



**Patty's Garden 2008**



# Patty's Plants August Newsletter 09

## Summer Vegetable Garden Care

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I'm writing this newsletter at the end of July. So far we haven't had the kind of weather that my tomatoes love. (Hot). The night temps haven't made it in to the 60\*s yet., which is very disappointing to me. I really want to have my heirloom tomato and veggie taste testing day on the same day as our Milton Chicken Bar-B-Que/ Craft Fair on August 16th. I will have some veggies for sure but at this point it is hard to tell if my tomatoes will be ripe by then. I will however have my homemade salsa and chips for tasting. In this newsletter you will find one of my secret salsa recipes. Oops, the secret

is out! I will have gardening tips to help you keep your garden healthy and you happy with all your hard work. I will show and tell you my sad story of 21 tomato plants I planted on some land my neighbors let me use. (I won't be using those tomatoes). There will be a couple more recipes from me and a few from my customers.



**Home grown is the best!**

Hope you enjoy!

*Patty*

### Recipe Sharing

- If you have a refreshing summer recipe and would like to share it, I will post it in my September newsletter or on my web-site at :
- [www.pattysplants.com](http://www.pattysplants.com)
- Just e-mail me at;
- [patty@pattysplants.com](mailto:patty@pattysplants.com)

## Summer Vegetable Garden Care

In summer our vegetable gardens should be hitting full stride, hopefully giving us lots of yummy, healthy fresh produce than we know what to do with. It must also be a time when we need to keep a watchful eye, giving plants all the care they need to keep them producing on into fall. Watering, harvesting, weeding are all things we need to be diligent about.

Lets not forget about insects and diseases, they will want to take over so we must check our gardens every day during this time in summer.

Check out page 2 for tips to keep your garden growing through the heat of summer.

(If we get the heat).

# Helpful Vegetable Gardening Tips

**Water regularly-** If you let vegetable plants dry out, many will stop producing, the quality of the harvest will suffer; tomatoes, peppers and eggplant will get blossom-end rot, cucumbers will be bitter-tasting, ears of corn will not properly fill out and beans will be tough and stringy. So you must keep the soil evenly moist, especially during hot spells. Water deeply, a good rule of thumb is to give at least 2 inches of water a week in the months of July, August and September. **Remember:** It is much better to water the garden well once a week rather than to sprinkle it daily. You'll have stronger longer roots this way. Light, frequent waterings are not recommended because it creates shallow roots that won't be as strong in summer storms and high winds. The garden may be watered by using sprinklers (I don't care for this way because I believe it spreads more diseases. Soaker hoses, letting water run between rows slowing or by cutting a large bottle or milk jug, tipping upside down, place it next to the base, fill it with water and let it water slowly. If you have a small garden use a water wand and get close to the base of the plant.

**Mulch-** I don't like to weed so I put a 2 to 3 inch layer of organic mulch down. You can

use grass clippings (as long as it hasn't had any weed killer on it), compost or straw around the base of plants to keep the soil cool, reduce evaporation and best of all keep the weeds down. **Note:** Straw has less weed seeds than hay. I have used grass clippings, hay and straw. I like the grass clipping the best. I put the fresh grass around the edges of the garden first to let it dry slightly, then place it around the plants.

**Pull weeds-** If you don't use a mulch, don't let the weeds get the upper hand. They compete with vegetable plants for light, water and nutrients. There is no reason to waste fertilizer on weeds. And they usually win the competition, especially when it gets hot and dry.

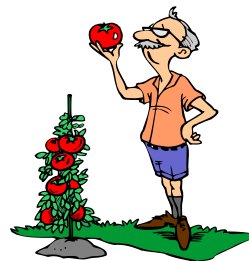
**Harvest Often-** Most vegetable plants, including beans, cucumbers, squash, peppers, and eggplant will stop producing if not harvested frequently. Harvest every 2 or 3 days. Freeze or can at this time. Share your bounty with neighbors or if you have more than you need, donate to your local food pantry.

**Keep Planting-** Where growing seasons are long, there's still

time to make another planting of quick maturing summer vegetables like, beans and squash. Towards mid-month, sow seeds of cool-season crops like broccoli, cabbage, cauliflower, lettuce, spinach and radishes. All will mature in fall.

**Fertilize-** Keep late ripening vegetables growing vigorously with occasional applications of a good organic fertilizer. Like Peace of Mind fertilizer for tomatoes and other veggies. But don't overdo it with plants that are already producing. Over-fertilizing vegetables such as tomatoes can reduce yields.

**Control Insects and diseases-** Keep a close eye out for build-ups of insect pests and diseases. If you have a few insects, you can hand-pick and destroy (stomp on them or drop in a jar of soapy water) tomato hornworms, cucumber beetles and grasshoppers whenever you see them. Veggie Pharm and Neem oil, are natural insecticide, miticide and fungicide products. Monterey Garden Insect spray is OMRI approved. Made with Spinosad a natural occurring soil microbes. Rotenone and Copper Sulphate is also natural, not OMRI approved. With any products even organic and natural ones you still need to use caution.



*Inspect for insects and diseases*

**Sun Shine Pickles Submitted by Michelle Kolinski**



**Just like sun-tea.  
Easy to make.  
These are really  
crunchy & yummy!**

2 heads dill in bottom of jar  
Slice pickles lengthways (put in jar)  
Boil:  
7 c. water  
2 c. white vinegar  
1/2 c. canning salt  
1/2 tbsp. mixed pickle spices  
1/8 tsp. garlic powder

Boil for at least 3 Minutes.  
Pour over pickles.  
Seal Container.  
Place in direct sun for at least 3 days.  
Put in the refrigerator.  
**Must be kept in refrigerator at all times.**  
Enjoy!

**Patty's Hot & Spicy Salsa Recipe**

I thought I'd share one of my secret salsa recipes with all of you. This was in my August 08 issue but I thought I'd repeat it for anyone who wasn't familiar with it last year. Yup, that's me canning salsa. My Husband and son love it hot. I have to wear a mask because the hot peppers make me choke. So I make this out of love for them. My son can eat one jar full with chips, in one sitting. Ouch! Here's it is, this is my canning recipe but you could cut everything up and eat it fresh:

12 cups peeled, chopped tomatoes  
12 cups seeded, a combo of chopped hot peppers, (habanero, jalapenos, red chili) I add a few sweet peppers too.  
4 cups chopped onion  
24 garlic clove sections, minced  
8 Tbsp minced cilantro or sometimes I use the leaves of celery, chopped or both  
8 tsp oregano  
6 tsp salt  
1/2 tsp cumin  
3 cups cider vinegar  
Lime juice optional



**The hotter the better my family says.**

Combine all ingredients in a heavy saucepan. Bring to a boil; reduce heat and simmer for 10 minutes. Stir occasionally to prevent burning. Pour into clean sterilized canning jars leaving a 1/4" head space. Process 15 minutes in boiling bath canner.

**Note if canning: It is save to change to ratio of hot to mild peppers just do not add more than the 12 cups. The amount of onion may be decreased but not increased.**

**The amount of vinegar CAN NOT be decreased. The salt is optional.** It is safe to add dry spices like cayenne pepper, dried cilantro or hot pepper flakes. Makes 6 to 8 pint jars.

- This recipe as been tested and used my me many times. It comes from the Ball Corp, blue book. I changed the types of peppers. Still you must be careful if it's not done right it could be a safety hazard. You can also freeze this recipe if you don't want to can it.
- For easy peeling on tomatoes. Heat water to a boil, throw in the tomatoes. When they start to crack (only a few seconds) remove and put in ice cold water, then peel.
- Don't forget to label jars.



**Tips**– I use less habanero than jalapeno peppers. I also add the juice of one lime. Then if I want a thicker salsa, when cooking I add a small can of organic tomato paste. Or you can make your own paste and add it. That takes toooo long for me and I've got to get the mask off! Remember to always wear gloves when working with hot peppers. If you should happen to rub yours eyes, cut a couple of cucumber slices and put on your eyes, it takes the burn out or flush with water. Seek medical help if you can't get relief. This recipe can be cut in half or less if making fresh.

# Walnuts and Vegetable Plants

I told you I would show and tell you about my sad 21 tomato plants. Actually the hybrids are doing fine (about 6 of those). The heirloom varieties are not fairing as well. Now you know a know better than to plant tomatoes in an area near a black walnut. But I was so excited to get the property to use from my neighbor and he tilled it up for me too! My mistake was that I didn't look up. I didn't see any nuts on the ground near the garden so I planted. Healthy one day, the next day wilted. Need I say more– Check out the pictures below. Zoom it if you want, it's heart breaking.

Plant tomatoes and other susceptible plants 25 to 30 feet beyond the dripline of walnut trees to minimize walnut toxicity problems.

## Tolerant

**Corn, lima and snap beans, onions, beets, melons, onion, squash and carrots are tolerant of juglone and can be planted closer to walnut trees provided the area receives sufficient sunlight.**

Walnut trees that are 75 to 100 feet from the garden shouldn't be a big threat to tomatoes and other juglone-sensitive vegetables.

## Sensitive

The following vegetables are very vulnerable to juglone and should be grown away from a black walnut tree.

**Asparagus,eggplant, pepper, potato, rhubarb and tomato**



# Patty's Plants

Natural & Organic Garden Supply

220 S. Janesville St.  
Milton, WI  
53563

Phone: 608-580-0066  
Fax: 866-336-6720  
email:patty@pattysplants.com



Patty's Plants

## Summer Vegetable Sandwich

Makes 4 sandwiches.

- 1 eggplant sliced in half-inch thick slices
- 1 small zucchini sliced in half-inch thick slices
- 1 small yellow or patty pan squash sliced in half-inch thick slices
- 1 red pepper cut in quarter's lengthwise
- 1 small red onion cut into 4 slices
- 1/2 cup extra-virgin olive oil
- Salt and pepper
- 8 slices crusty peasant style bread cut 1/2-inch thick
- 4 slices Mozzarella cheese
- Herbed Mayonnaise (See Herbed Mayo Recipe)



Using a pastry brush, brush olive oil on the vegetable slices, then season with salt and pepper. Place vegetables on a hot grill and cook until they are tender, brushing with additional oil if needed. You can also roast them in oven at 400° for about 20 minutes, turning occasionally. Once vegetables are done, either brush sliced bread with olive oil and grill on both sides, or toast in the toaster oven. To assemble, spread both sides of the grilled bread with herbed mayonnaise, layer with slices of grilled vegetables, then cheese, and top with remaining piece of bread.

- **Note:** Eggplant can absorb ALOT of oil. You may want to let veggies "drain" on paper towels for a few minutes before assembling sandwiches.

Recipe by: W & M Land Corp

(Organic Grower)

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## Herbed Mayonnaise:

- 3/4 cup mayonnaise
- 1/2 lemon, juiced
- A few drop hot sauce
- 1 garlic clove, minced or pressed with garlic press
- 2 tablespoons fresh thyme leaves, finely chopped
- 2 tablespoons fresh flat-leaf parsley leaves finely chopped
- 2 tablespoons fresh chives finely chopped



Combine all ingredients and mix well.

## Patty's Veggie Casserole

Layer in 9" casserole bake-dish.

Slice veggies, put in this order:

Zucchini, Bell pepper, onion, tomato, sprinkle with parmesan cheese, add a layer of Swiss or cheddar cheese. Repeat one more time, but leave off the last layer of swiss and or cheddar until the last 15 minutes of baking.

Bake at 350\* for 1/2 hour to 45 mins. Don't forget to add the last layer of cheese. Sprinkle with more parmesan.



**I add a little water in the bottom of the pan first.**

This can get very juicy depending on the kind of tomatoes used. My husband likes the broth it makes so we put it in soup bowls.

Season with any of your favorite spices and herbs. I use both cheeses. Yummy!