

# GROWING TIMES

Growing Places Garden Project, Inc.

## HELLO GARDENERS,








Compost deliveries will be starting this week so keep on the look-out for a pile of bags of compost beside your garden. There will be an instruction sheet inside a plastic bag probably tucked between the compost bags. This will contain the instructions for how to clean up your garden when the time is right. Please read through this and if you have any questions, give us a call.

We would also like to let you know that we are currently seeking clients for next year's gardens. If you know someone who might be interested in receiving a garden from GPGP, please have them contact us so that we can send them an application. We have already filled several openings so the sooner we hear from them, the more likely they are to be on our list for 2006! Our contact information is on the back of the newsletter. Many thanks!

*Cindy and Kate*

### THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	80° high/ 57° low	
Wednesday	79° high/ 55° low	
Thursday	79° high/ 59° low	
Friday	80° high/ 58° low	
Saturday	71° high/ 56° low	
Sunday	72° high/ 54° low	
Monday	72° high/ 50° low	

### Did You Know...

That the full moon nearest the first day of fall (this Thursday) is called the harvest moon because it rises shortly after sunset and provides farmers with enough extra light to harvest their crops longer during those days. The harvest moon rose this past Sunday and can be seen this week!

### TO DO THIS WEEK:

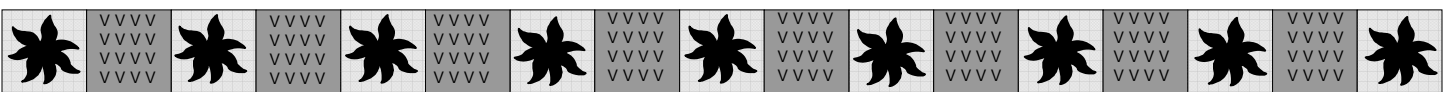
- √ Watch for slugs and cabbage worms after the rain we had. See Growing Guide and Newsletter Issue 4 for suggestions on removing them
- √ Harvest splitting tomatoes (due to all the rain) and use as soon as possible.

### TIME TO PINCH THE FLOWERS

Since your garden is starting to slow down its production, you want to do whatever you can to finish ripening the fruits and vegetables that are currently in the process of growing in your garden. In order to do this, you can pinch off any blossoms that you might be seeing—use a sharp scissors or knife or even your fingers to remove the blossom from the stem. Removing the blossom will direct the energy in the plant away from trying to create a new fruit or vegetable and instead focus it on trying to ripen what is currently growing.

If there is a fruit forming at the bottom of the blossom don't bother pinching off the blossom unless it's a pumpkin, winter squash or melon. These will not have enough time to develop a fruit to full ripeness at this point in the season so you might as well remove the blossom and the forming fruit.

Good candidates for blossom pinching are pumpkins, winter squashes, melons, tomatoes, peppers and eggplants.



## BALSAMIC VINEGAR DRESSING FOR GREENS

*Adapted from the Tufts University Health and Nutrition Letter*



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**We're on the Web!**

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

*Printed on recycled paper.*

- 1/4 cup balsamic vinegar
- 1 tablespoon chopped shallots, onions or garlic
- 2 tablespoons raisins or dried cranberries
- 1 tablespoon olive oil
- 2 cups cooked spinach, swiss chard, kale or broccoli
- 2 tablespoons toasted pine nuts or sunflower seeds

Simmer balsamic vinegar with shallots in a small skillet over medium heat until syrupy (about 1 minute). Remove from heat and stir in raisins and olive oil. Toss this with cooked greens and pine nuts. Season with salt and pepper. (4 servings)

## LEMON GARLIC DRESSING FOR GREENS

*Adapted from the Tufts University Health and Nutrition Letter*

- 2 tablespoons olive oil
- teaspoon grated lemon zest
- 2 teaspoons lemon juice
- 1 clove minced garlic
- 2 cups cooked broccoli, green beans or greens (kale, chard, spinach)

Whisk olive oil, grated lemon zest, lemon juice and garlic together in a small bowl. Warm in microwave, if desired. Season with salt and pepper. Toss with cooked greens. (4 servings)

## ZUCCINI-LEMON MUFFINS

*Adapted from Cooking Light*

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 2 teaspoons grated lemon rind
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1 cup coarsely shredded zucchini
- 3/4 cup skim milk
- 3 tablespoons vegetable oil
- 1 large egg
- Cooking spray

Combine the first 6 ingredients in a bowl, and make a well in center of mixture. Combine zucchini, milk, oil, and egg; stir well. Add to flour mixture, stirring just until dry ingredients are moistened.

Divide batter evenly among 12 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until golden. Remove from pans immediately, and let cool on a wire rack.

**Yield:** 1 dozen (serving size: 1 muffin)

## GARLICKY PASTA WITH FRESH TOMATOES AND BASIL

*Adapted from Cooking Light*

*The garlic flavor is pronounced; reduce the amount to 2 cloves, if you prefer. If you can't find campanella, try orecchiette, fusilli, or shells.*

- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 5 cups chopped plum tomatoes or other tomatoes (about 2 pounds)
- 6 cups hot cooked campanella (about 12 ounces uncooked pasta)
- 1/3 cup chopped fresh basil
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper

Heat olive oil in a large Dutch oven over medium-high heat. Add minced garlic; sauté 30 seconds. Add chopped tomatoes; cook for 2 minutes or until thoroughly heated, stirring occasionally. Add pasta, basil, cheese, salt, and pepper, tossing gently to combine.

**Yield:** 6 servings (serving size: 1 1/3 cups)

