

# Growing Times

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## HELLO GARDENERS!

Think there is nothing left to plant at this point? Think again (if you want garlic, that is)! Gardeners plant garlic at the end of October and you can too. Why are we talking about it now? Because we want to make sure that everyone who wants it, gets it. If you requested it on your application or survey then you are all set. If you didn't but would like to have some, please give us a call to let us know. If you are not sure what you requested (it was a long time ago), call us so we can make sure we don't miss anyone who would like to have this wonderful crop which pops up first thing in the spring.

*Cindy & Kate*

### TIPS ON...

#### Maintenance

Start picking off the blossoms of your slicing tomatoes – that will force the energy in the plant to go towards ripening the fruit that is already on the plant instead of spending it on making new fruit that will probably not have enough time to ripen.

#### Pests

To help reduce pests next year, destroy infested plants by placing them in black plastic bags and letting them sit in the sun for a week. Throw out in the trash – do not compost.

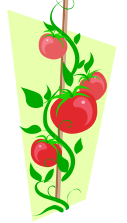
#### Harvesting

Pick male squash blossoms (the ones with the long stems and no bulb at the base of the flower) as they are no longer needed to produce new squash - use in salads, stuff them or deep fry them. Wash gently, remove stamen (small fuzzy rods inside the flower) and stems. Best eaten on the day they are picked.

### CROPS OF THE WEEK

THESE MAY BE READY TO HARVEST...

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



keep an eye on your winter squashes

### THINGS TO DO

- ✓ Store diced peppers from your garden in reclosable bags in your freezer. You can cook them later and they will taste great; they won't work well for salads though.
- ✓ Plant some spinach or lettuce
- ✓ Try a few marigold flower petals in your salad

## RECIPES

### Ratatouille

This is an easy, versatile dish. I make a large batch and freeze it in portions. For an easy dinner you can defrost the ratatouille and add Italian sausage or shrimp, while reheating, and serve over pasta. Or pour a bit over a mild white fish and bake. The meals you can do with this basic recipe are endless.

- 5 Tbsp. olive oil
- 3 garlic cloves, chopped
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 eggplant, chopped
- 1 zucchini, chopped
- 6 mushrooms, quartered
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 cups tomatoes, seeded and chopped
- 1/2 cup tomato sauce
- salt and pepper

In a large pot heat oil. Add garlic, onion, bell pepper, eggplant, zucchini and mushrooms. Sauté until vegetables are softened. About 10 minutes. Add oregano, basil, salt and pepper, tomatoes and tomato sauce. Simmer uncovered over low heat for 30-40minutes. Serve topped with parmesan cheese.

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## Garden Tidbits

# Eat a Rainbow

Colorful fruits and vegetables deliver healthful doses of vitamins, minerals, and disease-fighting phytochemicals. The darker the color of the fruit or vegetable, the more nutrients it usually contains. Here are some examples: color green—lettuce, spinach, kiwi, and broccoli; yellow/orange—sweet potatoes, cantaloupe, oranges, and carrots; red—tomatoes, strawberries, cranberries, and apples; blue/purple—blueberries, purple grapes, plums and egg plant; and white—onions, garlic, and leeks.

*Source: "The Color Guide", National Cancer Institute*



**Back to School...**

Don't forget to use the fresh veggies from your garden for nutritious school snacks for your kids!

Accompany your veggies with dressings, dips, cheese or peanut butter. Get creative and colorful!