

EAT LEEK IN MARCH AND GARLIC IN MAY.
THEN THE REST OF THE YEAR, YOUR DOCTOR CAN PLAY.*

*An old Welsh saying

by
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The Yiddish word for “garlic” is “knobl.”

Thomas Nash wrote, “Garlick maketh a man wynke, drynke, and stynke.”

Shown below are 16 FASCINATING FACTS about Garlic:

1. The Talmud advises husbands to eat garlic on Shabbat night in order to perform their marital duty with vigor and says that it increases male fertility.

Source: Miriam Kresh, “Jews and Garlic: Love, Hate, and Confit.”
(The Jewish Daily Forward, May 1, 2012)

2. Jayne Cohen said, “Way before there was Viagra, there was garlic.”

3. The Yiddish Farm, a community in upstate New York is devoted in equal measure to speaking (and learning) Yiddish and farming organically. An autumn ad for one of its programs read:

“LEARN YIDDISH. CELEBRATE SHABBOS. PLANT GARLIC.

4. Garlic, usually roasted, was seen as a specific against impotence and erectile dysfunction. Some people walked around with a lump of garlic around the neck in a sock.

5. Visitors to cemeteries would scatter garlic and salt to ward off evil spirits, and bad as life could be, no evidence has ever surfaced of a single Jewish community with any kind of vampire problem.

Note: The Yiddish word meaning “to scatter” is “tseshitn.”

6. In Palestinian tradition, if a bridegroom (“khosn”) wears a clove of garlic in his buttonhole, he is assured a successful wedding night.

7. The Jews of Turkey were in the habit of hanging a head of garlic outside the door. When no one in the community ("der tsibur") died during a cholera epidemic ("epidemye"), Muslims said it was the stench of garlic that kept away the bacteria.
8. The garlic plant was so indelibly associated with Jews that the Nazis issued buttons with pictures of garlic bulbs so wearers could broadcast their ardent anti-Semitism.
9. Morley Safer said, "With enough garlic, you can eat the New York Times."
10. It's traditional to eat "knobl" on Friday nights because it's supposed to be an aphrodisiac.
11. In the "Knobl Song," by Mordechai Gebirtig, a mother sings a "humoristish" (humorous) song about how she has cooked a "perfekt" (perfect) good garlic "zup" (soup), which no one wants to eat! Each of her "kinder" (children) has dreamed up some delicacy only available in the homes of the affluent not in this humble ("anivesdik") home where not a penny can be found! The singer lists the names of each of her children and what dish each one has requested--compared with the garlic soup which is ready and waiting to be eaten--and finally admits at the end of the song, that even her husband does not like "knobl zup." (Source: YIVO Institute for Jewish Research, Digital Archive.)
12. Five things are said about garlic: it is filling; it is warming; it makes the face glow; it increases semen; and it kills lice. Some say it encourages love and eliminates jealousy.
Note: The Yiddish word for "jealous" is "eyferzikhtik."
13. According to Ruth Reichl ("Comfort Me With Apples," c 2001), garlic consumption had gone up 200 percent in ten years and California grew 90 percent of the garlic consumed in America. Robert Charles said, "It is not how much garlic you use that is important; it is how well you pound it. When you can turn the mortar upside down without anything falling out, then it is enough."
14. Ruth Reichl said, "If everyone ate more garlic, the world would be a

happier place.”

15. “AZ ME EST NIT KEYN KNOBL, SHTINKT NIT FUN MOYL” means, if you don’t eat garlic, your mouth won’t stink.
16. Ruth & Bob Grossman (“The Italian-Kosher Cookbook”) contains the following recipe for Leonardo Da Vinci Garlic Bread:

- 1 long loaf Italian bread
- 2 cloves garlic, minced
- 1/2 cup olive oil
- Salt & Pepper, ‘til it tastes like something
- Maybe a sprinkle paprika for color

In a saucepan warm up the olive oil and the garlic and salt and pepper. Now you’ll cut the bread like you’re going to slice it, only don’t cut all the way. (Later you’ll see how easy it’ll be to tear off each slice.) Now smear the heated mixture in each slit, sprinkle on the paprika, and wrap the whole loaf in foil and put it in the oven. If you’re cooking other things in the oven and it’s very hot, the bread should be done in no time at all. Just keep an eye on it. But if you check it, use a thick potholder so you don’t get burned from the heat. Otherwise, cook at 375 degree about 15 minutes. TONIGHT YOU’LL BE GENEROUS WITH THE GARLIC...TOMORROW, THE MOUTHWASH!

And how do the authors define LEONARDO DA VINCI? “my son the painter, the mathematician, the mechanic, the inventor, the anatomist, the sculptor, the scientist, the architect, the engineer.....”

Note: Check your used bookstore for copies of “The French-Kosher Cookbook” and “The Italian-Kosher Cookbook” by Ruth & Bob Grossman. Nowhere else can you find a recipe for “Stuffed Eggplant Indigestione,” described by the authors as “The Italian answer to Jewish heartburn” and “Stuffed Mushrooms Mohel.” A mohel, in this case, is a surgeon who performs only at parties.
