








GROWING TIMES

Growing Places Garden Project, Inc.

THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	73° high/ 52° low	
Wednesday	79° high/ 54° low	
Thursday	75° high/ 51° low	
Friday	75° high/ 54° low	
Saturday	72° high/ 51° low	
Sunday	68° high/ 50° low	
Monday	69° high/ 49° low	

HELLO GARDENERS,

WOW! With the amount of rain we got this past week, we won't need to be watering this week! That is, unless you have some very young seedlings that need a damp surface. The onset of cooler temperatures means that your warm weather crops (like tomatoes, eggplant and peppers) will really slow down their production. Cool weather crops like this weather and your lettuce and spinach should be looking and tasting mighty fine.

We are delighted to include a great recipe this week from one of our clients. We've noticed that eggplants and tomatoes are still doing really well so this recipe is just perfect. We love getting recipes from you so if you have one (or many) to share, please send them along.

Next week you can expect to see our yearly survey along with our newsletter. Your feedback is important to help us learn how we can best help you to become successful gardeners.

Keep picking those vegetables and, as always, please give us a call if you have questions, concerns, successes or funny stories. We are here to help you.

Cindy and Kate

TO DO THIS WEEK:

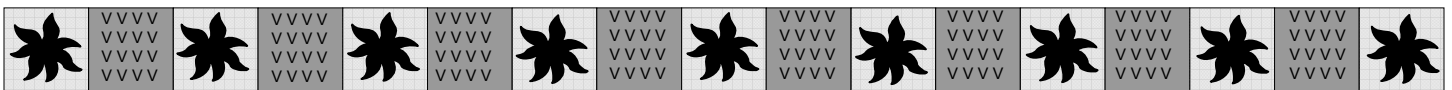
- √ Remove plants that are no longer producing – put into a plastic bag and throw out in the trash to prevent any insects from escaping back into your garden.
- √ Do you have radishes that have gone to seed? Try adding the seed pods to salads – they are quite tasty and very mild.
- √ Harvest your garlic. Cut off the stems and let bulbs dry out in a cool place for a day or two.
- √ Old sheets or light-weight shower curtains are great for protecting your garden from frost. If it's going to be cold, just drape them over your plants in the early evening and remove them the next morning
- √ Harvest soybeans when the pods are plump but green and soft – steam or boil for 5-10 minutes and enjoy!

NEW CROP: WINTER SQUASH

The winter squashes – acorn, butternut, pumpkins, etc – are starting to ripen. These are great sources of nutrition that last into the winter and possibly spring. They often store very well in a cool dry location for several months. Acorn, delicata and spaghetti squash should be eaten first, since they do not store as long as butternut and buttercup squash. So how do you know when to harvest these squashes? There are two characteristic signs that indicate that winter squash is ready to harvest:

- The stem starts to shrivel up and dry;
- The skin is so hard that you can't cut it with your thumbnail. (Pumpkins are an exception as their skin tends to stay a bit soft even when ripe – the orange color is a good indicator, however.)

Cut squashes from vine with a sharp knife leaving 1-2 inches of stem. Store acorn, delicata and spaghetti squashes right away. Cure all other varieties in the sun for about 10 days to harden the skin for better storage. If there is a chance of frost, cover them or move them inside, then put them back outside to finish curing. Store when cured and eat at will!





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Printed on recycled paper.

Recipe: Eggplant-Tomato Casserole

This casserole recipe comes to us from Muriel in Westford. Thank you Muriel! She has also provided us with a wonderful chart to make it easier for you to freeze your vegetables. We'll be sending that soon. This recipe makes 8 servings.

INGREDIENTS:

1 large eggplant
2 teaspoons salt
1/3 cup Italian-style salad dressing
8 medium tomatoes
3 cups grated sharp cheddar cheese (3/4 of a pound)
1/4 teaspoon paprika

PREPARATION

Preheat oven to 375°F. Lightly grease eight individual casseroles (10 ounces each or since Kate doesn't have these, she suggests an 11 by 13 by 2 inch or 2 1/2 quart baking dish). Wash eggplant; do not pare. Cut crosswise into 1/4 inch slices. Cut each slice into quarters.

Meanwhile in a large saucepan, bring 2 quarts water with 1 teaspoon salt to a boil. Add eggplant; boil (covered) for 5 minutes. Drain very well. In a medium bowl lightly toss eggplant with dressing until well coated then drain.

Place tomatoes in large bowl; pour on boiling water until it covers tomatoes; let stand 1 minute. Drain tomatoes cover with cold water – the tomatoes skins should be split and starting to peel away. Peel skins off tomatoes. Slice tomatoes crosswise into 1/4-inch slices.

In each casserole or in your baking dish, overlap tomatoes and eggplant, alternating slices. Sprinkle top of each casserole with about 1/3 cup of cheese, 1/8 teaspoon salt and a dash of paprika.

Bake for 20 to 25 minutes, or until eggplant and tomato are tender.

KALE — THE MISUNDERSTOOD

Just what is kale and why is it worth growing in the garden? Well, for one thing, kale is a powerhouse: it has slightly less iron than spinach, but 3 times more vitamin C, more vitamins A and B and more calcium, potassium and protein. Maybe Popeye should have eaten kale instead of spinach! It is also very easy to grow, produces continuously all season and can continue to produce into the fall and winter. In fact, frost actually improves the taste of this fine vegetable. It also can be stored in the refrigerator in a plastic storage bag from 2 weeks to a month or chopped up and stored in the freezer. Pretty good!

To harvest kale, simply use a sharp knife to cut the leaves from the plant near the stalk. Usually it's best to take them from the bottom to keep the plant producing more at the top.

Since kale has a thicker leaf than spinach (more like cabbage and collards), it needs to cook longer to make it tender. It's often best to remove the thick rib running down the center of the leaf since this is pretty tough. Kale cooks down a lot so what might look like tons is likely to shrink to a small amount. It is delicious stir-fried with a little olive oil and garlic, covering it with a lid for a while to "steam" it a bit. Kale is also great when added to soups and stews.

