The Stinking Rose

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The Stinking Rose

The word ‘garlic’ is tied so closely to scent that I can almost smell the pungency when I so much as hear the word. And I have to say, even if it might be the last thing on the list of things to eat before a date, garlic is pretty amazing.

Not to brag (okay, maybe a little), but the garlic grown at our farm looks and smells extra nice. It’s been hanging as a odoriferous backdrop to our pick-up area for the last few weeks, where it’s cured beautifully, the dry stalks turning straw colored and the bulbs blushing with purple streaks. We were actually quite worried that this year’s garlic would not turn out well. After all, not much does after being run over by heavy equipment in the spring, but it’s made of stronger stuff than we gave it credit for—It sprang up defiantly right in the middle of the tire tracks.

Garlic, of course, is better known for it’s other strong tendency. Its smell is both delicious and stinky, the same qualities as some varieties of fine cheese. It’s earned it the pseudo-romantic name of “stinking rose.” That strong scent reveals the presence of a substance called allicin—pronounced like the name I suppose. On an unrelated note, a common practice in rose breeding is naming a new variety after a special family member. I’d be great if an enterprising grower named a variety of “stinking rose” after a special Allison in their life. That’d be great way to be remembered!

That substance is a sulfur compound with some truly amazing properties. It and a few supporting substances give garlic some of the strongest antiviral and antibiotic properties in the natural world, and also support a healthy cardiovascular system. Medieval herbalists used garlic’s properties as treatment for the ills of the lower class. Unfortunately for the nobles, who were believed to have a different and more refined type of body, garlic was seen as a peasant medicine, and opted for treatment with expensive and exotic spices instead. Predictably, the garlic was much more effective at stopping infection. Many a noble died of their ailments, which only served to heighten the appearance that they were indeed a more complicated and fragile people.

But garlic is very well received now. It’s well known in the herbal supplement world, but the capsules, especially the scentless versions, don’t contain as much of the beneficial substances as fresh garlic. The compounds are closely tied to the smell, and quickly break down and lose their potency with processing. Even some of the fresh garlic bought at the supermarket has lost some potency if it’s been irradiated.

Fresh and local seems to be the safest bet. It’s easy to grow too if you feel up to the task. And if you’re worried about smelling like garlic day in and day out, try eating it before going to bed. You may wake up less garlicky!

Andrew Croft

Shannon’s Butter and Herb Pasta

This light pasta relies on the light flavors of herbs, white wine vinegar, and good olive oil to shine. It is the first recipe that every created and it is still one of my most popular dishes. This dish is best when eaten fresh but can be stored in an air tight container in the refrigerator for up to three days.

**Ready In:** 10 mins  
**Serves:** 6

**Ingredients**

- 1 lbs of warm, cooked pasta (Carrot Linguine is suggested)
- ½ stick of salted butter
- 2 tablespoons good olive oil
- 2 tablespoons white wine or white wine vinegar
- ½ teaspoon sea salt
- 2 cloves of garlic (Finely chopped)
- 3 to 5 types of finely chopped herbs (1/2 tablespoon if the herb is dry, 1 tablespoon if fresh)

Garnish (whole herbs, cherry tomatoes, or sliced mustard greens suggested)

**Directions**

1. Drain the warm, cooked pasta and put back into the warm pot it was cooked in.
2. Cube butter and add to pot. Stir until melted.
3. Add olive oil, stir until noodles are coated.
4. Add any dry herbs to the pot toss pasta until herbs are evenly mixed.
5. Add white wine or white wine vinegar, toss the pasta.
6. Add fresh herbs and toss lightly.
7. Transfer to serving dish and garnish.
8. Serve and Enjoy!

*recipe by Shannon Babh*
On the Farm News

We are excited to welcome you all to another beautiful week on the farm. Everything looks so good as we seem to be reaching the peak of the summer. It feels so wonderful to know, with all your support and all of our hard work, we have made it this far. As the fall steadily approaches there is much to be planned and organized. Every one of us farm interns start our fall semester on the 26th and we want to be sure the farm runs smoothly and that everyone receives a great fall harvest while we are starting classes.

I am sure you have been notified that our harvest and pickup have moved around a bit for when classes begin. So be prepared with the proper arrangements for your new pick up so that no shares are missed. But aside from little logistical dates here and there, much must be anticipated and planned for when school starts. We must accept, though we may not all wish to accept, there is life that runs apart from the farm and to coordinate them together is important.

Most of us will be finishing our summer internship in the next month so please, if you haven't already, take the time and come see us. Show us who you are and find out more of who we are. Don't forget that on Tuesdays and Fridays we have extra harvest days where you can find more of your veggies fresh and ready. Your farm awaits you!

Eric Manrique

What you might see in your next box

- tatsoi
- kale
- red mustard greens
- tomatoes
- peppers
- cucumbers
- zucchini
- beans
- carrots

A barrow full of zucchini. It's that time of year again.

We love these tasty little tomatoes