

The Garden Gazette August 2009



A newsletter for Grafton County 4-H Garden Program Gardeners

Upcoming Deadlines and Events

Month of August: Garden Judging completed by 4-H County Garden Coordinator.

Thursday, August 13th 5:00-8:00 pm—Canning Workshop with Deb Maes at the Green Thumb in North Haverhill. Call Priscilla Brown at 787-6022 to reserve a spot.

Tuesday, August 18th 9:30-2:30—Kids to Kids Workday at the Grafton County Nursing Home. Looking for volunteers to cut, tie, stitch, and press. ANYONE CAN HELP. Sign up by Friday, August 14th by calling the office, (603) 787-6944.

Wednesday, August 19th 5:30-7:30 pm—Display garden open house. Bring questions, photos, and gardening info to share. Meet at the greenhouse between the Grafton County Nursing Home and courthouse.

Wednesday, September 2nd 5:30-7:30 pm—Gardening Workshop: End of the Year Clean-Up/Winterization. Meet at the greenhouse between the Grafton County Nursing Home and courthouse.

Friday, September 11th—4-H Project Pages (for Flower, Vegetable, and Container Gardens) due to the office by 3:30.

Friday, September 11th—Optional Garden Journals due to the office by 3:30 in order to be considered for the special award.

A quick note on Garden Judging...

I will be visiting all of your gardens this month. I'm not going to call first, so make sure your garden is in tip-top shape. I plan to judge gardens between the hours of 9:00 am and 6:00 pm on any day except Sunday. If you are home, I'd love a garden tour and will ask you to pose in your garden for a photo shoot. If you are not home, I will judge your plot and leave a little slip of paper to let you know your garden has been judged. If you and your family have a vacation planned for this month and you will be away from your garden (and the weeds) for a while, don't worry too much. I've been around gardens long enough to know the difference between no weeding all summer and no weeding for a week. See you soon!



Arianne Fosdick

Grafton County Cooperative Extension

Late Blight Alert



See page two to learn more about the fungus that is infecting tomato and potato plants in NH and the entire northeast.



4-H gardener Jessyka Hart poses with the star of her 2008 flower garden—a lush Cosmos. Jessyka is a member of the Hunt Mountain 4-H in Monroe, NH.

Late Blight—What's All the Fuss?



All of this rainy weather not only inconveniences hikers, bikers, swimmers, and general sun-shine lovers, it also creates more pest and disease problems for gardeners and commercial farmers. The most troublesome of these problems is the recent appearance of Late Blight in the Northeast; there have been at least four confirmed cases in Grafton County, and many more where the owner has confirmed it from photos.

Late blight initially affects the foliage of the plants, but if left unchecked will spread to the fruit. Since this disease is caused by a fungus and reproduces through spores, it can spread rapidly in these rainy, windy conditions. Though eating infected fruit will not hurt you (though once you see it you probably won't want to eat it anyway) the quick spread of the disease could be devastating to neighboring gardens and farms. You may not depend on your tomato or potato crop for your living, but because there are many NH growers who do, it is important for you to do your part in preventing the further spread of this disease. Like any other garden related issue (watering, pests, weeds), the first step of prevention is *detecting* the problem, and to detect any problems you will need to spend time each day staring at and studying your plants. Your brother might laugh, your sister might throw acorns at your back, but all good farmers regularly stare at their crops.

One fortunate thing about Late Blight is that the spores can't over-winter in the soil, so if the disease is detected early enough it can still be avoided next year. The exception to this rule is that the spores could survive in infected potatoes that are accidentally left in the ground. Rotating your crops from year to year is a good preventative measure for this.

What does Late Blight look like?

Early symptoms on tomatoes and potatoes are olive-green to brown spots on leaves or stalk. The leaves may look wet and be accompanied by a white, fuzzy looking, fungal growth on the underside—these are the spores. Early Blight and Septoria Leaf Spot are two other common diseases that affect tomato plants. These typically travel from the bottom of your plant up and cause leaves to yellow. These diseases are will not kill your plant, do not travel as rapidly or easily as late blight, and do not require as drastic a response as Late Blight does.

Visit the following websites for clear images of Late Blight infected plants:

http://www.hort.cornell.edu/departement/Facilities/lihrec/vegpath/photos/lateblight_tomato.htm (tomatoes)

http://www.hort.cornell.edu/departement/Facilities/lihrec/vegpath/photos/lateblight_potato.htm (potatoes)

What do I do if I suspect Late Blight?

If you have looked at the photos on the Cornell Cooperative Extension website and determined that you have blighted plants, you should:

1. Pull all your infected plants immediately and place them in plastic trash bags. **Do not compost these plants.** You may salvage any fruit (green tomatoes are good for relish and frying!). Since spores can be transported on clothing, make sure you change clothes and rinse off boots before working with other plants.
2. Place the plastic bags in the sun to “cook” the spores. This will insure that they can not travel to any other plants. Dispose of the bags at the landfill.
3. Report your Late Blight incident to Heather Bryant, Grafton County Agricultural Educator, (603)787-6944. She will want to know the day you found your Late Blight and the name of the town where you live.

Adapted from an article by Dr. Vern Grubinger, Vegetable and Berry Specialist, University of Vermont Extension, June 30, 2009



Have you ever seen a kohlrabi? Tasted arugula? Eaten a flower in your salad?



Investigate the vegetable variety at your fingertips, support local agriculture, and dream up next year's garden by visiting a farmers' market near you...

- **Local Works Farmers' Market:** Main St., Bethlehem, May 23-Oct. 10, Wed., 3-6pm; Sat. 9am-1pm.
- **Canaan Farmers' Market:** Rts. 4 & 188, on the park, downtown Canaan. May-Oct., 10am-1pm.
- **Enfield Farmers' Market:** Enfield Shaker Museum, 447 NH Rt. 4A. July 1-Oct. 7, 4-7pm, Wed.
- **Hanover Area Farmers' Market:** "The Green". June 3-Sept. 30, 3-6pm, Wed.
- **Lebanon Farmers' Market:** Colburn Park. May 28-Sept. 24, 4-7pm, Thurs.
- **Lisbon Farmers' Market:** North Main St. Late-Spring-Fall, 3-7pm, Thurs.
- **Littleton Farmers' Market:** Cottage St., Senior Center parking lot. July-Oct., 10am-1pm, Sun.
- **Piermont Farmers' Market:** corner of Rt. 25 & River Rd. June 2-Oct. 13, 3-6pm.
- **Plymouth Area Farmers' Market:** 263 Highland St. June 18-Sept. 24, 3-6pm, Thurs.
- **Woodsville Farmers Market:** Railroad Park, Center Street (Rt 302), Woodsville. June-Sept, Thurs 3-6pm.
- **Lincoln Village Farmers Market:** Main Street in Lincoln, Sat. 3-6pm, July 18-Sept 26.

**"WE CAN COMPLAIN BECAUSE ROSE BUSHES HAVE THORNS, OR REJOICE BECAUSE THORN BUSHES HAVE ROSES."
ABRAHAM LINCOLN**

The Garden Journal Contest

Consider entering the Garden Journal Contest. Journals are due September 11th, and the winner of this optional contest will receive an award at the Awards night in October. Even more important than the award is what the practice of keeping a journal will do for you and your garden. It will help you pay careful attention to your garden and notice things like when your plants grew fastest, what the weather was like at certain times of the year, what the deer ate, when your first tomato was ripe, and how many potato beetles you smushed in one day. These small observations will allow you take better care of your garden this year, and be more prepared for next year's garden.



Here are some other ideas for your journal:

- **Drawings and illustrations of plants, pests, or prized crops**
- **garden recipes**
- **written entries about problems, questions, or solutions**
- **wish list**
- **date log of your garden tasks**
- **clipped or photocopied articles**
- **quotes and sayings**

Coming this winter...4-H Producers Class.

Are you interested in learning how to be an entrepreneur? Do you want to raise food products for the local market? This class, if there is enough interest, will be offered over the winter to help you, the 4-H gardener, take your project to a new level.

Think you might be interested? Contact Kathy Jablonski at 787-6944 or email: kathleen.iablonski@unh.edu.

Recipe Page

Here are some recipes to help you take full advantage of all the fresh, summer produce!

BROCCOLI SALAD

- 6 cups broccoli, cut into small pieces
- 1 cup raisins
- 1 medium red onion, peeled and diced
- 8 slices bacon, cooked and crumbled (optional)
- 3 tbsps. sugar
- 2 tbsps. lemon juice
- 3/4 cup low-fat mayonnaise

Combine all ingredients in a medium bowl; mix well. Chill for 1 to 2 hours. Makes 6 servings.

CUCUMBER DIP

1 large cucumber, peeled, seeded, and cut into 1-inch pieces

1/4 cup parsley

1 scallion

1/2 cup plain low-fat yogurt

1 tbsp. cider vinegar

With the help of an adult, blend all ingredients in a food processor until smooth. Chill. Dip your favorite veggies! Makes 4 servings (1 cup).

CORN CHILI

1 1/2 pounds lean turkey, ground

1 1/2 cups onion, chopped

2 green bell peppers, chopped

2 tbsps. canola oil

1 28-oz. can crushed tomatoes

1 28-oz. can whole tomatoes

2 15-oz. cans kidney beans

1 28-oz. can or frozen package corn

2 tbsps. chili powder

With the help of an adult, brown turkey in a non-stick fry pan over medium heat. Sauté onions and peppers in oil for 5 minutes until tender. Drain fat from meat and add to onion mixture. Add tomatoes, beans, corn, and chili powder. Cover and simmer for 1/2hour. If desired, serve over cooked rice. Makes 8 to 10 servings.

These are official 5 A Day recipes. For more recipes and vegetable projects visit:

www.fruitsandveggiesmatter.gov



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