

GROWING TIMES

Growing Places Garden Project, Inc.

HELLO GARDENERS,

First, we need to publish a correction. Those of you who are planning to grow garlic should not plant it until the end of October. We will make sure that you have it in time for planting but will not bring it when we bring bags of compost for your garden beds.








As the showcase crops (tomatoes, peppers, eggplant and zucchini) of summer slow down their production, it's time to look at your garden in a new way. Check your supply of greens—have you planted some lettuce? Try putting in more lettuce and spinach. Your kale and collards will last well into fall. Start to pick off the blossoms of your slicing tomatoes, this will force the plant to put its strength into ripening the tomatoes still on the vine. Finally you can eat the blossoms of your squash plants in salads (see below) and in the recipe on the next page.

See you with compost!

Cindy and Kate

THE WEATHER:

FROM WWW.WEATHER.COM

| | | |
|-----------|----------------------|---|
| Tuesday | 89° high/ 61° low |  |
| Wednesday | 85° high/ 64° low |  |
| Thursday | 74° high/ 57° low |  |
| Friday | 71° high/ 51° low |  |
| Saturday | 69° high/ 47° low |  |
| Sunday | 71° high/ 53° low |  |
| Monday | 71° high/ 50° low |  |

Did You Know...

That your tomatoes, peppers and eggplants are slowing down because the days are shorter and because the temperatures are cooler? You can speed them up a little by watering them with warm (but not hot) water. Try some in your watering can today.

TO DO THIS WEEK:

- ✓ Pull out weeds so that you won't have to deal with their seedlings next year
- ✓ Plant some spinach
- ✓ Harvest, harvest, harvest

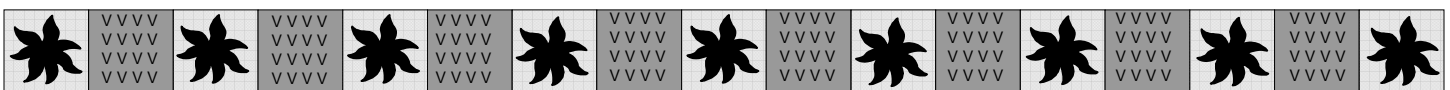
NEW CROP: SQUASH BLOSSOMS

Squash blossoms have a mild flavor similar to squash itself. They are often eaten in the late spring. However, as summer fades, we begin again to think of these flowers less as ways to make more squash and more as food themselves.

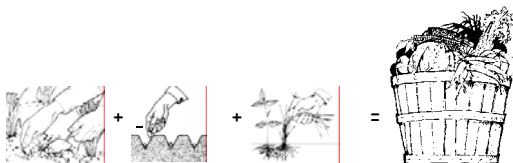
Prepare your squash blossoms by washing them gently and removing the stamens (the small fuzzy rods inside the flower). They taste best when eaten on the day they are picked.

There are many ways to eat them: sliced in salads, stuffed, or deep-fried. Yes, the male flowers have nice long stems that are used like handles for dipping the blossoms into batter and then into deep fat. If you are planning to eat squash blossoms in salad or stuffed, make sure to remove the stems.

Some of the information for this feature came from the website: www.whatscookingamerica.net, author: Linda Stradley



MORE PICTURES FROM YOUR GARDENS:



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We're on the Web!

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MUSHROOM & SQUASH BLOSSOM SOUP

Adapted from Healthy Latin Cooking by Steven Raichlen (serves 4)

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic
- 1 pound mushrooms, thinly sliced
- 16 squash or pumpkin blossoms, thinly sliced crosswise
- 1 tablespoon all purpose flour
- 1 can (14 oz) evaporated skimmed milk
- 3 1/2 cups Chicken stock or fat-free reduced sodium chicken broth
- 1/4 cup chopped fresh flat-leaf parsley

Heat oil in large saucepan over medium heat. Add onions and garlic, cook for 4 minutes or until onions are soft but not brown. Add mushrooms, cook stirring often for 6 minutes or until mushrooms are tender and most of the liquid has evaporated. Add blossoms; cook for 3 minutes or until wilted. Stir in flour; cook for 2 minutes. Stir in evaporated milk. Increase heat to high and bring to a boil. Stir in stock and return to boil. Reduce heat to medium-low. Simmer for 5-8 minutes or until richly flavored and vegetables are soft. Season with salt and pepper. Just before serving, stir in parsley; simmer for 1 minute more. Note: Substitute finely chopped pumpkin or butternut squash for blossoms and simmer for 10-15 minutes before adding stock if desired.

WHITE BEAN & COLLARD GREEN SOUP

Adapted from Healthy Latin Cooking by Steven Raichlen (serves 4)

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 ounce ham or bacon cut into 1/4" pieces
- 1 medium potato, peeled and cut into 1/2" pieces
- 1 can (19 oz) white beans, rinsed and drained
- 4 cups Chicken stock or fat-free reduced sodium chicken broth
- 1 bay leaf
- 8 ounces fresh or frozen and thawed collard greens or kale
- Salt and ground black pepper

Heat oil in large saucepan over medium heat. Add onions, ham and garlic, cook for 5 minutes or until onions are soft but not brown. Add stock, potatoes, bean and bay leaf; simmer 5 minutes or until potatoes are almost tender.

Cut stems off collards and discard. Roll up leaves and slice crosswise into 1/2" slivers; add to soup, simmer for 5 minutes until greens and potatoes are tender. With back of wooden spoon, mash 1/4 of the beans and potatoes against side of pan to thicken soup. Simmer for 1 minute. Season with salt and pepper. Remove and discard bay leaf.

