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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:

Phone: 519-803-2539

Fax: 519-829-3836

Email:

info@backyardbounty.ca

Please feel free to circulate this newsletter!



Garden Report

Our top story this week: Trish, our photographer and fantastic assistant farmer was visited by an enormous praying mantis that landed on her head while she was harvesting potatoes. The praying mantis startled her a little but assured the farmers that the pests in the field were being controlled by this elegant insect.

As we get into the later half of August some vegetables like beans are finishing while crops like beets, carrots, and leafy greens are still going strong and growing very large. We are able to start harvesting some fall crops like potatoes, rutabagas, squash, egg plants, leeks, and garlic and spinach is coming in again. The crops are growing well; Guelph finally got some rain, helping everything to grow better again.

Our new website is under way, being recreated by our talented assistant farmer, Tom. It should be up and running shortly with a dazzling new look!



Tom pretending to be a scare crow in the beet patch at 7 Scov. Picture taken by Trish!

The Movement

Have you been feeling that you would like to be involved in the local food movement but are not sure where to start? I have put a short list together here as a reference:

Guelph Wellington Local Food. Working hard to put local food on local tables. guelphwellingtonlocalfood.ca

Canadian Organic Growers (Perth-Waterloo-Wellington) Charitable organization, promotes sustainable organic stewardship of the land. cogwaterloo.ca

Organic Council of Ontario Represents the organic sector in Ontario at a provincial and National level. organiccouncil.ca

Ecological Farmer's Association of Ontario Programs, education and support. efao.ca

National Farmer's Union Ontario Promotes policies that will revitalize agriculture in Ontario. nfu.ca/on

Farm Start Support for new farmers. farmstart.ca

Everdale Environmental Learning Centre everdale.org

C.R.A.F.T. Collaborative Regional Alliance for Farmer Training in Ontario . Participate in a full-season farming internship. craftontario.ca

Guelph Food Round Table
Making healthy food more accessible in Guelph.

A weed is a plant that has mastered every survival skill... except for learning how to grow in rows.
- Doug Larson

Visit our website:

www.backyardbounty.ca



In this weeks share! And...Recipes

In your CSA share this week: potatoes, rainbow chard, carrots, mesclun mix, cucumbers, summer squash, herbs, tomatoes, beans, and beets.

Featured vegetable: Bennings Green Tint Bush Scallop (White Patty Pan)

This little, heirloom variety summer squash was introduced in 1914. It was described at the time as "one of the most beautiful strains of the whole group of Patty Pans." Its fruit is sweet, fine textured, with pale green flesh.

Sow patty pans about 24 inches apart in a row at a depth of about an inch in the latter half of May. They can also be started indoors a few weeks earlier and easily transplanted. These squash require little care and are ready about 50 days after planting, yielding up to 15

fruits each and continue to produce even when other squash plants have succumbed to disease. Harvest the fruit early, when they are about 2 or 3 inches wide and the plants will continue to produce additional squash for weeks or months! You can make additional sowings at one-month intervals to have summer squash available all season.

Bennings Green Tint Bush Scallops may be the best tasting summer squash available and are high in vitamins C, A and folic acid. They can be roasted, sautéed, steamed, grilled, fried or baked.

Zucchini and Potato Pancakes

- 1 small zucchini, grated
- 1 small potato, grated
- 1 egg, beaten
- 1/4 cup rice flour

pinch salt
 pinch of pink peppercorn
 chives
 olive oil
 Squeeze out most of the moisture from the grated zucchini. Pat dry if necessary. In a bowl combine grated zucchini, potato, egg, rice flour, salt, pink pepper and chives. Heat some olive oil in a pan. Add about a tablespoon of mixture and flatten it. Cook till golden brown, flip and finish cooking. Serve with aioli.

hawthornfarm.ca, underwoodgardens.com, seedlibrary.org, carletongarden.blogspot.com



Bennings Green Tint Bush Scallop



Rural Romp—Backyard Bounty at Market

Fresh veggies in a BBQ at the Farmers' Market!

On September 25th, Backyard Bounty will be participating in the Rural Romp by having our vegetables included in a barbeque, having samples for your to try, and combo baskets of veggies prepared for you to purchase. Join the Romp and explore the beautiful countryside with chances to win 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.

What do our homeowners say...?

"I went with Back Yard Bounty because I wanted to give back some way, but mostly because I was lazy. As the buyer of a old house, I realized that the part of my back yard was going to need a huge amount of work to clean and put grass on.

I knew with my current schedule and as a Single dad, that is wasn't going to happen. I saw Back Yard Bounty ads at the Guelph market and got interested. I finally reached you guys and that was when good things happened. Back Yard came in, set everything up, [and] put my garden to good use. All I needed to do

was look, appreciate and boast to people when I had a party.

In short, I've grown beans for the community and I haven't had to lift a finger. I would recommend this to anyone who has land, likes giving back to the community but is basically lazy – or like me, has no time.

Now if I could only find an organization like this that cleans houses...."

R. Cortis

"I have found this to be a great experience. I would recommend this program. I

read of the program in the Guelph Mercury." R. Cook

If you are interested in donating some of your yard to Backyard Bounty for a few seasons, please contact us for more details. We will gladly discuss the opportunity with you and if it works out, can start working the soil this fall. Homeowners receive 10% off the price of a share and know that they are helping the community and the environment in Guelph.

Looking forward to hearing from you!

Local Just Got Closer!