

GROWING TIMES

Growing Places Garden Project, Inc.

HELLO GARDENERS,

We hope you liked the recipe and photo issues of the newsletters. We now return you to our regularly scheduled newsletter!

August is powdery mildew season, the section below will show you what to look for and how to treat it. Check the "to do" list for August planting suggestions. In addition, we hope the tomato peeling tips and soup recipe will help you enjoy your harvest.








With all the heat and sun we've been having, it's really important to keep your gardens watered. 2-3 good deep watering sessions should help you to get the "one inch of rain per week" that most of your vegetables need to grow well. Many shallow watering sessions will do more harm than good because they encourage your plants to have shallow roots. Vegetables with shallow roots are highly susceptible to drought.

Topics in this week's newsletter were based on your phone calls and questions. Please keep them coming! They help us to figure out what we should discuss.

Cindy and Kate

THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	80° high/ 63° low	
Wednesday	84° high/ 58° low	
Thursday	82° high/ 62° low	
Friday	88° high/ 68° low	
Saturday	90° high/ 66° low	
Sunday	81° high/ 60° low	
Monday	81° high/ 61° low	

Did You Know...

Tomato hornworms can grow larger than your pointer finger? These voracious caterpillars can devour and entire branch of tomato leaves before you realize it. Look for leaf stumps and dark green droppings the size of peas on your tomato plants. The caterpillars should be nearby. Remove and destroy them.

TO DO THIS WEEK:

- √ Check your tomato plants for tomato hornworms
- √ Keep harvesting cucumbers and summer squash so that your plants will produce more.
- √ If your bush bean plants have no more flowers or baby beans, pull them out and plant something new like lettuce, carrots, radishes, spinach, Swiss chard and beets.

POWDERY MILDEW OR "THOSE GRAY SPOTS ON MY LEAVES"

Powder mildew looks just like the name suggests: a gray powder-like coating that can appear on the leaves, flowers and fruits of your vegetables. It usually won't kill your plants, but it can make them less productive and it can't be cured. It does not need direct contact with water to grow; it just likes the warm days and cool nights of late summer.

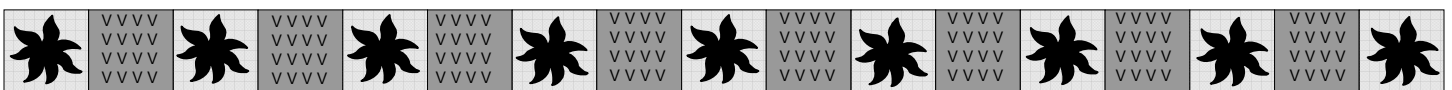
What can you do?

1. For a small infestation, pick off the affected plant parts and throw them in the trash.
2. Slow down the disease by mixing 1 part cow's milk with 9 parts water and spraying the stems and tops of leaves with the solution. Reapply after rain.
3. Prevent growth of mildew by mixing 1 teaspoon of baking soda in 1 quart of water and spraying stems and tops of leaves with the solution. Again, reapply after rain.



Image courtesy Institut National de la Recherche Agronomique: www.inra.fr/Internet/Produits/HYP3/pathogene/6sphafu.htm

Information courtesy of Organic Gardening Magazine: www.organicgardening.com/feature/0,7518,s1-2-9-894,00.html





PEELED TOMATOES – A FAST AND EASY WAY TO PREPARE FRESH TOMATOES FOR PASTA SAUCES, SALSAS, AND OTHER RECIPES, LIKE THE SUMMER SOUP BELOW.

You will need:

1. 1 large pot (3-4) qt filled halfway with water. Bring to a simmer on medium low heat on the stove.
2. 1 large bowl filled halfway with ice water
3. As many fresh ripe tomatoes from your garden as you want to use

Preparation:

1. With a small **very sharp** knife, make a small “X” on the bottom of each tomato.
2. Working in batches of 3 or so tomatoes at a time, gently lower the tomatoes into the simmering water and let them stay there for about 1 minute.
3. Using a slotted spoon, transfer tomatoes into the ice water. You should notice that the skin has begun to split.
4. After about two minutes in the ice water, transfer the tomatoes to a bowl or plate. The tomato skin should peel easily .

Note: If you want “peeled and seeded tomatoes”, just split open the tomatoes and scoop the seeds out with a spoon . Then use the flesh in your recipe.

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“Growing Times” is produced by Cindy Buhner and Kate Deyst of Growing Places Garden Project.

SUMMER SOUP:

This recipe comes from Jocelyne R. of Auburn, Maine
Makes 6 servings.

This is an amazing soup. Kate made a test batch. It was so delicious that she made another batch the next day.

The easiest way to make this soup is to prepare the vegetables in the order listed in the “Ingredients” section and put them into the pot as soon as they are prepared (except the parsley, check that part). Then just put the pot on the stove and cook.

Ingredients:

- 2 large tomatoes, peeled and sliced
- 2 medium onions, thinly sliced
- 2 garlic cloves, minced
- 2 large zucchini, sliced
- 1 med head of romaine lettuce, shredded
- 2 pounds fresh peas, shelled (or 10oz frozen)
- 1 cup parsley sprigs, minced (or 1 teaspoon dried parsley)
- 2 Tablespoons fresh basil leaves, minced (1 teaspoon dried basil)
- 2 lbs fresh fava beans (or 10 oz frozen Lima or Edamame (soy) beans)
- ½-cup olive or other oil

- Salt to taste
- Freshly ground pepper
- Grated parmesan cheese

Preparation:

1. Place the tomatoes in the bottom of a 3-4 quart pot
2. Place the rest of the vegetables in layers into the pot in this order: onions, garlic, zucchini, lettuce, peas, half of parsley, basil and beans.
3. Sprinkle the remaining parsley and the olive over the vegetables. **DO NOT STIR OR MIX.**
4. Cook over moderate heat for 10 minutes, or until the vegetables release their liquid.
5. Season with salt and pepper to taste, then stir and mix the vegetables thoroughly.
6. Simmer covered over low heat, stirring frequently, for about 30 minutes or until beans are tender.
7. Do not overcook and do not add water unless soup is too thick.
8. Serve hot or lukewarm with parmesan cheese

