

# Growing Times

February 14, 2007 Volume 4, Issue 0

## HELLO GARDENERS!

Remember us? We just wanted to send you a wintry hello and let you know that we are already starting to prepare for the 2007 growing season. Now is the time for you to start thinking about what you would like to plant in your garden this year and where you want to put it. Check out the back of your Growing Guide for a sample layout and think about what you like to eat. Draw up your own diagram so that you can get started right away when your seeds show up in March.

We have also included a flyer for you to give a friend who you think might be interested in receiving a garden – have them call us as soon as possible. We are working hard to get all the gardens assigned by the end of March and it is “first come, first serve”.

We hope all has been well and look forward to seeing you soon!

*Cindy & Kate*

### The seeds are coming!

We will mail your seeds in March, along with some instructions on what to do with them. If you are a second year gardener, you will receive a standard seed packet very similar to what you received last year. For alumni gardeners (those who started gardening with GPGP in 2005 or earlier), you will also be receiving seeds if you have requested them – the contents of your package will depend on what we have available as extra. Soon you'll see seed packets showing up in gardening stores, Home Depot, Kmart and Target too.

Spring is supposed to be early this year according to that ground hog!



### What about those bags?

If you did not get around to spreading those bags of compost yet, don't worry. All you need to do is spread them on top of your garden once they thaw out in the spring. Remove all left-over plants first and then use one bag per garden bed. If the contents of the bag come out in big chunks, use your hand tools to break the chunks apart into smaller pieces. Spread them out over as much of the bed as possible. You don't need to mix it into the soil yourself (though you are welcome to if you feel in need of a workout!). The rain and the worms will help get this “food” into the soil to feed your plants this year.



## PLEASE HELP..

*Know anyone who might like a garden or want to help build gardens?*

Please clip out this section of the newsletter and give it to a friend. Have them fill it out and send it to us and we will contact them.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

I am interested in applying for a garden \_\_\_\_\_

I am interested in volunteering \_\_\_\_\_

Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

## For a cold night... Lentil Soup with Swiss Chard

*If you can't find swiss chard, use spinach or turnip, mustard or beet greens or a combination of any of them.*

- 1 3/4 cups dried brown lentils
- 2 quarts water
- 1 cup diced carrot
- 1 3/4 teaspoons salt
- Dash of dried thyme
- 2 garlic cloves, crushed
- 2 parsley sprigs or 1 tsp dried parsley
- 2 bay leaves
- 2 tablespoons butter or oil
- 3 cups chopped onion
- 1 teaspoon ground cumin
- 6 cups torn Swiss chard
- 1 tablespoon lemon juice
- 1/2 teaspoon freshly ground black pepper
- 6 tablespoons plain yogurt (optional)

Sort and wash the lentils. Combine lentils, water, and next 6 ingredients (water through bay leaves) in a large Dutch oven or deep pot; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until tender.

Melt butter in a large nonstick skillet over medium-high heat. Add the onion and cumin; sauté 10 minutes or until browned. Stir onion mixture into lentil mixture. Discard bay leaves and parsley. Add chard to soup; simmer, uncovered, 10 minutes or until chard is tender. Remove soup from heat. Stir in juice and pepper. Ladle 1 1/3 cups soup into each of 6 bowls; top each serving with 1 tablespoon yogurt. Yield: 6 servings.

**Yield:** 6 servings

Adapted from Cooking Light



## Welcome GPGP clients and affiliate members!

Well, we just finished building our last garden on Monday which is very late in the season for us. We hope that next year brings better weather in early spring so that we can get all gardens built prior to Memorial Day Weekend. In any event, our newsletter "Growing Times" will be sent every other week between now and mid-October. It is filled with lots of gardening tips, recipes and educational articles to help you get the most out of your garden. You are always more than welcome to contact us by phone or e-mail if you have any questions or concerns about your garden. Kate's and Cindy's phone numbers and e-mail addresses are on the other side of this sheet.

The staff at GPGP wishes you a happy, healthy and prosperous growing season!

*Kate, Cindy, and Debra*

## GARDENING TIPS

### Maintenance

Remember the 3 W's...

**Weed** one square a day

**Water**, especially when it hasn't rained

**Watch** for pesky slugs and cabbage worms

### Harvesting

Check your lettuce, radishes, and spinach; many are ready to eat. You can cut individual leaves from your lettuce and spinach. Harvest lettuce, spinach, swiss chard, kale, collards by cutting off the outside leaves. Your growing guide has a section on harvesting. Take a look!

## THINGS TO DO

As your seeds sprout, thin them by pulling out extra seedlings, so that the remaining plants have room to grow and don't have to compete for nutrients. Lettuce, carrot, radish and nasturtium thinning are a wonderful addition to salads!

Don't forget to stake your tomatoes! Do this before the fruit develops, so the plant will have extra support for a big yield. Use yarn, old pantyhose, or soft string to make a **loose** loop or figure 8 around main stem and stake. Do **not** tie stem tightly to stake. Place loops 8-12" apart up the stem as tomato grows.

## LET'S GIVE A BIG HAND TO GPGP VOLUNTEERS!

This season we built 72 raised beds. This could not have been possible without the help of our volunteers and new gardeners who helped build their gardens. On behalf of the GPGP staff and clients, we thank everyone who dedicated a morning or afternoon (rain or shine), to help build frames, sling dirt and skillfully install fencing! We appreciate your time and effort (and muscles), and look forward to future gardening projects with you!



Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code

## Recipes

### Looking for fabulous dressings for all those mixed greens?

#### Orange Mustard Dressing

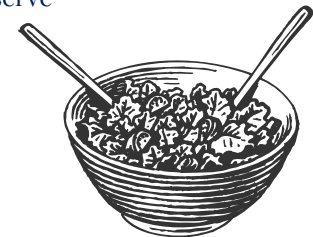
3/4 cup orange juice  
1/3 cup mustard  
1 cup olive oil  
Salt/pepper to taste  
blend and serve

#### Greek Yogurt Dressing

1 cup plain yogurt  
1/4 c. minced, fresh dill (can substitute mint)  
1 cucumber, seeded and chopped  
Salt/pepper to taste  
blend and serve

#### Sesame Vinaigrette

2 tbsp sesame oil  
2 tbsp soy sauce  
2 tbsp dijon mustard  
3/4 cup apple cider vinegar  
2 1/2 cups vegetable or olive oil  
blend and serve





The growing season is well under way and you should be harvesting lots of greens (lettuce and spinach), garlic scapes and radishes. Think of your garden as a treasure trove of surprises! Every week, your garden will provide you with yummy goodies that can be made into entire meals, side dishes or used as seasonings. These surprises only last for a limited time, so use them while you can. If your harvest is too bountiful, many items can be frozen, dried, canned, or given to friends. Also, we will be visiting gardens the week of July 9. If you have questions, call or email us and we'll try to get them answered for you.

Happy Harvesting,

*Kate, Cindy and Debra*

## Tips on...

### Maintenance

Plants love this warm weather, but they get very thirsty! **Water** your garden at least once a week, when less than one inch of rainfall is received that week. Soak the soil thoroughly. If you water in the morning, the leaves can dry during the day, which will help ward off leaf rotting diseases.

Weeds are plants and love this weather too! Don't forget to rid your garden of them. If you are not sure if it's a weed or a plant, remember each seed has a pattern for planting (16 radish/square, 4 lettuce/square, etc). Try to identify the pattern and the rest are probably weeds.

### Harvesting

**Lettuce**- Continue picking the outer leaves of each plant for 4-6 weeks until the plant goes to seed (called "bolting" when the flower spike grows out of the center). Greens that have bolted are still edible, but take on a bitter taste. Once it goes to seed, pull the entire plant and replant square.

**Garlic Scapes**- this curled seed stalk emerges from the top of garlic plants. Cutting the scapes encourages the plant to produce bigger garlic bulbs. Don't just throw them in your compost... they add a wonderful garlic flavor to your dishes. Harvest the scapes just as they begin to curl, when most tender. The scapes are only available for a few weeks.

**Radishes**- Harvest as soon as there is something large enough to be edible. You can replant more when the weather cools off toward the end of the summer, as they tend to bolt quickly in hot weather. If your radish bulbs were thin, then they may have been overcrowded. Next time, thin the seedlings to 2 inches apart in all directions and keep weeds away. If you have an abundant crop, remove the tops, wash them and store them in plastic bags in the refrigerator. They will keep for several weeks.

## Farmer's Markets

Supplement your harvest with locally-grown fresh fruits and veggies. Many farmers markets accept Food Stamps and WIC.



**Ayer-** MBTA parking lot on Main St.  
Saturdays 8 am-1 pm, 7/14-10/27

**Fitchburg-** Wallace Civic Center parking lot on John Fitchburg Hwy.  
Fridays 8:45 am- 12 pm, mid July-Oct.

**Groton-** Williams Barn, 160 Chicopee Row, Fridays 3-6 pm, 7/6-10/5

**Maynard-** Clock Tower Place, Mill Pond parking lot  
Saturdays 9 am-12 pm, 6/30-10/6

**Westford-** Town Common  
Tuesdays 3-7 pm, 7/10-10/31

Go to [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org) for a more comprehensive listing.

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

## Recipes

### Garlic Scape Pesto

20 garlic scapes, chopped  
1 c. olive oil  
2c. parmesan cheese



Mix in blender and serve with pasta or as a sandwich spread. *Can be frozen*

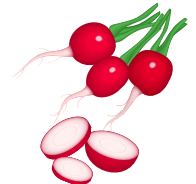
### Other Garlic Scape Ideas

- Use them as you would green onions
- Add sliced scapes to any stir fry recipe
- Great in guacamole and fresh salsa, too.
- Chop & add to softened cream cheese.
- Good in salads, on French bread or pizza.
- Add to sauces, soups and Asian dishes.

### Radish Slaw

2 cups radishes, trimmed and grated  
3 cups cabbage, shredded  
1 cup carrots, grated  
1/2 of a red onion, quartered and sliced  
2 tbsp. fresh lemon juice  
1/2 tsp. sugar  
2 tbsp. olive oil  
2 tbsp. cilantro, mint or parsley, chopped

Toss all ingredients together in a bowl.  
Salt and pepper to taste.



# Growing Times



July 11, 2007 Volume 4, Issue 3

Building Gardens, Growing Gardeners

A decorative frame made of green pea pods and leaves surrounding the central text.

Peas, glorious peas! Check your vines... you might be ready to start harvesting. Peas are great to eat right off the vine or in one of our yummy recipes.

Mother Nature has blessed us with lots (and lots) of rain lately! Wait a few days for the soil to dry out a bit, and then begin watering again. If your plants look yellow, they're probably getting too much water.

Be on the lookout for a note in your garden this week if you weren't home for our garden visit. Call us if you have questions about it.

Happy Gardening - *Kate, Cindy and Debra*

## TIPS ON...

### Maintenance

**Broccoli-** If your broccoli heads aren't getting bigger, they might be "buttoning" and won't get any bigger. Just pull them up and replace them with a different crop.

**Carrots-** When planting carrot seeds, water gently and place a thin wooden board (cardboard or dark fabric works well too) over the soil. The covering will protect the soil from drying out. Check every few days, keep soil moist and remove board when seedlings appear.

Plant carrots and lettuce seeds in the shade of broccoli and tomato plants.

**Cucumbers-** This plant is a vine and loves to climb. Plant behind peas so they can share the trellis.

**Tomatoes-** keep supporting them on the stakes as they grow.

Remember to thin crops or they can't grow properly! See the Growing Guide for spacing requirements.

## MORE TIPS...

### Pests



Watch for:

**Flea Beetles** on eggplant, peppers and chard

**Slugs** love damp weather (pick them & crush them)

**Cabbage Looper Worms** love cabbage, collards, kale, broccoli & Brussels sprouts. Holes in the leaves of these crops indicate they are around. This was the most common problem we saw. Use *bacillus thuringiensis* (or BT) to get rid of them - available at Agway and garden stores. Soak crops in salt water to remove any worms before eating.



Check your Growing Guide for other pests and remedies for them



### Harvesting

- Don't forget to use those herbs!
- Harvest broccoli when it gets to be the size of a softball or larger; before little yellow flowers on heads open. These flowers are edible. Use a sharp knife and cut the stem, just below the head. Leave plant in ground, it will continue to produce shoots into the fall. Shoots don't get as big as the main head, but they are good to eat.

## Pea Facts

### History of the Pea

Peas are legumes that originated in western Asia; in Switzerland, traces of peas have been found near home sites, where they were probably being eaten during the Bronze Age, over 5,000 years ago. Traveling from Greece to India, the pea arrived in China during the 7th century, where it was named *ho tou*, or “foreign legume”. Peas were popular during the Middle Ages in Europe, being easy to grow, inexpensive, hearty, and a source of protein.

### Nutritional Value and Uses

Canned peas are a duller green because their chlorophyll is destroyed by the heat of the canning process. Both fresh and frozen peas are superior to canned for nutrition and flavor. Fresh peas will only keep for a few days refrigerated and should not be left at room temperature. Store dried peas in airtight glass or ceramic jars.

### *Inquiring minds want to know!*

Share your garden stories, techniques, and recipes with fellow GPGP clients.

Send your tales to:

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

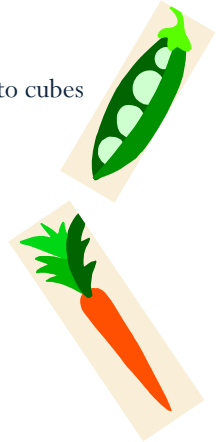
Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

## Recipes

### Curried Fresh Pea Soup

3 Tbsp. Vegetable oil or butter  
2 cloves garlic, minced  
2 to 4 potatoes, peeled and cut into cubes  
4 stalks celery, sliced  
4 carrots, scrubbed & sliced  
2 onions, chopped  
2 cups fresh shelled peas  
2 tsp. curry powder  
3 cups vegetable or chicken stock  
2 cups milk  
¼ tsp. sugar  
Salt and pepper to taste  
Chives  
Cooked, crumbled bacon (optional, as garnish)



In a saucepan melt butter or oil, add garlic, onion, celery, carrots, and potatoes and sauté until softened. Add peas, sugar, curry and stock. Cover and simmer 15-20 minutes until the veggies are tender. Puree the mixture in a blender one batch at a time. Pour back into the pot; add remaining stock and enough milk to give the desired consistency. Heat through gently at a low heat; do not boil. Add salt and pepper as needed. Garnish each bowl with the chopped chives and/or bacon.

### Fresh Peas & Carrots Salad with Cilantro

4 medium carrots, finely shredded  
1 cup fresh peas, shelled  
1 tbsp. fresh lime juice  
2 tbsp. finely chopped fresh cilantro leaves  
1 teaspoon vegetable oil

Toss all ingredients in a bowl and serve right away.



Learn from your garden! Remember gardening is an experiment in which you plant seeds or seedlings and then rely on water or rain and sunshine to help them grow. Bugs, weather, weeds, etc... are factors that become part of the experiment. Some of your experiments will fail and some will succeed. The key thing is to keep at it and learn from what you have done and try new things. Keeping a garden journal is a good way to remember what worked and what didn't.

Reap What You Sow

Happy Gardening - *Kate, Cindy and Debra*

## TIPS ON...

### Maintenance

#### *Thin your crops!*

Why is thinning important? Each plant requires a certain amount of space to grow well and produce the vegetable you would like to eat. If the plant does not have its required amount of room, it cannot produce the crop you want as best as it possibly can. Yes, you might get some carrots if they are all packed together but many of them will be thin and spindly and others may grow in some rather odd shapes.

#### *Weed, weed, weed!*

Why is it important to weed? Weeds not only make your garden look ugly but they rob your plants of important nutrients and water. Weeds tend to be very strong and will crowd out your plants. They will also drop their seeds or spread their underground runners and you'll get even more weeds. Weeding a square or two a day is a very small task and the benefits are huge.

### Planting

- If something is no longer productive, pull it out and plant something new in the square.
- Check Growing Guide for what you can plant from seed at this time of the year.
- Wax beans are pole beans so plant them near a trellis so they can climb.

## THINGS WE'VE SEEN DURING GARDEN VISITS

In some gardens we noticed yellowing stunted bean plants. After researching the possible causes for this, it could be due to the bean seeds being planted in soil that was too cool (below 60 F). Since our weather this spring was extremely cool and we didn't have a lot of hot days that would heat up the soil, this seems a likely cause. It might also be the reason why some of your warm weather seeds didn't germinate or the plants are small. Plant another round of these seeds in empty squares.

## HEALTH BENEFITS OF GARDENING

### *The rewards are endless:*

- **Enjoyment** - from the physical activity
- **Exercise** - improve your endurance, strength, mobility & flexibility
- **Relaxation** - helps you relax and reduce stress levels
- **Fresh food** - provides you and your family with a healthy source of inexpensive fresh food

*The National Gardening Association claims that a 180 lb. person burns approx. 202 calories doing general gardening for 30 min, such as watering, planting and weeding.*

## GREAT GARDEN BOOKS

*Try your local library and bookstores for gardening books, to give you new ideas and garden solutions (tip- amazon.com sells new/used books, which you can re-sell later on)*

*Rodale's Vegetable Garden Problem Solver*  
by Fern Marshall Bradley

*All New Square Foot Gardening*  
by Mel Bartholomew

*New England Gardener's Guide*  
by J. Heriteau and H. Hunter-Stonehill

*The Organic Gardening Bible*  
by Bob Flowerdew

*The Massachusetts Gardener's Companion: An Insiders Guide to Gardening from the Berkshires to the Islands* by Barbara Gee

*Joy of Gardening Cookbook* by Janet Ballantyne



Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

## RECIPES

### Zucchini Bread

3 eggs  
1 cup oil  
2 cups sugar  
2 cups peeled and grated zucchini  
3 tsp. vanilla  
2 tsp. cinnamon  
1/2 cup nuts  
3 cups flour  
1 tsp. baking soda  
1 tsp. salt  
1/4 tsp. baking powder

Stir together eggs, oil, sugar, zucchini. Sift together flour, soda, salt, cinnamon, and baking powder. Add to zucchini mixture. Stir in vanilla and nuts. Bake at 325 degrees for 1 hour, or a bit longer. Makes 2 loaves. Can be frozen.

### Tomato-Zucchini Frittata

1 tablespoon olive oil  
1 small zucchini, sliced  
1/2 cup chopped green onion  
2 cloves garlic, minced  
2 medium tomatoes, seeded and chopped  
1 tablespoon chopped fresh basil  
1/4 teaspoon ground black pepper  
4 large eggs  
1 cup shredded mozzarella cheese

Preheat oven to 350°F. In a skillet, heat olive oil and sauté zucchini, green onions and garlic. Cook for about 5 minutes. Add tomatoes, basil and pepper. Cover and cook until zucchini is tender, then transfer to a casserole dish. In a small bowl, beat eggs and pour over vegetable mixture and sprinkle with cheese. Bake until eggs are set and a knife inserted in the center comes out clean, 10 to 15 minutes. Cut into wedges to serve.

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

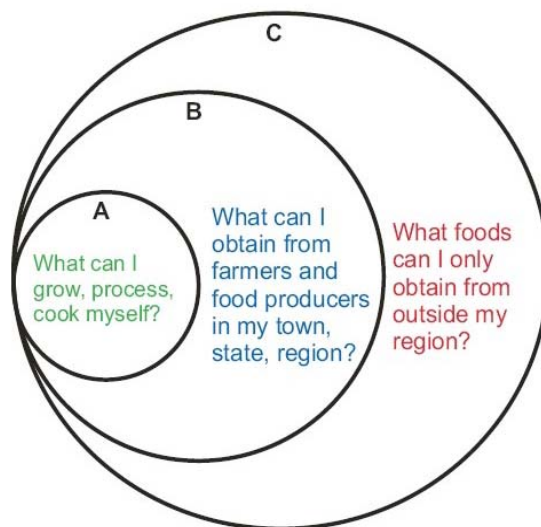
Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code



## Food for Thought: Sustainable Food Systems

GPGP clients are doing their part to be environmentally conscious citizens! As you can see from the diagram to the right, it all starts in your own backyard. By growing your own food (or buying locally), we are all doing our part to save resources, promote healthier lifestyles and become more self-reliant.

Enjoy the fruits of your labor,  
*Kate, Cindy and Debra*



### Guiding principles:

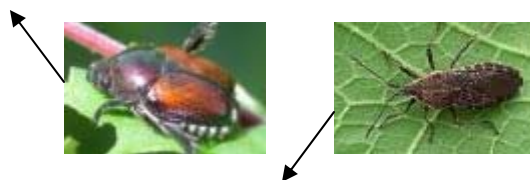
1. Eat/buy as locally, organically, and as seasonally as you can.
2. Over time, try to move as much of your food purchases and consumption into the inner circles.
3. Favor whole products over processed ones.
4. Insist on foods where the producers were paid and treated fairly.
5. If buying meat, eggs, and dairy products, insist on ones coming from animals who lived and died humanely.
6. Take time to prepare and enjoy good food with friends and family.

Source: [www.wegrowfood.com](http://www.wegrowfood.com)

## TIPS ON...

### Pests

**Japanese beetles:** You will probably find these on your bean plants, especially pole beans. You can either destroy them yourself by knocking them into a jar or plastic bag in the early morning (cool temperatures slow them down) or purchase a Japanese beetle trap from Agway or other garden store. Follow the directions on the trap.



**Squash vine borers and squash bugs:** These can be found on squash, pumpkin and cucumber plants. Look on the underside of leaves for rows of orange-brown squash bug eggs. Remove and destroy these. Insecticidal soap can be used on squash bug nymphs or you can dump adults and nymphs in soapy water. Squash vine borers leave a yellowish sawdust looking material near the base of the stem. If you see this, slit the stem lengthwise near the hole, gently pull stem apart and remove white borer, close up stem and cover with at least 1" of moist soil (keep it moist for several days). See your Growing Guide for more information on these insects.

## Harvesting

**Harvest your garlic:** Those of you who planted garlic last year should be about ready to harvest it. Pull out when 5-6 green leaves remain. Place bulbs in a shaded airy place until the outside skins are dry. Trim stem to 1", cut off roots and rub off dirt (careful not to damage heads). Store in cool dry place and use at will - YUM!

Cherry tomatoes, zucchini, cucumbers, beans, summer squash, eggplant, peppers, as well as others should all be ripening up at this point. Larger tomatoes take longer so give them time. Keep checking your plants to make sure you harvest all that is ready to eat. Don't let vegetables get too large or they start to get tough and lose their taste.

Check out local farm stands for crops you haven't grown but may want to consider growing next year. Pick up some fresh corn on the cob – it doesn't get better than that!

## Maintenance

Consider planting a last crop of beans, more lettuce, spinach, radishes and beets.

Keep your garden watered and weeded!



## MORE PESTS...

### Tomato Hornworms

These tomato-devouring caterpillars appeared in Kate's garden this week. They were small, about as thick as a piece of string and an inch long but last year, Kate found some that were the size of her finger. They often prefer to eat the leaves of tomato plants, leaving the leaf stems. They also have dark brown droppings (also called frass). If you see one caterpillar, look for more.

Remove caterpillars from your tomato plants and cut them in half with scissors or squash them **unless** you see that they have small white bumps coming out of them. The white bumps are the cocoons of a parasitic wasp. Leave those caterpillars and their wasp cocoons alone. The new wasps will kill the caterpillar, grow up and eat other caterpillars – protecting your tomatoes for you!



*The next issue of Growing Times will be our "Recipe Edition". Please send us your recipes*

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

## Recipes

### Veggie Salad with Lemon Vinaigrette

Two small zucchini

A hand full of any raw vegetable (such as cherry tomatoes, fresh peas, tender green beans cut into small pieces). If you have a tougher vegetable (such as older green beans, broccoli), dunk them in boiling water for about 2 minutes and then cool them quickly in ice water.

Lemon vinaigrette (Newman's Own is good or see recipe below)

Feta (or any other shaved cheese) for topping – optional.

Make the salad:

Cut zucchini in half length wise leaving on the skin. Using a vegetable peeler, slice the zucchini into long strips .

Sprinkle the other vegetables on top. Dress with lemon salad dressing.

Then sprinkle on a small amount (2-3 tablespoons) of cheese such as feta, or any shaved cheese.

**Lemon vinaigrette** (adapted from [cooksillustrated.com](http://cooksillustrated.com)):

- 3 tablespoons olive oil
- 1 medium shallot , minced (about 2 tablespoons)
- 1 medium clove garlic , minced (about one tsp.)
- 1 teaspoon minced fresh oregano leaves
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon granulated sugar
- 1 tablespoon lemon juice from 1 lemon

Add oil, shallot, garlic, oregano, salt, pepper, and sugar to small skillet and cook over medium heat until shallot is slightly softened, 2 to 3 minutes. Add lemon juice; swirl to incorporate. Pour warm dressing over salad and serve immediately

*Pick summer squash and zucchini every day or two to keep the plants producing*



Here is our yearly Recipe Issue! We hope you get a chance to try out and enjoy some of these recipes. If you have some you would like to share in a future issue, please send them along! We also want to wish the best of luck to our Volunteer Coordinator, Debra, who is moving on to other educational interests and will be leaving GPGP. We appreciate all she has done for us; her talents will be missed. Remember - continue to weed, water and eat those veggies!

Happy Gardening - *Kate and Cindy*

## Cherry Tomato and Oregano Salad (serves 4)

3 cups very ripe cherry tomatoes, stems removed; halved lengthwise through the stem ends (you can mix yellow pear tomatoes with the red cherry ones too)

2 teaspoons chopped oregano or basil leaves (about 2-3 sprigs)

2 tablespoons red wine vinegar

Coarse or kosher salt

3 tablespoons olive oil

In a medium bowl combine the tomato halves with the oregano (or basil) and vinegar. Let them marinate for 15 minutes. Just before serving, season with salt, sprinkle on olive oil and toss gently to coat the tomatoes evenly. Serve in a flat bowl or on plate with a high rim.

## Tomato Vinaigrette

Peel tomatoes (see instructions below) and reserve remove seeds by cutting them in half crosswise and squeezing them gently over a bowl to catch the juices. Strain the seeds from the juice. For every  $\frac{1}{4}$  cup of tomato juice, add one teaspoon of mustard, 1 tablespoon of red wine vinegar,  $\frac{1}{4}$  cup of olive oil, and salt and pepper to taste. Whisk to combine. You can keep the tomato halves for another use or cut them into very small pieces and stir them into the vinaigrette. *Note: Can be used for salad or a meat or fish sauce. Store in fridge for up to 4 days.*

**To peel tomatoes:** Immerse one or two tomatoes at a time in boiling water for 15-30 seconds. Remove with a slotted spoon and place in a large bowl. When tomatoes are cool enough to handle, gently remove the tomato skins.

Both adapted from [The Cook and the Gardener](#) by Amanda Hesser

## Glazed Carrots (serves 4)

1 pound medium carrots (about 6) peeled and sliced  $\frac{1}{4}$  inch

$\frac{1}{2}$  teaspoon salt

2 tablespoons granulated sugar

$\frac{1}{2}$  cup low-sodium chicken broth

1 tablespoon unsalted butter

2 teaspoons lemon juice

Ground black pepper

Bring carrots, salt, 1 tablespoon sugar, and chicken broth to boil, covered, in 12-inch nonstick skillet over medium-high heat; reduce heat to medium and simmer, stirring occasionally, until carrots are almost tender when poked with tip of paring knife, about 5 minutes. Uncover, increase heat to high, and simmer rapidly, stirring occasionally, until liquid is reduced to about 2 tablespoons, 1 to 2 minutes. Add butter and remaining 2 tablespoons sugar to skillet; toss carrots to coat and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes. Off heat, add lemon juice; toss to coat. Transfer carrots to serving dish, scraping glaze from pan. Season to taste with pepper and serve immediately. Adapted from [cooksillustrated.com](http://cooksillustrated.com)

## Shredded Zucchini & Carrot Saute

(serves 4) Adapted from [cooksillustrated.com](http://cooksillustrated.com)

3 tablespoons olive oil  
3 medium zucchini, rinsed, trimmed and shredded  
(see note below)  
3 medium carrots, peeled and shredded  
3 medium cloves garlic, minced  
2 tablespoons minced fresh parsley, tarragon, basil or  
mint leaves  
Salt and pepper to taste

Heat oil in a skillet over medium-high heat. Add zucchini, carrot and garlic; cook stirring occasionally until vegetables are tender, about 7 minutes. Stir in herbs and salt and pepper to taste. Serve immediately.

**Note:** shred trimmed zucchini on large holes of box grater or food processor. Wrap shredded zucchini in towels to squeeze out excess liquid.



Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

## Master Fruit Crisp Recipe (serves 6)

Adapted from [cooksillustrated.com](http://cooksillustrated.com)

Crisp is easier than pie and we all like dessert!

7 cups fruit, prepared (see below for suggestions)  
1 teaspoon lemon zest, grated  
1 tablespoon lemon juice  
2/3 cup firmly packed brown sugar  
½ cup unbleached all-purpose flour  
½ cup quick cooking oats  
½ teaspoon ground cinnamon or nutmeg  
¼ teaspoon table salt  
4 tablespoons butter, cut into small bits  
2 tablespoons vegetable shortening, cut into small bits

1. Heat oven to 425 degrees. Toss fruit with lemon zest and juice in a large bowl. Spread evenly in 8-inch square baking pan, pressing down lightly.
2. Mix next 5 ingredients in a medium bowl. Add butter and shortening. Use fingertips, a pastry blender, or 2 forks to blend fat into dry ingredients until mixture looks like coarse irregular crumbs, with no visible lumps of fat.
3. Spread topping over prepared fruit; bake for 15 minutes. Reduce heat to 350 degrees; bake until topping browns and fruit is tender when pierced, 30 to 40 minutes. Serve warm or at room temperature.

**Note:** topping can be frozen and then used as needed. A food processor can be used for the topping, just pulse about 10 times to mix.

### Fruit suggestions

2 ½ pounds apples (about 6), peeled, cored and thinly sliced  
2 pounds berries, rinsed and patted dry; if tart, add 1 tablespoon or more of sugar to taste  
2 ½-3 pounds nectarines or peaches (8-10), peeled, pitted and sliced  
3 pounds plums (15 to 20), pitted and quartered



September has arrived with some glorious weather, which will help to ripen those tomatoes, peppers, eggplants and squashes. Check your plants often for harvestable vegetables and pick them so your plants keep producing. Share with friends and neighbors – who can resist a fresh picked tomato? They are just so delicious. Slice some up, drizzle with olive oil, put some fresh chopped basil on top and dig in! We hope you are enjoying all the bounties that the late summer has to offer you and your families. Don't forget to check out farm stands and farmers markets!

Happy Gardening - *Kate and Cindy*

## TIPS ON...

### Maintenance

#### *Water*

While the weather has been simply beautiful, there has been very little rain to keep our soil moist. Make sure to keep your garden beds well watered during this dry time. Signs of plant stress due to lack of water include wilted leaves in the early morning (plants with enough water can recover overnight), dry curling leaves all over the plant, not just at the bottom (many tomatoes have brown bottom leaves at this point), or wilted looking vegetables.

#### *Weed, weed, weed!*

Yes, it is still important to weed. Right now the crabgrass seed heads are maturing and just waiting to toss themselves all over your garden so they can grow next year. Pull these out by the roots if you can, but if not, cut off the seed heads and toss in the trash or far away from your garden.

#### *Harvesting*

If you missed harvesting some of your vegetables, do not leave them on the ground to rot. This will attract more unpleasant insects and become a breeding place for disease. Remove to trash or compost.

#### *Planting*

Go ahead and plant some spinach, lettuce or radishes for a fall crop!



## SQUASH BUSTERS...

### Powdery Mildew

If you have noticed a powdery white substance on the leaves of your squashes and cucumbers, your plants are probably infected with powdery mildew. It looks like someone sprinkled your plants with flour. The leaves may dry up and turn brown. This disease can be a problem during humid weather with little rain (which we have had) and takes hold on plants with dense, shaded foliage where circulation is poor. Pick off affected leaves and compost or put into the trash. The disease will make the plant produce more slowly but won't stop it. *Spray the leaves weekly with 1 tablespoon baking soda dissolved in 1 quart water to treat the disease.*

### Squash Bug Nymphs

Squash bug nymphs can be found running around your squash plants at this time of the year. They are small grayish insects that are often found on the leaves of squash, pumpkins, cucumbers and melons. You can handpick them and destroy them. Place a board on the ground near your plants and check underneath in the morning. Dump nymphs into soapy water. You can also spray your plants with insecticidal soap. These methods are also effective if you find adults – *brown and shaped like the larger nymphs in the picture.*



Photo courtesy of U. of Illinois Extension

## Too much Squash?

### Are you finding baseball bats in your garden?

Sometimes zucchini and summer squash plants manage to grow huge fruit, seemingly overnight. Don't despair. Wash, dry and cut the squash lengthwise and remove the seeds. Shred the squash on a box grater or in a food processor. Freeze in 1 or 2 cup portions in reclosable bags. Thaw whenever you crave zucchini bread or these fritters.

### Zucchini/Summer Squash Fritters

Recipe from WBUR's [Here and Now](#). Chef Kathy Gunst; makes about 10.

*Serve these crispy fritters for breakfast with maple syrup or add a tablespoon or two of chopped chives and serve for lunch or dinner with a herbed butter. Also great with corn!*

1/2 (half) cup flour  
Pinch salt  
1/2 (half) teaspoon baking powder  
1/4 (quarter) cup milk  
1 large egg, lightly beaten  
2 cups fresh (or frozen) shredded squash  
Vegetable or olive oil

In a large bowl, sift the flour, salt and baking powder. Add the milk and whisk until smooth. Beat in the egg and gently mix in the corn.

In a large skillet heat about 3 tablespoons oil over moderately high heat. Drop 2 to 3 tablespoons batter into the hot oil and flatten with the back of a spatula to form a pancake. Cook 2 to 3 minutes on each side, or until golden brown. Serve hot.

Growing Places Garden Project, Inc.

PO Box 237

Harvard, MA 01451-0237

(978) 501-4964 or (978) 771-2377

Website: [www.growingplaces.org](http://www.growingplaces.org)

E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

## Enjoy the Harvest

### Grilled Italian Veggies and Pasta (6 servings)

1 eggplant, cut into 1/2-inch-thick slices  
1 teaspoon salt, divided  
3/4 pound zucchini, quartered lengthwise and cut into 1-inch-thick slices  
1 red bell pepper, seeded and quartered  
Cooking spray  
4 plum tomatoes, halved  
4 cups (3-inch) sliced green onions (~2 bunches)  
2 tablespoons olive oil  
1 tablespoon grated lemon rind  
1/2 cup thinly sliced fresh basil  
6 cups hot cooked pasta (~12 ounces uncooked)  
1/4 cup (1 ounce) grated fresh Parmesan cheese

Place eggplant in colander; sprinkle with 3/4 teaspoon salt. Toss gently to coat. Cover and let stand 30 minutes. Rinse eggplant with cold water, drain well. Prepare grill. Place eggplant, zucchini, and bell pepper on grill rack coated with cooking spray. Grill 10 minutes, turning once. Add tomatoes and onions; cook 5 minutes, turning often. Remove the vegetables from grill; cut all into 1-inch pieces except tomato. Cut tomato halves in half lengthwise. Combine 1/4 teaspoon salt, oil, rind, and basil in a large bowl. Add vegetable mixture, pasta, and cheese; toss well.

**Note:** If you don't have a grill, stir fry in pan.





## Hello Gardeners!

It's time to start thinking about saving your harvest. Frosty nights are on their way; we almost had one on Sunday. Calm, clear nights are the most likely to produce frost, which occurs when water vapor on surfaces (such as the leaves of your plants) turns into ice. That's not so bad. However when it gets colder, the water **inside** your plants turns into ice. The ice inside the cells of the plant causes great damage and slows down or even kills a crop. You can protect your tender plants (see below) for a while. But make sure to harvest and use as much of this wonderful year's crop as you can.

Speaking of cans... we have canning jars to share. They were donated by an expert gardener and friend of GPGP. Call us if you would like them. We'll try to deliver them ASAP.

*Garlic Garlic Garlic* for first and second year gardeners!

Call us if you want some! Plant it after Halloween. Harvest it next spring.

Happy Gardening - *Kate and Cindy*

## TIPS ON...

### Dealing with Frost

Cooler weather means that frost is just around the corner. There are things you can do to help prevent the frost damage, for a little while at least.

#### *Frost and tender crops*

Beans, eggplant, tomatoes, peppers, squash, melons, cucumbers are some of the crops that do not do well when a **light** frost hits them. Often the plants and their produce end up looking like they had been injected with water the day after a light frost (when temps at night drop to 32 deg). Once this happens, the plant will not recover. Therefore so harvest any usable produce immediately. Other crops such as broccoli, cabbage, carrots, beets, kale, collards enjoy growing in cool weather and actually benefit from a light frost by turning a bit sweeter and mellow in their flavor. They will continue to grow well into the fall and possibly early winter. Almost all vegetable crops will be destroyed by a killing or **hard** frost (where the temperature drops stays below 32 deg for many hours or the temperature drops to 24 deg).

#### *Preventing damage*

Cover your garden beds with old sheets (not blankets), commercially bought row covers (call local garden centers to see if they have them), even old shower curtains, on nights when a frost is expected. Make sure the cover reaches the ground. Remove covers in the morning. Looks funny but it works.

## TAKING AND RESTORING...

### Winter Squash

Winter squashes are pretty close to ripe in most people's gardens. You can harvest them when the stem connecting the squash to the vine starts to shrivel and the skin is too hard to be punctured with a thumbnail. Use a sharp knife to remove the squash from the vine about 2 inches from where the squash connects. A little bit of stem keeps the squash from rotting. All winter squash *with the exception of acorn squash* will benefit from curing or drying, which toughens their skins and prolong their storage life. Cure harvested squash by letting them sit outside in the sun for 5-7 days. Store cured squash in a cool, dry location with good air circulation until ready to use. Acorn squash has the shortest storage time, so be sure to use them early (within a month or two). Other winter squashes can be stored for 3 or more months.

### Compost Deliveries

First and second year GPGP gardeners will be receiving bags of compost by their gardens over the next few weeks. Once you have finished with all your harvest and cleaned out your garden, spread one bag of compost on each of your garden beds. This will provide food for your soil to absorb over the winter months so it is ready to go next spring. Now is also a good time to make a plan of your garden beds so that you don't plant the same crop in the same place next year. Rotating your crops helps to prevent disease and is a good way to make sure that your soil does not get depleted of nutrients.

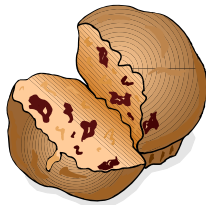
## RECIPES

### Morning Glory Muffins

(adapted from [www.ebertsgreenhouse.com](http://www.ebertsgreenhouse.com))

2 ½ cups all-purpose flour	1 ¼ cups sugar
3 t. ground cinnamon	2 t. baking soda
½ t. salt	3 eggs
¾ cup applesauce	½ c. vegetable oil
1 t. vanilla extract	2 cups grated carrots
½ cup flaked coconut	½ cup raisins
½ cup chopped walnuts	
1 medium tart apple, peeled and grated	
1 can (8 ounces) crushed pineapple, drained	

In a large bowl, combine the first 5 ingredients. In another bowl, combine the eggs, applesauce, oil, and vanilla. Stir into the dry ingredients just until moistened (batter will be thick). Stir in the carrots, apple, pineapple, coconut, raisins, and nuts. Fill greased or paper-lined muffin cups 2/3 full. Bake at 350° for 20-24 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. Yield: 2 dozen.



Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237  
(978) 501-4964 or (978) 771-2377  
Website: [www.growingplaces.org](http://www.growingplaces.org)  
E-mail: [staff@growingplaces.org](mailto:staff@growingplaces.org)

## RECIPES

### Homemade Pizza

Kate's family makes this often. You can buy dough from the grocery store or make your own dough – see below.

#### Dough

1 c warm water	1 tsp sugar
1 pkg. active dry yeast	2 tsp. olive oil
1 ½ c whole wheat flour	½ tsp. salt
1 ½ c wheat flour	

Combine the water, yeast and the whole wheat flour in a large bowl. Add 1 cup of the regular wheat flour, oil and salt. With hands or a large wooden spoon, work the ingredients together until the dough holds its shape. Add the last of the flour gradually. Place the dough on a lightly floured surface and knead until smooth and elastic—about 8 to 10 minutes. If the dough becomes sticky, sprinkle a bit of flour over it.

Transfer dough to a lightly oiled 2 qt. bowl. Cover the bowl with plastic wrap or a damp kitchen towel and let rest until it has doubled in size, about 15 minutes hour. When the dough has risen, place on a lightly floured surface, divide into 2 or more parts and roll into balls. Cover with a towel and let rest for 15-20 minutes. The dough is now ready to be shaped, topped and baked. Bake at 425 degrees F. until cheese is melted and crust is browned (about 10 minutes).

Toppings: These vary but here are some fun combinations.

Use any veggies from your garden that aren't too juicy: sliced cherry tomatoes, peppers, broccoli, spinach, chard, basil, minced garlic, zucchini...

**“Basic”:** combine 2 parts tomato sauce with an equal amount of tomato paste.

**Cheese:** shredded mozzarella or goat cheese

**“Barbecue”:** combine 1 part tomato sauce with one part barbecue sauce

**Cheese:** shredded mozzarella or a mix of cheddar and Monterey Jack

Growing Places Garden Project, Inc.  
PO Box 237  
Harvard, MA 01451-0237

Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code