



Backyard Bounty Connections

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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:

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Please feel free to circulate this newsletter!

The rose-bug on the rose
Is evil—so are those
Who see the rose-bug
Not the rose.

Ella M. Boulton

Visit our website:

www.backyardbounty.ca

Garden Report

The zucchinis and beans are growing really well right now which makes up for the tomatoes which are affected slightly by blight. The last fall planting was finished today, so planting is now completed for the year and some gardens will start to be closed down for the season. Scott is happy to get rain today, as it has been getting a little dry.

Backyard Bounty farmers have been travelling around Guelph by bike! Other than on harvest days when the truck is needed to carry bins of vegetables from the garden to our washing station, the crew is biking around Guelph with a wagon and backpacks full of tools to the various gardens. This means that the amount of fuel that is needed to commute between gardens is reduced, and the overall environmental footprint of our business is reduced.

On Tuesday, August 3, the Ontario Market Investment Fund joined us as we harvested, washed and provided the CSA shares throughout the day to get Backyard Bounty on film. This organization provided Backyard Bounty with funding for promotions, and want to demonstrate what their funding has been able to contribute to. Thank you to all who agreed to be interviewed for this film. If you are interested in being filmed, let me know in case they return for more footage. Once it is completed, the film will be available for all to see.

Dealing With Pests!

As an urban gardening project growing without pesticides like other organic farms, we have some pests to deal with now and then.

Flea beetles have been a slight problem in some of our gardens, turning arugula into a new variety a CSA member called 'lacey arugula'! These tiny beetles chew small, holes in the leaves of brassicas, arugula and some other plants. The adult beetle can transmit viral and bacterial diseases to some crops and can kill small seedlings while their larvae attack plant roots and weaken the plant. Flea beetles overwinter as adults and emerge very early in spring ready to eat which means that crop rotation is one of the most effective methods of controlling their population.

Hornworms munch on tomatoes plants, eggplant, pepper, potato, and groundcherries. Luckily the hornworm is not too much of a problem this year and we can just pick them off manually.

We have often sprinkled cayenne pepper on the leaves and base of a plant to help keep rodents and small animals from eating them. Likewise, garlic powder sprinkled onto bean plants has been kept other pesky insects away.

There are many beneficial insects which we are lucky enough to have in many of our gardens. Parasitic wasps, praying mantis and lady beetles do not eat the plants but rather eat those insects that eat the plants. They help to control aphids, mealy bugs, leaf worms, and many others. A lady bug for instance will eat several thousand aphid larvae and adults in its lifetime.



A hornworm on a tomato plant and Scott's hand. These large caterpillars later become sphinx moth.

In this weeks share! And...Recipes

This week in your CSA share, you will receive the following delicious vegetables: beans, zucchini, cucumber, mesclun, a choice of herbs, rainbow chard, carrots, radishes, and garlic.

Feature vegetable: Garlic!

The "Music Garlic" that we have grown will be partially cured by Tuesday. Garlic can be eaten without being fully cured; however, if the curing is completed and the peeling is left on, the bulbs will last for months longer! To cure garlic, hang the bulbs with the stems up out of direct sunlight with air flow. The best environment for this is room temperature or a little warmer. As the garlic cures, the juice in the stalks will drain into the bulbs. They will take about 2 more weeks to finish curing. Once the garlic is finished being cured, you can leave it

hanging and just pull bulbs off as needed. Whether cured or not, garlic should not be kept in the fridge (unless peeled) and be aware that the garlic wants to grow, so may start sprouting!

Garlic has been used in foods and the creation of medicines since the time of the ancient Egyptians. Garlic is an excellent source of manganese and a very good source of vitamin B6, vitamin C, protein, thiamin (vitamin B1), phosphorus, selenium, calcium, potassium, iron and copper. Garlic contains the amino acid, alliin, which scientists say has anti-biotic and bactericidal effects. It is believed to promote cardiovascular activity and have a soothing effect on the respiratory system. (health.learninginfo.org)



Our freshly harvested garlic at our field at Drumlin Farms, one of three plots in Arkell.

Recipe: Roasted Garlic Spread

Take the skins off of a bulb of garlic. Break up the bulb a little so that air can get in between the cloves. Drizzle a little bit of olive oil over the bulb and place this in the oven in a covered dish at 350 for 40 minutes. Remove the garlic from the oven and allow to cool for a few minutes. Squeeze the meat out of the bulb and mash the garlic with a little bit of olive oil, salt, pepper and parmesan cheese.



Rural Romp—September 25, 2010

Mark your calendar with a fun day in the country!

On September 25th, over 20 farms in Wellington County will open their gates and welcome people to come in and learn about how they farm, see the animals and see how they grow their vegetables. Fill out a ballot at each location you visit for your chance to win some valuable prizes including gift certificates from local restaurants, farms and retail stores. All of the details are in the Guelph Wellington Local Food Map that can be found at www.guelphwellingtonlocalfood.ca. For more information call 519-821-6638 519-821-6638 ex 335 or email info@guelphwellingtonlocalfood.ca.

How to use a monster zucchini...

Trish, one of our awesome assistant farmers and a talented chef has contributed this zucchini bread recipe. Now you have something to do with the enormous zucchini you have in your garden or that you will receive as extra at our CSA pick-up! Enjoy!

Makes 2 loafs:

- 3 Beaten Eggs
- 2 Cups Sugar
- 2 Cups Vegetable Oil
- 2 Tsps Vanilla

- 2 Cups Grated Zucchini
- 3 Cups Flour
- 1 Tsp Baking Soda
- 1 Tsp Salt
- 1/2 Tsp Baking Powder
- 1 Tbsp Cinnamon
- Add nuts and/or raisins, blueberries if desired

-Use a potato peeler to remove outer skin of Zucchini. Cut Zucchini into 1 inch chunks for grating. Use a food processor or hand grater to grate zucchini.

Add grated Zucchini to wet ingredients and stir. Combine dry ingredients in large bowl.

-Add wet to dry and mix just until combined (will help leavening). Pour into greased loaf pan.

-Bake about 1 hour at 350 degrees. Use a toothpick to determine if bread is fully cooked.

-Freezes well.

Local Just Got Closer!