



Hello Gardeners!

It's time to start thinking about saving your harvest. Frosty nights are on their way; we almost had one on Sunday. Calm, clear nights are the most likely to produce frost, which occurs when water vapor on surfaces (such as the leaves of your plants) turns into ice. That's not so bad. However when it gets colder, the water **inside** your plants turns into ice. The ice inside the cells of the plant causes great damage and slows down or even kills a crop. You can protect your tender plants (see below) for a while. But make sure to harvest and use as much of this wonderful year's crop as you can.

Speaking of cans... we have canning jars to share. They were donated by an expert gardener and friend of GPGP. Call us if you would like them. We'll try to deliver them ASAP.

Garlic Garlic Garlic for first and second year gardeners!

Call us if you want some! Plant it after Halloween. Harvest it next spring.

Happy Gardening - *Kate and Cindy*

TIPS ON...

Dealing with Frost

Cooler weather means that frost is just around the corner. There are things you can do to help prevent the frost damage, for a little while at least.

Frost and tender crops

Beans, eggplant, tomatoes, peppers, squash, melons, cucumbers are some of the crops that do not do well when a **light** frost hits them. Often the plants and their produce end up looking like they had been injected with water the day after a light frost (when temps at night drop to 32 deg). Once this happens, the plant will not recover. Therefore so harvest any usable produce immediately. Other crops such as broccoli, cabbage, carrots, beets, kale, collards enjoy growing in cool weather and actually benefit from a light frost by turning a bit sweeter and mellow in their flavor. They will continue to grow well into the fall and possibly early winter. Almost all vegetable crops will be destroyed by a killing or **hard** frost (where the temperature drops stays below 32 deg for many hours or the temperature drops to 24 deg).

Preventing damage

Cover your garden beds with old sheets (not blankets), commercially bought row covers (call local garden centers to see if they have them), even old shower curtains, on nights when a frost is expected. Make sure the cover reaches the ground. Remove covers in the morning. Looks funny but it works.

TAKING AND RESTORING...

Winter Squash

Winter squashes are pretty close to ripe in most people's gardens. You can harvest them when the stem connecting the squash to the vine starts to shrivel and the skin is too hard to be punctured with a thumbnail. Use a sharp knife to remove the squash from the vine about 2 inches from where the squash connects. A little bit of stem keeps the squash from rotting. All winter squash *with the exception of acorn squash* will benefit from curing or drying, which toughens their skins and prolong their storage life. Cure harvested squash by letting them sit outside in the sun for 5-7 days. Store cured squash in a cool, dry location with good air circulation until ready to use. Acorn squash has the shortest storage time, so be sure to use them early (within a month or two). Other winter squashes can be stored for 3 or more months.

Compost Deliveries

First and second year GPGP gardeners will be receiving bags of compost by their gardens over the next few weeks. Once you have finished with all your harvest and cleaned out your garden, spread one bag of compost on each of your garden beds. This will provide food for your soil to absorb over the winter months so it is ready to go next spring. Now is also a good time to make a plan of your garden beds so that you don't plant the same crop in the same place next year. Rotating your crops helps to prevent disease and is a good way to make sure that your soil does not get depleted of nutrients.

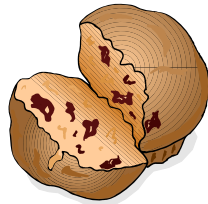
RECIPES

Morning Glory Muffins

(adapted from www.ebertsgreenhouse.com)

2 ½ cups all-purpose flour	1 ¼ cups sugar
3 t. ground cinnamon	2 t. baking soda
½ t. salt	3 eggs
¾ cup applesauce	½ c. vegetable oil
1 t. vanilla extract	2 cups grated carrots
½ cup flaked coconut	½ cup raisins
½ cup chopped walnuts	
1 medium tart apple, peeled and grated	
1 can (8 ounces) crushed pineapple, drained	

In a large bowl, combine the first 5 ingredients. In another bowl, combine the eggs, applesauce, oil, and vanilla. Stir into the dry ingredients just until moistened (batter will be thick). Stir in the carrots, apple, pineapple, coconut, raisins, and nuts. Fill greased or paper-lined muffin cups 2/3 full. Bake at 350° for 20-24 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. Yield: 2 dozen.



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RECIPES

Homemade Pizza

Kate's family makes this often. You can buy dough from the grocery store or make your own dough – see below.

Dough

1 c warm water	1 tsp sugar
1 pkg. active dry yeast	2 tsp. olive oil
1 ½ c whole wheat flour	½ tsp. salt
1 ½ c wheat flour	

Combine the water, yeast and the whole wheat flour in a large bowl. Add 1 cup of the regular wheat flour, oil and salt. With hands or a large wooden spoon, work the ingredients together until the dough holds its shape. Add the last of the flour gradually. Place the dough on a lightly floured surface and knead until smooth and elastic-about 8 to 10 minutes. If the dough becomes sticky, sprinkle a bit of flour over it.

Transfer dough to a lightly oiled 2 qt. bowl. Cover the bowl with plastic wrap or a damp kitchen towel and let rest until it has doubled in size, about 15 minutes hour. When the dough has risen, place on a lightly floured surface, divide into 2 or more parts and roll into balls. Cover with a towel and let rest for 15-20 minutes. The dough is now ready to be shaped, topped and baked. Bake at 425 degrees F. until cheese is melted and crust is browned (about 10 minutes).

Toppings: These vary but here are some fun combinations.

Use any veggies from your garden that aren't too juicy: sliced cherry tomatoes, peppers, broccoli, spinach, chard, basil, minced garlic, zucchini...

“Basic”: combine 2 parts tomato sauce with an equal amount of tomato paste.

Cheese: shredded mozzarella or goat cheese

“Barbecue”: combine 1 part tomato sauce with one part barbecue sauce

Cheese: shredded mozzarella or a mix of cheddar and Monterey Jack