

July 24, 2006 Volume 3, Issue 7

Growing Times

HELLO GARDENERS!

Garden visits have started and we are seeing tomatoes, peppers, eggplants, cucumbers and beans with both fruits and blooms on them! Keep your eyes open as often these delightful treats have a way of suddenly being full of good things to eat.

We also found more farmers' markets in the local area and have included them in here – these are a great way to try things you might want to grow yourself next year. Peaches are also just coming into season – pick some up at a farmers' market or stand near you.

Cindy & Kate

TIPS ON...

Maintenance

Weeds take vital water, sun and nutrients away from your plants as well as offering insects a place to hide. Keeping your garden weeded will help keep your plants healthy. A square or two a day is easy!

Pests

Cucumber beetles can be found on squash and cucumber plants, Japanese beetles seem to prefer peas and beans. Squash or dump in jar of soapy water. Squash bug eggs are orange-brown in color and can be found in clusters on the undersides of leaves. Squash eggs or remove that part of the leaf and dump into trash can.

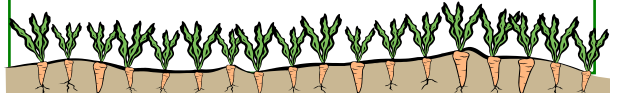
Harvesting

String beans are ready to pick. Pick when the plants are dry to avoid spreading disease. Use a sharp knife to cut the bean from the plant when they are 3-5" long and about as round as a pencil. Beans produce rapidly so keep checking them.

CROPS OF THE WEEK

THESE MAY BE READY TO HARVEST...

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



THINGS TO DO

- ✓ Check for squash bugs and eggs
- ✓ Get a trap for Japanese beetles, place away from garden
- ✓ Pull out bolting lettuce plants, plant more under tomato plants
- ✓ Pull out broccoli that is no longer producing enough shoot, plant a fall crop from seed
- ✓ Cut garlic scapes if you haven't done so yet

RECIPES

Chive Green Beans

Adapted from Cooking Light

Leave green beans whole for a restaurant-caliber look. Or try this recipe with other vegetables, such as steamed carrots or fresh asparagus.

- 1 pound fresh green beans, trimmed
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 2 teaspoons butter, margarine or olive oil
- 1/2 teaspoon stone-ground mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

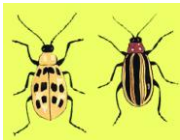
Put beans in vegetable steamer and steam green beans, covered, 5 minutes or until crisp-tender. Remove from steamer; toss with remaining ingredients. (4 servings)

Note: if you don't have a steamer, put beans in a colander or sieve covered over a pan of boiling water. Another option is to simply boil them in water until crisp-tender.



Japanese beetle

Cucumber beetles
(2 varieties)



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Recipient Name
Street Address
Address 2
City, ST ZIP Code

Local Farmers Markets

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

Ayer Farmers Market*

Downtown at the MBTA parking lot
Saturdays, 8AM-1PM

The Birdhouse Garden Center Farmers Market*

Mass Ave and Route 111 in Boxborough
Thursdays, 4-8PM

Groton Farmers Market*

Williams Barn
160 Chicopee Road in Groton
Friday, 3-6PM

Sterling Farmers Market*

Sterling Butterick Building
Fridays, 3-6:30 PM

Worcester Common Farmers Market*

Worcester Common Outlet
Fridays, 9:30AM-2PM

Worcester Westside Farmers Market*

306 Chandler St
Beaver Brook parking lot
Mondays, 9:30AM-2PM
Wednesdays, 9:30AM-2:30PM

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