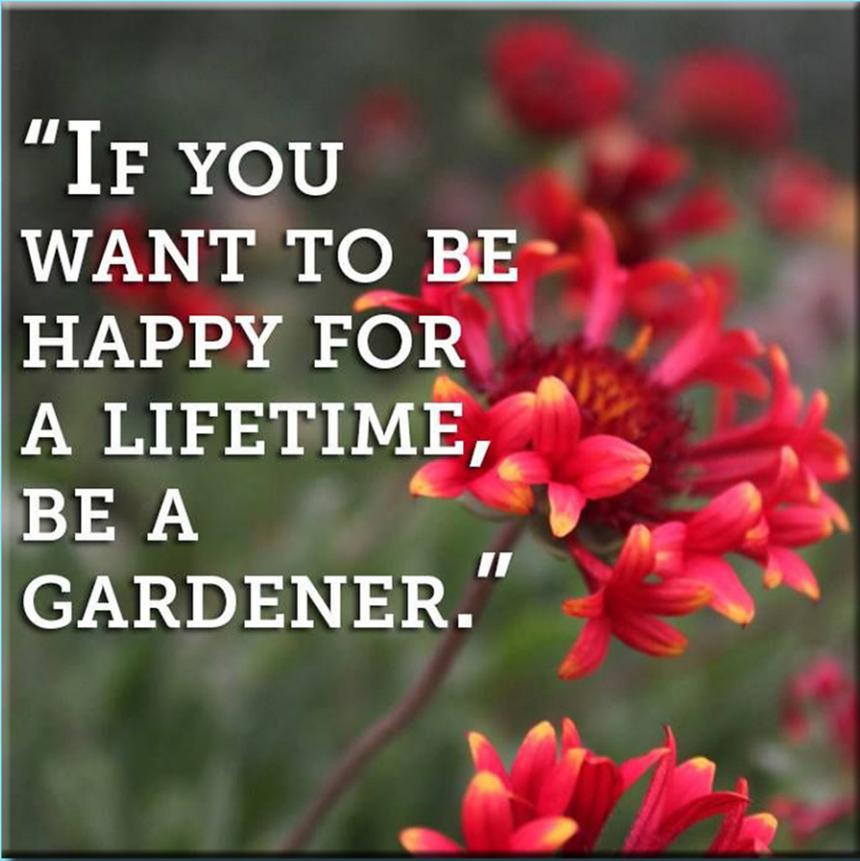


COMMON GROUND

NRH Community Garden



**"IF YOU
WANT TO BE
HAPPY FOR
A LIFETIME,
BE A
GARDENER."**

NEWS

August 28

Monthly Garden Workday
Starting at 8:30 am
Common Ground

Typically our workdays occur on the 3rd Saturday of the month, however our workday will be held on the 28th this month. We will begin at 8:00 am and will be helping our gardener neighbors fill their beds with fresh soil for the fall growing season.

If you are unable to move soil to refill your plot please contact Rachel (commongroundnrh@hotmail.com) and she will put you on the list for us to fill yours.

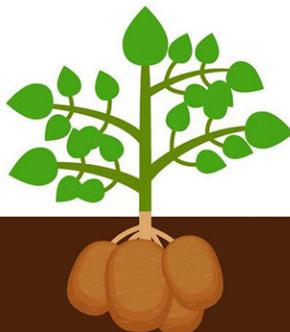
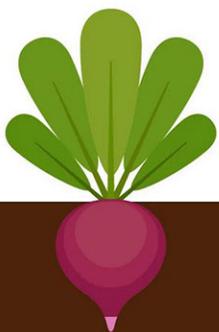
If you ARE able to do the work of refilling your plot, please try to do so BEFORE the work day. The garden will be receiving a load of soil on the morning of August 6th. That gives you three weeks to fill your plot.

If needed, Rachel will order a second load before the workday. However after the workday we will not be ordering more soil until the spring.

September 18

Monthly Garden Workday
Starting at 8:30 am
Common Ground

It is back to our regular schedule! As summer winds down, the weather will hopefully be cooler! It should be a great day to work at the garden!



June Work Day Photos



July Garden Photos



Generally, when you think of soup, you think of cold weather, but summer soups can be a wonderful and healthy addition to your diet! In this issue, we would like to introduce you to some soups you can make with vegetables from the garden.

SUMMER GARDEN VEGETABLE SOUP

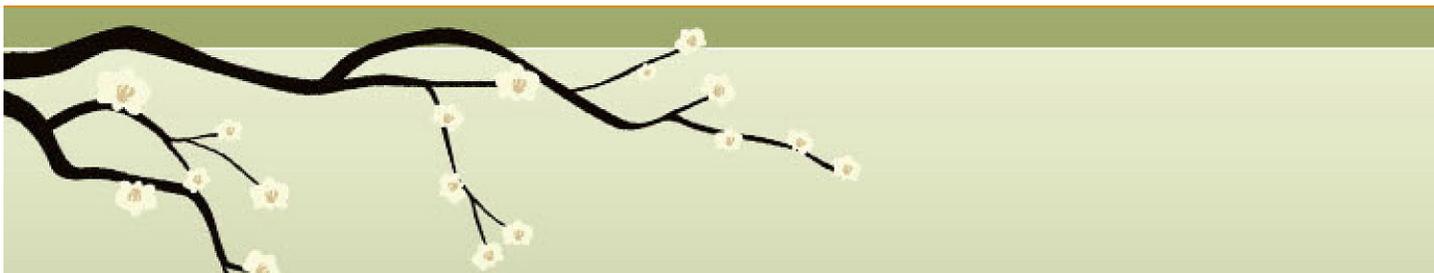
Ingredients

- 1 Tbsp. olive oil
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 1/2 red bell pepper, chopped
- 2 stalks celery, sliced
- 4 cups vegetable or chicken broth
- 3 large carrots, sliced
- 1 cup green beans, 1 inch pieces
- 1 ear corn, cut off cob
- 1 large tomato, peeled and chopped
- 1 large potato, peeled and diced
- 1 medium zucchini, sliced and quartered
- 1 cup kale, cut into thin strips
- Salt and pepper, to taste
- 1 Tbsp. oregano, chopped (1 tsp dried)
- 1 tsp. thyme, finely chopped (1/2 tsp dried)

Instructions

1. Saute onions in olive oil for 2-3 minutes. Add in garlic and saute an additional minute. Mix in bell pepper and celery. Continue to saute for 2-3 minutes.
2. Add in broth. Stir in all the remaining vegetables except the zucchini and kale. Blend in the seasonings and simmer the soup until the potatoes are tender, approximately 1 hour. Add in the zucchini and kale and cook for 5 minutes. Adjust seasoning and serve.





ZUCCHINI AND SWEET CORN SUMMER SOUP

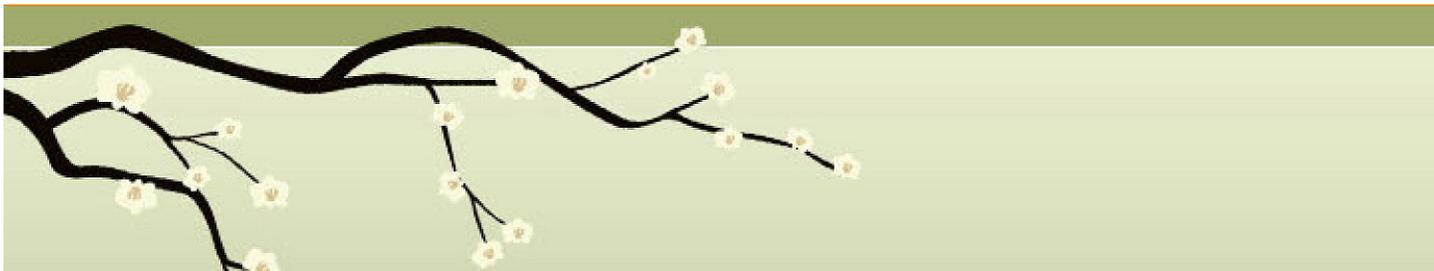
Ingredients

- 1 Tbsp. butter
- 3 strips bacon, chopped
- 1/2 large white onion, diced
- 2 stalks celery, sliced and diced
- 1/2 cup sliced carrots
- 1 Tbsp. minced garlic
- 1/2 tsp. dried thyme
- 1 lb. potatoes, diced into 1/2" cubes
- 4 cups chicken broth
- 1 bay leaf
- 4 ears of corn, shucked and kernels cut off
- 1 - 2 zucchini squash, chopped
- Salt and pepper, to taste
- 1 cup half and half
- 1/8 tsp. cayenne seasoning
- 1/4 tsp. dried parsley

Instructions

1. Melt the butter in a cast iron pot over medium heat. When the butter is melted, add in the bacon. Stir occasionally, until cooked, about 3-4 minutes.
2. Stir in the onion, celery, carrots, garlic, and thyme. Continue cooking until the vegetables begin to soften, stirring occasionally, about 5 minutes.
3. Stir in the potatoes, broth, and bay leaf. Bring the heat to a quick boil, then lower the heat and let the soup simmer for 10-12 minutes, or until the potatoes are at least half cooked.
4. Stir in the corn and zucchini, and salt & pepper, to taste. Bring the mixture back to a simmer and cook for another 10-12 minutes, or until the squash is tender.
5. Take the bay leaf out, discard. Pour half the soup into another bowl, set aside. Using an immersion blender, puree the remainder. Combine both soups and stir.
6. Stir in the half and half, cayenne, and parsley.
7. Serve hot, with a thick slice of good bread.





CHILLED WATERMELON GAZPACHO SOUP

Ingredients

- 6 cups seedless watermelon, chopped
- 1 cucumber peeled, seeded and chopped
- 1 jalapeno pepper, seeded and chopped
- 1 large tomato, core removed and chopped
- 1/2 onion or shallot chopped
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. red wine vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. basil fresh or can substitute dried
- 1 tsp. kosher salt and 1/2 tsp. black pepper

Instructions

1. Roughly chop the watermelon. Peel the cucumber. Seed the cucumber by cutting it in half lengthwise and scooping out the seeds and gelatinous pulp with a spoon. Chop.
4. Remove the core of the tomato and chop.
5. Place all ingredients in a blender and puree until the mixture is smooth.
6. Cover and refrigerate until chilled or ready to serve.



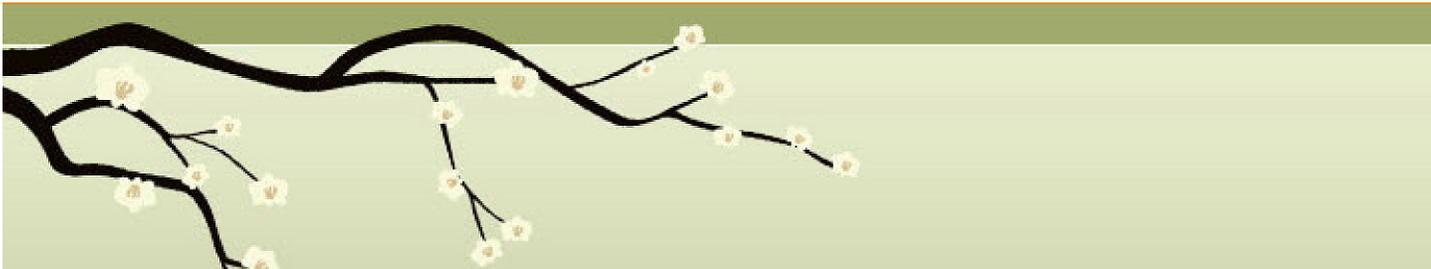
CHILLED CUCUMBER SOUP

Ingredients

- 2 seedless cucumbers, peeled -- divided
1/2 cup diced small; the rest coarsely chopped
- 1 1/2 cups plain Greek yogurt
- 3 Tbsp. fresh lemon juice
- 1 clove garlic, peeled
- 1/3 cup loosely packed fresh dill weed
- 1/4 cup loosely packed fresh flat-leaf parsley
- 2 Tbsp. loosely packed tarragon
- 1/4 cup extra virgin olive oil, plus more for drizzling
- 1/4 teaspoon kosher salt more or less, to taste
- 1/2 medium red onion finely diced

Instructions

1. In a blender, combine the coarsely chopped cucumber with the yogurt, lemon juice, garlic, dill, parsley, tarragon and 1/4 cup of extra virgin olive oil. Blend on high speed for 2 minutes, until smooth. Season with salt, cover and refrigerate for 2-8 hours to allow flavors to meld and develop. (You can eat the soup right away, but the flavor will not be nearly as refined and delicious.)
2. Taste the soup for proper seasoning again just before serving. Pour the soup into bowls. Garnish with the finely diced cucumber, red onion and a drizzle of olive oil, and serve.



ROASTED CARROT SOUP

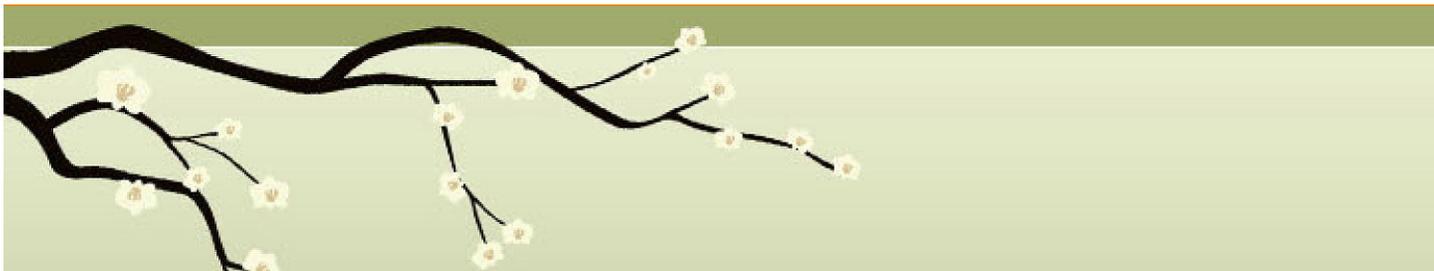
Ingredients

- 1 1/2 pounds carrots, peeled and cut into 1/2-inch slices (about 6 large carrots)
- 1 large yellow onion, thinly sliced
- 4 cloves garlic, peeled and left whole
- 2 Tbsp. extra-virgin olive oil
- 1 1/2 teaspoons kosher salt divided, plus additional to taste
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper, plus additional to taste
- 2 cans whole peeled tomatoes (or 28 ounces fresh tomatoes)
- 1 teaspoon dried basil
- 1/2 cup plain Greek yogurt, plus additional for serving
- Fresh basil, optional for serving



Instructions

- Place racks in the upper and lower thirds of the oven and preheat the oven to 400 degrees F. Generously coat two baking sheets with cooking spray. Set aside.
- Place the carrots, onions, and garlic in a large bowl. Drizzle with olive oil, then sprinkle with 1 tsp. salt, cumin, and pepper. Toss to evenly coat, then spread in a single layer on the prepared baking sheets, ensuring that the vegetables do not crowd one another. Roast for 25 to 30 minutes, turning twice throughout, until the vegetables are tender and browned. Let cool on the pans for 10 minutes.
- While the vegetables cool, drain the juice from the tomato cans into a small bowl. Set aside.
- Working in two batches, add half of the roasted vegetables to a food processor fitted with a steel blade or to a blender. Add 1 can of the drained tomatoes. Purée until smooth, then pour into a 4-quart heavy-bottomed pot. Purée remaining vegetables and tomatoes, then add to the pot.
- Stir in the reserved tomato juices, basil, yogurt, and remaining 1/2 teaspoon salt. Bring to a gentle simmer and let cook for about 10 minutes, until fully heated through. Taste and add additional salt and/or pepper as desired. Serve warm, topped with fresh basil and/or additional Greek yogurt.



THAI SOUP WITH CORN AND ZUCCHINI

Ingredients

- 2 Tbsp. olive oil
- 1 onion, diced
- 1 Tbsp. ginger, diced
- 3 garlic cloves, diced
- 1/2 tsp. salt
- 2 1/2 cups diced zucchini (about 2 large zucchini)
- 1 1/2 cups sweet corn (2 corns cobs (fresh or frozen))
- 2 tsp. curry powder
- 1 tsp. turmeric powder
- 2 cups vegetable stock

To finish

- 1 cup coconut cream (it is the thickened part of coconut milk)
- 2 Tbsp. lemon juice or lime juice
- 1/3 cup chopped cilantro

Instructions

Saute the onion, ginger, cloves and salt in oil then add rest of the ingredients and stir through. Bring to a boil, then turn down to simmer for 10 minutes. Finish with coconut cream, lemon juice, and cilantro.



MEXICAN ZUCCHINI SOUP

Ingredients:

- 1 small onion, finely chopped
- 1 1/2 teaspoons margarine
- 2 cups zucchini, diced in small pieces
- 2 cups vegetable bouillon
- 1 1/2 cups corn kernels
- 3 Tbsp. jalapeno peppers, chopped
- 1/8 tsp. black pepper
- 1 cup yogurt
- 2 Tbsp. nutritional yeast
- Minced fresh parsley and ground nutmeg

Instructions:

1. Saute the onion in the margarine until it is glossy, about 3 minutes.
2. Add the zucchini pieces and saute until they begin to soften.
3. Stir in the vegetable bouillon, corn, jalapeno peppers and black pepper.
4. Bring the soup to a gentle boil, reduce the heat and cook until the corn and zucchini are soft but not mushy. Remove from the heat and add the yogurt and nutritional yeast.
7. Optionally, garnish the soup with parsley and nutmeg.

Recommended Planting Dates for North Texas

Fall

June 15-July 1	Eggplant seed	Aug 1-Sept 1	Beans, pinto
June 15-July 1	Cantaloupe	Aug 1-Sept 1	Chard, Swiss
June 15-July 1	Watermelon	Aug 1-Sept 1	Collards
June 15-July 15	Eggplant transplant	Aug 1-Sept 10	Mustard
June 15-July 15	Pepper, Hot	Aug 1-Oct 1	Parsley
June 15-July 15	Pepper, Sweet Bell	Aug 1-Oct 15	Rutabaga
June 15-July 15	Pepper, Sweet Salad	Aug 1-Oct 15	Spinach
June 15-July 15	Tomato, large fruited	Aug 10-Sept 1	Cabbage, Chinese
June 15-July 15	Tomato paste	Aug 15-Sept 1	Lettuce, head
June 15-July 15	Tomato small fruited	Aug 15-Sept 5	Carrot
July 1-August 1	Peas, Southern	Aug 15-Sept 10	Lettuce
July 1-August 10	Squash, winter	Aug 15-Sept 10	Butterhead
July 15-Aug 15	Okra	Aug 15-Sept 15	Lettuce Leaf
July 15-Aug 15	Pumpkin, small	Aug 15-Sept 15	Lettuce, or romaine
July 25-Aug 10	Potato, Irish seed pieces	Aug 20-Sept 15	Broccoli-transplants
Aug 1-Aug 15	Beans, snap pole	Aug 20-Sept 15	Brussels Sprouts-transplants
Aug 1-Aug 15	Broccoli-seed	Aug 20-Sept 15	Cabbage transplants
Aug 1-Aug 15	Brussels Sprouts seed	Aug 20-Sept 15	Cauliflower transplants
Aug 1-Aug 15	Cabbage seed	Aug 25-Oct 1	Greens
Aug 1-Aug 15	Cauliflower seed	Aug 25-Oct 1	Kale
Aug 1-Aug 15	Corn Sweet	Aug 25-Oct 15	Turnip
Aug 1-Aug 15	Cucumber Prickling	Sept 1-Sept 15	Beets
Aug 1-Aug 15	Cucumber Slicing	Sept 1-Oct 1	Peas, English
Aug 1-Aug 25	Kohlrabi seed	Sept 1-Oct 1	Peas, Edible, Podded
Aug 1-Aug 25	Squash summer	Sept 1-Oct 1	Leeks
Aug 1-Aug 25	Squash Pan type	Sept 1-Oct 1	Onion-seed-sow previous year for bulbs
Aug 1-Aug 25	Squash Zucchini	Sept 1-Nov 1	Radish
Aug 1-Sept 1	Beans, snap bush	Sept 1-Nov 1	Garlic
Aug 1-Sept 1	Beans, yellow bush		

8 NO-NO'S IN THE VEGETABLE GARDEN

#1 - Over Fertilizing

Many gardeners believe this - common untruth - the more fertilizer they apply, the better the yields. Actually, applying more fertilizer than the recommended amount will reduce your yields considerably. Fertilizer should only be used in the ratios recommended and should only be applied on soil that is nutrient deficient. Plants will only utilize the nutrients they need; therefore, the excess nutrients will leach into the soil and go to waste.

#2 - Using Synthetic Fertilizers

Gardeners who want to produce organic yields should never apply synthetic fertilizers to their garden. They might be cheaper but very harmful. Eliminate the use of synthetic fertilizer and substitute it with organic fertilizer. You will increase your yields and make them healthier and safer to consume.

#3 - Failure to Amend the Soil

Amending the soil with compost will go a long way in giving you better and healthier yields. Amend your soil with plenty of organic matter and compost throughout the seasons. Organic matter will never be excess in the soil. So, pile them on as much as possible for good garden growth.

#4 - Over Watering

This is another common mistake committed by many gardeners. Too much water causes the roots to rot because of suffocation. Keep in mind that the soil should be moist and not soggy. If you stick your finger in the soil and find that about an inch or two is moist, don't water the plants that day, re-check the next day.

#5 - Planting Seedlings Too Deep or Too Shallow

Normally, the size of the seedling dictates its depth; in that, the larger the seed or seedling, the deeper it prefers to be planted. However, it's good to follow the directions indicated on the seed packets. Planting your seeds too deep will cause them not to sprout or sprout weak seedlings because of being tired when sprouting. On the other side, planting your seeds too shallow can cause them to dry out quickly before they sprout.



8 NO-NO'S IN THE VEGETABLE GARDEN

#6 - Planting Too Closely

If you plant your seed or seedlings too close to each other, you'll be encouraging competition for sunlight, water, and nutrients in the soil. The seed packets have guidelines about plant spacing; do not be tempted to ignore them just because the seeds or seedlings seem small. Picture in mind the size of the plant when it is mature. However, not every seed planted will germinate and not every seedling transplanted will survive. Therefore, you can reduce the spacing slightly. If all the seedlings planted survive, you can thin out the excess plants. Young greens and carrots are delicious and can be used in early spring salad.

#7 - Starting Out Too Big

Most gardeners get carried away by the "grow your own" wave and end up investing in an expansive vegetable garden. The temptation is great, but you might end up getting overwhelmed by the work of weeding, tending the plants, and managing pests and diseases. If you are starting out, plant a manageable area and begin with easy plants such as pepper, green beans, lettuce, tomatoes or eggplant.

#8 - Using Broad Spectrum Pesticides

Pests can greatly affect the quality and quantity of your yields. You can spend considerable time, money and effort in managing them, only to get frustrated by their stubbornness. Using broad-spectrum pesticides can have adverse effects on your plants and your body as well. Besides, you might use a pesticide that eliminates the targeted insect but ends up affecting other beneficial insects like ladybugs, bees and lacewings that might be pollinating your crops. An ideal way to eliminating pests is by using selective, natural means to deter pests or use pesticides formulated solely for that insect. Great suggestions are: Neem Oil sprays for plants and garden-safe, food-grade Diatomaceous Earth. There are various organic methods of eliminating pests that you can apply, many of which are healthier to plants and human.

