HELLO GARDENERS!

This is the time of the growing season when there seem to be many things to choose from in the garden. If you have extra, many vegetables can be frozen or canned to keep for later. There are many good resources at your local library – Ball’s Blue Book is one of these; the internet is another. Or ask a neighbor, friend or relative who has experience to help you.

If you still have way too much to deal with, consider sharing your bounty with others – local food pantries and senior centers are often happy to receive fresh produce. Just make sure to call them before you bring your produce over. Enjoy. Cindy & Kate

TIPS ON...

**Maintenance**
Keep watering the garden – a good deep watering three times a week is better than a little every day.

**Pests**
Squash vine borers can be found at the base of your squash plants - see issue 8 of the newsletter tips on dealing with them. Plant more for a fall harvest if necessary

**Harvesting**
**Summer squash** and **zucchini** are ready to pick at 3-6 inches in length – smaller ones will be more tender. Use a sharp knife to cut the squash from the stem, for larger squashes you can often simply twist the squash and it will break away from the stem.

**Peppers** can be harvested green at any size you like or you can leave them on the plant to ripen even more to red (yellow or purple) – they will be sweeter (or hotter if they are hot peppers).

CROPS OF THE WEEK

**THESE MAY BE READY TO HARVEST…**
Cherry tomatoes, bell peppers, summer squash, squash blossoms, eggplant, zucchini, green beans

THINGS TO DO

- Harvest your garlic if you haven’t done so yet – think of a new space in your garden if you plan to plant more this fall.
- Remove string bean plants that are no longer producing – plant a fall crop of something else.
- Keep checking for quick ripening squash, beans, cucumbers – don’t let them get too big or they get tough and seedy – plants stop producing too 😞
Green and Gold Squash Casserole

1 medium onion, chopped
2 Tbsp olive oil
2 medium zucchini, grated
2 medium yellow summer squash, grated
3 eggs, beaten (or egg substitute)
1 cup cracker or bread crumbs
Grated cheese for topping

Preheat oven to 350. In large skillet, sauté onion in oil until soft. Add squash and sauté until much of the moisture disappears, about 15 minutes. Remove from heat and stir in seasonings, eggs and crackers. Blend well and place in a greased 9” pan. Top squash with grated cheese and bake for 45 minutes.

Cool as a Cucumber

Did you know that squash, melons, pumpkins, and cucumbers are all in the same family – called cucurbits? Moreover, did you know that these plants produce two different kinds of blossoms? One, called the “male” produces pollen that fertilizes the “female” flower.

Female flowers build the fruit after fertilization. They usually fall off before the fruit is ripe. There are many ways to eat cucumber blossoms – stuffed, sliced in salad, long-way and remove seeds. Rub the shell with oil, stuff with tomatoes, corn, or other handy veggies or cooked rice. Blend well and place in a greased 9” pan. Top squash with grated cheese and bake for 45 minutes.

Baseball bat zucchini? Cut it in half long-way and remove seeds. Rub the shell with oil, stuff with tomatoes, corn, or other handy veggies or cooked rice. Blend well and place in a greased 9” pan. Top squash with grated cheese and bake for 45 minutes.

Female blossoms are found close to the main stem and often have a recognizable “baby” squash (or melon or cucumber) at their bases.

The male flowers appear on the end of a long stalk from the main stem and are the first flowers that you will see on the plant.