

***Called the stinking rose for nearly a century, a French writer and physician, Henri Leclerc, in 1918 roughly translated garlic's ancient Greek name, scorodon, to skaion rodon, and then to rose puante, or stinking rose.**



Garlic!

*The Stinking Rose**

History and Current Events

- Human consumption for over 7000 years
- First used in middle Asia
- Used as a “pharmacy”
 - Russian penicillin (respiratory)
 - Plague (Marseille) 1700s
 - Beirut-Cholera (1913), typhoid fever, diphtheria (1918)
 - Spanish flu
- Largest producer China (75-80%)
- Largest US producer California (80-90%)



Benefits of Garlic

- Antioxidative (inhibits oxidation)
- Hypocholesterolemic (lowers cholesterol)
- Antithrombotic (reduces blood clot formation)
- Antihypertensive (reduces high bp)
- Antibacterial
- Antifungal
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249897/> (National Library of Medicine)

8 TOP BENEFITS OF GARLIC

Provides relief from acne and asthma

Beneficial in digestion

Useful for curing
ear aches

Aids in treating eye
infections



Helps cure
hypertension

Reduces high
cholesterol levels

Helps treat cough
and cold

Gives relief from intestinal ailments

Some Uses for Garlic

- Culinary
- In the garden
 - Companion planting
 - Insect spray
- Repair glass
- As a glue
- Remove splinters
- Lifts mood
- Many, many, many more



Types of Garlic

- Softneck
 - Most popular
 - Several cloves
 - Silverskin
 - Easy to grow
 - Strong flavor
 - Lasts nearly a year
- Artichoke
 - Milder flavor
 - Fewer, larger cloves
 - 8 -10 months storage



Types of Garlic (continued)

- Hardneck
 - Rocambole
 - Full-bodied, rich taste
 - 1 set of cloves
 - 6 months
 - Porcelain
 - 4 large cloves
 - 8 months
 - Purple stripe
 - Best baked
 - Bright purple streaks
 - 6 months



Examples of Types

- Roja – Hardneck, Rocambole, strong, early
- Russian Red – Hardneck, heirloom, damp soils, early
- Inchelium – Softneck, medium
- Polish white – Softneck, artichoke, mild
- Chesnok Red – Hardneck, purplestripe, medium
- Northern White – Hardneck, porcelain, strong
- Korean Red – Hardneck, Asiatic, HOT
- Music – Hardneck, porcelain, large cloves

Pests and diseases

- **White rot (20 years)**
- Basal rot (cosmetic) fungus
- Downy mildew
- Rust
- Onion thrips
- Mites
- Onion maggot
- Nematode



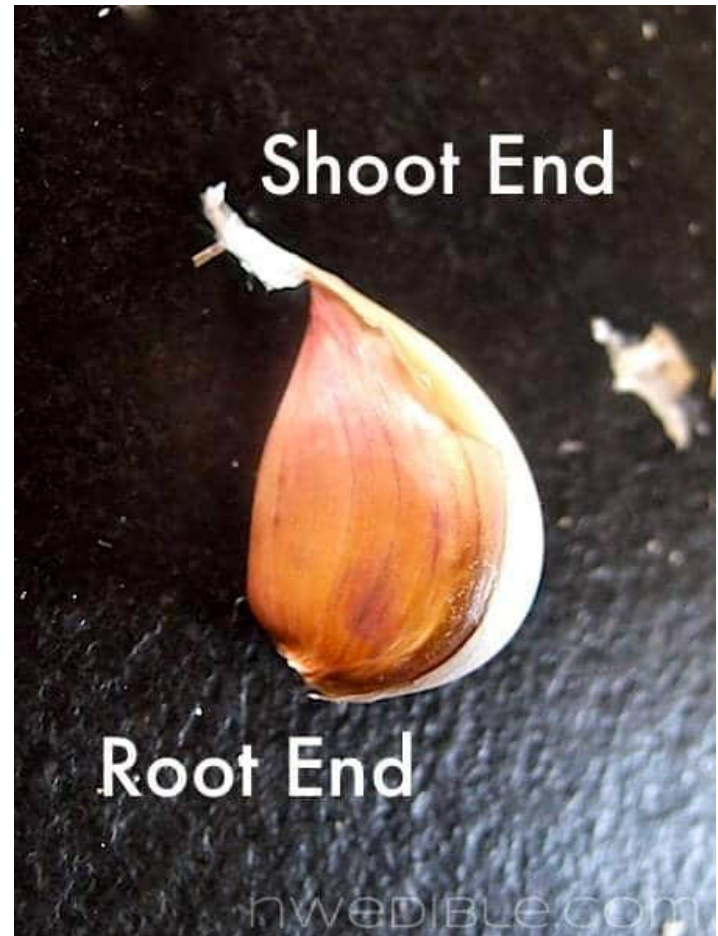
Prevention

- Buy clean stock
- Rotate, Rotate, Rotate!
- Manage onions
- Happy home
 - Don't overcrowd
 - Even watering (mornings)
 - Well drained soil
 - Weed, weed, weed



Growing Garlic

- Time of year
 - Planting
 - Fertilizing
 - Watering
 - Harvesting
- Type of soil
 - Good drainage
 - Compost
 - Keep weeded
- Full sun
- 4 inches apart, tips 2 inches deep
- Store garlic
- Each clove is a bulb



Harvesting Garlic

- Scapes
- Green garlic
- Time of year
- Stop watering
- Dry on screen out of sun (dry shed)
- Brush off dirt, trim roots
- Store in dry, cool area (50 degrees)
- Softneck stores longer than hardneck



Tips with Garlic

- Chop 15 minutes before cooking
- Freeze when sprouting
- Roast = sweet
- Long and slow cook = soft, warm
- Fast cook = sharp, pungent
- Large chop or whole = mild
- Raw = real bite



Places to Buy Garlic

- <http://www.thegarlicstore.com/>
- <http://www.hoodrivergarlic.com/>
- [**https://www.mountainvalleygarlic.com**](https://www.mountainvalleygarlic.com)
- <http://www.gourmetgarlicgardens.com/>
- <http://www.territorialseed.com>
- <http://www.groworganic.com/>
- Tsugawa Nursery (check local nurseries)
- Farmer's markets
- Local farms



*Thanks for
Listening!*

Any questions?