








GROWING TIMES

Growing Places Garden Project, Inc.

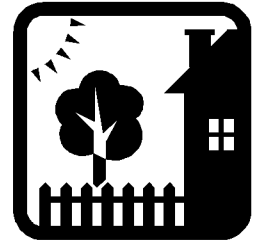
THE WEATHER:

FROM WWW.WEATHER.COM

Monday	78° high/ 60° low	
Tuesday	73° high/ 60° low	
Wednesday	80° high/ 58° low	
Thursday	75° high/ 60° low	
Friday	81° high/ 58° low	
Saturday	82° high/ 60° low	
Sunday	84° high/ 61° low	

HELLO GARDENERS,

Our next issue will come in two weeks, since Cindy will be visiting her family and Kate will be away next week. We hope that you won't mind the gap. Remember that the Growing Guide we brought you at the beginning of the season is full of helpful information.



The crops we will discuss this week are chard, beets and beet greens. Picking the outside leaves of beets and chard will provide you with a continuous crop of delicious greens for steaming, frying or salads. See below for tips on harvesting beets.

Some of you have also said that insects are eating the leaves of your crops. We have included a recipe for a soap-based spray that you can use to protect your plants. Remember those spray bottles you use for keeping your seedlings moist? You can use it for the spray. Just remember to rinse it out afterward.

We apologize for the quality of the photos in our newsletters. It's not the fault of Anna, our editor. It's just that Cindy and I don't have the right software on our computers yet. We promise to have the problem fixed soon. Meanwhile if you have any comments, questions, or recipes (!!!!) you want to share, please let us know.

Enjoy!

Cindy and Kate

TO DO THIS WEEK:

- ✓ Check for ripe beets.
- ✓ Plant another square of green beans, beets or chard.
- ✓ Look for blossoms on your squash, melon, and cucumber plants and keep checking for squash vine borer and squash bug eggs!
- ✓ Hunt for slugs.
- ✓ Look for and remove green caterpillars from your broccoli, kale, and cabbage.
- ✓ Check for blossoms and ripening beans on your bean plants.

NEW CROPS: CHARD AND BEETS

Chard and beets are like cousins and come from a large family of related plants. The major difference is that chard does not produce the bulbous root that beets do. Both of them have delicious, nutritious greens, carrying more than 100% of your daily requirement of Vitamin A. You can pick the outer leaves of beets or chard when they are 8 to 10 inches tall. You can also cut the entire chard plant at about 1 1/2 inches above the ground. The chard will grow back. Don't do this with the beets, however, or they won't have the energy to produce a nice round root.

Sometimes beets will push themselves out of the ground a bit while they are growing. Just bring some of the surrounding soil up around them like a blanket. Beets are ready to harvest when they are about 1 to 2 inches across. For most adults that's the width of 3 to 4 fingers held together. You can let beets grow bigger, but they won't be as tender. To harvest, gently push away the soil from the base of the greens to expose the root. If it's nice and round and it's big enough, you can pull it out of the soil by using the base of the greens as a handle. If it's still too small, just bring the soil back around it.

Now you can enjoy the beets and the greens. Just remember that they will both be tastier if you use them on the day of harvest. If they stay on the counter or in the refrigerator too long they will lose their crispness.





Recipe: Wilted Beet Greens Bruschetta

A lot of New Englanders don't eat many greens — except maybe spinach — until they start growing them in their own gardens. Some people take to it right away, but for others, the idea takes a bit of getting used to. If that's the case for you (or your kids) you can disguise the greens in egg dishes like quiche or omelettes, or on homemade pizza, smothered with lots of cheese. Even if it was "love at first sight" for you and greens, this is a fun recipe for piling up your garlic bread with greens and cheese.

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- Chopped beet greens or Swiss chard (about 12 leaves, depending on size)*
- 3 TBS oil
- 1 crushed garlic clove
- 1/2 tsp crushed red pepper flakes
- Salt, to taste
- 2 tsp lemon juice
- 1/4 C thinly sliced onion
- Shredded cheese to top — parmesan, cheddar, or asiago
- 1 sliced baguette or French bread loaf

Heat oil, add onions, and cook until soft. Add garlic, pepper flakes and greens. Cook until greens are thoroughly wilted. Sprinkle with lemon juice. Place warm greens on top of bread slice, top with cheese, and enjoy! (Adapted from a recipe on www.indianchild.com.)

**Remember to wash greens well by swishing them in a sinkful of cold water.*

LAST RESORT FOR BAD BUGS: INSECTICIDAL SOAP

So just how do you keep those nasty chewing beasties off of your plants?! Handpicking and destroying is the most organic method, but here is a basic insecticidal soap recipe you can make to combat some of them:



Basic Insecticidal Soap:

- 1 teaspoon to 1 tablespoon pure liquid soap (Ivory is a good one – you want to make sure it has no additives that will damage the plants)
- 1 quart of water (size of your sprayer bottle)

Mix together and use. Start with lower amount of soap and adjust the strength to maximize pest control and minimize plant damage.

Soap has been used for centuries as an all-purpose pesticide. It disrupts insects' cell membranes, and kills pests by dehydration. *The key is not to use too much soap, or you'll also kill the vegetation near the pests.* If you follow the proportions given above, the vegetation should be fine.

When spraying, follow these guidelines:

- ◆ Test on a small area of the infested plant first to see if it affects the plant; if all is ok after a full day then continue using – if not, remix using less soap.
- ◆ Do not spray during the hottest and brightest time of the day – early morning and early evening are best; plants are more susceptible to damage when it's hot and sunny.
- ◆ Spray all surfaces of the plant (stem, tops and bottoms of leaves).
- ◆ Reapply after rain (or watering if you get the leaves wet) since it will wash off. But don't reapply more than 3 times.

As with anything, use this sparingly and only if you have a plant with a major problem. This will not be effective against all the bad bugs and it can destroy the beneficial bugs that eat the bad bugs – something you don't want to do!

