

Growing with GPGP

2003 Fall Newsletter

Greetings!

At this time of year we should probably change the name of this newsletter to "Harvesting with GPGP". We hope that you are enjoying your fall – it's amazing how things suddenly changed from warm to cool 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 cooling weather and 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.

When the first hard frost has arrived, you should plan to put your gardens to bed for the winter. This means that you should begin to remove dead vegetable plants from your gardens. Sometimes dead plants can provide hiding places for diseases or insect pests. They should be put into a compost pile (if you have one) or the trash. We'll be delivering bags of compost or manure to nourish the garden soil over the winter and make sure that your garden is in great shape for planting next spring. After the garden is cleaned out, spread a bag of the compost we provide over each bed. If you requested garlic, we'll be bringing some by for you to plant this fall and harvest next year.

Finally, you all did an amazing job this year. 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

Recheck your summer newsletter for harvest tips!

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

Greenish Tomatoes

Cooler temperatures prevent tomato flavor from developing. Harvest them when they are just starting to change color and ripen them at room temperature. Don't put them in a window. They need warmth not light.

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

Harvest only the outer leaves of kale and collard greens, the plant will continue to produce more leaves from it's center.

Try pan-frying these greens in a bit of oil that's been seasoned with garlic. It's delicious!

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.