



Hello Gardeners!

It's time to start thinking about saving your harvest. Frosty nights are on their way; you may have had one already where you live. You can protect your tender plants (see below) for a while. But make sure to harvest and use as much of this year's crop as you can. We have included a wonderful recipe for using a whole variety of vegetables to help you stay warm during the winter.

Garlic *Garlic* **Garlic** coming soon for first and second year gardeners! Plant it after Halloween. Harvest it next spring. Compost to enrich your soil for next season is also coming. See below for instructions on how best to use it.

GPGP is putting together our *Spring 2011* calendar now! Use the form at the end of this newsletter to refer family and friends who would benefit from our gardens so that they are able to get on the schedule.

"The first wealth is health." – Ralph Waldo Emerson

Your Friends at Growing Places

What's Happening...

If a frost is forecast:

- Cover your garden with large lightweight pieces of cloth, such as old bed sheets or a shower curtain, in the evening before a frost is predicted and take them off the next morning. Looks funny but it works!
- Put a mulch layer of hay over your root crops and leave it there until you are ready to harvest them.

• **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. If you do have crops that are still producing, don't worry about that, just spread the compost around them—it will work itself in. If you have them, you can also spread shredded leaves or grass clippings onto your gardens and dig them in. They will also turn into compost and enrich your soil further.

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.

Tips for a Better Garden...

- Harvest, harvest, harvest.
- Remove rotting produce to avoid bug and disease issues.
- Remove the string that divides your garden into squares – it will disintegrate over the winter anyhow and it's easy to restring in the spring.
- As you plan your garden for next year, here are some helpful rhymes and ditties to help you remember who likes rubbing elbows with whom in the garden*

Beets of red should never bed with beans of green, nor mustard wed.

Onion, garlic, leeks and shallots.

Keep carrot flies away from carrots.

But these pungent bulbs, unseen

Disagree with neighbor bean.

Lettuce is easy to grow, on the average

Except when competing with sunflower or cabbage.

Many vegetables love the potato, which shuns its own cousins, eggplant and tomato.

Or how about these little tips:

Where catnip attracts cats,

Flea beetles flee.

To plant your carrots, deeply till

But keep them far away from dill.

(*by Jeanne Prevett Sable of New Hampshire, an organic gardener and editor – <http://www.theheartofnewengland.com/garden-friendsandfoes.html>)

COMPOST, DON'T BURN!

By Dr. Leonard Perry, Extension Professor, University of Vermont

You may like the smell of burning leaves, but did you know you were sending an excellent soil conditioner up in smoke? Instead of burning leaves or stuffing them in garbage bags for the trash haulers to take away, compost them.

Compost Improves Soil

Compost improves garden soil by increasing its organic matter. This, in turn, improves soil drainage. Organic matter is especially beneficial in heavy clay or light, sandy soils. Organic matter reduces soil crusting and helps soil hold water and nutrients.

The compost also supplies a small amount of nutrients. Compost can be used as a mulch around plants, too. Mulch helps conserve moisture as well as reduces frost heaving.

How Leaves Become Compost

Microorganisms are what decompose materials to make compost. To do their work they need carbon sources for food, and nitrogen for proteins. They are most effective when the ratio of carbon to nitrogen is an average of 30 to one, by weight. You don't need to weigh what you add to the compost pile, just be aware of approximate amounts you're adding.

In general, coarse woody material (sawdust, leaves) is high in carbon. Moist, dense material (manure, grass clippings) is high in nitrogen. Too much carbon materials and the compost pile will decompose slowly. Too much nitrogen and you may smell ammonia gas.

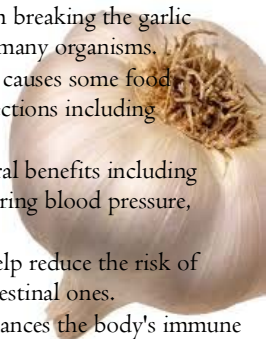
How to Compost Leaves

To compost leaves, alternate leaves with layers of soil or manure. Make layers of leaves six to 12 inches thick, layers of soil or manure about one inch thick. To hasten decomposition, shred leaves first with a rotary lawn mower or shredder.

WHY YOU SHOULD EAT GARLIC

- The sulfur compound created from breaking the garlic cloves is an effective antibiotic on many organisms.
- It may help reduce salmonella that causes some food poisoning, and some intestinal infections including diarrhea.
- Heart-related studies indicate several benefits including possible cholesterol lowering, lowering blood pressure, lowering blood glucose
- Both cooked and raw garlic may help reduce the risk of certain cancers, including gastrointestinal ones.
- Studies are showing that garlic enhances the body's immune system.

**Don't merely settle for supermarket garlic,
but grow your own !**



Where does food come from?

(Excerpted from 'Healthy foods from healthy soils'
by Patten and Lyons)

Plant Part

SEEDS

Plant benefit Store energy needed to begin initial growth

Human benefit Provide high levels of protein

Examples Rice, wheat, corn kernels, pumpkin seeds, peas

ROOTS

Plant benefit Take up water and nutrients for plant

Human benefit Contain a lot of complex carbohydrates; best energy source for body

Examples Carrots, turnips, radishes, beets, onions

STEMS

Plant benefit Acts as spines that support a plant's leaves and fruits; delivers water and nutrients from roots

Human benefit Provides a good source of fiber

Examples Celery, broccoli stems, bok choy

FLOWERS

Plant benefit From seeds which produce new plant

Human benefit Strengthen vision and keep mucous membranes happy

Examples Broccoli (head), cauliflower

FRUITS

Plant benefit Holds, nurtures, and protects the seeds

Human benefit Contains vitamins A and C to help heal cuts and help with colds

Examples String beans, peppers, tomatoes, cucumbers, eggplant

LEAVES

Plant benefit Convert the sun's energy into food through photosynthesis

Human benefit Are a significant nutrition source of iron, calcium and fiber

Examples Lettuce, spinach, cabbage, herbs



Recipes...

WINTER SQUASH OR PUMPKIN PANCAKES

*(Adapted from The Wilson Farm Country Cookbook
by Lynne C. Wilson)*

2 eggs
2/3 cup cooked, mashed winter squash or pumpkin
3 tablespoons oil
1 cup milk
1 ½ cups flour (or ¾ cup unbleached + ¾ cup whole wheat flour)
¼ cup sugar
¾ teaspoon salt
2 ½ teaspoons baking powder
1 ¼ teaspoons cinnamon
1 teaspoon nutmeg

Sift the flour, sugar, salt, baking powder, cinnamon and nutmeg together. Beat the eggs in a large mixing bowl. Stir in the squash, oil and milk. Add the sifted flour mixture and stir thoroughly. Heat a frying pan over medium high heat, grease it lightly and cook the pancakes, turning them once after bubbles form on top. Cook for another minute or so and enjoy with your favorite pancake topping.



VEGETABLE BROTH

Something for those cold winter months, a great way to use up those vegetables and a perfect base for many other soups.

Vegetables listed are suggestions, feel free to modify.

(Adapted from The Twelve Months of Monastery Soups by Brother Victor-Antoine d'Avila-Latourrette)

18 cups water
3 carrots, sliced 2 turnips, sliced and diced
2 zucchinis, sliced 2 leeks, sliced
1 onion, coarsely chopped 2 celery stalks, sliced
4 bay leaves 1 orange peel, minced (optional)
1 small lettuce, coarsely chopped (or a few leaves of cabbage)
Black peppercorns to taste Salt to taste
A few parsley sprigs, tied together

Pour the water into a large soup pot and add all the ingredients. Bring the water to a boil and keep it boiling for about 30 minutes. Stir from time to time. Reduce the heat to low-medium, stir some more, cover the pot and let broth simmer for about 2 hours. Filter broth through a fine sieve, strainer or cheesecloth. Allow it to cool and then store it in the refrigerator or freezer for future use. Makes about 12 cups.

Garden Spot Light

I visited this week's highlighted garden, belonging to Margaret in Hudson, on a perfect New England, fall day. I was amazed to see her raised beds still brimming with garden delights!



There was cabbage nestled between vibrant green parsley and...



deep, purple brussels sprouts...

And greens in an array of hues and textures...



Margaret suggests blanching and freezing extra greens for wintertime soups and stews!

Margaret even has her own special way of keeping her garden gate securely closed!



Growing Places on the web

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Volunteer Opportunities

Do you want to get more involved in Growing Places Garden Project? Contact us at staff@growingplaces.org to learn more about our volunteer opportunities.

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E-mail: staff@growingplaces.org

Things to Remember

Do you know anyone who might like a garden or want to help build gardens?

Please clip out this section of the newsletter and give it to a friend. Have them fill it out and send it to us and we will contact them.

Name: _____

Address: _____

Phone Number: _____

I am interested in having a garden _____

I am interested in volunteering _____

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