



June 28, 2010

Volume 2, Issue 2

Have something to share?

Backyard Bounty Connection is open to submissions: Articles about local food, recipes, event listings, pictures of your gardens and other submissions are most welcome. Email info@backyardbounty.ca and put 'Backyard Bounty Connection submission' in the subject line.

Contact Julianna at:

Phone: 519-803-2539

Fax: 519-829-3836

Email:

info@backyardbounty.ca

Next issue: How to preserve herbs...until then, ask Julianna at the pick-up.

Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people. - Elizabeth Berry

Visit our website:

www.backyardbounty.ca

Garden Report and Featured Garden

Scott and his farmers are nearly finished planting. Thank you for being patient while he worked to get to your yard! We have another new roto-tiller and are hoping this one will last us a long while. The gardens have been doing quite well because of the rain, and this also means that the weeds have been too! But we are keeping on top of it!

We have a beautiful garden growing at 7 Skov Crescent which you are more than welcome to come and take a look at. The owners, Carol Miller and Alelinda Prigione are very proud of the Backyard Bounty garden growing in their front lawn and welcome people to come and take a look at it. (Please be respectful, thanks!)

If you are a homeowner and you would like to share your garden as one which people can come to visit and look at, please let us know and we would be more than happy to let people know.



Demonstration Garden at 7 Skov Crescent, off Eramosa.

At the Markets...

As mentioned previously, we are expanding our markets to make local, nutritious food more available and accessible to the community. You can now find us at the following locations. Tell your friends!

Guelph Farmer's Market

2-4 Gordon St.

Saturdays from 7am to noon

Permanent table at door at Waterloo and Gordon

Borealis Market

1388 Gordon St.

Saturday 12:30pm to 4pm.

Also selling: Borealis Grille

Wellington Chiropractic Centre

12 Waterloo - across from the Farmer's Market.

Tuesdays 4:30 to 6:30pm

Also selling: Polestar Hearth Bakery, The Green Table (Meals that Heal) and Irvine Creek Organics (canned goods)

Norwich Coop - Coming soon!

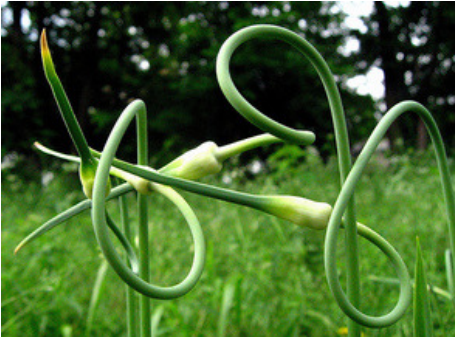
126 Norwich Street East

Tuesdays from 4 to 8pm

Also selling: TBA

First 2 CSA Pick-Ups successful!

On June 15th and 22nd, CSA members came to the Chiropractic Centre at 12 Waterloo to pick up their produce. People brought their own bags and boxes and worked together to weigh out their different produce included in their share. Polestar Hearth sold lots of fresh bread and The Green Table sold lots of fresh dips. Everyone enjoyed their experience and were happy to see many familiar faces.



Garlic Scapes growing in a field!

Featured vegetable: Garlic Scapes

These curious, twirly stalks grow out of the centre of the garlic plant. The white part becomes the flower. However, when a root plant is able to flower, the energy and nutrients then go into the

In this weeks share!

flower and leave the root. So to get nice garlic bulbs in the fall, the scales must be taken off in early summer. Luckily, this part is very tasty!

The best time to harvest them is when the scape has just had a chance to loop around once. The scape will snap off easily and be nice and tender.

Scapes can be used wherever you use garlic, however they have a slightly different flavor that is a little more mild.

Garlic Scape Pesto

1 bunch basil, leaves only

- 3 garlic scape stalks
- 1/4 cup pine nuts, roasted
- 1 pinch of salt
- 1/3 cup parmesan cheese
- Few table spoons extra virgin olive oil
- Chop up the scapes, and throw everything into the blender until it is creamy and presto, you've got pesto! Pesto can be preserved in the freezer, and will last quite long in the fridge.

Next week: Info on preserving herbs. In the mean time, ask Julianna at pick-up.

Recipes

Pasta with Fresh Tomato & Rocket Sauce

from Anne Wyminga—CSA member

Serves: 4

- 400 g fresh pasta – cooked al dente
- 5 roma tomatoes - finely chopped

- 2 teaspoons capers - salted, rinsed
- 1/4 red onion - finely chopped
- 2 tablespoons olive oil
- 3 tablespoons

- fresh basil - shredded
- 2 cups **arugula** - roughly chopped
- 200 g fresh ricotta
- pepper - black, cracked

- 1 tablespoon parmesan
- Combine and toss. Top with parmesan cheese.

Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity.
- Lindley Karstens

Volunteer!!!

There are lots of different opportunities to Volunteer with Backyard Bounty. Scott has lots of different gardening work including propagation, transplanting, harvesting, hoeing, and lots of other stuff.

You can also help with other things such as assisting at the markets or at our CSA pick-up, putting together newsletters, flyering, event planning, developing rain barrel program, and more! Get in contact for more details.



Local Just Got Closer!

Map of Backyard bounty gardens being used this year!