



September has arrived with some glorious weather, which will help to ripen those tomatoes, peppers, eggplants and squashes. Check your plants often for harvestable vegetables and pick them so your plants keep producing. Share with friends and neighbors – who can resist a fresh picked tomato? They are just so delicious. Slice some up, drizzle with olive oil, put some fresh chopped basil on top and dig in! We hope you are enjoying all the bounties that the late summer has to offer you and your families. Don't forget to check out farm stands and farmers markets!

Happy Gardening - *Kate and Cindy*

TIPS ON...

Maintenance

Water

While the weather has been simply beautiful, there has been very little rain to keep our soil moist. Make sure to keep your garden beds well watered during this dry time. Signs of plant stress due to lack of water include wilted leaves in the early morning (plants with enough water can recover overnight), dry curling leaves all over the plant, not just at the bottom (many tomatoes have brown bottom leaves at this point), or wilted looking vegetables.

Weed, weed, weed!

Yes, it is still important to weed. Right now the crabgrass seed heads are maturing and just waiting to toss themselves all over your garden so they can grow next year. Pull these out by the roots if you can, but if not, cut off the seed heads and toss in the trash or far away from your garden.

Harvesting

If you missed harvesting some of your vegetables, do not leave them on the ground to rot. This will attract more unpleasant insects and become a breeding place for disease. Remove to trash or compost.

Planting

Go ahead and plant some spinach, lettuce or radishes for a fall crop!



SQUASH BUSTERS...

Powdery Mildew

If you have noticed a powdery white substance on the leaves of your squashes and cucumbers, your plants are probably infected with powdery mildew. It looks like someone sprinkled your plants with flour. The leaves may dry up and turn brown. This disease can be a problem during humid weather with little rain (which we have had) and takes hold on plants with dense, shaded foliage where circulation is poor. Pick off affected leaves and compost or put into the trash. The disease will make the plant produce more slowly but won't stop it. *Spray the leaves weekly with 1 tablespoon baking soda dissolved in 1 quart water to treat the disease.*

Squash Bug Nymphs

Squash bug nymphs can be found running around your squash plants at this time of the year. They are small grayish insects that are often found on the leaves of squash, pumpkins, cucumbers and melons. You can handpick them and destroy them. Place a board on the ground near your plants and check underneath in the morning. Dump nymphs into soapy water. You can also spray your plants with insecticidal soap. These methods are also effective if you find adults – *brown and shaped like the larger nymphs in the picture.*



Photo courtesy of U. of Illinois Extension

Too much Squash?

Are you finding baseball bats in your garden?

Sometimes zucchini and summer squash plants manage to grow huge fruit, seemingly overnight. Don't despair. Wash, dry and cut the squash lengthwise and remove the seeds. Shred the squash on a box grater or in a food processor. Freeze in 1 or 2 cup portions in reclosable bags. Thaw whenever you crave zucchini bread or these fritters.

Zucchini/Summer Squash Fritters

Recipe from WBUR's [Here and Now](#). Chef Kathy Gunst; makes about 10.

Serve these crispy fritters for breakfast with maple syrup or add a tablespoon or two of chopped chives and serve for lunch or dinner with a herbed butter. Also great with corn!

1/2 (half) cup flour
Pinch salt
1/2 (half) teaspoon baking powder
1/4 (quarter) cup milk
1 large egg, lightly beaten
2 cups fresh (or frozen) shredded squash
Vegetable or olive oil

In a large bowl, sift the flour, salt and baking powder. Add the milk and whisk until smooth. Beat in the egg and gently mix in the corn.

In a large skillet heat about 3 tablespoons oil over moderately high heat. Drop 2 to 3 tablespoons batter into the hot oil and flatten with the back of a spatula to form a pancake. Cook 2 to 3 minutes on each side, or until golden brown. Serve hot.

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Enjoy the Harvest

Grilled Italian Veggies and Pasta (6 servings)

1 eggplant, cut into 1/2-inch-thick slices
1 teaspoon salt, divided
3/4 pound zucchini, quartered lengthwise and cut into 1-inch-thick slices
1 red bell pepper, seeded and quartered
Cooking spray
4 plum tomatoes, halved
4 cups (3-inch) sliced green onions (~2 bunches)
2 tablespoons olive oil
1 tablespoon grated lemon rind
1/2 cup thinly sliced fresh basil
6 cups hot cooked pasta (~12 ounces uncooked)
1/4 cup (1 ounce) grated fresh Parmesan cheese

Place eggplant in colander; sprinkle with 3/4 teaspoon salt. Toss gently to coat. Cover and let stand 30 minutes. Rinse eggplant with cold water, drain well. Prepare grill. Place eggplant, zucchini, and bell pepper on grill rack coated with cooking spray. Grill 10 minutes, turning once. Add tomatoes and onions; cook 5 minutes, turning often. Remove the vegetables from grill; cut all into 1-inch pieces except tomato. Cut tomato halves in half lengthwise. Combine 1/4 teaspoon salt, oil, rind, and basil in a large bowl. Add vegetable mixture, pasta, and cheese; toss well.

Note: If you don't have a grill, stir fry in pan.

