	34.5	Jul 30	8738	20 %	4 of 8
Siberian (L.H.)	19	285	1225	64.5	Jul 29	16,346	5 %	1 of 8
F21 Polish Marbled	40	204	1311	32.8	Aug 3	8309	0 %	6 of 8
Robust	44	277	2464	56.0	Aug 4	14,198	0 %	2 of 8
Siberian Marbled	10	63	275	27.5	Aug 3	6972	10 %	8 of 8 Discontinue. to SS
Purple Glazer	68	245	1992	29.3	Aug 3	7427	15 %	7 of 8
Metech	39	218	1305	33.5	Jul 25	8184	10 %	5 of 8

ROCAMBOLES – 11 strains								
STRAIN	Sample Size	Planted Wt (g)	Harvest Wt (g)	AvBulb Wt (g)	Harvest Date	Extend* lbs/acre	% culls	Relative Standing & comments
Carpathian	38	2052	1135	29.9	Aug 6	7573	18 %	9 of 11
French	83	540	5255	63.3	Aug 4	16,052	0 %	1 of 11
Spanish Antolini	73	365	3424	46.9	Aug 4	11,892	7 %	3 of 11
Reliable	28	168	1646	58.8	Aug 4	14,904	0 %	2 of 11
Spanish Roja	63	416	2388	38.5	Aug 5	9765	15 %	5 of 11
Yugoslavian	65	364	3618	30.4	Aug 1	7708	15 %	8 of 11 Usually Early July
Czech Red	44	308	1361	30.9	Aug 5	7842	27 %	6 of 11
Slovak	43	267	806	18.7	Aug 5	4752	26 %	10 of 11
Russian Red	33	165	584	17.7	Aug 5	4487	64 %	11 of 11
German Red	46	311	1401	30.4	Aug 5	7722	11 %	7 of 11
German white	20	128	850	42.5	Aug 4	10,775	0 %	4 of 11
ARTICHOKES – 8 strains								
STRAIN	Sample Size	Planted Wt (g)	Harvest Wt (g)	AvBulb Wt (g)	Harvest Date	Extend lbs/acre	% culls	Relative Standing & comments
Endurance	38	99	987	26.0	July 27	6585	34 %	4 of 8
F4 Italian	94	470	3735	39.7	July 27	10,074	14 %	1 of 8
Inchelium	31	149	863	27.8	July 23	7058	35 %	3 of 8
Festival	17	99	311	18.3	July 25	4638	76 %	8 of 8 Crop failure
Formidable	41	193	855	20.9	July 27	5287	56 %	5 of 8 Poor Crop
Lorz Italian	38	106	716	18.8	July 25	4777	63 %	7 of 8
Italian Piedmonte	21	96	635	30.2	July 25	7666	38 %	2 of 8
Susanville	29	99	599	20.6	July 25	5237	62 %	6 of 8
TURBAN ARTICHOKES – 1 strain								
Chinese Purple	26	182	466	17.9	July 20	4544	62 %	1 of 1
SILVERSKINS – 1 strain								
F40 Sovereign	42	130	1129	26.9	Aug 9	6815	33 %	1 of 1

Comments on Observed Results

The 2004 harvest was late and much smaller than previous years due to a wet, cold spring and summer. Overall, bulb sizes were smaller by one or two grade sizes. The cull rate or % of bulbs below market size was very high, averaging 20 % across all strains. The adverse weather seemed to have a greater negative effect on earlier strains like those from the Artichoke group and the earlier Rocamboles and Purple Stripes. However, even the Porcelains and later Rocamboles and Purple Stripes were smaller than expected.

A Fresh Approach To An Old Tradition

Robert T. Chomey Executive Director Farmers' Markets Ontario

Every year 1 million people regularly shop at Ontario's 120 Farmers' and Public Markets.

They visit their favourite Farmers' Market to purchase fresh, local fruits and vegetables, mouth watering bread and other treats, delectable jams, jellies and preserves, honey, maple syrup and "more".

The "more" should be more Ontario Garlic!

Shoppers come to chat, to learn, to meet their friends, to support the local producer, to leave with tips about perfect ripeness, food preparation and even a recipe or two. They come to enjoy the colour, the atmosphere, the characters of the marketplace and that special Market atmosphere.

Shopping at the Farmers' Market is a healthy decision not only for the shopper, but for vendors and a community's economy as well. For every dollar spent at the Market, another two dollars ripple through the local economy. In Ontario alone, sales at Farmers' Markets total \$600 million, leading to an economic impact of an astounding \$1.8 billion!

Just as each new season brings forth a fresh bounty of harvest, Farmers' Markets continue to encourage new vendors and businesses. Young and old entrepreneurs alike find Markets a great place to start their own enterprise because of the low overhead. A number of these entrepreneurial endeavours will eventually grow into storefront businesses of their own.

Have you considered selling at a Farmers' Market? There's one near you! Just check www.farmersmarketsontario.com or telephone 1-800-387-3276 for information.

Generally, across Ontario, we do not have enough fresh, local garlic. Give us a call ...let's get you involved with a Farmers' Market now!

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Mountain Pride Garlic Farm is proud to announce we are in the process of becoming an organically grown vegetable farm.

2005 GARLIC FESTIVALS ACROSS CANADA

This information is from that available at time of printing. If you have information on other garlic festivals, please contact the Garlic News to enable growers to access these excellent retail-marketing opportunities.

British Columbia

6th Annual South Cariboo Garlic Festival, Forest Grove, Aug 13-14 2005. Ph. Gail Szolosi, (250) 397-2540. e-mail szolos@bcinternet.net www.kariboofarms.com

The Hills Garlic Festival, Centennial Park, New Denver, B.C. Sun Sept 11, 2005. Ph. Liza Ireland, (250) 358-2303, e-mail liza@netidea.com

Alberta

Sorrentino's Garlic Festivals, Edmonton. A restaurant promotion of garlic with a % of profits going to cancer. April 4 - May 8, 2005. Ph. (403) 246-5353, www.sorrentinos.com also www.compassionhouse.org

Saskatchewan

Annual Mountain Pride Garlic Festival, Community Hall, Foam Lake, Sask., Sat Sept 03. Ph. Evelyn Moore-Holowaty (306) 272-4439. e-mail reelmarine@sk.sympatico.ca See Ad this page.

Manitoba

Pembina Valley Honey Garlic & Maple Syrup Festival, Manitoba fairgrounds, Sun Sep 10, 2005. Free admission. Vendor inquiries welcome. Diana Vodden e-mail samanddiana@goinet.ca

Ontario

Perth Garlic Festival, previously the Glorious Garlic Festival of Eastern Ontario, Aug 13-14, 2005. Presented by PerthOntario.com Ph. 1-877-268-BUDD (2833)

6th Annual County Garlic Festival, Crystal Palace, Picton, Sat Aug 20, 2005. **New vendors welcome.** Ph. Christine Kosman, (613) 476-5943, email rosarugosa@sympatico.ca. See back page.

5th Annual Garlic is Great Festival, Sat Aug 20, 2005. At the Newmarket Farmers' Market, Newmarket, Ont. Ph. Gary Johnson, (905) 726-3356, email cathgar@sympatico.ca. www.garlicisgreat.com

15th Annual Canadian Garlic Festival, Sun Aug 28 2005. A celebration of Ukrainian food at Ukrainian Seniors Centre, Sudbury. Ph. Mary Stefura or Mike Sharko. phone (705) 673-7404, email garfest@cyberbeach.net www.sudburytourism.ca

Marketing Tip

Be the first on the marketplace with fresh garlic. Cut some garlic greens and bunch them for sale by the end of April. In early May, start pulling young garlic plants when they are 10-12" tall and sell them in bunches like green onions. Watch for the scapes to start emerging, snap them off and sell them in small bunches. Provide your customers with a few ideas on how to use these delicious forms of garlic. You'll realize 25% of your garlic sales long before other growers get around to harvesting bulbs.

Garlic Discovers America!

Our two-weeks winter holiday in the sun was to the Dominican Republic, on the island in the Caribbean named Hispaniola by Christopher Columbus.

Now, if you remember your public school history, back in 1492, it was garlic that sailed from Spain on the three ships, Nina, Pinta and Santa Maria, bringing Christopher and his sailors with him to discover the New World!

The menu for Spanish seamen consisted of water, vinegar, wine, olive oil, molasses, cheese, honey, raisins, rice, **garlic**, almonds, sea biscuits, dried chickpeas, lentils, beans, salted and barrelled sardines, anchovies, dry salt cod and pickled or salted beef and pork meats and salted flour.

This marked the first arrival of cultivated garlic in the New World. Dominican and island cuisine in general has been flavoured with garlic ever since.

Dominicans start their day early with a light breakfast of coffee and warm milk (cafe-con-leche) and a crusty hot bread roll, or more filling one, with mashed plantains (**Mangu**), eggs (omelette), sausage, breads and fresh fruit. The big meal of the day, served between noon and 2pm is a bountiful spread, typically consisting of large platters of rice and beans, fried plantains, vegetables, stewed chicken or meat, salad, and a strong cup of express. Dominican dinner is a light meal of fresh fruit, cheeses, boiled or fried plantains, sausage or ham served after seven pm in the cool of the evening.

Here's a sampling of some typical Caribbean recipes which use garlic, not a lot, but just enough to give you great taste.

Mangu

Mangu is likely the best-known national dish of the Dominican Republic. Plantains are like starchy bananas that must be cooked before eating.

Ingredients:

2 green plantains, peeled	3 cups water
Salt & pepper to taste	1/2 cup milk
1/2 onion thinly sliced	4 cloves garlic
3 Tbsp olive oil or butter	

Method:

Place plantains in saucepan with water and simmer covered for 45 minutes or until soft. Drain off water and mash with milk, salt and pepper. Sauté the onions and garlic in olive oil or butter and spread on top of the plantains. Great to accompany any meal.

Garlic Omelette with Hot Red Pepper

Ingredients:

8 eggs	4 cloves garlic
2 Tbsp cold water	1 Tbsp olive oil
1 Tbsp butter	1/2 tsp salt
1/4 tsp black pepper	1/4 tsp red-pepper flakes

Method:

Cut the garlic into thin slivers. Whisk the eggs, garlic, salt, pepper and 2 Tbsp of cold water until mixed. Warm the oil and butter in a 10" frying pan over medium heat. When the butter begins to foam, turn up the heat to medium-high and pour in the egg mixture. Draw the edges of the eggs toward the middle and tilt the pan so that the uncooked egg flows underneath. Continue until the omelette is just set and the top is creamy and moist, about 4 minutes. Take the pan from the heat at once and loosen the omelette edges. Fold the omelette in half and place on a warm platter. Sprinkle with the red-pepper flakes and serve.

Fagioli all'Olio (Tuscan White Beans with Sage)

Beans form the base of quite a few well-known dishes. Use white beans. Soak the beans overnight in water so they cook faster. If you prefer, they can be slow cooked, about 3 hours, in a crock-pot.

Ingredients:

12 ounces dried white beans	2 quarts water
2 garlic cloves	1 sage branch
1 tablespoon salt	3 tablespoons olive oil

Method:

Place beans and cold water in a heavy-bottomed bean pot. Add sage, olive oil and whole peeled garlic cloves. Cover and cook slowly. Do not let the water boil. Cooking time, anywhere from 2 to 3 hours, will depend on the freshness of the beans. Add salt in the last 10 minutes of cooking time to prevent the beans from getting tough. Tasting is the only way to know that the dish is done. The dish can also be cooked in the oven in a casserole.

Serve the beans drained, drizzled with olive oil and a twist of fresh black pepper.

Now, back home to Canada in the springtime - - -

Recipes Using Garlic Greens

Last year's garlic is getting a little strong and dry so it's time to start using the tender young shoots of garlic from your garden in place of the bulbs. Cut the greens when they're 10-12" high, snip them with scissors into your salads, soups, scrambled eggs, steamed asparagus, or anywhere you would use garlic.

The freshness will bring zing to your meals and you'll enjoy delicious garlic flavour all spring and early summer.

THE GARLIC DIRECTORY

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

Garlic Business Advertisements

WARREN HAM



38 Centre Street
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Directory Listings

Garlic For Sale: Music & Russian Red for seed or table use, garlic powder. Tim & Sue Asselstine, Cranberry Creek Farm, ph. 613-279-1208, email clarendonstn@aol.com.

Organic Seed Garlic For Sale: Certified by OCPP, bulbils & wild leeks. Simon de Boer, Langside Farms, Teeswater, Ont. ph. 519-357-1919, email sbdeboer@wightman.ca.

Wanted: Sources for wild garlic and wild leek seed. Call The Garlic News at 613-273-5683

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

Subscribe to: Canadian Organic Growers (COG)
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Calling all lovers and growers of garlic!
6th Annual
County Garlic Festival



Saturday, August 20, 2005

10:00 a.m. – 4:00 p.m.

at the

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Contests

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For contest and vendor information contact: Christine at (613) 476-5943

email rosarugosa@sympatico.ca

Visit our website at: countygarlicfestival.ca

New Garlic Vendors Welcome

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