








GROWING TIMES

Growing Places Garden Project, Inc.

THE WEATHER:

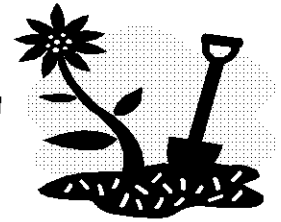
FROM WWW.WEATHER.COM

Monday	82° high/ 58° low	
Tuesday	75° high/ 60° low	
Wednesday	82° high/ 56° low	
Thursday	79° high/ 55° low	
Friday	75° high/ 57° low	
Saturday	78° high/ 58° low	
Sunday	78° high/ 55° low	

WELCOME TO THE NEW SEASON!

By now you have received your new garden and some seeds or seedlings are already planted. We have really enjoyed building them for you and hope that we can work together through the growing season to produce some really terrific vegetables and herbs for you to enjoy.

We will be stopping by regularly to check the progress of the beds and introduce new seeds and plants if necessary. We would like to work with you directly as much as possible and will make every effort to let you know when this will take place. After all, we want you to learn how to take care of your garden so that you will be able to do this for yourself in the future. We have both found raising food for our families to be very rewarding and hope that you will, too.



It's finally time to get our hands dirty!

Because we can't see every one of you each week, we're sending you this newsletter to keep you up-to-date on what's happening. We hope you'll read it carefully and find the information useful. We also recommend that you hold onto each issue so you have something to refer to when you have questions later.

Please feel free to call us with any questions or concerns you have. There is no such thing as a stupid question. We are here to help you make a success of your garden. Here's to a "fruitful" 2004!

Cindy and Kate

TO DO THIS WEEK:

- Thin lettuce and radish seedlings. Toss washed thinnings into your salad.
- Grab and dispose of slugs, "the enemies of the garden."
- Weed every day! Do a little at a time.
- Water towards the end of the week, earlier if rain doesn't come.
- Direct sow spinach, lettuce, radish, and carrots for a continuous harvest. (See "Succession Planting" on back.)

FIRST CROPS: SPINACH AND RADISHES

Hopefully it won't come as too much of a shock that the tomatoes aren't ready to pick yet. Tomatoes — as well as many other vegetables — need hot weather to thrive. We probably won't even see tomato blossoms until the end of June, and they won't be ready to pick until early August. Weather permitting, as always!

The first crops you'll find are those that prefer cool weather. But don't worry, there are plenty! Radishes grow *fast*, and you'll be able to pick some about 30 days after you sow them. (Note that the green tops can be washed and stir-fried.) Also keep your eye on leafy greens: instead of pulling out the whole plant, you can trim off leaves for a fresh salad or stir-fry every day.





RECIPE: Sausage Soup with Kale

Kale is one of the leafy greens you're likely to harvest from your garden this time of year. It likes to be cooked until tender (some people boil it for a minute before sautéing with onion and olive oil), and makes an ideal addition to soup.

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- 1 pound Andouille sausage, cut into bite size pieces
- 1 small red onion, diced
- 1 small green bell pepper, diced
- 2 ribs of celery, diced
- 2 cloves of garlic, diced fine
- 1 tsp red chile flakes
- 6 stalks of kale, cut into 1" strips
- 2 quarts turkey or chicken stock
- 1 TBS olive oil
- Salt and pepper to taste

Heat the oil in a saucepan over medium heat. Just as the oil starts to smoke, throw in the onion, bell pepper, celery and stir the pan; keep stirring for 2 minutes.

Then add the Andouille sausage [or try some chorizo or other spicy sausage], and cook until the sausage starts to brown around the edges and give up some of its fat to the pan. Add the garlic and chile flakes and cook for 2 minutes more, stirring constantly. Add the kale and stir till coated by everything in the pan. Add the stock and bring to a boil, then reduce to a simmer for 20 minutes. Check seasoning and adjust with salt and pepper. (Recipe from www.fooddownunder.com.)

Have another recipe you enjoyed using kale or any other garden vegetable? We'd love for you to share it! Please e-mail us at staff@growingplaces.org.

We're on the Web!

www.growingplaces.org

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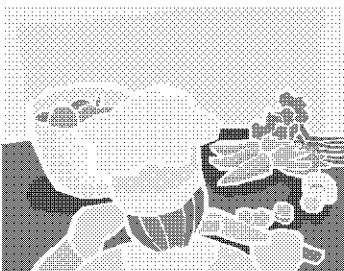
SUCCESSION PLANTING EXTENDS YOUR HARVEST

Isn't it such a treat to start harvesting those tasty vegetables? If you have the feeling that you'd like this harvest to never end, you can plant again in an empty square. Then in a few more weeks, you'll have a new crop ready. This is known to gardeners as succession planting. Here's how:

1. **Start with an empty square. It's okay if the square is empty because you've just harvested something from it.**
2. **Dig in a little compost — eggshells or old leaves are good if you don't have any composted kitchen scraps at hand.**
3. **Plant more lettuce (for example) in an empty square. In fact, you could**

plant more lettuce every two weeks so that you could enjoy it throughout the summer.

4. **Also try more spinach. (Although it prefers cooler weather, so you might want to wait until August.) Bush and pole beans are another good choice for June. Bush beans will give a good crop that lasts about two weeks — so if you plant a square (9 seeds) of bush beans every two weeks, by the time one crop is finished, another will be ready to harvest.**
5. **Remember, as the weather gets hotter, it will be more and more important to keep those tiny seedlings moist.**



The more you grow, the more you eat.

