



The Giving Garden

Volume 4, Issue 7

October - December 2015



From The Board . . . Angela Glover

The switch from summer to fall is a welcome change for all of us. It was only a few weeks ago we had triple digit weather. Now mornings are cooler and many of our gardeners have already planted their beds with fall vegetables. Everything seems to be growing well, especially the broccoli in the community bed. If you haven't planted yet, this weekend is an ideal time as temperatures are going to be in the 80's. See Martha for seeds and don't forget to water, water, water.

It's satisfying to see our weekly harvests that started from transplants and seeds grow and transform into healthy vegetables. Most of all, it nice to know we've donated 1,146 pounds to Christian Community Action (CCA) and 283 pounds to Aldersgate Food Share Program for a total of 1,429 pounds harvest this year. However, keep in mind this is only half of what was picked as gardeners keep 50% of their harvest for personal use.

October is a busy month for the Garden as we prepare for our Annual Garage Sale on Saturday, October 10th. If you haven't already, please sign up. Also, we will start collecting items on Wednesday, October 7th.

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Brussels Sprouts Tips



Brussels sprouts belong to the cole crop family (*Brassica oleracea*), which includes cabbage, broccoli, cauliflower, collards, kale, and kohlrabi. Brussels Sprouts are a long season crop that actually tastes better when hit with a slight frost. So although they are a late harvest, they are a relatively long one.

Brussels sprouts need more boron than most other vegetables. Boron is a plant nutrient used in minute quantities by all plants; without it, Brussels sprouts develop hollow stems and small buds. If your plants have shown these symptoms, you can add boron to the soil by dissolving 1 level table-spoon of borax (such as 20 Mule Team from the grocery shelf) in 5 quarts of water and sprinkling it evenly over 50 square feet of bed. DO NOT be tempted to mix more, because too much causes problems. Also, do not apply unless your plants have shown the deficiency symptoms just mentioned.

Sprouts first form at the bottom of the plant and continue forming toward the top for several weeks. Brussels sprouts are ready to harvest when the tiny heads are firm, green, and 1 to 2 inches in diameter. Remove sprouts by twisting them until they break away from the plant. As you remove the lower sprouts, you can also remove yellowing leaves; the plant continues to grow upward, producing more leaves and sprouts. The plant will withstand frost and can be harvested until a hard freeze strikes. The best-quality sprouts are produced during sunny days with light frosts at night. As winter approaches, you can trick the sprouts into maturing all at once by cutting off the top six inches of the plant about 3 weeks before you want to harvest. The leafy tops are also edible and can be cooked as greens.

- Fertilize three weeks after transplanting
- Do not wash the sprouts before storing them, only right before use.
- Keep in plastic for up to 5 days in the refrigerator.

Brussels Sprouts Tips Cont.

- Protect the plant by mulching with straw or providing a cover if you plan to harvest into the winter.
- Sprouts that develop in hot weather (in spring or during a warm fall) often do not form compact heads.
- Sprouts turn bitter when they have been left on the plant too long or if the weather is hot when they mature.

For more facts on Brussels sprouts go to:

http://gardening.about.com/od/vegetables/a/Brussels_Sprout.htm

<http://bonnieplants.com/growing/growing-brussels-sprouts/>

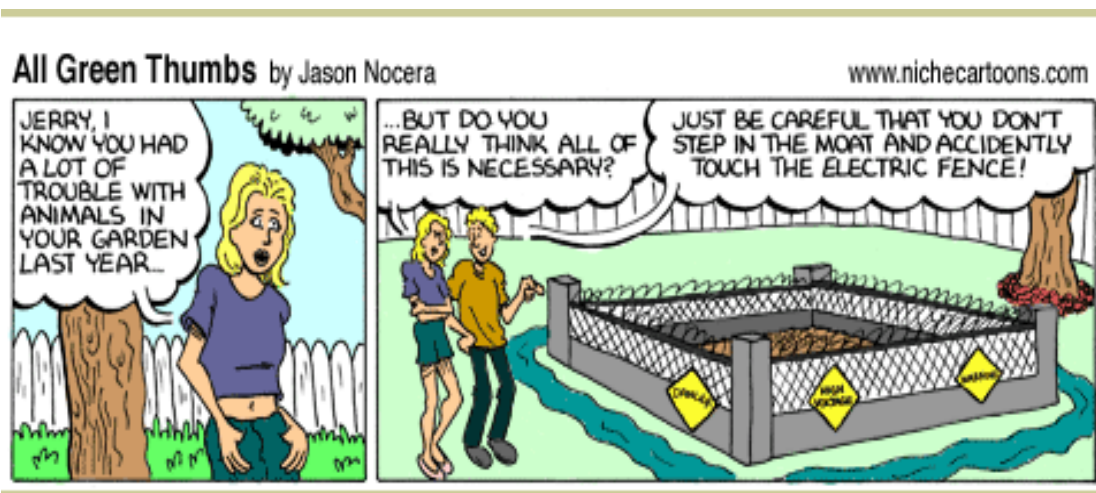
Organic pest controls:

<https://www.youtube.com/watch?v=aP98b451P68>

<https://www.youtube.com/watch?v=Tk8eP9--O0Y>

<https://www.youtube.com/watch?v=SbzXQv-tfuE>

<https://www.youtube.com/watch?v=nbZuz-b2k64>



Thanks to *The Giving Garden's* Bunny Brigade (Carolyn, T.C., Karen P, Martha, Laura, Eileen, Brenda, Becca, and Lisa) we won't need to be this creative.

Kale Salad *By Laura Margadonna*



Had a great kale salad at Cheesecake Factory and found a copycat recipe on the Internet. The menu lists ingredients of apples, marcona almonds, golden raisins, green beans and Buttermilk-Black Pepper Dressing. The “copycat” recipe doesn’t have exact measurements so adjust to your taste.

A couple handfuls washed fresh Kale cut into bite-size pieces
1/2 granny smith apple chopped into bite-size pieces
Small handful of golden raisins (could use dried cranberries)
Small handful of almonds (slivered or chopped)
Black Pepper Dressing
Big handful of green beans cut into 1 inch pieces

Dressing: Use 2 tablespoons of prepared buttermilk ranch dressing or prepare as follows:

Black pepper buttermilk dressing:

1/2 cup buttermilk
3 Tbsp mayo
Salt and pepper
1 clove garlic minced (omit if you don’t like garlic)

Add the buttermilk, mayonnaise, garlic, ½ teaspoon salt, and ¼ teaspoon pepper to a mason jar and shake until fully combined (or whisk in a bowl if you don't have a jar or emulsify in a magic bullet). Toss into salad and mix.

Butternut Squash *by Martha Grizzel*



- 1 butternut squash (2 lbs.)
- 1 cup water
- $\frac{3}{4}$ cup shredded sharp cheddar cheese
- $\frac{1}{2}$ cup sour cream
- 1 tbs. chopped chives
- $\frac{1}{8}$ tsp. paprika
- 6 Ritz crackers – crushed (about $\frac{1}{4}$ cup)
- 1 tbs. butter, melted

Heat oven to 425 degrees. Cut squash lengthwise in half; scoop out seeds. Add water to a 9 x 13 inch baking dish; place squash, cut sides down in dish. Cover. Bake 40 min. or until squash is tender when pierced with fork. Cool 10 min.

Transfer squash to cutting board; drain liquid from dish. Scoop out squash into medium bowl, leaving $\frac{1}{4}$ -inch thick shells. Add cheese, sour cream, chives and paprika to squash flesh; mix well. Spoon into shells. Mix cracker crumbs and butter; sprinkle over squash. Return to baking dish.

Bake 22 to 24 min. or until heated through.

Hidden Garden Dangers – *Laura Margadonna*

I found this in a newsletter I receive from <http://gardening.about.com> and expanded on it a bit.

Keep Your Tetanus Shot up to Date



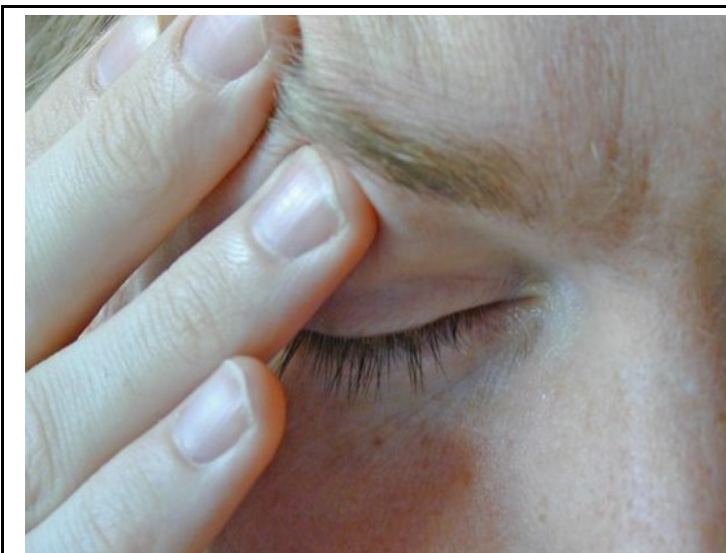
Did you know gardeners are a top at-risk group for tetanus? It's probably no surprise, with all those scratches and cuts we incur.

Tetanus is an infection that is caused by a bacterium. When I was young, the big concern was stepping on a rusty nail. But the tetanus bacteria exists in the soil and in common gardening products like manure. It can enter the body through any break in the skin, even a jab from a rose thorn.

It's not enough to be careful when using sharp tools or walking barefoot. Gardeners are always getting scraped and then poking about in the soil. I dropped my pruning shears which scratched my leg on the way down.

The CDC recommends that you keep your tetanus vaccine up to date with a booster every 10 years

Rubbing Your Eyes



You don't have to have allergies to get itchy eyes, while working outdoors. Dust, fuzzy leaves, and bug spray can all irritate your eyes. There's a temptation to give them a quick rub with your hands, but even if you're wearing gloves, your hands probably have even more allergens on them. Resist that temptation. I try to always have a couple of paper towels or a clean bandana with me to blot my face. Wear sunglasses or safety goggles if spraying insecticides, or using power tools like the chipper.

Don't touch your eyes while gardening.

Trip Hazards



There are always trip hazards in the garden, from wayward hoses to tools. It helps to flag anything that will be permanently sticking out of the ground, like irrigation faucets and hose guards, especially in a frequently walked area.

If you use wooden stakes to support plants, it's easy to forget they are there and poke yourself. We have had a couple of sprained/broken ankles in the garden caused by stepping in a hole (since filled in), tripping on a cage, and slipping on the wet grass while wearing flip flops. Even if you are just running in to water, always wear safe, sturdy shoes.

Standing Water and Mosquitoes



Don't let water pools sit indefinitely in things like pot saucers, watering cans, open rain barrels, bird baths and buckets. Make sure you either drain or clean and refill them every couple of days. The birds will thank you and your skin will be relieved.

Obscured Hat View



At first glance, this seems like a ridiculous caution, but I've seen some serious head banging caused by the obstructed view of a sun hat. By all means, wear a hat in the garden. Nothing will save the skin on your nose and the back of your neck like a wide brimmed hat. Just move with caution. Your peripheral vision will be compromised by a hat.

Places to be particularly careful include near fences and compost bins and around long handled tools.

Meet the Gardener Brenda Vaughan. . . (Bed 3)



I wanted to join The Giving Garden to learn from other gardeners and to assist our community.

- Lives in Carrollton, married with 2 beagles. Employed as a video editor at AAFES.
- My favorite thing about belonging to the Giving Garden is helping our community and learning from other gardeners.
- The three adjectives my family and friends would use to describe me are Type A, passionate, and bubbly.
- My favorite vegetable is the tomato, which is actually a fruit.
- The last movie I saw was Real Steel.
- What inspires me to garden is a desire to learn, helping our community and growing organic food.
- My favorite hobby besides gardening is watching baseball and football.
- If I could travel anywhere I would go to New York, Washington, DC, Vancouver and many more places.
- I wish I knew how to speak Spanish.

Meet the Gardener . . . Rebecca (Becca) Vaughan (Bed 3)



I wanted to join The Giving Garden because I wanted to be able to learn more about gardening because what I was doing at home wasn't working.

- Lives in Carrollton with her dog, Keilee
- Employed as a Wellness Coach with United Healthcare.
- My favorite thing about belonging to the Giving Garden is giving back to the community and growing organic food.
- The three adjectives my family and friends would use to describe me are laid back, caring, smart.
- My favorite vegetable is the tomato; I'm a vegetarian so I like most of them.
- The last movie I saw was Fed Up
- What inspires me to garden is it lets me be outside and grow my own food.
- My favorite hobby besides gardening: music and anything outside.
- If I could travel anywhere I would go everywhere in the US and the world, Grand Canyon and Iceland to Tibet.
- I wish I knew how to speak other languages and travel the world for a living.



*Temperature Dip
Means It's Time
To Dive into Fall*

If you have not planted your bed for fall, please hop to it! The bunny is gone, so it's safe! You can still plant transplants of Cole crops such as broccoli, cabbage, beets and Brussels sprouts, as well as carrots, garlic, lettuce, most greens, radishes, English peas, spinach and turnips. Remember that seeds will need to be kept moist in order to ensure good germination. So sprinkle them daily if there is no rainfall.

Our first frost of the year is expected in mid-November and plants need to be in ground now so they can establish a strong root system before then. In years past, we typically have been able to continue donating up to and into December depending on the weather. **But time is running out!**

Vegetable Variety Selector Recommended Varieties for Denton County

Broccoli

Variety	Days to Harvest
Bonanza	55
Early Dividend	45
Green Comet	40
Packman	50
Premium Crop	55

Cabbage

Variety	Days to Harvest
Ace	78
Early Jersey Wakefield	53
Ruby Perfection	75

Collards

Variety	Days to Harvest
Champion	70
Flash	55
Georgia Southern	75

Mustard

Variety	Days to Harvest
Florida Broadleaf	40
Savanna	35
Southern Giant Curled	50

Brussels Sprouts

Variety	Days to Harvest
Diablo	110
Royal Marvel	120
Tasty Nugget	78

Cauliflower

Variety	Days to Harvest
Alverda (Green)	68
Brocoverde (Caul/Broc)	68
Majestic	66
Snow Crown	60
Violet Queen (Purple)	64

Kale

Variety	Days to Harvest
Dwarf Blue Curled Scotch	55
Dwarf Blue Curled Vates	55
Nero di Toscano	50
Rebor	50

Spinach

Variety	Days to Harvest
Bloomsdale	45
Melody	42
Space	40
Tyee	53

Source: Texas A&M Agrilife Extension Link: aggie-horticulture.tamu.edu/

Hidden Garden Dangers Cont.

Keeping Yourself Safe



Last but not least, always be aware of your surroundings while at the garden, especially if you are alone.

Someone took my fanny pack off the table under the pergola while I was at the back of the garden. They stole my cell phone and cash but left my wallet with credit cards and drivers license and car keys. I was really upset, but it could have been worse.

You may have noticed we often have people from the apartments cutting through the church parking lot to Kroger's and I have thought before about people walking by and seeing my stuff laying there and I should have known better. I wanted you all to know to just be aware and either leave your valuables locked in your car or carry them on you to keep them safe.

What to Plant in October

Cool season vegetables such as lettuce, spinach and arugula. Here is the suggested fall [vegetable planting schedule](#). North Central Texas is in Region III.

Garlic at the end of the month.

NOTE: The great thing about garlic is you can plant it and mulch with straw and it grows through the winter into summer when you harvest. You can order from catalogs or purchase at local nurseries. For the past couple of years, we have planted garlic using some saved from the previous harvest.

<http://gardening.about.com/od/gardendesignwithherbs/qt/Harvesting-Garlic.htm>

<http://awaytogarden.com/the-tricky-matter-of-when-to-harvest-garlic>

Storing Winter Vegetables . . By Angela Glover

Ever wonder what ideal storage conditions are for certain produce? Below are simple guidelines on how to store our winter harvest. Some of the tips were taken from Riverland Farms Newsletters.

Vegetables- such as carrots, parsnips, beets, turnips, rutabaga, radishes and kohlrabi are best when kept in the refrigerator. They need high humidity in order to stay crisp, so put into a plastic bag first with a few drops of water. It's recommended you leave a tiny bit of air circulation though, so don't use a twist tie on the plastic bag, just leave the top open. According to Riverland Farms these crops can easily keep until May under the right conditions. Also, a garage is an ideal location for storing crops. Keep them in a large Tupperware container to discourage rodents and cover with a blanket to keep from freezing if needed.

Sweet Potatoes- It's important to keep at room temperature (above 50 F) as cooler temperatures will result in chilling injury to this tropical root. Keep the sweet potatoes in paper bags or baskets out of direct sunlight.

Butternut Squash and other Winter Squash - Keep cool and dry. According to Riverland Farms squash was kept under beds in the upstairs of farm houses where the temp was always above freezing but not very hot either. I guess the refrigerator will have to do in Texas.

Potatoes- Keep refrigerated for long-term storage. However, it's recommended you leave the potatoes at room temperature for a week before eating. This allows the starches to convert back to normal. If kept within 40- 60 F range the potatoes will keep for weeks.



“Raise your words, not your voice. It is rain that grows flowers, not thunder.”



The Educational Corner

Garden Tip #1 - Caterpillars are one of the primary pests of fall vegetable crops such as broccoli, cabbage and others. They are easy to control if you catch them early. Look for tiny green worms on the undersides of leaves. Use a spray of Bt (*Bacillus thuringiensis*) and be sure and apply to both sides of the leaves. Once the worms ingest some of it, they get sick and die. Bt is not toxic to humans, pets or most beneficial insects.

Gardening Tip #2 - when Handling Squash cut, don't pull, squash, pumpkins, and gourds from their vines. Leave a 2 - 3 in. stem and don't use it as a handle. Handling the stem will loosen its connection to the fruit and create an opening for infection, which will lessen the storage life.

Gardening Tip #3— Inexpensive Tarp Substitute such as old vinyl tablecloths make good, lightweight substitutes for a tarp. Use them vinyl side down, for easy dragging across the lawn. Most are even machine washable. You can often find them at dollar stores and other discount shops. Plastic showers curtains also work.

The 2015 Fall Garden Fest will be held from 9 a.m. until 3 p.m. on Saturday, **October 3**, at the Trietsch Memorial UMC Family Life Center, 6101 Morriss Rd., Flower Mound. Admission is free. Educational booths will cover everything from bees, worms and Monarch butterflies to vegetable gardens, herbs, trees, waterfalls and water conservation. Presentations begin at 9:15 a.m. and run until 3 p.m. Topics include planting for the North Texas climate, composting, ponds, aquaponics gardening and propagation techniques. The event will feature a silent auction, and refreshments will be available from members of the 4-H Club. For details, visit dcmga.com, look for the Denton County Master Gardener Association on Facebook or call 940-394-2883.

Homemade Seed Tapes . . Submitted by *Laura Margadonna*

Seed tapes are much easier to plant than individual tiny seeds like those for turnips, lettuce, spinach or carrots. It is also much quicker and easier to plant via the seed tape method when the wind is blowing and it's cool outside. If you space them correctly, it will save time and effort later when you usually have to thin plants where the seeds were planted too close together.

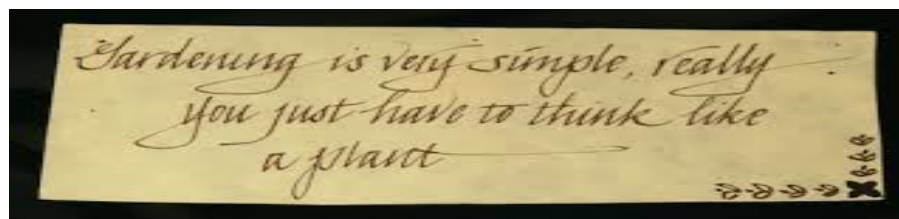
I made seed tapes last year for lettuce and turnips and they worked very well. I used 4' lengths of toilet tissue and Elmer's glue, the water soluble kind. Be sure to label on outside after you have rolled them up. Our planting dates would be different from those mentioned in the video below. The expected first frost dates for our area this year are November 21-30, 2015.

<http://www.youtube.com/watch?v=-w6JoJH4FPo>

Thank You Notes

Thanks to *Megan Bearden* who donated several rakes, shovels, a weed whacker, hedge trimmers, branch trimmers, a handsaw, and a huge bucket to *The Giving Garden*.

Thanks to *Strong Nursery of Carrollton, Texas* for donating numerous seed packages. If you are looking for seeds for your fall or spring garden please contact *Martha Grizzel*.



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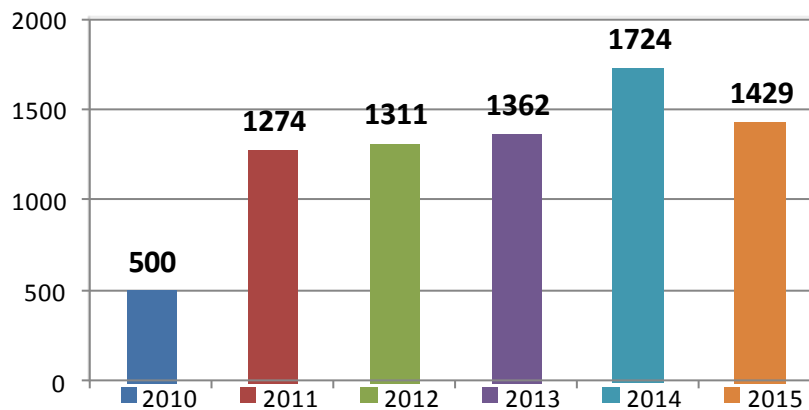
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About The Giving Garden of Carrollton

The Giving Garden of Carrollton is a non-profit community garden that is jointly developed by Keep Carrollton Beautiful and Aldersgate United Methodist Church (AUMC). The goal for the community garden is to provide a sustainable community garden opportunity for the citizens of Carrollton, without regard to demographic or socioeconomic status.



Share the Harvest Donations



Total Pounds Per Year