



THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 6 Winter 2005-06

Planting the garlic trials – our 15th year. With winter looming on the horizon, today, November 22, we mulched the garlic beds. A hard day of laying the soaker hoses followed by spreading the straw left us both aching and reflecting on sanity, ours, not the world around us.

Two years ago, I'd promised Mary Lou that we **really** were cutting back on our activities, garlic included. Our health just wouldn't allow keeping up the pace. A stroke last year was good warning and my poor, crippled knees waiting mechanical replacements made it a necessity, not a choice. Last fall, we cut back from 5000 plants to 4000 and this year, we were going to cut back more. Or, so I'd said.

Let me relate the real tale of how the garlic really grows.

The planting beds were ready. I'd prepared them over the summer and they just needed only a bit of fluffing up.

Growing garlic for information is somewhat different than growing it for the market or winter use.

Counting, weighing, measuring and recording take up endless hours. That's what it's all about. We spent a week getting the garlic ready. I made forms, counted, measured, weighed and recorded and then Mary Lou "cracked" the bulbs into cloves. Then, I counted, sorted, measured, weighed and recorded again. The cloves were ready.

About 400 tags were needed for identification. These had to be made up or the old ones amended.

We started planting as planned in the week following the full moon, on October 20. The Sofa Leg Garlic Dibble (see article in Issue 1, Fall 2004) assured us less backache. The planting went quickly. Hurricane Wilma's rains caused a week's delay but we finished on October 31.

Multiplying proven strains for release to growers, needed for crop diversification, is a major reason for the trials. These are the "main crop" strains. They take 80% of the available space. There were 15 Porcelains, 6 Purple Stripes, 14 Rocamboles, 5 Artichokes, 3 Asiatics and 2 Silverskins in varying quantities totalled of 4508. Whoops!

I piggyback other trials, such as best size of seed and strain improvement from bulbils on the main crop.

Improved strains from pre-2003 bulbil trials are included in the main crop for comparison trial with those grown from cloves.

New strains capture the imagination and are hard to resist. 28 of these at only 2 foot of row for each strain added up to another 280 plants. These are grown for three growing cycles or three years to find out how they will do here.

What about the others? There were another 28 strains proven out in previous years for which we lacked the space to propagate for seed. These went to "Seed Savers", with just 8 cloves of each for another 296 plants! In future years, they can be propagated for seed.

Then, there were the mutants, those garlic that mutate from one Varietal group to another. Many growers are already familiar with "Majestic" or "Paul's Pride", that outstanding garlic that mutated to a Porcelain from a Rocambole. Currently, four others, apparent mutants from soft-necks to hard-necks, are being evaluated.

All that totalled 5106 plants in the trials, quite a jump from the less than 4000 planned!

The best laid plans of mice and men, - - -

Well, I also need to gather data on wild garlic, wild leeks, elephant garlic, flowering alliums and others that need time and space, don't I?

When all that was done, there were still the bulbils and rounds from the 2003, 2004 and 2005 strain improvement trials. At 25 strains started each year, 10 plants of each, this added up to another 750 plants. These went into pots in the greenhouse. These, on top of the 5106. Some math!

Growing for information takes a lot more time and effort than growing garlic for sale. Marking and recording takes most of the time. It's the paperwork, not the gardening.

At least 120 pages will be needed to record the harvest next summer. Oh, well, that's next year.

Well, I said to Mary Lou, "Next year, we definitely will cut back! Definitely. Next year for sure!"

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Issue # 6 Winter 2005-06

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EDITORIAL POLICY

The *Garlic News* is a new publication. It
carries on from where the *Garlic Newsletter*
and *The Voice of Garlic* 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
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publication.

Articles should be no longer than 400 words
Pictures may be either colour or B&W
Deadline for the Spring Issue is March 6.

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2005 Winners Royal Winter Fair Garlic Competitions

Class 45 - Garlic, 12 (on a plate)

Class 46 - Garlic Ropes

1st - John Breckon

1st - Howard Tizzard

2nd - Howard Tizzard

2nd - Marie Tizzard

3rd - Marie Tizzard

4th - John McNally

5th - Frank Weening

Ted Maczka Champion Garlic Exhibit (\$100 Prize)

John Breckon

Cher Lecteur : Les Nouvelles d'Ail obtiennent des demandes pour publier en français.
Pouvez-vous aider? Envoyer vos articles en français et nous les publierons. Voulez-
vous traduire des articles dans les Nouvelles d'Ail ?
Si oui, savons. Les lecteurs de français l'apprécieraient.

Dear Reader: The Garlic News gets requests to publish in French. Can you help?
Send in your articles in French and we will publish them. Are you willing to translate
articles in the Garlic News? If yes, let us know. Readers of French will appreciate it.

REMINDER

Garlic Planting and Harvesting Survey

**Please complete and return the survey form sent out with Issue 5, Fall
2005 as soon as possible. The information is important to garlic growers.**

News from the garlic patch

Welcome to our 1st member from the **United Kingdom**, **Mike Callaghan**. Mike grows 37 types of garlic for home use. He learned of the Garlic News from the Boundary Garlic website www.garlicfarm.ca.

Gerry & Janet Fradette have moved from Clinton to London, Ontario.

Good luck in your new home. Perhaps you'll be able to give the Covent Gardens Garlic Festival in London a kick-start with your garlic next year! Editor

Winter Came Early This Year. We've become a bit spoiled the last couple of years with an extended fall up to and even past Christmas. Not this year. November was the bleakest month in years and December brought snow and cold earlier than ever. Had to freeze my fingers getting the snow blower working!

GST on Garlic, too?

The Agricultural Institute of Canada's proposal to force Canadians to pay a new tax and that immigration rules be changed so newcomers are encouraged to live in isolated, rural areas that are conducive to farming has received universal opposition. The proposed "food tax" would do little to solve the farm income crises. Some reactions as reported by the National Farmers' Union:

Peter Dowling, who serves on the board of directors of the National Farmers Union in Ontario, said "A recent proposal by the Agricultural Institute of Canada (AIC) to tax food and give the money to struggling farmers is a bad idea because it fails to address the root causes of the farm crisis. Taking more money from the eaters and giving money to the farmers" isn't the answer to the two-decade farming crisis."

Allison Shannon, who runs Sun Harvest Greenhouses, said the proposed grocery tax is "short-sighted" and begs the question: How will the extra revenue get into the hands of farmers? "What it boils down to is that farmers don't make enough money."

Elginburg farmer **Bernhard Karschau** also balked at the proposed tax on groceries. Karschau and his wife, Joannie, will open a gourmet food store in a rambling old house. The store will serve both as an indoor market for the seasonal vegetables they grow on their farm, Garlic Fields, and a retail outlet for locally produced products such as gourmet sauces and gift baskets. Like most farmers, the Karschaus need a year-round income and, like most farmers, they decided to take on another job to supplement the earnings they make selling garlic and homegrown produce.

Editors Note: One has to ask; "Just who is this Agricultural Institute and whose drum are they beating?"

Garlic a hard drug, too? News item in the Ottawa Citizen said a Leamington, Ontario man has been charged with trafficking drugs. It appears that he was trying to pass off garlic powder as crack cocaine!

Start them young

Show your preschooler how plants grow using garlic. Take some fresh garlic cloves and plant them in a small window pot filled with new potting soil.

Cover the cloves completely, water every few days, and keep in a sunny window. The cloves will sprout in a week or so and your youngster will have the fascination of learning how a plant grows. As a side benefit, he or she will learn at an early stage that 'garlic is good'.

Prairie Garlic? Checking the 2006 Seed Catalogue from T&T Seeds in Winnipeg, I spotted a new seed garlic listed as **Prairie Purple Garlic**. It was too late for fall 2005 planting so I'll have to wait till 2006 to get it in my trials plot. Have any of our readers grown this one, or can identify it by origin, variety and strain and give an idea on its performance? If so, contact me at the Garlic News.

Are gross sales \$10,000.00 or more? Need help moving your business ahead? The Canadian Farm Business Advisory Service of Agriculture & Agri-Food Canada might be able to help with consultation services. Check out website www.agr.gc.ca/renewal, or phone 1-800-461-6132.

Not everyone succeeds! A new restaurant in Perth opened this past spring under the name HMS Garlic. Mary Lou and I immediately went down to try their garlic menu. I encouraged the owner with his endeavour, offering to help promote this new venture in the town where I started the 1st Garlic Festival a decade ago. ~~Regrettably, HMS Garlic~~ closed its doors before summer was out. Even great garlic ideas don't always succeed!



The Farm Crisis and Corporate Profits, a report published by Canada's National Farmers Union (NFU) names the dominant agribusiness corporations from one end of the agri-food chain to the other. It lists their profits and Return on Equity rates for 2004. The report finds that in that year, over 75% of those corporations posted record or near-record profits. In 2004, farmers posted near-record losses. The report goes on to examine the many mechanisms that agribusiness corporations use to capture more and more of the revenues and profits from the agri-food chain.

Everyone in the food chain is making record-high profits except farmers. For more information, check www.nfu.ca/briefs/corporate_profits.pdf, or call Darrin Qualman, NFU Director of Research: (306) 652-9465.

Calls and Letters From Our Readers

I have just sent my renewal before the long weekend. Notice that I requested that my renewal be consecutive with my previous subscription so that I may not miss any issues! I got my garlic planted this weekend, and am hoping for a better quality harvest in '06. Looking forward to more great garlic info. **Elaine Horemans**

Thanks, Elaine.

Yes, it will be consecutive. Trust your crop will be better. 2005 was the worst ever for many growers in Eastern Ontario, due to the strange weather and shortened growing season.

On Thanksgiving, **Ted Maczka** phoned to say he'd moved, also to say he'd missed the Hudson Valley Garlic Festival this year. It seems that Homeland security stopped Ted from crossing the border into the USA because he didn't have a passport. Watch out for a swashbuckling privateer. It could be "Ted the Terror", flying the jolly garlic bulb on his van and armed with a loaded brace of garlic!

Ted's new address if you're ordering his garlic:

*Ted Maczka,
Maple House,
1133 County Road 5,
Picton, Ontario, K0K 2T0*

On October 18, **Marian Hall** of Ajax, Ontario wrote: I expect to plant my garlic next week. I had much better results this year than last.

Good luck, Marian. With the fall rains, a number of growers are reporting difficulty getting in their garlic patch.

On October 24, **Jack Fraser from Silver Spring Farm** called and said they'd got their garlic planted, mud and all! *Well done, Jack! Perseverance pays off.*

Had a call from **Garry Lefkiw** of Dauphin, Manitoba. He's planted about 900 garlic and will hopefully supply the demand for local garlic in Dauphin next year.

Lots of luck, Garry. From my take on it, you'd better increase your planting as your first couple of customers will buy you out!

On October 26, **Margaret Appleby and Jennifer Allen** dropped in enroute to Hawkwood Farm to plant garlic for the Ottawa Valley Leek Moth project. I presented Margaret with her very own Sofa Leg Garlic Dibble, which I had built for her in appreciation of the work she was doing in support of the garlic growers.

Had a nice surprise from a garlic fan. **Zvonimir Javornicki** sent along a donation with his renewal for the Garlic News. *Thank you, Zvonimir! Your gesture of support is encouraging and very much appreciated.*

What is **pyruvate analysis** and how is it used to determine the pungency or flavour of garlic?

Editor: Now there's a challenge! None of my researcher contacts would admit to any knowledge of this interesting attribute of garlic. Google only confused the issue. I appeal to our readers for information. Help!!

The Garlic News in French?

Several of our members have asked that the Garlic News be published in French. At this time, it comes out in English only. This makes it difficult for some French-speaking subscribers and denies the information to others.

We have looked into getting professional translation into French off the Internet but the cost is prohibitive at 6 words for \$39.95. To translate a typical issue of the News at these rates would cost \$24,000 per page!!! Just out of the question for a non-profit newsletter.

Regrettably, while I grow garlic well, my language skills are limited. *Moi, mes français est terribles!*

Can you help? We'd love to publish in both official languages but can't do it alone. If you can assist by writing articles in French, it would help. We'll publish them. If you can translate some articles, even past ones, that would help as well. We'll publish whatever is possible. The sharing of information is worth a lot to growers, regardless of the language of their garlic.

Let me know if you are willing to help. We'll do what we can. **Editor**

Hi Paul. Greetings from Manitoulin where we are having a gently snowfall today, to the hunters' glee as we have just started our hunt up here for this season.

We are trying to find an inexpensive source for bagging our garlic for sale next season. We like the mesh bags and were wondering who your supplier is and the approx. cost??

Do you have any recommends??

Hope this finds you looking forward to the Christmas Season and a Merry Christmas to you and your family.

Pat and Bob Brown

*Try **Linda Hartmann**, VP of Masternet at 1-800-216-2536 Phone 905-795-0005 or check their website*

She is a wonderful person. A couple of years ago, Linda identified several different colours of mesh net and filled an order for me in two of the colours, white and purple. Both enhance the look of the garlic and improve its marketing appeal. I've been using it for packaging of garlic seed packs ever since.

Cost comes to less than 10 cents per package of 2 to 8 bulbs, rather reasonable. Also, they will cut them to length, closing one end for you. You close the other end by attaching your label with a couple of staples.

Now, that said, I DO NOT SUPPORT SELLING BULK GARLIC IN MESH BAGS! Use boxes for anything more than a pound of garlic and arrange the bulbs in layers, just like shipping eggs. Garlic is fragile. Putting garlic in mesh bags, the way they do with onions results in bulbs damaged and decaying from the sharp stem of one bulb gouging the adjacent one. By the time the garlic hits the market, anywhere between 25% and 50% of the cloves are rotting away. Not very smart marketing nor a good image for Canadian-grown garlic.

Birthdays are good for you.

The more you have, the longer you live.

The Perth Garlic Festival

By: David Hahn & Marion Watkins

During the first week of August, as we finished harvesting and hanging our garlic crop, we were also starting to think about marketing it. We were thinking that we would not participate in the Perth Garlic Festival because we were unsure that enough of our product would be dried and cleaned and ready for sale so early.

As the date crept towards August 13 and we had begun to make a few braids and to do some packages, we decided that we would apply to attend the Festival for one day, on Saturday. Our acceptance on the Wednesday began a feverishly pitched three days of cleaning, braiding and packaging. We went to the festival with the number of braids and packages that we had had time to prepare, not with a number that we would like to sell.

When we arrived at the Perth Fairgrounds at 8:00 am, we were assigned a site well down a secondary entrance road, out of the big circle where all the other vendors were situated. I was very surprised to see vendors selling everything from leather purses and knapsacks, to soap, jewellery, silk products and air-conditioning. The main big circle of vendors (local and from western Ontario) was selling mainly garlic and garlic related products and we felt out of the loop as the main gates opened at 9:00 am.

To novices, it seemed to us that there were a lot of people coming into the grounds, but we weren't getting very many down to our tent. I went to comment about this to the information tent personnel and was told that as soon as the front parking area was full, people would be sent to the other gate and everyone would have to walk right past our display. One of the organizers, a Lion's Club member even said, "don't worry, by the end of the day you will need help carrying your money to your car".

Shortly after that, the people did arrive at our tent in throngs. The selling was brisk and often the two of us were busy and other customers waited to be served. Because we were now the first garlic vendor that people coming in that gate saw, they often just looked at our wares, but then we would see them back after they had toured the whole circle of vendors.

By the end of Saturday, we had only two braids left and no packaged garlic. We were so happy with the sales that we decided to return for the second day, went home and spent six long hours cleaning, braiding, and packaging again. We took the same amount of goods on Sunday and the sales were exactly the same as the first day. We sold out by 4:15 pm, before the Festival was officially over. Sunday sales were a bit slower to start, beginning only after the church bells had rung, and it was a slightly rainy and windy day.

Being maple syrup producers, we also had maple products for sale. While we sold maple, the bulk of the sales were our garlic products. An added bonus of being at the Festival was

that we met growers who needed seed and selected ours to purchase in good quantity.

This is a festival with great potential. Most people we talked to seemed to have come out from Ottawa. Although there were fewer people attending this year than others, numbers were reasonable. There are lots of small growers in the vicinity. The biggest problem is the date**. Western Ontario producers may find the date satisfactory but it is too early for us here in Eastern Ontario. Even one week later would allow producers more time to process our harvest and have a reasonable supply of product to sell. Probably then, more local producers would feel they could sell here and the festival could begin to realize its potential.

*Editors Note**:* The advanced date has been a sore point with local growers for several years since it was changed. It does not enable them to harvest and properly cure their garlic for sale. As it is now, it puts local growers at a disadvantage; brokers and dealers can bring in earlier-harvested garlic from outside the region and capture the bulk of the sales at the festival. When I started this festival for the Eastern Ontario growers, I established the date to fall on the first weekend after the middle of August to correspond to the local harvest. This is no longer the case under the present organization. A week makes a big difference!

10 Years Ago

1st Garlic Symposium

Dateline: Toronto, February 14, 1996.

Location: Regal Constellation Hotel

Event: Ontario Horticultural Crops Conference

This first garlic symposium had a great influence on my future garlic involvements. I went there representing the Perth Farmers Market seeking ways to improve our market. I met many of the key players in the garlic world and found new ways to promote garlic as an organic crop.

The symposium was a resounding success! The conference room was packed. Speakers were the best garlic talent available at the time; Dr Ron Brammall, garlic diseases; Dr. Philip Simon, University of Wisconsin, the search for true garlic seed; John O'Sullivan, Simcoe Research Station, weed control; Ruth Ayliffe, President of the Ontario Garlic Growers Association; Ted Maczka; and, the keynote speaker, David Stern, Director, Garlic Seed Foundation.

My lunch hour meeting with David Stern had the greatest impact on me. David is a true disciple of garlic. When I complained to him about the difficulties of getting growers in our area to grow garlic, David said, "Start a garlic festival. That's what we did in NY State. The buyers will come and the growers will grow." That advice was the germ that set me off planning and organizing the 1st Eastern Ontario Garlic Festival (now, the Perth Garlic Festival), expanding my garlic trials for crop diversification, and, a program of talks and writing to spread the gospel of garlic.

Meet your garlic neighbours Sue & Bill Joiner, Timmerman Organic Farm



Our operation, Timmerman Garlic Farm, has been growing garlic since 2000 after getting fired up by a seminar given in Perth in the spring of that year.

Up until harvest 2004, we re-planted everything we harvested to build up the seed stock. This year, we planted approximately 2.5 acres of garlic, planted in 30 beds, each 300 feet long, and each bed with 4 rows of garlic, spaced 6 inches apart.

Our main motivation has been to eliminate as much manual labour as possible, without sacrificing the quality of the garlic, as we are just a two-person operation most of the time.

We decided to plant in 3-foot wide beds with 4 rows of garlic per bed with 3 feet spacing between the beds in order for the tractor to drive down between the beds. In order to turn our soil to the width and depth we required, we purchased a commercial heavy-duty rototiller. We modified it by removing tines to reduce the tilling width from 6 feet to 3 feet.

We use a liquid fish fertilizer twice a year. The use of re-cycled commercial lawn-spraying equipment has eased this task. For watering purposes, we have a spring-fed pond that provides water by means of a heavy-duty pump.

Our major focus has been to perfect a manual, labour saving implement for the harvesting of the garlic. Since we started in 2000, we have tried a number of different versions of a "lifter" that works for our soil conditions. Naturally, what works for us in our region may not work for others. We can take some pride that after almost four years of modifications, we have designed a lifter, which is now working with the closest thing to success in dealing with our situation that can possibly occur.

After the lifter passes through the rows, we pull the garlic out by hand and place it on racks. The design for the racks came from Glengyle Farms of Balderson. The racks save an incredible amount of time at harvest time.

The garlic is placed directly onto the racks in the field, and our tractor lifts them with yet another implement designed by Bill and places them in our barn, three racks at a time, for the drying process.

Once up in the barn on the racks, we turn on a huge fan to blow on the garlic for two weeks to cure the garlic.

For planting time in the fall, we have built a two-person 16-peg dibbler to make holes for the planting of the cloves in the fall. This saves an incredible amount of time and keeps the garlic well spaced. Again, credit must be given to Glengyle Farms.



After the planting, we draw the soil over the rows using a modified bale-stooker, which works really well.

The next step is later in the fall, usually when the ground freezes and the little critters have found their hibernating homes, when we apply 6 inches of chopped-up straw, using a modified "Chop-N-Bed". Again, the use of a tractor is necessary to use these implements.

I would like to mention that over the period of time that we have been involved with garlic, we are still working full-time jobs in Ottawa and have only evenings and weekends to devote to our passion. We have hired part-time teen-age workers occasionally to help with the weeding, etc., but that gets expensive.

The time-consuming projects are at an end now, so in the coming years, we will have more time and energy to devote to the weeding and care of our crop. Despite every obstacle we run up against, we still manage to produce some very nice bulbs.

Our philosophy has always been that when it stops being fun, then it is time to stop. So far, we are having the time of our lives. The positive feedback from our customers leads us onward to even greater heights of garlic growing perfection.

Sue & Bill Joiner grow over two acres of garlic on their farm at Limoges, Ontario. Like many growers, they use the old cattle barn for a drying and storage shed for their garlic. The spacious building works well for this purpose.



Average Nutrient Concentrations And Rates Of Availability For Various Organic Materials

Information provided courtesy of Homestead Organics, Berwick, Ontario, a supplier of organic products and services. Check their website at www.homesteadorganics.ca.

Material	% Nitrogen	% Phosphate	% Potash	% Availability*	Notes**
Alfalfa hay	2-3	0.5-1	1-2	slow/mod.	
Bone Meal	1-6	11-30	0	moderate	alkaline
Blood meal	12	1-2	0-1	rapid	acidic
Cottonseed meal	6	3	1	slow	acidic
Composts	1-3	1-2	1-2	moderate	alkaline
Feather meal	12	0	0	moderate	
Fish meal	6-12	3-7	2-5	rapid	acidic
Grass clippings	1-2	0-0.5	1-2	moderate	
Hoof/horn meal	12-14	1.5-2	0	moderate	alkaline
Kelp	1-1.5	0.5-1	5-10	moderate	zinc, iron
Leaves	1	0-0.5	0-0.5	slow	
Legumes	2-4	0-0.5	2-3	moderate	
Manures: Cattle	2-3	0.5-1	1-2	moderate	weed seed
Horse	1-2	0.5-1	1-2	slow	weed seed
Swine	2-3	0.5-1	1-2	rapid	
Poultry	3-4	1-2	1-2	rapid	
Sheep	3-4	0.5-1	2-3	moderate	weed seed
Pine needles	0.5	0	1	slow	acidic
Sawdust	0-1	0-0.5	0-1	very slow	
Sewage sludge	2-6	1-4	0-1	moderate	zinc, iron
Seaweed extract	1	2	5	rapid	zinc, iron
Straw/corn stalks	0-0.5	0-0.5	1	very slow	
Wood ashes	0	1-2	3-7	rapid	

*Approximate rate of nutrient release from the material.

**Special properties or characteristics of the material.

Liquid and foliar fertilizer applications can be made with water-soluble products like fish emulsion or seaweed extract. There is a potential for leaf burning with liquid applications, so follow product label instructions carefully. Manure or compost tea can also be used as a source of liquid fertilizer. Partially fill a burlap or cloth bag with manure or compost and submerge for several days in a bucket of warm water. The resulting "tea" can be applied directly to the soil or foliage of plants.

Book Review

The Organic Companion

-- **Gleanings from Canadian Organic Growers**
ISBN 0-9695851-8-7 Canadian Organic Growers Inc.,
323 Chapel Street, Ottawa, Ontario, Edited by Janet Wallace

A copy of this new book just arrived on my desk, hot off the press from Canadian Organic Growers. I scanned quickly through it, read some selected articles and then settled down to read it from cover to cover.

Unlike many gardening books, this one consists of the personal views of organic growers across Canada, some 60 of them! The 227 pages are filled with articles selected by editor Janet Wallace from those previously published in past issues of COGnition, EcoFarm & Garden and The Canadian Organic Grower.

The articles are organized logically into eight chapters under topic headings appropriate to gardeners and small farmers, along familiar gardening book lines.

Chapters 1 & 2 cover organic growing methods and soil building, Chapter 3 is on Vegetables, Chapter 4 on Fruits & Nuts, Chapter 5 deals with organic controls for Weeds and Pests and Chapter 6 is on Seed Saving. Gardening is balanced off with farming in Chapter 7, with excellent articles on raising cattle, livestock, poultry, chickens and eggs, raising goats for milk and meat and beekeeping. The final chapter on Marketing gives ideas on small farm management, CSA's and direct marketing.

Of note to readers of **The Garlic News** is the article on garlic leading off the Vegetables chapter. **Garlic: The Stinking Rose**, first published in 1986, was authored by Dr. Dee Kramer, past editor of COGnition magazine and Helen Hansen. Although some of the cultural data presented has been updated by growers' experience in the ensuing 20 years, the article still provides a well-organized cultural approach for growers as well as good summations of garlic history, medicinal importance and culinary uses.

While not by itself a comprehensive text on organic food production, **The Organic Companion** is nonetheless a valuable addition to your organic library. It is, as the title indicates, a companion, to be used to augment your other organic references. The articles give a personal insight into subjects of vital interest to organic farmers and gardeners. The price, at \$30 for COG members, \$38 to non-members, is a bargain compared to bookstore prices for books. *Editor*

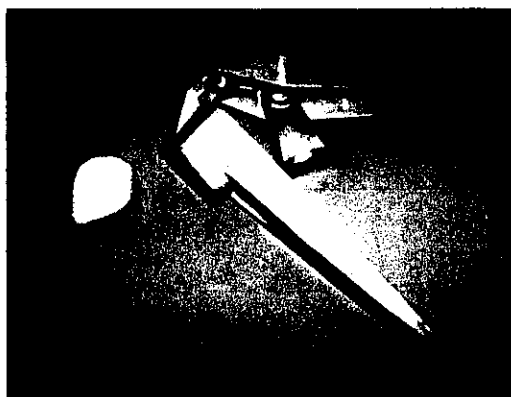
To order **The Organic Companion**, call toll free at (888) 375-7383 or email publications@cog.ca.

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Non-violence is the policy of the vegetable kingdom

Garlic Gadgets

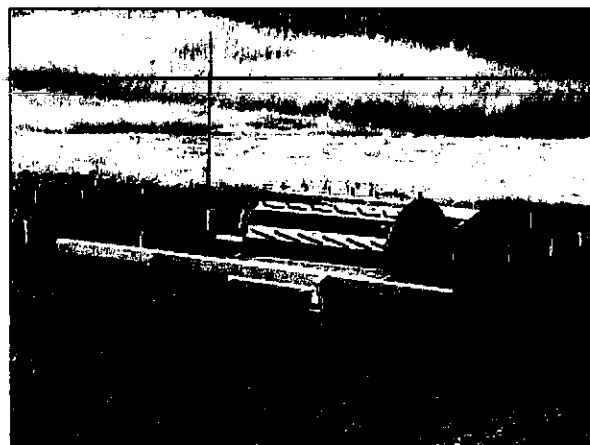
This is a Garlic Press for crushing garlic ---



-- but what is this gadget?? Can you identify it?

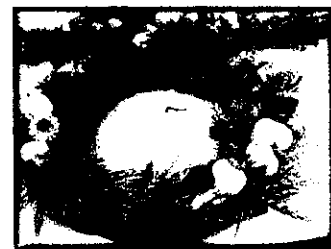


This farm-size gadget is a Rotary Dibble --



-- designed by Boundary Garlic to speed up planting.

Season's
Garlic
Greetings
and a
Very Happy
New Year
from
The Garlic News



REPORT # P/04/2005 - BEST SIZE OF SEED GARLIC TRIAL SUMMARY – Five Trial Strains

This trial was done in the 2004/2005 Small-Plot Garlic Variety Trials with 5 strains; **Porcelains** *Majestic*, *Magnificent* & *Magical*; **Purple Stripe** *Czech Broadleaf*; and, **Rocamboles** *Reliable*. Cloves planted at intensive planting density of 116,160 plants/acre (double rows in beds 18” wide, 2 rows /bed with 18” walkways). Summary of results is in tables below:

Table A – Porcelain Majestic (137 plants)						
Bulb Size	Planted Cl/Wt	HarvestBulb/Wt	Avg Bulb Wt	Avg Bulb Size	Yield Ratio	Est. Lbs/Acre
Extra Jumbo	23/320grs.	22/1244 grs	56.5 grs	Jumbo +	4.06 :1	14481 **
Jumbo	15/200 grs	15/941 grs	62.7 grs	Jum/ExJumbo	4.7:1	16065
Giant	20/200 grs	20/1066 grs	53.3 grs	Jumbo +	5.33 :1	13,649
Lg Tube	20/190 grs	20/1016 grs	50.8 grs	Jumbo	5.35 :1	13,009
Med Tube	19/160 grs.	18/795 grs	44.2 grs	Giant	5.24 :1	11,310
Sm Tube	19/130 grs.	17/684 grs	40.2 grs	Giant -	5.88 :1	10304
Cull Size	21/90 grs.	21/ 515 grs	24.5 grs	Sm Tube +	5.72 :1	6280
Totals	139/1209 grs.	133/6261 grs				
Table B – Porcelain Magnificent (145 plants)						
Bulb Size	Planted Cl/Wt	HarvestBulb/Wt	Avg Bulb Wt	Avg Bulb Size	Yield Ratio	Est. Lbs/Acre
Jumbo	44/440 grs.	43/1886 grs	43.9 grs	Giant	4.39 :1	11, 232 **
Giant	41/375 grs.	34/1546 grs	45.5 grs	Giant +	4.97 :1	11, 645 **
Lg Tube	21/175 grs.	19/815 grs	42.9 grs	Giant	5.15 :1	10,985 **
Med Tube	19/160 grs.	17/735 grs	43.2 grs	Giant	5.13:1	11,072
Sm Tube	20/110 grs.	20/649 grs	32.5 grs	Lg Tube	5.9 :1	8310
Totals	155/1260 grs.	133/5631 grs				
Table C – Porcelain Magical (104 plants)						
Bulb Size	Planted Cl/Wt	HarvestBulb/Wt	Avg Bulb Wt	Avg Bulb Size	Yield Ratio	Est. Lbs/Acre
Extra Jumbo	12/170 grs.	12/514 grs	42.8 grs	Giant	3 :1	10,960
Jumbo	19/240 grs.	19/951 grs	50 grs	Jumbo	3.96:1	12,818
Giant	20/200 grs.	17/729 grs **	42.9 grs	Giant	4.29:1	10,982**
Lg Tube	20/155 grs.	18/633 grs **	35.2 grs	Lg Tube +	4.54 :1	9006 **
Med Tube	19/140 grs.	18/596 grs	33.1 grs	Lg Tube	4.49 :1	8479 **
Sm Tube	14/100 grs.	8/181 grs	22.6 grs	Sm Tube	3.17:1	5794 **
Totals	104/1005 grs	92/3604 grs				
Table D – Purple Stripe Czech Broadleaf (74 plants)						
Bulb Size	Planted Cl/Wt	HarvestBulb/Wt	Avg Bulb Wt	Avg Bulb Size	Yield Ratio	Est. Lbs/Acre
Jumbo	13/100 grs.	11/525 grs	47.7 grs	Jumbo -	6.2:1	12,222 **
Giant	12/80 grs.	12/528 grs	44 grs	Giant	6.6 :1	11,268
Lg Tube	12/65 grs.	12/327 grs	27.25 grs	Med Tube -	5 :1	6978
Med Tube	13/65 grs.	9/ 344 grs	38.2 grs	Giant -	7.64 :1	9788 **
Sm Tube	13/50 grs.	13/ 481 grs	37 grs	Lg Tube +	9.62 :1	9475
Cull Size	11/40 grs.	9/ 278 grs	30.9 grs	Med Tube	8.49 :1	7910
Totals	74/400 grs.					
Table E – Rocamboles Reliable (58 plants)						
Bulb Size	Planted Cl/Wt	HarvestBulb/Wt	Avg Bulb Wt	Avg Bulb Size	Yield Ratio	Est. Lbs/Acre
Super Jumbo	15/140 grs.	13/639 grs	49.2 grs	Jumbo -	5.27 :1	12587 **
Extra Jumbo	20/165 grs.	16/819 grs	51.2 grs	Jumbo	6.2 :1	13,109 **
Jumbo	7/45 grs.	7/265 grs	37.9 grs	Giant -	5.9 :1	9695
Med Tube	5/30 grs.	5/165 grs	33.0 grs	Lg Tube	5.5 :1	8451
Sm Tube	6/25 grs.	6/145 grs	24.1 grs	Sm Tube +	5.8 :1	6189
cull	5/15 grs.	4/ 99 grs	24.75 grs	Sm Tube +	8.25:1	6338 **
Totals	58/420 grs.	51/2132 grs				
Yield Ratio is the harvest weight to seed weight ratio; the higher the ratio, the better the return from the seed. Est lbs/acre is extrapolated from the average harvested bulbs. It has been adjusted ** as needed, to compensate for crop losses, ie., non-emergence, harvest losses, etc, as these are not due to garlic performance but to other causes.						

REPORT # P-02-2005 Performance & Yield Comparison of Proven Strains 2005 Crop

This trial was done in the 2004/2005 Small-Plot Garlic Variety Trials using 45 proven strains from all Varietal Groups in order to determine relative yield and performance within the groups. Neither the new strains under initial trial evaluation nor Seed Saver strains are 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. Trial beds were fall-planted Oct 27-Nov 04, 2004 and hand-harvested July 16-27, 2005. Yield extensions* are based on using double-row raised beds, at intensive planting of 4 plants per foot of row, giving a total of 116,160 plants per acre. Culls, garlic <1.5" (below market size) is included in harvest calculations. Crop loss includes all losses, including winterkill, non-emergence, insect, disease & animal losses and harvest damage and is shown in the % Loss column.

STRAIN	Sample Size Planted	Planted Wt grs	Harvest Wt grs	AvBulb Wt grs	Harvest Date	Extend* lbs/acre	% <1.5"	% Loss	Relative Standing
PORCELAIN – 15 strains evaluated									
MAJESTIC	200	1985	9152	45.76	July 23	11,719	5 %		2 of 15
Ted's Pride F3	80	900	446(10)	44.6	July 19	----	---	87.5%	Failure
Romanian Red	80	730	3181	44.2	July 20	10,183	10 %		5 of 15
Magnificent	39	240	1226	32.26	July 20	8262	2.6 %		9 of 15
Magical	46	440	838(22)	38.1	July 19	----	---	52.1%	Failure
Musical Control	44	475	2068	44.96	July 19	9452	17.9%		8 of 15
Melody	39	425	1918	49.2	July 20	12,594	0.0 %		1 of 15
Georgia Crystal	21	180	513(17)	30.18	July 20	6256	28.6%		10 of 15
Georgia Fire	50	390	1856	37.12	July 20	9506	0.0 %		7 of 15
Magnifico	81	470	1940(40)	48.5	July 20	----	---	50 %	Failure
Prussian White	89	790	1263(36)	35.1	July 19	----	---	60 %	Failure
German White	19	240	722	38	July 19	9731	0.0 %		6 of 15
Polish Jenn	111	1235	4727(89)	53.1	July 20	10,906	14.4%		4 of 15
German Stiffneck	122	1625	5270(79)	66.7	July 23	11,062	2.5 %	35 %	3 of 15
P30 Music	21	250	----	-----	-----	-----	----	100%	Failure

PURPLE STRIPE – 7 strains evaluated

Czech Broadleaf	80	460	2553(66)	36.7	July 28	8172	7.5 %	17.5%	3 of 7
F21 Polish Marbled	36	220	1052(32)	32.9	July 28	7483	2.8 %	11.1%	5 of 7
Robust	40	250	1671	41.8	July 30	10,698	0.0 %	----	1 of 7
Chesnok Red	46	205	1266(45)	28.1	July 18	7048	8.7 %	2.2 %	6 of 7
Metech	34	350	434(11)	39.5	July 16	-----	-----	67.6%	Failure
Siberian	20	180	755(16)	47.2	July 18	9667	0.0 %	20 %	2 of 7
Purple Glazer	48	200	1410(38)	37.1	July 20	7522	4.2%	20.8%	4 of 7

Notes: 1) Harvest Weight and Lbs/Acre columns are based on harvested crop, deducting losses from all causes.

2) The 2005 weather had an adverse effect on garlic affecting some strains more than others.

3) Loss of 50 % or more is deemed a crop failure.

4) Relative Standing is based on a comparison of forecast yield (lbs/acre), cull rate (<1.5") and successful harvest.

REPORT # P-02-2005 Performance & Yield Comparison of Proven Strains 2005 Crop – 2nd page

STRAIN	Sample Size	Planted Wt grs	Harvest Wt grs	AvBulb Wt grs	Harvest Date	Extend* lbs/acre	% <1.5"	% Loss	Relative Standing
ROCAMBOLES – 12 strains evaluated									
Carpathian	142	655	4486(131)	34.2	July 27	8090	9.9 %	7.7 %	11 of 12
French	40	260	1537(33)	46.6	July 26	9840	0.0 %	17.5%	6 of 12
Spanish Antolini	63	420	2622(60)	43.7	July 23	10,658	0.0 %	4.8 %	4 of 12
Reliable	67	500	2359(54)	43.7	July 27	9017	6.0 %	19.4%	9 of 12
Spanish Roja	80	470	1984(65)	30.5	July 27	6351	13.8%	18.8%	12 of 12
Yugoslavian	38	180	1366	35.9	July 23	9206	7.9 %	0.0 %	8 of 12
Czech Red	40	265	1781(35)	50.9	July 27	11,402	2.5 %	12.5%	2 of 12
Slovak	40	210	1688	42.2	July 27	10,807	0.0 %	0.0 %	3 of 12
Russian Red	20	85	795	39.8	July 27	10,179	0.0 %	0.0 %	5 of 12
German Red	40	270	1448(34)	42.6	July 28	9270	5.0 %	15 %	7 of 12
German White	60	430	3080	51.3	July 27	13,146	0.0 %	0.0 %	1 of 12
Korean Purple	32*	220	1330(38*)	35.0	July 26	8963	15.6%	0.0 %	10 of 12

* doubled cloves in some strains often produce extra bulbs, accounting for more bulbs harvested than cloves planted.

ARTICHOKES or ITALIAN REDS – 7 Strains evaluated									
Endurance	66	180	2195(53)	41.4	July 17	8517	3.0 %	19.7%	6 of 7
F4 Italian	50	320	2737(46)	59.5	July 17	14,018	6.0 %	8.0 %	1 of 7
Inchelium	53	280	1935(48)	40.3	July 17	9350	9.4 %	11.3%	5 of 7
Festival	10	80	426(9)	47.3	July 17	10,909	10 %	10 %	2 of 7
Formidable	20	120	734(16)	45.9	July 18	9398	15 %	20 %	4 of 7
Lorz Italian	19	60	344(13)	26.5	July 18	4636	26.3%	31.6%	7 of 7
Baba's Chesnek	26	120	982	37.8	July 18	9672	0.0 %	0.0 %	3 of 7

ASIATIC ARTICHOKES – 3 Strains evaluated									
P1 Asian Tempest	93	450	2518(87)	28.9	July 20	6933	23.6%	6.5 %	1 of 3
ArgentineRedstripe	51	190	1174(34)	34.5	July 28	5895	5.9 %	33.3%	3 of 3
Genki	38	235	974	25.6	July 16	6564	28.9%	0.0 %	2 of 3

TURBAN ARTICHOKE – 1 Strain evaluated									
Chinese Purple	15	60	144(8)	18	July 18	-----	-----	46.7%	Failure

SILVERSKINS – 1 Strain evaluated									
F40 Sovereign	72	310	1966(55)	35.7	July 20	6993	9.7 %	23.6%	1 of 1

The best garlic recipes & ideas - - - - Ukrainian ones & more Old Krock

Dear Paul:

I'm sending you several recipes that I've been making for years using garlic. These were passed down to me by my mother and they have been prepared this way in south western Ukraine for generations. Hope you can use some of the recipes in the Garlic News. *Jerry Olesnycky*

Salamakha (Mashed Beans)

Soak 3 cups of white beans (Navy, White Kidney etc.) in 6 cups of water overnight. Drain and discard the water, then rinse beans. Place beans in a pot and add 6 cups of fresh water to them. Cook on medium heat until well cooked. The beans should mash easily between thumb and finger. While cooking, you should add water if too much has evaporated before the beans are ready.

When the beans are cooked drain the water and mash beans with a potato masher. Add salt and pepper to taste and mix.

Press 3 to 6 cloves (to your taste) of garlic through a garlic press. Add to the pressed garlic a tablespoon of sunflower seed oil or olive oil, cold pressed preferably. Stir the oil and garlic and add to the mashed beans. Mix well until all is absorbed and let stand in fridge several hours.

Salamakha makes a wonderful bean dip for nachos, chips, or rye bread, either cold or reheated. It can be used as a spread on avocado sandwiches or added to meals as a vegetable.

Sour Cream Sauce For Perogies

1/2 pint of sour cream
2 cloves of garlic, pressed
2 tablespoons of fresh dill leaves finely chopped
2 tablespoons of chives finely chopped

Mix above ingredients and add salt and pepper to taste. Let mixture stand in fridge for several hours. Use as topping for perogies or as a sour cream dip for nachos or chips.

Here is a **variation or the Sour Cream Dip** to make it into a cheese spread:

1 package of cream cheese
3 tablespoons of sour cream
2 cloves of garlic, pressed
2 tablespoons of fresh dill leaves, finely chopped
2 tablespoons of chives, finely chopped

Mix all ingredients until a smooth consistency is reached and add salt and pepper to taste. Let the mixture stand in the fridge for several hours. Use instead of butter as a sandwich spread for sandwiches. My grand children love this on fresh rye bread just by itself.

Life is like salsa. The more garlic you add the better the flavour.

Garlic Broth

This is a broth that my mother used to give us to drink hot when we had sore throats or were catching colds.

2 chicken backs, necks or wings
2 medium chopped onions
10 to 15 cloves of garlic, peeled and sliced
1 carrot peeled and sliced
10 cups of water
1 tablespoon of sea salt

Put ingredients in a large pot and bring to a boil. Turn down heat and let simmer for 30 minutes. Remove from stove and let stand for 15 minutes. Remove chicken from pot and strain through strainer or cheesecloth. Use broth directly. Leftover broth will keep up to a week in a closed container in the fridge or up to a month if frozen into cubes and kept in zip lock bags in freezer.

Sip 6 to 8 oz of this broth as warm as comfortable for easing sore throats or at the first signs of flu or colds. Repeat as often as necessary.

The strained vegetables (garlic, onions, and carrots) can be added to and mashed with mashed potatoes to add flavour to them. The chicken parts can be given to grandchildren to clean of the meat.

That's about all for now. Jerry



Here's Another Fine Recipe From Old Krock's Collection - - -

Janet's Garlic Soup

This fabulous garlic soup recipe is from Janet Duncan, known in Lanark County for her efforts on behalf of the Canadian Organic Growers. She and husband Bruce run an organic beef, poultry, and crop farm near Almonte. Janet is also known for her delicious and creative cooking.

Ingredients:

2 lb. potatoes, peeled and cubed
24 cloves garlic, peeled
5 cups homemade chicken stock
(or, 1-10 oz. tin chicken broth plus water)
2 tsp. olive oil
1/2 tsp. pepper
salt to taste
pesto (optional)

Method:

Heat oil in large saucepan. Add whole garlic cloves and cook gently for about 5 minutes, until very fragrant. Do not brown. Add potatoes, stock, pepper and salt. Bring to a boil. Reduce heat, cover and simmer gently for 30 minutes, or until potatoes and garlic are tender. Puree soup through food mill or processor. Heat thoroughly. Taste and adjust seasonings. Makes 8 servings. Serve in shallow bowls and swirl in some pesto for zing.

THE GARLIC DIRECTORY

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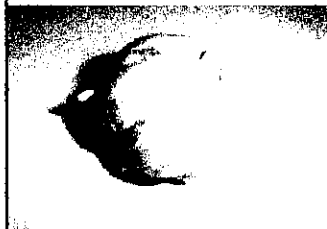
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Organic Seed Garlic For Sale: German Stiffneck, King Ted, Music, Siberian, Legacy, Wildfire, German Fire, also bulbils & wild leeks. OCPP certified. Will ship. Simon de Boer, Langside Farms, Teeswater, Ont. ph. 519-357-1919, email sbdeboer@wightman.ca.

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Has anyone successfully grown Elephant Garlic, *allium ampeloprasum* from seed? This leek produces a seed head much like onions but we have not been able to germinate any of this seed. We'd be interested in any positive results.
Ph. 613-273-5683 or e-mail garlic@grubdun.com

With the popularity of garlic products, the Garlic News often gets calls for information on dehydrators and mills or grinders for making garlic powder on a small scale. Do you have your favourite gadget and where to buy it? If you do, contact us at the Garlic News.

ATTENTION ONTARIO GROWERS!

List your seed garlic on the OMAFRA website!
If you would like to be included on the garlic seed supplier webpage maintained by the Ontario Ministry of Agriculture, Food and Rural Affairs www.omafra.gov.on.ca/english/crops/resources/garlic.htm or if you would like to nominate a supplier for inclusion, contact:

Jennifer Allen
Vegetable Crop Specialist, OMAFRA,
1st Floor, 1 Stone Road,
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E-mail to: jennifer.allen@omafra.gov.on.ca

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There is no charge for this service.

A Directory Listing pays off. We made over 300 replies to inquiries about sources of garlic this past season. Who did we refer them to? You're right! We provided them with the contact information for growers listing in the Garlic Directory.

Learn from the mistakes of others. You can't live long enough to make them all yourself.