



Hello Gardeners!

"Let us not forget that the cultivation of the earth is the most important labor of man. When tillage begins, other arts will follow. The farmers, therefore, are the founders of civilization." - Daniel Webster

Now begins the true explosion of bounty in our gardens!!! Tomatoes were off to a slow start this season, with lots of afternoon showers and not enough sunlight, but now they have become prolific. So what to do with them all? Can them!!! Tomato sauce, whole, diced, stewed... Canning is a great way to save produce and enjoy it all year. Also try "sun" dried tomatoes, in your oven! How about all those string beans? Freeze them, or make Dilly Beans (like pickles but with string beans)!

Happy Gardening,

Jodi, Kate and Cindy, Growing Places Garden Project

"Sun"-Dried Tomatoes (adapted by Nikki Conzo)

Take those extra tomatoes from your garden and dry them in the oven. It is easy to do but will take some time, so plan ahead.

Prep Time: 15 minutes, *Cook Time:* 6 hours

Ingredients: 5 pounds Roma (or other dense paste) tomatoes, Fine sea salt

Directions: Preheat oven to 200 degrees F. (100 degrees C.; gas mark 1), or the lowest setting possible. Remove the oven racks. Trim and discard the stem ends of the tomatoes. Halve each tomato lengthwise. Arrange the tomatoes, cut side up, side by side and crosswise on cake racks set on the oven racks. Do not allow the tomatoes to touch one another. Sprinkle lightly with salt. Place in the oven and bake until the tomatoes are shriveled and feel dry, anywhere from 6 to 12 hours. Check the tomatoes from time to time: They should remain rather flexible, not at all brittle. Once dried, remove the tomatoes from the oven and allow them to thoroughly cool on cake racks. (Smaller tomatoes will dry more quickly than larger ones. Remove each tomato from the oven as it is dried.) Transfer the tomatoes to zipper-lock bags. The tomatoes will last indefinitely.

Dilly Beans

(adapted by Nikki Conzo)

You can use whatever amount of beans you have on hand and make the liquid accordingly. A great way to use extra beans each week.

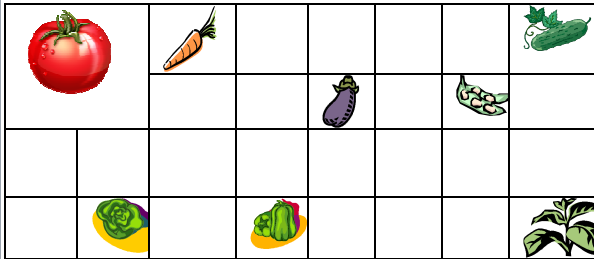
Ingredients: 4 lbs green beans, 1/2 teaspoon crushed red pepper flakes- per jar, 1/2 teaspoon mustard seeds- per jar, 1/2 teaspoon dill seed- per jar, 1 whole garlic clove- per jar, 5 cups vinegar, 5 cups water, 1/2 cup salt

Directions: Clean and Cut beans to fit in tall Mason Jars (one pint). Place ingredients 2-5 into each jar. Add beans to jar(s) until full. Bring to boil ingredients 6-8. Pour boiling liquid over beans. Tighten lids. Process covered jars in boiling water for 5 minutes.



EXPRESS YOURSELF!

It's an election year; so pick your garden winners: What grew well? Do you want to grow it next year? What new crops do you want to grow? Where would you put them all?



This is the time to make some notes about your garden so that you can plan it next year. You can take photos or make simple diagrams of each raised bed and stash them in your Growing Guide. This is a great way to make sure that you rotate your crops, remind yourself that you want more cherry tomatoes and zucchini (or less!). You can also send some information to us – we love pictures and garden stories. We'll use them to do a better job next year, or post them on the website or in our annual report. Our contact information is below – take advantage of it!

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HELPFUL HINTS

To Do:

- It is important to remove any rotten or dried up produce and leaves from the garden beds. These are sanctuaries for insect and disease pests!!! Yuck, definitely not what we are trying to “cultivate!”
- The weeds are beginning to drop their seeds now, so it is important to keep weeding. Every un-weeded weed can become hundreds next season!
- Now is the time to consider buying veggies inexpensively at your local farmers’ market and freezing or canning them. This will save you lots of money AND you will have a nutritious taste of summer to get you through those long winter months. Check out www.localharvest.org to find the farmers’ market nearest you. Hit the library while you’re at it and check out The Big Book on Preserving the Harvest, by Carol W. Costenbader. This book will tell you how to “put up” everything!
- It’s not too late to plant salad greens and spinach. Even if winter comes early you are sure to get some tender and delicious “baby greens.
- Keep HARVESTING! Share any extra you are unable to eat or preserve, everyone is grateful for homegrown veggies!