



GARDEN SEEDS: *Life began in a*

Garden (Genesis 1:11)

Farmers are real experts, in fact, they are often *out standing* :) in their fields...

What kind of bean has Rich never grown in the garden? *A jelly bean...*

2019 is off to a mixed start. As many of you know we had week of freezing morning temperatures that despite precautions, caused us to lose our squash crop in three boxes. We will be fine. Our snow and golden snow peas have done exceptionally well; as has our lettuce and kale. Although the yield has been exceptional these items do not add a lot to our crop weight.



And then there was the **LUFFA!!!** (remember those?)... ok part duece...

Well, we mentioned the freezing temperatures. That triggered the necessity to harvest our Luffa. To leave them on the vine was to invite rot. So harvest we did. **328 LBS – YUP.** We then washed them and currently they are drying on one of our racks.



Once they have dried we have a couple projects in mind, so stay tuned...

PLEASE NOTE:

As noted in previous publications, it is the Garden Board's intent to eliminate the (Annual Meeting) of HHCG. Any additional public discussion should be brought before the board at it's next meeting on 03 February 2019. Thank you.

January saw our outreach team led by the Thompson's leading their garden presentation with Noah's Ark. This months topic was citrus and sweet :)



Q: What did one mushroom say to the other on Valentine's Day?

A: "There's so mushroom in my heart for you!"

We're expanding - at the garden. We're adding capacity with two (new) re-purposed beds;



Now that they are plumbed we can add soil for spring planting..

Speaking of soil...



***** Grass and leaves; grass and leaves... we're still looking for your grass and leaves. Let us know if a pick up is required. *****

DID YOU KNOW?

Both the Snow Peas and their LEAVES & TENDRICLES are EDIBLE.

THE SPRUCE – Marie Iannotti

Peas are one of the earliest vegetables you can sow in the garden. If you don't have the patience to wait until they fill out to start eating them, you can enjoy a harvest of pea tendrils and tender pea shoots long before your actual peas mature.

All parts of the pea plant are edible. As the pea leaves and stems mature, they tend to get tough and stringy, but when they are young, the pea shoots are not just tender, they're also crisp and tasty. They have a pea-like flavor, but even fresher. The same goes for those curling, clinging tendrils the pea plants use to hold on to supports. You've probably seen them on plates in Asian restaurants and trendy

Any type of pea will suffice, but sugar pod peas are the easiest types to grow for shoots and tendrils since they tend to shoot up faster and stay light and crisp.

Pea shoots and tendrils are tender enough to serve with minimal or even no cooking. They are often tossed into salads, sandwiches, or on top of soups. You can always add a few curls as an edible garnish to any dish.

Snow Pea Leaves with Garlic

Prep Time

5 mins

Cook Time

5 mins

Total Time

10 mins

Course: Side Dish

Servings: 4 servings

Author: Liza Agbanlog

Ingredients

- 2 tablespoons olive oil
- 6 cloves garlic, minced
- 12 oz snow pea leaves
- kosher salt to taste

- Instructions

1. Prepare snow pea leaves by rinsing thoroughly. Drain and set aside.
2. Heat oil in a skillet or wok over medium heat. Add garlic and sauté until fragrant.
3. Add the pea leaves and stir to coat with oil, adding salt to taste. Cover and cook for 3-4 minutes or until leaves are soft and wilted.
4. Transfer to a serving plate and serve as a side dish.

Stir-Fried Snow Peas with Shiitakes and Ginger

Ingredients

- 2 tsp. soy sauce (preferably Kikkoman “milder”)
- 1/2 tsp. Asian sesame oil
- 1 Tbs. plus 1 tsp. canola or other vegetable oil
- 6 medium shiitake mushrooms, stemmed and cut into 1/4-inch slices (about 1 cup)
- 1 heaping Tbs. finely julienned fresh ginger
- 3/4 lb. snow peas (about 4 cups), trimmed (break off the stem end of each pea and pull the string away from the pod)
- Kosher salt
- 1 tsp. sesame seeds, toasted, for garnish (optional)

Preparation

- In a small bowl, combine the soy sauce and sesame oil with 2 Tbs. water and set aside.
- Heat a 10-inch skillet over medium-high heat for about 30 seconds and add 1 Tbs. canola oil, swirling it to coat the pan. When the oil is very hot, add the shiitakes and cook, stirring once, until they begin to brown lightly, about 1 minute. Add the ginger and stir-fry until the mushrooms are golden and the ginger has softened, 1 to 2 minutes more. Add the remaining 1 tsp. canola oil and then the snow peas and a pinch of salt. Stir-fry for 30 seconds. Add the soy sauce mixture and continue to stir-fry until the peas are crisp-tender and the liquid has reduced to a glaze, 1 to 2 minutes. Season with salt to taste and garnish with the sesame seeds, if using. Serve immediately.

As we go to print – in addition to our snow peas – several other winter crops are ready for either initial or second and or third harvesting...



and some closing thoughts...

All our trees will be “re leived” once winter is over.

If you can't find your rutabaga, not to worry, I'm sure it will turnip.

The only way we can perfect our garden beds is through the process of trowel and error.