



Learn from your garden! Remember gardening is an experiment in which you plant seeds or seedlings and then rely on water or rain and sunshine to help them grow. Bugs, weather, weeds, etc... are factors that become part of the experiment. Some of your experiments will fail and some will succeed. The key thing is to keep at it and learn from what you have done and try new things. Keeping a garden journal is a good way to remember what worked and what didn't.

Reap What You Sow

Happy Gardening - *Kate, Cindy and Debra*

TIPS ON...

Maintenance

Thin your crops!

Why is thinning important? Each plant requires a certain amount of space to grow well and produce the vegetable you would like to eat. If the plant does not have its required amount of room, it cannot produce the crop you want as best as it possibly can. Yes, you might get some carrots if they are all packed together but many of them will be thin and spindly and others may grow in some rather odd shapes.

Weed, weed, weed!

Why is it important to weed? Weeds not only make your garden look ugly but they rob your plants of important nutrients and water. Weeds tend to be very strong and will crowd out your plants. They will also drop their seeds or spread their underground runners and you'll get even more weeds. Weeding a square or two a day is a very small task and the benefits are huge.

Planting

- If something is no longer productive, pull it out and plant something new in the square.
- Check Growing Guide for what you can plant from seed at this time of the year.
- Wax beans are pole beans so plant them near a trellis so they can climb.

THINGS WE'VE SEEN DURING GARDEN VISITS

In some gardens we noticed yellowing stunted bean plants. After researching the possible causes for this, it could be due to the bean seeds being planted in soil that was too cool (below 60 F). Since our weather this spring was extremely cool and we didn't have a lot of hot days that would heat up the soil, this seems a likely cause. It might also be the reason why some of your warm weather seeds didn't germinate or the plants are small. Plant another round of these seeds in empty squares.

HEALTH BENEFITS OF GARDENING

The rewards are endless:

- **Enjoyment** - from the physical activity
- **Exercise** - improve your endurance, strength, mobility & flexibility
- **Relaxation** - helps you relax and reduce stress levels
- **Fresh food** - provides you and your family with a healthy source of inexpensive fresh food

The National Gardening Association claims that a 180 lb. person burns approx. 202 calories doing general gardening for 30 min, such as watering, planting and weeding.

GREAT GARDEN BOOKS

Try your local library and bookstores for gardening books, to give you new ideas and garden solutions (tip- amazon.com sells new/used books, which you can re-sell later on)

Rodale's Vegetable Garden Problem Solver
by Fern Marshall Bradley

All New Square Foot Gardening
by Mel Bartholomew

New England Gardener's Guide
by J. Heriteau and H. Hunter-Stonehill

The Organic Gardening Bible
by Bob Flowerdew

The Massachusetts Gardener's Companion: An Insiders Guide to Gardening from the Berkshires to the Islands by Barbara Gee

Joy of Gardening Cookbook by Janet Ballantyne



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RECIPES

Zucchini Bread

3 eggs
1 cup oil
2 cups sugar
2 cups peeled and grated zucchini
3 tsp. vanilla
2 tsp. cinnamon
1/2 cup nuts
3 cups flour
1 tsp. baking soda
1 tsp. salt
1/4 tsp. baking powder

Stir together eggs, oil, sugar, zucchini. Sift together flour, soda, salt, cinnamon, and baking powder. Add to zucchini mixture. Stir in vanilla and nuts. Bake at 325 degrees for 1 hour, or a bit longer. Makes 2 loaves. Can be frozen.

Tomato-Zucchini Frittata

1 tablespoon olive oil
1 small zucchini, sliced
1/2 cup chopped green onion
2 cloves garlic, minced
2 medium tomatoes, seeded and chopped
1 tablespoon chopped fresh basil
1/4 teaspoon ground black pepper
4 large eggs
1 cup shredded mozzarella cheese

Preheat oven to 350°F. In a skillet, heat olive oil and sauté zucchini, green onions and garlic. Cook for about 5 minutes. Add tomatoes, basil and pepper. Cover and cook until zucchini is tender, then transfer to a casserole dish. In a small bowl, beat eggs and pour over vegetable mixture and sprinkle with cheese. Bake until eggs are set and a knife inserted in the center comes out clean, 10 to 15 minutes. Cut into wedges to serve.

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