

# The Garden Gazette

September 2011



A newsletter for Grafton County 4-H Garden Program Gardeners

## UPCOMING DEADLINES AND EVENTS

September 1 - 4-H Project Pages due (for Flower, Vegetable, and Container Gardens) in the 4-H Office by 3:30 pm.

September 1 - (Optional) Garden Journal due to the 4-H Office by 3:30 pm in order to be considered for a special award. Keep on journaling!!

October 7 - County 4-H Gardening Awards Night at Blackmount Equipment in North Haverhill:

- Giant Pumpkin Contest
- Giant Sunflower Contest
- Pumpkin and Vegetable Decorating Contest

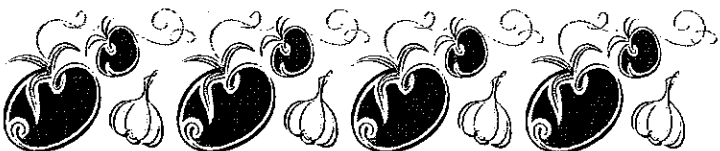


September 14 - Cooking with Fresh Veggies with Holly Finlay and Ana Petersen (NOTE - This will be held at Horse Meadow Senior Center and will run from 5:30 pm - 8 pm)



September 8 - MG Booth - Plymouth Farmer's Market 3 pm - 6 pm

Every Friday in September - MG Booth - Campton's Farmer's Market 3 pm - 6 pm



Hello happy gardeners! Are you enjoying all the bounty from your garden? I know I am and how good it tastes and feels in my body! I can feel all those vitamins and minerals just coursing through, can't you? I can hardly wait to meet you all at County 4-H Gardening Awards Night! What fun to see your creativity in the Pumpkin and Vegetable Decorating Contest and to see those Giant Sunflowers and Pumpkins! What a joy to celebrate a job well done! As the air turns cooler remember to put your gardens to bed by pulling out old stocks and stems and composting them. Then enjoy dreaming of your garden adventure next year!

Becky



### What's in Store For You This Issue!

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## PEST OF THE MONTH- JAPANESE BEETLES



It can be a bit of a challenge when Japanese beetles arrive to feast in your garden. Seems like one day I notice some holes in my green bean leaves then seemingly overnight my green bean rows are now green bean plant skeletons. I must admit it did not happen overnight. It happened while I was not really paying attention to what was happening in my garden. What to do? "As frustrating as it may seem, the most effective treatment available to the home gardener is hand-picking and squashing or drowning these pests. Simply fill a container, such as a coffee can, with soapy water, and flick off the beetles into the can. Later, cover it and dispose of them. The process is easy because the beetles move very slowly and do not hide, and early efforts pay off with a much reduced population." This quote is from Home Grown Facts from Cornell Cooperative Extension of Oneida County, NY.

This is certainly what I have found most effective. I have also observed that a Motherwort plant nestled near my green beans was covered with Japanese beetles yet the beetles, for the most part, stayed away from my beans. I was surprised to see in the Home Grown Facts that others have observed that strong smelling plants like chives, garlic, or white geraniums repel these pests although this has not been scientifically tested and verified.

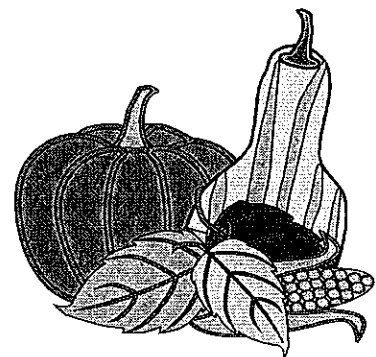
I am also enjoying fun essays written by UNH Cooperative Extension volunteers and staff and their experiences of Japanese beetles. You can find them at <http://extension.unh.edu/NHOutside/> and put in the search engine "Japanese beetles". It was wonderful to read about other ways people think about these beautiful (yes, I think they are beautiful shining in the sun as I love copper!) insects. Maybe, by writing my observations and thoughts in my garden journal, I might find a way to live alongside these beetles instead of fighting against them. Or maybe you will!

### Fall Cooking

Here is a simple recipe from "Cooking with Fresh Vegetables", a Summer Gardening series workshop held on June 30, 2010. Remember we have another "Cooking with Fresh Vegetables" workshop on September 14 from 5:30 – 8 pm at Horse Meadow Senior Center. Come and enjoy cooking and sampling!

#### Roasted Vegetables

Fill a baking dish with a medley of vegetables (try chunks of cauliflower and onion and whole Brussels sprouts). Drizzle with a few tablespoons of extra-virgin olive oil. Add minced garlic, sprinkle with salt, and roast at 450 degrees. Stir frequently until well browned.





Fold Here First

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From:

Place  
Stamp  
Here

To: Becky Colpitts, Volunteer Management Program Assistant  
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Fold Here Second








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# Freezing Vegetables

**General Instruction:**

- Select packaging material that is moisture-vapor resistant, easy to seal and label.
- Select young, tender, high quality produce.
- Work quickly in small batches. Keep working surfaces, utensils and hands clean.
- Blanching is recommended for most vegetables. Use 1 gallon water per pound vegetable. Place vegetables in a blanching basket and lower into boiling water. Work in small batch sizes so water returns to a boil within 1 minute. Begin blanching time when water returns to a boil. To cool food quickly, plunge blanched vegetables into a large quantity of cold water.
- Freeze foods at 0° Fahrenheit or lower. Don't overload freezer. Add 2 to 3 pounds per cubic foot of storage space per 24 hrs.

Vegetables	Preparation	Blanching Time (minutes)
 <b>Asparagus</b>	Wash. Sort according to thickness. Discard tough part of stalk. Cut into even lengths to fit container. Water blanch, cool, drain and package, leaving no head space.	Small 2 Med. 3 Large 4
 <b>Beans, Snap, Green or Wax</b>	Wash. Remove ends. Snip or cut into 2-4 inch lengths. Water blanch, cool, drain and package, leaving ½ inch head space.	3
 <b>Beets</b>	Wash and sort according to size. Trim tops, leaving ½ inch of stem and root. Cook in boiling water until tender. Cool in cold water, peel, remove stem and root and cut into slices or cubes. Package, leaving ½ inch head space.	Cook until tender
 <b>Broccoli or Cauliflower</b>	Wash. If desired, soak 30 minutes in brine (4 tsp. salt to 1 gallon water) to remove insects. Trim flowerets to 1 to 1 ½ inch across. Blanch, cool, drain and package, leaving no head space.	Water 3 Steam 5
 <b>Brussels Sprouts</b>	Select green, firm and compact heads. Trim, wash, and sort according to size. Water blanch, cool, drain and package, leaving no head space.	Small 3 Med. 4 Large 5
 <b>Carrots</b>	Remove tops, wash and peel. Cut as desired. Leave small carrots whole. Water blanch, cool, drain and package leaving ½ inch head space.	Whole 5 Cut 2
 <b>Corn</b> On-the-cob	Husk, trim, remove silk and wash. Water blanch, cool quickly and completely, drain and package, leaving no head space.	Small 7 Med. 9 Large 11
Whole kernel	Water blanch corn on cob. Cool, drain and cut about 2/3's the depth of the kernel. Package leaving ½ inch head space.	4
Cream style	Water blanch corn on cob. Cool and drain. Cut kernel tips from cob and scrape the cobs with back of knife to remove juice and heart of kernel. Package, leaving ½ inch head space.	4

Vegetables	Preparation	Blanching Time (minutes)
 <p><b>Greens</b> (all kinds)</p>	<p>Select young tender leaves. Wash thoroughly. Water blanch, chill, drain and package, leaving ½ inch head space.</p>	<p>2 Collards 3</p>
 <p><b>Herbs</b></p>	<p>Wash, drain, pat dry. Wrap in freezer wrap and place in freezer bag. Freeze. Use in cooked dishes.</p>	<p>N/A</p>
 <p><b>Peas, green</b></p> <p><b>Peas, edible pod</b></p>	<p>Use young, tender peas. Shell, water blanch, cool and drain. Package, leaving ½ inch head space.</p> <p>Select flat, tender pods. Wash. Remove stems, blossom ends and strings. Leave whole. Water blanch, cool, drain and package, leaving ½ inch head space.</p>	<p>1 ½ to 2 ½</p> <p>Small 2 Large 3</p>
 <p><b>Peppers, bell or sweet</b></p>	<p>Wash, stem and seed. If desired, cut into ½ inch strips or rings.</p> <p>Heated – Water blanch, cool, drain and package leaving ½ inch head space. Use in cooking.</p> <p>Raw – Spread loosely on a tray. Freeze then pack, leaving no head space. Use in uncooked foods.</p>	<p>Halves 3 Strips 2</p>
 <p><b>Pumpkin or Winter Squash</b></p>	<p>Wash. Cut into pieces and remove seeds. Cook until soft. Remove pulp and mash. Cool quickly by placing pan in cold water. Package leaving ½ inch head space.</p>	<p>Cook</p>
 <p><b>Summer Squash</b></p>	<p>Wash and cut into ½ inch slices. Water blanch, cool, drain and package, leaving ½ inch head space.</p>	<p>3</p>
<p><b>Zucchini (grated)</b></p>	<p>Wash and grate young tender zucchini. Steam blanch small amounts. Package, leaving ½ inch head space. Cool by placing containers in cold water. Pack in measured amounts.</p>	<p>Steam 1 to 2</p>
 <p><b>Tomatoes</b></p>	<p>Wash and dip into boiling water for 30 seconds to loosen skin. Peel and core. Freeze whole or in pieces. Package, leaving 1 inch head space. Use for cooking.</p>	<p>N/A</p>

Adapted from: E. Andress, J. Harrison. So Easy to Preserve. Fifth Edition. Cooperative Extension. The University of Georgia, Bulletin 989, 2006. For more information on food preservation, go to The National Center for Home Food Preservation Website – <http://www.uga.edu/nchfp/>.

Published and distributed in furtherance of Acts of Congress on May 8 and June 30, 1914, by the University of New Hampshire Cooperative Extension. Cooperative Extension and other agencies of the United States Department of Agriculture provide equal opportunities in programs and employment.

Revised 2009