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# Growing Times

## HELLO GARDENERS!

We hope that all is well with your gardens. Kate spotted her first tiny sweet pepper this week and harvested a jalapeno chili. Unfortunately, her lettuce is bolting and she needs to plant more broccoli and chard.

By the way, we have great chard recipe this week from a GPGP gardener. Check it out on the other side.

Finally, cherries and blueberries are in season at local orchards and are tastier and probably much cheaper than in the grocery store. Call around and see if they have them.

*Cindy & Kate*

## TIPS ON...

### Maintenance

Check the "Watering" section of your Growing Guide for information on watering your crops now that it's a bit warmer and drier.

### Pests

Cabbage worms are the larvae (caterpillars) of the cabbage butterfly. They eat cabbage and other members of its family: broccoli, kale, and collards.

### Harvesting

You can cut chard and lettuce just above the base of the plant where the leaves start. Use a sharp knife or pair of scissors. Chard will produce new leaves throughout the season.

Gently move the soil from the tops of carrots and beets. If the tops of your carrots are about the width of your finger, you can harvest them as baby carrots. Baby beets are ready when they are 1 to 1 ½ inches across – you can eat the greens too. Harvest full sized beets when they are 1 ½-3 inches across.

## CROPS OF THE WEEK

THESE MAY BE READY TO HARVEST...

Chili Peppers, Baby carrots,  
Beets, Green beans, Swiss chard,  
Sugar snap peas, Herbs



## THINGS TO DO

- ✓ Think about planting some broccoli for a fall crop.
- ✓ Go on a cabbage worm hunt.
- ✓ Continue to stake tomatoes.
- ✓ Cut off non-producing shell pea plants at soil level
- ✓ Plant a new square of cilantro or chard.

Think up questions you want to ask the GPGP staff! We'll be arranging garden visits in the next few weeks to cheer you on and offer help with garden problems.

## RECIPES

### **Tasty Chard:**

This recipe comes from Evie N. of Lunenburg. She writes: "Here is a recipe I came up with to use up our Swiss chard. It's different but good." *Serves 4.*

Swiss Chard ( I cut one whole square)  
Olive oil (about 1-2 tablespoons)  
1 clove of garlic  
1/2 a diced onion  
2 tomatoes cut into chunks, not diced  
2 cups cooked hot buttered rice (I prefer brown Basmati)  
Balsamic Vinegar

Clean and separate stalks from the leafy parts. Cut up both leaves and stalks but keep separate. You should have about 3 cups of chopped leaves. Heat pan to med. high heat, add oil and stalks and cook for 2 min. Add the rest of the chard, onions, garlic and tomatoes. Cook for 3 min. Add a tablespoon of balsamic vinegar, and stir well. Remove from heat. Serve over hot buttered rice. Yummy!

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## **Local Farmers Markets**

**Another source for locally grown fresh fruits, veggies, honey, eggs, and other food products!**

### **Fitchburg Farmers Market**

Wallace Civic Center parking lot  
John Fitch Highway  
Tuesday, 3:00 p.m.-6:00 p.m.  
Friday, 8:45 a.m.-12:00 noon  
WIC Coupons accepted

### **Gardner Farmers Market**

Heywood/Wakefield apartment parking lot off Park Street  
May-October  
Thursday, 9:00 a.m.-12:00 noon  
WIC Coupons accepted

### **Marlborough Farmers Market**

Bolton Street & Route 20  
July-October  
Thursday, 2:00 p.m.-6:00 p.m.  
Saturday, 9:00 a.m.-12:00 noon  
WIC Coupons accepted

### **Maynard Farmers Market**

Clock tower parking lot  
Main Street  
June-October  
Saturday, 9:00 a.m.-12:00 noon  
WIC Coupons accepted

*Eligible WIC participants are issued FMNP coupons in addition to their regular WIC food coupons. These coupons can be used to buy fresh, unprepared fruits, vegetables and herbs from farmers, farmers' markets or roadside stands that have been approved by the State agency to accept FMNP coupons.*