

Patty's garden notes....

Summer 2015

The garden is looking very nice this year. Everyone is doing a wonderful job. I have taken several pictures of the beautiful plots and will be posting them to the UW-Extension website, County Board, Fond du Lac Area Foundation and Master Gardeners. They are the main contributors to our continued existence.

I have also made arrangements to get a cover crop planted in some of the open areas of the gardens. If anyone knows a source to help get the tilling done, I would appreciate the suggestions. I have asked the Empire Threshermen if anyone can help at this time, and many are very busy in the fields. The cover crop seed has been purchased, and I have someone willing to do the seeding for us.

I was notified over the past week that a gardener was parked in the Visitor and Convention parking lot and crossed over into the gardens after the heavy rain. This is NOT an acceptable practice. No one is to drive on other property surrounding the gardens to get to their plots when the chains are up. The Visitor and Convention staff could complain to the county board and put our garden spot in jeopardy.

I have also received my first message about garden produce being taken. Please watch for anyone in the gardens who looks suspicious. You may ask if they have a plot and if they don't, you may also call the sheriff's office and report a trespasser. Everyone is asked to be vigilant and help keep our gardens a community resource for fellow gardeners.

Ground Beef with Zucchini and Tomato

- 1/4 lb Ground beef
- 1/2 md Onion, sliced or minced
- 2 tb Soy sauce
- Salt
- 2 sm Zucchini, peeled and sliced— diagonally
- 2 Tomatoes, cut into wedges
- 1/2 c Water
- 1 t Sugar
- 3 tb Oil
- 1 1/2 tb Corn starch, dissolved in
- 1/3 c Water

1. Mix ground beef, onion, soya sauce and salt together. Peel and slice zucchini. Cut tomatoes.
2. Heat oil in wok to smoking point. Stir fry ground beef mixture in it until browned, about 2-3 minutes cooking time. Add zucchini and 1/2 cup of water, stir ingredients. Cover wok with lid, cook ingredients 5 minutes, lifting wok cover 2 or 3 times to stir mixture. Add tomatoes and sugar, cover, cook 2 or 3 minutes more. Uncover, stir up corn starch solution thoroughly, pour into wok, stir to form gravy.



Recipe via Meal-Master (tm) v8.01

<http://www.recipesource.com/ethnic/asia/chinese/beef/beef-zucchini-tomato1.html>

Refresh Your Veggie Garden



In the dog days of summer the vegetable garden often takes a nose dive as heat, drought, disease and insects take their toll on plants. You may think about just letting it go, but this is actually a great time to replant for a great fall harvest. If your vegetable garden is looking a little ragged, it may be time for a make-over. Have the lettuce plants bolted, the beans stopped flowering and the squash succumbed to vine borers, virus or powdery mildew? Then take them out and plant something new now for later in the season! Late summer is the perfect time to plant some new crops for fall harvest. The trick to getting another crop from your garden is to select the appropriate plants that will thrive in the cooler days ahead.

not enough time to produce a crop when planted in August in the upper Midwest – but it may be worth taking a chance that global warming will result in a later than normal first frost and allow your planting to make it through. A few frost-sensitive plants will grow so quickly you can get something before frost arrives. Basil is a fast-growing herb, especially in the heat of late summer, ready for harvest in about a month. Floating row cover or other plant covers can also be used to help extend the season for sensitive plants, as we sometimes enjoy a few weeks of good growing conditions after the first frost.

Bush beans and summer squashes stop growing in cool weather and are killed by frost. Although some varieties of beans will mature in only 45 days, that is usually



Some vegetables, however, will tolerate a fair amount of frost and keep growing even when temperatures are in the low forties. Kale and a few other cool-season crops can even survive cold down to about 20°F. These are the best choice for mid-summer sowing. Most greens, several root crops, and some other vegetables will mature in a short enough time and continue growing well after the first frost. Late season beets, radishes, lettuce, chard, kale and others also develop sweeter flavors in the cooler temperatures of autumn, so are often of better quality than the same types grown in spring or summer. You don't have to worry about radishes, lettuce and spinach bolting (going to seed) and becoming bitter in response to long, hot days. And insect and disease pests are not as much of a problem for some crops.

Other than the tender plants killed by a frost, these vegetables will require little or no frost protection. Those plants which can only survive a light frost should be harvested before a heavy freeze. Root crops such as beets and radishes should be harvested or mulched heavily before a hard freeze.



In order to get the best crop possible, determine the days to harvest and the average first frost date for your area, then calculate backwards to figure out when each type should be planted so they will have a chance to mature before being killed by cold weather. Quick-maturing vegetables, such as turnips and leafy greens, can be planted much later than more slow-growing types. But remember that you can harvest some crops – especially leafy greens – before maturity, when the leaves reach full size (with the added benefit that these younger leaves are generally more tender than mature leaves). Note that there is considerable difference in varieties of the same crop. Some cultivars are more suitable as a fall crop than others. Leaf lettuce is a better choice than heading types since you don't have to wait for the plant to form a head.



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Most of these crops will do just fine when sown directly in the garden. Rapid germination is the norm during the warm days of late summer (my arugula seedlings were up in 4 days!). But you should consider transplants for some – especially cabbages and other crucifers – to ensure they have sufficient time to mature (or if you’re a little behind schedule getting things into the ground).



Before replanting, clean up the garden area. Remove all of the roots of the previous plants and any other crop residue, turn the soil and mix in compost or fertilizer (if needed – most root crops do not need this as too much nitrogen will produce wonderful top-growth with small roots). When seeding in late summer, you may want to place the seeds a little deeper than recommended to get them into cooler and moister soil. Shading the newly planted seeds and seedlings (with row covers or by planting on the shady side of tomatoes or other taller plants that will come out later) will help protect them from the hot sun. The soil can dry out and crust over quickly in late summer, preventing seeds from germinating well, so keep an eye on soil moisture and water if rainfall is not adequate. A thin layer of compost or mulch over the newly seeded area can help prevent a crust from forming.

Consistent soil moisture is very important for successful fall crops. Seedlings will suffer (or expire) during the hot days of late summer if the soil is not kept evenly moist until they are well established. Steady water allows the plants to produce continuous, succulent growth. Overhead watering on hot days will help cool the leaves and soil.

Mulching around root crops as the weather cools will help retain soil warmth so plants will continue to grow and you can harvest the roots well after exposed soil freezes.

I devote one raised bed in my garden to garlic, and once it is harvested in July, I replant with an assortment of fall crops. The next garlic planting goes into another bed (usually where the tomatoes or squash were) in late September after the other plants have been killed by frost or disease.

Try planting a few new veggies now and once the first frost arrives to nip the tomatoes you’ll still have lots of tasty vegetables to harvest from your vegetable garden!

– Susan Mahr, University of Wisconsin - Madison
Posted on 8/9/2010

<http://wimastergardener.org/?q=RefreshedVegGarden>



Vegetables for Fall Harvest	
Killed by frost	
Basil	30+
Beans	45-60
Survives Light Frost	
Arugula	35-50
Asian Greens	20-45
Beets	45-60
Carrots	50-75
Cauliflower	50-80
Cilantro	60-70
Dill (leaves)	35-50
Lettuce	40-60
Swiss chard	40-60
Survives High 20's	
Broccoli	50-70
Cabbage	60-80
Green Onion	60-70
Mustard	30-40
Greens	45-60
Kohlrabi	30-60
Radish	35-45
Spinach	30-60
Turnips	30-60
Very Hardy, to 20F	
Collard greens	40-60
Kale	40-65
Parsley	70-90

More Zucchini Recipes

Zucchini Cake with Cream Cheese Frosting

Serving size: 12

- 2 c Sugar
- 1 c Oil
- 3 Eggs
- 2 c Flour
- 1 t Baking soda
- 1 t Salt
- 1 tb Ground cinnamon
- 2 c Zucchini, shredded - unpeeled, packed
- 1 c Finely chopped nuts
- 1 tb Vanilla

Cream Cheese Frosting

- 3 c Powdered sugar -- sifted
- 6 oz Cream cheese -- softened
- 5 tb Butter or margarine
- 1 t Lemon extract

1. Beat sugar, oil and eggs at medium speed in electric mixer bowl 4 minutes. Sift flour with soda, salt and cinnamon. Fold zucchini and nuts into sugar mixture. Fold in flour mixture and vanilla, blending thoroughly. Turn batter into well-greased 10-inch tube pan. Bake at 350F 60 to 65 minutes. Cool in pan on rack 15 minutes or longer. Remove from pan and cool cake thoroughly on rack.

2. To make frosting, beat powdered sugar, cream cheese margarine, and lemon extract until thoroughly blended. Spread over cooled cake.

<http://www.recipesource.com/baked-goods/desserts/cakes/zucchini/00/rec0011.html>

* Exported from MasterCook

Stuffed Zucchini

Serving Size: 8 Preparation Time: 45 min

- 1 1/2 pounds lean ground beef
- 1 large onion -- chopped
- 1 large green pepper -- chopped
- 1 jalapeno pepper -- chopped
- 1 jalapeno pepper -- minced
- 1 1/4 cups soft bread crumbs
- 1 egg -- beaten
- 1 tablespoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 cans tomato sauce -- divided, 8 ounce
- 2 medium tomatoes -- coarsely chopped
- 4 medium zucchini
- 2 cups mozzarella cheese -- shredded

1. In a large bowl, combine the first 11 ingredients and one can of tomato sauce; mix well. Stir in tomatoes. Halve zucchini lengthwise; scoop out seeds. Fill with meat mixture; place into two 9 x 13 baking dishes.

2. Spoon remaining tomato sauce over each. Bake uncovered at 375 for 45 minutes or until the zucchini is tender. Sprinkle with the cheese during the last few minutes of baking.

<http://www.recipesource.com/fgv/stuffed-veg/stuffed-zucchini2.html>

* Exported from MasterCook II

Recipe By: Taste of Home Magazine, 95/06-07

MCII by SUSAN KLAPPER (KCXJ08A) (D/I from Prodigy FOOD SOFTWARE on 06/01/95)