








GROWING TIMES

Growing Places Garden Project, Inc.

THE WEATHER:

FROM WWW.WEATHER.COM

Tuesday	90° high/ 68° low	
Wednesday	88° high/ 62° low	
Thursday	92° high/ 66° low	
Friday	88° high/ 64° low	
Saturday	90° high/ 60° low	
Sunday	90° high/ 60° low	
Monday	80° high/ 62° low	

HELLO GARDENERS,

So after the sopping rains, we are back to the hot and humids again! This summer has been very much like a rollercoaster.

We want you to know about an upcoming newsletter—the Recipe Issue. In about 3 weeks, we plan to send out a newsletter that is loaded with wonderful things you can do with your veggies and we would really like to include your ideas in it. So please send them to us at either the email address or the regular postal address on the back of this newsletter. It takes about a week to put a newsletter together; so please send us your recipes now to give us time to get it all organized and put together.

We have also included some pictures of your gardens in this newsletter. It's always nice to see how things grow and change over time and to see what other people are growing.

As always, call us if you need help—it's the best way to get a quick response and we do love hearing from you.

Cindy and Kate

Did You Know...

That many leafy plants become more bushy if you pinch or cut off their top leaves and buds? Try this when you harvest your basil. Take a piece of the stem from the top. It will encourage the rest of the plant to make more tasty leaves.

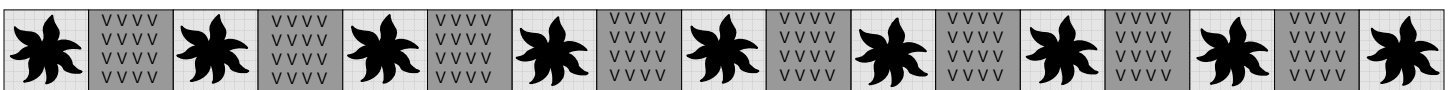
TO DO THIS WEEK:

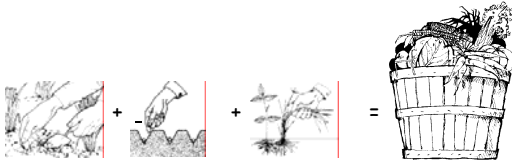
- ✓ If your tomato plants are becoming unmanageable, you can also tie the branches as well as the stem to the stake to keep the fruit off the ground.
- ✓ Check squash and cucumber plants frequently and harvest often.
- ✓ Plant more beans, radishes, beets, chard and lettuce.

WEED, WEED, GO AWAY...AND STAY AWAY!

Weed-free gardens look nice and there are several cultural benefits to regular weeding. Weeds are aggressive, rapid growers that can easily out compete vegetables. They shade crops, provide homes from insect pests, and consume lots of water and nutrients. A thorough once-a-week weeding session should keep your raised beds clear of unwanted plants. It shouldn't take more than an hour to complete this task. You can also do a little every time you visit your garden. Since your squares have been planted in a specific pattern based on the number of plants per square, it's pretty easy to tell what's a weed and what's not.

Here is a great weedpulling technique: firmly grasp the weeds where they meet the soil and pull steadily. Shake the soil off the roots and toss them in a place where they can dry out. Don't forget those weeds outside the beds, pay particular attention to removing and discarding any flowers or seed heads if the plants can't be pulled out. Of course it is best to pull weeds





Basil—the king of summer herbs!

Right about now, your basil should be ready for picking whenever you need them for flavor. The plants should be bushy and full of nice big leaves and may possibly already have started to flower. Pick the basil leaves from the stem by pinching them off at the base of the leaf. You can cut off the flower stalks and put the little flowers in your salads—they taste like basil too. Harvest the entire plant before it finishes flowering as it will no longer be producing leaves.

Basil leaves can either be dried or frozen for later use. To freeze, spread them on a cookie sheet in a single layer and place in freezer. Once frozen, put in an airtight freezer bag (such as Ziploc) and return to freezer. To dry, gather bunch a of stems together with a rubber band and hang them upside down in a cool dry location (indoors out of the sun). When the leaves have dried, pinch them off the stem (which may not be dry) and place in freezer bag or glass jar. Store along with other spices. You can also chop the leaves and store them in a little olive oil in the freezer in ice cube trays. When you need some basil, just pop out a cube and use it. Or pop them all out once they're frozen and store the cubes in a freezer bag in the freezer. This is also a great way to store pesto.

You can also add extra flavor to a salad by slicing up a few leaves, They are also terrific when eaten with fresh sliced tomatoes or added to a variety of soups and



Cabbages in Clinton

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RADISH GREENS SOUP:

Recipe adapted from Twelve Months of Monastery Soups by Brother Victor Antoine d'Avila-Latourette
Makes 4 servings.

1/3 cup olive oil
2 leeks or onions, finely chopped
1 bunch fresh radish leaves (or mustard or turnip greens), washed well and chopped
4 potatoes, peeled and cut into 1 inch cubes
5 cups water
Salt and pepper to taste
1/4 teaspoon nutmeg
1/2 cup milk
Croutons as garnish



1. Warm the oil in a pot over low-medium heat and add the leeks. Cook gently 3 minutes then add radish tops.
2. Stir; then cover pot and let cook another 3 minutes
3. Add potatoes, water, salt, pepper, and nutmeg and stir again very well. Cover pot and simmer the soup for 45 minutes. Then remove from heat and allow the soup to cool.
4. Pass the soup through a sieve or fine strainer or blend it in a blender. Then return it to clean pot.
5. Add the milk and mix well.
6. Reheat the soup if you wish to serve it hot or refrigerate it for a few hours and serve it cold.
7. Garnish with croutons

