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Summer Harvest

Whether you harvest just what you need for dinner or you plan to preserve your vegetables, here are harvest tips to get the best taste and nutrition from your garden.

First, let's classify vegetables as either "cut-and-come-again" or "one-time" harvest. Cut-and-come-again are garden plants, especially a green vegetable or a flower, that can be repeatedly cut or harvested.



Roots*

Roots store better if you remove the greens after harvesting and keep in the refrigerator. Many greens, like beet and turnip greens, are tasty for cooking. Roots tend to be one-time harvest vegetables.

- ◆ **Carrots**—Begin to harvest carrots when they are 1/2 inch wide. It's not necessary to harvest all of the carrots at once. Continue to harvest for 3 to 4 weeks.
- ◆ **Beets**—Pick beet greens one leaf at a time when they are 4 to 6 inches long, and leave the root in the ground to harvest later.
- ◆ **Radish**—Radishes will keep in the refrigerator for 5 to 6 days.

Stems*

- ◆ **Garlic**—Hardneck garlic produces an edible curly flower stalk called a garlic scape. Cut the scape before the flower opens. Chop it and sauté it with other vegetables. The garlic bulb can be harvested in late June or early July when half the stems are green and half have turned yellow. Dig up the garlic bulb with a hand trowel without damaging the bulb. The bulb needs to cure by laying it dry for 3 to 6 weeks. Then cut off the roots.

- ◆ **Onions**—Harvest onions any time for use right away. To store onions you have to wait until they are fully mature (their tops will fall over). Cure onions 10-14 days with the stem attached. Trim the roots and stem. Then store in a cool dark place.
- ◆ **Green Onions** are onions that are not fully mature. Pick them with they are about 1/4 inch diameter.
- ◆ **Potatoes**—Use "new potatoes" shortly after harvest; these are immature potatoes. To store potatoes, wait until the above-ground stems have died back, then dig them out. Cure them at room temp for 7 to 10 days. Do not wash them. Dust them off and store them in a cool, dark place.

Leaves*

Leaves tend to be cut-and-come-again vegetables.

- ◆ **Lettuce**—you can choose to harvest an entire head of lettuce or you can cut off leaves as needed. Harvest before the plant bolts (that is when the plant sends up a flower stalk).

Continued on the next page...

*The vegetables are organized by the part of the plant we eat.

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- ◆ **Kale**—Cut the leaves at the base from the main stalk.
- ◆ **Chard**—Cut the outer leaves of the plant. A chard plant will produce for many months.
- ◆ **Herbs**—Trim with scissors or pick by hand as needed. Try to not let basil flower. To do this cut the stem below a pair of leaves.

Flowers*

- ◆ **Broccoli**—Harvest broccoli before the flower buds appear. Cut the stalk 5 to 6 inches below the head. Broccoli will send out smaller side shoots that are tender and delicious.
- ◆ **Cauliflower**—Cut the head when it is 6 to 8 inches wide. Leave some leaves around the head to preserve freshness. Cauliflower is a one-time harvest.

Fruit*

It seems that the more you pick the fruit of the plant the more it will produce, until the end of the growing season when temperatures drop or steady rain begins.

- ◆ **Summer Squash**—Hold the squash while you cut the stem with scissors or a knife. Try to harvest summer squash such as zucchini, when they are smaller than 8 inches.
- ◆ **Winter Squash**—These are hard-skinned squash that can be stored during winter. They can be harvested Sept. to Nov. The squash is ready when the skin is tough and the stem turns from green to tan.
- ◆ **Cucumber**— Like zucchini, harvest when the cucumber is small and less seedy (5 to 8 inches, depending on variety).

*The vegetables are organized by the part of the plant that we eat.

- ◆ **Tomatoes**—Hand-pick when fruit is ripe. Tomatoes come in many colors and sizes, so read the information about the variety you have planted.
- ◆ **Eggplant**—They come in purple and white varieties. Check the variety you are growing for a description. Fruit should be glossy and soft at maturity.
- ◆ **Peppers**—Do you like your jalapeños red or green? They will turn red as they ripen. Be careful handling your hot peppers!
- ◆ **Tomatillos**—Pick the fruits when they fill out their husks just before the husks split and turn yellow. Try preparing tomatillos in a salsa verde, or try the *Mole Verde* recipe below.



Seeds*

- ◆ **Corn**—At maturity, the tip of the ear should feel more rounded than pointy and the silk will turn brown. As for corn, garden to table is best. Fresh corn needs little cooking!
- ◆ **Snap beans**—Bush or pole varieties both produce snap beans. Pick when the beans are slender like a pencil.

The harvest and storage information in this article can be found in greater detail in the **Seed to Supper** garden manual. Seed to Supper is a program of the Oregon Food Bank and OSU Extension Services.

If you have questions about any other type of vegetable, feel free to call **Growing Gardens** for harvest and storage tips! **503-284-8420**.

Recipe: Green Mole / Mole Verde

Ingredients:

- 1 cup shelled pumpkin seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon dried oregano (optional)
- 1 tablespoon vegetable or olive oil
- 1 white onion, cut into wedges
- 5 tomatillos, husked and halved
- 5 garlic cloves, halved
- 2 jalapeño peppers, sliced
- 2 cups chicken stock or broth
- 1 cup packed coarsely chopped fresh cilantro
- 1 cup coarsely chopped fresh parsley
- 1/2 cup fresh epazote (optional)
- 1 teaspoon salt



1. In a large skillet with high sides or in a large saucepan over medium-high heat, toast the pumpkin seeds, cumin seeds, and oregano, if using, until fragrant, 3 to 4 minutes. Toss frequently to make sure they don't burn. Remove from the heat and transfer to a spice grinder or a blender and process until finely ground.

2. In the same skillet, heat the oil over medium-high heat. Add the onion, tomatillos, garlic, and jalapeños and cook until slightly browned, 4 to 5 minutes, tossing a couple of times but not too much. Place the vegetables in a blender or food processor, then add the broth, cilantro, parsley, epazote (if using), and salt and process until puréed.

3. Pour the mixture back into the skillet and add the ground pumpkin seed mixture. Let simmer gently until the flavors are melded, stirring occasionally, about 15 minutes. Serve immediately.

Recipe from Leite's Culinaria <http://leitesculinaria.com/>

Upcoming Workshops

Season Extension -

Planting Seeds for a Winter Garden

When: Wednesday, July 16th
6 pm - 8 pm

Where: St. Andrews Catholic Church
806 NE Alberta St., Portland



Description: During this hands-on workshop, participants will be planting seedlings to be transplanted for a winter garden. We will plant: mustard, collards, broccoli and kale. Our presenter, Kathy Katz, will also bring bent pipes, row cover and a soil blocker to show everyone what they are and how they work. These season extension techniques will help you grow produce into fall and overwinter for spring.

Registration required

To register, contact Lindsay:
lindsay@growing-gardens.org or 503-284-8420

Cooking Matters-Oregon Food Bank

When: July 22, 29, August 5, 12, 19, 26
6 pm - 8 pm

Where: Oregon Food Bank
7900 NE 33rd Drive, Portland



Description: Cooking Matters, a program of Share Our Strength and Oregon Food Bank, is a 6-week course focused on learning to shop and cook on a budget. Taught in a hands-on kitchen environment where everyone cooks and learns together, it is designed for participants who cook and shop for their households. The course includes a grocery store field trip to practice budget-savvy shopping tips. Classes are two hours each and are taught by trained volunteer educators.

Registration required

To register, contact Carrie:
cinstenes@oregonfoodbank.org or 971-250-2714

Seed Saving

When: Monday, August 11th
6 pm - 8 pm

Where: Tabor Tilth Farm
SE 61st and Division St., Portland



Registration required

To register, contact Emily:
emily@growing-gardens.org or 503-284-8420

Summer Planting for a Fall Harvest or Overwintering Crop JULY



Direct Seed

Bush and snap beans (before July 15th).

Throughout July: beets, parsnips, carrots, turnips, spinach, chard, lettuce, mustard and collard greens, basil, cilantro, parsley, green onions (scallions), broccoli, cabbage, cauliflower, kale, kohlrabi and peas.

Transplant

Cabbage, broccoli, cauliflower, kale, greens, lettuce, and leeks.

AUGUST

Direct Seed

Cilantro, basil, lettuce, spinach, chard, greens, radishes, broccoli raab, cabbage, cauliflower, kale and turnips.

Transplant

Broccoli, cabbage, cauliflower, collards and kale.

SEPTEMBER

Direct Seed

Arugula, beets, cabbage (for spring), carrots, lettuce, kale, mache, onion (sets), radish, fava beans, shallot, garlic and cover crops.

Transplant

Kale, lettuce, mache, salad greens and sorrel.



**PORTLAND
FRUIT TREE
PROJECT**

Portland Fruit Tree Project's

harvesting events bring people together to pick fruit that would otherwise go to waste, and make it available to people in need.

These events are open to anyone, with 50% of the volunteer slots reserved for people living on low incomes. Half of the fruit goes to a local food bank, and the rest goes home with harvest participants.

Check online for upcoming harvests

<http://portlandfruit.org/harvest-programs/>
or call Portland Fruit Tree Project at (503) 284-6106



GROWING GARDENS

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Upcoming Volunteer Opportunities with Growing Gardens

*Volunteering is a great way to meet people,
learn skills, gain professional experience and give back to the community!*

Chef in My Garden

Dinner Servers—Sign up now for one Sunday in August 2 pm -10 pm

Fall Garden Installations

Garden Installation Crew Leader—Saturdays in September and October 10 am - 3 pm

Volunteer Crew Member—One Saturday in September or October 10 am - 3 pm

SUN School Garden Club

Teaching Assistant—One afternoon per week for two months

Growing Gardens Harvest Potluck

Do you like to plan parties? We have a big one coming up...

On Saturday, October 11, 2014 Growing Gardens will celebrate a season of gardening with the community. If you want to be involved with the party preparations please let us know.

To sign-up for volunteer opportunities email nancy@growing-gardens.org or call 503-284-8420.