



To Do:

- Check your cabbage or cauliflower to see if it's ready to harvest. It should be the size of your fist or larger.
- If you are growing something in your garden that you really don't like, harvest the crop and share it with someone who does. Feed a friend instead of letting the plants rot and attract bugs and disease.
- Plant some spinach and/ or lettuce for a fall crop.
- Harvest, harvest, harvest! Keep harvesting your vegetables so the plants keep producing. They will slow down with the cool weather but you don't want them to stop!
- Beware of Late Blight on Tomatoe and Potatoe Plants! The infected areas on leaves appear to be water-soaked, varying in size from a nickel up to a quarter, often beginning at leaf tips or edges. They proliferate when the foliage has been exposed to watering, rainfall, or heavy overnight dews. If these infected areas dry out quickly, they may appear lime-green or beige in color. If Late Blight symptoms are already appearing on plants in your garden, these plants should be removed immediately and put in a plastic bag for disposal. Don't just put the removed plants in a compost pile as spores will still spread from this debris. For organic growers the options are very limited. Copper fungicides can be used, but they are not very effective. For more information on Late Blight, including pictures of the symptoms, see: www.vegetablemdonline.ppath.cornell.edu/factsheets/Potato_LateBlt.htm<http://ohioline.osu.edu/hyg-fact/3000/3102.html>



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Shallots and Onions-

Shallots and onions are very similar. Start harvesting them when the foliage turns yellow and falls over – this indicates that the bulbs are fully mature. Garlic foliage stays greener but will develop dry-looking tan patches when it's ready. Gently pull the bulbs from the ground (you may need to loosen the soil but be careful not to damage the bulb).



You must then prepare them for storage by allowing them to dry in a warm dry place for about a week (this is called curing). When the tops and skin are dry and crinkly, clip the tops off about one inch from the bulb and store them in mesh bags (old onion bags are perfect) in a dry cool location.

Recipe * Recipe * Recipe

Garlic-Mint Peas—Makes 6 servings (adapted by Karen Hamilton, GPGP Volunteer)

- 1 pound sugar snap peas (2 cups)
- 2 cloves garlic, halved
- 1 tablespoon canola oil
- 2 cups fresh peas
- ¼ cup fresh mint leaves, chopped, or 1 tablespoon dried mint
- ½ teaspoon sugar
- ½ teaspoon salt

Heat a large saucepan of water to boiling. Add the snap peas and cook 2 to 3 minutes. Drain and rinse under running cold water. In a large skillet over medium-low heat, cook the garlic in the oil until golden. Remove and discard the garlic. Add the sugar snap peas and fresh or thawed peas and cook until tender, 3 to 5 minutes. Remove from heat and add the mint, sugar, and salt.

COLLARDS, KALE, SWISS CHARD, MUSTARD

These greens are sometimes difficult to tell apart from one another unless you know what they are and know what to look for. It's harder when they are young and gets easier as they mature. So here's some information on each one of these with the hopes that it'll be easier to figure out what you have in your garden!

Collards: Looks just like broccoli, cauliflower and cabbage when it's young. As it matures, it develops large, thick, smooth leaves. Collards are often confused with cabbage due to the strong similarity in the leaves, however collards never produce a head like cabbage. Harvest by cutting leaves at their base but do not remove the central stalk.



Kale: Looks very similar to collards when young except the leaves are more ruffled around the edges. Kale can grow into a very large plant. Harvest by cutting off the leaves at their base but do not remove the central stalk. Highly nutritious, very young collards and kale can be added to salads. The larger older leaves are better when they are steamed or stir fried with added liquid. Always remove the tough center rib that runs through the leaf. Add them to a stew or soup for some extra vitamins, collards and kale are often sweeter after a frost because some of the starch gets converted to sugar to keep the plant from freezing.



Swiss Chard: This is another big leafy green vegetable but it is tenderer than the previous ones. It also comes in red or red-yellow-orange variety called Brite-lites. Chard is related to beets and it does not develop a single central stalk that all



the leaves come from. It can be eaten very young in salads or stir fried with other vegetables, added to soups and stews. There is no need to remove the center rib, just cut it into smaller pieces and cook those longer than the leaves. Chard will not usually survive a hard frost.

Mustard greens: These ruffled leaves look very similar to kale though they are light green in color much more tender feeling (more like Swiss chard). They have a tangy mustard-like taste (hence the name!). Whole small leaves can be used in salads but the larger leaves are better with the ribs removed and slow cooked or blanched to remove some of the bitterness. Harvest chard and mustard greens by cutting each leaf at the base of the stalk but don't cut off the entire plant as it will continue to grow new leaves.



For all these greens, a big leaf cooks down into a small piece so be sure to use enough to feed whoever's hungry! Add in batches to the pan when cooking, allowing them to wilt down and make room for the rest.

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