

Community of Christ
Community Garden
Founded 2017

August, 2019 – Newsletter #14



**A WORD FROM KAREN HAHN
GRATEFUL GARDENS' EXECUTIVE DIRECTOR**

A project on our drawing board is the “peace par course”. This will be a series of interpretive exhibits designed to help individuals and groups explore what it means to create peace. I have been doing a lot of reading on what this means. It is a very complex process which starts with “peace for me”. Humans have so many emotions like anger, sadness, fear, anxiety; the list goes on. We all have had our share of heart break and tragedies. And of course, there is our brain chemistry which can make our moods swing back and forth. All these things serve to make it very difficult to create peace for ourselves.

Some ideas for creating peace that resonate with me are to gain clarity on what one’s values and intentions are and then make choices about actions and behaviors based on our values and not our emotions. Much easier said than done. Another idea I like is to “be here now”.

What does that have to do with Grateful Gardens? Our garden is not just about growing vegetables, herbs, and flowers. It is also about creating community and exploring concepts in peace making. Use our labyrinth as a tool for finding inner peace. We seek to create a space that will bring healing and inspiration to the people who visit.

As always, if you would like to help us create and develop this space, please let us know. Send an email to gratefulgardenssj@gmail.com or visit the Volunteer page at www.gratefulgardenssj.com

TABLE OF CONTENTS

PAGE 1

- Message from the Executive Director
- What to plant in August
- Growing Brussels Sprouts & Cabbages

PAGE 2

- Growing Brussels Sprouts & Cabbages (cont.)
- Gardening tips: Keep up with the harvest
- Recipe of the month

PAGE 3

- Photos

WHAT DO YOU WANT TO PLANT IN AUGUST?

	Transplant	Seed		Transplant	Seed
Broccoli	✓		Peas		✓
Brussels Sprouts	✓		Beets		✓
Cabbage	✓		Cilantro		✓
Fava Beans		✓	Leeks	✓	
Napa Cabbage	✓	✓	Arugula		✓

GROWING BRUSSELS SPROUTS & CABBAGES

Contributed from www.garden.org

Even though **Brussels sprouts** have been a mealtime tradition for hundreds of years, many people dislike them. You may change your mind, however, if you grow your own. The difference between frozen supermarket sprouts and your own, fresh from the garden, is unbelievable.

Growing Brussels sprouts is almost as much fun as eating them. They start out looking just like cabbage or broccoli, but as they grow, the stems become tall and thick and sprouts pop out above each large leaf along the main stems. They look like miniature palm trees. You add to this look by breaking off the lower leaves once the harvest begins. The stems can end up two to three feet high, loaded with sprouts.

This vegetable originated in Brussels, Belgium, and is still extremely popular in Europe. As more Americans try them, Brussels sprouts are becoming better known and enjoyed in this country, too.

<continued on page 2, column 2>

GARDENING TIPS

KEEP UP WITH YOUR VEGETABLE HARVEST

The middle of summer is a particularly busy time of year for vegetable gardeners. It can be a challenge to keep up with harvesting—beans can become swollen and tough and zucchinis can become baseball bats! It's particularly important to keep up with plants such as beans because the production of mature seeds (inside the pod) signals the plant to stop producing. Tomatoes can split and rot on the vine in exceptionally hot weather.

Note: I have about 15 bean plants. I need to harvest every other day or the beans and the pods become large and tough. I generally get enough for two large sized servings.

RECIPE OF THE MONTH

Spicy Szechuan Green Beans

(leave out the pepper flakes for a milder flavor)

Ingredients

- 1/2 pound green beans, trimmed and cut into 1 inch pieces
- 1/4 cup water
- 1 tablespoon minced ginger
- 2 cloves garlic, minced
- 1 teaspoon sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1/2 teaspoon white sugar
- 1/4 teaspoon red pepper flakes

Directions

1. Combine green beans and water in a skillet over medium-high heat. Cover and cook, stirring occasionally, until beans are tender crisp, 4 to 5 minutes. Add ginger, garlic, and sesame oil; cook, stirring frequently, until garlic is lightly browned, 1 to 2 minutes.
2. Mix soy sauce, rice vinegar, sugar, and red pepper flakes together in a small bowl. Pour over beans and cook until sauce thickens enough to coat beans, 3 to 5 minutes.

GROWING BRUSSELS SPROUTS AND CABBAGE

<continued from page 1>

'Long Island Improved' is the most popular variety of Brussels sprouts. 'Jade Cross' is desirable for its disease resistance and 'Rubine Red' for its red foliage and sprouts. These varieties mature 80 to 90 days after transplanting, and they grow best as a fall and early winter crop. The sprouts not only withstand frosts, their flavor improves as the weather gets cooler.

CABBAGE

Planning

Cabbage grows best when the heads mature in cool weather, so plan to harvest before the onset of hot weather in summer or in the fall.

For a spring-planted crop, buy transplants at a nursery or start seedlings indoors 50 to 60 days before the last spring frost date.

Late-maturing varieties are best for fall harvests.

Plant them in early summer in the North, mid- to late summer in central and southern areas. Chinese cabbages are best grown for a fall harvest.

Preparation

A week or so before planting, mix three or four shovelfuls of aged manure or compost into the planting bed for each transplant you'll set out, or use a balanced fertilizer such as 5-10-10 at the rate of 3 to 4 pounds per 100 square feet.

Planting

For spring crops, set out well-hardened cabbage transplants in the garden 2 or 3 weeks before the last expected frost date.

Space early-maturing cabbages 12 to 15 inches apart, either in beds or single rows; later types, 18 to 24 inches apart.

For fall crops, sow seeds directly in the garden. Plant seeds 1/4 inch deep, 1 1/2 to 2 inches apart. Sow seeds for Chinese cabbage in the fall 1/4 to 1/2 inch deep and 3 inches apart.

Care

When cabbages are 4 to 5 inches tall, thin or transplant to stand 18 to 24 inches apart; Chinese cabbages should be thinned to 12 to 15 inches apart.

About a month after transplanting, side-dress cabbages with about 1 pound of 10-10-10 or its equivalent per 25 feet of single row. Side-dress Chinese cabbages with 1/2 pound of 10-10-10 or its equivalent per 15-foot single row when plants are 4 to 6 inches tall, and every 3 weeks thereafter.

Apply a thick layer of mulch to retain moisture.

Harvesting

Start harvesting when cabbage heads are firm and softball size.

Cut the head from the stem with a sharp knife and discard the outer leaves.

Begin harvesting Chinese cabbage when the leaves are 10 inches tall and still loose or wait until the heads are formed.

To keep cabbage as long as possible, harvest late in the season before hard freezes and keep heads in a cold, moist area.

