



Garden Seeds: *Life began in a garden (Genesis 1:11)*



Triple Digits! It's Hot Outside!

It is July and the sun is shining down in triple digits. If you are not already aware, some plants are starting to show distress.

There are a few things you can do to help with this:

- 1) Add a mulch on top of the soil to prevent too much water evaporation leaving a little room between the stem and the mulch.
- 2) Add a filtered shade cloth (40-50% protection) over top the pvc loops of the bed. According to the University of Arizona Cooperative Extension, it is time to cover your tomatoes – although with the triple digits, they may be almost done for this season. They will come back in the fall if you want them to. Or you can do a hot crop such as Armenian Cucumbers or Beans that could also be a cover crop.

3) And finally, adjust the water frequency and not the timing. Set the water to run in the evenings or in the am hours. The irrigation frequency in the community garden has been increased to reflect the summer. ◇

HOT TOMATOES... and **ZUCCHINI; OKRA; SQUASH** - as we approach the mid point of the year the garden has it's own **July 4th Celebration** as we again *give thanks* for over **1100** lbs of "*fresh*" "*organic*" food harvested right here in our own little piece of *paradise*.



WILSON? *Is that you?* No. It's Rich. We harvested 113 lbs of Grapes in June.

Three of our heirlooms this year that have done well for us:

Introducing:

Black Vernissage - a lovely “Black” tomato that is loaded with flavor as well as production. This 2 oz. tomato, along with its other Vernissage cousins is sure to make a big splash in the garden as well as the kitchen. Meaty; they are perfect for rich tasting red sauces. This one originates from the Ukraine.



Atomic Grape - The color (and flavor!) is a full-blown assault on the senses—lavender and purple stripes, turning to technicolor olive-green, red, and brown/blue stripes when fully ripe. Fruit holds well on the vine or off, making this amazing variety a good candidate for market growers. Crack-resistant fruit is extraordinarily sweet! Wispy foliage looks delicate but belies these plants' rugged constitution and high productivity.



Green Zebra – has become a favorite of ours - variety developed in the 1980s that is now considered to be a classic among striped and bi-color tomatoes. Green Zebra's characteristic dark green and yellow stripes and simultaneous sweet and tangy taste have made it a favorite with chefs and restaurateurs. Newer variations blush reddish instead of yellow when ripe.



Aphids



Aphids if you don't take control of them fast will multiply extremely quick! They suck the plant juices out of your plants and leave behind a sticky honeydew that ants love. They can also leave behind a black mildew. Spray them off with water or release beneficial insects to fight them. Often these two are combined for better control. They can be different colors.

Where did the vegetables go to have a few drinks? ... The Salad Bar.

What's an elephant's favorite vegetable? Squash!

Why was the cucumber mad? Because it was in a pickle!

Why did the tomato turn red? Because it saw the salad dressing!

Grilled Okra Recipe



Grilled Okra makes a delicious addition to any meal. Get this simple, yet scrumptious grilled okra recipe to serve soon!

Prep Time 5 mins
Cook Time 10 mins
Total Time 15 mins

Course: Side Dish
Servings: 6
Author: Robyn Stone

Ingredients

- 1 pound okra washed
- 2 teaspoons olive oil
- salt to taste
- ground black pepper to taste
- pinch of cayenne pepper optional

Instructions

- Skewer okra or place in a grill basket to prevent it from going through the grill grates while cooking. Drizzle with olive oil and place onto grill that has been preheated to around 450° F.
- Cook until the skin of the okra begins to caramelize and then flip to cook the other side.
- Remove from the grill and sprinkle with salt and pepper to taste. Add cayenne pepper, if desired.
- Serve warm.

Nutrition

Calories: 36kcal | Carbohydrates: 5g | Protein: 1g | Fat: 1g | Sodium: 5mg | Potassium: 226mg | Fiber: 2g | Sugar: 1g | Vitamin A: 10.8% | Vitamin C: 21.1% | Calcium: 6.2% | Iron: 2.6%