

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

*The New Year brings new beginnings, new opportunities, new goals and new challenges. We also have an opportunity to reflect on the past year and how we can respond to what we learned. Would you like to join the mission and adventure? Come **"DIG..."** with us!!!*

2000 LBS and counting...

*of produce we harvested in 2019 and shared with the community and Food Bank!!!
THANK YOU !!! - for your support...*



*Come **"DIG"** with us!!! **"WEEDING"** on you now...*

STONE SOUP !!!

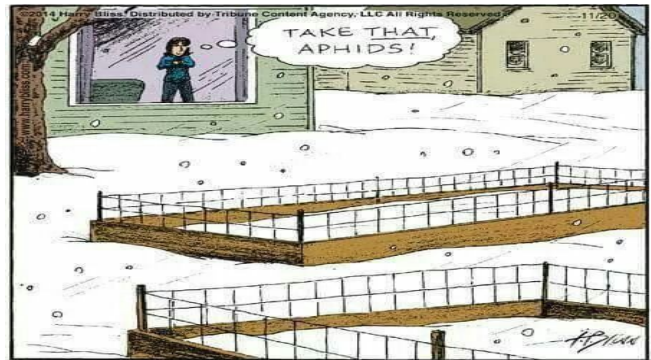




So just prior to Thanksgiving the kids at Noah's recreated the story of "Stone Soup". They were able to collect veggies from our garden; cook their soup; and then enjoy a meal in the garden. A wonderful and learning experience for all. :)

CITRUS:

Our December garden class was focused on citrus, thanks to Mr Jim and Mrs Ellie. Helping also was Mr Rich and Mrs Sara. We were able to taste; smell; touch and see different types of citrus, including limes, oranges and grapefruit. We also were able to take some home :)



Beets: Tips for Growing Beets ...

Courtesy of Angela Judd as published (Edited) Roots and Shoots Magazine

Beets come in many sizes, shapes, and colors, and are grown for their roots as well as greens. Both are excellent sources of fiber, antioxidants, folate, vitamins A and K, manganese, copper, and potassium.

Try Growing Different Varieties:

- Red Ace is an early beet, good for both greens and roots. Red Ace can be grown as “baby beets” - beets that aren’t thinned, but grown in clusters and harvested when very young and tender.
- Golden beets, as the name suggests, are golden-orange in color with tender flesh. This variety does not bleed. Sow seeds heavily as germination rates tend to be lower.
- Forono is a type of cylindrical beet. They have tapered roots and require deep soil to grow well. Hill dirt around the crowns of beets as they grow.
- Chioggia beets are bright red outside with a distinctive striped red and white inside.

Beet greens are ready to harvest as soon as they are large enough to use. **Harvest most beets** when about an inch in diameter but no more than 2 ½ inches in diameter. Not sure of the root size? Dig around a little to see how large the beets are. Beets become woody when left too long in the ground. When harvesting beets, leave the root stem attached to prevent “bleeding”, which draws moisture out of the beet. Beets should be harvested before a hard frost. Store in a cool place with the greens removed. To reduce bleeding in leaves, twist to remove greens rather than cutting them. **Use All Parts of the Beets:** Use beet thinnings in salads and try the greens fresh or sautéed. I have mistaken beet greens for Swiss chard and harvested and used the greens all winter long before realizing there was a beet attached! Once harvested, store beets in plastic vegetable bags and refrigerate. Enjoy the unique, earthy flavor of beets roasted in the oven, steamed, juiced, fried, sautéed, or sliced fresh in salads. Preserve beets by canning, pickling, or fermenting.

How to Roast Beets

If you’ve never roasted beets before, it couldn’t be easier. Roast the beets whole and peel them after they’re cooked, so no chopping is necessary. Here’s all you need to do:

- 1.Preheat the oven to 400 degrees Fahrenheit.
- 2.Wrap each beet in foil with a drizzle of olive oil and generous pinches of salt and pepper.
- 3.Place the wrapped beets on a baking sheet and roast until they’re fork-tender. Mine usually take 35-60 minutes – the time will depend on the size and freshness of your beets.
- 4.Unwrap the beets and set them aside to cool.
- 5.When they’re cool to the touch, slip off the skins. Do this step under running water for easy cleanup!That’s it! When your beets are ready, toss them with splashes of sherry or balsamic vinegar, juice from part of an orange, lemon juice, and a few pinches of salt and pepper. Do this a few days ahead of time, and when you’re ready to serve, assemble the plate with orange segments, zest peels, and a few sprigs of watercress or arugula. To make it especially delicious, top with a little flaky Maldon Sea salt.