



Organic Newsletter

Fall Edition, 2011

Fabulous Fall Vegetables

As the summer begins to give way to autumn, many of us think of it as the end of our gardening season but it's actually a perfect time to plant a fall vegetable garden! Why is it a perfect time - because rain is usually more frequent, weed germination and growth is slow, and insects aren't as numerous.

To begin you have to know your last frost date-you can contact your local extension office for this information-, in our area it should be around November 15th. Now you count back from this date according to the vegetable's maturity date, also adding two weeks since colder temperatures will slow growth. For example, leaf lettuce, requires 50-60 days for maturity, add two weeks, and the ideal planting time would be mid-September. Below is a list of vegetables for direct seeding in July/ August, but faster maturing vegetables can be planted through mid-September:

Bean, bush (50-60 Days)
Beet (55-65 Days)
Broccoli (60-80 Days)
Cabbage (65-80 Days)
Carrot (70-80 Days)
Chard, Swiss (60-75 Days)
Chinese Broccoli or Kale (55-70 Days)
Chinese Cabbage/Bok Choy (40-50 Days)
Endive (65-85 Days)
Escarole (45-50 Days)
Kohlrabi (50-70 Days)



Lettuce, leaf (50-60 Days)
Lettuce, head (60-85 Days)
Mustard Greens (40-50 Days)
Peas (60-80 Days)
Peas, edible podded (58-72 Days)
Radish (25-30 Days)
Radish, winter/Asian (30-60 Days)
Rutabaga (28-100 Days)
Spinach (50-70 Days)
Turnip (40-60 Days)
(William Sanok, Amy Albam, CCE)



What are unhappy
cranberries called?

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Blueberries!

Like their warm season counterparts, cool season veggies need six to eight hours of sunlight per day. Before planting your seeds/plants make sure to clean the garden space of weeds and spent summer vegetables. Next add compost and then use your digging fork to turn over the first few inches of soil.

Plant your veggies in rows, allowing enough space between plants to have good air circulation and also if direct sowing pay close attention to the instructions. Whether you're sowing seeds or transplanting, make sure to keep the ground moist until the seeds have germinated or the plants have become accustomed to their new environment.

Once established keep your garden watered – if rain isn't abundant-and be vigilant for any pests. In a few weeks by planting vegetables that tolerate/love the cooler temperatures, you can enjoy your own fresh produce, in some cases, until after frost!

Fun FaCt:

Marvelous Maples!

Most maples can be tapped for syrup but sugar maples yield the most syrup per gallon of sap. George Washington had a maple tree farm with 3,000 taps! The main flow of sap occurs usually in March and is usually

taken from trees that are 30 years old and have a diameter of 12 inches. It takes 1 gallon of syrup to make eight pounds of candy or sugar!



Do you have shrubs that you wish were in a different spot?

Do you have shrubs that are blocking walkways, windows or have just outgrown their original planting?

Fall transplanting is the answer!

Let Organically Green's team transplant those overgrown small trees and shrubs to help perfect the appearance of your landscape.

Call (631) 467-7999 to for an estimate!

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Hoping this fall brings you a harvest of happiness!

~The Organically Green Team

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"I cannot endure to waste anything as precious as autumn sunshine by staying in the house. So I spend almost all the daylight hours in the open air."

- Nathaniel Hawthorne

Organically Grown



Baked Acorn Squash with Red Quinoa and Pumpkin Seed Stuffing

INGREDIENTS

2 cups quinoa
4 tablespoons unsalted butter
1 1/2 cups diced onion
sea salt or Kosher salt
1/2 cup diced carrots
1/2 cup diced celery
1 tablespoon minced fresh ginger
1 tablespoon chopped fresh sage
1/2 cup dried cranberries
1/3 cup dried apricots, chopped the size of raisins
1/4 cup dried currants
1/3 cup toasted pumpkin seeds
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon ground cinnamon
freshly ground black pepper
4 medium Acorn squash, halved lengthwise, seeds and membranes removed
extra-virgin olive oil, for brushing

PREPARATION

1. Adjust a rack to the middle shelf of the oven and preheat to 350 degrees F.

2. Simmer the quinoa in 4 cups of water until fluffy, 15 to 20 minutes.

3. While the quinoa cooks, melt the butter in a saucepan over medium heat. Add the onions and 1/2 teaspoon of salt and cook until softened, stirring frequently, about 3 to 4 minutes. Stir in the carrots, celery, ginger, and sage.

4. Cover the pan and simmer until the vegetables are tender, 5 to 7 minutes (add a tablespoon of water, if necessary, to prevent scorching.)

5. In a large bowl, toss together the quinoa and vegetables. Stir in the dried fruit, pumpkin seeds, nutmeg, and cinnamon, season with salt and pepper.

6. Brush the skin of the squash lightly with oil. Place the squash, cut side down, in a baking pan large enough to hold them in a snug single layer.

7. Pour 1/2-inch of boiling water into the pan and bake for 20 minutes (you want the squash to have softened slightly, but not completely). Transfer the squash to a plate and let rest until cool enough to handle.

8. Stuff the squash halves with the quinoa mixture, return them, stuffing-up, to the pan, and bake until the flesh can be easily pierced with the tip of a paring knife, 20 to 30 minutes more.

Note: We recommend using certified organic ingredients, when available, in all recipes to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives.

Services for 2011:

We offer the following services to help increase the enjoyment and beauty of your property:

Tree / Shrub:

- ❖ Shrub & Tree Spraying / Fertilization Programs
- ❖ Integrated Pest Management
- ❖ Soil Restoration
- ❖ Plant and Soil Stimulation Program
- ❖ Deep Root Feeding
- ❖ Root Growth Enhancement
- ❖ Mature Tree Restoration
- ❖ Air Spading
- ❖ Radial Trenching
- ❖ Vertical Mulching
- ❖ Anti-Desiccant Spraying
- ❖ General Tree and Shrub Maintenance Removal

Turf:

- ❖ Lawn Renovation
- ❖ Fertilization
- ❖ Overseeding
- ❖ Core Aeration
- ❖ Estate / Property Purification

Organic Pest Control:

- ❖ Flying Insect
- ❖ Deer / Geese
- ❖ Rodent Repellent
- ❖ Organic Tick & Flea Control

We also offer Outdoor Holiday Décor.

Call (631) 467-7999 for a free estimate!

