



HELLO GARDENERS!

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Fall has officially arrived and with it traditional fall cleaning, which is just as apt outdoors as in. October marks the beginning of the cheerful ritual of tidying up your garden in preparation for winter – not unlike the way in which we clean and decorate our homes a month before the holiday guests arrive. In this case, however, our guests are strong winds, ice storms, and insulating snowfall, so we must plan accordingly, bolstering our soil to withstand this harsh company (See our Focus piece for tips).

As you prepare, take time to enjoy this fleeting and complex

transition period. The seasons are never as distinct as elementary school and modern advertising would have us believe. Summer has ended and fall has begun, but there are still “summer” tomatoes ripening even though winter squash is ready for harvest. And each year brings its own unique blend of flavors, depending on what lasts and what does not. Invite this year’s combinations into your kitchen and remember to make notes in your garden journal about how this season has gone and is wrapping up.

Clean joyfully (at least outdoors!) and appreciate your



Maria and Daniel snipping flower heads off their basil

first, second, or umpteenth gardening season while it lasts!

Happy Gardening

YOUR FRIENDS AT GROWING PLACES

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VEGGIE WRAP-UP

- **FALL IS HERE! TO PUT YOUR GARDEN TO BED FOR WINTER, PULL UP SPENT PLANTS, ADD COMPOST, AND PLANT YOUR GARLIC FOR SPRING.**
- **UNTIL THE HARD FREEZE, PROTECT YOUR PLANTS FROM FROST WITH EVENING WATERING AND COVERING WITH A SHEET .**
- **KEEP AN EYE ON WHAT YOU COMPOST. DISEASE AND WEED SEEDS CAN OVERWINTER.**

GARDEN SPOTLIGHT: PRICHARD STREET GARDEN

Prichard Street is looking better than ever thanks to its second sprucing up of the season. United Way volunteers joined forces with the Twin Cities Community Development Corporation and Prichard Street’s GP gardeners for a Day of Caring event last week. They tackled two major projects: repairing the

washed-out entrance to the garden and removing the encroaching thorny overgrowth at the rear of the garden. In response, the volunteer team created a beautiful stepped entryway and cleared out the brush. A new sign has been hung as well. Looking good, Prichard Street! —
Contributed by Janet O.



Post-makeover Prichard Street Garden—nice work!

PUTTING YOUR GARDEN TO BED



Peaches that Bob, one of our mentors, canned for storage this season

As the threat of frost becomes imminent and the end of the growing season draws closer, it is time to take steps to get your raised beds ready for that blanket of New England snow that is soon to come.

Begin by harvesting any vegetables that remain in the garden. If you can't use them immediately, share,

freeze, can, or store them in a cool place for the winter.

Note any perennials in the garden (sage, oregano) and clean the areas in those squares, leaving the plants for next season.

Pull out all other plant material and remove any remaining, overripe vegetables. If you are able, be sure to compost anything that is not diseased.

Cut or pull off the twine marking the squares. This can be composted also!

Gently mix in your compost, one bag of per raised bed.

Take a deep breath and smile, remembering all the wonderful produce from the season.

—Contributed by Donna M.

FALLING INTO AUTUMN

AVERAGE FIRST FROST DATES IN CENTRAL MASSACHUSETTS OCCUR MID-OCTOBER, USUALLY COINCIDING WITH THE FULL MOON.

Fall brings the colorful transformation of trees, apple cider galore and perhaps, most noticeably of all, cooler temps. In October temperatures often yo-yo from comfortably warm, to bitter cold and before the bitter cold comes the frost. For people, keeping frost at bay means bringing out the wool socks and warm boots. For plants, unfortunately, it's not that simple.

Frost occurs when temperatures are at or below 32°F. This extreme dip in temperature can be problematic for your plants. Be sure to stay tuned to your local weather stations and be on the lookout for frost warnings. However, a

frost does not mean that your garden is doomed. Here are a few ways you can combat the persnickety New England weather:

- Instead of watering in the morning, try watering your plants at dusk. Overnight, the cooling water will release heat, which will help keep your plants cozy throughout the evening.
- Cover your plants before dusk. An enclosed structure will trap in any remaining warm air, which is crucial in preventing frost from settling. Spare sheets, extra cardboard boxes, or any

light weight material will work. Ensure that you remove the structure in the morning once the frost has thawed.

- If you have potted plants, move them indoors at night, then back outside during the day.

There are many crafty ways to protect your plants from frost, but if your garden does get hit, resist the urge to turn it over and close up shop for the winter. Barring a deep freeze, your plants can be hit with multiple light frosts before they die. Some plants, like Brussels sprouts, will taste even better after a frost.

—Contributed by Mo S.



To protect small or young plants from frost, try cloches made from recycled, cut soda bottles.

HARDY HARVESTING

Nothing screams autumn like squash, pumpkins, fresh kale, and, who could forget: the hard freeze. A hard freeze occurs when the temperature is at or below 25°F for at least four hours. This is the final cut for most plants, so if a hard freeze is forecast for your city, prep your garden by doing a full harvest. This includes harvesting any lingering

summer crops and herbs, cabbage, winter squash, kale and other cold hardy crops. This can be overwhelming, but some simple storage tips can ease the potential post-harvest frenzy:

Use winter greens within a week or try blanching and freezing them.

Fresh-picked herbs can be frozen or dried.

Just-picked squash can be stored at room temperature for one month and cured squash will store for several months in a dry cool area.

Your garlic will weather a New England winter, so be sure to mark where you plant it. And remember – frost is just a sign that another growing season is on the horizon!

— Contributed by Mo S.



Freeze and preserve your herbs in olive oil to keep them greener longer. Photo credit: thekitchn.com

TO COMPOST OR NOT TO COMPOST...

Composting is such a convenience at this time of the year! As you pull up spent plants, many of them can be tossed right onto the pile. If you're looking forward to rich, healthy compost in the future, though, it's just as important to know what to keep *out* of

the pile. Commercial compost producers carefully monitor mountains of organic material that can generate internal temperatures of at least 150-160°F. These high temps are enough to kill off weed seeds and most diseases. Small at-home compost

piles don't get nearly as hot, so to avoid creating compost that will seed your garden with weeds or sow in diseases like leaf spot, toss your weeds and infected plant material in a plastic trash bag and send it to the curb, not the compost! — Contributed by Janet O.

WHAT DID THE TREE SAY TO AUTUMN?

"LEAF ME ALONE!"

-COURTESY OF MO

BUTTERNUT SQUASH AND APPLE SOUP

Ingredients

2 ½-lbs. butternut squash, peeled, diced
 3-4 cooking apples, peeled, quartered
 4 cups chicken broth
 1 stick cinnamon

1 cup milk
 ¼ cup melted butter
 2 tablespoons maple syrup
 ¼ teaspoon salt
 ¼ teaspoon nutmeg
 ¼ teaspoon ginger

Method

In a heavy pot, combine squash, apples, chicken broth and cinnamon stick; bring to boil. Reduce heat and simmer 20-30 minutes, until tender. Remove cinnamon stick. Process in

blender until smooth. Return mixture to pot; stir in milk, butter, syrup and spices. Cook over low heat, stirring constantly, until well heated. Garnish with thin apple slices and ground nutmeg. Serves 6.— Contributed by Lynda K.

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GROWING PLACES HAS MOVED!

Have you heard? Growing Places has moved!

Our new office and warehouse space is now located at the Doyle Community Park and Center on Lindell Avenue in Leominster. The office will be located in the grey Annex behind the Doyle Center, and the warehouse in the barn on the Doyle Estate property.

Our new mailing address:

325 Lindell Avenue, Leominster, MA 01453

Our warehouse address (not for mailing purposes):

417 Lindell Avenue,
Leominster, MA 01453

Our telephone number:

Doesn't change! It will still
be: 978.598.3723

Once we get settled in we
will hold an open house. In
the meantime, if you are in
the area, please stop in and
say hi!



*Our new warehouse, located just a short walk
from our offices*

SCARECROW FESTIVAL

Sholan Farms is hosting its
12th Annual Scarecrow
Festival Saturday, October
12, 2013!

Festival Hours:

10AM —4:00PM

Rain Date:

Sunday, October 13, 2013

Address:

1125 Pleasant Street, Leominster

Come build your own scarecrow or view and vote on your
favorite. Enjoy free entertainment, great food, numerous
free, interactive children's events and so much more at this
fun family festival!

For information call 978-840-FARM or visit them online at
www.sholanfarms.com.



*Bring your hand-me-downs and decorate your
own scarecrow! Photo credit: www.grit.com*