



There are many other garlic cook books on the market. This one, however, contains recipes from actual garlic growers.

There are 4 characteristics that you will notice about these recipes:

- They are conservative in their use of garlic (because you don't understand the special code: 1 clove means 1 bulb, 2 cloves = 2 bulbs), but these are only guidelines giving you a rough draft. Fill it in to your taste.
- They reflect the enormous diversity of heritage and cultures that we come from. If you can't find a specific spice or ingredient that is called for, replace it with what makes sense to you.
- For vegetable farmers, who work long hours during their seasons, there are 3 considerations for mealtime: **SIMPLE • FAST • NOURISHING**. **SIMPLE** means limitations on ingredients and preparation time. **FAST** means throwing stuff together in a bowl and a liberal use of prepared foods. **NOURISHING** means fresh, high fiber, balanced and healthy to maintain the demands on our bodies. We also want our food to taste good (and usually spicy), and be economical. We do appreciate that cooking and food preparation are an important part of our families and our lives and we have a season for that...Winter. That's why we include **COMPLEX • SLOW • GLUTTONOUS** recipes as well.
- We can't claim that these are originals, nor do we want to. We know that many of these have been passed from one generation to the next, and we know that they are favorites. Use these as guidelines and modify as you want. We endorse no products.

We hope that you enjoy this book and hope that if you're not growing garlic on your farm or garden, you will be; but if that's not available, support your local women and men who produce the garlic for your markets. So, welcome to our kitchen. Come sit at the table as we share this with you.

—David Stern, Garlic Seed Foundation
Garlic and Vegetable Farmer
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ABOUT THIS BOOK

THANK YOU FOR SENDING IN YOUR RECIPES!

We want to thank everyone who contributed a recipe, photo, art work, idea, or encouragement. Throughout the years we've had two major contributors: Paula Simmons Green, from the Washington State-British Columbia border, has been a member and contributor for over 20 years. Hardly a *Press* is printed without an offering from Paula and for 20 years she's pushed us to put this cookbook together. I cannot, as I jot these notes, help think about her encouraging letters or phone calls. I can only hope that she'll be satisfied with our efforts. We cannot thank her enough. Each of Paula's contributions is designated with a "PSG."

Secondly, we very graciously thank Ted Maczka, the Fish Lake Garlic Man from Ontario, Canada, who's been preaching the garlic gospel for 50 years. Fish Lake is on Prince Edward Peninsula and the location of the his research station. Ted's field work and years of documentation have contributed to our knowledge of the production potential of the garlic. When Ted learned that we were putting this collection together, he contributed his favorites from our Canadian garlic-farming neighbors. We greatly appreciate Ted's generous spirit in sharing knowledge, bad jokes, good ideas, thoughtful criticism, and incredible passion and respect for the garlic. Sadly, Ted passed away December, 2012

SO SORRY ...

The Foundation's first announcement for the *More Garlic Cookbook* was in 1994. We already had a small collection of recipes from potluck suppers, festivals, and members' submissions to the *Press*. The collection grew from all directions, and by 1998 we had several hundred recipes – in all stages of organization, legibility and common sense – stuffed into a large brown binder. We had a very nice and well-meaning retired couple who came forward to volunteer their time and computer to help type, organize and transcribe