

# Growing Times



July 11, 2007 Volume 4, Issue 3

Building Gardens, Growing Gardeners

Peas, glorious peas! Check your vines... you might be ready to start harvesting. Peas are great to eat right off the vine or in one of our yummy recipes.

Mother Nature has blessed us with lots (and lots) of rain lately! Wait a few days for the soil to dry out a bit, and then begin watering again. If your plants look yellow, they're probably getting too much water.

Be on the lookout for a note in your garden this week if you weren't home for our garden visit. Call us if you have questions about it.

Happy Gardening - *Kate, Cindy and Debra*

The central graphic features a light orange background with a green border. It is decorated with several green pea pods and leaves. The text is arranged in a central column within this frame.

## TIPS ON...

### Maintenance

**Broccoli-** If your broccoli heads aren't getting bigger, they might be "buttoning" and won't get any bigger. Just pull them up and replace them with a different crop.

**Carrots-** When planting carrot seeds, water gently and place a thin wooden board (cardboard or dark fabric works well too) over the soil. The covering will protect the soil from drying out. Check every few days, keep soil moist and remove board when seedlings appear.

Plant carrots and lettuce seeds in the shade of broccoli and tomato plants.

**Cucumbers-** This plant is a vine and loves to climb. Plant behind peas so they can share the trellis.

**Tomatoes-** keep supporting them on the stakes as they grow.

Remember to thin crops or they can't grow properly! See the Growing Guide for spacing requirements.

## MORE TIPS...

### Pests



Watch for:

**Flea Beetles** on eggplant, peppers and chard

**Slugs** love damp weather (pick them & crush them)

**Cabbage Looper Worms** love cabbage, collards, kale, broccoli & Brussels sprouts. Holes in the leaves of these crops indicate they are around. This was the most common problem we saw. Use *bacillus thuringiensis* (or BT) to get rid of them - available at Agway and garden stores. Soak crops in salt water to remove any worms before eating.



Check your Growing Guide for other pests and remedies for them



### Harvesting

- Don't forget to use those herbs!
- Harvest broccoli when it gets to be the size of a softball or larger; before little yellow flowers on heads open. These flowers are edible. Use a sharp knife and cut the stem, just below the head. Leave plant in ground, it will continue to produce shoots into the fall. Shoots don't get as big as the main head, but they are good to eat.

## Pea Facts

### History of the Pea

Peas are legumes that originated in western Asia; in Switzerland, traces of peas have been found near home sites, where they were probably being eaten during the Bronze Age, over 5,000 years ago. Traveling from Greece to India, the pea arrived in China during the 7th century, where it was named *ho tou*, or “foreign legume”. Peas were popular during the Middle Ages in Europe, being easy to grow, inexpensive, hearty, and a source of protein.

### Nutritional Value and Uses

Canned peas are a duller green because their chlorophyll is destroyed by the heat of the canning process. Both fresh and frozen peas are superior to canned for nutrition and flavor. Fresh peas will only keep for a few days refrigerated and should not be left at room temperature. Store dried peas in airtight glass or ceramic jars.

### *Inquiring minds want to know!*

Share your garden stories, techniques, and recipes with fellow GPGP clients.

Send your tales to:

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

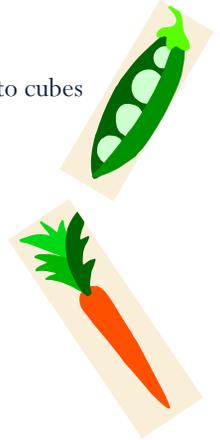
Recipient Name  
Street Address  
Address 2  
City, ST ZIP Code

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

## Recipes

### Curried Fresh Pea Soup

3 Tbsp. Vegetable oil or butter  
2 cloves garlic, minced  
2 to 4 potatoes, peeled and cut into cubes  
4 stalks celery, sliced  
4 carrots, scrubbed & sliced  
2 onions, chopped  
2 cups fresh shelled peas  
2 tsp. curry powder  
3 cups vegetable or chicken stock  
2 cups milk  
¼ tsp. sugar  
Salt and pepper to taste  
Chives  
Cooked, crumbled bacon (optional, as garnish)



In a saucepan melt butter or oil, add garlic, onion, celery, carrots, and potatoes and sauté until softened. Add peas, sugar, curry and stock. Cover and simmer 15-20 minutes until the veggies are tender. Puree the mixture in a blender one batch at a time. Pour back into the pot; add remaining stock and enough milk to give the desired consistency. Heat through gently at a low heat; do not boil. Add salt and pepper as needed. Garnish each bowl with the chopped chives and/or bacon.

### Fresh Peas & Carrots Salad with Cilantro

4 medium carrots, finely shredded  
1 cup fresh peas, shelled  
1 tbsp. fresh lime juice  
2 tbsp. finely chopped fresh cilantro leaves  
1 teaspoon vegetable oil

Toss all ingredients in a bowl and serve right away.