








GROWING TIMES

Growing Places Garden Project, Inc.

THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	60° high/ 43° low	
Wednesday	68° high/ 45° low	
Thursday	67° high/ 43° low	
Friday	66° high/ 46° low	
Saturday	64° high/ 42° low	
Sunday	66° high/ 37° low	
Monday	61° high/ 38° low	

TO DO THIS WEEK:

- √ Harvest only the outer leaves of kale and collard greens; the plants will continue to produce more leaves from their centers.
- √ Recheck your previous newsletters for other harvest tips!
- √ Remove or cut tall weeds from outside your garden so that they do not drop their seeds into your growing soil.
- √ Admire your garden, and pat yourself on the back for all your hard work this season!

HELLO GARDENERS,

This is our last newsletter of the growing season. Seems that we have timed it well with the frost many of us received this past week! We hope that you have found our newsletters useful. If you have suggestions for next year's issues please include them in your survey replies, give us a call or write us a note. We decided to fill this issue with recipes and just a few tips and reminders.

We will be bringing compost bags to your gardens this month. Please take the time to clean up your gardens and spread the compost over the beds. Even though there won't be much going on above ground in your garden this winter, organisms under the surface of the soil will be active throughout much of the winter season. When you "amend" the soil by adding goodies like compost, you will give them a boost of food. This means that your garden should be in great shape for planting season next spring.

Some of you have indicated in your surveys that you would like to try garlic this fall. We will include garlic with our compost delivery or soon afterward. Others had included it in their plant requests from this spring. We will be delivering yours as well.

We hope that you continue to harvest and eat wonderful vegetables from your gardens this fall. We also look forward to seeing and speaking with you during compost deliveries or in late winter or spring. Many thanks to those who have already turned in your surveys – if you haven't yet done so, please do so soon so we can plan for next year! Finally, as always, if you have questions, concerns or good stories to tell please contact us. Thank you for all your hard work this year.

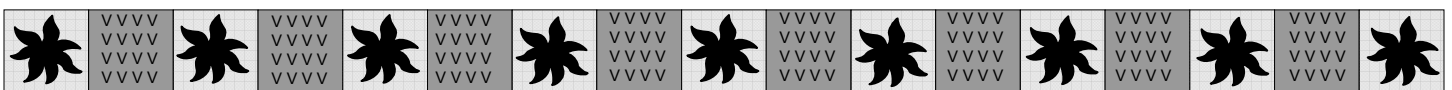
Cindy and Kate

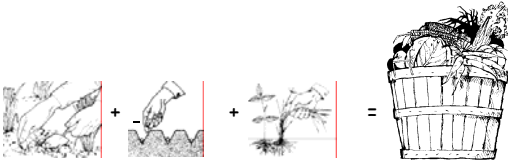
PREPARING PUMPKINS AND WINTER SQUASH

This is an easy way to prepare pumpkin or other winter squash. It can be eaten as a side dish or used in the pancake recipe on the back page. Squash prepared this way can be easily frozen too. Freeze in 2/3-cup portions and have squash pancakes all winter! This puréed squash can also be used in breads, soups, and pies – any recipe calling for canned pumpkin.

- 2 medium size winter squash, such as butternut or acorn
- 1 tablespoon of vegetable oil

Preheat the oven to 350 degrees. Spread most of the oil evenly over a rimmed baking sheet. Rinse the squash and cut them in half with a sharp knife. Remove the seeds. Rub the cut sides of the squash with the remaining oil. Place the squash halves on the baking sheet with the cut side down. Place the pan in the oven and roast the squash for 45 minutes or until a fork penetrates the squash flesh easily. Let cool for 10 to 20 minutes. Scoop the cooked squash flesh out of the skin and mash with a fork or potato masher until the consistency is smooth. You can also use a blender or food processor.





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Recipe: Winter Squash / Pumpkin Pancakes

Winter squash and pumpkin can be used interchangeably in most recipes, including these pancakes. Directions for cooking your winter squash are on the front page of the newsletter; or you can use canned when you run out. (This recipe is adapted from The Wilson Farm Country Cookbook, by Lynne C. Wilson, Addison- Wesley Publishing Co., Inc., 1985.)

2 eggs
2/3 cup cooked, mashed winter squash (canned pumpkin also works well)
3 tablespoons oil
1 cup milk
1 ½ cups flour (or ¾ cup unbleached + ¾ cup whole wheat flour)
¼ cup sugar
¾ teaspoon salt
2 ½ teaspoons baking powder
1 ¼ teaspoons cinnamon
1 teaspoon nutmeg

Sift the flour, sugar, salt, baking powder, cinnamon and nutmeg together. Beat the eggs in a large mixing bowl. Stir in the squash, oil and milk. Add the sifted flour mixture and stir thoroughly.

Heat a frying pan over medium high heat, grease it lightly and cook the pancakes, turning them once after bubbles form on top.

SPICY KALE AND CHICK-PEA STEW

This is a filling and easy stew. Kate loves to eat it served over rice or couscous. If you have a slow cooker, this stew cooks very well in it. Just use less oil – about 2 tablespoons. (Makes about 14 cups, serving 8 to 10. Recipe by Shel Talmy.)

1 ½ cups chickpeas -- dried or 2 ½ cups canned chick peas - drained
10 cups water
2 large onions -- chopped
3 large garlic cloves -- minced
¼ cup olive oil
2 green bell peppers -- coarsely chopped
1 ½ lb kale -- stems removed, leaves coarsely chopped
1 28 ounce can plum tomatoes -- undrained, coarsely chopped,
6 oz tomato paste
2 ½ Tablespoons chili powder
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried hot red pepper flakes

1 teaspoon ground cumin
1 teaspoon sugar
1 bay leaf
Steamed couscous or rice as an accompaniment

If using dried chickpeas:

Chickpeas should be soaked overnight in enough water to cover them by 4 inches, drained, and rinsed. In a large saucepan simmer the chickpeas in the water, covered partially, for 1 1/2 hours, or until they are tender. Continue with recipe below.

If using canned chickpeas, start here:

In a heavy kettle cook the onions and the garlic in the oil over moderate heat, stirring occasionally, until the vegetables are golden, add the bell peppers, and cook the mixture, stirring, for 10 minutes. Add the chickpeas with the cooking liquid, the kale, the tomatoes with the juice, the tomato paste, the chili powder, the thyme, the oregano, the red pepper flakes, the cumin, the sugar, and the bay leaf, bring the liquid to a boil, and simmer the stew, stirring occasionally, for 1 hour.

Discard the bay leaf, season the stew with salt. Serve the stew on the couscous or rice.

