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Growing Times

HELLO GARDENERS!

Tomatoes, peppers and eggplants have begun their journey toward producing fruits. Some of you may already be seeing flowers on these plants, some may not. Don't be disappointed, the cool wet weather has slowed the progress of many heat-loving plants but they will catch up soon. The benefit is that cool-weather plants (peas, lettuce) are still doing well. Enjoy them while you can!

Cindy & Kate

TIPS ON...

Maintenance

Remember to thin plants to the appropriate number per square. Try snipping at base of plant with scissors or fingernails or transplanting a plant that is too close into a different location with more space. Crops that have enough space grow correctly and produce more vegetables. If you clip seedlings, add those clippings to salad or use in cooking.

Pests

Cutworms: *These pests literally eat or "cut" the plant at soil level. Often hiding out during the day in the soil around the plants they've been consuming, gently dig around newly emerging eaten plants and destroy the offending cutworm.*

Harvesting

Small blunt-ended scissors are a great, easy-to-carry tool for harvesting herbs and thinning seedlings. Cut off and use the top leaves of your herbs. This makes them produce more branches and leaves.



ASTURTIIUM:

A FAVORITE GARDEN FLOWER

Since many GPGP clients grow this versatile flower in their gardens, we thought you might want to find out more about it...

Tropaeolum minor, the scientific name for the nasturtium, comes from the Greek word meaning "to twine". Nasturtium was first found growing in Mexico and Peru where it was used instead of cress to flavor foods. It was brought to Europe in the 16th century and considered a symbol of conquest and victory in battle.

Nasturtium is one of the easiest flowers to grow from seed. It germinates quickly, grows rapidly, and will bloom until fall. The leaves and colorful blooms, which contain a good dose of vitamin C, can be used to add a peppery flavor to fresh salads or as an elegant garnish.

RECIPES

Basil Pesto

2 cups fresh basil leaves, packed
1/4 cup grated Parmesan cheese
1/2 cup Olive oil
3 tbsp. pine nuts or walnuts
3 garlic cloves

Place all ingredients in small batches in food processor or blender and mix until well chopped. Scrape down sides of container in between batches. Process pesto until it forms a thick smooth paste. Serve over pasta. Pesto keeps in the refrigerator one week or in the freezer for a few months.

Salsa Fresca

6 roma or salad tomatoes, diced
1 red onion, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1/2 cup cilantro, finely minced
1 lime
Salt and pepper, to taste

In a bowl, mix the tomatoes, onion, red and yellow bell peppers, and cilantro. Squeeze lime juice over mixture and season with salt and pepper. Hot peppers or jalapenos can be added to spice it up. Cover and refrigerate until ready to serve.

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THINGS TO DO

Pull out entire plants of spinach and lettuce that has bolted (has grown a tall stem which possibly has flowers on it). It is now bitter – plant some more!

Plant a square or two of beans if you haven't done so in a while. Tuck them under your tomato plants.

Make slug traps. Bury a tuna can or small plastic container in your garden so that its edges are level with the soil (like a swimming pool. Fill with beer or empty a packet of yeast into bottom of container and then add water. The slugs will be attracted to the smell and drown in the pool. It's disgusting but effective.

CROPS OF THE WEEK

**KEEP YOUR EYE ON
THE FOLLOWING CROPS...
THEY MAY BE READY TO HARVEST**

Peas
Swiss Chard
Kale
Collards
Herbs
Garlic scapes

