



## Garlic – Did You Know?

We are dedicating this week’s newsletter to garlic. We love everything about garlic – the smell, the taste, its nutritional and medicinal value – even growing and harvesting it.

Garlic Fun Facts:

- Allium sativum, commonly known as garlic, is a species in the onion genus, Allium.
- Its close relatives include the onion, shallot, leek, chive, and rakkyo.
- The two major subspecies of garlic are hard necked and soft necked, so named for the pliability of the main stem (if you have braided garlic, it’s probably soft necked!).
- Hard necked garlic includes porcelain garlics, rocambole garlic, and purple stripe garlics.
- Soft-necked garlic includes artichoke garlic, silverskin garlic, and creole garlic.
- Within each of the subspecies, are different varieties of garlic.
- While we grow a number of varieties, our most prolific producer, and by far our best seller, is Mennonite garlic (one of the porcelain varieties)!



## The Farm Stand – reduced hours

Our on-site farm stand is now open daily **9am to 6pm** and features farm fresh produce, frozen meats and a variety of preserves – all from our farm! This week, you’ll find:

Beets	Turnips	Salad Mixes
Sprouts	Carrots	Garlic
Chard	Zucchini	Eggplant
Sweet Peppers	Hot Peppers	Cucumbers
Pears	Apples	Mustard Greens
Tomatoes	Potatoes	Sweet Potatoes
Kohlrabi	Arugula	Cabbage
Lamb Sausages	Ground Beef	Beans
Meat Chickens	Soup Chickens	and more!

## Ode to the Garlic Weight Loss Plan

T’was the night to clean garlic  
We gathered around  
And stared at the bounty  
That came from our ground

The heads fine and shapely  
All purple and white  
The stalks green and sturdy  
We smiled at the sight

With string, knives and scissors  
We sat at the table  
The heady aroma  
Made us feel unstable

The heads were all dry  
And ready to use  
And we polished them up  
To enhance their deep hues

Brushed dirt off the root ends  
And trimmed off dead skin  
Some stalks were for braiding  
The rest tossed in a bin

The heads were all sorted  
By weight and by sizes  
If we entered these babies  
We’d win all the prizes

The ones not so pretty  
We peeled for our use  
Popped a few in the blender  
To make garlic juice

Some heads got a roasting  
Some raw cloves got nibbled  
Our tongues searched our chins  
To clean where we dribbled

We munched and we worked  
As the hours quickly sped  
And once we were finished  
It was past time for bed

I climbed ‘neath the covers  
All snug and content  
My head on the pillow  
Made hardly a dent

I started to doze  
When my stomach & bladder  
Made me jump to my feet  
To see what was the matter

When what to my rumbling gut  
Should appear  
But a series of bursts  
Coming out of my rear

I rushed to the can  
With no time to spare  
The garlic was rushing  
To my derriere

All the cloves I ingested  
During our cleaning party  
Mixed up in my stomach  
To make me all fartly

It went straight to work  
Cleared from head to my toes  
The only thing angry  
Was my sensitive nose

My bottom exploded  
With lightning and thunder  
As my body ejected  
My garlicky plunder

And when it was finished  
My skin started glowing  
My cheeks were all rosy  
My tears stopped their flowing

A new sense of calm  
Settled down on my body  
And I knew I was done  
With this stint on the potty

My step appeared lighter  
My heart pulsed with new vigour  
I just lost ten pounds  
And gained a new figure

The garlic did more  
In one single night  
Who knew I’d lose weight  
When I took that first bite

So to all I exclaim  
With my friendliest warning  
Eat garlic all night  
And lose weight by next morning

*Cindy McCallum Miller  
Thrumbs BC*