








# GROWING TIMES

Growing Places Garden Project, Inc.

## THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	85° high/ 62° low	
Wednesday	79° high/ 57° low	
Thursday	73° high/ 54° low	
Friday	72° high/ 54° low	
Saturday	71° high/ 55° low	
Sunday	74° high/ 57° low	
Monday	77° high/ 56° low	

### Did You Know...

Plants protect themselves by wilting in the hot sun to reduce loss of water from the leaves. If they perk up in the early morning or evening, they are fine. If they don't perk up, they need more water. That's why it's best to water at those times.

## TO DO THIS WEEK:

- ✓ Plant seeds for warm weather crops (check your Growing Guide).
- ✓ Keep seeds watered with a gentle mist from spray bottle until they sprout.
- ✓ Plant more squares of lettuce, beets or carrots.
- ✓ Harvest outer leaves of your greens and enjoy.

## HELLO GARDENERS,

Welcome to the 2005 growing season and the start of this year's newsletter! We hope you have had an enjoyable winter and are enjoying the spring.

If you are a second year gardener, you are familiar with this newsletter. If you are a new GPGP gardener, welcome. A newsletter will be showing up pretty much weekly throughout the growing season.

We will try to provide information about what's going on in your garden, what probably needs to be done and how to use some of the produce you are harvesting. We like to share recipes, so if you have any, please send one (or more!) along and we'd be happy to include it. Also, if you have any tips, ideas or interesting stories, let us know and we'll include them as best we can. Any questions you might have would be useful too, since you are probably not the only one with that question.

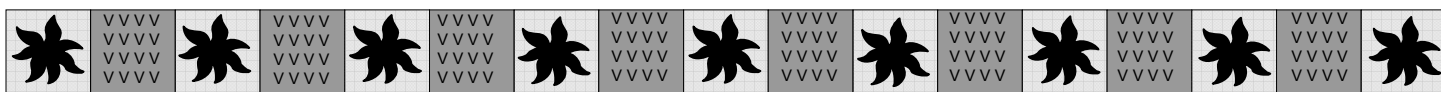
Everyone has their seeds and transplants for this growing season. If you believe that you are missing something, please give us a call. Until now it has been a wet, cool and soppy spring so many seeds were slow to germinate (sprout). Don't be discouraged if anything you've planted is being stubborn about germinating. If you planted something a week or 10 days ago and haven't seen anything, check your Growing Guide. If the seeds should have sprouted by now but haven't, re-plant your square with new seeds. Now that the warm weather has shown up, seeds should germinate much more rapidly.

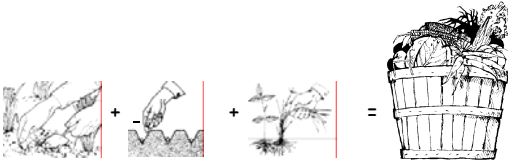
*Cindy and Kate*

## HARVESTING YOUR GREENS

Lettuce, spinach, Swiss chard, kale, collards, etc.— all these greens plus more may be starting to make a real presence in your garden. Do not wait until you have a huge plant before you start munching on these delightful vegetables! Harvesting the outer leaves of these plants is a great way to have your greens while continuing to get more. With a sharp knife or scissors, cut off each leaf at its base, taking care not to cut off the entire plant. The plant will continue to grow and produce more leaves if you harvest in this manner. When the weather starts to get really hot, spinach and lettuce will send up a center stalk which will produce flowers (this is called bolting) - at this point, remove the plant from the garden because the leaves will become too bitter to eat. However Swiss chard, kale and collards will keep producing new leaves well into the fall.

Raw lettuce, spinach and Swiss chard can be combined to make a great salad. Steam or stir fry spinach, Swiss chard, kale or collards by themselves, together or add them into soup or other dish that is being cooked (often chopping them up very fine and adding them to another dish will disguise them from children who refuse to eat greens). Yum!!





## Extend your harvest with Succession Planting

It's great to have wonderful vegetables, but how do you grow them so you can eat them all summer long instead of just for part of the time? A method called **succession planting** will help you to do this. Basically, succession planting means you plant a some seeds now, some later and some even later still. It goes something like this:

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[www.growingplaces.org](http://www.growingplaces.org)

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*Printed on recycled paper.*

- ✓ Start with an empty square (it can be one you just harvested)
- ✓ Plant the square with what you want (lettuce, beans, carrots, etc). You can also plant half a square if that works better for you
- ✓ 1-3 weeks later plant another square (or half a square) and continue in this way. The planting interval depends on how long it takes a crop to mature and produce (Check your Growing Guide). Bush beans produce for about 2-3 weeks so planting at 2-3 week intervals works best.
- ✓ You will be able to enjoy the harvest from your first square while your second square is growing. When your first square has been harvested, your second one will be ready.



## SAUTEED TENDER GREENS WITH INDIAN SPICES:

*Kate's cousin sent this recipe. Try it with spinach, young kale, collards, or Swiss chard.  
 Experiment with other seasonings too!*

2 tablespoons vegetable oil  
 1 medium. onion, minced  
 2 medium garlic cloves, minced  
 1 teaspoon minced fresh gingerroot  
 1/2 fresh jalapeno chili, minced  
 2 teaspoon curry powder  
 1/2 teaspoon ground cumin  
 2 pounds damp tender greens  
 Salt and ground pepper  
 1/4 cup heavy cream  
 2 teaspoons brown sugar  
 Lime wedges

1. Wash greens and remove stems. Chop greens coarsely. You should have about 6 cups.
2. Heat oil, onion, and garlic in deep pot and cook until onion and garlic sizzle and turn golden, about (1 minute).
3. Add ginger, chili, curry, and cumin. Cook until fragrant, about (2 minutes).
4. Add greens, cover and cook over medium-high heat, stirring occasionally until greens completely wilt (2-3 minutes).
5. Uncover and season with salt and pepper to taste, cook over high heat until liquid evaporates (2-3minutes).
6. Stir in cream and sugar, cook uncovered until cream thickens (2 minutes).
7. Serve immediately with lime.

