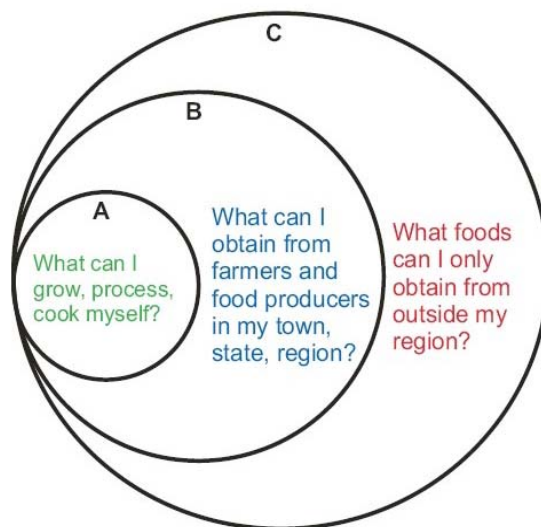




Food for Thought: Sustainable Food Systems

GPGP clients are doing their part to be environmentally conscious citizens! As you can see from the diagram to the right, it all starts in your own backyard. By growing your own food (or buying locally), we are all doing our part to save resources, promote healthier lifestyles and become more self-reliant.

Enjoy the fruits of your labor,
Kate, Cindy and Debra



Guiding principles:

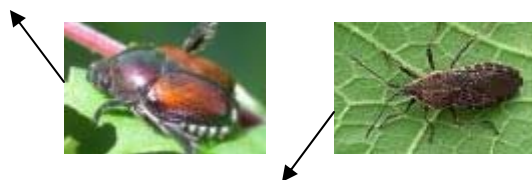
1. Eat/buy as locally, organically, and as seasonally as you can.
2. Over time, try to move as much of your food purchases and consumption into the inner circles.
3. Favor whole products over processed ones.
4. Insist on foods where the producers were paid and treated fairly.
5. If buying meat, eggs, and dairy products, insist on ones coming from animals who lived and died humanely.
6. Take time to prepare and enjoy good food with friends and family.

Source: www.wegrowfood.com

TIPS ON...

Pests

Japanese beetles: You will probably find these on your bean plants, especially pole beans. You can either destroy them yourself by knocking them into a jar or plastic bag in the early morning (cool temperatures slow them down) or purchase a Japanese beetle trap from Agway or other garden store. Follow the directions on the trap.



Squash vine borers and squash bugs: These can be found on squash, pumpkin and cucumber plants. Look on the underside of leaves for rows of orange-brown squash bug eggs. Remove and destroy these. Insecticidal soap can be used on squash bug nymphs or you can dump adults and nymphs in soapy water. Squash vine borers leave a yellowish sawdust looking material near the base of the stem. If you see this, slit the stem lengthwise near the hole, gently pull stem apart and remove white borer, close up stem and cover with at least 1" of moist soil (keep it moist for several days). See your Growing Guide for more information on these insects.

Harvesting

Harvest your garlic: Those of you who planted garlic last year should be about ready to harvest it. Pull out when 5-6 green leaves remain. Place bulbs in a shaded airy place until the outside skins are dry. Trim stem to 1", cut off roots and rub off dirt (careful not to damage heads). Store in cool dry place and use at will - YUM!

Cherry tomatoes, zucchini, cucumbers, beans, summer squash, eggplant, peppers, as well as others should all be ripening up at this point. Larger tomatoes take longer so give them time. Keep checking your plants to make sure you harvest all that is ready to eat. Don't let vegetables get too large or they start to get tough and lose their taste.

Check out local farm stands for crops you haven't grown but may want to consider growing next year. Pick up some fresh corn on the cob – it doesn't get better than that!

Maintenance

Consider planting a last crop of beans, more lettuce, spinach, radishes and beets.

Keep your garden watered and weeded!



MORE PESTS...

Tomato Hornworms

These tomato-devouring caterpillars appeared in Kate's garden this week. They were small, about as thick as a piece of string and an inch long but last year, Kate found some that were the size of her finger. They often prefer to eat the leaves of tomato plants, leaving the leaf stems. They also have dark brown droppings (also called frass). If you see one caterpillar, look for more.

Remove caterpillars from your tomato plants and cut them in half with scissors or squash them **unless** you see that they have small white bumps coming out of them. The white bumps are the cocoons of a parasitic wasp. Leave those caterpillars and their wasp cocoons alone. The new wasps will kill the caterpillar, grow up and eat other caterpillars – protecting your tomatoes for you!



The next issue of Growing Times will be our "Recipe Edition". Please send us your recipes

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Recipes

Veggie Salad with Lemon Vinaigrette

Two small zucchini

A hand full of any raw vegetable (such as cherry tomatoes, fresh peas, tender green beans cut into small pieces). If you have a tougher vegetable (such as older green beans, broccoli), dunk them in boiling water for about 2 minutes and then cool them quickly in ice water.

Lemon vinaigrette (Newman's Own is good or see recipe below)

Feta (or any other shaved cheese) for topping – optional.

Make the salad:

Cut zucchini in half length wise leaving on the skin. Using a vegetable peeler, slice the zucchini into long strips .

Sprinkle the other vegetables on top. Dress with lemon salad dressing.

Then sprinkle on a small amount (2-3 tablespoons) of cheese such as feta, or any shaved cheese.

Lemon vinaigrette (adapted from cooksillustrated.com):

- 3 tablespoons olive oil
- 1 medium shallot , minced (about 2 tablespoons)
- 1 medium clove garlic , minced (about one tsp.)
- 1 teaspoon minced fresh oregano leaves
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon granulated sugar
- 1 tablespoon lemon juice from 1 lemon

Add oil, shallot, garlic, oregano, salt, pepper, and sugar to small skillet and cook over medium heat until shallot is slightly softened, 2 to 3 minutes. Add lemon juice; swirl to incorporate. Pour warm dressing over salad and serve immediately

Pick summer squash and zucchini every day or two to keep the plants producing