



The growing season is well under way and you should be harvesting lots of greens (lettuce and spinach), garlic scapes and radishes. Think of your garden as a treasure trove of surprises! Every week, your garden will provide you with yummy goodies that can be made into entire meals, side dishes or used as seasonings. These surprises only last for a limited time, so use them while you can. If your harvest is too bountiful, many items can be frozen, dried, canned, or given to friends. Also, we will be visiting gardens the week of July 9. If you have questions, call or email us and we'll try to get them answered for you.

Happy Harvesting,

Kate, Cindy and Debra

Tips on...

Maintenance

Plants love this warm weather, but they get very thirsty! **Water** your garden at least once a week, when less than one inch of rainfall is received that week. Soak the soil thoroughly. If you water in the morning, the leaves can dry during the day, which will help ward off leaf rotting diseases.

Weeds are plants and love this weather too! Don't forget to rid your garden of them. If you are not sure if it's a weed or a plant, remember each seed has a pattern for planting (16 radish/square, 4 lettuce/square, etc). Try to identify the pattern and the rest are probably weeds.

Harvesting

Lettuce- Continue picking the outer leaves of each plant for 4-6 weeks until the plant goes to seed (called "bolting" when the flower spike grows out of the center). Greens that have bolted are still edible, but take on a bitter taste. Once it goes to seed, pull the entire plant and replant square.

Garlic Scapes- this curled seed stalk emerges from the top of garlic plants. Cutting the scapes encourages the plant to produce bigger garlic bulbs. Don't just throw them in your compost... they add a wonderful garlic flavor to your dishes. Harvest the scapes just as they begin to curl, when most tender. The scapes are only available for a few weeks.

Radishes- Harvest as soon as there is something large enough to be edible. You can replant more when the weather cools off toward the end of the summer, as they tend to bolt quickly in hot weather. If your radish bulbs were thin, then they may have been overcrowded. Next time, thin the seedlings to 2 inches apart in all directions and keep weeds away. If you have an abundant crop, remove the tops, wash them and store them in plastic bags in the refrigerator. They will keep for several weeks.

Farmer's Markets

Supplement your harvest with locally-grown fresh fruits and veggies. Many farmers markets accept Food Stamps and WIC.



Ayer- MBTA parking lot on Main St.
Saturdays 8 am-1 pm, 7/14-10/27

Fitchburg- Wallace Civic Center parking lot on John Fitchburg Hwy.
Fridays 8:45 am- 12 pm, mid July-Oct.

Groton- Williams Barn, 160 Chicopee Row, Fridays 3-6 pm, 7/6-10/5

Maynard- Clock Tower Place, Mill Pond parking lot
Saturdays 9 am-12 pm, 6/30-10/6

Westford- Town Common
Tuesdays 3-7 pm, 7/10-10/31

Go to www.massfarmersmarkets.org for a more comprehensive listing.

Growing Places Garden Project, Inc.
PO Box 237
Harvard, MA 01451-0237
(978) 501-4964 or (978) 771-2377
Website: www.growingplaces.org
E-mail: staff@growingplaces.org

Growing Places Garden Project, Inc.
PO Box 237
Harvard, MA 01451-0237

Recipient Name
Street Address
Address 2
City, ST ZIP Code

Recipes

Garlic Scape Pesto

20 garlic scapes, chopped
1 c. olive oil
2c. parmesan cheese



Mix in blender and serve with pasta or as a sandwich spread. *Can be frozen*

Other Garlic Scape Ideas

- Use them as you would green onions
- Add sliced scapes to any stir fry recipe
- Great in guacamole and fresh salsa, too.
- Chop & add to softened cream cheese.
- Good in salads, on French bread or pizza.
- Add to sauces, soups and Asian dishes.

Radish Slaw

2 cups radishes, trimmed and grated
3 cups cabbage, shredded
1 cup carrots, grated
1/2 of a red onion, quartered and sliced
2 tbsp. fresh lemon juice
1/2 tsp. sugar
2 tbsp. olive oil
2 tbsp. cilantro, mint or parsley, chopped

Toss all ingredients together in a bowl.
Salt and pepper to taste.

