



## Recipe: Let's make something good!

By Nikki Conzo and Karen Hamilton



What to do with all this garlic? How about Garlic Mashed Potatoes 3 ways!

Turning plain old mashed potato into glorious garlic mash is simplicity itself. In fact it's so simple it doesn't need a formal recipe - instead here are three simple methods to experiment with:

### Mild Garlic Mashed Potatoes

Before boiling the potatoes, peel a couple of cloves of garlic. Add these to the water and boil with the potatoes. After draining, mash the garlic in to the potato. Because the garlic has been cooked with the potatoes it will be fairly mild and slightly sweet.

### Really Garlicky Mashed Potatoes

If you're a real garlic lover then don't pre-cook the garlic. Instead, boil the potatoes as normal. Then after draining them crush a couple of cloves of garlic and mash this into the potatoes along with the usual milk / butter / cream you use.

### Sophisticated Garlic Mash

If you have some spare time, then for the ultimate garlic mashed potatoes make up a batch of *white garlic sauce*. (1 1/2 oz (45gm) Butter/1 Onion, finely chopped. 2 Cloves Garlic, crushed. 1 Glass Dry White Wine. Salt and Pepper/1 oz (30gm) Flour/2 pint (280 ml) Milk). You can do this in advance, just warm it through a few minutes before the potatoes finish cooking. When the potatoes are boiled, drain and mash with the garlic sauce instead of the usual milk / butter / cream.

These recipes from:

[www.garlic-central.com/recipes/garlic-mashed-potatoes.html](http://www.garlic-central.com/recipes/garlic-mashed-potatoes.html)



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## The Squash (and Cucumbers) are Coming!



The summer squash, that is. Some of you probably have already had a squash/ zucchini or two (or more) that are ready to harvest. Possibly the same for your cucumbers. If not, don't worry, they will be there soon, especially if you are seeing the flowers. But when can you take these tasty treats off the vines and enjoy them? For summer squash and zucchini, this would be almost at any time while they are young and up to 6-7" in length. The skin should be glossy and easily punctured with a thumbnail. They can be picked at 3-4" in length for a delightful baby squash treat or even a bit smaller for a salad or stir fry addition. Scalloped versions of squash (such as patty pan) or round zucchini (such as 8-ball) should be picked when they are up to 4" in diameter. Leaving a short piece of stem on the squash will prolong its storage life. Store in the refrigerator in a sealed plastic bag.

Cucumbers are best when picked at 6-8" long for standard slicing cukes and 3-4" for pickling cukes. If cucumbers stay on the vine for too long, they will get tough and seedy. Cucumbers ripen very rapidly so check vines often (almost daily!). Once harvested, immerse in cold water and then store in refrigerator in a plastic bag to help retain moisture. Both squash and cucumbers should be picked continuously in order to keep

the plants producing. And if you have too many of either, don't forget your neighbors and friends!

- Growing Places Garden Project Team



## WEED, WEED, GO AWAY... AND STAY AWAY!

Weed-free gardens not only look nice but there are several other benefits to regular weeding. Weeds are aggressive, rapid growers that can easily out compete vegetables. Weeds shade crops, provide homes from insect pests, and consume lots of water and nutrients. A thorough once-a-week weeding session should keep your raised beds clear of unwanted plants. It shouldn't take more than an hour to complete this task. You can also do a little every time you visit your garden. Since your squares have been planted in a specific pattern based on the number of plants per square, it's pretty easy to tell what's a weed and what's not.

Here is a great weed-pulling technique: firmly grasp the weeds where they meet the soil and pull steadily. Shake the soil off the roots and toss them in a place where they can dry out. Don't forget those weeds outside the beds; pay particular attention to removing and discarding any flowers or seed heads if the plants can't be pulled out.

### TO DO:

- Continue to tie tomato stems to their stakes as they grow.
- Plant cauliflower, kale, cabbage, broccoli, and brussel sprout seeds for fall crops.
- Remember to thin plants to the appropriate number per square – snip at plant base with scissors or fingernails
- Plant a square or two of beans if you haven't done so in a while. Tuck them under your tomato plants.
- Check your garden for slugs! They are fat and slimy, brown to orange brown colored body 1-2 inches in length and feed only at night. They can be found on any vegetable as they are not picky eaters. Check your Growing Guide for helpful tips on how to treat these pesky critters!

## Greens, and Carrots, and Beets... Oh My!



You can cut chard and lettuce just above the base of the plant where the leaves start. Use a sharp knife or pair of scissors. Chard will produce new leaves throughout the season.

Gently move the soil from the tops of carrots and beets. If the tops of your carrots are about the width of your finger, you can harvest them as baby carrots. Baby beets are ready when they are 1 to 1 1/2 inches across – you can eat the greens too. Harvest full sized beets when they are 1 1/2-3 inches across.



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**Save the Date: 10/18/09. More details to follow.**

