








GROWING TIMES

Growing Places Garden Project, Inc.

THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	84° high/ 69° low	
Wednesday	83° high/ 68° low	
Thursday	83° high/ 68° low	
Friday	89° high/ 61° low	
Saturday	84° high/ 57° low	
Sunday	80° high/ 57° low	
Monday	79° high/ 57° low	

HELLO GARDENERS,

Whew! That was one very hot weekend we just had! Hopefully you managed to get your garden watered so that it didn't suffer too much from all that sun and those high temperatures. And maybe you even managed to get yourself wet in the process—seems like 97°F is a perfectly good excuse for a dousing!

In keeping with the water topic, this week we will be addressing some of the questions of when, how and why water is so important. The weather is expected to continue hot (though a bit less than this weekend) which means you need to be diligent with making sure your plants get sufficient water.

We also want to talk about staking tomatoes since your plants are getting to the point where this becomes necessary.

If you are going away on vacation, think about having someone come and water from time to time. A nice way to repay them for this is to ask them to harvest and use whatever is ready while your gone. It will help your plants to keep producing and give them a yummy reason to visit your garden!

Cindy and Kate

Did You Know...

That plants will often look wilted during the heat of the day? This is their protection mechanism to keep from losing too much water through their leaves. The smaller the surface area, the less water lost. The plants should look fine in the cool of the morning or evening. If not, they need to be watered!

TO DO THIS WEEK:

- ✓ Sow seeds for broccoli, cauliflower, cabbage and kale for a fall crop—find a semi-shaded area if possible.
- ✓ Continue to harvest peas, greens, radishes.
- ✓ Pull out bolting spinach, mustard and arugula, plant something else!

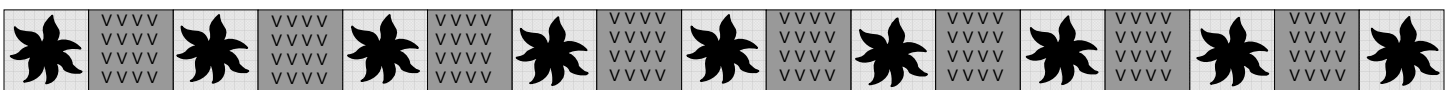
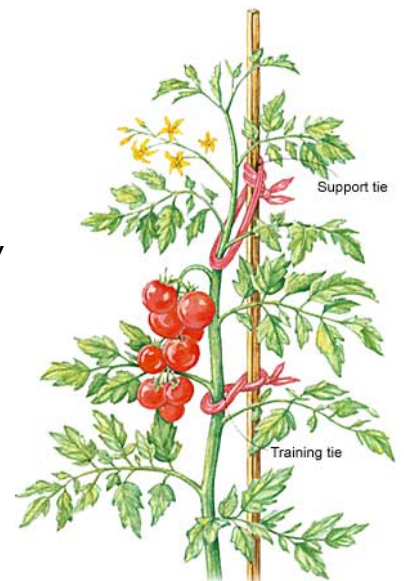
STAKING TOMATOES

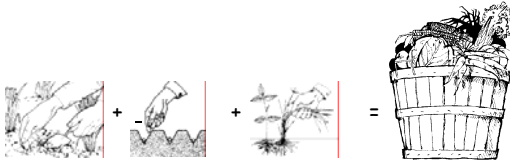
Those of you who have tomatoes were also given a set of wooden stakes that should be pounded into the ground close to your tomatoes. Late in the season, tomato plants become so large and heavy that they fall over and their fruit is damaged. There's nothing worse than seeing a tomato eaten away by bugs just because it was touching the ground. Staking the plants will help prevent that.

To do this, tie the main stem of the tomato to the stake very loosely with strips of soft rags, old panty hose or very soft string or yarn. The stem needs to remain about 1 inch or more from the stake. If you tie the plant stem too tightly to the stake, the tomato will not be able to grow properly. See the picture to the right to get a better idea.

Often tomatoes develop many branches from the main stem and these tend to put a heavy load on the plant. You can also tie up these branches to the stake to help keep the entire plant balanced.

Flowers are starting to arrive along with some green tomatoes. Tomato time is coming!





Watering the garden in the summer

Watering is an important part of vegetable gardening. When to water, how much and how are commonly asked questions. Plants need water to transport nutrients and to keep the plant from wilting. Plant roots need oxygen to grow and be able to absorb water and nutrients. Roots will die if they are exposed to waterlogged soils (yellow plants) or very dry soils (wilting plants). There needs to be a balance and experience will be the best teacher.

Fewer deep waterings are better for the plants than many shallow ones. Roots will seek out the moisture— if water is only in the first 1/2 inch of soil that's where the roots will be. This makes them more vulnerable to drying and insects. An efficient, water saving method of watering is with a cup (cottage cheese or yogurt container will work) and a pail. Build up a ring of soil around individual plants leaving a depression large enough to hold a cup of water or in case of smaller plants, a 1/4 cup. If you have rows of plants or many close together, you can build up the depression on either side of the row. Pour the required amount of water slowly into the depression keeping it within the depression and off the foliage. The amount and frequency of watering in the summer appears in the table below.

Deciding when to water can be determined by pressing your finger into the soil an inch. If it seems moist, no water is needed; if it seems dry, you need to water. Often if there is a good soaking rain during the week, there will be no need to water.

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ROASTED GREEN BEANS

Green and wax beans will be making an appearance very soon. Here's a simply delicious way to enjoy them courtesy of Cooking Light.

- 1 1/4 pounds green or wax beans, trimmed
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons slivered almonds, if desired

Preheat oven to 450°.

Combine all ingredients in a cookie sheet with edge, tossing well. Bake at 450° for 10 minutes or until beans are tender and browned, stirring occasionally.

Yield: 4 servings

WATERING SCHEDULE:

Crop	Amount in cups/ mature plant	Times/week
Beans	1/2	2
Beets	1/2	2
Broccoli	1/2	2
Cabbage	2	2
Carrots	1/4	1 (never let dry)
Swiss Chard	2	2
Cucumbers	2	2
Eggplant	2	2
Lettuce	1	2
Cantaloupe	2	2
Parsley	1	2 (never let dry)
Peas	10-12/four foot row	2
Peppers	2	1
Spinach	1/2	2
Squash	4	2
Tomatoes	8	1

