

# Growing with GPGP

2002 Fall Newsletter

Greetings!

We hope that you are enjoying your fall – it's amazing how things suddenly changed from nice and warm to cold and snappy! You may have also noticed that your gardens have also undergone a similar change – from being full and green to rather droopy and a sad shade of brownish-green. Well, that's what a good hard frost will do to those heat-loving vegetables. However, if you are lucky enough to have some of those cool weather crops such as cabbage, kale, spinach, lettuce, chard and carrots in your garden, they should all be doing fairly well and will continue to do so for a while, though growth will be at a much slower rate.

Now that the first hard frost has arrived, we will be coming by to help to “put the gardens to bed” for the winter. We'll be dismantling the tomato stakes, helping to remove frostbitten plants and adding soil amendments (such as compost). If you are interested, we can also plant some garlic for harvesting next year.

And now we have a very big favor to ask of you. You have had a season as a GPGP gardener and we hope that you will be willing to let us know about your experience. You will find a feedback letter enclosed with this newsletter. Please fill it out. It should take no more than 5 to 10 minutes, but it will be tremendously valuable to us. Please tell us how you **really** feel about your garden and your relationship with GPGP. Your comments will help us to focus our efforts as working to improve how we do things and what we can accomplish. After filling it out, please send it back in the enclosed stamped envelope.

Finally, we congratulate and thank you for your willingness to try out these gardens with us. They were beautiful and productive due to your efforts.

Best regards from your fans at GPGP,

Cindy and Kate

## Gardening Tidbits

*Please let us know if you are interested in planting garlic and we'll bring some along to put in after the fall cleanup.*

### **Garden Underground**

Even though there won't be much going on above ground in your garden this winter, organisms under the surface of the soil will be active throughout much of the winter season. When you “amend” the soil by adding goodies like compost, you will give them a boost of food. This means that your garden should be in great shape for next spring's planting season.

Speaking of activity below the ground, fall is a great time to plant garlic. The garlic will establish some roots now and will put up brave little shoots in early spring. It's wonderful to see something green in there in April!

# Recipes

## **Roasted, Mashed Winter Squash**

Note: This is an easy way to prepare squash that can be eaten as a side dish or used in the pancake recipe below. Squash prepared this way can be easily frozen too.

### Ingredients:

- 1) 2 medium size winter squash, such as butternut or acorn
- 2) 1 tablespoon of vegetable oil

### Preparation:

- 1) Preheat the oven to 350 degrees.
- 2) Spread most of the oil evenly over a rimmed baking sheet
- 3) Rinse the squash and cut them in half with a sharp knife.
- 4) Remove the seeds.
- 5) Rub the cut sides of the squash with the remaining oil.
- 6) Place the squash halves on the baking sheet with the cut side down.
- 7) Place the pan in the oven and roast the squash for 45 minutes or until a fork penetrates the squash flesh easily.
- 8) Let cool for 10 to 20 minutes
- 9) Scoop the cooked squash flesh out of the skin and mash with a fork or potato masher until the consistency is smooth. You can also use a blender or food processor.

## **Winter Squash Pumpkin Pancakes**

Note: This recipe is adapted from The Wilson Farm Country Cookbook, by Lynne C. Wilson, Addison- Wesley Publishing Co., Inc., 1985.

### Ingredients:

- 1) 2 eggs
- 2) 2/3 cup cooked, mashed winter squash (canned pumpkin also works well)
- 3) 3 tablespoons oil
- 4) 1 cup milk
- 5) 1 ½ cups flour (or ¾ cup unbleached + ¾ cup whole wheat flour)
- 6) ¼ cup sugar
- 7) ¾ teaspoon salt
- 8) 2 ½ teaspoons baking powder
- 9) 1 ¼ teaspoons cinnamon
- 10) 1 teaspoon nutmeg

### Preparation:

- 1) Sift the flour, sugar, salt, baking powder, cinnamon and nutmeg together.
- 2) Beat the eggs in a large mixing bowl.
- 3) Stir in the squash, oil and milk.
- 4) Add the sifted flour mixture and stir thoroughly.
- 5) Heat a frying pan over medium high heat, grease it lightly and cook the pancakes, turning them once after bubbles form on top.