



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

*"Please don't call my (SOIL) - DIRT"!!!*

Garden welcomed Noah's students and parents back to school with ice cold water bottles and a smile. Got to interact with both parents / students. Thanks to Erica and Chip for your welcoming smiles.



What do you get when you cross Popeye's favorite vegetable with a cactus? *Spin-ouch!*

What herb do people always wish they had more of? .... *Thyme!*



*It was a good thing the kids were back to school in August. We needed help harvesting some of our **w**atermelons. Ms Terri's class to the rescue... we harvested 109 lbs over two days - of melons. **Sweet :)***

**Speaking of...**

*What kind of "vest" should you plan to wear in the fall? Perhaps a "Har" vest.*



If you see small green worms on the undersides your collards, [kale](#) or other brassica plants, you've got **cabbage worms**. Cabbage worms are the larval form of the cabbage white butterfly. There are several types of worms that are called cabbage worms, but two species are the most common and the most damaging to garden vegetables. In addition to cabbage, the worms can feed extensively on broccoli, cauliflower, Brussels sprouts, collards, kale, mustard greens, turnip greens, radishes, turnips, rutabagas, and kohlrabi.

### **Signs of Cabbage Worm Infestation**

Because of their voracious appetite, an "infestation" can be as few as two or three worms per

plant. Look for holes being chewed from the centers of leaves from worms on kale and cabbage, as well as entry holes chewed to the interior of heads of cabbage. In particular, look on the undersides of leaves, because this is where the cabbage worms usually hang out. They also produce dark green droppings that are fairly noticeable.

### Effect on Garden Plants

A serious infestation of cabbage worms can result in the death of the plant, since the more leaves that the cabbage worm manages to eat, the less the plant has the ability to photosynthesize. A minor infestation *can make plants look unsightly* **but won't render them inedible**. Just wash them carefully and inspect cabbage and broccoli for any cabbage worms that have made their way to the interior of the heads.

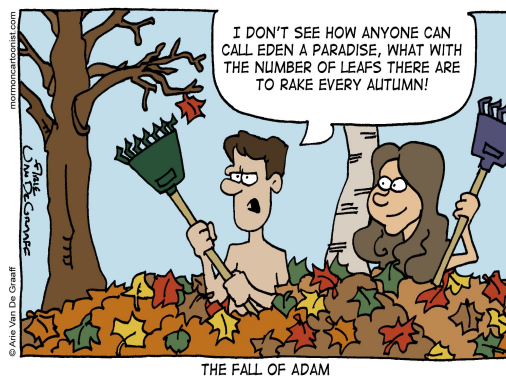
Check your plants frequently for worms, especially if you have seen the butterflies nearby. Check plants thoroughly, and **hand-pick** and destroy any worms you find. If you have a serious infestation, you can purchase Organic Neem Oil or *bacillus thuringiensis* (BT) and apply according to directions.



Garden Seeds tries to bring you both a combination of what's happening in the garden together with educational information on gardening, a bit of humor, and culinary ideas of things we grow; **September 1<sup>st</sup> is the perfect time to start planting** many fall produce opportunities from seed while Sept 15 is when fall transplants can begin (University of AZ Co-Op Extension office).

**Fall gardening offers quite an extensive choice of opportunities to choose from** including Bok Choy; Beets; Turnips; Rutabaga; Sugar Snap Peas; Snow Peas; Cauliflower; Broccoli; Leek; Onion; Swiss Chard; Kohlrabi; Romaine Lettuce; Butter crunch; Lettuce; at least 2 other varieties of lettuce, Kale; Cabbage; radish; carrots & more.

Choose a location that is conducive to gardening, including sunny mornings with shaded late afternoons. Be certain to have a good water source, and a rich soil amendment. Choose good seed product, and / or transplants. Irrigation will be crucial. Also, mulching (with leaves / straw / newspaper) will help control weeds and balance soil moisture.



THE FALL OF ADAM



# Watermelon Feta Guacamole

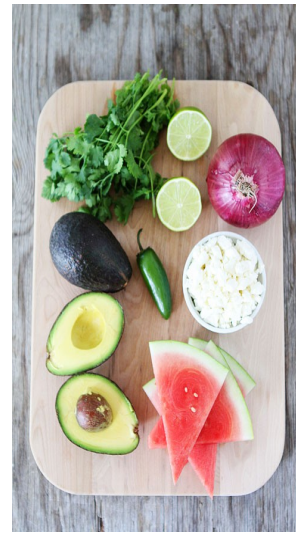
*This guacamole screams summer! Serve it at all of your summer parties or snack on it daily!*

Prep Time 10 minutes

Total Time 10 minutes

## Ingredients

- 3 large ripe avocados
- 1/3 cup chopped fresh cilantro
- 1/4 cup chopped red onion
- 1 small jalapeño pepper seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1/3 cup crumbled feta cheese
- 1 cup diced watermelon
- Coarse salt and freshly ground pepper to taste
- Tortilla chips for serving



## Instructions

1. Cut each avocado in half lengthwise. Remove the pit from the avocado and discard. Remove the avocado from the skin, and place the avocado flesh in a bowl. Smash avocado with a fork until desired consistency.
2. Add the cilantro, red onion, jalapeño, lime juice, feta cheese, watermelon, salt, and pepper to the bowl. Stir to combine. Serve immediately with tortilla chips.



*What a way to cap off a great summer; ...a farewell salute to the **summer watermelon** capped with the welcome of the Hatch Chile harvest all in one together with the great health attributes of the Avocado.*