

# GROWING TIMES

Growing Places Garden Project, Inc.

## HELLO GARDENERS,

We hope that all of you are enjoying your gardens now and that your hard work of the spring and early summer is rewarded with abundant fresh food.








The cooler days of late August are here. This weekend's showers and the rain over the next few days should help you to ease up on watering. Moist weather brings out the slugs however. Kate noticed that several of her tomatoes had been raided by these "snails without shells". The best defenses against pests are a clean garden (use or discard any fallen vegetables; clear out old plants) and regular harvests.

Let the feasting begin!

*Cindy and Kate*

### THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	77° high/ 68° low	
Wednesday	80° high/ 69° low	
Thursday	83° high/ 63° low	
Friday	82° high/ 59° low	
Saturday	81° high/ 57° low	
Sunday	78° high/ 57° low	
Monday	79° high/ 58° low	

### Did You Know...

That if you can pull those nasty weeds out of your garden now you will have fewer weeds to fight next year? Many weeds are starting to get ready to drop their seeds in your garden and one weed can drop enough seeds to make more weeds than you care to think of. Think of what 2 weeds can do! Pull some weeds today!

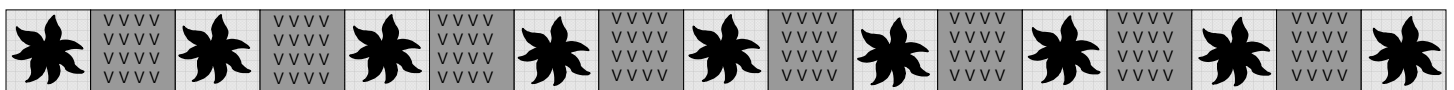
### TO DO THIS WEEK:

- ✓ Plant some more lettuce and spinach.
- ✓ Harvest, harvest, harvest!
- ✓ Enjoy your garden. You've worked hard.

### SHALLOTS—THE GARLIC ONION!

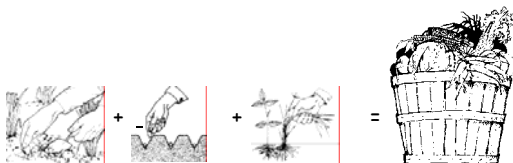
Many of you planted shallots this year and they should be nearly ready to harvest. Shallots are members of the onion family and therefore share many of the same characteristics. Shallots are great because you can use them once they've grown tall and green (about 30 days after planting)—you can snip part of the tops and add them to soups, stews or wherever you would use scallions. About 45 days after planting, you can dig up and use the small green bulblets in your favorite recipes.

But it's best to wait until the tops start to turn brown and wither. Then, gently dig the shallot bulbs out of the ground, making sure not to damage them. Hang them in a well-ventilated location so they can dry out. When the bulbs' outer skin has dried completely, cut off the tops, leaving about 1 inch of the stem, and then store them in a mesh bag (old onion bags work well) again in a cool dry location (just like onions). Replant the smaller bulbs and you will have a spring crop! Shallots have a mild though distinctive flavor (sort of a cross between garlic and onions) and can be used in place of or in addition to garlic and onions.



## COLLARDS, KALE, SWISS CHARD, MUSTARD

These greens are sometimes difficult to tell apart from one another unless you know what they are and know what to look for. It's harder when they are young and gets easier as they mature. So here's some information on each one of these with the hopes that it'll be easier to figure out what you have in your garden!



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

*Printed on recycled paper.*

**A few cooking ideas from [www.deliciousorganics.com/recipes](http://www.deliciousorganics.com/recipes):**

A simple way to prepare collards is to first sauté onions and garlic, then either sauté the chopped collards like spinach or simmer them slowly (for 30 minutes) in broth or water until they become tender. The broth helps capture the bitterness and leaves them sweet and delicious. Season with a kick with spices like ginger, curry, or hot peppers. Add a splash of vinegar.

A simple way to sauté 1 1/2 lbs of coarsely chopped kale is to heat olive oil in a large saucepan over medium-high heat. Add 2 cloves garlic and cook until soft, but not colored. Raise heat to high, add 1/2 cup water (or stock) and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt, pepper and vinegar to taste.



**Collards:** Looks just like broccoli, cauliflower and cabbage when it's young. As it matures, it develops large, thick, smooth leaves. Collards are often confused with cabbage due to the strong similarity in the leaves, however collards never produce a head like cabbage. Harvest by cutting leaves at their base but do not remove the central stalk.



**Kale:** Looks very similar to collards when young except the leaves are more ruffled around the edges. Kale can grow into a very large plant. Harvest by cutting off the leaves at their base but do not remove the central stalk. Highly nutritious, very young collards and kale can be added to salads. The larger older leaves are better when they are steamed or stir fried with added liquid. Always remove the tough center rib that runs through the leaf. Add them to a stew or soup for some extra vitamins, collards and kale are often sweeter after a frost because some of the starch gets converted to sugar to keep the plant from freezing.



**Swiss Chard:** This is another big leafy green vegetable but it is more tender than the previous ones. It also comes in red or red-yellow-orange variety called Brite-lites. Chard is related to beets and it does not develop a single central stalk that all the leaves come from. It can be eaten very young in salads or stir fried with other vegetables, added to soups and stews. There is no need to remove the center rib, just cut it into smaller pieces and cook those longer than the leaves. Chard will not usually survive a hard frost.



**Mustard greens:** These ruffled leaves look very similar to kale though they are light green in color much more tender feeling (more like Swiss chard). They have a tangy mustard-like taste (hence the name!). Whole small leaves can be used in salads but the larger leaves are better with the ribs removed and slow cooked or blanched to remove some of the bitterness.

Harvest chard and mustard greens by cutting each leaf at the base of the stalk but don't cut off the entire plant as it will continue to grow new leaves.

*For all these greens, a big leaf cooks down into a small piece so be sure to use enough to feed whoever's hungry! Add in batches to the pan when cooking, allowing them to wilt down and make room for the rest.*

