

TOMATOES & GARLIC

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Keeping Vampires Away

Article Written by Rob Brautigam



The use of Garlic (*Allium Sativum*) as a charm against the powers of evil seems to date back to ancient times. According to Lewis Spence, the ancient Egyptians believed in a vampire-like ghost that killed sleeping children by sucking up their breath. Believe it or not, the repellent that was used against the attacks of this murderous monster was a wreath of garlic.

The Imperial Dictionary (1894) tells us that garlic is: "a hardy bulbous perennial, indigenous to the South of France, Sicily, and the South of Europe". It would appear, however, that the use of garlic is known all over the world, not only as a tasty culinary asset, but also as a charm against evil spirits. The British vampire expert Montague Summers gives us several examples. Even in places as exotic as China or Malaysia people smear the forehead of their children to protect them from vampires, and in the West Indies too, garlic is used as a means of protection against the evil practices and magic spells of witches and sorcerers. Adrien Cremene confirms that, in Ro-

mania, garlic is a weapon of very great importance in the everlasting battle against vampires. Lots of Romanians used to make certain that they ate some garlic every day for their personal protection. But they also smeared garlic on the windows and the doors of their houses, on the gates to their farmyards, and even on the horns of their cattle. They believed that the STRIGOI had a great fear of garlic.

But this is not the only way in which USTUROI (garlic) was employed against Romanian vampires. If a deceased person was thought to be in danger of becoming a vampire, one of the most common protective measures was stuffing some pieces of garlic into the orifices of the corpse, especially the mouth. This was done in order to prevent evil spirits from entering the dead body. At the same times it served the purpose of preventing the soul of the deceased from re-entering its body. Another interesting anti-vampire practice that we can find in Romania is the anointing of the corpse, especially the heels, with a mixture of oil, fat, incense, gunpowder and - of course - garlic.

From a book by Chedo Mijatovich we learn that among the Serbian peasants the night of Shrove Tuesday was considered to be a very dangerous night. According to the Serbs lots of evil witches were uncommonly active during this particular night. Therefore, on this night, lots of Serbs slept with a piece of garlic under their pillow. Or, alternatively, they might wear a piece of garlic inside a special amulet around their neck. We would be much mistaken, however, to think that it is only the bulb or the cloves of garlic that can be used against vampires. In Stoker's "DRACULA"

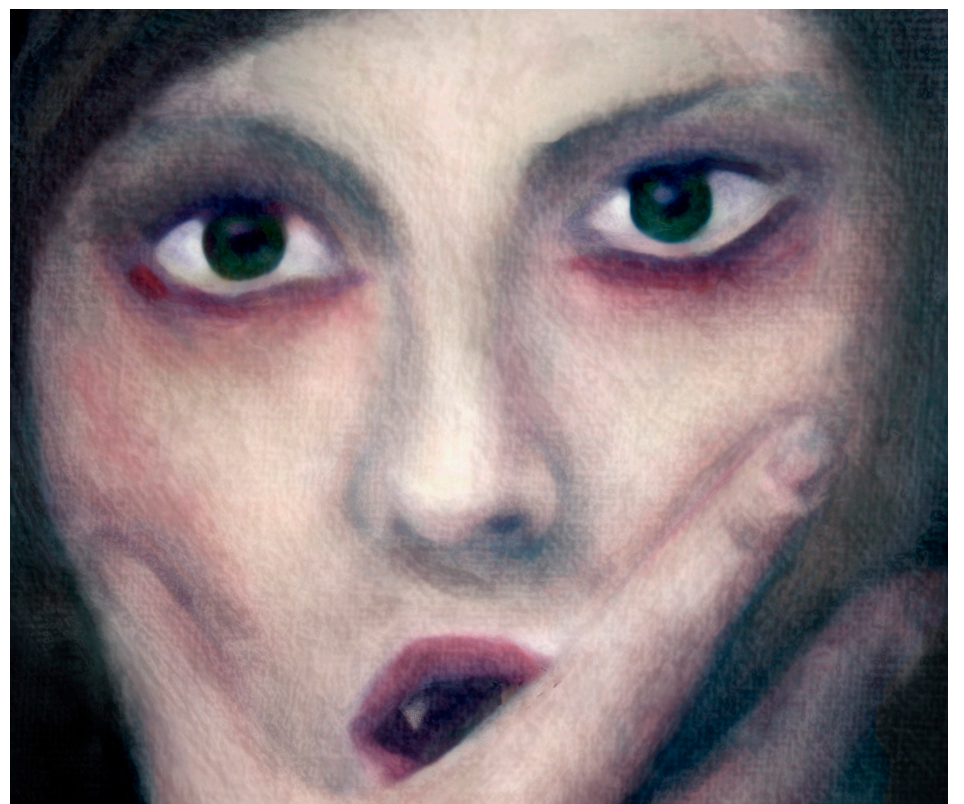
we can read how my fellow countryman Professor van Helsing fills up a bedroom, not with wreaths of garlic bulbs, but with GARLIC FLOWERS instead, in a commendable attempt to protect Miss Lucy from the blood-thirsty advances of Count Dracula. Stoker's tale is merely fiction, or is it?

For in another book by Tekla Dömötör, a serious Hungarian professor, we find a photograph of a wreath made from the stems of garlic flowers, which is used in Hungarian villages as a means to ward off evil. It would appear then that each and every bit of the powerful garlic plant can be used as an apotropaic.

The French occultist Robert Ambelain has his own remarkable ideas about the use of garlic against vampires. He claims that originally it was not GAR-

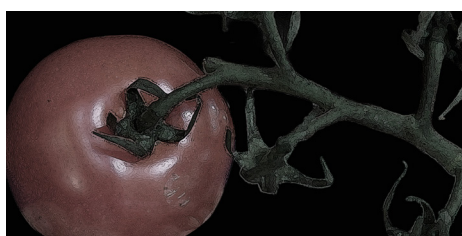
LIC but ARSENIC that was thought to have a power against evil. Ambelain tells us that the shepherds in the Carpathian mountains used to eat very small quantities of arsenic and feed a little arsenic to their animals as well, in order to protect themselves from vampires. According to Ambelain, the old alchemists from Prague and other cities in Moravia and Bohemia used to burn arsenic to drive away the powers of evil.

The burning of arsenic produces toxic fumes that have the same unpleasant smell as garlic. The thrifty peasants noticed that the magic fumes of the alchemists smelt just like garlic. And so they figured that it would be cheaper to use garlic than hire an expensive alchemist to do the exorcism. And that, according to Ambelain, is how people came to use garlic as a defence against vampires.



The Super Fruit

Eating more tomatoes and tomato products can make people healthier and decrease the risk of conditions such as cancer, osteoporosis and cardiovascular disease, according to a review article the American Journal of Lifestyle Medicine. The researchers found that tomatoes



are the biggest source of dietary lycopene; a powerful antioxidant that, unlike nutrients in most fresh fruits and vegetables, has even greater bioavailability after cooking and processing. Tomatoes also contain other protective mechanisms, such as antithrombotic and anti-inflammatory functions.

Research has additionally found a relationship between eating tomatoes and a lower risk of certain cancers as well as other conditions, including cardiovascular disease, osteoporosis, ultraviolet light-induced skin damage, and cognitive dysfunction. Tomatoes are

widely available, people of all ages and cultures like them, they are cost-effective, and are available in many forms.

"Leveraging emerging science about tomatoes and tomato products may be one simple and effective strategy to help individuals increase vegetable intake, leading to improved overall eating patterns, and ultimately, better health." write the authors.

"Tomatoes are the most important non-starchy vegetable in the American diet. Research underscores the relationship between consuming tomatoes and re-

duced risk of cancer, heart disease, and other conditions," the authors conclude.

"The evidence also suggests that consumption of tomatoes should be recommended because of the nutritional benefits and because it may be a simple and effective strategy for increasing overall vegetable intake."

*Although commonly referred to as a vegetable, a tomato is the fruit of the plant *Solanum lycopersicum*.



From Fish Sauce to Ketchup

Article written by Dan Jurafsky

The word ketchup originally meant “fish sauce” in a dialect of Fujian province, the humid coastal region that also gave us the word “tea” (from Fujianese *te*). The story begins more than 500 years ago, when this province on the South China Sea was the bustling center of seafaring China. Fujianese-built ships sailed as far as Persia and Madagascar and took Chinese seamen and settlers to ports throughout Southeast Asia. Down along the Mekong River, Khmer and Vietnamese fishermen introduced them to their fish sauce, a pungent liquid with a beautiful caramel color that they made (and still make) out of salted and fermented anchovies. The Chinese seamen called it *ke-tchup*, “preserved-fish sauce” in Hokkien—the language of southern Fujian and Taiwan.

Fujianese settlers took *ke-tchup* with them to Indonesia, Malaysia, and the Philippines; the word was even adopted by Indonesians. Fujianese settlers also brought along fermented red rice, the seasoning their chefs had long used to flavor stews and braises. The immigrants began to turn this red rice into arrack, an early ancestor of rum, by distilling the fermented rice together with molasses and palm wine.

When Dutch and British merchants came to Southeast Asia around 1600 seeking spices, textiles, and porcelain,

they quickly began to buy immense quantities of arrack from the Chinese. British sailors also acquired a taste for *ke-tchup*. By the turn of the 18th century, fish sauce and arrack had become as profitable for British merchants as they were for Chinese traders. In 1703, British merchant Charles Lockyer traveled to Indonesia, Malaysia, Vietnam, China, and India. His *An Account of the Trade in India*, a kind of *vade mecum* for would-be global capitalists, explains the vast sums of money to be made in Asia, and how to get rich by bargaining with the Chinese and other foreigners. The great expense of this Asian import soon led to recipes in British and then American cookbooks for cooks attempting to make their own ketchup.

The mushrooms that played a supporting role in the early recipe soon became a main ingredient, and from 1750 to 1850 the word ketchup began to mean any number of thin dark sauces made of mushrooms or even walnuts. It wasn't until the 19th century that people first began to add tomato to ketchups, probably first in Britain.

By the mid-1850s, the anchovies had been dropped, and it was only in 1890 that the need for better preservation (and the American sweet tooth) led American commercial ketchup manufacturers like Heinz to greatly in-

The Truth Behind the 57 Varieties

If there are 57 varieties of Heinz ketchup, why is it that you only see the one type? Does it use 57 different varieties of tomato to create? Is it referring to the number of Heinz products in general? Or are there actually 57 varieties of ketchup?

This catch phrase had nothing to do with the actual number of varieties produced by H. J. Heinz, though, which by then totaled over 60 (including plum pudding, strawberry preserve, India relish, olive oil, spaghetti, eucred pickle, currant jelly, chili sauce, peanut butter, and celery soup). Rather, Heinz was riding an elevated train in New York when he spied an advertising placard in the train car promoting “21 styles” of shoes; struck by the concept, and recognizing that catchiness and

resonance were far more important qualities for a company slogan than literal accuracy, Heinz cast about for the perfect number to use for his own company's version of the phrase. Settling on fifty-seven, Heinz soon put the number to work, and within a week the sign of the green Heinz pickle bearing the words “57 Varieties” was everywhere Heinz “could find a place to stick

it.” He soon ordered the construction of a six-story, twelve-hundred-light display featuring a forty-foot pickle; installed at the intersection of 5th Avenue and 23rd Street in New York City, this electric marvel dazzled New York residents and tourists until 1906.

By the time the H. J. Heinz company celebrated its 100th anniversary in 1969 its product line included more than 1,100 items, but over the years the number 57 had permeated almost every aspect of the Heinz corporate culture. Besides being a company slogan, it appeared in the name of one of their best-selling products (Heinz 57 steak sauce), their mailing address P.O. Box 57, and their phone number 273-5757.

Yankee great Joe DiMaggio reportedly lost out on a \$10,000 promotional deal with Heinz when his major-league record hitting streak ended at 56 games in July 1941 (he later claimed that the Heinz deal was “just talk”), up until the 1950s anyone who wrote to Heinz about an upcoming 57th birthday received a free case of Heinz products, and in 2001 Heinz paid \$57 million to have the new home of the Pittsburgh Steelers football team dubbed Heinz Field.



crease the sugar in ketchup, leading to our modern sweet and sour formula. The Chinese origins of our national sauce aren't just a fun bit of culinary trivia—ketchup's history offers a new way to look at global economic history. If you subscribe to a traditional Western model of Asian economics, China turned inward in 1450 during the Ming dynasty and became isolated and economically irrelevant, leading to stagnation and a low standard of living until the West finally dragged Asia into the world economy in the 19th and early 20th century.

But the vast production and trade of *ke-tchup* (not to mention arrack and less delicious goods like textiles and porcelain) well into the 18th century tell a different tale. Recent scholars have shown that the Chinese government's bans on private sea trade were repeatedly rescinded, and in any case were ignored by Hokkien merchants and pirates, who continued to sail and trade illegally on a massive scale. In fact, by the time British sailors brought ketchup back to England, China was the richest nation in the world by any measure—including standard of living, life span, per-capita income, military strength—and produced the bulk of the whole world's GNP. China's control of intra-Asia trade together with its superior manufacturing technology (in textiles, clothing, ceramics,

and of course fermentation) meant that China dominated the world economy until the industrial revolution. These facts explain why the British and Dutch were so eager to get to Asia: Most of the world's trade took place only there. But all Europe had to offer in exchange for Asia's considerable luxury goods were gold and silver from American colonial mines. As Charles Mann argues in 1493, it was thus the desire for Asian exports that drove Europe's intense phase of exploration and colonization in the New World. The encounter between Western appetites and Eastern products created our modern “world-spanning interconnected civilizations,” to borrow Mann's turn of phrase. The story of ketchup—from the fermented fish sauces of China and Southeast Asia to the sweet chutneys of England and America—is, after all, a story of globalization and of centuries of economic domination by a world superpower.

Garlic: Nature's Miracle Drug

Article written by Stephanie Rogers

Pungent and powerful, garlic has dozens of health and household uses. Chew up a raw clove of garlic and you might exhale noxious, eye-watering clouds of stink all day, but you'll also repel mosquitoes (and vampires), increase your immunity, heal cold sores, expel parasites and maybe even get in the mood. Garlic is a broad-spectrum antibiotic, killing bacteria, fungus, viruses and mold, so it's an important ally for natural health.

Check out these unusual and sometimes strange alternative uses for garlic.

Acne

Slice open a clove of raw, fresh garlic and apply it to breakouts as a home remedy for acne. Your skin won't smell terribly good, but the antibacterial properties of garlic will help lessen the appearance of acne, even those deep acne cysts that can otherwise be difficult to treat.

Athlete's Foot

Garlic is a potent natural antifungal, making it ideal for treating fungal infections like irritating and itchy athlete's foot. Add a few cloves of crushed garlic to warm water in a foot bath and soak the affected foot for 30 minutes.

Ear Infections

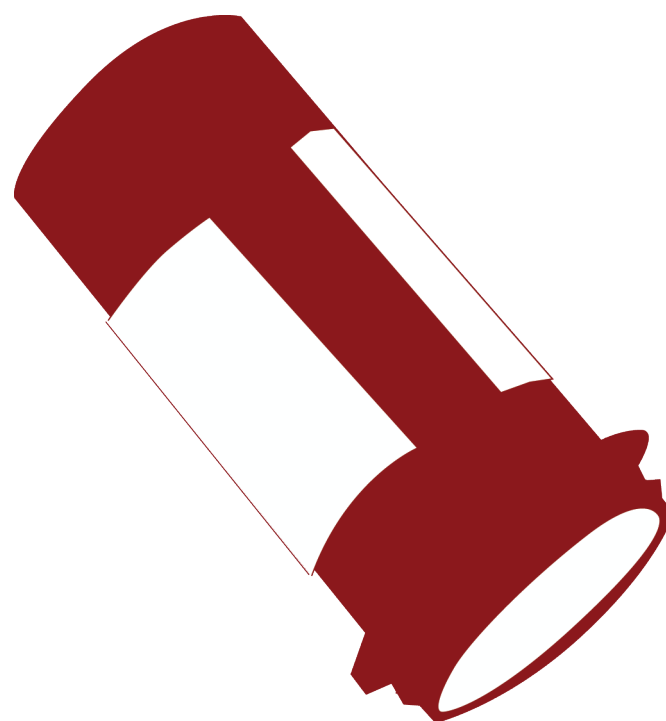
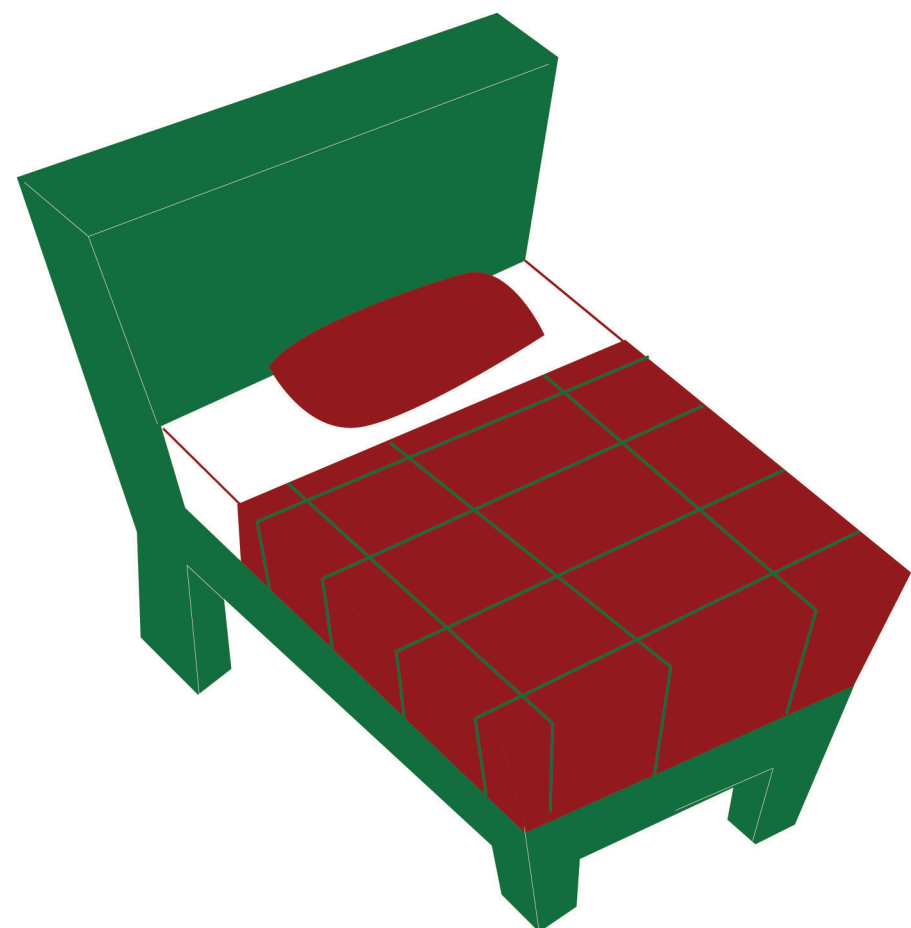
A common folk remedy for centuries, garlic can indeed kill the bacteria that cause ear infections. Of course, this doesn't mean you should shove a clove of garlic into your ear and hope for the best. Crush a clove of garlic with a press and place it in a teaspoon of hot olive oil for five minutes. Strain, allow to cool and drip a few drops at a time into your ear canal. You can also purchase garlic oil made for this purpose at natural health food stores.

Hair Loss

Whether you've over-dyed your hair to the point of constant shedding or you're just going bald, garlic may be worth a shot before you resort to more drastic measures (or just buy a lot of hats.) Some people believe that massaging the scalp with garlic oil stimulates hair growth.

Aphrodisiac

Does garlic turn you on? You may not like the smell of it on someone else's breath, but it may incite lust once it makes its way into your stomach. Garlic has been used as an aphrodisiac since ancient times, and modern medical knowledge may have an explanation: it aids circulation, pumping blood to your extremities. This effect might even increase men's endurance in the bedroom.



Mosquito Repellent

If you don't mind smelling like Italian dressing, garlic can work wonders in warding off pesky mosquitoes without the use of DEET and other potentially toxic chemicals. Try this oddball garlic mosquito spray: let a few minced cloves of garlic infuse an ounce of mineral oil for 24 hours, strain, and mix the garlic-scented oil with 2 cups of water and 1 teaspoon of freshly squeezed lemon juice. Strain again if necessary and pour into a spray bottle.

Cold sore treatment

These unsightly lesions always seem to pop up at the most inopportune times, like the morning before a big date. Raw garlic may work just as well as commercial medical treatments, though the acidity may cause discomfort at first. Cut a garlic clove in half and place it directly on the cold sore for 10 minutes, several times a day. Garlic supplements in capsule form may also speed up the healing process.

Gas Prevention

High in sulfur, garlic can be the culprit for uncomfortable stomach-distending gas for some people, but for others, it can reportedly ease it. The trick may be consuming it on a regular basis in order to maintain intestinal health. Garlic kills harmful intestinal bacteria and promotes the growth of beneficial flora, making digestion much smoother.

Weight Loss Aid

Even though it's potent flavor may make you want to eat a lot of it, garlic actually has weight loss properties, according to some research. Compounds found in garlic send your brain signals of satiety, which will actually help you to feel full faster. It also boosts metabolic function helping you to burn more calories as well.

Splinter Removal

Splinters suck. They're painful to remove, and sometimes they slice too far into the skin to pull out. Instead of waiting for it to come out on its own, try this odd trick: place a thin slice over the splinter and hold on with a bandage. The garlic should help the splinter work its way out of the skin within hours.

Cough Syrup

Ease inflammation in the throat and clear up excess mucus by using garlic as cough syrup. Try steeping raw, minced garlic in hot water, straining it after five minutes and drinking the liquid as tea; you can add ginger and honey to make it more palatable.

Cold Banisher

Can garlic cure and prevent colds naturally? It's been in use for this purpose for centuries, and there's a good reason for that. Researchers believe that allicin, the main biologically active component of garlic, could block enzymes that may impede bacterial and viral infections. Eat three to four cloves of garlic per day, preferably raw and crushed, adding them to soups, stews, pasta sauces and salad dressings.

Psoriasis relief

The persistent tightness and itching of psoriasis could be eased or even prevented by garlic's anti-inflammatory properties. Active compounds in garlic interact with arachidonic acid, an omega fatty acid in the skin linked to psoriasis. Garlic oil may be rubbed directly on affected areas once or twice per day.

ENJOY TOMATO

Robust Tomato Sauce

Recipe by Celeste

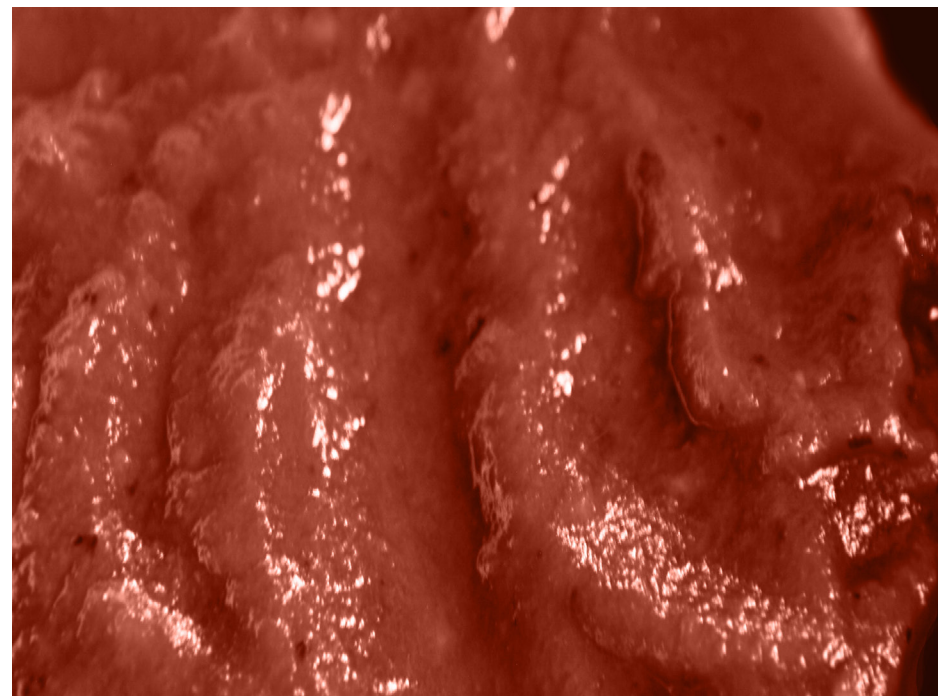
Ingredients

6 roma tomatoes
1-2 cloves of garlic (smashed)
1 onion (chopped)
1/4 cup carrots (chopped)
2 tablespoons olive oil
1/2 teaspoon fennel seed
1/3 teaspoon brown sugar
1/4 teaspoon salt
1 tablespoon water
5 basil leaves

Directions

First, put the tomatoes in a bowl and smash up using a wooden spoon or hand-blender until liquid. Then pour the tomatoes through a strainer into another bowl to filter out the seeds. You can add a tiny bit of water to speed up the filtering process.

Heat up the olive oil on medium heat in a saucepan. Add fennel seeds to oil for about two minutes.



Remove the fennel seeds with a spoon. Add garlic, onion, and carrots and cook for about five minutes while occasionally stirring to prevent burning. If you don't want a chunky sauce you can remove the garlic, onion, and carrot.

Stir in the liquid tomatoes and reduce the heat to low. Add salt and brown sugar. Let the sauce simmer for about 40 minutes occasionally

stirring. Taste the sauce now and again and make adjustments to your liking. You can always add tomato paste to make it a little thicker. Add basil and water and continue simmering for another 20 minutes.

Drizzle the sauce on top of your favorite pasta and serve.

You can store extra sauce in the freezer. Reheat it in a saucepan and add a little bit of water.

Roasted Garlic Bread

Recipe by Cathy

Ingredients

4 medium garlic bulbs
olive oil
2 Tablespoons granulated yeast
3 cups lukewarm water
5-1/2 cups bread flour
1-1/2 Tablespoons kosher salt
1 Tablespoon butter
1 Tablespoon yellow cornmeal

Directions

Preheat oven to 450 degrees F. Peel away a couple of layers of the garlic bulb skin but make sure to leave the cloves intact and the bulb as a whole. Slice about 1/4" off the top of the bulb, exposing the cloves. Place all bulbs in aluminum foil, drizzling each head with olive oil. Cover completely with more foil. Place in oven on a baking tray for 45 minutes. When done, wait for garlic to cool. Use a fork to remove each clove or squeeze out with your hands. Set aside.

Add yeast to your dough mixing/rising container. Pour in warm water and give the yeast a little stir with a wooden spoon. Add flour, salt, roasted garlic. Start mixing



with a wooden spoon, use your hands as necessary to fully wet the mixture. Cover dough with container top or plastic wrap and set in a warm place to rise for at least 3 hours. After 3 hours place dough in the refrigerator overnight. This helps make the dough less sticky and easier to work with.

When ready to bake, place a metal baking pan (not glass) on the bottom rack of the oven. Fill it with water. (This helps steam the bread, giving it the nice crust.) Preheat oven to 450 degrees F, the water will heat up during the preheat. Meanwhile, butter the bottom of an 11 x 17 baking tray and sprinkle cornmeal over the butter to pre-

vent the bread from sticking.

Sprinkle the dough with flour and flour your hands as well. Divide the dough into two even loaves, shaping each into a ball. Place on the baking tray, several inches apart. Sprinkle generously with flour. (You can also bake one at a time, saving the dough in the refrigerator for another day.) Let rest on the baking tray for 30 minutes. Right before placing in the oven, score top of bread with an "x" or other decorative mark, cutting right through the dough.

Bake for 30 minutes. Remove from oven and let cool 15 minutes before slicing.

EAT MORE GARLIC