

# Garlic Breath Farm

November Feature

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## Good Keeps Right on Growing at Garlic Breath Farm

Garlic Breath Farm is a husband and wife run garlic farm out of Elburn, IL, with a passion for growing the highest quality garlic available.

<https://betafoodmarketmaker.com/business/bus-11D462>



Photo courtesy of Nathan Lambrecht

Believing that high quality food is the best kind of health insurance/assurance; Anthony (Tony) and Sharon Pferschy started to research garlic breeds. They began learning how different varieties of garlic contain different levels of allicin, the amido acid that is believed to have anti-bacterial, anti-microbial and anti-cancer properties. “It was exactly what our hearts had been searching for,” Sharon stated about their produce. “We made it our mission to provide high-quality therapeutic foods to cancer patients and local food pantries.”

From fighting fungus to killing cancer cells, garlic appears to pack quite a medicinal punch! The Pferschys recommend eating one raw clove three times a day to harvest the optimum health benefits. To achieve the highest levels of allicin, they say to put the garlic through a press, then wait 15 minutes before eating. Pure allicin only remains stable for a short time, but letting it sit for a few minutes may help boost allicin levels.

“We have a strong following of cancer patients who seek us out specifically for a recurring supply of garlic,” Sharon says. “If we can help people fight off disease and illness, then we are leading with love and fulfilling our mission.” Catering to health-conscious customers across the country, the farm recently launched a pilot program of two Garlic Breath Pharmacy® Kits. The Garlic Breath Cancer Care Kit™, a subscription-based service, along with the Garlic Breath Cold Care Kit™.

## Garlic and Bacon

The founding of **Garlic Breath Farm** traces back to Kevin Bacon. Not the prolific Hollywood actor, married to Kyra Sedgwick, but the Pferschy family's pet pig!



Photo courtesy of Nathan Lambrecht

In 2015 the couple was looking for a new home closer to their work in aviation software. They needed to find a property that would allow them to keep their pet pig. When they found their micro farm (approximately 3 acres), it was love at first sight. Garlic Breath Farm is known around Elburn as the farm with the pig in the front yard!

## Passion Projects

"We are passionate about helping others," Tony says. In fact, their passion for giving back is almost as strong as their garlic! Aware of the fact that many people can't afford high-quality, organic produce, Garlic Breath Farm sets aside a percentage of every crop for donating to local food pantries. "We want to make money, but not at the cost of our mission," stated Sharon.



As a disabled veteran and a member of the [Farmer Veteran Coalition](#). Tony says, “being a part of the FVC has been an honor, I love seeing what the coalition does for veterans who want to become farmers”. In 2021 Tony, nominated by the Farmer Veteran Coalition of Illinois, became the first Illinois farmer veteran to receive the Homegrown by Hero Farmer Veteran Coalition Farmer of the Year!

Homegrown By Heroes, a label of the Farmer Veteran Coalition, is the official farmer-veteran branding program of America. In Illinois, in partnership with the Illinois Department of Agriculture, the brand gives farmer veterans like Tony an innovative way to show the public that their products represent the labors of a hardworking veteran or service member. The program also provides consumers with a direct and impactful way to thank a veteran or current soldier for their service and sacrifices by purchasing their products.

Like many farmer veterans, Tony did not grow up farming, but found himself farming for the first time after his service. You would never know it, however, his love for the land and enjoyment of soaking in the sun give the impression that he has been doing it his entire life. He admits that in the last 7 years he has become a true farmer at heart. Tony has a dream to one day use Garlic Breath Farm to help other veterans heal from post-traumatic stress disorder. His goal is to have several veterans who could rotate time on the farm and reap the benefits of the peaceful setting, cultivating the land and the freeing of their minds.

The Pferschy farm, located in Kane County, is a USDA Certified Organic Farm. In addition to FVC, they are members of the [Illinois Farm Bureau](#), [Buy Fresh Buy Local](#), [Specialty Growers](#), and [Farm to School](#), and the [Illinois Farmers Market Association](#). You can find Garlic Breath Farm products at the Oswego and Batavia Farmers Markets and through their website.

The farm produces roughly 35,000 bulbs each season and “we do everything by hand,” says Tony. That means all hands-on-deck for three generations of family: Tony’s father and daughter, Thomas Kunkel and Cassie Pferschy, and Sharon’s mother and son, Carolyn and Shayne Bauch. “We wouldn’t be here without them,” credits Tony.



Photo courtesy of Nathan Lambrecht



The family grows hardneck varieties because they do better in colder climates. Though they have fewer cloves per head than softneck types, the cloves themselves are larger on hardneck garlic varieties.

“The entire stalk is not only edible but delicious. Garlic scapes are great in soups, salads and any recipe that calls for garlic or onion,” says Tony “when you sample scapes, you sell scapes,” Tony learned from his first farmers’ market. “Once people got a taste of them, the scapes just flew out of our stand. People were *smelling* their way to us from across the market,” he laughed. The fresh bulbs pulled from the ground in July, known as wet garlic, offer a sweeter, milder taste than the cured garlic pulled later in the summer.



Tony noted that much of their garlic sold out early this year, however, they still have some products available on their website and they will open their pre-sale opportunity in March of 2022.