

Community of Christ
Community Garden
Founded 2017

September, 2019 – Newsletter #15



GARDEN BREAKFAST GET TOGETHER
Date (a Sunday)/Time in October to be announced

Current and future boxholders, volunteers, and members of our community: Let's meet each other, chat, and complete new and renewal garden box sign-up paperwork.

VOLUNTEER OPPORTUNITIES AVAILABLE

If you or anyone you know is interested, please send a message to gratefulgardenssj@gmail.com or call/text 928-273-4544

- Tend food bank donation garden boxes & filling bird feeders (2x/week: 4 hours monthly)
- Manage composting (1 hour weekly)
- Water perimeter plants monthly (1 hour)
- Weed around perimeter plants and trees monthly (2 hours)
- Water trees weekly (6 hours monthly)
- Build new garden boxes as needed
- Assemble new compost bins per diagram (approx.. 4 hours/1x)
- Tend chickens: feed, water, clean enclosure, maintain structures (2x/week; 6-10 hours monthly)

CLASS - WONDERFUL WINTER VEGETABLES

Learn how to grow leafy greens, root vegetables, broccoli, cauliflower and more. And find out which ones will do great in containers!

Date: September 21, 2019

Time: 10:30 AM - 12:00 PM

Location: Martial Cottle Park at the UC Master Gardener Parcel

For Details, click [HERE](#)

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WHAT TO PLANT IN SEPTEMBER?



IF YOU PLAN ON RENEWING YOUR BOX FOR THE YEAR BEGINNING NOVEMBER 1, HERE'S WHAT WE CAN PLANT:

TRANSPLANT: lettuce, cilantro, fennel, kale, cauliflower, chard, leeks, artichoke, arugula, beets, bok choy, broccoli, cabbage, napa cabbage, collard/mustard greens, peas, spinach, turnips

SEED: arugula, beets, bok choy, napa cabbage, carrots, chard, chayote*, cilantro, collard/mustard greens, dill, fava beans, fennel, kale, lettuce, parsnips, peas, radishes, spinach, turnips

*Chayote is an edible plant belonging to the gourd family. It can be eaten raw or steamed, boiled, baked, stuffed, fried, and marinated. It is quite good for you, and is high in vitamin C, folate, fiber, and various trace minerals.

RECIPE OF THE MONTH

Tomatoes will soon be abundant in the garden – this is my favorite way of preserving my crop for the winter months for use in sauces.

ROASTED TOMATOES (can be frozen) NO NEED TO PEEL OR REMOVE SEEDS

Ingredients

- 4 pounds cocktail, Roma, plum, cherry or larger tomatoes
- 2 tablespoons extra virgin olive oil
- 6-8 cloves whole garlic or sprinkle with garlic salt
- 1/2 teaspoon kosher salt (not needed if using garlic salt)
- 1/2 teaspoon freshly ground black pepper

Instructions

Preheat the oven to 400°F. Line a rimmed baking sheet with aluminum foil.

If using cherry or cocktail tomatoes, you can leave the tomatoes whole. For plum or Romas, I first stem the tomatoes, then slice them in half lengthwise (larger tomatoes can be quartered). Remove the seeds by gently squeezing them out (if you feel like it), or remove with a spoon.

Lay the tomatoes, cut side up if cut in half, in a single layer on a baking sheet lined with foil. For cocktail, Roma, or plum tomatoes, roast at 400°F for 40-50 minutes or until the skin softens and begins to burst.

For cherry tomatoes, roast for 15-20 minutes.

Add whole to salads, grains, or rice; mash and spread on toasted crostini; or add the garlic and tomatoes to a blender and whiz until smooth for an easy pasta sauce (add other spices for your favorite pasta sauce).

For freezing:

1. Place a recipe-convenient amount of tomatoes with juice into your quart bags using a 1/2 cup measuring cup as your scoop.
2. Lay your bags flat so they stack more easily and thaw faster, and you are done!

Enjoy adding to your winter soups, make marinara sauce, or make tomato soup with croutons and top with Parmesan cheese for a delightfully warming meal.

REMINDERS

- ❖ **After watering please turn off the hose bib to prevent the hoses or water pipes from splitting.**
- ❖ **The annual garden box fee of \$50 will be due November 1**
- ❖ **If you won't be renewing your box fee, box(es) need to be cleaned out by October 31 to get the \$100 deposit refunded**

SEPTEMBER GARDEN TIPS

Pinch Tomato Blossoms

In September pinch new blossoms off tomato plants to direct the plant's energy into growing and ripening already formed tomatoes. It takes several weeks to go from blossom to fruit, so the tiny little yellow flowers that are just starting now are unlikely to have time to produce good quality tomatoes.

Carrot Culture

If you have a light fluffy soil, perhaps in a raised bed, you can grow those long beautiful carrots you see in the grocery store. However, most of us have a heavy clay soil and it is best to grow the shorter varieties. Adding organic material such as compost rather than manure is good. The seeds are very tiny and mixing sand with them will help you not over-seed. Plant no more than 1/2 inch deep. Carrots are slow to germinate and could take as long as 3 weeks. Keep the soil moist until they're up. Thin to 2 or 3 inches apart. Plant every few weeks for a continuous crop. If you have limited space, try growing in among your ornamentals, their feathery tops can look quite pretty. They can also be grown in a container. Some common problems are twisted roots from planting too close together, forked or deformed roots from clods and rocks in the soil, hairy root from too much nitrogen and splitting from too much water.

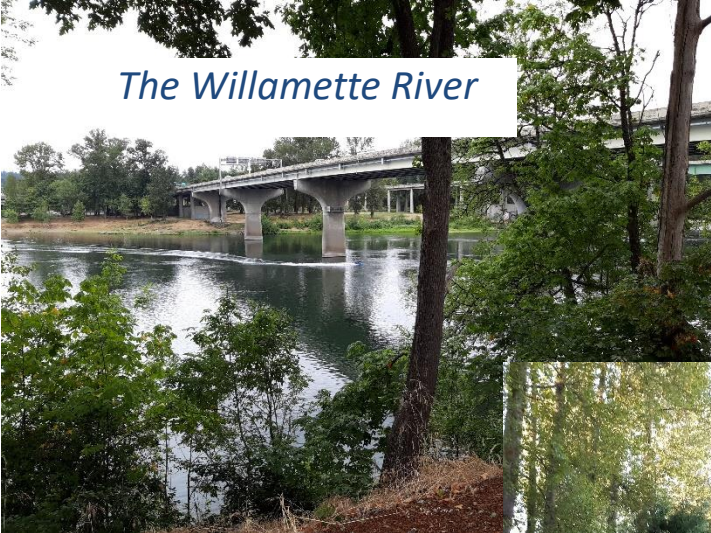
SUGGESTIONS FOR FUTURE ARTICLES?

Please email gratefulgardensj@gmail.com

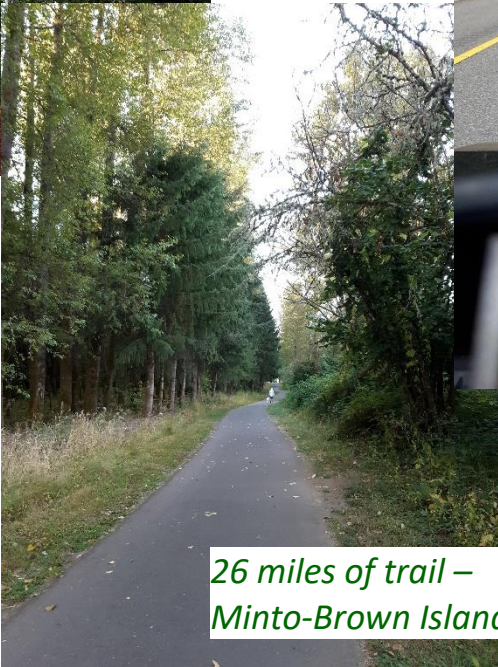


Will it be ready for pumpkin carving?

AND NOW, MY TRIP THROUGH OREGON.....



The Willamette River



26 miles of trail – Minto-Brown Island



Mt. Shasta (back to CA)