

Growing Times



Feeding Families Together

September 7, 2012 Volume 9, Issue 7

Growing Places Garden Project

From Garden to Harvest

Hello Gardeners,

Well, here we are, looking head on at Fall and the season of harvest! Even our staff are growing this month, as we have been able to welcome Anna, our Americorps Vista member to our team. Anna has jumped right in, and has been coming out to visit some of our gardeners, our wonderful volunteers and our partners.

On our travels, we're hearing a lot of questions about using your harvest and so we are making this newsletter a recipe bonanza! We hope you enjoy our family favorites!



We will be at the Fitchburg Farmers Market at Riverfront Park, Fitchburg on September 20th and 27th giving out "Fall Supplies" to our 1st and 2nd year gardeners. GP 2011 and 2012 Gardeners come on down and collect your garlic and compost, and say hello!

Your Friends at Growing Places

Anna's Grilled Eggplant Bruchetta



Ingredients

- 1 large eggplant
- 1 onion
- 1 large or 2 medium sized tomatoes, chopped
- 1 pepper, chopped
- 3 cloves of garlic, minced
- 1/4 cup olive oil
- 1 tablespoon red wine vinegar
- salt and pepper taste
- fresh herbs of choice (basil, thyme, oregano, chives, parsley)
- 1 loaf of fresh bread
- Extra olive and salt for grilling vegetables

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David's Calabacita

Ingredients:

Any mixture of summer squash (zucchini, crookneck, pattypan, etc), diced
sweet corn, cut from cob
onion, diced
peppers, hot and/or sweet, diced, optional fresh herbs: basil, cilantro, tarragon, oregano, parsley, oil or butter (bacon, or bacon fat can also be used), optional spices; cumin, red pepper flakes, paprika



Sauté onions and peppers in the olive oil (or butter) with a pinch of salt for about 5 minutes, add the diced squashes and another pinch of salt, continue to sauté for another five minutes. Add corn and tomatoes, if you are using them. After another five minutes add any herbs and spices that you are using, taste for salt.

At this point the vegetables should be cooked and there will be water from the squashes. You can stop cooking at this point or turn the heat up to boil the water away.

From our gardeners...



After meeting us at the Fitchburg Farmers Market, Maritza emailed, "It was awesome to see people enjoying locally grown foods and that Growing Places Garden Project is there to help families/individuals to grow their own vegetables. The best part is they're organic! I appreciate your work towards a better tomorrow for many - Healthy foods are the key to better health!"



Anna's Grilled Eggplant Bruschetta continued

Slice the eggplant into 1/4" slices. Heat a grill pan or outdoor grill to a medium high heat. Brush olive oil over the eggplant and sprinkle with salt. Grill the eggplant for 8-10 minutes on both sides or until it is cooked all the way through with some nice grill marks. Cut the onion into quarters, sprinkle with olive oil and salt, and grill for 8 minutes turning 2-3 times so all sides get a nice char.

After grilling, let cool enough to handle, chop the eggplant and onions and mix in a bowl with the tomatoes, pepper, garlic, olive oil, red wine vinegar, and salt, pepper, and herbs. Slice the bread and toast on the grill for one minute on both sides. Serve a spoon full of the bruschetta on top of the toasted bread.

*Eggplant and onion can be baked or sautéed as a cooking alternative.

Succotash



Ingredients

2 sweet corn or young ("green") corn, cut from the cob and cobs scraped with the back of a knife

1 small onion, diced

1 1/4 cup beans; fresh shelling beans, green beans, canned lima or other bean, dried beans soaked and pre cooked

1 small pepper, hot or sweet or mix of two

1 medium tomato

Olive oil or butter

Fresh herbs, tarragon, parsley, fennel

Salt & pepper

Sauté the onions and peppers in the oil or butter with a pinch of salt and pepper for about 5 minutes. Add corn and shell beans with about a 1/4 inch of water. Add another pinch of salt and bring to a boil. Turn down to a simmer, add tomatoes if you are using them, cover the pot and cook until the beans and corn have softened (10 to 15 minutes). Add green beans and herbs. Cook for another 5 minutes. Taste and adjust seasoning, more olive oil or butter can be added now to make a richer dish.

From the Farmers Market *

One of the best things about visiting local farmers markets is coming home with fresh fruit. A little can go a long way in these dessert recipes. We hope you enjoy them as much as we do.

Blueberry Bread Pudding

3 cups of whole milk
5 mint leaves
3 eggs
Zest from one lemon
1/3 cup brown sugar
1/3 cup white sugar
3 cups of stale bread, cut into cubes
1 cup fresh blueberries
1/4 teaspoon salt
Butter



In a large sauce pot, combine milk, mint, lemon zest and salt. Bring to a low simmer. Remove from heat and let stand for 15 mins. Remove and discard mint leaves and lemon zest.

In a large bowl, whisk together sugar and eggs. Then gradually whisk in the milk until frothy. Stir in remaining ingredients.

Grease a 9 inch x 13 inch dish or cake pan with butter. Pour in the bread pudding mix. Bake at 350°F for 45 mins. Let cool for 10 minutes before serving.

You can substitute 1 cup of other fall fruits such as apples, pears, peaches and plums, or even mix them into tasty combinations.



*Both recipes on this page are taken from [The Farmer's Kitchen](#), by Julia Shanks and Brett Grohsgal

Fruity Crisp*

This recipe works with most fruit: but apples, peaches, plums, or blackberries are our favorites. Combine to suit.

Filling

1/2 cup brown sugar
3 tablespoons all purpose flour
1 teaspoon grated lemon zest
5 cups fruit
1/2 teaspoon cinnamon

Topping

2/3 cup of rolled oats
1/3 cup brown sugar
1/4 cup flour
3 tablespoons melted butter

Combine filling ingredients and spoon into an 8 inch square casserole, or oven proof dish.

Combine topping ingredients and spoon over the filling. Cover the dish or casserole with aluminum foil. Remove foil about 30 mins into cooking time to lightly bake the crisp topping.

Bake for 45 minutes at 375° F, or until top is brown.



Dessert is an impor-



to do it!

tant part of our lives at Growing Places, and Gaynor tests every recipe before we put it in our newsletter. It's painstaking work but someone has