



Welcome GPGP clients and affiliate members!

Well, we just finished building our last garden on Monday which is very late in the season for us. We hope that next year brings better weather in early spring so that we can get all gardens built prior to Memorial Day Weekend. In any event, our newsletter "Growing Times" will be sent every other week between now and mid-October. It is filled with lots of gardening tips, recipes and educational articles to help you get the most out of your garden. You are always more than welcome to contact us by phone or e-mail if you have any questions or concerns about your garden. Kate's and Cindy's phone numbers and e-mail addresses are on the other side of this sheet.

The staff at GPGP wishes you a happy, healthy and prosperous growing season!

Kate, Cindy, and Debra

GARDENING TIPS

Maintenance

Remember the 3 W's...

Weed one square a day

Water, especially when it hasn't rained

Watch for pesky slugs and cabbage worms

Harvesting

Check your lettuce, radishes, and spinach; many are ready to eat. You can cut individual leaves from your lettuce and spinach. Harvest lettuce, spinach, swiss chard, kale, collards by cutting off the outside leaves. Your growing guide has a section on harvesting. Take a look!

THINGS TO DO

As your seeds sprout, thin them by pulling out extra seedlings, so that the remaining plants have room to grow and don't have to compete for nutrients. Lettuce, carrot, radish and nasturtium thinning are a wonderful addition to salads!

Don't forget to stake your tomatoes! Do this before the fruit develops, so the plant will have extra support for a big yield. Use yarn, old pantyhose, or soft string to make a **loose** loop or figure 8 around main stem and stake. Do **not** tie stem tightly to stake. Place loops 8-12" apart up the stem as tomato grows.

LET'S GIVE A BIG HAND TO GPGP VOLUNTEERS!

This season we built 72 raised beds. This could not have been possible without the help of our volunteers and new gardeners who helped build their gardens. On behalf of the GPGP staff and clients, we thank everyone who dedicated a morning or afternoon (rain or shine), to help build frames, sling dirt and skillfully install fencing! We appreciate your time and effort (and muscles), and look forward to future gardening projects with you!



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Recipes

Looking for fabulous dressings for all those mixed greens?

Orange Mustard Dressing

3/4 cup orange juice
1/3 cup mustard
1 cup olive oil
Salt/pepper to taste
blend and serve

Greek Yogurt Dressing

1 cup plain yogurt
1/4 c. minced, fresh dill (can substitute mint)
1 cucumber, seeded and chopped
Salt/pepper to taste
blend and serve

Sesame Vinaigrette

2 tbsp sesame oil
2 tbsp soy sauce
2 tbsp dijon mustard
3/4 cup apple cider vinegar
2 1/2 cups vegetable or olive oil
blend and serve

