



Hello Gardeners!

We hope you have been using this unseasonably warm week to enjoy being out of doors – harvesting crops, preparing your garden for winter, and just generally enjoying the myriad delights offered by a New England Fall.

We would like to take this opportunity to introduce Louise DiMarzio as our new Director of Operations. Louise resides in Rutland MA where she and her family enjoy their herb, flower and veggie gardens. She was born on a farm where growing veggies and canning was a family affair. Louise has many years of management experience in the non-profit and for profit sectors and we are very excited about having her join the GPGP team.

As you pack up the garden tools and put the shovels in their place, we want you to remember all that you accomplished this year and gear up for Spring 2011. While this may seem far off, it's really right around the corner! We are always available to you by phone, email or letter so don't hesitate to contact us. We hope you have discovered the delights of growing your own food and the secrets that a garden can hold for you. We look forward to seeing you in 2011!

Your Friends at Growing Places

What's Happening...

- Before storing your tools, use a brush and water to scrub your tools, then wipe with a light coating or spray of oil (such as cooking oil).
- Don't forget to sharpen hoes and cutting tools such as pruners. Sharpening stones or power grinders and sharpeners are available at complete garden and hardware stores.
- Remember to disconnect and drain garden hoses on a warm day before they freeze solid for winter. The same applies to sprayers. Otherwise you may have openings in the spring not just at the ends! If you have chemicals, especially liquids, in an outdoor shed or unheated area, make sure they get stored in a non-freezing place over winter.
- If you have any clay and ceramic pots, they can crack over the winter if left outdoors with soil in them or if they fill with rain. When the water freezes, it expands, and so does wet soil. Empty pots and store upside down under a tarp or bring them in out of the weather.

Full Moon Folklore

Hunter's Moon - October 22nd *With the leaves falling and the harvest in, hunters can more easily see their prey*

Beaver Moon - November 21st *Time to set beaver traps before the swamps freeze, to ensure a supply of warm winter furs.*

Full Cold Moon - December 21st *During this month the winter cold fastens its grip, and nights are at their longest and darkest.*

Tips for a Better Garden...

- Harvest, harvest, harvest.
- Remove rotting produce to avoid bug and disease issues.
- Spread that compost!! 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.

Am I done with my garden now that winter is almost here?

Winter is a great time to plan your garden for next season. Here are some tips to get started:

- Note what you planted in each of this year's garden beds so you don't plant the same crop in the same place next year. Crop rotation is key to a healthy garden!
- Think about what grew well this year. Would you like to grow that next year? Perhaps even more of it to share with friends and neighbors!
- What did not do well? Do you know why?
Remember to contact us if you have questions!
- Read gardening periodicals, newspapers, internet articles and books for information and ideas.
- Draw a diagram of each bed and what you would like to plant next year. Remember to consider successional planting!

Recipes...

SPANISH POTATO, CHARD, and BEAN SOUP (CALDO GALLEGO)

(Adapted from World Vegetarian by Madhur Jaffrey)

- 1 C (6 oz) dried white beans
- 5 C vegetable stock
- 1 garlic clove, peeled
- 2 tsp chopped fresh oregano or ½ tsp dried
- 3 T olive oil
- 2 smallish onions, peeled and diced
- 1 med. baking potato, peeled and diced
- 4 lightly packed cups (8 oz) chopped chard (stems and leaves)
- 2 T finely chopped fresh parsley
- Salt as needed

Soak beans overnight; drain and discard any soaking liquid.

In a medium pot, bring the beans and stock to a boil, skimming off the froth that rises to the top. Add the garlic and oregano. Stir and turn the heat down to low. Cover partially and simmer gently for 40 to 60 minutes, or until the beans are tender. Crush the garlic clove against the side of the pot and mix well.

Put the oil in a large pan and set over medium-high heat. When hot, add the onions and potato. Stir and cook 4-5 minutes so there is a little bit of browning. Add the chard and parsley. Stir for about 1 ½ minutes, or until the chard has wilted. Now add the cooked beans and their liquid and bring to a boil. Cover partially, turn the heat down to low, and simmer gently for 30 minutes, stirring now and then. Mash some of the beans and potato pieces against the sides of the pan. Taste for salt. Mix well.

Ladle into soup plates and drizzle a teaspoon of extra virgin olive oil over each serving.

Serves 6

Don't know what to do with extra leeks or onions that won't keep? Donna's aunt says – "simmer them in chicken broth, cool, and freeze. Use the broth later for leek and potato soup, or strain for a delicious stock."



Supporting a Locally Grown Food System

Once your own garden is done producing for the season, it's still a good idea to **'think local'** when feeding your family.

WHY IT'S IMPORTANT

- Buying locally produced products supports local jobs and is a vital part of the economy.
- Support for local agriculture keeps regional farms viable. By selling directly to consumers, farmers earn a greater share of the consumer's dollar.
- Farm fields and pastures enhance a region's quality of life providing open space and wildlife habitat.
- Food that is shipped long distances is often coated with wax or sprayed to prevent spoilage.
- Locally grown foods require less energy to transport.



A SPECIAL THANKS TO GPGP'S LOCAL PARTNERS AND SUPPLIERS!

We would like to extend a special thank you to all of the special folks at our partner organizations. We're honored to work and live, in and around communities with such generous and engaged citizens and businesses. Remember to support them by thinking local when shopping.

Thank you so much!

Central MA Agway,

Lancaster, Littleton, Chelmsford, Fitchburg and Gardner



Applefield Farm, Stow



Dunn & Co., Clinton, MA



Recipes (cont.)...

TRINIDADIAN PUMPKIN

(Adapted from World Vegetarian by Madhur Jaffrey)

This may be made with pumpkin or winter squash. From 3 pounds, with skin, you will usually get about 2 pounds of seedless, skinless flesh.

3 T olive oil
1 medium onion, peeled and finely chopped
3 garlic cloves, peeled and finely crushed
1 hot green chile, sliced into very thin rings
1 tsp fresh thyme (or ½ tsp dried)
2 T finely chopped cilantro
About 2 pounds pumpkin or winter squash, cut into 1 to 1 ½ inch cubes
1 tsp salt
1 ½ T light brown sugar

Put the oil in a large, wide, nonstick pan and set over medium-high heat. When very hot, put in the onion. Stir and fry until the onion is lightly browned.

Put in the garlic, chile, thyme, and cilantro. Stir for a few seconds until the garlic is golden and put in the pumpkin or squash. Stir for a minute. Add 2 T of water, cover, turn the heat to low, and cook for 40 – 50 minutes, or until just tender, stirring now and then and replacing the cover each time. Uncover and add the salt and sugar. Stir gently, mashing the pumpkin lightly so that you retain some texture. Serve hot.

Serves 4 to 6



**We love to
hear from our
gardeners!
Watch for our
survey coming
soon!**

Garden Spot Light

This week's spotlight section is set aside to acknowledge our Garden Mentors who have provided knowledgeable advice and support for their gardeners, to empower them and help them become skilled, confident growers.

<i>Carol Airey</i>	<i>Liz Burns</i>
<i>Marcia Croule</i>	<i>George Davis</i>
<i>Lynn Dischler</i>	<i>Ciara Figueroa</i>
<i>Connie Graubowoy</i>	<i>Barbara Jordan</i>
<i>Donna Mackie</i>	<i>Jane Moosbrucker</i>
<i>Gloria Ortiz</i>	<i>Julie Pratt</i>
<i>Linda Russell</i>	<i>Paul Taylor</i>
<i>Sarah Valera</i>	<i>Pat White</i>

And, to all of the GPGP gardeners, both past and present, who have worked hard to nurture and maintain their gardens, to grow fresh healthy food for themselves and their loved ones.

Acton	Lancaster
Ayer	Leominster
Berlin	Littleton
Bolton	Lunenburg
Boxborough	Maynard
Clinton	Pepperell
Devens	Shirley
Fitchburg	Sterling
Groton	Stow
Harvard	Townsend
Hudson	Westford

A special thanks to Mary-Jo White and Donna Mackie behind the scenes, supporting us in the office.

Growing Places on the web

Our Website:

www.growingplaces.org

Friend us on Facebook



Follow us on Twitter



[@GrowingPlaces](https://twitter.com/GrowingPlaces)

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.

Growing Places Garden Project, Inc.
PO Box 17
75 Green Street
Clinton, MA 01510
(978) 598-3723

Website: www.growingplaces.org
E-mail: staff@growingplaces.org

Generously donated by:

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Growing Places Garden Project, Inc.
PO Box 17
Clinton, MA 01510

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 _____