



AUGUST 2024

GARDENING TO DO'S

**Meet us at the
Farmers' Market!**

August 4th & 11th
10:00-3:00 PM



For more information,
you can visit the Redford
Planting Calendar!

Welcome to August!

As we move into the latter part of our growing season, there are still plenty of opportunities to plant and enjoy a bountiful harvest. We're now halfway through the growing season (Day 85 of 153), so let's make the most of it!

Last Day to Plant in August: If you haven't planted yet, here's a guide for August planting dates to ensure you can harvest before the fall frost.

Last Day	Veggies	*Directly sown outdoors
August 7	Beets*, Bok Choy*, Carrots*, Cauliflower*, Chard*, Kale*, Kohlrabi*, Lettuce*, Radishes*, Spinach*	
August 14	Broccoli, Brussels Sprouts, Cabbage, Turnips*	

3 New Top Gardening Tips for August:

Fertilizing: August is a great time to give your plants a nutrient boost. Use a balanced, slow-release fertilizer to ensure your plants have the nutrients they need for late-season growth. Pay special attention to heavy feeders like tomatoes and peppers.



Pruning: As summer progresses, some plants may become overgrown or leggy. Prune back excessive growth to improve air circulation and reduce the risk of diseases. Trim herbs like basil and mint to encourage bushier growth and more production.



Succession Planting: To extend your harvest season, consider succession planting. This involves planting a new crop as soon as the previous one finishes. Fast-growing crops like lettuce, radishes, and spinach can be planted in late summer for a fall harvest.



Seed Saver alert!

Remember to let a few of your crops grow to the seeding phase and save those seeds! By saving and sharing your seeds, you play a crucial role in helping our community thrive!



For more information on our Seed Library,
please visit rtdl.org/seed-library

HARVEST RECIPES

Seed to Plate: Celebrate the Season with Delicious Recipes

Zucchini Bread

Ingredients

- 2 cups all-purpose flour
- 1 1/2 cups sugar
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- 1 teaspoon salt
- 3 large eggs
- 2 cups grated zucchini
- 3/4 cup vegetable oil
- 1 tablespoon vanilla
- 1 1/2 cups walnuts chopped, or pecans

Instructions

1. Preheat the oven to 350°F. Grease two 8x4-inch loaf pans or line with parchment paper.
2. In a medium bowl, combine flour, sugar, baking soda, cinnamon, and salt with a whisk. Set aside.
3. In a large bowl, beat the eggs. Add the grated zucchini, oil, and vanilla. Mix well to combine.
4. Add the dry ingredients and the walnuts to the zucchini mixture. Gently stir just until combined.
5. Divide the batter evenly over the prepared pans and bake for 50-60 minutes or until a toothpick comes out clean.
6. Cool in the pans for 5 minutes, remove from the pan, and cool on a wire rack.



Mediterranean Summer Salad Instructions

1. **Make the vinaigrette:** Mince 2 large or 3 small cloves of garlic and place them in a large bowl. Add 1/4 cup red wine vinegar, 1 tablespoon dried oregano, 1 teaspoon kosher salt, 1/2 teaspoon Dijon mustard, and several grinds of black pepper, and whisk to combine. While whisking constantly, slowly drizzle in 1/2 cup extra-virgin olive oil and continue whisking until emulsified. Pour half into an airtight container and transfer it to the refrigerator. Set aside the bowl with the remaining vinaigrette.

2. **Make the salad:** Place 1/2 cup farro in a fine-mesh strainer, rinse under cool running water, and set aside to drain. Bring 6 cups of water to a boil in a medium saucepan over medium-high heat. Stir in the farro and 1 teaspoon kosher salt. Boil until farro is tender but has a slight chew in the center, 10 to 15 minutes for pearled and 25 to 30 minutes for semi-pearled. Drain and return to the saucepan to cool.

3. Prep the following ingredients, adding each one to the bowl of vinaigrette as you complete it: Core, seed, and dice 2 bell peppers (about 2 cups). Dice 2 large or 4 small celery stalks (about 1 cup). Dice 1/2 English cucumber (about 1 cup). Thinly slice 1/2 small red onion into half-moons. Slice cherry tomatoes in half. Slice 8 small pepperoncinis (about 1/4 cup). If needed, cut 6 ounces feta cheese into 1/2-inch cubes. Drain and rinse the can of chickpeas.

4. Add the farro to the vinaigrette bowl and toss to combine. Taste and season with more salt as needed (likely about 1/2 teaspoon). If the salad is at all dry, drizzle with a bit of the reserved vinaigrette. Cover and store in the refrigerator.

5. Core and chop 1/2 head of iceberg lettuce into thin strips (4 packed cups). Core and chop 1 head radicchio into thin strips (3 packed cups). Transfer both to a large airtight container, toss to combine, and refrigerate.

6. When ready to eat, toss together equal amounts the chickpea mixture and lettuce mixture (heaping 1 cup of each). Drizzle with the reserved dressing, if desired.

Mediterranean Summer Salad

Dressing Ingredients

- 2 to 3 cloves garlic
- 1/4 cup red wine vinegar
- 1 tablespoon dried oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon Dijon mustard
- Freshly ground black pepper
- 1/2 cup extra-virgin olive oil

Salad Ingredients

- 1/2 cup farro (semi-pearled or pearled is fine; cooking time will differ)
- 1 teaspoon kosher salt,
- 2 medium bell peppers
- 2 large or 4 small stalks celery
- 1/2 medium English cucumber
- 1/2 head of iceberg lettuce for serving
- 1 head of radicchio for serving
- 1/2 small red onion
- 1/2 cup cherry tomatoes
- 8 small pickled pepperoncinis
- 6 ounces feta cheese, cut into 1/2-inch cubes (about 1 1/2 cups)
- 1 (about 15-ounce) can chickpeas

