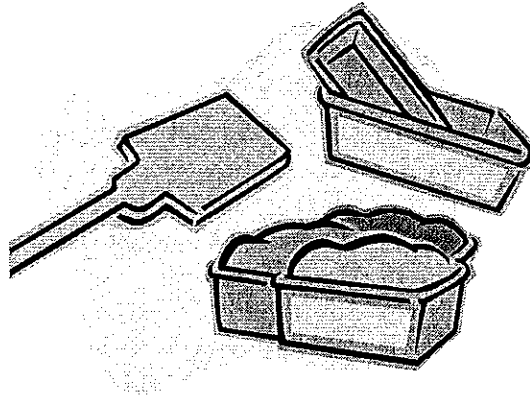


LET'S USE THAT PRODUCE

This is my favorite Zucchini Bread recipe. I make two and freeze one for the winter months. Or I double the recipe and make four loaves! This is wonderful with cream cheese! The recipe comes from Edwin Markham PTA cookbook and was a gift from my sister, a principal from San Jose, CA.

Wheat Germ Zucchini Bread

3 eggs
1 cup salad oil
1 cup granulated sugar
1 cup brown sugar
1 T. maple syrup
2 cups zucchini, coarsely shredded
2-1/2 cups all-purpose flour, unsifted
1/2 cup toasted wheat germ
2 tsp. soda
2 tsp. salt
1/2 tsp. baking powder
1 cup walnuts, finely chopped
1/3 cup sesame seed



With rotary mixer, beat eggs to blend; add oil, sugars and flavoring and continue beating until mixture is thick and foamy. Using a spoon, stir in shredded zucchini and blend mixture gently.

Combine the flour, wheat germ, soda, salt, baking powder and nuts. Stir gently into zucchini mixture just until blended.

Divide batter between 2 greased and floured 5 "x 9 " loaf pans. Sprinkle sesame seeds on top.

Bake at 350° for 1 hour. Test with toothpick. Cool 10 minutes before removing from pan.

Making Your Garden Journal Grow and Grow and Grow!!

Make a flower arrangement and take a picture or draw it for your journal. There is a remarkably detailed article called "Principles of Floral Arrangement" written by Master Gardeners in Baxter County, Arizona. You can access it at www.baxtercountyfair.org/.../Principles of Floral Arrangement.pdf

Write down the recipes that you have tried. Did you like the recipe? Any way you might improve or make the recipe a little different? For example, instead of sesame seeds, I sometimes use cinnamon and sugar as a topping.

How did your radish harvest do? How are the carrots at this point? Are your flowers blooming? Which ones? What are you harvesting and eating in the month of August?

Insights and inspirational ideas that came to mind when you were in the garden. It doesn't have to be about gardening. It just might be the solution to a challenge in another life area. Maybe an idea for a better, easier way for you to do something. Getting quiet and working in the garden sometimes helps to unstick the brain cells!

Garden Journals are due to the office on Sept. 1 if you are planning to enter to be considered for a special award. This is totally optional. If you do turn it in remember to keep journaling and saving your work to put back in the journal after Garden Awards Night in October or make a new journal! Garden Journals brought in Sept. 1 will be kept until Garden Awards Night in October.



ENVIRONMENTAL AND NATURAL RESOURCE ISSUES TASK FORCE

Constructing a Garbage Can Compost Bin

A compost bin can be built easily and inexpensively using either a metal garbage-can or 55-gallon barrel. These bins can be used for food or garden wastes, but the materials will need to be turned. Turning the materials can be easily accomplished by securing the lid on the bin, turning it on its side, and rolling it around the yard. This will allow for mixing and aeration of the materials. The compost will generally be ready for use within two to four months after the bin is filled. The major drawback with this type of structure is the volume of waste that can be handled.

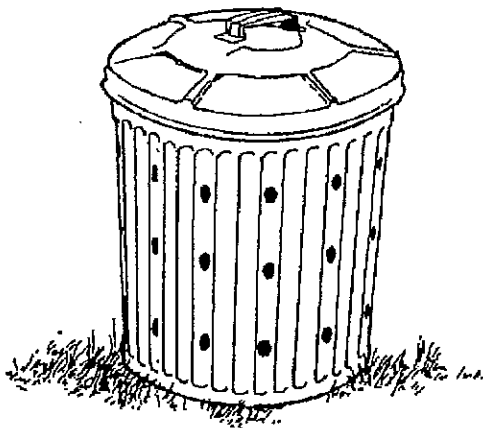


Figure 1 - Garbage Can Composter

Materials

a plastic or metal garbage can with lid
coarse sawdust, straw, or wood chips

OR

a 55-gallon plastic or metal barrel with lid (Be sure that the barrel has not been previously used for toxic chemicals.)

(Note: a hinge and latch may be used to secure the lid on the barrel)

Tools

drill
work gloves

Building a Compost Bin Using a Garbage Can

1. Drill three rows of holes 4 to 6 inches apart all around the sides of the garbage can. The drill several holes in the base of the garbage can. The holes allow air movement and the drainage of excess moisture.
2. Place 2 to 3 inches of dry sawdust, straw or wood chips in the bottom of the can to absorb excess moisture and let the compost drain.

Building a Compost Bin Using a 55-gallon Barrel

1. Drill six to nine rows of 1/2-inch holes around the barrel.

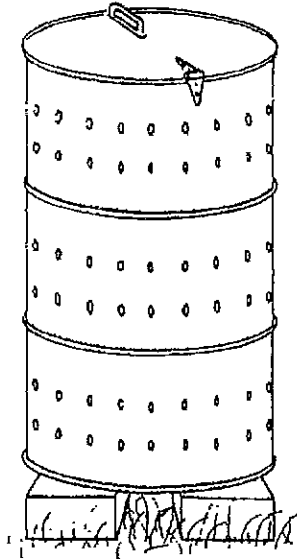


Figure 2 - 55-gallon Barrel Composter

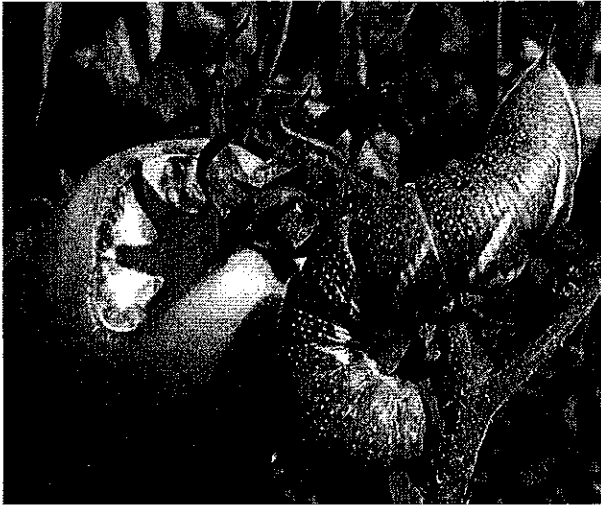
Adapted with permission from *Composting to Reduce the Waste Stream*, published by NRAES, Cooperative Extension, 152 Riley-Robb Hall, Ithaca, New York 14853-5701. (607)255-7654. Adapted for use in Kentucky by Kim Henken and Jenny Cocanougher, Extension Associates for Environmental and Natural Resource Issues with the University of Kentucky Cooperative Extension Service.

Composting Basics

1. Be sure that your compost pile receives a balanced diet. You will need to include materials that are high in carbon as well as materials that are high in nitrogen. High carbon materials include paper, sawdust, wood chips, straw and leaves. High nitrogen materials include food scraps, grass clippings, and manure. Nitrogen fertilizer may also be added if necessary.
2. Maintain proper particle size. Items like leaves, limbs and newspaper work best if shredded or chopped into 1/4 inch pieces. Food scraps should also be cut into small-sized particles.
3. Make sure that your compost receives a proper amount of air. Turning or mixing every week or so will help insure proper air flow.
4. Check the moisture level in the compost. Performing the "squeeze test" will tell you if the moisture level is correct. Compost should be damp to touch, but drops should not come out when you squeeze it. Add dry straw or sawdust if too damp and add water if too dry.
5. Monitor the temperature of the compost. Temperatures between 90° and 140°F are ideal. Compost bins at 3 feet x 3 feet x 3 feet in size maintain temperature better.

The 4-H office has a series of 4HCCS gardening project guides available. There are some wonderfully fun activities throughout the series. For composting I reviewed Activity 4 B – “Let it Rot” pages 21 – 23 in Level B of the Let’s Get Growing 4-H curriculum. These pages go over fertilizers such as compost, aged manure, and fish emulsion. You will learn how to make a special brew called *manure tea* plus how to make a compost pile. This section finishes with “What’s It All About” and includes questions like “Why is it important to know how to feed plants?” and “Why is trying new things and even taking occasional risks important to learning?”. Also a sidebar called DIG DEEPER gives suggestions on how to expand on what you have learned and discover something new. This is good stuff! Ask you 4-H Garden Leader if s/he has a copy as each club received one several years ago. Or borrow the series for your next get together, by calling the 4-H office at 787-6944 or emailing Donna Lee at donna.lee@unh.edu.

Pest of the Month - Tomato Hornworm



Tomato hornworm: the very name sends shudders down the spines of home gardeners, many of whom have nightmares of the green caterpillars doubling, tripling, and quadrupling in size before their despairing eyes. We can barely say the name without cringing.

The tomato hornworm is a voracious eating machine, bent on devouring your precious tomato plants (and sometimes the tomato's close relatives: potatoes, peppers, eggplants). Its life begins innocently enough with a single, pearly egg laid on the underside (or sometimes the upper surface) of a leaf. So tiny, but a single, poppy-seed-sized ovum holds the potential to completely defoliate a tomato plant in short

order.

The egg hatches into a small, translucent larva with a long, odd-looking appendage the horn on its rear end. As it matures and fills up on your tomato foliage, the caterpillar "greens up."

How much damage could such a delicate creature possibly do? If you find and remove one at an early stage, the damage is minimal. Ah, but their camouflage becomes so perfect that you don't usually find the caterpillars early. Oh, no, one will have chomped through half a plant before you notice something is amiss.

You walk out to check your tomato plants and realize that one stem has no leaves on it. Now, isn't that odd? Some or all of the ripening fruit may be damaged, and even the very end of the stem is gone.

Now you'll need to settle down for a long search. That is, if you can even find the caterpillars. Their coloring, shape, and posture blend in so well, it's easy to overlook a few. Many times I've searched and destroyed, sure that not one was overlooked. The next day, I find more! Where were they hiding? Sometimes one will curl up its front end and then it looks just like a young leaf, wrinkled and not yet open. The cleverness of their disguise is a marvel of adaptation.

You'll need to turn over every leaf on the plant, exploring each surface carefully for the green larvae with a horn on one end and five pairs of prolegs. Short white stripes run up the sides. Beady eyes stare out at you and the jaws never stop chewing. (Consider wearing gloves! Those jaws are not averse to nipping at the hand that grabs, though they can't really "bite," pinch, or cause you any harm.)

If you're lucky, you'll find a hornworm with lots of white egg-like appendages strung out along the back. Don't kill this one! It's been infected by a tiny parasitic wasp that deposited her eggs

just under the caterpillar's skin. When the eggs hatch, the wasp larvae proceed to devour the hornworm's innards. (No one ever said Nature was kind.)

When ready to pupate, the wasp larvae poke up through the caterpillar's skin and spin their cocoons, the white protrusions you see on an infected hornworm's back. The hornworm soon dies and the wasps emerge from their cocoons, ready to fly away and begin the cycle again.

Eventually, hornworm monsters become so big up to five inches long they can't be overlooked. Their obesity means that the stem can no longer screen them from view. Besides, by this point they have eaten every leaf on the plant. There's no where else to hide.

So, it's time for the next stage in the insect's metamorphosis. The caterpillars drop to the ground and wander to a spot where they can burrow several inches deep and create a chamber for themselves. They pupate there, forming a long, brown cylinder where they overwinter, safe from predators, cozy in the soil of your garden.

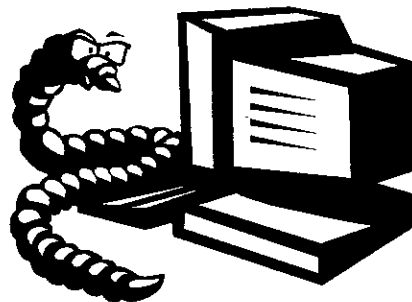
In mid to late spring the adults emerge as sphinx moths, and if you thought the larvae were big, you should you see the moths they become! If you've ever admired a hummingbird moth or a lunar moth, double the size of one and you'll understand what I mean. I found one once, on the side of a bean plant. I thought it was a bat until it flew away. Add in a heavy body to match the five-inch wingspan, and you have one huge moth.

Like most moths, they're nocturnal and they can travel long distances, flying in at night and locating your plants by smell.

So, there you have it: the life story of one of the home gardener's most dreaded pests. There are actually quite a few species of hornworms, but only two, the tomato hornworm and the tobacco hornworm (almost-look-alikes, except the tobacco hornworm sports a red horn and the tomato hornworm usually has a black horn) come into our vegetable gardens and devour our tomatoes. They're enough to make me hate the color green.

By Susan M. Poirier, Master Gardener

Posted August 30, 2010



For more informative fun articles like this go to UNH Cooperative Extension NH Outside: Garden Archives at <http://extension.unh.edu/NHOutside/gardens/>.