

Cooperative Gardens of Narberth



Fall Planning Event
2020

The following fall crops are commonly grown in our area of Pennsylvania:

Potatoes, beets, carrots, lettuces/salad greens, radishes, dark leafy greens (turnips, mustard, collard, kale, swiss chard, spinach), cabbage family (broccoli, Brussels sprouts, etc.) and peas

Per the Old Farmer's Almanac, our first frost date averages November 11th.

Based on this date, the following last planting dates are recommended:

Crop	Last Planting Date	Harvest
Potatoes	Late August	60 - 90 days after planting
Beets Carrots	Late September	50 - 70 days after planting
Lettuces Radishes Turnips Greens (Broccoli, Brussels sprouts, collards)	Early October	30+ days after planting 22 – 70 days after planting 30 – 60 days after planting varies
Spinach	Mid-October	30+ days after planting

For future planning purposes, fall crops are recommended to be planted as follows:

Crop	Recommended Planting Date	Harvest Date
Cabbage family (Broccoli, Brussels sprouts, etc.) Celery (from seed)	Early June/Late June	82 days after planting 85 – 120 days after planting
Beets Cabbage family (plants) (Broccoli, Brussels sprouts, etc.) Carrots Swiss Chard	Early July/Mid-August	50- 70 days after planting 82 days after planting 60 – 80 days after planting 45- 60 days after planting
Radishes* Spinach*	Mid-July/September	22- 70 days after planting 30+ days after planting
Greens (Mustard, Kale, Collard, Turnip, etc.) Lettuces/Salad Greens* Peas	Early August/September	Varies 30+ days after planting 55 – 80 days after planting

*Plant every two weeks for continuous harvest

Information above gathered from the PSU Extension Philadelphia Master Gardener Website

Recipes

Cantaloupe Cucumber Salad

Serves 1

Ingredients:

- ¼ cantaloupe, seeds and skin removed, and cut into bite-sized chunks
- ½ cucumber, scrubbed, cut in half lengthwise, seeds scraped out, then sliced into thin half-moons
- ¼ small red onion, chopped into small pieces
- 1 small handful basil leaves, thinly sliced
- 2 TB sunflower seeds
- Juice of ½ lemon
- 1-2 TB rice wine vinegar
- 2 TB olive oil
- 1 tsp sea salt

Directions:

Place all ingredients into a large bowl and toss gently to combine. Serve at room temperature – this salad is surprisingly filling and very delicious!

Dianne Moore, FNLP, CHC, CNE

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Pasta with Summer Vegetables

Serves 4

Ingredients:

- 1 pound dry pasta (short or long works equally well)
- 1 c cherry tomatoes, halved
- 1 medium zucchini, cut in half lengthwise and sliced into half moons
- Pinch red pepper flakes
- 1 c loose basil leaves
- ¼ c extra-virgin olive oil
- Salt and pepper
- 1 c freshly grated Parmesan

Directions:

1. In a large glass mixing bowl, add ¼ c olive oil, salt, pepper, red pepper flakes, and cherry tomatoes.
2. Place basil leaves one on top of another in a stack, roll into a tight cigar and slice. Add to tomato mixture, toss and set aside.
3. Bring a large pot of salted water to a boil. Add pasta and cook for 8 minutes.
4. Without removing the pasta, add zucchini to the cooking water and continue to cook for 3 more minutes.
5. Drain pasta and zucchini, and immediately add to the tomato mixture. Toss to coat.
6. Adjust seasoning to taste.
7. Serve with Parmesan.

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Gazpacho

Serves 4

Ingredients:

- 1 cucumber, peeled, seeded and chopped into ¼ inch pieces
- 1 zucchini, chopped into ¼ inch pieces
- 1 red bell pepper, seeded and chopped into ¼ inch pieces
- 4 c chopped or 4 fresh plum tomatoes
- 3 c. bottled tomato juice
- ½ c. fresh cilantro, roughly chopped
- 1 red onion, diced
- 1/2 -1 jalapeno pepper, minced
- 2-3 garlic cloves, minced
- 1/4 cup red wine or balsamic vinegar
- 1/4 cup good olive oil
- 1 lime, juiced
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper or to taste

Directions:

1. In a large glass bowl, add cucumber, bell pepper, tomatoes, onion and cilantro.
2. Into a blender carafe, add tomato juice, garlic, jalapeno, lime juice, vinegar, olive oil, salt and pepper. Blend thoroughly.
3. Add tomato liquid to chopped vegetables, mix and chill for at least 2 hours. The longer gazpacho sits, the more the flavors develop. Will keep in your refrigerator for up to 3 days.

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Grilled Chicken and Vegetable Skewers with Chimichurri

Serves 2

Ingredients:

- 2 boneless, skinless chicken breasts, cut into one-inch chunks
- 6 cremini mushrooms, wiped clean and foot trimmed
- 1 small zucchini or summer squash, cut into one-inch chunks
- 1 bell pepper, seeded and cut into one-inch chunks
- 1 small sweet onion, cut into large chunks

For the chimichurri:

- 1 C lightly packed chopped parsley
- 3 garlic cloves, roughly chopped
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- 1 tsp red chili flakes (optional)
- 1-2 sprigs fresh oregano, leaves pulled from the stem
- 1 small shallot, roughly chopped
- ¾ C olive oil
- 3 TB apple cider or red wine vinegar
- Juice of a lemon

Directions:

1. Thread the chicken pieces onto skewers*, brush lightly with olive oil, then season with salt & pepper. Thread the veggies onto different skewers and repeat.
2. Heat your grill to medium high heat and grill the skewers until they are lightly browned and the chicken is cooked through, turning occasionally, about 20 minutes total.
3. Meanwhile, make the chimichurri by combining the chimichurri ingredients in a blender. Blend until smooth, then serve as a dipping sauce with the skewers. Store in an airtight glass container for about a week in the fridge.

*Note: If you're using wooden or bamboo skewers, you'll need to soak them in water for 15 minutes before using in order to keep them from catching fire while on the grill.

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Plant Nurseries

Taddeo's Nursery <https://www.taddeosgreenhouses.com/>

Primex Garden Center <https://primexgardencenter.com/>

Greensgrow West <https://www.greengrow.org/venue/greengrow-west/>



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