

## GOURMET ORGANIC GARLIC FROM AROUND THE WORLD

We will harvest our eighth year's garlic crop in mid-July. This year we moved our garlic to a new site to avoid the gopher problems we had last year. The crop looks great. We planted 10 different strains, nine hardneck and one softneck. Garlic is a member of the *allium* family that includes onions and shallots. There are two subspecies of garlic – *ophioscorodon* (commonly known as hardneck) and *sativum* (commonly known as softneck). Over 95% of the garlic sold in grocery stores is softneck since it can be easily grown in warm climates. Garlic connoisseurs, however, contend that “you haven't tasted garlic until you taste the “*orphios*” (Growing Great Garlic). The *orphio* garlic evolved directly from wild garlic and remains close to its character and flavor. Fortunately for us, the *orphio* garlic performs best in cold winter climates.

Garlic has a long folk history of use for a wide variety of ailments given its outstanding germicidal and antibacterial properties. Garlic aids in detoxification of chronic lead poisoning. Daily use of garlic in the diet has been shown to have a very beneficial effect on the body, especially the blood system and the heart. Recent research has also indicated that garlic reduces glucose metabolism in diabetics, slows the development of arteriosclerosis, and lowers the risk of further heart attacks in myocardial infarct patients. Externally, the expressed juice is an excellent antiseptic for treating wounds.

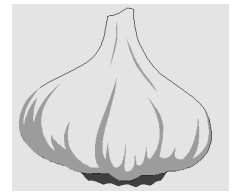
Drying garlic increases its flavor and shelf life. After we harvest, we hang the garlic to dry for 3 weeks. Based on our experience, the bulbs should last six to eight months under optimal storage conditions – softneck varieties tend to have a slightly longer shelf life. Optimal storage conditions include storing the garlic away from direct sunlight at room temperature or 10 degrees cooler with good air circulation and humidity levels of 40%-60%.

Any of the bulbs can be used for seed if you wish to grow your own garlic next year. We have two variety packs to allow people to sample several different garlic strains – a three-pack and a six-pack. **Garlic will be available in mid-August.** Group deliveries can be arranged. An order form is on the last page.

Please call 612.588.3942 or email [paula@ecologicalgardens.com](mailto:paula@ecologicalgardens.com) if you have any questions.  
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## Garlic Strains



Descriptions of the different garlic strains are compliments of Joel Girardin, a Cannon Falls garlic farmer, who has grown over 200 different strains. They are based primarily on the origin of the seed and its general characteristics.

All the flavors are distinct and individual bulbs may vary, but I have tried to arrange them in order of from mild to hot.

### **Georgian Crystal - Great eaten raw and in salad dressings**

Subspecies – Orphio; Hardneck, Variety – Porcelain

Very large bulbs with 4-7 cloves. Clean white appearance. Very mild and long storing.

### **Inchelium Red - Great eaten raw and in salad dressings**

Subspecies – Sativum; Softneck, Variety – Artichoke, Group – Off-White

A large-bulbed vigorous strain. In a 1990 taste test at Rodale kitchens it was the top softneck strain. Discovered on the Colville Indian Reservation in Inchelium, Washington by Larry Geno. Original source unknown. Four to five layers with 8-22 cloves. Mild but lingering flavor with a tinge; taste sharpens with storage.

### **Asian Tempest – Great eaten raw and in salad dressings**

Subspecies – Orphio; Hardneck, Variety – Artichoke, Group – Asiatic

From South Korea. Nice clove color and shape. Long storing, vigorous with broad leaves and beautiful royal purple blue blush.

### **Music – Great in salad dressings and sautés**

Subspecies – Orphio; Hardneck, Variety – Porcelain

An outstanding plant producing very large bulbs. Medium taste.

### **Chesnook Red – Great for baking or roasting**

Subspecies – Orphio; Hardneck, Variety – Purple Stripe

Large, nicely colored bulbs. From Gatersleben Seed Bank in the Republic of Georgia #6811. Good aroma and good lingering flavor.

### **Red Czar – Great in garlic mashed potatoes and sautés**

Subspecies – Orphio; Hardneck, Variety – Purple Stripe, Group – Glazed

From Gatersleben Seed Bank in the Republic of Georgia #6017. Nice sharp taste

### **Polish Hardneck – Great in sauces and sautés**

Subspecies – Orphio; Hardneck, Variety – Porcelain

Originally from Ontario grower John Yovanow. Beautiful porcelain bulbs. Nice, sharp taste.

**Georgian Fire – Great in salsas and garlic spreads**

Subspecies – Orphio; Hardneck, Variety – Porcelain

From Gatersleben Seed Bank in the Republic of Georgia #6822. Averages 5-8 cloves. Raw strong taste with a nice hotness.

**Siberian – Great in sautés and garlic spreads**

Subspecies – Orphio; Hardneck, Variety – Purple Stripe, Group – Marbled

An outstanding strain from very large bulbs. 5-7 fat dark brown cloves. Sharp taste, but can be eaten raw.

**Romanian Red**

Subspecies – Orpho; Hardneck, Variety – Purple Stripe

An heirloom strain which immigrated from Romania via British Columbia. Rich, long lasting flavor mellows with cooking. Averages 4-5 cloves.

## ORDER FORM

Orders will be filled on a first-come basis. There is a minimum order of 5 bulbs/strain. If you'd like to order only one bulb of a variety of strains, please order the variety packs and let me know the varieties you want. 1 lb of garlic contains about 8 large bulbs. Payment is due at time of pickup or delivery.

Product	Price
5 garlic one variety	\$12.00
Variety Pack – 6 pak (name your varieties)	\$14.00/pak
Bulk Garlic	\$14.00/lb

Product	Varieties	Qty	Price	Extended
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Will pickup (y/n) \_\_\_\_\_ Would like other arrangements (y/n) \_\_\_\_\_  
 Substitutes acceptable (y/n) Comments \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_

Please mail or email the order form if you wish to place an order. Call me at 612.588.3942 or email [paula@ecologicalgardens.com](mailto:paula@ecologicalgardens.com) if you have any questions.

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