Lettuce, spinach, Swiss chard, kale, collards, etc.—all these greens plus more may be starting to make a real presence in your garden. Do not wait until you have a huge plant before you start munching on these delightful vegetables! Harvesting the outer leaves of these plants is a great way to have your greens while continuing to get more. With a sharp knife or scissors, cut off each leaf at its base, taking care not to cut off the entire plant. The plant will continue to grow and produce more leaves if you harvest in this manner. When the weather starts to get really hot, spinach and lettuce will send up a center stalk which will produce flowers (this is called bolting) — at this point, remove the plant from the garden because the leaves will become too bitter to eat. However Swiss chard, kale and collards will keep producing new leaves well into the fall.

Raw lettuce, spinach and Swiss chard can be combined to make a great salad. Steam or stir fry spinach, Swiss chard, kale or collards by themselves, together or add them into soup or other dish that is being cooked (often chopping them up very fine and adding them to another dish will disguise them from children who refuse to eat greens). Yum!!

Hello Gardeners,

Welcome to the 2005 growing season and the start of this year’s newsletter! We hope you have had an enjoyable winter and are enjoying the spring.

If you are a second year gardener, you are familiar with this newsletter. If you are a new GPGP gardener, welcome. A newsletter will be showing up pretty much weekly throughout the growing season.

We will try to provide information about what’s going on in your garden, what probably needs to be done and how to use some of the produce you are harvesting. We like to share recipes, so if you have any, please send one (or more!) along and we’d be happy to include it. Also, if you have any tips, ideas or interesting stories, let us know and we’ll include them as best we can. Any questions you might have would be useful too, since you are probably not the only one with that question.

Everyone has their seeds and transplants for this growing season. If you believe that you are missing something, please give us a call.

Until now it has been a wet, cool and soppy spring so many seeds were slow to germinate (sprout). Don’t be discouraged if anything you’ve planted is being stubborn about germinating. If you planted something a week or 10 days ago and haven’t seen anything, check your Growing Guide. If the seeds should have sprouted by now but haven’t, replant your square with new seeds. Now that the warm weather has shown up, seeds should germinate much more rapidly.

Cindy and Kate

Harvesting your Greens

Lettuce, spinach, Swiss chard, kale, collards, etc.—all these greens plus more may be starting to make a real presence in your garden. Do not wait until you have a huge plant before you start munching on these delightful vegetables! Harvesting the outer leaves of these plants is a great way to have your greens while continuing to get more. With a sharp knife or scissors, cut off each leaf at its base, taking care not to cut off the entire plant. The plant will continue to grow and produce more leaves if you harvest in this manner. When the weather starts to get really hot, spinach and lettuce will send up a center stalk which will produce flowers (this is called bolting) - at this point, remove the plant from the garden because the leaves will become too bitter to eat. However Swiss chard, kale and collards will keep producing new leaves well into the fall.

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Extend your harvest with Succession Planting

It’s great to have wonderful vegetables, but how do you grow them so you can eat them all summer long instead of just for part of the time? A method called succession planting will help you to do this. Basically, succession planting means you plant some seeds now, some later and some even later still. It goes something like this:

✓ Start with an empty square (it can be one you just harvested)
✓ Plant the square with what you want (lettuce, beans, carrots, etc). You can also plant half a square if that works better for you
✓ 1-3 weeks later plant another square (or half a square) and continue in this way. The planting interval depends on how long it takes a crop to mature and produce (Check your Growing Guide). Bush beans produce for about 2-3 weeks so planting at 2-3 week intervals works best.
✓ You will be able to enjoy the harvest from your first square while your second square is growing. When your first square has been harvested, your second one will be ready.

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“Growing Times” is produced by Cindy Buhner and Kate Deyst of Growing Places Garden Project.

Printed on recycled paper.

Sauteed Tender Greens with Indian Spices:

Kate’s cousin sent this recipe. Try it with spinach, young kale, collards, or Swiss chard.

Experiment with other seasonings too!

2 tablespoons vegetable oil
1 medium. onion, minced
2 medium garlic cloves, minced
1 teaspoon minced fresh gingerroot
1/2 fresh jalapeno chili, minced
2 teaspoon curry powder
1/2 teaspoon ground cumin
2 pounds damp tender greens
Salt and ground pepper
1/4 cup heavy cream
2 teaspoons brown sugar
Lime wedges

1. Wash greens and remove stems. Chop greens coarsely. You should have about 6 cups.
2. Heat oil, onion, and garlic in deep pot and cook until onion and garlic sizzle and turn golden, about (1 minute).
3. Add ginger, chili, curry, and cumin. Cook until fragrant, about (2 minutes).
4. Add greens, cover and cook over medium-high heat, stirring occasionally until greens completely wilt (2-3 minutes).
5. Uncover and season with salt and pepper to taste, cook over high heat until liquid evaporates (2-3 minutes).
6. Stir in cream and sugar, cook uncovered until cream thickens (2 minutes).
7. Serve immediately with lime.
Hello Gardeners,

This past week seemed to mark the return of the cool damp spring that we had been having. Hard to believe that summer is actually here! However, we are sure that most of you are beginning to see flowers on your pea plants and possibly even on your tomato plants at this point. From what we have seen of the gardens, lettuce is definitely ready to be eaten as well as spinach, kale, Swiss chard and more. Broccoli heads have been forming and should be harvested when they are about the size of your palm or larger (see sidebar). Every time we visit a garden we get that “hungry” feeling and want to start munching—yum!

We have been getting calls about how to deal with some of the pests that are also enjoying the delights of your garden. We recommend handpicking bugs (but not spiders) you can see (keep a small jar with a lid on it near the garden for this purpose). Check your Growing Guide for information on how to deal with slugs and cutworms. We have included here a recipe for an anti-pest spray that might help. Another thing you can do is wash your leafy green produce (including broccoli) in a salt water bath: fill a sink or bucket with water, add 1/4-1/3 C salt and let produce soak for about 10 minutes. Rinse off fully to remove salt and any bugs (slugs and caterpillars, most likely) that were killed by the salt water. Let us know if you have any specific problems that you can’t seem to get rid of and we’ll do our best to find a solution.

We greatly appreciate the phone calls and questions. It helps us to know how things are going and gives us a rapid way to try to address any issues. Keep ‘em coming!

Cindy and Kate

New Crop—Garlic Scapes

If the garlic that you planted last fall has not already done so, it will soon be sending up a long thin curving stalk. On that stalk you will find a bulge which is the seedpod that forms on hard-neck garlic plants in June. The stalk and the seedpod are called a “scape”. It is best to remove the scape with a sharp knife or scissors so that the plant puts its energy into growing a nice fat garlic bulb instead of the scape.

Don’t throw out your scapes. They are delicious with a taste that is milder than the garlic cloves, and they have many uses from soups to salads to garnishes. When the scapes are newly-budded and still in full curl, they are tender and provide a delightfully subtle garlic flavor. Cut them when they curl between 1/2 and 3/4 turn. After the scapes have straightened and the flower top is maturing, they will be tough.

Garlic scapes store well. You can keep batches in the refrigerator for upwards of three weeks, though fresh cut is always the best. Remove all of the stalk tip above the pod [umbel] before cooking. This information is adapted from www.dakotagarlic.com
Pests!!!

We have received some calls about bugs eating plants. Here is a recipe for a pest repellent. It will make your plants taste and smell bad to potential pests. Rain will wash it off, so reapply it after a storm. Also, don’t forget to wash it off before you eat your crops! This does not work well with lettuce or spinach.

GPGP’s Spray Recipe

1. Put water, chili (or sauce) and garlic in blender. Mix on high 2 minutes.
2. Pour mixture into glass jar and add dish detergent. Mix on high 2 minutes.
4. Let this mixture sit overnight at room temperature. The next day...
5. Cover the inside of a strainer or colander with a sheet of damp paper towel.
6. Transfer strained mixture from bowl into your spray bottle.
7. Spray the leaves and stems of your plants with the mixture.

You can also find organic pesticides containing 1% rotenone at your garden center. Ask the store’s employees; they should be able to help you. Just remember that rotenone is toxic to bees, so use it in the evening, when bees are less active.

Using Your Gourmet Garlic Scapes:

Scape Soup

7 garlic scapes
3 small potatoes, with skins, cut into chunks
2 Tablespoons butter or oil
3 cups of chicken broth
2-3 Tablespoons white wine vinegar
Cut the scapes into thin rounds. Sauté in butter for about 10 minutes at low heat. Place the potatoes and sautéed garlic in a saucepan and add chicken broth. Cook covered for about 30 minutes. In small batches in your blender, puree the soup until it is smooth. Return soup to the saucepan and add more broth if it is too thick. Add salt and pepper to taste, reheat. When hot, add white wine vinegar and serve. Serves 2.

Scape Hummus

2 cans of chick peas (garbanzo beans) drained
1 cup raw sesame seeds or tahini
2 Tablespoons olive (or other) oil
1/2 cup lemon juice (about 2 lemons)
1/2 cup or more fresh chopped garlic scapes
Place the ingredients in a blender. Grind on high until smooth. Add salt to taste. Optional: add your favorite curry powder to taste. Makes 3 cups

Recipes from www.dakotagarlic.com

Cutting garlic scapes

Photo courtesy of www.garlicfarm.com
Those of you who have tomatoes were also given a set of wooden stakes that should be pounded into the ground close to your tomatoes. Late in the season, tomato plants become so large and heavy that they fall over and their fruit is damaged. There’s nothing worse than seeing a tomato eaten away by bugs just because it was touching the ground. Staking the plants will help prevent that.

To do this, tie the main stem of the tomato to the stake very loosely with strips of soft rags, old panty hose or very soft string or yarn. The stem needs to remain about 1 inch or more from the stake. If you tie the plant stem too tightly to the stake, the tomato will not be able to grow properly. See the picture to the right to get a better idea.

Did You Know…
That plants will often look wilted during the heat of the day? This is their protection mechanism to keep from losing too much water through their leaves. The smaller the surface area, the less water lost. The plants should look fine in the cool of the morning or evening. If not, they need to be watered!

TO DO THIS WEEK:

√ Sow seeds for broccoli, cauliflower, cabbage and kale for a fall crop—find a semi-shaded area if possible.

√ Continue to harvest peas, greens, radishes.

√ Pull out bolting spinach, mustard and arugula, plant something else!

HELLO GARDENERS,

Whew! That was one very hot weekend we just had! Hopefully you managed to get your garden watered so that it didn’t suffer too much from all that sun and those high temperatures. And maybe you even managed to get yourself wet in the process—seems like 97°F is a perfectly good excuse for a dousing!

In keeping with the water topic, this week we will be addressing some of the questions of when, how and why water is so important. The weather is expected to continue hot (though a bit less than this weekend) which means you need to be diligent with making sure your plants get sufficient water.

We also want to talk about staking tomatoes since your plants are getting to the point where this becomes necessary.

If you are going away on vacation, think about having someone come and water from time to time. A nice way to repay them for this is to ask them to harvest and use whatever is ready while your gone. It will help your plants to keep producing and give them a yummy reason to visit your garden!

Cindy and Kate

STAKING TOMATOES

Those of you who have tomatoes were also given a set of wooden stakes that should be pounded into the ground close to your tomatoes. Late in the season, tomato plants become so large and heavy that they fall over and their fruit is damaged. There’s nothing worse than seeing a tomato eaten away by bugs just because it was touching the ground. Staking the plants will help prevent that.

To do this, tie the main stem of the tomato to the stake very loosely with strips of soft rags, old panty hose or very soft string or yarn. The stem needs to remain about 1 inch or more from the stake. If you tie the plant stem too tightly to the stake, the tomato will not be able to grow properly. See the picture to the right to get a better idea.

Often tomatoes develop many branches from the main stem and these tend to put a heavy load on the plant. You can also tie up these branches to the stake to help keep the entire plant balanced.

Flowers are starting to arrive along with some green tomatoes. Tomato time is coming!
**Watering the garden in the summer**

Watering is an important part of vegetable gardening. When to water, how much and how are commonly asked questions. Plants need water to transport nutrients and to keep the plant from wilting. Plant roots need oxygen to grow and be able to absorb water and nutrients. Roots will die if they are exposed to waterlogged soils (yellow plants) or very dry soils (wilting plants). There needs to be a balance and experience will be the best teacher.

Fewer deep waterings are better for the plants than many shallow ones. Roots will seek out the moisture—if water is only in the first 1/2 inch of soil that's where the roots will be. This makes them more vulnerable to drying and insects. An efficient, water saving method of watering is with a cup (cottage cheese or yogurt container will work) and a pail. Build up a ring of soil around individual plants leaving a depression large enough to hold a cup of water or in case of smaller plants, a 1/4 cup. If you have rows of plants or many close together, you can build up the depression on either side of the row. Pour the required amount of water slowly into the depression keeping it within the depression and off the foliage. The amount and frequency of watering in the summer appears in the table below.

Deciding when to water can be determined by pressing your finger into the soil an inch. If it seems moist, no water is needed; if it seems dry, you need to water. Often if there is a good soaking rain during the week, there will be no need to water.

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**ROASTED GREEN BEANS**

Green and wax beans will be making an appearance very soon. Here’s a simply delicious way to enjoy them courtesy of Cooking Light.

1 1/4 pounds green or wax beans, trimmed
1 tablespoon lemon juice
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon dried basil
1/4 teaspoon freshly ground black pepper
2 tablespoons slivered almonds, if desired

Preheat oven to 450°.

Combine all ingredients in a cookie sheet with edge, tossing well. Bake at 450° for 10 minutes or until beans are tender and browned, stirring occasionally.

Yield: 4 servings

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**WATERING SCHEDULE:**

<table>
<thead>
<tr>
<th>Crop</th>
<th>Amount in cups/mature plant</th>
<th>Times/week</th>
</tr>
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<tbody>
<tr>
<td>Beans</td>
<td>1/2</td>
<td>2</td>
</tr>
<tr>
<td>Beets</td>
<td>1/2</td>
<td>2</td>
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<tr>
<td>Broccoli</td>
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<td>2</td>
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<tr>
<td>Cabbage</td>
<td>2</td>
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</tr>
<tr>
<td>Carrots</td>
<td>1/4</td>
<td>1 (never let dry)</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Eggplant</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Parsley</td>
<td>1</td>
<td>2 (never let dry)</td>
</tr>
<tr>
<td>Peas</td>
<td>10-12/four foot row</td>
<td>2</td>
</tr>
<tr>
<td>Peppers</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Spinach</td>
<td>1/2</td>
<td>2</td>
</tr>
<tr>
<td>Squash</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>8</td>
<td>1</td>
</tr>
</tbody>
</table>
More questions have been coming in about pests, what they might be and what to do about them. Therefore, we’re going to focus on some pest identification (both good and bad) along with some ways of protecting your crops from too much damage. Please note that while we talk about many pests here, you won’t necessarily find them all in your garden—and even if you find some, they may not cause you any problems.

While we think our newsletters are a great general resource, this issue would be a good one to make sure you tuck in a safe place (maybe along with your Growing Guide) since it will probably be something you look at quite often!

Please let us know if you have any questions, issues, stories or thoughts.

Cindy and Kate

The Good.... There are many creature that are good for your garden

**Ladybugs (A)** eat aphids which would suck the juices out of your plants. The ladybug larva (B), a very strange looking insect indeed, is also a large consumer of aphids in the garden.

**Bees** in general are required to help pollinate crops such as squash and tomatoes.

**Lacewings (C)** eat soft-bodied insects such as aphids, mealy bugs, small caterpillars and mites.

**Praying Mantids (D)** will eat any insect they can find.

**The Spined Soldier Bug (E)** eats many caterpillars and beetle larvae including the Colorado potato and Mexican bean beetles.

**Brachnoid wasp (F)** consumes the eggs of over 200 species of moths as well as being a parasite to the dreaded tomato hornworm caterpillar. If you see these insects in your garden, be happy since they are probably doing their best to help keep your insect population under control naturally.

**Toads (G)** and **lizards** are also the natural enemy of a number of pest insects.

Even **snakes (H)** help by controlling mice and voles though we certainly do understand that most people aren’t interested in having a snake hanging around. The most common snake around here is the common garter snake.

**Earthworms (I)** move soil around and help bring air to plants roots (yes, roots need air!) as well as adding back nutrients.
Cucumber Beetle

Description: About 1/5" in length, yellow with black head and 3 black stripes on its back. Spotted version is about 1/4 inch long, yellow with black head and 12 back spots on its back. Found mostly on cucumber, squash and melons.

Damage: Chew on flowers, foliage and rinds of ripening fruit. Can transmit bacteria that causes the plant to wilt and die and can transmit cucumber mosaic virus.

Actions: Find and crush, plant radishes with squashes and cucumbers. Plant another crop for a fall harvest.

Squash Bug

Description: Adults are brownish black and 1/2" in length. Nymphs range in color from pale green to grey. They lay shiny bright orange egg masses on the underside of plant leaves. Most often found on cucumbers, melons, pumpkins and squashes.

Damage: Small yellow and pale green patches appear on the leaves that turn brown are caused by the bugs sucking the sap from the stems and leaves. Leaves can eventually wilt, dry up and turn black.

Actions: Hand pick and destroy adults and eggs. Trap by laying a board on the ground near squash. They will congregate there overnight and can be captured during the cooler part of the day and crushed, or drowned in a jar of water with a little cooking oil added to it. Spray plant with insecticidal soap. Plant radishes and nasturtiums around squash to repel the bugs. Plant another squash crop for a fall harvest.

Flea Beetle

Description: Tiny, 1/10" brown or black beetle that jumps like a flea when disturbed. Found on a wide variety of vegetables including beans, beets, broccoli, radishes, cabbage, eggplants, peppers, tomatoes, collards and cabbage.

Damage: Numerous small round holes found in the leaves which if the plant is very young, can result in a destroyed plant.

Actions: Use agricultural fleece to protect crops since flea beetles are most damaging in the early spring. Use a trap crop of radishes (which they really like). Plant extra if you want some for yourself to eat! Flea beetles prefer full sun so plant new seeds near larger crops that can provide shade.

Aphids

Description: Tiny, about 1/10" long with a pear-shaped body, long antennae and two tube like projections from the rear of the abdomen. They come in a variety of colors and affect many different plants. Ants are often present because of the sticky honeydew that aphids secrete.

Damage: Leaves will curl, pucker and turn yellow because the aphids suck juices from the leaves, fruit and stems.

Actions: Spray plants vigorously with water every other day in the early morning for a week or so. This shakes the aphids off the plants. Spray with insecticidal soap for heavy infestations. Luckily aphids have many natural predators including birds, ladybugs and lacewings.

Cabbage Maggot

Description: A small, white legless worm about 1/3" long with a blunt end. Found mostly on members of the cabbage family (cabbage, broccoli, collards, etc) as well as peas, radishes and turnip.

Damage: Plant will wilt during the midday heat and eventually die. Brown, slimy tunnels develop on the stem and roots where the maggot has entered the plant. Seedlings become yellow and the plant growth is stunted.

Actions: Plant vulnerable crops with a 3" paper collar around them (paper towel rolls work well) with 1" buried in the dirt and 2" above. Use agricultural fleece to prevent the adult flies from laying their eggs in the soil near the base of the plant. Plant turnips or radishes as a trap crop. Next year, plant cabbage family crops in a different garden bed.

Wire Worm

Description: A hard shelled worm, 1/3-1 1/2" long with a brown to yellow-brown jointed body found in the soil around the roots of the plant. Larvae bore into the seeds or plant roots either preventing germination or stunting and killing the plant. They can be found on most vegetable plants.

Damage: Plant will wilt, small plants may die.

Actions: Set a potato trap. Spear pieces of potato with sticks and bury 2-4" deep in the garden, leaving the part of the stick showing above the soil. Set traps at 3 foot intervals—wireworms will burrow into the potatoes to feed. Pull out after 1 week and destroy—replace as necessary.
AND THE UGLY....(AS WELL AS BAD)

**Cut worms**

**Description:** A fat grayish brown caterpillar 1-2 inches long that will curl up when disturbed. It feeds at night and hides in soil during the day. Favors tomatoes, eggplant, and peppers but also found on beans, members of the cabbage family (broccoli, collards, etc.), lettuce, radishes to name a few. Seen mostly in the early-late spring.

**Damage:** Your seedling may be totally eaten or is lying down in the garden with a severed stem or very little root left.

**Actions:** Plant vulnerable crops with a 3" long paper collar around them (paper towel rolls and milk cartons work well) with 1" buried in the dirt and 2" above. Or after planting transplant or when seed has germinated and grown a bit, stick a toothpick or matchstick in the soil against the stem (touching) - the cutworm must encircle the plant with its body to "cut" it off and the tough wood of the toothpick prevents it from being able to do this. Maggot mats, squares about 10 inches by 10 inches placed around plants (slit half way so slides around stem to reach middle of square) prevent fly from laying eggs on soil next to the plant. Carpet, tar paper or cardboard anything that survives some rains will do.

**Tomato Hornworm**

**Description:** Can get very large – 3-4 inches long and about the size of your finger; they have excellent camouflage – a light green color with 7 white and black V-shaped markings and a horn on the bottom. You can find them hiding under the foliage or blending in to a stem. Once you find one it will be much easier to spot any others. Sometimes you can even hear them chewing if you listen closely. Primarily found on tomatoes.

**Damage:** Holes in in the leaves or leaves that have simply been consumed, fruit that is partially eaten, and dark green or black droppings on the plant are all a good indication that these guys are at work.

**Actions:** Pick them off the plant and drop into a jar of soapy water or squash with your foot. Since they are hard to see, you can spray the plants with water—the caterpillars with thrash around so you can see them. If you find one with clusters of small white eggs on its back, leave it alone. Those eggs are from a parasitic wasp that will destroy the hornworm and then look for others to destroy. You can also spray plants with Bacillus thuringiensis (BTK).

**Cabbage Worm or Looper**

**Description:** A green caterpillar with 2 white lines down it’s back which can get up to 1 1/2" long. Found primarily on members of the cabbage family (broccoli, cabbage, kale, collards, etc). Small ball-shaped green droppings (poop) of are an indicator that these are on your plants.

**Damage:** Chews large holes in the leaves and may destroy the entire plant if it is young.

**Actions:** Hand-pick and kill them (drown in water with salt or soap). Spray with bacillus thuringiensis (BTK). After harvesting, soak produce in a salt water bath for 15 minutes (caterpillars will float to the top) and then rinse with fresh water. For a salt bath recipe, check the newsletter from 2 weeks ago (Issue 2).

**Slugs and Snails**

**Description:** Fat and slimy, brown to orange brown colored body 1-2 inches in length; snail counterpart has a shell on its back. Feed only at night and hide in moist dark places during the day. Can be found on any vegetable as they are not picky eaters.

**Damage:** Chew large ragged holes in the leaves, fruit and stems. Will often find trails of shiny, silvery slime on leaves and soil.

**Actions:** Refer to methods discussed in your Growing Guide. To make a beer trap, cut a 2-inch hole about two-thirds up the side of an empty margarine tub or plastic yogurt container. Bury the container so the hole is just above ground. Add 2-3 inches of beer (or a mixture of 1 tablespoon (Tbl) yeast, 1 Tbl flour, 1 Tbl sugar, and 1 cup water) and cover the container with its lid to seal the trap. Remove dead slugs daily – you might want to use a spoon. Plant marigolds which slugs love along your garden's border, hand pick slugs in late evening and dispose of them - aren’t you glad that there were gloves in your gardening kit? Another thing to do is spread crushed eggshells around plants most affected—slugs don’t like sharp edges. Toads and fireflies eat slugs!

**Squash Vine Borer**

**Description:** The larva are 1 inch long with a brown head and wrinkled white worm-like body. Adult moth is 1 1/2 inches long, looks like a wasp with a red body and black wings. Tiny dull red eggs are laid in late spring on the base of the plant, on the underside of leaves or near the base of the stem, larva emerge and bore into the stem of the plant. Found on squash and pumpkin.

**Damage:** Squashes start to wilt even if they’ve had enough water. Check the base of the plant for a hole that is filled with a yellowish material that resembles sawdust which indicates the presence of borers chewing

**Actions:** With a sharp knife, slit the infested stems lengthwise above the hole, find and destroy the borers. Cover the damaged portion of the stem with soil and keep the soil moist to encourage new roots to grow. Look for eggs and destroy. Shake black pepper on the ground around young squash plants—this is said to deter moths from laying eggs. Spray base of stems with Bacillus thuringiensis (BTK) once a week in late spring and early summer. Lay aluminum foil around the base of the plant as a mulch—moths can’t locate the green plant due to the reflected sunlight. Wrap the stems of the plants with strips aluminum foil or old pantyhose. Plant another crop for a fall harvest.
Japanese Beetle
Description: A large chunky green metallic beetle with bronze wings, 1/2” long.
Damage: Eats fruits and leaves of a wide variety of plants, leaves often look like skeletons.
Actions: During the cool hours of the morning, shake or knock beetles off of plants into a jar of soapy water and drown. Cover crops with agricultural fleece. Birds and spiders really like Japanese Beetles. Beetle traps are commercially available at Agway and other stores that carry gardening items.

Terms and Other Information
Destroying eggs: Handpick or use a pair of tweezers to remove the eggs, destroy them by crushing the eggs or collecting them in a jar and then flushing them down the toilet.

Bacillus Thuringiensis: Often referred to as BT this is a commercially available bacterium that poisons, paralyzes and killer insects that eat it. BT is available as BTK, a version that affects caterpillar-type insects and is what we most often recommend for them. It has no affect on humans and will not harm beneficial insects that might be found in the garden. See the label for directions on use and ALWAYS KEEP ALL PESTICIDES OUT OF THE REACH OF CHILDREN. Found locally at Agway and many other garden centers.

Agricultural Fleece: A fabric barrier often called “row cover” that can be laid over the top of plants and seedlings to prevent flying insects from getting to the crop and destroying it. Must be anchored down with soil, stones, fabric staples or something heavy so insects can’t fly under and wind won’t carry it away. Note that bees can’t get through it either so remove it when your plants start to flower.

Comes in lightweight for summer and heavy weight to protect against the frost in early spring and fall. Old sheets can be used but may be too heavy and cause too much of a heat buildup causing the covered plants to “cook”. Available locally at Agway or can be found online at www.gardeners.com. Cheese cloth can be used as a substitute.

Trap crop: A crop planted specifically to attract a particular pest with the expectation that the pest will probably destroy it while leaving other crops alone.

Insecticidal soaps: Special solutions of fatty acids that paralyze pests when sprayed. They are effective for 1-2 weeks. For bad infestations, spray every other day. Available at garden centers.

Acknowledgements

Information courtesy of:
The Bug Book by Helen and John Philbrick
Rodale’s Garden Problem Solver by Jeff Ball
Rodale’s All-new Encyclopedia of Organic Gardening by Barbara W. Ellis and Fern Marshall Bradley
Garden Insects of North America by Whitney Cranshaw
The Organic Gardener’s Handbook of Natural Insect and Disease Control by Barbara W. Ellis and Fern Marshall Bradley
Organic Plant Protection by Roger B. Yespin, Jr.

Photos Courtesy of:
www.plantnatural.com
www.ecostudies.org/
www.greenlon.com/pestfaqs.htm
www.dept.physics.upen.edu
www.gardeners.com
www.hort.uconn.edu/ipm/veg/htms
www.apollos.net/arena/artemis/bugs
THE WEATHER:
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Hello Gardeners,

July is Conversation Month! We hope.

We plan to contact all of our first and second-year gardeners in the next few weeks. Our purpose is to have individual conversations with you about your garden and to help answer any questions that have occurred to you as you took care of it.

We are planning to visit each garden as well. It would be great if we could meet with you during the visit, but realize that it may not be possible to arrange a mutually convenient time. So, we will let you know when we can come and, if you are not there, leave you a note with some information about your crops. You can leave us a note too! Just write down your comments and questions on a piece of paper and put it in a plastic bag (in case of rain) and attach the bag firmly to your fence or a post in your garden. We promise to read it and reply. If it’s okay with you, we’ll bring our cameras to photograph your delicious vegetables and perhaps publish the pictures in a later newsletter.

Cindy and Kate

Oh No! My Blossoms are Falling!

Your peppers should be starting to flower soon if they haven’t already started. You may also find that some of the blossoms fall off! The main reason for this happening has to do with the difference between the day and night temperature. In particular when the nighttime temperatures fall below 58 degrees and the daytime temperatures are above 85 degrees, pollination does not take place and the miniature peppers fall off the plant. Don’t worry, these temperatures do not occur that often in our summers though we did see this a couple of weeks ago. There will be plenty more flowers coming along which will allow pollination to take place. That will give lots of yummy peppers to eat. And remember, if you like your peppers green, pick them early but if you like them sweeter, wait a while and let them turn red or yellow. Better yet, harvest some when they are green and leave some for later.
The Squashes (and Cucumbers) are Coming!

The summer squash, that is. Some of you probably have already had a squash 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!

We’re on the Web!

www.growingplaces.org

“Growing Times” is produced by Cindy Buhner and Kate Deyst of Growing Places Garden Project.

Printed on recycled paper.

Photos courtesy of www.johnnyseeds.com

Farm-Style Sweet Peas:

Recipe adapted from Fresh from a Monastery Garden by Brother Victor Antoine d’Avila-Latourette
Makes 4-6 servings.

10 ounces sweet peas, fresh (remove them from their pods first) or frozen (about 1 ½ cups); you could also use 1 ½ cups whole sugar snap pea pods cut into ½ inch chunks
12 small white onions
4 small new carrots
4 tablespoons butter
6 lettuce leaves, finely sliced
1 Tablespoon sugar
Salt and pepper to taste
Finely chopped fresh parsley as garnish

1. Peel the onions and carrots. Slice the carrots crosswise to make thin circles.
2. Put onions and carrots into saucepan and add enough water to cover them by ½ inch. Bring the water to a boil. Lower the heat to medium-low and cook for about 6-8 minutes.
3. After 6 or seven minutes of cooking, add the peas, butter, lettuce, sugar and salt. Mix well and continue cooking for about 10 more minutes. When the vegetables are done and ready to be served, drain and place them into a bowl. Check the seasonings and add the salt or pepper. Toss the vegetables gently.
4. Sprinkle the finely chopped parsley on top as garnish and serve.
THE WEATHER:
FROM WWW.WEATHER.COM

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Did You Know…
That many leafy plants become more bushy if you pinch or cut off their top leaves and buds! Try this when you harvest your basil. Take a piece of the stem from the top. It will encourage the rest of the plant to make more tasty leaves.

TO DO THIS WEEK:
√ If your tomato plants are becoming unmanageable, you can also tie the branches as well as the stem to the stake to keep the fruit off the ground.
√ Check squash and cucumber plants frequently and harvest often.
√ Plant more beans, radishes, beets, chard and lettuce.

Hello Gardeners,

So after the sopping rains, we are back to the hot and humids again! This summer has been very much like a rollercoaster.

We want you to know about an upcoming newsletter—the Recipe Issue. In about 3 weeks, we plan to send out a newsletter that is loaded with wonderful things you can do with your veggies and we would really like to include your ideas in it. So please send them to us at either the email address or the regular postal address on the back of this newsletter. It takes about a week to put a newsletter together; so please send us your recipes now to give us time to put it all organized and put together.

We have also included some pictures of your gardens in this newsletter. It’s always nice to see how things grow and change over time and to see what other people are growing.

As always, call us if you need help—it’s the best way to get a quick response and we do love hearing from you.

Cindy and Kate

Weed, Weed, Go Away... and Stay Away!

Weed-free gardens look nice and there are several cultural benefits to regular weeding. Weeds are aggressive, rapid growers that can easily outcompete vegetables. They shade crops, provide homes for 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 weedpulling 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. Of course it is best to pull weeds...
**Basil—the king of summer herbs!**

Right about now, your basil should be ready for picking whenever you need them for flavor. The plants should be bushy and full of nice big leaves and may possibly already have started to flower. Pick the basil leaves from the stem by pinching them off at the base of the leaf. You can cut off the flower stalks and put the little flowers in your salads—they taste like basil too. Harvest the entire plant before it finishes flowering as it will no longer be producing leaves.

Basil leaves can either be dried or frozen for later use. To freeze, spread them on a cookie sheet in a single layer and place in freezer. Once frozen, put in a airtight freezer bag (such as Ziploc) and return to freezer. To dry, gather bunch a of stems together with a rubber band and hang them upside down in a cool dry location (indoors out of the sun). When the leaves have dried, pinch them off the stem (which may not be dry) and place in freezer bag or glass jar. Store along with other spices. You can also chop the leaves and store them in a little olive oil in the freezer in ice cube trays. When you need some basil, just pop out a cube and use it. Or pop them all out once they’re frozen and store the cubes in a freezer bag in the freezer. This is also a great way to store pesto.

You can also add extra flavor to a salad by slicing up a few leaves, They are also terrific when eaten with fresh sliced tomatoes or added to a variety of soups and

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**Radish Greens Soup:**

Recipe adapted from *Twelve Months of Monastery Soups* by Brother Victor Antoine d’Avila-Latourette

Makes 4 servings.

1/3 cup olive oil
2 leeks or onions, finely chopped
1 bunch fresh radish leaves (or mustard or turnip greens), washed well and chopped
4 potatoes, peeled and cut into 1 inch cubes
5 cups water
Salt and pepper to taste
1/4 teaspoon nutmeg
1/2 cup milk
Croutons as garnish

1. Warm the oil in a pot over low-medium heat and add the leeks. Cook gently 3 minutes then add radish tops.
2. Stir; then cover pot and let cook another 3 minutes.
3. Add potatoes, water, salt, pepper, and nutmeg and stir again very well. Cover pot and simmer the soup for 45 minutes. Then remove from heat and allow the soup to cool.
4. Pass the soup through a sieve or fine strainer or blend it in a blender. Then return it to clean pot.
5. Add the milk and mix well.
6. Reheat the soup if you wish to serve it hot or refrigerate it for a few hours and serve it cold.
7. Garnish with croutons

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www.growingplaces.org

“Growing Times” is produced by Cindy Buhner and Kate Deyst of Growing Places Garden Project.

Printed on recycled paper.
They are sitting on the vine, bright red and plump, looking simply delicious—but is it the right time to pick them? Tomatoes can be a bit tricky since their colors vary so much and they are often ripe before they are uniform in color. Pick a tomato too early and it is hard and not very sweet or juicy—too late and it becomes tough and flat tasting.

Ripening of tomatoes begins at the bottom so that’s a good place to start looking. If the skin of the tomato appears to be losing its waxy smoothness and the skin yields slightly to finger pressure, go ahead and harvest it. The shoulders (top) of the tomato are the last part to ripen and may not be the same color as the rest of the tomato, but that’s OK. Store tomatoes at room temperature, otherwise they will lose some of their flavor. If they are overripe, go ahead and put them in the refrigerator.

We have started our garden visits. If you have questions, call us or leave them on a piece of paper in a plastic bag in your garden so we can get you some answers. Hopefully we’ll get to see some of you too!

Did You Know…
Blossom end rot appears as a black spot on the bottom of your tomatoes. It happens when calcium is unevenly distributed in the soil. A simple solution is to sprinkle some powdered milk (which contains lots of calcium) around the base of the plant before watering and then water it in. Make sure to keep the soil around the tomato plant evenly moist, it will help the calcium to stay where it belongs.

TO DO THIS WEEK:
√ Be on the lookout for tomato horn worms.
√ Grass clippings will keep soil moist during dry spells. Spread clippings between your plants but keep them away from stems.

Did You Know…
Blossom end rot appears as a black spot on the bottom of your tomatoes. It happens when calcium is unevenly distributed in the soil. A simple solution is to sprinkle some powdered milk (which contains lots of calcium) around the base of the plant before watering and then water it in. Make sure to keep the soil around the tomato plant evenly moist, it will help the calcium to stay where it belongs.

Hello Gardeners,
This is the time of the growing season when many of you are seeing beans, squash, cucumbers, in fact a whole variety of vegetables just ready for picking—it’s what we’ve all been waiting for so enjoy them! Make sure you keep up with picking so that your plants will continue to produce crops. Pull out plants that are no longer productive and check your Growing Guide charts for crops that can be planted now so that you can harvest them in the fall.

The hot weather is here so make sure you keep your gardens watered.

We have started our garden visits. If you have questions, call us or leave them on a piece of paper in a plastic bag in your garden so we can get you some answers. Hopefully we’ll get to see some of you too!

Cindy and Kate

So When Can I Pick Those Tomatoes?
They are sitting on the vine, bright red and plump, looking simply delicious—but is it the right time to pick them? Tomatoes can be a bit tricky since their colors vary so much and they are often ripe before they are uniform in color. Pick a tomato too early and it is hard and not very sweet or juicy—too late and it becomes tough and flat tasting.

Ripening of tomatoes begins at the bottom so that’s a good place to start looking. If the skin of the tomato appears to be losing its waxy smoothness and the skin yields slightly to finger pressure, go ahead and harvest it. The shoulders [top] of the tomato are the last part to ripen and may not be the same color as the rest of the tomato, but that’s OK. Store tomatoes at room temperature, otherwise they will lose some of their flavor. If they are overripe, go ahead and put them in the refrigerator.

You can freeze tomatoes whole by rinsing, coring [removing the stem] and freezing on a cookie sheet. Once frozen, store in a reclosable bag in freezer and use them for soups and sauces.

Some final thoughts: Remove tomatoes that have fallen to the ground since rotting fruit will create disease and attract insects that might affect the tomatoes on the plant. And most importantly—enjoy!!!
Garlic—scare a vampire today!

When ¾ of the tops of the garlic that you planted last year have yellowed, it’s time to harvest. Check a single bulb by digging gently around it to loosen the soil, and then remove the entire plant. Try not to bruise or nick the bulbs, as they will not store as well. Bulbs should be well segmented and cloves easy to separate— if not they need to grow a bit longer (use the bulb you just picked in your next meal; fresh garlic is delicious).

Once you have dug up the bulbs, brush off excess dirt and spread them in a single layer on a screen or paper (or tie into bundles to hang) in a warm, dry, airy location out of the sun. After 2–3 weeks, when the bulbs are completely dry (outer skins are paper like), remove roots and tops leaving 1” of stem. Be sure they are completely dry: improperly dried bulbs will sprout. Store in a mesh bag (old onion bags work well) in a cool, dry location and use them as needed— delicious! Do not store unpeeled garlic in the refrigerator as it will cause the garlic to sprout.

Garlic is used in all kinds of cooking, from European to Asian, with vegetables, bread or meat. The finer a clove of garlic is chopped, the stronger it will be; and the longer it’s cooked, the milder it will be. So, crushed raw garlic is the strongest, and slow-roasted whole cloves are the mildest. If you’re worried about “garlic breath,” chew some fresh parsley along with your meal. And a little lemon juice will get rid of the smell on your fingers, as will rubbing just-washed hands on a chrome faucet (strange but true).

Here’s an easy way to roast garlic from www.homecooking.about.com: Preheat oven to 375 deg F. Take 2 heads (or more) of garlic, spread separated and unpeeled cloves evenly onto cookie sheet. Drizzle with oil and bake ~30 minutes, stirring occasionally until soft. Squeeze cloves onto fresh bread or into container and store sealed in fridge for up to 3 days.
Farm Stand Chopped Salad (serves 6)
(Prep the veggies ahead, but dress and garnish this colorful salad just before it comes to the table. This last-minute effort is worth it!)

1 yellow bell pepper and 1 red bell pepper, cut into 1/4-inch dice
2 ripe plum tomatoes, seeded and cut into 1/4-inch dice
1 carrot, cut into 1/4-inch dice
1/2 cucumber and 1 small zucchini, cut into 1/4-inch dice
2 scallions, sliced on diagonal
2 tablespoons chopped mint
2 tablespoons olive oil
1 tablespoon red-wine vinegar
1/2 teaspoon sugar
Salt and pepper, to taste
1 avocado, cut into 1/4-inch dice and tossed with 1 tablespoon of fresh lemon juice (for garnish)

Combine peppers, tomatoes, carrot, cucumber, zucchini, scallions and mint in a bowl. In a separate bowl, whisk together olive oil, vinegar, sugar, salt and pepper; pour over salad and toss well. Adjust seasonings to taste. Just before serving, sprinkle with diced avocado if desired.

This recipe comes from Sheila Lukins the food editor of Parade Magazine.

Sweet and Sour Green Beans
(Great for large quantities because it keeps in fridge for few days - great salad addition or by itself. Easy to double, triple, whatever.)

1/2– 3/4 pound green or wax bean cut into 1-inch lengths
2-3 tablespoons each oil and vinegar
1/4 cup sugar
1 tablespoon grated onion (optional)

Steam beans until tender crisp. Mix with oil, vinegar, sugar and onion. Season to taste with salt and pepper. Chill or eat while hot.

Adapted from Let’s Cook It Right by Adelle Davis

Chopped Eggplant Relish (2 cups)

2 medium eggplants (about 2 pounds)
2 tablespoons chopped fresh parsley
1 tablespoon fresh lemon juice
1/2 teaspoon paprika
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon pepper
2 garlic cloves, minced

Preheat oven to 400°. Pierce eggplants several times with a fork. Place eggplants on a baking sheet, and bake at 400° for 40 minutes or until tender (eggplants should be tender yet firm enough to chop). Cut each eggplant lengthwise into quarters; drain well. Peel eggplant; chop pulp.

Combine the chopped eggplant and remaining ingredients in a medium bowl; stir mixture gently.

Adapted from www.cookinglight.com
Zucchini and Tomato Casserole (serves 6)

1 shallot, very thinly sliced
3 pounds medium to large tomatoes
2 pounds zucchini
Salt and pepper to taste
1 cup Asiago or Parmesan cheese shredded (about 1/4 lb)
1/4 cup bread crumbs
1/4 cup olive or other vegetable oil
1/4 cup fresh basil leaves cut into thin strips

Preheat oven to 375 degrees. Spread shallots evenly over bottom on 9x13-inch baking dish. Core tomatoes and slice them about 1/2 inch thick. Trim zucchini and slice diagonally about 1/4 inch thick. Lay tomato slices in rows, alternating with rows of zucchini in baking dish (next to each other). Sprinkle with salt and pepper.

In small bowl, combine cheese, bread crumbs, oil and basil. Mix well. Sprinkle cheese mixture onto vegetables in stripes so you can see the contrast of the red and green. Bake casserole for 30 minutes or until the top is crisp and golden.

Adapted from Vineyard Harvest by Tina Miller and Christie Matheson

Kate’s Mom’s Blender Pesto (1 cup)

(This is wonderful on cooked pasta or as a base sauce for homemade pizza. You can also try parsley, dill or cilantro in place of basil. In addition, sunflower or pumpkin seeds whose hulls have been removed are delicious when used instead of the walnuts or pine nuts. )

2 cups fresh basil (lightly packed)
1/2 cup olive or vegetable oil
2 tablespoons pine nuts or walnut pieces
2 cloves garlic (lightly crushed)
1 teaspoon salt
1/2 cup parmesan cheese
3 tablespoons softened butter

Put basil, oil nuts, garlic and salt in blender, blend until smooth. Stop here if you would like to freeze your pesto (see Note below). When blended, beat in the grated cheese and then the softened butter by hand.

Before spooning over pasta, add about 1 tablespoon of the hot water in which the pasta was boiled.

Note: Pesto can be frozen! Just put the blended basil, oil, nuts, garlic and salt into ice cube trays (or muffin trays) and freeze for about 4 hours. The pesto cubes can be stored in plastic bags in the freezer and kept until you need a taste of summer. Add the rest of the ingredients after thawing.

Adapted from Mary Deyst

Neapolitan Zucchini Soup (serves 6)

7 small zucchinis thinly sliced crosswise
3 tablespoons butter or oil
6 cups water
Salt and pepper to taste
3 eggs
4 tablespoons grated Parmesan cheese
Bunch of parsley and basil, finely chopped
Croutons (optional)

Place the finely sliced zucchinis in a good-sized soup pot. Add the butter and cook slowly over low heat for about 5 minutes. Stir constantly. Add the water, salt and pepper. Bring to a boil and continue cooking until the zucchini slices are tender (about 20 minutes). Cover the pot.

While the zucchini is cooking, beat the eggs in a large bowl. Add the cheese, chopped parsley, and basil, and mix it all thoroughly.

Add the egg mixture to the zucchini and stir. Allow it to cook for another 4 or 5 minutes at most.

Serve hot, adding some croutons on top as a garnish

Adapted from Twelve Months of Monastery Soups, by Brother Victor-Antoine d’Avila-Latourrette

Fresh Tomato Salsa (2 2/3 cups)

4 medium tomatoes (about 1 3/4 pounds)
1 large onion
Vegetable cooking spray
2 teaspoons olive oil
2 tablespoons coarsely chopped seeded jalapeño pepper
3 garlic cloves, minced
1/4 cup chopped fresh cilantro
3 tablespoons fresh lime juice
1/8 teaspoon salt
1/8 teaspoon pepper

Core tomatoes, and cut each in half crosswise; push seeds out of middle section with thumbs. Set tomatoes aside. Peel onion, leaving root intact; cut into 6 wedges. Place the tomato halves and onion wedges on a broiler pan coated with cooking spray; broil 5 minutes. Turn vegetables over; broil 5 minutes or until tomatoes are tender and onion is slightly blackened. Trim root from the onion wedges. Place the tomatoes and onion wedges in a food processor; pulse 3 times or until chopped. Set aside.

Heat oil in a large nonstick skillet over medium heat. Add jalapeño and garlic; sauté 30 seconds. Add tomato mixture, cilantro, lime juice, salt, and pepper; cook over medium-low heat 3 minutes or until thoroughly heated.

Adapted from www.cookinglight.com
Stuffed Summer Squash  (serves 4)

4 summer squash or zucchini
4 tablespoons olive or other vegetable oil
2 cloves garlic, chopped
3 tablespoons chopped fresh herbs such as oregano, thyme, basil
1 cup bread crumbs
½ cup grated parmesan cheese
Salt and pepper to taste

Preheat oven to 400 degrees. Bring medium pot of water to a boil. Add a generous pinch of salt. Halve the squash lengthwise and drop them into the water. Cook for 5 minutes or until the squash are almost tender. With a slotted spoon, remove squash from water and leave them to cool. With a teaspoon, scoop out the flesh and transfer it to a bowl (leave enough flesh for the squash shell to remain intact).

Peel and dice tomatoes into ¼-inch pieces (peel by placing in boiling water for 1 minute, skins should come right off). Peel and remove seeds of 2 cucumbers (cut lengthwise and scoop out seeds) and chop into ¼-inch dice. Wash and trim pepper and scallions or onion and chop into ¼-inch dice. Mash garlic and mix in the vinegar and oil. Place all ingredients in large bowl and add tomato juice and broth. Add more salt and pepper to your taste. Chill. Slice remaining 1/2 cucumber and place 1 or 2 slices on top of bowls of soup when serving.

Adapted from Victory Garden Cookbook by Marian Morash

Swiss Chard Soup  (serves 4)

2 tablespoons olive or other vegetable oil
1 pound kielbasa or other smoked sausage, cut into ¼-inch dice
1 cup, chopped
2 carrots, chopped
2 cloves garlic, chopped
1 pound Swiss chard or other greens coarsely chopped (stems removed but reserved)
2 red potatoes, unpeeled and cut into ¼-inch dice
6 to 8 cups water or chicken stock
Salt and pepper to taste
1/2 cup barley

In large soup pot, heat 1 tablespoon oil over medium heat. Brown kielbasa, stirring often for 5 minutes. Remove it from pot and pour off excess fat. Add remaining 1 tablespoon oil to pot and cook onion, garlic and carrots, stirring often for 8 minutes. Coarsely chop Swiss chard stems and add to pot with potatoes, water or stock, salt and pepper. Bring to a boil. Add barley to pot, cover and reduce heat to let soup simmer for 1 hour. Add greens and kielbasa to pot, recover and simmer for another 30-45 minutes or until the barley is tender. Add salt and pepper to taste.

Adapted from Marcia Priestley via The Boston Globe

Chicken, Eggplant and Tomato Curry  (serves 8)

1 tablespoon curry powder
1 teaspoon salt
1 teaspoon paprika
8 (4-ounce) skinless, boneless chicken breast halves
3 teaspoons olive oil, divided
5 cups coarsely chopped eggplant (about 1 pound)
1 2/3 cups thinly sliced onion
1 1/2 cups (1/4-inch-thick) slices green bell pepper
3/4 cup tomato juice
1 teaspoon crushed red pepper
1 garlic clove, minced
4 cups hot cooked rice

Combine curry powder, salt, and paprika in a shallow dish. Dredge chicken breast in the curry mixture. Heat 1 1/2 tablespoons oil in a large nonstick skillet over medium heat. Add half of chicken; cook 5 minutes on each side or until browned. Remove chicken from pan. Repeat procedure with remaining 1 1/2 teaspoons oil and chicken.

Add eggplant, onion, and bell pepper to pan; cook 3 minutes or until vegetables are crisp-tender, stirring frequently. Return chicken to pan. Add tomato juice, red pepper, and garlic; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until chicken is done. Serve with rice.

Adapted from www.cookinglight.com
Zucchini Chocolate Bread

(A great way to get rid of any extra zucchini!)

1 3/4 cups sugar
3 eggs
1 cup vegetable oil
2 cups grated zucchini
1 tablespoon vanilla extract
3 cups flour
1/2 cup unsweetened cocoa powder
1 1/4 teaspoon salt
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon baking powder
1/2 cup chocolate chips (optional but very yummy)
1/2 cup chopped walnuts (optional)

Preheat oven to 350 degrees. Lightly grease 2 9x5-inch loaf pans. In a bowl, combine sugar, eggs and oil. Beat until well blended. Stir in zucchini and vanilla.

Sift together flour, cocoa, salt, baking soda, cinnamon and baking powder.
Add dry mixture to zucchini mixture and stir until just blended. Stir in chips and nuts if used and divide batter between pans.
Base loaves for 1 hour or until a toothpick inserted into the center comes out clean. Let loaves cool for 20 minutes. Turn them out onto wire racks and set them right side up to cool.

Adapted from The Classic Zucchini Cookbook by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman

Cindy’s Favorite Blueberry Crisp

(Hey, who said all the recipes had to involve vegetables! Besides, you need to have something sweet for the end. This recipe is great with just blueberries but mixing them with peaches or raspberries is terrific. I tend to add more fruit than called for—it’s a very flexible and forgiving recipe. Frozen fruit works just as well so this can be made any time of the year. Enjoy!)

6 cups blueberries
2 tablespoons brown sugar
1 tablespoon all-purpose flour
1 tablespoon fresh lemon juice
2/3 cup all-purpose flour
1/2 cup packed brown sugar
1/2 cup regular oats
3/4 teaspoon ground cinnamon
4 1/2 tablespoons chilled butter or stick margarine, cut into small pieces

Preheat oven to 375°.
Combine first 4 ingredients in a medium bowl; spoon into an 11 x 7-inch baking dish. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon, and cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Sprinkle over the blueberry mixture. Bake at 375° for 30 minutes or until bubbly.

Top each serving with frozen yogurt, regular yogurt, ice cream or eat just as is.

Note: Topping may also be made in the food processor. Place 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon in a food processor, and pulse 2 times or until combined. Add butter; pulse 4 times or until mixture resembles coarse meal.

Adapted from www.cookinglight.com
GROWING TIMES

Special Garden Photo Issue

Hello Gardeners,

We hope that you enjoy these images. Some photos were taken in May and some last week. We will continue to highlight your amazing work throughout the rest of the season. So if you have a particular image you would like to share with your fellow gardeners, please send it in.

One more thing, some of you have asked about canning and preserving. We will send out some freezing and preserving guidelines in a couple of weeks. However, we have found that the best source is the Ball Blue Book of Preserving (cost about $8). You should be able to find the book at the hardware store in the “canning section”. GPGP has received a donation of canning jars. If you would like some, please let us know.

Cindy and Kate
Special Garden Photo Issue
Growing Places Garden Project, Inc.
P.O. Box 237
Harvard, MA 01451-0237

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We’re on the Web!

www.growingplaces.org

“Growing Times” is produced by Cindy Buhner and Kate Deyst of Growing Places Garden Project.

Printed on recycled paper.
Powder mildew looks just like the name suggests: a gray powder-like coating that can appear on the leaves, flowers and fruits of your vegetables. It usually won’t kill your plants, but it can make them less productive and it can’t be cured. It does not need direct contact with water to grow; it just likes the warm days and cool nights of late summer.

What can you do?
1. For a small infestation, pick off the affected plant parts and throw them in the trash.
2. Slow down the disease by mixing 1 part cow’s milk with 9 parts water and spraying the stems and tops of leaves with the solution. Reapply after rain.
3. Prevent growth of mildew by mixing 1 teaspoon of baking soda in 1 quart of water and spraying stems and tops of leaves with the solution. Again, reapply after rain.

Did You Know…
Tomato hornworms can grow larger than your pointer finger? These voracious caterpillars can devour and entire branch of tomato leaves before you realize it. Look for leaf stumps and dark green droppings the size of peas on your tomato plants. The caterpillars should be nearby. Remove and destroy them.

TO DO THIS WEEK:
✓ Check your tomato plants for tomato hornworms
✓ Keep harvesting cucumbers and summer squash so that your plants will produce more.
✓ If your bush bean plants have no more flowers or baby beans, pull them out and plant something new like lettuce, carrots, radishes, spinach, Swiss chard and beets.

Hello Gardeners,
We hope you liked the recipe and photo issues of the newsletters. We now return you to our regularly scheduled newsletter!

August is powdery mildew season, the section below will show you what to look for and how to treat it. Check the “to do” list for August planting suggestions. In addition, we hope the tomato peeling tips and soup recipe will help you enjoy your harvest.

With all the heat and sun we’ve been having, it’s really important to keep your gardens watered. 2-3 good deep watering sessions should help you to get the “one inch of rain per week” that most of your vegetables need to grow well. Many shallow watering sessions will do more harm than good because they encourage your plants to have shallow roots. Vegetables with shallow roots are highly susceptible to drought.

Topics in this week’s newsletter were based on your phone calls and questions. Please keep them coming! They help us to figure out what we should discuss.

Cindy and Kate

Powdery Mildew or “Those Gray Spots on my Leaves”

Powder mildew looks just like the name suggests: a gray powder-like coating that can appear on the leaves, flowers and fruits of your vegetables. It usually won’t kill your plants, but it can make them less productive and it can’t be cured. It does not need direct contact with water to grow; it just likes the warm days and cool nights of late summer.

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Image courtesy Institut National de la Recherche Agronomique: www.inra.fr/Internet/Produits/HYP3/pathogene/6spahFu.htm
Information courtesy of Organic Gardening Magazine: www.organicgardening.com/feature/0,7518,s1-2-9-894,00.html
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**Peeled Tomatoes – a fast and easy way to prepare fresh tomatoes for pasta sauces, salsas, and other recipes, like the Summer Soup below.**

**You will need:**

1. 1 large pot (3-4) qt filled halfway with water. Bring to a simmer on medium low heat on the stove.
2. 1 large bowl filled halfway with ice water
3. As many fresh ripe tomatoes from your garden as you want to use

**Preparation:**

1. With a small **very sharp** knife, make a small “X” on the bottom of each tomato.
2. Working in batches of 3 or so tomatoes at a time, gently lower the tomatoes into the simmering water and let them stay there for about 1 minute.
3. Using a slotted spoon, transfer tomatoes into the ice water. You should notice that the skin has begun to split.
4. After about two minutes in the ice water, transfer the tomatoes to a bowl or plate. The tomato skin should peel easily.

**Note:** If you want “peeled and seeded tomatoes”, just split open the tomatoes and scoop the seeds out with a spoon. Then use the flesh in your recipe.

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**Summer Soup:**

This recipe comes from Jocelyne R. of Auburn, Maine

Makes 6 servings.

*This is an amazing soup. Kate made a test batch. It was so delicious that she made another batch the next day.*

*The easiest way to make this soup is to prepare the vegetables in the order listed in the “Ingredients” section and put them into the pot as soon as they are prepared (except the parsley, check that part). Then just put the pot on the stove and cook.*

**Ingredients:**

- 2 large tomatoes, peeled and sliced
- 2 medium onions, thinly sliced
- 2 garlic cloves, minced
- 2 large zucchini, sliced
- 1 med head of romaine lettuce, shredded
- 2 pounds fresh peas, shelled (or 10 oz frozen)
- 1 cup parsley sprigs, minced (or 1 teaspoon dried parsley)
- 2 Tablespoons fresh basil leaves, minced (1 teaspoon dried basil)
- 2 lbs fresh fava beans (or 10 oz frozen Lima or Edamame soy beans)
- ½ cup olive or other oil
- Salt to taste
- Freshly ground pepper
- Grated parmesan cheese

**Preparation:**

1. Place the tomatoes in the bottom of a 3-4 quart pot
2. Place the rest of the vegetables in layers into the pot in this order: onions, garlic, zucchini, lettuce, peas, half of parsley, basil and beans.
3. Sprinkle the remaining parsley and the olive over the vegetables. DO NOT STIR OR MIX.
4. Cook over moderate heat for 10 minutes, or until the vegetables release their liquid.
5. Season with salt and pepper to taste, then stir and mix the vegetables thoroughly.
6. Simmer covered over low heat, stirring frequently, for about 30 minutes or until beans are tender.
7. Do not overcook and do not add water unless soup is too thick.
8. Serve hot or lukewarm with parmesan cheese
Hello Gardeners,

Just wanted to share a funny story from a very close friend—the other day she was out in her garden and found a tomato hornworm eating her plants. Not just any old hornworm, but one that was longer than her middle finger and he had a friend of about the same size to boot! Well, she put one on the bird house hoping the bird in residence would have a nice supper for its babies, but the bird was too frightened by the size of the worm to even try a bite! Oh well.

The nice cool weather and rain brought some welcome relief to both people and gardens. More hot and dry weather is in the forecast, so make sure those gardens stay watered.

In other news, Cindy has never been hugely fond of eggplant but has grown it successfully this year and loved the recipe from the Globe. We also have a delicious baked eggplant recipe from a Clinton gardener. You can them both on Page 2.

We hope your are enjoying your gardens. If you need help or have questions, please let us know.

Cindy and Kate

What Is That Monster In My Garden?!

If you haven’t figured it out already, winter squash (butternut, acorn, delicate, pumpkins, etc.) take up a lot of room. If they seem to be taking over a garden bed, gently encourage them to run outside of your bed. You could also let them climb up your fence (and probably down the other side). You might have to unwind or cut some of the grabby curling tentacles they send out to help them cling, but don’t worry, it won’t damage the plant.

By now, you are likely to see some squashes forming on the vines. If you have any fruits on the part of the plant climbing up your trellis or fence, you can create a support or “sling” (just like you would do for a broken arm) out of cloth, mesh bags or old pantyhose. The fruits ripen for a long time on the vine, so don’t pick them. None of them will generally be ready much before mid-to-late September. The nice thing about these squashes is that most of them can be stored for several months—hence the name “winter” squash. We’ll write about this crop in a future issue.
THOSE PURPLE BEAUTIES—Eggplant
This is the first year that I (Cindy) have ever gotten eggplant to grow in my garden, so I’m pretty excited about this crop. Eggplants can be harvested when they are about 1/3—1/2 of their final size. Since most of you have traditional Italian eggplant, that would mean you can start using them when they are 2-3 inches long if you want a baby variety or wait until they reach 6-8 inches in length. The younger they are, the more tender they will be. Harvesting them young will also tell the plant to produce more fruits. Cut the stem between the fruit and the main plant with a knife or sharp scissors, leaving about 1 inch of stem still attached to the fruit. Harvest all eggplants when they are firm and have shiny skin. To make sure you are harvesting them in time, examine the eggplant’s seeds—if they are brown or hard, you waited too long.

Eggplant doesn’t store well in the refrigerator so use it quickly. You can also freeze eggplant. Wash, peel (or not) and slice 1/3 inch thick. Prepare quickly, enough for one blanching at a time. Blanch 4 minutes in 1 gallon boiling water containing 1/2 cup lemon juice. Cool, drain and freeze in Ziploc-type freezer bags leaving 1/2 inch headspace. To prepare slices for frying, place freezer wrap between the slices before packing into freezer bags. Eggplant also freezes well when in a stew or other recipe.

Baked Eggplant:
This recipe comes from Karen H. of Clinton, MA
Makes 4-6 servings
1 med-large onion
olive oil
2 or 3 small-medium eggplants
3 garlic cloves, crushed
3-4 medium tomatoes, peeled and chopped
3 tablespoons chopped parsley
salt and pepper to taste
2 teaspoons sugar
3 tablespoons lemon juice

Sauté the onion in a little oil. Add garlic, tomatoes, parsley, salt and pepper. Cook until mushy. Cut the stems off eggplants and cut in half. Lay in casserole that has a cover, cut side up. Spoon tomato mixture on eggplant, sprinkle with sugar, lemon juice, and ½ cup oil. Cover and bake in preheated 350 degree oven for 40 minutes, or until tender. Optional: When done, sprinkle grated mozzarella on top of eggplant.

Eggplant and Garbanzo Stew:
Recipe courtesy of Boston Globe
Makes 6 servings
3 tablespoons olive oil
2 onions, chopped into ½-inch chunks
2 gloves garlic, minced
1 teaspoon each ground coriander and ground cumin
½ teaspoon paprika
1 ½ teaspoons salt, or as needed
2 eggplants, diced into 1-inch cubes (6 ½ cups)
½ cup white wine
1 ¾ cups canned or fresh crushed tomatoes
3 cups drained, canned garbanzo beans (chickpeas)

In large pan over medium heat, heat oil, add onion and sauté until slightly soft. Stir in garlic, coriander, cumin, paprika and salt. Add eggplant and stir until well-coated with oil and spices and beginning to soften. Add wine and bring to a simmer. Add tomatoes and garbanzos and stir well. Bring to a boil, cover and reduce heat to low. Simmer, stirring occasionally for 40 minutes. Allow stew to cool for a bit and then serve warm. Great served over rice!
Many of you planted shallots this year and they should be nearly ready to harvest. Shallots are members of the onion family and therefore share many of the same characteristics. Shallots are great because you can use them once they’ve grown tall and green (about 30 days after planting)—you can snip part of the tops and add them to soups, stews or wherever you would use scallions. About 45 days after planting, you can dig up and use the small green bulblets in your favorite recipes.

But it’s best to wait until the tops start to turn brown and wither. Then, gently dig the shallot bulbs out of the ground, making sure not to damage them. Hang them in a well-ventilated location so they can dry out. When the bulbs’ outer skin has dried completely, cut off the tops, leaving about 1 inch of the stem, and then store them in a mesh bag (old onion bags work well) again in a cool dry location (just like onions). Replant the smaller bulbs and you will have a spring crop! Shallots have a mild though distinctive flavor (sort of a cross between garlic and onions) and can be used in place of or in addition to garlic and onions.
**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 more tender 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.
Hello Gardeners,

September is finally upon us which means cooler weather. As a result, your summer crops will produce more slowly

It also means that we will be dropping by your gardens with some more goodies—bags of compost and garlic (if you requested it). The compost is for you to spread on your beds—1 bag per bed—once you have finished with your garden for the season and removed all of the old plants. If you get garlic, put it in a safe place until late September. We’ll include a reminder in the bag on when and how to plant it. We’ll also include more about cleaning up your garden beds in another issue—you still have lots of eating to do!

Please let us know if you need any help or have any questions.

Cindy and Kate

Did You Know…
That the cucumber is believed to be a native of India? It spread from there to Greece to Italy and was brought to Europe by the Romans. The cucumber finally made its way to North America in the mid-16th century. Quite a trip!

Harvesting Those Winter Squashes

The winter squashes – acorn, butternut, pumpkins, etc – are starting to ripen. They are great sources of nutrition that last into the winter and possibly spring. They often store very well for several months in a cool dry location. Acorn, delicata and spaghetti squash should be eaten first, since they do not last as long in storage as butternut and buttercup squash. So how do you know when to harvest these squashes? Two important characteristics indicate that winter squash is ready to harvest:

- The stem starts to shrivel up and dry;
- The skin is so hard that you can’t cut it with your thumbnail. (Pumpkins are an exception as their skin tends to stay a bit soft even when ripe – the orange color is a good indicator, however.)

Cut squashes from vine with a sharp knife leaving 1-2 inches of stem. Store acorn, delicata and spaghetti squashes right away. Cure all other varieties in the sun for about 10 days to harden the skin for better storage. If there is a chance of frost, cover them or move them inside, then put them back outside to finish curing. Store when cured and eat at will!

To Do This Week:

✓ Continue to water garden though not as much as in August. Cooler weather means less water—but not no water!

✓ Pull plants that are no longer producing any vegetables for you.

✓ Plant lettuce and spinach just in case fall is mild.
THE CUCUMBER STORY

According to the history pages, the Roman Emperor Tiberius enjoyed cucumbers so much that he insisted on eating them at every meal. Cucumbers have been used in a variety of ways: rubbed over the skin to keep skin soft and white, as a healing agent for skin irritations such as sunburn and rashes and the juice is now popular as a cooling and beautifying agent for the skin. And you only thought they were for eating!

Cucumbers come in many varieties—some are more suited to eating (often called slicers) and some are more suited to pickling. They also grow as bushes and as vines. Cucumbers love warm temperatures and full sun. If cucumbers are kept well picked, they will produce a large number of fruits (yes, cucumbers are technically a berry). They also seem to go from a little finger-length to ready-to-pick in a matter of a day or two. Therefore, you need to keep checking to see if they are ready. If they aren’t picked and get too big, they signal the plant to stop producing and that is sad!

Pick cucumbers when they are of moderate size for their variety: for picking cucumbers that’s about 3-4 inches in length, for slicers pick at about 6-8 inches in length. Rinse in cool water and store in a plastic bag in the refrigerator. You can pickle slicers if you harvest them when they are small and young.

EASY SWEDISH CUCUMBER PICKLES:

This recipe comes from J.J. of Bolton, MA
Makes 4-6 servings.

2 cucumbers
2½ teaspoons salt
7 ounces of sugar
½ teaspoon pepper
2 Tablespoons fresh dill or 1½ teaspoons dried dill
2 cups white vinegar mixed with 2 cups water

If cucumbers have been treated with wax or oil, then peel them. Otherwise leave them unpeeled or score them lengthwise through the peel with fork tines. Slice the cucumbers and place in a colander to drain. Sprinkle each side with salt. Leave ½ hour.
Mix the sugar, pepper, dill and vinegar water.
Put the slices into clean glass jars and pour the vinegar mixture over the cucumbers. Chill overnight in the refrigerator.

MIDDLE EASTERN CUCUMBER-YOGURT SOUP:

A very easy no-cook soup from the Middle East also provided by J.J. of Bolton
Recipe adapted from Vegetarian Soups for All Seasons by Nava Atlas’ vegkitchen.com

2 large cucumbers, peeled and seeded
1 pint plain yogurt
1/4 cup finely chopped mixed fresh herbs such as dill, parsley and mint
1/12 cups low-fat milk, or as needed
1 teaspoon granulated sugar
1/2 teaspoon ground cumin
Salt and freshly ground pepper to taste
Juice of 1/2 lemon (optional)

Grate the cucumbers on a coarse grater, then place them in a colander. Place the colander over the container in which you serve the soup. Salt the grated cucumbers lightly and let stand for 30 minutes (the juice from the cukes will drain into the container and the cukes themselves will become pleasantly crisp).
Place the cumbers in the container with the cucumber juice. Stir in the yogurt, herbs and enough milk to give a slightly thick consistency. Stir in the sugar and seasonings, then add the optional lemon juice if you’d like an extra tangy flavor. Serve at once or refrigerate until needed.
Squash blossoms have a mild flavor similar to squash itself. They are often eaten in the late spring. However, as summer fades, we begin again to think of these flowers less as ways to make more squash and more as food themselves.

Prepare your squash blossoms by washing them gently and removing the stamens (the small fuzzy rods inside the flower). They taste best when eaten on the day they are picked.

There are many ways to eat them: sliced in salads, stuffed, or deep-fried. Yes, the male flowers have nice long stems that are used like handles for dipping the blossoms into batter and then into deep fat. If you are planning to eat squash blossoms in salad or stuffed, make sure to remove the stems.
MUSHROOM & SQUASH BLOSSOM SOUP

Adapted from Healthy Latin Cooking by Steven Raichlen (serves 4)

1 tablespoon olive oil
1 medium onion, finely chopped
2 cloves garlic
1 pound mushrooms, thinly sliced
16 squash or pumpkin blossoms, thinly sliced crosswise
1 tablespoon all purpose flour
1 can (14 oz) evaporated skimmed milk
3 1/2 cups Chicken stock or fat-free reduced sodium chicken broth
1/4 cup chopped fresh flat-leaf parsley

Heat oil in large saucepan over medium heat. Add onions and garlic, cook for 4 minutes or until onions are soft but not brown. Add mushrooms, cook stirring often for 6 minutes or until mushrooms are tender and most of the liquid has evaporated. Add blossoms; cook for 3 minutes or until wilted. Stir in flour; cook for 2 minutes. Stir in evaporated milk. Increase heat to high and bring to a boil. Stir in stock and return to boil. Reduce heat to medium-low. Simmer for 5-8 minutes or until richly flavored and vegetables are soft. Season with salt and pepper. Just before serving, stir in parsley; simmer for 1 minute more. Note: Substitute finely chopped pumpkin or butternut squash for blossoms and simmer for 10-15 minutes before adding stock if desired.

WHITE BEAN & COLLARD GREEN SOUP

Adapted from Healthy Latin Cooking by Steven Raichlen (serves 4)

1 tablespoon olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
1 ounce ham or bacon cut into 1/4” pieces
1 medium potato, peeled and cut into 1/2” pieces
1 can (19 oz) white beans, rinsed and drained
4 cups Chicken stock or fat-free reduced sodium chicken broth
1 bay leaf
8 ounces fresh or frozen and thawed collard greens or kale
Salt and ground black pepper

Heat oil in large saucepan over medium heat. Add onions, ham and garlic, cook for 5 minutes or until onions are soft but not brown. Add stock, potatoes, beans and bay leaf; simmer 5 minutes or until potatoes are almost tender.

Cut stems off collards and discard. Roll up leaves and slice crosswise into 1/2” slivers; add to soup, simmer for 5 minutes until greens and potatoes are tender. With back of wooden spoon, mash 1/4 of the beans and potatoes against side of pan to thicken soup. Simmer for 1 minute. Season with salt and pepper. Remove and discard bay leaf.
GROWING TIMES

GROWING PLACES GARDEN PROJECT, INC.

HELLO GARDENERS,

Compost deliveries will be starting this week so keep on the lookout for a pile of bags of compost beside your garden. There will be an instruction sheet inside a plastic bag probably tucked between the compost bags. This will contain the instructions for how to clean up your garden when the time is right. Please read through this and if you have any questions, give us a call.

We would also like to let you know that we are currently seeking clients for next year’s gardens. If you know someone who might be interested in receiving a garden from GPGP, please have them contact us so that we can send them an application. We have already filled several openings so the sooner we hear from them, the more likely they are be on our list for 2006! Our contact information is on the back of the newsletter. Many thanks!

Cindy and Kate

TIME TO PINCH THE FLOWERS

Since your garden is starting to slow down its production, you want to do whatever you can to finish ripening the fruits and vegetables that are currently in the process of growing in your garden. In order to do this, you can pinch off any blossoms that you might be seeing—use a sharp scissors or knife or even your fingers to remove the blossom from the stem. Removing the blossom will direct the energy in the plant away from trying to create a new fruit or vegetable and instead focus it on trying to ripen what is currently growing.

If there is a fruit forming at the bottom of the blossom don’t bother pinching off the blossom unless it’s a pumpkin, winter squash or melon. These will not have enough time to develop a fruit to full ripeness at this point in the season so you might as well remove the blossom and the forming fruit.

Good candidates for blossom pinching are pumpkins, winter squashes, melons, tomatoes, peppers and eggplants.
ZUCCHINI-LEMON MUFFINS

Adapted from Cooking Light

2 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
2 teaspoons grated lemon rind
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
1 cup coarsely shredded zucchini
3/4 cup skim milk
3 tablespoons vegetable oil
1 large egg

Combine the first 6 ingredients in a bowl, and make a well in the center of mixture. Combine zucchini, milk, oil, and egg; stir well. Add to flour mixture, stirring just until dry ingredients are moistened.

Divide batter evenly among 12 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until golden. Remove from pans immediately, and let cool on a wire rack.

Yield: 1 dozen (serving size: 1 muffin)

LEMON GARLIC DRESSING FOR GREENS

Adapted from the Tufts University Health and Nutrition Letter

2 tablespoons olive oil
1 teaspoon grated lemon zest
2 teaspoons lemon juice
1 clove minced garlic
2 cups cooked broccoli, green beans or greens (kale, chard, spinach)

Whisk olive oil, grated lemon zest, lemon juice and garlic together in a small bowl. Warm in microwave, if desired. Season with salt and pepper. Toss with cooked greens. (4 servings)

GARLICKY PASTA WITH FRESH TOMATOES AND BASIL

Adapted from Cooking Light

The garlic flavor is pronounced; reduce the amount to 2 cloves, if you prefer. If you can’t find campanella, try orecchiette, fusilli, or shells.

3 tablespoons olive oil
3 garlic cloves, minced
5 cups chopped plum tomatoes or other tomatoes (about 2 pounds)
6 cups hot cooked campanella (about 12 ounces uncooked pasta)
1/2 cup chopped fresh basil
1 1/2 teaspoons salt
1/2 teaspoon freshly ground black pepper

Heat olive oil in a large Dutch oven over medium-high heat. Add minced garlic; sauté 30 seconds. Add chopped tomatoes; cook for 2 minutes or until thoroughly heated, stirring occasionally. Add pasta, basil, cheese, salt, and pepper, tossing gently to combine.

Yield: 6 servings (serving size: 1 1/3 cups)
Hello Gardeners,

We’re taking on a slightly different form this week so that we can give you plenty of information on getting your gardens ready for winter. These cooler nights and now cooler days will cause your vegetables to ripen much more slowly and there are a few things to watch for as fall progresses.

We have delivered compost to many of you already. The rest of you will be seeing it very soon. You should also have found a note with instructions on preparing it for the end of summer. In case it was lost, we have included it below.

All GPGP gardeners will be receiving a survey with the next newsletter. We greatly appreciate your feedback, because it helps us to improve our work. Also, for those of you first-year gardeners who are interested in gardening with us again next year, this survey is your order form for the plants that you would like to grow next year. Without this survey, we will not be able to supply you with what you want, so please take the time to fill it out and return it. For you second-year and more senior gardeners, please fill it out too. We may have seeds to share and the survey will let us know you are interested in receiving them.

Thanks!

Cindy and Kate

Garden Cleanup

The gardens will producing less over the next month. When you no longer feel you are getting anything worthwhile out of your garden, here is what you need to do:

- Remove all dead plants and any decaying fruits and vegetables from the garden. Place them into garbage bags, and throw them away. Leaving them around will still allow the bugs to hibernate in the ground and eventually find your garden again.
- Remove the string that divides your garden into squares – it will disintegrate over the winter anyway and it’s easy to restring in the spring.
- Spread a nice thin layer of compost over each bed – 1 bag per bed. Just let it sit on the top; no need to work it in.
- At the end of October plant your garlic (this will be delivered later) – place a label so you know where it is.

NOTE: Plants that are still producing (root vegetables, kale, broccoli, lettuce—see table on next page) can be left in the garden for continued harvesting. Just spread the compost around these plants.

Something else you can do if you want to:
Mr. Frost Arrives

This is the time of the year where the word “frost” starts to appear in the forecast. Frost occurs at the temperature where water turns into ice, 32 degrees Fahrenheit or 0 degrees Celsius. It signals the beginning of the end for many of your plants. The warning signs of a potential frost are nights where the air is very still, there is no cloud cover, the humidity is low, and the evening temperatures are 45 degrees or less. Often you can avoid damage caused by frost by covering your beds with old bed sheets, old shower curtains, or row cover fabric (sometimes called Remay). If you cover your beds, try to create a tent so that the fabric does not touch the leaves of the plants. Since frost damage occurs because the plant can not replace the moisture that has left its leaves, make sure the soil around the plant is moist when a frost is expected. Moist soil holds and releases more heat than dry soil creating a more humid environment around the plant. The plant will suffer less water loss when the frost pulls the moisture from the plant’s leaves. If the next day is warm, remove the cover so your plants don’t cook.

Plants that have suffered damage from the frost are often dark green to black and wilted. The plants and the fruits or vegetables also look and feel like they are full of water. At that point, there is nothing you can do about them and they should be removed from the garden. Some crops actually taste better after a frost. These plants often survive a hard frost (see list below) and will continue to grow (slowly) into the late fall and early winter. Kate usually has parsley at Thanksgiving.

So when you hear about a frost coming to your area, consider what to do with the crops still in your garden. Protect them as best you can. Highly susceptible crops (see list below) should probably be harvested and brought inside so that all the produce is not lost. And keep your fingers crossed that Mr. Frost is late this year!

Information courtesy of www.almadenvallennursery.com

Cold Temperature Tolerance of Vegetables and Herbs
(courtesy of www.hort.perdue.edu)

<table>
<thead>
<tr>
<th>Tender (damaged by light frost)</th>
<th>Semi-hardy (tolerate light frost)</th>
<th>Hardy (tolerate hard frost)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>Beets</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Carrot</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Cauliflower</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Melon</td>
<td>Chard</td>
<td>Collards</td>
</tr>
<tr>
<td>Pepper</td>
<td>Lettuce</td>
<td>Kale</td>
</tr>
<tr>
<td>Pumpkin</td>
<td></td>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Tomato</td>
<td></td>
<td>Parsley, Oregano, Thyme</td>
</tr>
<tr>
<td>Basil</td>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Radish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spinach</td>
</tr>
</tbody>
</table>

BROCCOLI IS A HARDY VEGETABLE. CARROTS ARE SEMI-HARDY AND TASTE VERY SWEET AFTER A FROST
GROWING TIMES

Growing Places Garden Project, Inc.

THE WEATHER:
FROM WWW.WEATHER.COM

<table>
<thead>
<tr>
<th>Day</th>
<th>High</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>79°</td>
<td>56°</td>
</tr>
<tr>
<td>Wednesday</td>
<td>81°</td>
<td>60°</td>
</tr>
<tr>
<td>Thursday</td>
<td>79°</td>
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<tr>
<td>Sunday</td>
<td>64°</td>
<td>40°</td>
</tr>
<tr>
<td>Monday</td>
<td>67°</td>
<td>47°</td>
</tr>
</tbody>
</table>

Hello Gardeners,

These fall days and nights are truly wonderful! “Good sleeping weather” as Kate’s friends in Minnesota say. Your garden is also enjoying this time; the bugs are less numerous and the ground tends to stay moister. Keep your ears open for news of a frost in your area and be prepared to deal with your garden if you want to protect the plants that are still producing.

You will not be receiving a newsletter on October 10th or the 17th as we will both be unavailable. Just keep harvesting and tending your garden as you have been, pull the weeds to keep them from spreading seeds that will grow next year, pull plants that are no longer productive and enjoy the harvest. The newsletter on the 24th will be the last official newsletter of the season.

The survey will be coming soon!

Cindy and Kate

Did You Know…
That early frosts will often occur in valleys rather than in hilly areas? Cold air is heavier than warm and settles into the valleys while the warmer air rises to the hills. If you live on a hill, you might be lucky when the first frosts hit and not see any damage to your garden.

Vegetable Broth

Something for those cold winter months and 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 (add more if necessary)
3 carrots, sliced
2 turnips, sliced and diced
2 zucchinis, sliced
2 leeks, sliced
1 onion, coarsely chopped
2 celery stalks, sliced
1 small lettuce, coarsely chopped (or a few leaves of cabbage)
4 bay leaves
1 orange peel, minced (optional)
A few parsley sprigs, tied together
Black peppercorns to taste
Salt to taste

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.

TO DO THIS WEEK:
√ Harvest, harvest, harvest
√ Water only if we have a dry spell.
√ Remove rotting produce to avoid bug and disease issues.
Roasted, Mashed Winter Squash

Note: This is an easy way to prepare squash that can be eaten as a side dish or used in the pancake recipe below. Squash prepared this way can be easily frozen too.

2 medium size winter squash, such as butternut, acorn or pumpkin
1 tablespoon of vegetable oil

Preheat the oven to 350 degrees. Spread most of the oil evenly over a rimmed baking sheet. Rinse the squash and cut them in half with a sharp knife. Remove the seeds. Rub the cut sides of the squash with the remaining oil. Place the squash halves on the baking sheet with the cut side down. Place the pan in the oven and roast the squash for 45 minutes or until a fork penetrates the squash flesh easily. Let cool for 10 to 20 minutes.

Scoop the cooked squash flesh out of the skin and mash with a fork or potato masher until the consistency is smooth. You can also use a blender or food proces-

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 (canned pumpkin also works well)
3 tablespoons oil
1 cup milk
1 ½ cups flour (or ¾ cup unbleached + ¾ cup whole wheat flour)
¼ cup sugar
¼ 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.

Fried Green Tomatoes

Adapted from Jan in Harvard

A great way to use up those extra tomatoes that just won’t have time enough to ripen.

1-3 tbsp oil or enough for frying
Flour, preferably whole wheat but not necessary
Eggs with a little milk beaten in
Bread crumbs
Any spices you might like (oregano, basil, whatever)
Green tomatoes

Pour oil in pan and heat over medium heat. Mix together bread crumbs and spices. Slice the tomatoes into 1/4 to 1/2 inch slices (thinner slices tend to be crispier) and place them in the flour to coat both sides. Place them in the egg and then in the bread crumbs, again coating both sides. Put slices in hot oil. Fry until they are golden brown on bottom. Gently turn and fry on other side. Remove from pan and place on paper towel to absorb excess oil. Enjoy!
Hello Gardeners,

Despite that fact it’s almost November, we haven’t had the strong cold snap that usually marks the end of the gardens’ productivity. Instead, we’ve had a warm fall with plenty of rain so many of the cool weather crops (kale, chard, lettuce, carrots, etc) are still growing. However, all your tomatoes, eggplants, peppers, squash, beans and basil, have probably given up the ghost and can be pulled out. Many of these can be composted but not disease-prone plants such as tomatoes. Simply put those into a garbage bag to be taken out with the trash.

If you haven’t already done so, spread your compost on your garden beds—1 bag per bed. If you 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.

Garlic will be arriving in the next week or so if you requested it. Look for a little box that will arrive in the mail. The box will contain your garlic and the instructions for planting. Try to plant the garlic right away. It needs to go in by mid-November.

Visit local farm stands. Many of them still have winter squashes, potatoes and other vegetables that they want to sell quickly so that they can close up shop for the season. They often discount their prices heavily or sell large quantities at good prices. Go with a neighbor or a friend and stock up on vegetables that will keep well into the winter when stored in a dry, cool dark place. Or buy ingredients for vegetable stock, cook up a big pot and freeze it in freezer bags for use during the winter. Many vegetables can also be chopped up and frozen or quickly blanched and frozen. You can then add them later to soups and sauces. The possibilities can be endless!

Our gardeners’ survey is enclosed. Please, fill this out and return it to us. The information you provide is crucial as we try to figure out what we do well and what we need to improve upon. The survey is especially important for gardeners who started working with us in 2005. It is your 2006 plant and seed packet order form.

Finally, this is our last letter for 2005. It has been a pleasure working with you this year. 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 2006!

Cindy and Kate
**Butternut Squash and White Bean Soup**

*Courtesy of www.epicurious.com: Gourmet Feb 2003
Something delicious and warm for those cold winter nights ahead*

1 large garlic clove, minced  
2 tablespoons olive oil  
1/2 small butternut squash (1 lb), peeled, seeded, and cut into 1/2-inch pieces (2 cups)  
1 3/4 cups chicken broth (14 fl oz)  
2 cups water  
1 (16- to 19-oz) can white beans (preferably cannellini), rinsed and drained  
2 canned whole tomatoes, coarsely chopped  
1 teaspoon finely chopped fresh sage or 1/4 teaspoon dried sage  
1 oz finely grated Parmigiano-Reggiano (1/2 cup) plus additional for serving

Cook garlic in 1 tablespoon oil in a 3-quart heavy saucepan over moderate heat, stirring frequently, until golden, about 1 minute. Add squash, broth, water, beans, tomatoes, and sage and simmer, covered, stirring occasionally, until squash is tender, about 20 minutes. Mash some of squash against side of saucepan to thicken soup. Remove from heat and stir in 1/2 cup cheese and salt and pepper to taste.

Serve soup sprinkled with additional cheese if desired.

Makes 4 main course servings

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**Roasted Fries**

*Courtesy of www.epicurious.com: Gourmet Jan 2001*

3 large russet (baking) potatoes  
(1 1/2 lb), rinsed and patted dry  
1/4 cup vegetable oil  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
Accompaniment: ketchup or mayonnaise

Preheat oven to 500°F. Cut potatoes lengthwise into 1/3-inch-thick slices, then cut into 1/3-inch-wide sticks. Immediately toss with oil, salt, and pepper in a large bowl, then spread sticks in 1 layer in a large shallow (1-inch-deep) baking pan.

Bake in lower third of oven 15 minutes. Loosen potatoes from bottom of pan with a metal spatula, then turn over and spread out again. Bake until crisp and golden brown on edges, about 10 minutes more.

Makes 4 servings

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**Carrots Glazed with Balsamic Vinegar and Butter**

*Courtesy of www.epicurious.com: Bon Appétit Dec 2000
Good for a large group or cut in half for a smaller group*

1/2 cup (1 stick) butter  
3 1/2 pounds peeled baby carrots or regular carrots, peeled, cut into 2-inch pieces, halved lengthwise  
6 tablespoons sugar  
1/3 cup balsamic vinegar  
1/4 cup chopped fresh chives

Melt butter in heavy large pot over medium heat. Add carrots and sauté 5 minutes. Cover and cook until carrots are crisp-tender, stirring occasionally, about 7 minutes. Stir in sugar and vinegar. Cook uncovered until carrots are tender and glazed, stirring frequently, about 12 minutes longer. Season to taste with salt and pepper. Add chives and toss to blend. Transfer to bowl and serve.

Makes 10 servings.