



Hello Gardeners!

Tomato hornworm caterpillars may be lurking in your tomato plants. They feed initially on the leaves on the upper portions of the plants. Tomato is a preferred host although they have also been found on potato, eggplant, and pepper. The caterpillars blend in with the plant canopy, and can go unnoticed until most of the damage is done. As they feed, they create dark green or black droppings that can be conspicuous. Older tomato hornworms are capable of destroying several leaves as well as the fruit. As they become larger, the amount of defoliation increases. Handpick hornworms from infested plants. Throw the caterpillar on the left into soapy water to kill them. If you find the other one, the parasitized hornworm, it is carrying beneficial wasp eggs on its back. Remove it from the plant and relocate it somewhere else away from your garden. Please, do not kill this one...the larvae will eventually kill it!



What to do with all those Herbs...



Are you growing herbs in your garden this year?

Do you have Basil, Sage, Rosemary, Thyme, Oregano, Mint, Parsley, Cilantro, Lavender?

Not quite sure what to do with them? Continuous harvesting of the young, tender leaves is the best way to enjoy them all summer long. Pick the leaves, or snip sprigs with scissors, bring to the kitchen, rinse, and use in a recipe or add bits of the leaves chopped in what-

ever you are cooking, just give the new taste a try. You may be surprised by the full flavor these herbs add to a dish. Try them one at a time first, unless you are following a recipe.

So many herbs? Try preserving some of those leaves now for the winter months by picking the leaves, rinse and pat dry, enclose in a small freezer bag, leave a little bit of air in the bag, and tuck into the freezer. Label it so you'll remember. Chives can also be processed like this. Alternatively, if you make lots of soups using herbs, clean and snip the herbs into ice cube trays, fill with water, and freeze. Once frozen, put the cubes into plastic bags in the freezer and use when needed.

You can also air-dry herbs by cutting the stems just below the healthiest leaves. Tie the stems in a bunch using a rubber band which will tighten as the stems dry. Hang the bunches out of direct sunlight so as not to destroy the essential oils. A shed, garage, or pantry with good ventilation is an ideal place (not too hot). Drying time usually takes 3 to 8 days. When the leaves are crumbly to the touch, put the stems into a paper bag. The bag will absorb any leftover moisture. Then reach into the bag and strip the leaves from the stems. Pour the leaves into glass jars or plastic bags for storage. Keep the herb containers out of sunlight. These will keep until you are ready to harvest again next year. Try some fresh mint leaves in lemonade or ice tea. You may also get some additional flavor out of the herb if you grind a small amount of chopped leaves in a bowl using the back of a spoon or in a mortar and pestle. Let us know how you are using your herbs, Growing Places staff love to hear from our gardeners!

Gardener's Tidbits...

Chilled Cucumber Soup

Total time: About 20 minutes, plus chilling time

Servings: 4 to 6

2 cucumbers (about 1 pound each), cut into 2-inch chunks, and deseeded.

2 cups plain yogurt

1 clove garlic, finely minced

1 teaspoon white wine vinegar

3/4 teaspoon salt

1/4 teaspoon white pepper

2 tablespoons slivered radish (1 to 2 radishes)

Sea salt

4 small basil leaves, cut into julienne strips

In a blender, puree the cucumber and yogurt together in batches until smooth. Pour each batch into a large bowl.

Stir in the garlic, vinegar, salt and pepper. This makes about 6 cups soup. Cover and refrigerate several hours or overnight until well chilled.

To serve, top each serving with slivered radish, a sprinkle of sea salt and a few julienne-cut basil leaves.

Try Something New... Edible Flowers

Lavender, thyme, dill, cilantro, day lily, squash blossom, nasturtiums, chives, and basil



Lavender has a sweet, floral flavor, with

lemon and citrus notes. Flowers look beautiful and taste good too in a glass of champagne, with chocolate cake, or as a garnish for sorbets or ice creams. **Nasturtiums** rank among most common edible flowers. Blossoms have a sweet, spicy flavor similar to watercress. Stuff whole flowers with savory mousse. Leaves add peppery tang to salads. Use entire flowers to garnish platters, salads, cheese, open-faced sandwiches, and savory appetizers.

Squash and pumpkin blossoms are edible and taste mildly of raw squash. Prepare the blossoms by washing and trimming the stems and remove the stamens. Squash blossoms are usually taken off the male plant, which only provides pollen for the female. If you have a couple large flowers, you can stuff them with a chopped, fried vegetable medley mixed with a little herb flavored Panko. Put in the oven to warm...very yummy! Just float some beautiful flowers in ice water. Try **Bee balm, Borage** and **Marigold** petals- their flavor will surprise you.

Tips for Gardeners...

A reminder about **harvesting** various crops now...

Beans-Snap beans should be picked BEFORE you see the seeds develop in the pod. Don't let them get big or they get tough and tasteless.

Broccoli- If you have any left, keep harvesting the clusters from the sprouts that have formed on the sides. If there aren't any more, remove the plant to the compost pile and replant the area with another crop.

Chard and Collards-Harvest the old, lower leaves first when they are 8 to 12 inches, new leaves will grow as long as the central growing point remains.

Cucumbers-Pick when the fruits are 6 to 8 inches long, unless you grew the pickling variety which are picked when 3 to 4 inches long. The more you pick, the more will grow. Better to keep them in the 'fridge than on the vine.

Kale- Continually harvest the outer leaves. New inner leaves will grow as you harvest. Long, dark leaves will be tough but you can roast them. wilt them, or use them in lasagna after removing the thick middle "rib".

Lettuce and Greens-Keep harvesting, to enjoy leaves at their prime and store between layers of damp paper towels in the crisper drawer of the 'fridge.

Peppers-Harvest with a sharp knife, when the fruits are firm, crisp and full size. A green pepper will turn red if left on the plant. Allow your hot peppers to remain on the plant to attain bright color and maximum heat.

Radishes-All radishes are ready within 3 to 5 weeks from seed planting. Hopefully you have thinned and are enjoying a good crop, don't wait too long to pull them up or they will become bitter. Replant anytime.

Summer Squash & Zucchini-Keep checking those plants, look closely under the leaves. These veggies can grow an inch overnight!. The bigger they are the more seeds inside, so small is best.

Tomatoes-Pick when the color is deep and even, depending on the variety this can be orange or red. Store at room temperature.

Recipes Using the Harvest...

Recipes from Beverly Christensen, a 2nd year gardener from Fitchburg.

Power Salad

I toss a few leaves of cut up Kale in a bowl , (minus tough stems), with a few leaves Romaine or green leaf lettuce, torn, a handful of basil torn into pieces, a tomato chopped, a handful of beet greens cut up, some thinly sliced onion, some crumbled feta cheese, a handful of dried cranberries, some toasted sunflower seeds If you want extra protein, add some sliced grilled chicken breast or steak. Top with some good oil and vinegar dressing.

Whole Wheat Pasta with Garlicky Greens

This is an adaptation from a Good Housekeeping recipe. Boil the whole wheat penne or ziti according to instructions. Trim and discard the tough stems from a bunch of collard greens. Coarsely chop the leaves. Also coarsely chop the leaves of a bunch of Swiss Chard. You can use the stems too if you finely chop them. You should have about 20 cups of greens. In 12" skillet heat 2 T. Extra Virgin Olive Oil. Add 3 cloves garlic, finely chopped and 1/4 tsp. crushed red pepper. Cook 2 min. till garlic is golden. Add 1/2 cup water and stir in half of the greens. Cover and cook 2-3 min. until greens in skillet wilt. Add remaining greens, cover and cook till they are tender, about 12 min. Drain pasta, reserving 1/4 cup cooking water. Return pasta to pot. Add 1/2 cup freshly grated parmesan, greens mixture, and reserved water. Stir well. Makes 6 servings



Garden Spotlight on...

Anna Galano of Berlin tends her first year gardens.



Anna is proud of her lovely garden and surrounds much of the free space with containers to maximize her yields.



Find Us...

Our website:
www.growingplaces.org

Friend us on Facebook:



Follow us on Twitter:



@GrowingPlaces

Get Involved

Learn more about our volunteer opportunities by contacting us at staff@growingplaces.org

Growing Places Garden Project, Inc.

500 Main Street

Clinton, MA 01510

(978) 598-3723



Generously donated by:

Growing Places Garden Project, Inc.
500 Main Street
Clinton, MA 01510

Things to Remember

Support your local Farmers Market



Fresh Fruits and Vegetables, Oils, Eggs, Breads, and So Much More!
Explore if you haven't already!
Support Local Agriculture.

Don't Forget to Save the Date
Growing Places Garden Harvest
October 4, 2012

The BIG Event of the Year
Makes all the gardens possible!



Get Involved
With this Great
Organization
Today.

Contact GP
978-598-3723

NONPROFIT ORG
US POSTAGE PAID
CLINTON, MA
PERMIT NO. 7