



THE GARLIC NEWS

Connecting the Canadian Garlic Network!

Issue 49 autumn 2016-2017

Improving your planting stock for the best garlic crop

Methods for conducting garlic trials suitable for small gardens were provided in past issues of the Garlic News. In this article I will outline some techniques for improving planting stock to achieve better crop yields from garlic. The methods used are the same as those applicable to other farm and garden crops, with a little twist applicable to garlic only. Recommended methods are as follows:

- Selection
- Evaluation of new cultivars
- Disease reduction.
- Developing seed by the bulbil method.

Selection is a tried and true method familiar to all growers. Simply, you save your own seed by selecting the most suitable garlic from your current crop to use in planting next year's crop. 'Most suitable' encompasses many aspects; eliminating cultivars that just don't produce well in your growing conditions, even after several years of trying to get them to adapt; replacing them with more productive ones; marking the healthiest and strongest looking plants during the growing season and saving the bulbs from these; at the same time, marking or rogueing plants with obvious signs of disease, those that are yellowed, stunted or otherwise showing symptoms to ensure that you do not replant them; post harvest, when the crop is cured, there are a further steps in inspecting the pre-selected seed- culling out any bulbs with harvest damage, checking roots for decay, a common sign of disease, smelling the bulbs for hidden decay not otherwise visible, and, selecting the most appropriate bulb sizes.

Avoid the popular myth of using the largest bulbs for planting stock, as it is unlikely to be 'the most appropriate size'. For market gardeners, it can be a costly mistake.

A simple garden trial for determining the best size of bulbs was covered in Issue 45.

Good selection is the start point for crop improvement.

Evaluation of new cultivars has the potential for the greatest crop yield improvement in any field or garden. With over 700 cultivars in 10 or 11 widely differing Horticultural Groups being grown world wide, a grower has more choice than one could ever hope to grow in a lifetime. That is not to discourage trying out new types. Organic growing is all about diversity and until a gardener tries something different, the opportunity of improving the garlic crop is being missed. The answer lies in growing at least one cultivar from each of the main Groups - Asiatics,

Artichokes, Creoles, Porcelains, Purple Stripes, especially the Marbled types, Rocamboles, Silverskins and Turbans. To start with, choose any cultivar in each Group. After growing it for at least 3 years, try another one from the same Group for comparison. Once you're happy with one or the other, keep the best one and diligently select and save your own seed from it for replanting. Do this for all the Groups. You should aim for growing a reasonable number of different kinds, between 5 and 10, if possible. A simple method for comparison of cultivars is found in Issue 44 of the Garlic News. A diversified crop will offer numerous advantages to any grower.

Garlic is subject to scores of fungal, bacterial and viral plant diseases, most of which cause partial or catastrophic crop failure. Many diseases are transmitted by infected seed garlic but other serious ones are soil borne, requiring attention to soil health. Diseased bulbs do not produce good crops and dirty garlic can carry diseases in the dirt.

Disease reduction in garlic is the result of following good farm and garden practice. Strong, healthy plants are better equipped to resist infection from disease pathogens than plants that are under stress. Organic growers using generous applications of compost and practicing plot rotation carry out two of the best techniques available for growing healthier plants in rich, clean soil. Compost restores soil balance as well as keeping plants strong and healthy while crop rotation enables disease pathogens to die off in the intervening years when the garlic host is absent. It is well to remember that monoculture promotes the multiplication of diseases in crop fields while variety diversification has the opposite effect.

And, unique to garlic, growing from bulbils is a tried and true method of disease reduction, being a good technique for restoring the vigour of garlic planting stock. Some bulbils should be started every year to provide a regular future supply of cleaner seed garlic.

Developing cleaner planting stock by the bulbil method is a low cost, easy method well within the capability and resources of any gardener. All that is required is to save the bulbils from a few plants and plant them in a clean soil. For growers wanting to increase the number of cultivars, bulbils can be purchased from many growers of seed garlic. Bulbil growing instructions are available on request from the Garlic News or found on the Internet by searching under "Growing Garlic From Bulbils" an article published in the Canadian Organic Grower magazine. *Editor.*

BUY LOCAL, BUY ORGANIC, BUY CANADIAN

IT MAKES HEALTHY BUSINESS SENSE

The Garlic News
Connecting
The Canadian Garlic Network
Issue 49 autumn 2016

Managing Editor: Paul Pospisil
 Business Manager: Mary Lou Pospisil
 Regular Columns: Jean Lafontaine
 : Al Picketts
 : Liz Tobola
 : Deb Barnhart
 Contributors: Photos by Rick Neufeld
 Published by: Beaver Pond Estates
 Printing by: Impression Printing, Smiths Falls

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: garlicnews@kingston.net

Cost of membership: Canada: \$20.00 per year of 4 issues. Single copy price \$5.00. Outside Canada: we ask our US friends to add \$4.00 per year and our UK friends to add \$8.00 per year to cover higher postal costs (does not apply to the E-Garlic News).
 Payment by cheque, cash or E-transfer.
 Advertising: see rates in Directory pages.

About The Garlic News

The *Garlic News* is a membership newsletter distributed at cost to members. It provides a networking forum for the sharing of garlic information. Started in 2004, it carries on from where the *Garlic Newsletter* and *The Voice of Garlic* left off.

Back issues are available both in single copy and attractive 1-year bound sets.

For lists of articles in previous issues, go to:
www.garlicnews.ca/ or,
www.rasacreekfarm.com

The E-Garlic News

The E-Garlic News is available by Email.
 Download size is approx. 5 MB. Inquire.

Editorial Policy

The purpose of the Garlic News is to enable farmers and gardeners to grow better garlic and enjoy it more. Articles and contributions are welcome and will be published subject to space and suitability. Letters and articles may be edited for length and content. The Editor reserves the right to refuse advertising, subscriptions, or material submitted for publication where, in his sole discretion, such inclusion would detract from the worth of the publication. Articles should be not over 400 words or one page of text and pictures. No reproduction, duplication or electronic transmission without the editor's written permission. Contents copyright © 2016 Paul Pospisil.

Deadline for Winter 2017 Issue is Dec. 01.

In This Issue

Improving your planting stock for the best garlic crop	1
Some practical techniques for improving planting stock to achieve better crop yields from garlic.	
Notes from our garlic patch	3
Starting the Garlic News 13 th year of publication, Eastern Ontario Garlic Field Day attracts growers from far and wide; report on the 2016 garlic crop in the region; leek moth update; and the Small-Plot trials are still nematode-free after 9 years of mustard use.	
2016 Eastern Ontario Garlic Awards	4
Denis Craigen of Newburgh wins the Eastern Ontario Champion Garlic Grower Award; 20 th anniversary "Longest Braid Contest" draws 24 foot long garlic braid designed by Catherine Cheff of Renfrew; and, another "Buyer Beware" tip.	
We Get Calls and Letters	5
A unique cultivar called Genki, crop failure in a BC garden, hail in Alberta, questions on maturity dates and more. Letters continue on page 18.	
Ail Quebec News	6
A good crop for most, Botrytis Rot the prevalent disease in 2016, visit to Frères Dalpé farm to see practical machinery invented by Denis Dalpé and a question of colour in garlic.	
Tales of the Stinking Rose from Wild Rose Country	7
Liz Tobola talks about her trip to the Garlic Field Day in Eastern Ontario.	
Al's Ramblings: Flashback to Fall 2015	8
Al talks about freezing garlic to keep it fresh for spring and describes his best Rocambole cultivar, "Marino".	
Low Temperature Storage of Garlic for Spring Planting	8
A well-known US garlic researcher, Dr. Gayle Volk reports on findings that garlic can be successfully stored by freezing it at -3 deg C.	
Garlic Connections: HCGGA page	9
Deb Barnhart provides a pictorial glimpse of the very successful Garlic Fest 2016 held by the HCGGA.	
The Garlic Directory	10-11
Garlic ads, listings and useful garlic contacts. Growers are finding the advantage of letting buyers know about their garlic. "Don't hide your garlic under a bushel!"	
Recipes: Garlic Pickles & Pickled Garlic	12
Harvest time is pickling time. Traditional Polski Ogorki and a recipe for Refrigerator Hot Pickled Garlic	
Old Home Remedies & Folk Medicine	13
Cold & flu season will soon be here; a BC municipality battles mosquitoes with garlic, a simple mosquito repellent, and some humour over soap and Fitbit.	
Book Review: The New Organic Grower, 2nd edition, Eliot Coleman	14
The editor recommends this book as an essential reference for small scale organic gardeners, whether growing for market or own use.	
Origins of the Eastern Ontario Garlic Field Day	14
An informative review of the background to the origins and how this annual growers' information day has evolved over nearly two decades.	
The Garlic Directory: Garlic Products at Wholesale from Eureka	15
Al Picketts has garlic and a business to help other market gardeners with their business.	
Garlic Research: Garlic Maturity Chart 10 Year Comparison	16
The shifting garlic harvest dates from year to year make for a challenge in forecasting when to start. Experienced growers diversify their garlic crop to minimize the impact.	
The Garlic Directory: More Garlic Festivals Coming up	17
Two great festivals, Toronto in September, and Andrew, in October offer another chance to join the garlic fun; and, Lorraine Bannister offers a unique garlic gift for Christmas or any occasion for that person who has everything.	
More Calls and Letters (continued from page 5)	18, 19 & 20
Members send their 2016 crop reports. Winterkill. Neale Smith & Rick Neufeld report on the successful Salt Spring Island Music & Garlic Festival; and more.	

A Garlic Year to Remember

The Garlic News will summarize the reports on garlic crops in this past Super El Nino year in a special article this fall. If you have a crop report or a special weather occurrence that affected your garlic, please send it in. We'll try and include as complete a picture of what happened across Canada.

Notes from our garlic patch

Garlic News starts its 13th year.

Issue 49 starts the 13th year for the Garlic News. Members want it, write articles, send pictures, and share garlic experiences with others in a great spirit of cooperation and sharing. Great, isn't it? So, if you're happy, we're happy to continue doing it.



Conversion of print version back copies to E-version suitable for transmission by Email is coming along well. E copies are now available back to Year 7 and we hope to have all conversions back to Issue 1 done by years end. We hit a delay, as the earlier issues were lost in a virus-caused crash a few years ago of PC that I was using at the time. It's a slow business retyping and rebuilding the files.

Should have had a backup, you say? Well, I did. However, guess what? The virus went through the connection and destroyed the backup files in the external hard drive as well. That taught me a lesson. Goodbye PC, goodbye Norton Anti-Virus, and hello to Mac with its higher price. Another example of getting what you pay for. Every quality has its price, be it computers or garlic.

A big "Thank You" - -

- - to the following who added \$\$ to their membership renewals to help with the rising costs of production and mailing. The Garlic News is alive and well! **Thank you! Carole Campbell; Wayne Davey; Julie Fleischauer; Daniel Hoffmann; Grassy Island Garlic; Jim Kastelic & Dwayne Lysachok; Mark Liznick; Natasha Kaminsky; Robert LeMottee; Al Picketts; Eddy Schmitt**

2016 Garlic Field Day at Beaver Pond Estates

Hot, hot, hot! That best described the Field Day weather. As usual, the attendance was made up of growers large and small, experienced market gardeners and novices, all hungry to learn by sharing. The boundaries of Eastern Ontario were stretched this year as growers from West Virginia, Alberta and Quebec showed up to share a wealth of garlic knowledge at this annual event. Two highlights this year were the talks by the executive officers of Ail Quebec on their dynamic new growers' association and Liz Tobola describing the spring planting of Oma's Gourmet Garlic on her farm near Calgary, Alberta. It was a great success!

Mark Sunday, June 25, 2017 on your calendar so as to be sure to attend next year' garlic discussions.

Still Nematode Free after 9 years

The Small-Plot Organic Garlic Variety Trials plots at Beaver Pond Estates are still nematode-free after 9 years, showing that our organic soil management program using mustard as a regular cover crop works effectively. There is no sign of any return of the Bulb & Stem Nematode providing and assurance and confidence in any seed garlic from the trials used for planting. Organic methods do work well!

2016 Garlic Crop in Eastern Ontario

The 2016 garlic crop turned out amazingly well despite the late, cold spring this year followed by a serious drought. There was some sporadic winterkill and early cultivars like the Turbans and Creoles were affected the most. Garlic once again demonstrated that it is a hardy, adaptable plant.

Leek Moth quick update

The nasty little Leek Moth was delayed by the cold of April and May. Some growers may have hoped that it would have been killed off, but despite the delay, the leek moth was alive and well, striking with a vengeance in June and July! The late appearance that usually would have resulted in more damage to scapes and eggs or larvae being brought in with the harvest was headed off by the experiment that we were doing this year using the biological pesticide BtK, right up to harvest. As a result, very few leek moths were found in our harvested garlic.

Post-harvest damage is a major concern. The larvae bore into the bulbs, damaging one or two cloves causing the start of decay that can quickly spread to adjacent bulbs. Inspect curing and stored garlic regularly, looking for signs of cocoons or tiny pinholes in the bulbs. Experienced growers have a management program in effect to minimize crop losses. Growers new to the leek moth experience would be well advised to learn about this pest. It won't go away and there is no simple solution, no magical spray or pesticide. As a start point, go to Garlic News, Issue 23. The description of the leek moth is on the front page, and the article, "Living with the leek moth" is on page 9.

Smell your garlic!

Decaying garlic has a nasty smell, even worse than rotten eggs. Decay can be the result of Stem & Bulb Nematode infestation, a fungal disease, leek moth damage or mechanical harvest damage. Check your curing or stored garlic often and remove the bad ones.

Looking for an article or a recipe in the Garlic News?

Two of our members have kindly posted searchable Table of Contents (TOC) pages from the Garlic News on their websites as a service to garlic growers. To search for an article, first download the TOC page or pages from either of these websites:

www.garlicnews.ca/
www.rasacreekfarm.com

If you can, open the download in Preview; if you don't have Preview, open it with Adobe Reader. In Preview, the search box is at the upper left while Adobe has a little magnifying glass at top centre. Type in your search term, for example, "garlic scapes", click "enter" and the popup will display all the articles or recipes containing "garlic scapes". Thank you to Eric Mattila and Jim Capellini for providing these excellent search tools.

20th Anniversary Eastern Ontario Garlic Awards
held at the Verona Lions Garlic Festival,
Verona, Ontario, Saturday, September 3, 2016.

2016 Champion Garlic Grower:

- Denis Craigen, Newburgh, ON
- 4 x 1st for a total of 12 points of a maximum possible 12 by winning all four Classes.

2016 Reserve Champion:

- Anne Janssen, Perth, ON
- 2 x 2nd for a total of 4 points.

3rd place Honourable mention:

- Bill Kirby, Yarker, ON, 2014 and 2015 Champion



Thanks also to Catherine Cheff, Dorothy & Viren Oogarah and Monica Howlett for participating in the competition with excellent quality entries.



Left, Denis Craigen's winning garlic braid; right, Paul Pospisil presents the Woodman Trophy to Denis.

The 2016 Awards competition again demonstrated the keen interest of the best growers of top quality garlic who were unafraid to put it up for independent comparison and judging against others. The entries reflected this high quality, providing Judge Ann Babcock with a challenging task of deciding between entries of superior quality.

The Awards competition, inaugurated at the first garlic festival held in Perth in 1997, has been instrumental in raising the bar on garlic quality over the past 20 years. It is the official garlic competition open to all growers in the Eastern Ontario region.

Officiating at the Awards were the following:

- John McDougall, Verona Lions organizer
- Paul Pospisil, Awards founder & donor of certificates, ribbons and trophies.
- Dianne Dowling, NFU Local 316, \$100 prize donor.
- Kim Perry, Local Family Farms, \$50 prize donor was unable to be personal present.
- Ann Babcock, OHA judge.
- Karen McLean, Competition Clerk & Supervisor.

A great vote of thanks goes to the Verona Lion's Club for hosting the Garlic Awards and providing needed support.

Special Longest Braid Contest

Marking the 20th Anniversary of the Garlic Awards

Catherine Cheff of Cheff Fields Farm, Renfrew, ON won the Longest Braid Contest with a 24-foot long braid of over 350 garlic bulbs of numerous different varieties.



Dave Duffe, volunteer, points out the impressive length of the winning braid, stretched out for the judge to measure its length.

Paul & Mary Lou Pospisil, Beaver Pond Estates, Maberly ON donated cash prizes, certificates & ribbons for this commemorative event.

Buyer Beware!

Garlic festivals bring thousands of people, festival fun, serious selling, and, lots and lots of garlic. Unnoticed amongst all the honest garlic farmers are opportunists, trying to convince the unwary that the poor products they have to offer are better and cheaper than anyone else's. Slick salesmanship works and the buyers are often taken in. Have you ever come across a situation like this?



The vendor of the garlic on the left assures the buyer that true organic garlic has to be dirty.

"Don't buy that stuff in the next stall. It's too expensive and not really organic. Mine is the real organic thing and much cheaper. I never use chemicals!"

The vendor at right with the top quality organic garlic loses a customer due to charging a fair but higher price. It's not until weeks later the buyer finds that the cheaper "organic" garlic they bought is rotting. Not only was the garlic dirty, the dirt had hidden the fact that it hadn't been properly cured, either! From complaints received after the festival season is over, it is evident that opportunism is alive and well at the big festivals.

Buyer Beware! Look for the honest farmer that you can trust. Claims that sound too good to be true, likely are. Producing quality costs and every quality has its price.

We get calls and letters

Postal Strike Looms

Elsie Maas of Bruce Mines, ON wrote: Pretty dry here in Bruce Station. Nearly forgot to renew. Hope this gets through before the mail strike. Thank you for the good reading material.

Editor: Elsie paid \$11.75 Express postage to get her renewal through, hoping to avoid getting it held up in the mail stoppage!! It arrived. Thank you Elsie!

Genki, a unique cultivar

Don Wah of Windermere BC, sent photos, saying: Hi Paul, sending along a couple of pictures of this year's Genki. It seems to have come into its own after 5 years.



Bulbs are consistent in size with huge cloves. I harvested when the 2 bottom leaves had deteriorated, lots of wrappers left, so it should store well. Thanks for supplying this unique cultivar. It's high on my list of

favourites. Wishing you a great crop.

Editor: Thank you for the report & pictures. You've had excellent results with this novel cultivar. Yes, some take longer than 3 years to adapt to your climate & conditions.

Genki is an Asiatic.

Storage life is a month or two less than Artichokes or Porcelains but longer than the Turbans, Creoles and Rocamboles. You may wish to use it before the longer storing types.



Crop Failure in BC garden

Kathy Keeping of Knutsford, BC, wrote: Sorry I have been so delinquent in writing about my garlic patch. Could be because there is not anything to write about. Worst year for garlic yet. Only about 1/3 of my garlic came up or attempted to come up. Pulled up a few of the bulbs that had come up a couple of inches and then seemed to stop growing. They were usually all mushy. I had only planted a very small patch this year about 150 cloves - harvested 10. The bulbils I planted did ok - I just had them in flats on the porch. Will plant them the same way again this fall. I will not be planting any garlic in this year - there seems to be a root maggot getting them. The worms were all gathered around the base of the bulb and looked like the typical white maggot. I built a new raised bed to plant the garlic in with all new ingredients added and tried buckwheat for the first time last year. I was planning to do more this year.

Editor: Sorry to hear about your bad garlic crop. Weather has been hard on garlic, last year too wet, and this year the drought.

Hail in Alberta

Lorraine Bannister of Innisfail, AB wrote after getting her back issues of the Garlic News: It was great to read the back issues of the Garlic News - it's an excellent newsletter! There actually was an excellent garlic scape soup recipe in Issue 15, Spring 2008, which is probably better than the one I sent you. We had a bit of hail while we were away which broke some major stems on our smallest plants, but the soil is pretty damp so we're waiting for some drying and then will probably lift out these broken ones to dry for seed stock. They're a bit small to take to market. Hope your growing season is going well.

Editor: Hi Lorraine. I'm pleased that you enjoyed the back issues. I use them all the time when gardeners ask me questions. The old brain can't remember everything that I've published. Use the Tables of Contents in the two websites below my address to search for recipes and articles (see page 3). Thank you for your soup recipe. Hopefully, next year, I'll publish "The Best Recipes from the Garlic News", all originals, not copied from the Internet. I've forgotten about hail in western Canada because we get it so seldom here. It can really do damage. I remember when I was growing up, a neighbour got huge hailstones. His car was damaged so bad that it looked like someone took a hammer to it!

Wants to make list of maturity dates

Anne Janssen of Perth, ON, asked: I'd like to create a list of garlic varieties that includes their maturing habits or at least a simple list in order of when each variety matures. Perhaps something like this already exists and if it does, you probably created it. I had planned to harvest this Friday and Saturday but doubt myself. There are only two leaves, in some cases three, dried up. It looks good when I pull it but think they might continue to grow a bit more if I leave it another week. I don't think I watered enough this year but did end up leaving the mulch on quite thickly which helped.

Editor: I do a Trials Report on Garlic Harvest Dates every year and publish it in the Garlic News. I gave up trying to define "harvest date" any closer than that. There are too many variables like changing date of the harvest depending on weather, difficulty in trying to record exactly when the garlic is at a peak time for harvesting and so on.

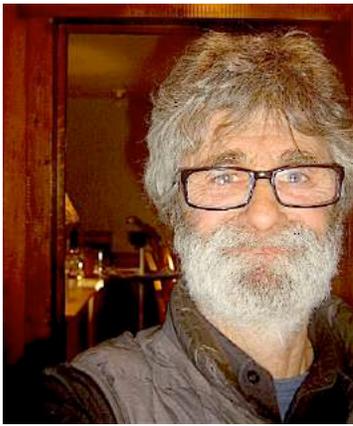
Connecting the Canadian Garlic Network - - -

Sharon Bartlett & Bill Ableson of Carleton Place said:

Hi Paul. We were just reading the latest Garlic News and were thinking that we would like to promote it on our Facebook page. I thought I could write a little note to tell people about it and take a picture of the first page. Would that be ok with you? **Sharon & Bill**

Editor: By all means, Bill & Sharon. The more you help to spread the gospel of garlic, the more people will either grow it or buy Canadian. Harvest is a good time to post something. If it goes on your page, Bill, I can then share it. Paul

(More letters continued on page 18, 19 and 20)



Ail Quebec News

By: Jean Lafontaine

Catching up on news in August when everyone is overworked, including yourself isn't easy! This is obviously not the best time for socializing. Why? Life is short...

Altogether 2016 has been good for most members. From producers I talked to and considering my own crop, it

seemed to me that bulbs are bigger than usual. But last night, I was told that some others had a poorer harvest than what they are used to. At least we all had a good stretch of dry weather at harvest time. Even the French garlic looks better than expected, since it shows no sign of *Fusarium* on the cloves, only on the root plate. Remember the fungus seriously affected the garlic we received from France last fall?

On the other hand, Botrytis Rot of garlic, *Botrytis porri*, was the most prevalent disease in our fields this summer, despite the dry weather conditions. It doesn't take much to get it started; irrigating too late in the day, presence of weeds or too thick a layer of mulch combined with dew, sclerotia on the cloves at planting time, or any other unknown practice or condition.

One is never too careful!

Visit to a Member's Farm

On July 9, members were invited to the farm of Denis and Jacques Dalpé (aka Les Frères Dalpé) for a gathering that turned out to be a great success. There was plenty to learn for everyone and the pleasure of meeting like-minded people, and good friends you seldom see. It was carefully planned.

Machinery was installed all along the greenhouse where we had lunch and shelter from a few heavy rain episodes that failed

to spoil the day – if such was their intention. The Dalpé brothers practice permaculture, which means they cultivate on permanent raised beds. Hence the

need for special machinery most designed and built by Denis, a retired machinist and Ail Quebec's current president. By luck, the rain stopped when we were ready to go visit the fields.



Denis Dalpé showing his 18 000 cloves per hour home-made garlic planter, and below, his improved weeder.



Denis was proud to let us see how clean the garlic beds were, since he changed his cultivator.



Mario Leblanc inspects sick garlic. On another table in the greenhouse, different cultivars of French and Quebec garlic, fall and spring planted, were exhibited, thanks to Denys Van Winden, a Sherrington producer.

Mario Leblanc, agronomist and Allium specialist at MAPAQ, had graciously accepted to attend the meeting. Suspicious-looking garlic plants had been gathered for him to check and offer his comment.



Denys displays his garlic

What If *Ditylenchus Dipsaci* Has A Twin Brother?

Thanks to a new research project on Stem and Bulb Nematode initiated by Agriculture & Agri-Food Canada (AAFC) and Phytodata Inc. in collaboration with Ail Quebec, members are offered free nematode detection in order to provide researchers with a broad sampling of the pest. It is suspected that there could be more than one race of stem and bulb nematode in our soils. Part of the project is to genetically characterize populations of nematode present in Québec. Since the biology of this pest may vary with race, this characterization is very important for the project to proceed. For AAFC, Benjamin Nimee, PhD and Guy Bélair, MSc, will be responsible for the project with Hervé Van Der Heyden, MSc for Phytodata Inc. After all, why settle for a single public enemy number one when we could possibly have two, or even more???

A Question Of Colour

On the 'members only' Facebook page, the red or pink colour of some Music wrappers was discussed. Why is that? Shouldn't



Porcelain always be pure white? Some blame it on stress caused by drought, while others believe it has to do with the PH, or with the type of soil. Yet others think it only turns red after being

exposed to sunlight. The truth is that none of us knows for sure. I wonder if Paul could give us the facts?



Editor: Agreed. I don't know for sure either. This year, most of my Porcelain cultivars displayed coloured bulb wrappers. Strange!



Tales of the Stinking Rose from the Wild Rose Country

A Garlic Field Day

By: Liz Tobola

Well it never fails. I take a vacation and include garlic as part of the curriculum. This year was no

exception as I was finally able to attend Paul's Garlic Field Day at Beaver Pond Estates. I barely RSVP'd to the official invite only to find I was inaugurated to speak! Well, guess I'm going to have to wing that talk, as I've no time to prep. Driving up the QEW, the 401 & Highway 7 enroute from Hamilton very early Sunday morning was quite a pleasure. Many lanes, light traffic, a beautiful morning, no stress. And a great day full of garlic people and garlic talk was ahead of me! I was not disappointed. After introductions I was first up and managed to blabber about how I started into this great garlic adventure, my spring planting and a few trials and tribulations.



L to Field Day Special Guests-Denis Dalpé, President Ail Quebec; Serge Pageau, Admin; Liz Tobola, OMAs Garlic; Paul Pospisil, host; Denys Van Winden, Ail Quebec, at the garlic trials site. Photo by AQ.

Next up was Ail Quebec. They gave a very interesting talk about their association of garlic farmers big and small. Paul toured us through his garlic patch and bulbil project all the while talking on various aspects of growing garlic. We had time to visit too with everyone and chat about whatever. How very nice it was to meet fellow subscribers to The Garlic News and all the garlic newbie's. Thanks Mary Lou for the wonderful lunch☺.

Adding to my pleasure that day was a visit to Railway Creek Farms in Madoc, home of the infamous Mennonite garlic. Elly and her mom Jean made me feel right at home. After a prolonged visit to the garlic field to chat about ... garlic, I was treated to an amazing dinner and Jean's birthday cake.

The trip back to Hamilton was mostly uneventful...until the rain started and I had to figure out which switch was which for the wipers on my rental. Then it was dark and the low gas alarm goes off and I was in the midst of the greater Toronto area. Yikes but, I lucked out there picking the first exit and travelling only a kilometre or so to fuel up.

Both Paul's and Elly's garlic was beautiful. I had not seen other fields at this stage of growth besides my own. The scapes were doing their striking swirl and the plants were very healthy. I was rather jealous. For the last few years (or maybe it's always this way, just more prominent lately) OMA's Gourmet has the great scape swirl but soon after the plant leaves degrade quite rapidly.



Hail damage to OMAs garlic. Photo credit Liz Tobola.

This year OMA's doesn't look as bad but they also took a beating with a hailstorm while I was flying home from Ontario, plus, another one a month later! I was not going to foliar spray with kelp/fish emulsion this year but decided they needed a boost. I left the 'seed stock' alone though and did not spray as an experiment to compare to the backup seed stock. 'Sell stock' all got the booster juice. Of the ones I did spray, I also left the scaping garlic alone. The extra nitrogen is not a good idea at this point in their growth. Nitrogen at this stage is not required by the plant and invites various diseases to develop. A big part of the reason they say not to water after scaping starts! Dang Mother Nature...can't you just quit with the rain now...it's been steady for 5 weeks!

I'm actually resigned now to just get what I get. But, I am still invigorated to keep learning and trying various things to improve the garlic and soil health.



Liz can be reached directly: phone: (403) 601-2642, email: OMAsGarlic@platinum.ca, or follow on Twitter: @OMAsGarlic

Al's Ramblings: Flashback to Fall 2015 Crop

By Al Picketts

Garlic seed sales for the fall of 2015 were good but, with such a beautiful crop, there was more seed-quality garlic resting comfortably in the freezers than ever before. I had three large chest freezers full to the lid and more hanging in the garlic room. If you are having trouble storing your garlic due to shrinking, sprouting, moulding or rotting, you might want to consider buying a temperature controller and a chest freezer in which to store your garlic. It's probably a good idea to line the freezer with something to hold the bulbs away from the really cold walls of the freezer. I use a metallic bubble wrap. I have no idea how long it can be held at -2deg C but if I were to hazard a guess it would be measured in years. Maybe this year I will be able to put my theory to the test. Other years I sold out of garlic by late June or early July. The garlic coming out of the freezers at that time was still just as pristine as when it went into the freezer in late October. When this garlic is removed from the freezer it can be used for anything with which you would normally use fresh garlic. It can be sold for fresh eating garlic or made into dehydrated garlic products such as chips, pearls, sand or powder. I use it to make my yummy black garlic. I sell it for planting and plant it myself. It grows beautifully.

Each year I grow more Marino than the previous year. For those not familiar with Marino let me say this about that. Marino is a Rocambole type of garlic with about eight cloves per bulb but it differs from other Rocamboles somewhat. Marino wakes up in the spring after all the other garlic varieties are up and growing but not as late as the Jumbo Elephant. Not to worry. Marino will grow well with hardly a miss in the row. It seems to be not only winter hardy but also rather resistant to fungal infections, which can be a real problem with other garlic varieties, especially Rocamboles. The bulbs can be quite large if given half a chance with good fertility and plenty of sun and room to grow. Marino harvests later than the other Rocamboles too. This comes in handy when you are rushed to get other garlic varieties harvested before they get too mature. While varieties like French Rocambole, Italian Purple, Alison's, Killarney Red, Korean Purple and others are screaming at you to bring them home, the Marino is quietly waiting its turn without objecting to being harvested last.

I started growing Marino in 2002 from a little handful of bulbils that I had bought from The Garlic Store in Colorado. That few bulbils has multiplied into lots of seed sales, lots of eating garlic, lots of top quality black garlic, a large freezer full of beautiful seed-quality garlic and enough for my nephew and I to plant 17,000 cloves last fall. Marino has done everything I could ever ask it to do. The reports I get back from those who have planted Marino have all been positive. That makes me happy. I can see Marino becoming the primary garlic variety in Canada some day. If you haven't tried it you owe it to yourself to give it a go and see what it will do for you. My guess is that it will do plenty. Oh, did I mention that Marino looks very pretty? Well, it does.

Low-temperature Storage of Garlic for Spring Planting

Keeping harvested garlic over the winter, or suitable storage is a problem that plagues both home and market gardeners. Some garlic varieties have a very short storage life of less than 6 months while most can deteriorate quickly when stored under the wrong conditions.

Al Picketts talks about his solution by freezing at -2 deg C in his article on the left column.

Dr. Gayle Volk, one of the top researchers in the USA, has investigated this issue. For growers with Internet access, just search by title and Dr. Volk's name. The report can be read as published in the scientific journal. An abstract of the research paper is provided below.

You can try it for yourself. Basically, all you need is a small chest freezer, an accurate thermostat, some wiring and a bit of know-how. This year, I will be doing a short experiment myself to determine just how any grower can adapt this system to their own use. *Editor.*



Gayle M. Volk and Kate E. Rotindo

Abstract of article published in Hort Science, Vol 39(3) June 2004

Garlic bulbs (*Allium sativum* L.) harvested in the summer are often stored at room temperature between the time of harvest and curing and either consumption or planting in the fall. The quality of these bulbs usually deteriorates dramatically by 6 months after harvest. Garlic bulbs were placed at -3, 0, or 5 deg C for approximately 6 months to determine if bulbs could be maintained for spring planting. Response to cold-storage conditions was cultivar dependent. We found that most cured garlic bulbs stored at -3 deg C for 6 months successfully formed cloves within bulbs when planted in the following spring. Unlike the high-quality bulbs formed after -3 deg C storage, bulbs stored at 0 deg C for 6 months often formed side cloves and had loose wrappers. In another study, garlic bulbs stored at 0, 5, 15, or 23 C exhibited a higher rate of shoot elongation within the cloves during storage than bulbs stored at -3 deg C. After 9 months of -3 deg C storage, bulbs then held at room temperature retained the quality characteristics of freshly harvested garlic (firmness, taste) for at least 2 months. These studies suggest that cured garlic can be spring planted and consumed year-round when bulbs are stored at -3 deg C.

Garlic Connections Start your day the growing way



Just South of Algonquin Park

The 9th Annual HCGGA Garlic Festival was a resounding smash hit! New record attendance and heartfelt warmth that embraced the change of venue and a different day offered.

The Sunday Festival was relaxed, with more families in attendance and this partnered nicely with our location that offers year round a setting of gathering, sharing, educating, healthy choices and top notch local food production from plot to plate, with offerings available in the retail outlet on site.

Sample our photos and watch us as we grow forward in a new atmosphere of community and cooperation! Better still, come join us at our next festival and visit this wonderful gathering place in the Haliburton Highlands!



Partnering

in Action



To contact the Haliburton County Garlic Growers Association: Visit website: www.haliburtongarlic.ca or phone Sheila Robb 705-489-4201, Email robbsheila@gmail.com

THE GARLIC DIRECTORY

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

A'Bunadh Seeds (A-boo-nar)
Denise O'Reilly, founder



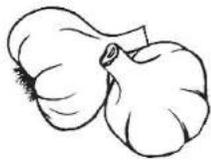
Box 127
Cherhill, AB T0E 0J0
780 785 2622
gardenofeden2010.wordpress.com
smileyo@xplornet.ca



Jim Capellini
Lumby BC 250-547-2077
www.rasacreekfarm.com
certified organic
Seed Garlic: Bulbs and Bulbils

On Our Website in 2016

- ✓ Expanded Inventory - Bulk Sales
- ✓ Garlic Farm Planning tools & workshops
- ✓ Announcing *Crème de la Rasa!*



Boundary Garlic

Henry Caron and Sonia Stairs
Box 273, Midway BC V0H 1M0
phone: 250 449 2152

certified organic seed garlic bulbs
cultivars of all ten true garlic varieties

www.garlicfarm.ca

garlic@garlicfarm.ca

BEAVER POND ESTATES

Tree Farm & Sugar Bush



Garlic Growing Trials
- over 200 cultivars evaluated
- Seed Packs for Home Gardens



The Garlic News

"Connecting the Canadian Garlic Network"

Paul & Mary Lou Pospisil
3656 Bolingbroke Rd.
Maberly, Ont. K0H 2B0

(613) 273-5683
garlicnews@kingston.net

Thanks to some of our great members:

The Garlic News doesn't have its own website but you can find out about it and get membership forms on these member's websites:

www.garlicfarm.ca

www.rasacreekfarm.com/resources/the-garlic-news

http://www.garlicnews.ca

Global Garlic

International Garlic Varieties
Grown Locally

Daniel Hoffmann : 647-388-7444

www.thecuttingveg.com



James & Janice Jones
email ~ bigassgarlic@hotmail.com

Dorset, Ontario
705-766-2748

Railway Creek Farms

Elly Finlayson Original source for Mennonite porcelain
Madoc, Ontario www.railwaycreekfarms.com
613-473-5174 railwaycreek@gmail.com

On-line Catalog and shopping option.

20 kinds of garlic to choose from for seed or table.

Our farm is as Natural as Nature intended!

Snoetic Farm

Naturally grown seed garlic & bulbils

Prairie-adapted varieties

Yoenne Ewald, San Clara, MB
204-937-4827 garlicgirl@snoetic.ca

www.snoetic.ca

Chinese Garlic?

Do any of the millions of dollars that Canadians send to China for cheap goods ever come back to help keep jobs in Canada?

Think about it.

If local garlic is to compete on the Canadian market, it must compete on the basis of higher quality, as it just cannot compete with the cheap imports on price. Dirty or badly presented garlic just doesn't make it. Be smart, look smart.

al@eurekagarlic.ca



AI Picketts

Seed & Eating Garlic
Many Varieties - No Chemicals

(902) 836-5180

RR#6 Kensington
Prince Edward Island
Canada C0B 1M0

GARLIC ROSE FARM
AIL ROSE DU TERROIR
Naturally grown garlic & bulbils.
We are nematode-free.
Over 22 strains available
Creoles: Rose de Lautrec, Aglio Rosso, Barcelone, Creole Red, Pescadero Red.
Silver Skins: Silver Rose, Silver White Nootka Rose.
Porcelaines, Rocamboles, Purple Stripes Artichokes.
First paid orders are first filled.
ailrosegarlic@gmail.com
(450) 248-3223
(Quebec) Canada (English or French)



Vancouver Island
Naturally grown garlic - no herbicides - no pesticides.
We take care of weeds the old fashioned way.

We grow six varieties of garlic.
For pricing and availability contact us at:
centralislandgarlic@gmail.com

Follow us on 

New Oxley Garlic, Naturally!
"Music" – a song for your palate.
www.newoxleygarlic.com
jackie@newoxleygarlic.com

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

Organic Garlic from the Cutting Veg:
Persian, Israeli, Yugo, Tibetan, Ukrainian, Korean, Chinese, Salt Spring, Russian.
Business card on facing page.
www.thecuttingveg.com. Contact Daniel Hoffmann, daniel@thecuttingveg.com.
647-388-7444

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



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

GARLIC FOR DIVERSITY
Bulbils for Fall 2016 planting. Tested and proven. Grow nematode-free garlic seed stock or diversify your crop at low cost. Also seed bulbils, 25 cultivars.
Email: garlicnews@kingston.net



ORGANICALLY GROWN MUSIC & IVAN plus 20 varieties, also Elephant, will ship in Canada, seed from bulbils, seed garlic and fresh market. Simon de Boer, RR#2 Teeswater, 519-357-1919. LANGSIDE FARMS sdeboer@hurontel.on.ca

Why Grow garlic from bulbils?

- Diversify into more cultivars
- Rejuvenate planting stock
- Inexpensively multiply seed
- Grow nematode-free garlic
- Reduce incidence of disease

Salt Spring Seeds on Salt Spring Island carry a great line of heirloom & heritage seeds including garlic.
Dan Jason, 250-537-5269,
Email: dan@saltspringseeds.com.
Website: www.saltspringseeds.com

THE GARLIC PRESS
Newsletter of the Garlic Seed Foundation
Now available in electronic format.
Go to website: www.garlicseedfoundation.com or Email Bob Dunkel: gardunk@yahoo.com

Garlic News 2016 Advertising Rates
Business Card: \$50.00 for 1 year of 4 Issues
Box Ad: \$50.00 per column inch or 5 lines.
Directory listing, For Sale or Wanted: 5 lines \$30.00 per year, extra lines, \$10.00.
1/4 Page ad: \$30.00 per issue, \$100.00 per year
Full Page Ad or flyer insert: \$100.00 per Issue, \$175.00 for 2 Issues, \$300.00 for 1 year of 4 Issues.
Email: garlicnews@kingston.net for other rates.

Your ad includes referral service to customers looking for garlic, at no additional cost to you. A business card seen year round keeps your farm in the mind of the buyer, every time they see it.

Garlic from Blue Marsh Farm, Nova Scotia. Check our website for details:
www.bluemarshfarm.ca
Ph. 902-623-0832
Email: barbara@bluemarshfarm.ca

The E-Garlic News
Now available by email in electronic format.
Advantages: Read it on your computer; print off only those pages you want; save on paper; reduce mailing costs; get it faster.
Pictures in full colour.
"E" version is about 5 MB on average.
garlicnews@kingston.net.

Recipes: Garlic Pickles & Pickled Garlic

Harvest time is pickling time with lots of fresh cucumbers for making dill pickles with the bounty of cucumbers and using up all the damaged or small garlic cloves for a jar or two of pickled garlic. Just remember that canning must be done carefully to prevent spoilage or even worse, botulism. Follow these simple rules for *safe canning*:

1. Select jars of the desired size. Use good mason type jars with new lids. Don't try to preserve in recycled glass jars from store bought goods.
2. Sterilize the jars. First, wash lids and jars in hot, soapy water rinse and then sterilize the jars and lids by boiling them in hot water for 10 minutes.
3. Select fresh vegetables discarding any that are overripe or blemished. Wash well and cut into pieces as per recipe. For cucumbers, chill them in ice water first. Process produce immediately after it's harvested.
4. Fill jars with produce, cover with liquid, wipe off rim and cap with a hot, sterilized lid and sealing ring. Leave space at the top for expansion.
5. Load jars into the canner, leaving room between them.
6. Canning uses heat to destroy moulds, yeasts, bacteria, and other organisms that cause spoilage. Heating depends on whether produce is acidic or not. In general, boiling-water canners are used for acidic produce and are much faster while pressure canners are used for nonacidic produce and require longer processing times.
7. Remove from canner, cool jars, check for seal and store in cold room or pantry. Use jar lifters to gently remove the jars from the canner and place them an inch apart on a wooden board to cool. While they cool, the lid gaskets firmly seal to the jars. Listen for the "pop". After 24 hours, check the lids to be sure they are airtight. Push down on each metal lid—it should not give or spring back up.

Refrigerator Pickled Garlic with Hot Peppers

Pickled garlic is a delicacy to be enjoyed by all garlic lovers. Make it when garlic is freshly harvested, as garlic tends to go harsher in flavour the longer it is stored. Recipe makes one 1-pint size jar of refrigerator pickles. Multiply it for more jars.

Ingredients:

- 1/2 pound garlic, or about 4 or 5 large bulbs, peeled
- 5 or 6 hot red cherry peppers, whole
- 2 cups distilled white vinegar
- 2/3 cup white sugar
- 1/2 teaspoon ground dry mustard
- 1/2 teaspoon celery seed
- 3 or 4 sprigs of fresh dill

Method:

Place garlic cloves in a bowl. Add the hot red cherry peppers. In a large saucepan over medium high heat, place the distilled white vinegar and white sugar. Wrap ground dry mustard and celery seed in a spice bag, and place in the liquid mixture. Bring to a boil and boil 5 minutes. Stir in garlic and cherry pepper. Continue boiling 5 minutes more. Remove from heat and discard spice bag.

Place garlic and peppers in sterile jar(s) to within 1 inch of the top. Stuff sprigs of dill into the jar. Fill with remaining liquid to within 1/4 inch from the top. Seal and store in the refrigerator approximately three weeks before serving.

Polski Ogorki, Traditional Polish Dill Pickles

Ingredients:

- 1/4 cup of pickling salt
- 5 cups of cold water
- 1 cup of white vinegar
- Fresh cucumbers, enough to fill your jars
- 12 large garlic cloves, peeled, cut in half
- 8 sprigs dill weed
- 2 tsp. dill seed (1/2 tsp. per jar)
- 2 tsp. pickling spice (1/2 tsp. /per jar)
- 4 x 2-qt or 2-liter glass canning jars

Method:

Wash and sterilize the jars. Put the kettle on to boil water for sterilizing cucumbers. Make brine by boiling the vinegar, cold water and pickling salt in a large saucepan, simmering until salt is dissolved. Wash cucumbers and place in iced water to chill until firm and crisp. When crisp, place in a colander and pour boiling water over the cucumbers to sterilize them.

Into each jar, put in 3 sliced garlic cloves, dill weed and seed, spices, and then pack in the cucumbers as tightly as possible. Traditionally, Polski Ogorki are whole cucumbers, but you can cut them to fit the jars better. Make each piece a similar size so that they pickle evenly. Take the boiling brine mix and pour into the jars to cover the cucumbers, filling to a little below the rim of the jar. Seal the jar lids tightly.

Place all jars in canning pot or large saucepan and fill with hot water. Bring to the boil, simmering for 10 minutes. Remove jars and allow to cool, checking all lids are tightly sealed. Leave jars in a cool dark place for 8 to 10 weeks before using.

Recipe makes four litre jars or four 2-quart jars.

What causes garlic to turn blue or green?

When garlic is pickled, you will sometimes notice that it can take on a blue or green hue. This occurs when the acid in the vinegar causes a chemical reaction between the enzymes and pigments naturally present in the garlic. It is still safe to eat. There are precautions you can take to help prevent it. Use distilled water and pickling salt, not iodized or table salt. If all fails, just pretend that it's the Chinese delicacy called Laba pickles.

Reminder: Garlic News Cookbook Recipe Contest***

Enter our Garlic Recipe contest. The top recipes sent in will be featured, along with their creators, in the 2017 Garlic News Cookbook. Use the Garlic News format to submit your recipe. No recipes pulled off the Internet, please. Comments on recipes invited.

Old home remedies & folk medicine

Protect yourself from colds and flu

The flu and cold season is just around the corner and its time to start enjoying as much garlic as you can fit into your meal menus. More garlic now will boost your immune system so your body can fight off those flu bugs when they start their annual march through the population.

No, you don't have to wear a garland of garlic around your neck to keep the colds away. Eating it is good enough!

There's lots of fresh, local garlic to be found at your nearest farmers' market, garlic festival if you have one near you or just by taking a drive in the country and watching for those little signs saying, "Garlic for Sale".

Remember that raw garlic is more potent than cooked garlic and much, much more beneficial than commercial grade garlic powder. If you cook with garlic, try to add it to your recipe last for the shortest cooking time and avoid heating it over 140 deg F so you don't kill the beneficial properties.

OK, so you like roasted garlic. No harm done eating it. Pamper yourself with it as a delicious treat, but don't count that into your healthy eating menu. You still need the raw or lightly cooked garlic as well to get its value. *Editor.*



The District of Taylor in BC is turning to garlic

From the Alaska Highway News July 14, 2016

The **District of Taylor**, located on Mile 36 of the Alaska Highway is using garlic to control mosquito problem instead of pesticides such as Malathion or DDT. The district has started a pilot project as a "potent garlic solution" to control the pests. Ball diamonds will be sprayed first before moving to other areas. Council was told the garlic solution would kill larvae and keep adult mosquitoes at bay for weeks, says the report. If successful, the district plans to continue the project in 2017.

Other towns across the country using garlic to eradicate pests include Leduc, Alta., and Huntsville, Ont., according to the Canadian Press.



A simple garlic mosquito repellent

Ingredients:

4 large cloves garlic, minced

4 tbsp. mineral oil

2 cups water

1 tsp. lemon juice

Cheesecloth

Method

Mince garlic cloves, cover with mineral oil and soak for 24 hours. After they are done soaking, remove the minced garlic chunks and mix the oil with 2 cups water and 1 tsp. of fresh lemon juice. Strain everything through cheesecloth and add to a spray bottle.



Thought for the day

If political correctness is so much more important than honesty in our society, why is it that theft, violent crime and abuse of fellow humans run rampant today?

Sleeping with a bar of soap & the power of the Fitbit

This is not about garlic but it's a useful home remedy just the same. You know, many of us old fogies suffer quite horribly from a seniors' affliction called night leg cramps. For whatever reason, these cramps seem to strike a lot of older folks. Sometimes the cramps get so bad that they'll wake you up in the night just screaming with pain as the muscles knot up. Doctors sometimes prescribe quinine sulfate, similar to the stuff that used to go into gin and tonic. You needed to drink 10 glasses of gin and tonic to get the right dosage. In my younger days, I might have managed that but at my age, one G & T would knock me out cold so I went with the pill form. I tried that for a couple of years. It didn't help. As well, the quinine had some bad side effects so I quit and went back to nightly suffering with leg cramps. Mary Lou happened to be "googling" on her new iPad and came across this article about putting a bar of soap between the bed sheets. They claimed that it worked to stop leg cramps even though there was no medical evidence to back up the claims.

Well, as you well know, if you saw it on the Internet, it has to be true. I rushed to town, bought a bulk pack of Ivory soap (you know the kind that used to advertise that it was 99 and 44/100 % pure?). That night, I stuck a bar under the bottom sheet, and went to bed, worried that the lump would keep me awake. I slept for 6 hours, no cramps. Back to sleep for another two hours. Woke up refreshed, no leg pains, and no cramps during the night. As a bonus, I had no back pain. It seemed to work for a few days, and then, the potency of the soap appeared to wear off. Some night cramps came back.

In the meantime, Mary Lou started sleeping with a bar of soap, too. I was humiliated and insulted that she would make such a choice when she had this handsome young husband!

Well, it worked for her, and I must admit, with some mortification, that she has a permanent new bedmate.

Now, what's this Fitbit bit? Well, daughter Catherine gave her one of these electronic watch-type gadgets called a Fitbit for her 75th birthday this summer. The idea is that everyone needs to walk 10,000 steps a day and it takes a \$200 gadget to make sure that you do. Guess what? It works. She's up every morning at 5:30 AM, outside, without even having her coffee and out for the first 3000 or more steps. Then, every hour, this gadget on her wrist vibrates and tells her its time to walk. You have to get up and walk or it keeps nagging until you do. When you reach your daily target, this thing puts out a great fireworks display and lots of congratulations! It works out to around 7 km so fireworks are in order.

Never in our years of marriage would I get anything but a dirty look if I so much as dared to say she should do something, let alone telling her to get up and exercise!

How is it that a silly little bit of electronic junk gets a human to obey so willingly? In my next life, I'm coming back as a Fitbit. For now, I'll just head out to the garlic patch to hide my humiliation and embarrassment, having been put to shame by a foolish little gadget.

BOOK REVIEW

The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market Gardener, 2nd Edition

By: Eliot Coleman, ISBN 0-9300-31-75-X

Published by: Chelsea Green Publishing

Revised & Updated 2nd Edition

Cost (paperback): US \$24.95, less from on-line suppliers

Review By: Paul Pospisil, Editor, the Garlic News

Eliot Coleman is a highly respected authority on small-scale organic farming. I recall reading the 1st edition of this book over two decades ago and decided to buy the latest version just to check and see if I was still on the same organic track as Eliot Coleman. The book was well worth every penny! New topics are added and it has been updated throughout. Coleman's approach described in the book is to:

- Develop the healthiest soil.
- Grow the most valuable crops.
- Extend the growing season to the maximum.
- Plan and market effectively.

He describes just how to do this in 334 pages containing 28 chapters and four appendices. Each article is well illustrated with pictures and sketches and an abundance of charts and tables of useful data.

The book is a bible of small-scale organic farming. It is informative and inspirational in equal measure. It is a "must read" for any gardener contemplating growing garlic and other vegetables on a market garden scale. It is also a valuable reference for home gardeners on organic methods and techniques. The approach Coleman takes is particularly suited to market gardening, but as well is suitable for gardeners who simply wish to feed their family.

One of Coleman's central principles is that "small is better," advocating business growth through better production and marketing, rather than physical expansion to large acreages. Coleman writes; "The premise of this book is that you can make a good living on 5 acres or less of intensive vegetable production. Thus it is those acres that concern us most."

He also favours direct relationships with customers over formal organic certification.

The book covers the most important topics of interest to the grower, from how work with land successfully through to the various aspects of marketing.

Written based primarily on his experimental market garden on his "Four Season Farm" in Harborside, Maine, the information is applicable to the harsher northern climate as found in many growing regions in Canada. Our Beaver Pond Estates research plots are much smaller but we have many things in common, both being proponents of small-scale organic farming, both doing growing research, and both spreading the word through writing, talks and education. Being born in 1938, we follow the same star.

I recommend "The New Organic Grower" as an excellent reference for any vegetable grower, whether just beginning organic gardening or for experienced gardeners looking for better ways to grow vegetables organically. *Paul Pospisil*

Origins of the Eastern Ontario Garlic Field Day

The Eastern Ontario Garlic Field Day is held annually as a networking day for garlic growers at the Small-Plot Organic Garlic Variety Trials Site at Beaver Pond Estates, Maberly, Ontario. Why and how did the Field Day start?

The small garlic plots have been used to teach the growing of garlic to both home gardeners and market gardeners on an individual basis from the very start of the growing trials in 1993. Hundreds of visitors, perhaps thousands, have tramped through our garden over the past decades in order to learn about the mysteries of growing this fascinating herb-vegetable at garden clinics that we have conducted.

These trials are the only known organic garlic growing trials doing variety and cultivar research in Ontario.

In 2000, at the request of the Board of Directors of the Garlic Growers of Eastern Ontario (GGEO), Mary Lou & I organized a Field Day with a garlic information program at our Beaver Pond Estates trials site. This 1st Field Day held on 20 May 2000 was very successful with an attendance of 25 GGEO members.

With the premature demise of the fledgling GGEO the following year, we continued the Field Day on a personal basis in 2001 and 2002. Bringing visitors to the Trials Plot on the same day as a group was a more effective method of spreading garlic knowledge. As well, it provided a networking opportunity for grower discussions and information exchange.

In 2003, the Field Day was run in order to promote The Garlic Newsletter, an Eastern Ontario information source. However, George Ward, my partner in this effort, suddenly cancelled publication of the Garlic Newsletter the next year, ending this cooperative venture.

Mary Lou and I continued organizing the Garlic Field Day ourselves in 2004 in order to provide an information program on the growing of garlic. As well, we started a new garlic growers' publication, the Garlic News, to replace the now defunct Garlic Newsletter.

2016 was the 17th year for the Garlic Field Day and we have just completed the 12th year of publication of the Garlic News. The 13th year is in the works. Both of these activities foster the development of a garlic farm industry in Canada.

Neither the Field Day nor the Garlic News receives any financial support from any government source nor do we charge anything for growing information or consultation to other growers. We are proud to have contributed to the development of the garlic industry both in Ontario and Canada in a very positive way. Our reward is the encouragement of hundreds of gardeners and growers who seek knowledge about this great vegetable, garlic.

This annual event provides a useful forum for garlic growers to learn by sharing their knowledge. It is a free event, with attendance by invitation so if you don't receive a personal invitation, just give us a call. We will be pleased to welcome you to our lovely home and farm, Beaver Pond Estates, to the annual Eastern Ontario Garlic Field Day.

**BEAVER POND ESTATES SMALL-PLOT ORGANIC GARLIC VARIETY TRIALS: Report P/02c/2016
GARLIC MATURITY CHART: 10 YEAR COMPARISON, EASTERN ONTARIO ZONE 5a**

HARVEST YEAR	VERY EARLY	EARLY	MID SEASON	LATE	VERY LATE	HARVEST DAYS, WEATHER NOTES
USUAL MATURITY PERIOD FOR GROUPS	Turbans Creoles	Creoles Artichokes Asiatics	Artichokes Rocamboles Porcelains Glazed PS	Rocamboles Porcelains Marbled PS Purple Stripe	Marbled PS Silverskins	Not all cultivars within a Group will harvest in the same time period, some being earlier or later than others.
2016	July 6-8	July 9-12	July 15-18	July 19-22	July 23-26	21 days. A 'Super' El Nino year with late cold spring.
2015	July 8-11	July 12-16	July 17-21	July 22-26	July 27-31	24 days. Growing season was shorter than usual due to a late spring.
2014	July 10-13	July 14 -17	July 18 - 21	July 22 - 25	July 26 - 29	20 days. Emergence 3 weeks late; long winter; late spring; and a wet, cool spring and summer.
2013	July 13-16	July 17-19	July 20-22	July 23-24	July 25 - 26	14 days. Late emergence, short growing season, late harvest.
2012	June 27- July 1	July 2-6	July 7-10	July 11-14	July 15	18 days. Very early emergence in mid March followed by Level 3 drought, early harvest.
2011	July 10-12	July 13-17	July 18-20	July 21-23	July 24-25	16 days.
2010	July 6-8	July 9-11	July 12-14	July 15-16	July 17-18	13 days.
2009	July 12-15	July 16-19	July 20-25	July 26-29	July 30-Aug 3	21 days. Early wet, cold spring & wet summer.
2008	July 8-12	July 13-17	July 18-22	July 23-27	July 28-Aug 1	25 days. Late spring, wet May & June, hot July.
2007	July 16-19	July 20-23	July 24-26	July 27-30	Aug 1-4	35 days. Late, cold spring, very dry summer, then rain during harvest.
<p>Comments: This comparison is intended to serve as an approximate guide to forecasting the anticipated garlic harvest. Forecasting harvest dates is an annual challenge. Each Horticultural Group will generally harvest at a different time than the other Groups and individual cultivars within a particular Group don't necessarily follow the majority. Weather plays a dominant role in determining maturity and this changes from year to year. Extreme weather stress may affect one cultivar more than another and may even result in crop failure of a particular type. The experienced grower is wise to diversify the garlic crop by growing cultivars from different Groups so that a crop failure in a particular type doesn't result in a catastrophic failure of the whole crop. As well, diversification is sound practice in order to spread the harvest workload, enabling adequate time for good crop curing and post-harvest preparation for quality.</p>						

Natural Garlic Pincushion



I make these by hand at our garlic farm in Alberta. The knitting and sewing are my original design with 100% natural wool from Western Canada. The lining is re-purposed cotton sheeting - even your sharpest needles should not disappear inside. The i-cord stalk is dyed with a vegetable dye. 9 cm across, 28 cm circumference.

\$25.00 plus shipping - email for the shipping cost to your postal code.

Lorraine at bbarbeef@airenet.com

6th Annual!



More bright ideas for Ontario garlic!

FRESH ONTARIO GARLIC & DELICIOUS GARLIC DISHES INCL. RIBS IN BLACK GARLIC BEER SAUCE, GRILLED CHICKEN IN ORANGE BOURBON & GARLIC BBQ SAUCE WITH WHOLE ROASTED GARLIC CLOVES, BURMESE VEG SALAD, GARLIC MAC N CHEESE, GARLIC GRAPE-FRUIT SORBET & MORE! **PLUS** FREE RAW GARLIC SHOTS, GARLIC BREATH CONTEST, VR FARM TOUR, GARLIC EXPERTS, FREE COOKING DEMOS, FREE FILM SCREENINGS & LIVE MUSIC.

Artscape Wychwood Barns

601 Christie Street (at St Clair) Toronto M6G 4C7

Indoor & Outdoor • Rain or Shine
Wheelchair Accessible • Street & Metre parking

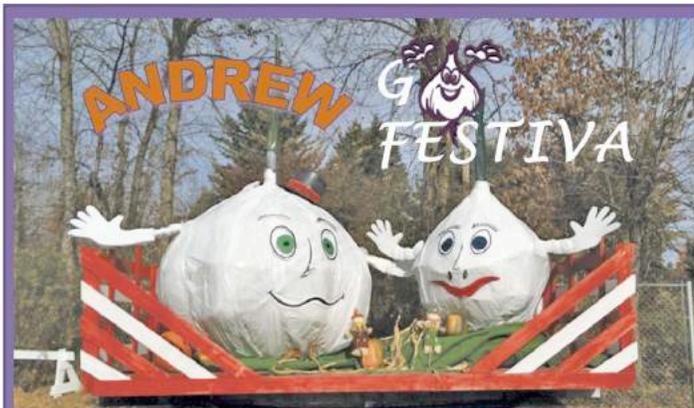
Sunday, Sept 18 , 9 AM to 5 PM

\$5 • kids under 12 free

Food & Garlic, Beer & Wine are for sale

www.TorontoGarlicFestival.ca

The Andrew Garlic Festival is a unique Ukrainian celebration of true western farm spirit. Andrew is a village in central Alberta a short distance northeast of Edmonton. Andrew is most famous as the home of the world's largest duck roadside attraction, part of the Giants of the Prairies. Visiting Alberta this year? Why not drop in?



Held annually on Thanksgiving weekend.

Celebrating our 18th Year

Featuring:

- | | |
|---------------------------------|-------------------|
| Huge Farmer's Market | Pancake Breakfast |
| Bench Show | Perogy Dinner |
| Entertainment on Stage | Hay Rides |
| Amazing Garlic Race | Beer Gardens |
| Children's Activities | Car Show |
| Audience Participation Contests | Silent Auction |
| Family Hoe Down BBQ & Dance | |

**OCTOBER 8, 2016
ANDREW, ALBERTA**

Sponsored by:

Andrew Agricultural Society &
Andrew Community Centre Association
www.andrewagsociety.com

An old-fashioned country market at Andrew Festival.



Photo credit: Reprinted with permission, courtesy of the Elk Island Triangle, Lamont County, Alberta

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

More letters: Reports on garlic in a strange year

(Continued from page 5)

What happened to the leek moth?

David Fiske of Sydenham, ON, asked: "Not a single garlic scape damaged by leek moth this year! What's up?"

Editor: Hi David. Not sure what happened to the leek moth. Possibly the cold spring had some effect. We had none for weeks and then, early June, they attacked with a vengeance. Watch for them in the curing area after you harvest the bulbs. There could be some hatch later.

Doubled Scares

Terry Graydon of Portland, ON, asked: I have noticed that about 5% of the Red Russian bulbils are double. Have you seen this before?



Editor: Yes, twins occur both in bulbs and bulbils. I've seen twin bulbil capsules frequently in Porcelains but only occasionally in Rocamboles and Purple Stripes. On the other hand, doubled and tripled bulbs occur most often in Rocamboles.

Piggyback garlic?

Natasha Kaminsky of Winnipeg, MB, asked? Greetings from Winnipeg, Manitoba! Just wanted to share a few photos of a quirky garlic plant I recently pulled from the garden. I harvested a few bulbs earlier than normal because their stalks had



more or less fallen over (likely due to some combination of heavy rain, dryness and my kids soccer ball). The main bulb is about 1.5 inches wide and the 'baby' bulb is about 3/4 inch at its widest. I'm a first-time garlic grower so maybe 'piggy-back' garlic is not unusual. I hadn't seen any references to this sort of thing so just thought I'd forward a few pictures for laughs. Natasha.



Editor: By any chance, was the garlic one of the Artichoke Group? Some of these fall over as they approach maturity, and most types produce stem bulbils (not topsets). That baby garlic could be an oversized bulbil. Artichokes are the most adaptable garlic of any type and grow in almost all regions of

the world. They do extremely well in our trials plots and twice they have proven to be the best of any garlic grown. On the prairies in Alberta and Sask, many Ukrainian home & market gardeners grow the soft-neck Artichokes and get tremendous results. Manitoba may have a different experience.

Natasha again: I did plant some Artichoke types so I bet you're exactly right. The plants started to fall over like dominos over the course of a couple days and I couldn't figure out why. No scapes or bulbils in sight. I pulled the fallen plants out so the other rows wouldn't get whatever bug might be ailing them. Glad to know this row was doing what it is supposed to do! I had heard Artichokes aren't as good on the prairies but maybe they are simply misunderstood.



Davey Photo July 19, 2016

Largest garlic ever

Wayne Davey of New Liskeard, ON, sent photos of his garlic and phoned to say that his crop was the tallest and biggest ever. They had plenty of rain and didn't have the drought that growers further south experienced.

What garlic is it?

Anne Janssen of Perth Ontario sent this: I wonder if you are able to identify this garlic. It seems to have got mixed up over the years in with my Sicilians. As I was checking and cleaning each bulb individually because of the leek moth, I noticed that all if these had a harder stem, were a similar size and shape, unlike Artichoke, and all had large bulbils forming half way up the stem. Any idea? Looked online but couldn't find this bulbils as a defining factor. Thanks. Anne



Editor: They are quite definitely an Artichoke type. Most Artichoke cultivars grown in this northern region form stem bulbils anywhere along the false stem on many plants, the % varying from year to year with more in a cold year, fewer in a warmer summer. Below the stem bulbil, you'll find a hardneck stalk, above it a typical leafy peristem. The cloves are in a circle, just like a Rocambole. Yet, when planted, they will reproduce as a true Artichoke. It's hard to find information like this online as its not likely there.

(Letters continued on page 19)

2016 Harvest Reports

WINTERKILL SUMMARY 2015-2016 CROP			
BEAVER POND ESTATES SMALL-PLOT ORGANIC GARLIC VARIETY TRIALS			
HORTICULTURAL GROUP	CLOVES PLANTED 2015	PLANTS EMERGED 2016	%LOSS
All Turban	176	75	57.4%
All Asiatic	31	31	0%
All Creoles	111	94	15.3%
All Artichoke	325	275	15.4%
All Porcelain	544	470	13.6%
All Marbled	252	206	18.3%
Glazed Purple	69	66	4.3%
Purple Stripes	69	56	18.8%
All Rocambole	266	211	20.7%
All Silverskins	102	98	2.9%
All Groups	1945	1582	18.7%

The “Super El Nino” winter of 2015-16 was the hardest one encountered in all the years of the garlic growing trials. A warm late fall saw the Turbans emerging before freeze up and start growing. Extra straw mulch added for protection was insufficient to protect the garlic from the extreme temperature swings or thaw-freeze cycles encountered over the winter. In the spring, the growing plants showing above the straw were badly frostbitten to the extent where they just couldn’t recover and grow to maturity. Over ½ of the Turbans were lost to winterkill and the total crop suffered nearly 1/5 loss. El Nino had struck with a vengeance!

Hard clay but a good crop

Heather Heron of Bloomfield ON sent this report of her crop: The 2016 harvest is complete and hanging in the garage to cure. It took two days July 16 & 17. After boasting about the water holding ability of my mulched clay soil, I'm embarrassed to say that digging garlic was like prying it from a concrete sidewalk. I damaged two of the first ten bulbs with the fork before switching to a shovel, which had me jumping on it just to crack the soil surface. The rest of the story is all good news. The crop is lovely with large bulbs and very little leek moth damage.



Editor: Beautiful garlic, Heather. The apple tells the tale. A note on hardpan clay: Our clay soil used to be like that but years of adding compost, lots of it, and growing several cover crops a year really made a difference. The soil is now quite workable and this year, the bulbs came out with very little clay sticking to them.

2016 Winterkill & Harvest Report Dorothy & Viren Oogarah, Centreville, Ontario					
Cultivar	Planted	May 2016	Loss	Harvest July	Avg Size
CREOLE					
Burgundy	84	75	10%	68	J+
Rose de Lautrec	196	194		194	J+
Cuban Purple	15	15		18	MT
ARTICHOKE					
Endurance	111	111		114	Ex J
Wettergren	105	105		103	Ex J
Sicilian Gold	92	92		92	Ex J
Transylvanian	58	51	12%	51	J
PORCELAIN					
Majestic	358	353	1%	335	LT
Millar	307	285	7%	281	Ex J
Chiloe	275	264	4%	262	Ex J
MARBLED					
Siberian	499	493	1%	495	J
ROCAMBOLE					
Reliable	129	128		128	LT
Yugoslavian	220	218		215	Ex J
Marino	35	24	31%	24	MT
Deerfield	22	21		21	LT
Russian Red(b)	36	36		36	S J
Sp Antolini (b)	5	4		4	
French (b)	9	8		8	J
SILVERSKIN					
F40	131	131		131	J
TURBAN					
Argentine #4	236	174	34%	174	Gi-Ex J
L. Sicilian	215	190	12%	217	Gi-Ex J
TT5V	504	504		499	J

Sizes are using GGAO size chart

What’s wrong with this garlic?



If you must peek, see answer on page 20

What will the weather be like for the next garlic crop? One has to wonder. La Nina, the cooling of the Pacific Ocean is coming along right behind 2 years of the Super El Nino. Be prepared for any surprises.

SSI Music & Garlic Festival

Photos by Rick Neufeld

Neale Smith of Salt Spring Island reported on the Music & Garlic Festival: "Over 3500 attendees enjoyed this year's festival. Folks from 7 to 77 were up dancing and having great fun. There were lots of garlic treats to be had, fine garlicky foods, refreshments, and many other attractions. One of our photographers, Rick Neufeld, sent these pictures. He can be found at rick@noofoto.com or at noofoto.com."



Plenty of colour in the garlic stalls



Neale Smith passing out garlic snacks to visitors



Duck Creek farm folks & the colourful Isadora at garlic booth

Editor: Many thanks, Rick, for permission to use your photos.

More calls & letters

Mesh bags for storage

Bernard Smyth of Perth, ON, asked: Where can I buy some mesh storage bags to store my garlic before I plant it? I'm not looking for the small bags that hold 3-5 bulbs, but rather something like the 2, 3 or 5lb bags that onions, lemons and avocados are sold in. I've tried several stores, but no luck.

Editor: To the best of my knowledge, no such bags are available in the consumer retail trade. Packaging is a grower/supplier business and this type of packaging is sold in bulk quantity only. For mesh bags, the supplier is Mastercraft in Mississauga. For own use, folks save the packaging from their purchases - I save the perforated bags that grapes come in to store my own carrots. Garlic is best stored in bundles or braids and hung to keep it open to the air. That's better than onion bags. If it's already cut off the stems, small fruit baskets are best so the garlic isn't stacked too deep. Trust this helps.

A young harvest helper

Terry Graydon of Portland, ON, wrote: Hi Paul and Mary Lou. Thank you for letting us help with the garlic harvest. It was valuable and enjoyable.

Thomas actually thanked me for letting him participate. I'd like to think it was the research or Nature aspects of the day that sparked his enthusiasm but it may have been the cookies - it's hard to say. Please keep my contact info handy for the next time you need a volunteer, I am interested in any future opportunities to assist with garlic research, sales, growing, next year's harvest etc. Terry and Thomas Graydon.

Editor: The pleasure was ours having an enthusiastic young man pitch in and work without coercion. Be proud of your son!

Answer to "What's wrong with this garlic?"

Roots completely cut away should sound a warning bell that says, "Diseased Garlic!" Many diseases show symptoms at the root with the roots decaying away at harvest time. Dishonest growers will hide evidence of this disease by completely cutting the root away. You take a risk buying garlic that has been trimmed in this manner. A properly prepared bulb should have the roots trimmed to about 1/4" and all dirt removed from between them.