

Growing Times

August 28, 2006 Volume 3, Issue 12

HELLO GARDENERS!

This time of the summer is Kate's favorite. She calls it "Corn-tomato-peach" season. You can usually find her somewhere between the farm stand (she doesn't grow corn or peaches) and her garden, trying to stuff herself full while these fruits and vegetables are still in season. We hope that your gardens are feeding you well.

By the way, one of our supporters has given us some canning jars. Please let us know if you are interested in them. We'll try to bring them to you in the next couple of weeks.

Cindy & Kate

TIPS ON...

Maintenance

If your tomatoes show black rot on the bottom (called blossom rot), your soil needs a bit more calcium. Sprinkle dried milk on your soil and water it in.

Pests

The cooler weather has slows down many pests' ability to move or fly, making them easier to catch. Take a look and remove a few today.

Harvesting

Shallots are ready to harvest when the tops start to brown and wither. Gently dig bulbs out of the ground and hang in a well ventilated dry location until the outer skin has dried completely. Cut off top leaving 1 inch of stem and store in a cool dry location in a mesh bag (old onion bags work well). Smaller bulbs can be replanted for a spring crop. Shallots are sort of a cross between onions and garlic and can be used in place of or in addition to either.

CROPS OF THE WEEK

THESE MAY BE READY TO HARVEST...

All tomatoes, bell peppers, summer squash, cucumbers, eggplant, zucchini, green beans, cabbage



THINGS TO DO

- ✓ Check your cabbage or cauliflower to see if it's ready to harvest. It should be the size of your fist or larger.
- ✓ If you are growing something in your garden that you really don't like, harvest the crop and share it with someone who does. Feed a friend instead of letting the plants rot and attract bugs and disease.
- ✓ Plant some spinach for a fall crop.

RECIPES

Green Beans with Shallots

Serves 6, adapted from Cooking Light

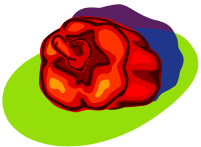
- 1½-2 pounds green beans
- 1 tablespoons olive oil
- ¼ cup minced shallots
- 1 tablespoons water
- ½ teaspoon salt
- 1/8 teaspoon pepper

Trim ends from beans, and remove strings. Drop beans into a large pot of boiling water; cook 10 minutes or until crisp-tender. Drain.

Heat oil in pot over medium heat. Add shallots; sauté 3 minutes or until tender. Add green beans and water; cook 3 minutes or until beans are tender, stirring occasionally. Remove from heat, and stir in salt and pepper.

Roasted Bell Peppers

Ripe red, yellow, or orange peppers are delicious alone, with pasta, or as part of a sandwich.



Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and quarter or slice as desired. Store in the refrigerator for up to 3 days before use.

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Cabbage in Your Garden?



This cabbage is ready to be picked. You can pull the whole plant out of the soil or just cut off the head. If there are holes in the outer leaves (the one in the picture has some) then wash it in salt water before use.

Roasted Shallot Vinaigrette Salad

Serves 6, adapted from Cooking Light

- 1 medium shallot, peeled
- 2 tablespoons red wine vinegar
- 1 tablespoon extra virgin olive oil
- 1 teaspoon sugar
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 (4-ounce) package herb salad mix

Preheat oven to 400°.

Wrap shallot in foil. Bake at 400° for 35 minutes; cool for 10 minutes. Peel and mince. Combine shallot, vinegar, oil, sugar, mustard, salt, and pepper in a large bowl; stir well with a whisk. Add salad mix; toss well to coat.