








# GROWING TIMES

Growing Places Garden Project, Inc.

## THE WEATHER:

FROM WWW.WEATHER.COM

|           |                      |   |
|-----------|----------------------|---|
| Monday    | 87° high/<br>56° low |    |
| Tuesday   | 81° high/<br>59° low |    |
| Wednesday | 80 high/<br>54° low  |    |
| Thursday  | 71° high/<br>55° low |    |
| Friday    | 75° high/<br>57° low |    |
| Saturday  | 78° high/<br>55° low |   |
| Sunday    | 79° high/<br>57° low |  |

## HELLO GARDENERS,

What a gorgeous week we just had!!!! Plenty of sunshine and warm temperatures to get those crops ripening! Hopefully your tomatoes, peppers, beans and squashes are responding properly and doing just that for you. We know that some of you have been experiencing slow yields which are probably due to the rather strange summer we've been having. Even though these 90+ degree-days with high humidity do not feel good to us, they are great for some vegetables. We are hoping that September will be a bit on the warm and sunny side to help those plants along.

Hopefully you've kept up with your succession planting and have some new bean, lettuce and possibly even squash plants peeking through and starting to grow. If not, toss in some more seeds for cool-weather crops to see if you can get some more mileage out of your garden. Check the "Seed Information Chart" in the back of your Growing Guide to see what likes to be planted in the fall. Warm crops (beans, squash, etc) should not be planted now since they will probably not have enough warm weather to reach maturity.

*Cindy and Kate*

## TO DO THIS WEEK:

- √ Start stripping lower and inner leaves off tomato plants to focus the plant's energy on ripening the fruits on the plant.
- √ Draw a plot plan of your garden so you can remember what you planted where. This will help you next year when you need to plant things in different locations (called crop rotation).
- √ Apple season is upon us – take a trip to a local orchard and pick your own. Just like your veggies, nothing tastes quite as good as fresh off the plant or tree!
- √ If you like raw bell peppers, take a bite out of one just after you pick it - delicious.

## STORING HERBS

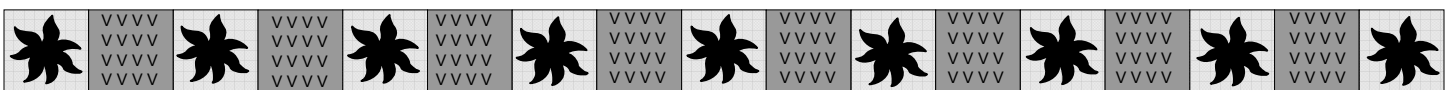
If you would like to save the fragrances and flavors of your herbs to use over the winter, now is the time to start. The best methods for preserving herbs are freezing and drying. See the lists below. Harvest your herbs on a sunny morning if possible—after the dew has dried but before the day gets hot. Remove the leaves from the stems (this will make your house smell great).

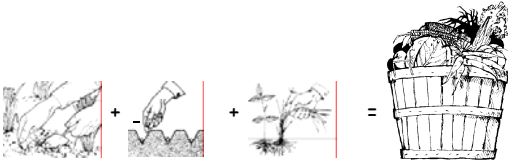
If you are freezing your herbs, chop them coarsely. Then label a bag with the herb's name (all those bags with green stuff in them can be hard to tell apart) and the date. When you want to use your frozen herbs, take the bag out, cut off a piece and put the rest back in the freezer. Kate always has frozen dill in her freezer to use with fish or roasted vegetables.

If you are drying your herbs, place the leaves in paper bags with holes punched in them, in mesh onion bags or on window screens. You'll know they are dry enough when they are just at the point of crumbling—it may take a few days. Save clean glass jars and put your dried herbs in them. Then store the jars in a cool dark place.

These herbs are best when frozen: basil, cilantro, dill, parsley, tarragon

These herbs can be dried: basil, dill, oregano, rosemary, sage, savory, thyme





## Recipes: Tomatoes and Eggs

Although what we choose to plant and what we're successful growing varies from garden to garden, chances are that you have a few spare tomatoes right now. They're known as America's favorite for the home garden, and even with this weird weather you should have harvested a few. If you're getting tired of having them in salad or pasta sauce, try pairing them with eggs for a main course treat.

Eggs are a frugal alternative to meat — even the expensive “free range” eggs are cheaper than most cuts of meat. They're loaded with protein and high in Vitamin K, and unless you have a problem with cholesterol (see your doctor), 3 or 4 eggs a week can be part of your healthy diet. Here is a recipe to get you started.

### Eggs in Tomato Nests

*From Recipes from America's Small Farms*

*Serves 1-2: multiply to serve more*

1 or 2 medium heirloom tomatoes

1 or 2 tsp unsalted butter

1 or 2 eggs

Salt and pepper, and optional shredded cheese or parsley

Preheat oven to 350°F. Lightly oil a baking dish. Cut the top from each tomato and hollow out some of the center. Place 1 teaspoon butter in the cavity of each tomato. Crack 1 egg into the cavity. Sprinkle with salt and pepper. Place in the baking dish; top with cheese and parsley, and bake for 15-20 minutes, until the eggs are firm.

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## GOT TOO MANY COFFEE GROUNDS?

Nitrogen is important for healthy leaf growth; so many vegetables need a lot of nitrogen from the soil. Coffee grounds are a great way to give your soil a nitrogen boost!

Consider some of these possibilities:

- Sprinkle a thin dusting of used grounds around plants before rain or watering, for slow-release nitrogen.
- Add to compost piles to increase nitrogen balance. Coffee filters and tea bags break down rapidly during composting, so you can just toss the whole mess into your compost bucket.
- Dilute with water for a gentle, fast-acting liquid fertilizer. Use about a half-pound can of used grounds in a five-gallon bucket of water; let sit outdoors for a few hours so it reaches the same temperature as the outdoors. Pour the liquid into a watering can and apply it

to the soil. You can spread the remaining grounds in another square.

- Mix into soil for houseplants or new vegetable beds.
- Encircle the base of the plant with a coffee and eggshell barrier to repel pests. (Slugs hate caffeine!)

So start saving your coffee grounds, or visit a nearby coffee shop and ask for the grounds — most shops will give them away). Then when you have an empty square that you won't be planting in again this year, dig in about ½ cup coffee grounds to get a leg up on next year's plants.

And remember, everything in moderation. Coffee grounds are also acidic and while most vegetables like acidic soil they don't like too much.

