

GROWING TIMES

Growing Places Garden Project, Inc.

HELLO GARDENERS,

These fall days and nights are truly wonderful! "Good sleeping weather" as Kate's friends in Minnesota say. Your garden is also enjoying this time; the bugs are less numerous and the ground tends to stay moister. Keep your ears open for news of a frost in your area and be prepared to deal with your garden if you want to protect the plants that are still producing.








You will not be receiving a newsletter on October 10th or the 17th as we will both be unavailable. Just keep harvesting and tending your garden as you have been, pull the weeds to keep them from spreading seeds that will grow next year, pull plants that are no longer productive and enjoy the harvest. The newsletter on the 24th will be the last official newsletter of the season.

The survey will be coming soon!

Cindy and Kate

THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	79° high/ 56° low	
Wednesday	81° high/ 60° low	
Thursday	79° high/ 62° low	
Friday	68° high/ 45° low	
Saturday	56° high/ 47° low	
Sunday	64° high/ 40° low	
Monday	67° high/ 47° low	

Did You Know...

That early frosts will often occur in valleys rather than in hilly areas? Cold air is heavier than warm and settles into the valleys while the warmer air rises to the hills. If you live on a hill, you might be lucky when the first frosts hit and not see any damage to your garden.

TO DO THIS WEEK:

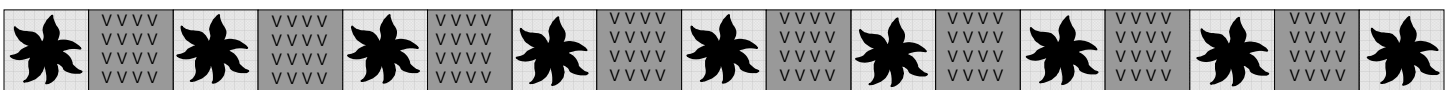
- ✓ Harvest, harvest, harvest
- ✓ Water only if we have a dry spell.
- ✓ Remove rotting produce to avoid bug and disease issues.

VEGETABLE BROTH

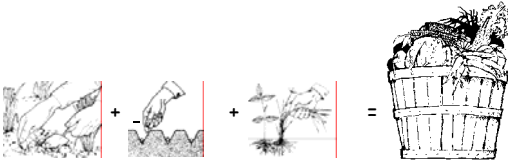
Something for those cold winter months and a great way to use up those vegetables and a perfect base for many other soups. Vegetables listed are suggestions, feel free to modify. Adapted from *The Twelve Months of Monastery Soups* by Brother Victor-Antoine d'Avila-Latourrette

- | | |
|---------------------------------------|--|
| 18 cups water (add more if necessary) | 1 small lettuce, coarsely chopped (or a few leaves of cabbage) |
| 3 carrots, sliced | 4 bay leaves |
| 2 turnips, sliced and diced | 1 orange peel, minced (optional) |
| 2 zucchinis, sliced | A few parsley sprigs, tied together |
| 2 leeks, sliced | Black peppercorns to taste |
| 1 onion, coarsely chopped | Salt to taste |
| 2 celery stalks, sliced | |

Pour the water into a large soup pot and add all the ingredients. Bring the water to a boil and keep it boiling for about 30 minutes. Stir from time to time. Reduce the heat to low-medium, stir some more, cover the pot and let broth simmer for about 2 hours. Filter broth through a fine sieve, strainer or cheesecloth. Allow it to cool and then store it in the refrigerator or freezer for future use. Makes about 12 cups.



ROASTED, MASHED WINTER SQUASH



Growing Places Garden Project, Inc.

P.O. Box 237
Harvard, MA 01451-0237

Cindy Buhner: 978-501-4964
Kate Deyst: 978-771-2377
E-mail: staff@growingplaces.org

Note: This is an easy way to prepare squash that can be eaten as a side dish or used in the pancake recipe below. Squash prepared this way can be easily frozen too.

2 medium size winter squash, such as butternut, acorn or pumpkin
1 tablespoon of vegetable oil

Preheat the oven to 350 degrees. Spread most of the oil evenly over a rimmed baking sheet. Rinse the squash and cut them in half with a sharp knife. Remove the seeds. Rub the cut sides of the squash with the remaining oil. Place the squash halves on the baking sheet with the cut side down. Place the pan in the oven and roast the squash for 45 minutes or until a fork penetrates the squash flesh easily. Let cool for 10 to 20 minutes.

Scoop the cooked squash flesh out of the skin and mash with a fork or potato masher until the consistency is smooth. You can also use a blender or food proces-

We're on the Web!

www.growingplaces.org

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

Printed on recycled paper.



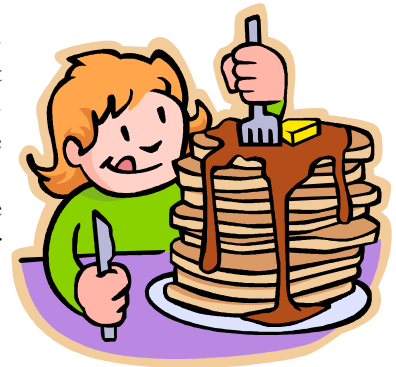
WINTER SQUASH OR PUMPKIN PANCAKES

Adapted from The Wilson Farm Country Cookbook by Lynne C. Wilson

2 eggs
2/3 cup cooked, mashed winter squash (canned pumpkin also works well)
3 tablespoons oil
1 cup milk
1 1/2 cups flour (or 3/4 cup unbleached + 3/4 cup whole wheat flour)
1/4 cup sugar
3/4 teaspoon salt
2 1/2 teaspoons baking powder
1 1/4 teaspoons cinnamon
1 teaspoon nutmeg

Sift the flour, sugar, salt, baking powder, cinnamon and nutmeg together. Beat the eggs in a large mixing bowl. Stir in the squash, oil and milk. Add the sifted flour mixture and stir thoroughly.

Heat a frying pan over medium high heat, grease it lightly and cook the pancakes, turning them once after bubbles form on top. Cook for another minute or so and enjoy with your favorite pancake topping.



FRIED GREEN TOMATOES

Adapted from Jan in Harvard

A great way to use up those extra tomatoes that just won't have time enough to ripen.

1-3 tbsp oil or enough for frying
Flour, preferably whole wheat but not necessary
Eggs with a little milk beaten in
Bread crumbs
Any spices you might like (oregano, basil, whatever)
Green tomatoes

Pour oil in pan and heat over medium heat. Mix together bread-crumbs and spices. Slice the tomatoes into 1/4 to 1/2 inch slices (thinner slices tend to be crispier) and place them in the flour to coat both sides. Place them in the egg and then in the bread-crumbs, again coating both sides. Put slices in hot oil. Fry until they are golden brown on bottom. Gently turn and fry on other side. Remove from pan and place on paper towel to absorb excess oil. Enjoy!

