



The Seedling Chronicle



In This Week's Share.....

Cucumber~ 'Lemon'

Small, rounded, pale yellow cucumbers. Pick at 1 1/2-2 1/2" diameter. This versatile cucumber is sweet and flavorful. Though it's often served raw, it's also a good pickling cucumber. 65 dtm.

Tomato~ 'Oregon Spring'

Medium-sized, early, cold tolerant. Avg. 6-7 oz. fruit. First early harvest for cool northern or high-elevation locations. Compact plant. 60 dtm.

Tomato~ 'Gold Nugget'

An early, prolific, golden cherry tomato. 1-1 1/4" diameter, round to slightly oval fruits have a deep yellow color. The flavor is well-balanced and delicious. Healthy, compact plants with a concentrated early set. 56 dtm.

Tomato~ 'Washington Cherry'

Large red cherry with heavy yield. Compact plant. Globe-shaped, 1-1 1/4 oz. fruits have a deep red color; thick-walled, meaty, and flavorful, with good keeping quality on or off the vine. Widely adapted. Determinate. 60 dtm.

Pepper~ 'Lipstick'

Considered by many to be the most delicious sweet pepper. Heavy, attractive, dark green fruits are about 4" long and taper to a blunt point. They ripen to a glossy, rich red. Thick, juicy, and sweet for salads and cooking, and perfect for roasting and salsa. Dependable, early, heavy yields, even in a cool summer season. 53 days green, 73 red ripe.

Sweet, Delicious Peppers

The pepper, Genus *Capsicum*, is one of the more prominent of the 90 genera in the *Solana-ceae* (Nightshade), a widely distributed family comprising 2000-3000 species with dominant centers in Central and South America. Along with peppers, several other important food crops-the potato, tomato, eggplant and tomatillo-belong to this family.

Peppers have tropical origins, and because of this they cannot tolerate appreciable periods with temperatures below 50 degrees F. They grow and fruit optimally with temperatures from 65-85 degrees F for sweet types and 75-90 degrees F for chiles. Temperatures below 50-55 degrees F cause flowers to abort and/or misshapen fruit.

Hardening off pepper seedlings is important. Acclimating them to "real world" garden conditions fosters a buildup of

carbohydrate reserves that can be used to produce new feeding root tips to aid in minimizing transplant shock. Hardening off also thickens and toughens the cuticle layer of stem and leaf cells, making them more resistant to wind damage and transpiration losses.

Like tomatoes, peppers are adventitious rooters. If one to three leaves are pruned off and the plants transplanted deeply, roots will arise from the buried nodes, fostering better anchorage and greater root mass for foraging.

Peppers need high nitrogen levels to establish the plant size and leaf canopy needed to protect fruit from sunburn. Phosphorus is important for flowering, sugar development and early root establishment. Potassium imparts cell strength, and thus is important to aid the plant in supporting its fruit load

and developing good wall structure in fruits. Because peppers are in the ground for a long period they respond well to incremental fertility inputs (in the form of foliar sprays such as compost tea, manure tea, or fish emulsion).

Withholding water from peppers during the growing season will negatively affect both yield and taste. Water management should promote a good oscillation between wet and dry.

Harvesting should be done with clippers to leave a 1/4-1/2" stem and to minimize physical damage to the plant. A stem serves as a physical buffer between the fruit and the environment which will retard the entry of fungi and bacteria, thus prolonging storage life.

(Taken from Center for Agroecology and Sustainable Food Systems publication, *for the Gardener*. Written by Orin Martin.)

	Spacing Requirements	Sun Requirements
Peppers and Eggplant	12-18 inches	Full Sun
Tomatoes	2-4 feet	Full Sun
Cucumbers	12-18 inches (closer if trellised)	Full Sun
Basil	6-10 inches	Full Sun
Marigolds	12 inches	Full Sun



In This Week's Share Continued....

Pepper~ 'Antohi Romanian'

Tasty, East European frying pepper. Smooth, 4" long by 2" wide, tapered, pointed fruits are pale yellow and ripen red. The upright plants have good branch strength and yield early and heavily. Romanians fry these in a hot skillet to experience the sweet, full flavor. 53 days pale yellow, 78 days red ripe.

Basil~ 'Aroma'

A new fusarium resistant, Genovese type basil. Classic basil appearance, with glossy, dark green, 3" long leaves and classic aroma. 70 dtm.

Marigolds~ 'Tangerine Gem'

Bite-size for use as edible garnish. Hundreds of petite flowers cover neat, low mounds of lacy foliage with a citrusy scent. Long-blooming for beds, borders and containers. Ht. 8-10". 60 dtm.

Eggplant~ 'Orient Express'

Outstanding early productivity. Attractive, slender, 8-10", glossy black fruits in the long Oriental style. Ready up to 2 weeks before other early varieties, it features an ability to set fruit in cool weather as well as under heat stress. 58 dtm.

Stuffed Frying Peppers

1 1/4 cup Italian bread crumbs
2-3 tablespoons Parmesan cheese
1/4 cup fresh parsley, minced
1/2 teaspoon paprika
1/4 teaspoon red pepper flakes
2 tablespoons olive oil
1 egg
1/2 tsp each oregano and basil
(fresh is best - if using dry, reduce amount to 1/4 tsp)
2-3 cloves finely minced garlic.
pinch of rubbed sage
1 green onion or shallot, minced (optional)

Sauté garlic and green onion or a minced shallot, until very lightly browned (A teaspoon of butter may also be added to speed the browning along).

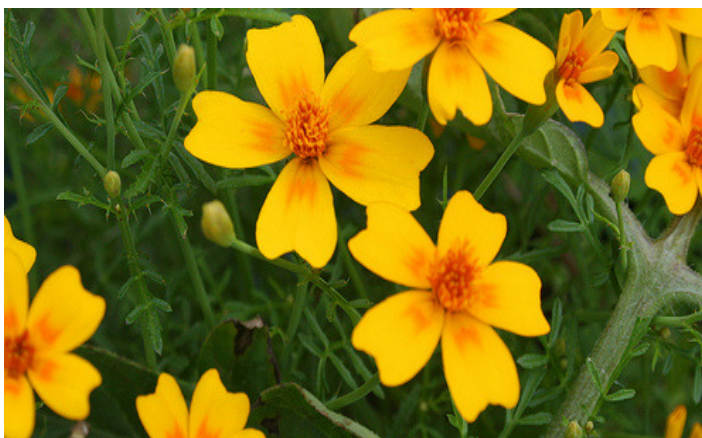
Add parsley and other herbs, heat for 2 minutes. Add bread crumbs,

then quickly mix in an egg which has been beaten (using a fork) with a few tablespoons warm water. Another teaspoon of olive oil may be added, if needed, for a smooth mixture.

Add cheese and mix well; stir in enough warm water to make a mix that can be pressed into the center of the peppers which have had their stems removed, and have been seeded and cored.

Sauté the peppers in a skillet with 1/4" good olive oil with 3-5 peeled whole cloves garlic; turn the garlic to prevent browning. The garlic should just take on a lightly toasted color and will become soft, at which point it can be mashed into the oil and removed.

The peppers should begin to blacken/brown on one side; turn them several times to distribute the coloring, keeping them always well coated in olive oil. When they appear to be somewhat tender and have streaks of browning, cover pan for 2 minutes and remove from heat. Serve right away, sprinkled with coarse kosher or sea salt.



To Pinch or Not To Pinch

Tomatoes and Peppers

There are a few different schools of thought when it comes to the question of what to do with small tomato or pepper plants that are producing flowers before the plant can really sustain a fruit load.

Because we have such a short growing season for these particular crops, it is sometimes difficult to pinch early flowers. It can feel like they may be your

only chance at a ripe tomato at the end of the season.

Despite this urge, it is generally recommended that you remove any blossoms that are on the plants when you plant them so that the plant puts its energy into growing a good support system and not into growing fruit. This will help ensure that it does well in its new home. Waiting until the plant is established and large enough to support a fruit load should give you better results in the end.

Day's End

*The twilight comes to cool the air,
The shadows lengthen on the sod,
Soft breezes blow the garden through,
The leaves and blossoms sway and nod.*

*On garden path, in sheltering hedge,
In treetops dark and cloudless sky,
The evening birds awake to life,
To stir; to sing and upward fly.
And flowers, warm with summer heat,
Expand to greet the softened light
And shed, to show their gratitude,
A fragrance in the summer night.
Now all is peace. From meadows near
A cooling mist blows o'er the wall
And strangely lonesome in the night
There comes the thrush's silvery call.*

-EDWIN W. PROCTOR



Native Plant and Seed Lectures

Saturday, June 27th 2009
9:00 am -10:00 a.m.

Native Plant Species to Support Local Birds

Kate Peterlein, Avian Ecologist and National Park Service Biologist, will discuss which native plants will provide food and shelter for local bird species.

Basil

When it comes to basil, leaf production slows or stops on any stem which flowers, so you should pinch off any flower stems to keep the plant in production. Once you do let the plant flower, it will produce seed pods containing small black seeds which you can save and plant the following year. Picking the leaves off the plant helps promote continuous growth.