

Mulvane Community Garden Newsletter

September 2014

VOL.1 ISSUE #7



Stay Connected:

Join the facebook Mulvane Community Garden Group.

Watch cable channel 7 for meeting reminders.

Visit the website for photos and resources.

Spread the word to your friends!

Welcome to a new growing season! It is our mission to provide helpful tips and suggestions to make your garden a success and pass along any garden updates. In addition to this monthly newsletter, you will find further resources at our website.

In this issue:

- Garlic
- Roasting Pumpkin Seeds
- Black Bean Pumpkin Soup Recipe

Upcoming Garden Related Events:

Closing date for the garden is November 1st!

- Pull vegetation in plot and mow it where it lays. Corn and Okra are too hard on the mowers, however, so please discard those with tomatoes, and corn in the dumpster and NOT the compost bin (tomato vines could have some diseases).
- Dick Johnstone planted turnips in G2 & G3. He invites anyone interested to help themselves.
- And a congratulations to Dick who was recognized as Gardener of the Year by a presidential award at the social in September!
- And a warm thanks to Loretta for painting the shed!

Here's a big thank you to everyone who has been participating in the community garden!

mulvanecommunitygarden.weebly.com

Garlic



For fall planting that will produce rewards in the following summer, try garlic! Though we will not be able to individually plant through the late fall and winter at the community garden we can still make an investment at home.

Planting & Harvesting

- Prepare your hole by working the soil several inches down and wide to allow for the bulbs to have ease in growth.
- Plant cloves point side up 1-2 inches deep spaced 6 inches apart. Typically the larger the clove when planted, the larger the bulb will be when harvested. Leave as much skin as possible on the clove when planting.
- Recommended fertilization for a 100 sq. ft. add 3lbs of 10-10-10 fertilizer mix into the soil before planting. Or follow recommendations based on your soil test.
- Water well and mulch over the plant for the winter, removing mulch in the spring.
- Check the plant when the lower 1/3 of the foliage has turned brown. It is recommended that when you dig to check on the plant at this time, if the cloves have segmented, it is time to harvest. If they haven't, then wait another week or two.
- Cure by removing dirt from roots and placing in warm area (80°F), out of direct sunlight, with air circulation.
- Leave to cure for approximately 2 weeks.

Storage

- Cool dry place (60-65°F) with moderate humidity and air circulation. Some store in mesh bags.

Varieties

Softneck aka Artichoke Garlic

Early Italian
Early Select
Italian Late
Silver Rose
Ichelium Red
Transylvania
Red Toch
Blanco Piacenza
Siciliano
Chet's Italian
Viola Francese
Nootka Rosa
California Early
Cuban Purple
Sonoran
Kettle River Giant

Hardneck aka Top Setting Garlic

Persian Star
German Extra Hardy
Chesnok Red
Maiskij
Sonoran
Ajo Rojo
Chinese Pink
Shilla
Killarny Red
Music
German Red
Spanish Roia
Elephant Garlic (technically a member of the leek family)

Pumpkin Seeds: Harvest & Roasting

- Remove pulp and seeds from pumpkins. Place in colander under running water to remove cleaned seeds.
- Place seeds in medium pot covered with water and add 1tsp salt. Bring to boil then reduce temp and simmer for 10 minutes. Some suggest this makes the seeds easier to digest and will help them to crisp up.
- Drain seeds and dry with paper towel.
- Place seeds on baking sheet in a single layer. Drizzle with olive or vegetable oil (1/2 – 1tsp) and sprinkle with salt or other seasonings.
- Roast in a 325°F oven for 10 minutes. Stir then roast for an additional 8-10 minutes.
- Sample a seed to ensure that the inner seed is not brown. It should only be lightly golden. The inner seeds will cook faster than the shells.

Alternative method after cleaning seeds:

- Place seeds on parchment lined tray and allow to air dry for 24-48 hours.
- Once dry, toss in butter, olive or vegetable oil and flavor with desired seasonings. Bake on a parchment lined baking sheet for 45 minutes at 300°F.

Black Bean Pumpkin Soup

Gourmet, November 1996



Yield: 9 cups

Three 15 1/2 ounce cans black beans (about 4 1/2 cups), rinsed and drained
1 cup drained canned tomatoes, chopped
1 1/4 cups chopped onion
1/2 cup minced shallot
4 garlic cloves minced
1 tablespoon plus 2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 stick (1/4 cup) unsalted butter
4 cups beef broth
a 16-ounce can pumpkin puree (about 1 1/2 cups)
1/2 cup dry Sherry
1/2 pound cooked ham, cut into 1/8-inch dice
3 to 4 tablespoons Sherry vinegar

Garnish: sour cream and coarsely chopped lightly toasted pumpkin seeds

In a food processor coarsely puree beans and tomatoes.

In a 6-quart heavy kettle cook onion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until onion is softened and beginning to brown. Stir in bean puree. Stir in broth, pumpkin, and Sherry until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon.

Just before serving, add ham and vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper.

Serve soup garnished with sour cream and toasted pumpkin seeds.