



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

What's a ghost's favorite snack?*A bagel with scream cheese :)*

Why didn't the skeleton cross the road?... *He didn't have the guts...*



With the loss of our Armenian's, the harvest has been limited during our summer transition. The watermelons have been less than expected, while our Okra has produced beyond expectations.



PURSLANE:

Is likely native to North Africa, the Middle East, and the Indian subcontinent;

Is equally at home in flower beds, cultivated fields, and roadsides or other disturbed or waste places. It has been grown for more than 4,000 years as a food and medicinal plant and is still cultivated in many places today.

It is considered quite nutritious because it is unusually high in omega-3 fatty acids (found mostly in fish and flax seeds) and contains significant amounts of vitamins A and C, as well as calcium, iron, magnesium and potassium and antioxidants

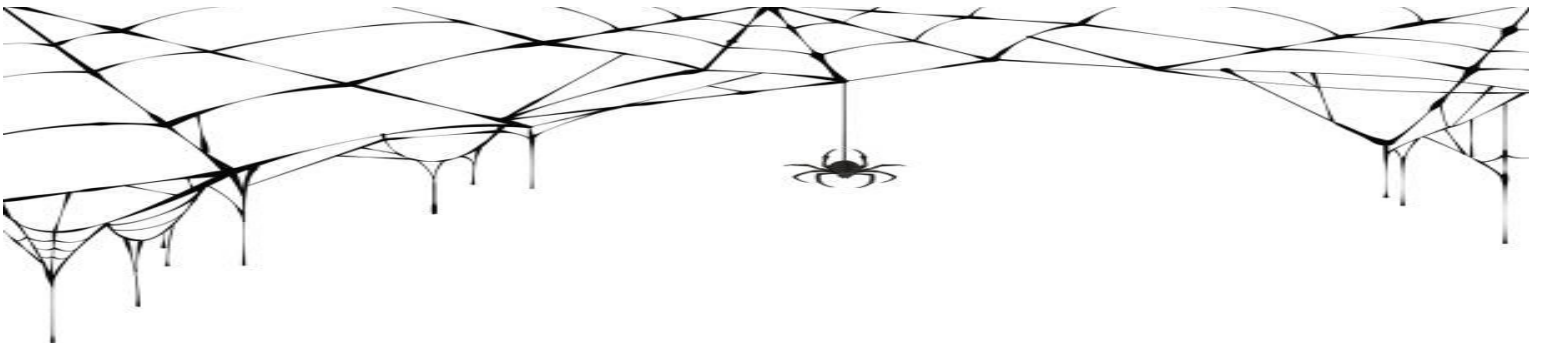
Purslane is used in many cuisines around the world, especially in salads, soups, stews, and tomato sauces. When cooked purslane becomes mucilaginous, and will act as a thickener in soups or stews.

In Greece the leaves are fried in olive oil, then mixed with feta cheese, tomato, onion garlic and oregano. The seeds are also edible. (Rich – we want our Purslane)

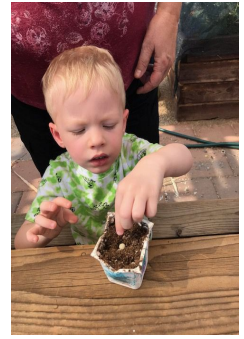
WANTED:

Your "**Grass clippings**"...
and **bagged leaves**..





Rich and Erica have been hard at work on the Fall “plant out”. At print time, it is completed.



Fall Garden classes got under way in September at the garden with Noah's Ark led thanks to Mr Jim and Mrs Ellie; and assisted by Rich and Erica. This is an opportunity for the kids to get their hands dirty, and learn about where their basic food comes from – not the grocery store. During the Sept class the kids learned about the basic plant life and also got to plant seeds. Those seeds were then transplanted into the “Pre-School” gardens during Fall plant out. Thanks to everyone :)

Gentle reminder: *Many yearly Garden box sponsorship's / dues are due in October. If you're not sure or have a question please let us know. Checks can be made out to HHCG. Donations too, always welcome. Thank you for your support !!!*

.....A firm tone can help make sure you get paid on time!



DID YOU KNOW YOU CAN EAT PUMPKIN LEAVES ?

The KITCHN - [by Coco Morante](#)



When it comes to gardening, I have more of a knack for killing plants than producing any kind of successful harvest. As such, it has befallen my husband to take full charge of tending to our summer garden, and his most treasured plant is this enormous, enthusiastic pumpkin vine. Its produce will be of the Halloween carving variety, not so great for eating. Luckily, I've still got some plans for its smaller, younger leaves, which as it turns out, are edible and popular in many cuisines!



How to Prepare Pumpkin Leaves

Covered in fuzz and possessing a thick, fibrous spine, pumpkin leaves aren't all that intuitively edible. They take a little bit of advance preparation before you can use them in recipes.

The best description I've seen of this process was written by Laina Poon, a former Peace Corps volunteer in Malawi, where pumpkin leaves are a common ingredient. In [her article](#) in *Countryside Magazine*, she details a simple method:

“Holding the leaf upside down by its stem, you see that the stem is hollow. Use your thumbnail to split half or a third of the stem and snap it backward so that the flesh breaks cleanly, but the outer fibers do not. Pull gently, removing the fibers from the outside of the stem and the back of the leaf. Repeat until you have de-strung a good pile, because, like all greens, pumpkin leaves cook down quite a bit.”

How to Cook Pumpkin Leaves

Once you've de-strung a pile of pumpkin leaves, you can cook them in a variety of ways. In Malawi, they are often simmered simply with tomatoes just for a few minutes until the leaves are tender.

Italian pasta recipes include the leaves and stems, blanched briefly, then fried with oil and garlic before being tossed with chopped tomatoes. The Malaysian dish Pucuk Labu combines smaller, tender pumpkin leaves and shoots with anchovies, garlic and sliced onions, all simmered in rich coconut milk.

What Do Pumpkin Leaves Taste Like?

Oh, and as for the taste, Earl from [El Perfecto](#) describes them as follows:

“The pumpkin greens lacked any bitterness that other greens tend to have, which surprised me. These might be the sweetest greens I have eaten. Even my son and wife enjoyed them. The flavor reminded me of a mixture of green beans, broccoli, spinach and asparagus.”

Have you ever cooked pumpkin leaves? What other garden goodies do you cook with that others might throw on the compost heap?