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Growing Times

HELLO GARDENERS!

This issue is the “green tomato survival” issue and the newsletter survey issue.

The weather is still lovely and the tomatoes are still slow. We may have a hard frost – really – by the end of the week. So if you still have tomatoes on the vine, check the weather and pick all your tomatoes, whether they are green or not. We have recipes to help.

Please let us know what you think about this year’s newsletter: Did it help you in your garden? Did it help you use your vegetables once you had picked them? Was it easier to find and remove pests? Or not? We want you to tell us while you still remember! Please send the survey back as soon as you can; we promise to read your comments carefully and respectfully.

Kate and Cindy

GARDEN TALES...

Did you know that carrots and their cousins can stay in the garden late into the year?

Carrots will stay firm and sweet in the soil for several more weeks. So don’t worry about harvesting them right away.

A similar vegetable, the parsnip, doesn’t really begin to taste good until after it has been through a winter. Farmers cover them with a thick layer of hay and harvest the whole crop in the early spring.

Parsley is another carrot relative that survives into late November. Leave some in your garden, cut the leaves and use them in your Thanksgiving dinner!



What to do with all those green tomatoes

Ripen them: Wrap them in clean newspaper and put keep them at room temperature. Check them often.

Eat them as Fried Green Tomatoes:

These are tasty served on a bed of lettuce with crumbled goat or feta cheese.

1 pound green tomatoes

½ cup cornmeal

1 tablespoon minced fresh oregano or thyme leaves

Salt and freshly ground black pepper

1 large egg

1 tablespoon water

1/3 cup olive oil

Remove a ¼ -inch slice from the stem end of each tomato.

Cut the tomatoes crosswise into 1/2 –inch-thick slices. Lay the tomatoes out on a couple of layers of paper towels.

Combine the cornmeal, oregano, salt and pepper to taste in a shallow, wide bowl. Beat the egg and water in another shallow, wide bowl.

Heat the oil in a large nonstick skillet over medium-high heat until shimmering. Remove the tomato slices from the paper towels (the seeds should stay behind) and dip in the egg and then drag them through the cornmeal mixture, making sure both sides are well coated. Place the slices, a few at a time, in the hot oil. Fry, turning once until golden brown and crisp on both sides, about 5 minutes (reduce heat if oil starts to smoke). Transfer the fried tomatoes to plates lined with paper towels. Continue until all are cooked.

RECIPES

GREEN TOMATO SOUP

Makes 4 to 6 servings

Adapted from Gourmet Magazine

- 2 tablespoons olive or vegetable oil
- 2 oz thinly sliced ham chopped (1/2 cup)
- 1 1/2 cups thinly sliced scallions (from 1 bunch)
- 1 tablespoon chopped garlic (2 cloves)
- 1 bay leaf
- 2 lb green unripe tomatoes, chopped
- 1 cup low-sodium chicken or vegetable broth
- 2 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Garnish: sour cream (optional)

Heat oil in a 3-quart heavy saucepan over moderate heat until hot but not smoking, then cook ham, stirring occasionally, until beginning to brown, 1 to 2 minutes. Add scallions, garlic, and bay leaf and cook, stirring occasionally, until scallions are tender and lightly browned, 6 to 8 minutes.

Add tomatoes, broth, water, salt, and pepper and simmer, partially covered, until tomatoes are tender, 15 to 20 minutes. Discard bay leaf and season soup with salt and pepper.

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“Growing Times” Survey



Please fill out this survey and return it to us by mail

Do you find the following sections of the newsletter helpful?

	Yes	No
Maintenance		
Pests		
Harvesting		
Crops of the Week		
Recipes		
Bug Issue		

Would you like to receive the newsletter...

Weekly		Every other week	
Regular Mail		E-Mail	

Additional comments:
