

Community Supported Garden at La Vista

THE WEEKLY WEEDEEER

Volume 7, Issue 13 – August 11, 2009

Sorry for the delay in getting out the Weekly Weeder. We had problems with our server. –*Editor*

SUMMER AND FALL

In August we straddle two very different seasons. Summer is at its peak, full of fruits, bugs, and hot temperatures. At the same time, the days are shortening every day, which means that the growing season is very slowly coming to an end. Shorter days mean one thing: Fall is coming. With fall coming, this is time that, in between harvesting our hot summer crops like tomatoes, peppers and eggplant, we're busy getting our fall crops going, including spinach, salad mix, cabbage, and others.

Getting fall crops established is a balancing act. We're dealt with an often confounding situation. Our fall crops are "cool" weather plants that grow best when nighttime temperatures dip into 40's and 50's. They also need several weeks, often up to six or seven weeks in the case of spinach and lettuce, to mature. And once we cross the dateline of the autumn equinox, after which the hours



of darkness exceed those of daylight, plant growth slows considerably. So, the question is how do we germinate, transplant, sow, and establish a few months worth

of fall crops during the summer, when conditions are NOT what they can grow under?

The answer is twofold. First, we sow or transplant our fall crops, like spinach, salad mix, cabbage, kohlrabi, and rutabaga, only under the best relative conditions. This means that we wait until rain is in the forecast, or when there is a subtle drop in temperatures, to get the plants started. Hopefully it rains or cools off in reality; if it doesn't, then we might need to irrigate, which we've done recently. If we run into a good old-fashioned heat wave or drought, then we wait. It's no use sowing seeds when it's 100 degrees. The other half of the answer is that we try and try again. It's not out of the question that a crop will simply fail to germinate, or, if it germinates, that it will not survive harsh summer conditions. We keep trying and

WHAT'S IN YOUR SHARE?



- Potatoes
- Garlic
- Squash
- Basil
- Lettuce
- Peppers
- Tomatoes
- Cucumbers
- Raddishes
- Beets
- Onions
- Eggplant
- Carrots
- Scallions

and U-Pick herbs and flowers,
plum & cherry tomatoes, okra, green beans

WHAT'S FOR DINNER?

Cucumber-Yogurt Dip with Mint

(from Mark Bittman, *How to Cook Everything*)

A quickly made, low-fat sauce that is good for dipping vegetables or passing with grilled foods, especially lamb. Good when made with parsley or dill, too.

- 1 medium cucumber, peeled if desired
- 1 Tbsp olive oil
- 1 cup plain yogurt
- 2 tsp minced onion, shallot, or scallion
- 3 Tbsp minced fresh mint leaves
- Salt and freshly ground black pepper to taste



1. Cut the cucumber in half lengthwise and scoop out the seeds. Chop it into 1/2 inch dice and combine it with all remaining ingredients.
2. Check seasoning and serve, or refrigerate until ready to use, but use within a few hours.

Vegetable Gallery

trying, and eventually it works.

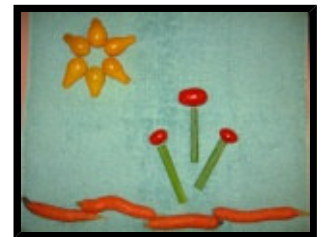
It's all about faith in the seasons, and faith in the seed. They give us what they give, and what we eat reflects the pulse of the natural world around us. In August we prepare and persevere, straddling two seasons and loving them both.

UPCOMING EVENTS

Volunteer Work Day, Saturday, August 15, at 8 a.m.

LOOKING AHEAD

Peppers and eggplant are slowly kicking in, and our third rotation of tomatoes is just now coming on, which is perfect timing, as our first two plantings are reaching their peak. It looks like, bugs willing, we'll continue to have more cucumbers and squash. We'll continue to give out lots of onions early in the season, so that you can enjoy more of them now, instead of us holding onto them and risking more of them going bad.



Community Supported Garden at La Vista

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The ***Community Supported Garden at La Vista*** is one branch of the **Oblate Ecological Initiative**, a ministry of the Missionary Oblates of Mary Immaculate. The other branch, the ***Ecological Learning Center***, offers seasonal celebrations, retreats, presentations, discussion groups and a week-long Earth Literacy course. For more information visit www.lavistaELC.org.

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