

Patty's garden notes....

Fall 2016

Gardens will close Sunday, October 23.

As we come down to the end of the garden season, I am always sad. My priority in the fall is to develop a plan to make it even better next year.

We have a new development in the garden plan this fall... the plots behind the yellow water tank on the north edge will be set farther back next year. This will eliminate plots #821 through #830. The county has developed a plan to deal with run-off in early spring which will help the garden areas dry off sooner.

Cleaning out garden plots

We need your help to avoid tilling equipment damage! Cleaning out plots is very important at the end of the season. It would be helpful if gardeners volunteer to walk through all garden plots after the garden closes to make sure all non-tillable items are removed before I have it tilled. The better the clean-up, the sooner we can get the tilling done.

Please remove any tomato cages, posts, sticks, wires, string, twine, garbage, and any other items and take them home. Also- **Please remove all string and twine from the garden stakes!**

All items removed from your garden plot must be taken off site...except for the garden plot stakes that we use to mark the plots. Remove any string or twine and **please place the garden stakes on the south side of the gardens next to the garden shed.**

When I put my garden to bed for the winter, I usually clean out all the vegetation. There are several reasons; get rid of any diseased plant material that can winter over, and eliminate places for unwanted insects to hide and come back next year. If you wish to remove your vegetation, this would also need to be taken off site - we do not have a compost area in the gardens. If you want to donate some of your produce to a local pantry, a list of pantries is found on page 8.

Potato Soup

Makes: 6 Servings

This rich-tasting and hearty potato soup is full of flavor and perfect for lunch or dinner.

Ingredients

- 1 cup onion (chopped)
- 1 tablespoon garlic (finely chopped)
- 1 tablespoon vegetable oil
- 1/4 pound chicken (thawed, cut up, and skin removed)
- 4 cups water
- 6 small red potatoes (chopped, or 1 can, about 15 ounces, low-sodium sliced potatoes)
- 1/4 cup white rice, or brown rice (uncooked)
- 1/2 teaspoon chili powder (or paprika)
- 1 cup peas (or 1/2 can, about 8 ounces, low-sodium green peas)
- 1/2 teaspoon cayenne or jalapeño chilies (diced, optional)
- 1/2 cup fresh parsley or cilantro (optional)

Directions

1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well.
7. Remove pot from heat. If using parsley or cilantro, add that now.
8. Mix well and cover for 5 minutes. Serve hot.



Harvesting & Storing Home Garden Vegetables

Cindy Tong; article on University of MN – Extension website

One of the joys of summer is homegrown sweet corn, picked right outside your back door and plopped straight into a pot of boiling water or onto the grill. The advantage of having a home garden is that you can pick and savor your vegetables when they're at their optimal flavor. But how can you tell when to harvest your vegetables? How should you store zucchini if they all reach optimal size at the same time? What are the best conditions to store your homegrown vegetables? This fact sheet provides some information that will help you make decisions on harvesting and storing your vegetables.



When harvesting vegetables, be careful not to break, nick, or bruise them. The less vegetables are handled, the longer they will last in storage. Harvest only vegetables of high quality. Rotting produce cannot be stored for very long, and could spread disease to other stored vegetables.

Different vegetables need different storage conditions. Temperature and humidity are the main storage factors to consider; there are three combinations for long-term storage:

- cool and dry** (50-60°F and 60% relative humidity),
- cold and dry** (32-40°F and 65% relative humidity), and
- cold and moist** (32-40°F and 95% relative humidity).

For cold conditions, 32°F is the optimal temperature, but it isn't easy to attain in most homes. Expect shortened shelf-lives for your vegetables as storage conditions deviate from the optimal, as much as 25% for every 10°F increase in temperature. Some vegetables, such as cucumbers, peppers and tomatoes, require cool (55°F) and moist storage. These conditions are difficult to maintain in a typical home, so expect to keep vegetables requiring cool and moist storage conditions for only a short period of time.

Where can the different storage conditions be found in a typical home? Basements are generally cool and dry. If storing vegetables in basements, provide your vegetables with some ventilation. Harvested vegetables are not dead, but still "breathe" and require oxygen to maintain their high quality. Also, be sure they are protected from rodents.

Home refrigerators are generally cold and dry (40°F and 50-60% relative humidity). This is fine for long-term storage of garlic and onions, but not much else. Putting vegetables in perforated plastic bags in the refrigerator will provide cold and moist conditions, but only for a moderate amount of time. Unperforated plastic bags often create too humid conditions that lead to condensation and growth of mold or bacteria.

Root cellars provide cold and moist conditions. As with basements, provide ventilation and protection from rodents when storing vegetables in cellars. Materials such as straw, hay, or wood shavings can be used as an insulation. If using such insulation, make sure that it is clean and not contaminated with pesticides.

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Specific harvest and storage information for some commonly-grown vegetables. Expected shelf-life times are only estimates.

Vegetable	When to harvest	How to store	Expected shelf-life	Comments
asparagus	third year after planting when spears are 6-9 inches long	cold and moist	2 weeks	keep upright
basil	when leaves are still tender	at room temperature	5 days	keep stems in water; will discolor if kept in refrigerator for 10 days
beans, snap	about 2-3 weeks after bloom when seeds still immature	cold and moist	1 week	develop pitting if stored below 40°
beets	when 1.25-3 inches in diameter	cold and moist	5 months	store without tops
broccoli	while flower buds still tight and green	cold and moist	2 weeks	-
brussel sprouts	when heads 1 inch in diameter	cold and moist	1 month	-

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Vegetable	When to harvest	How to store	Expected shelf-life	Comments
cabbage	when heads compact and firm	cold and moist	5 months	-
carrots	when tops 1 inch in diameter	cold and moist	8 months	store without tops
cauliflower	while heads still white, before curds "ricey"	cold and moist	3 weeks	-
corn, sweet	when silks dry and brown, kernels should be milky when cut with a thumbnail	cold and moist	5 days	-
cucumbers	for slicing, when 6 inches long	cool spot in kitchen 55°F in perforated plastic bags; storage in refrigerator for a few days okay	1 week	develops pitting and water-soaked areas if chilled below 40°F; do not store with apples or tomatoes
eggplant	before color dulls	like cucumbers	1 week	develops pitting, bronzing, pulp browning if stored for long period below 50°F

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Vegetable	When to harvest	How to store	Expected shelf-life	Comments
kohlrabi	when 2-3 inches in diameter	cold and moist	2 months	store without tops
lettuce	while leaves are tender	cold and moist	1 week	-
muskmelons (cantaloupe)	when fruits slip off vine easily, while netting even, fruit firm	cold and moist	1 week	develops pitting surface decay with slight freezing
onions	when necks are tight, scales dry	cold and dry	4 months	cure at room temperature 2-4 weeks before storage, do not freeze
parsnips	when roots reach desired size, possibly after light frost	cold and moist	4 months	do not wax or allow roots to freeze; sweetens after 2 weeks storage at 32°F
peas	when pods still tender	cold and moist	1 week	-

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Vegetable	When to harvest	How to store	Expected shelf-life	Comments
peppers	when fruits reach desired size or color	like cucumbers	2 weeks	develops pitting below 45°F
potatoes	when vine dies back	cold and moist; keep away from light	6 months	cure at 50-60°F or 14 days before storage, will sweeten below 38°F
pumpkins	when shells harden, before frost	cool and dry	2 months	very sensitive to temperatures below 45°F
radishes	when roots up to 1.25 inches in diameter	cold and moist	1 month	store without tops
rutabagas	when roots reach desired size	cold and moist	4 months	do not wax
spinach	while leaves still tender	cold and moist	10 days	-
squash, summer	when fruit 4-6 inches long	like cucumbers	1 week	do not store in refrigerator for more than 4 days

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Vegetable	When to harvest	How to store	Expected shelf-life	Comments
squash, winter	when shells hard, before frost	cool and dry	2-6 months, depending on variety	curing unnecessary; do not cure Table Queen
tomatoes, red	when color uniformly pink or red	like cucumbers	5 days	loses color, firmness and flavor if stored below 40°F; do not refrigerate!
turnips	when roots reach desired size, possibly after light frost	cold and moist	4 months	can be waxed
watermelons	when underside turns yellow or produces dull sound when slapped	like cucumbers	2 weeks	will decay if stored below 50°F for more than a few days



Fond du Lac County Food Pantries

Location	Phone	Eligibility
Assembly of God Church 825 Fond du Lac Ave Fond du Lac WI 54935	920-922-3990	Monday-Thursday 9:00 am -12:00 pm. Call Ahead
Brandon Food Pantry 115 Center Street Brandon WI 53919	920-273-9196	Anyone in Rosendale/Brandon areas. 1 st & 3 rd Wednesday of the month from 2:30 pm – 5:30 pm
Broken Bread St Paul's Cathedral 51 West Division St. Fond du Lac WI 54935	920-921-3363 or 920-904-7026	No eligibility requirements. Hot meal and groceries provided. They ask that you bring a box for groceries. Perishable foods and light meal every Friday from 2 pm-6 pm.
Fondy Food Pantry 51 West Division Street Fond du Lac WI 54935	920-921-3363 or 920-904-7026	Food boxes every other month. Referrals through St Vincent De Paul, Salvation Army, Social Services, Advocap, Churches, & Other community Agencies. Pick up times Monday-Thursday 9 a- 1p. Personal care products based on availability
Grace Christian Church 1596 4 th Street Fond du Lac WI 54935	920-923-5292	We Care Food Pantry- Mon-Thurs. 9 a- 2p Call prior to visit Ruby's Pantry- 2 nd Thursday of the month. Registration from 5-6 p. They request \$15 cash donation and distribution of food is at 6 pm. Bring own boxes, bags, etc.
Grace Lutheran Church 430 W Griswold Ripon WI 54971	920-748-5433	2 nd Tuesday of each month from 5:00 pm – 6:30 pm. Meal provided by volunteer groups. Open to anyone and there is no fee.
Loaves & Fishes 158 South Military Road Fond du Lac WI 54935	920-904-5556	No eligibility. Hot meal, milk, bakery on Mondays & Wednesdays from 5:00-5:30 pm to Carry-Out. 5:30-6:00 for eat in.
Oakfield Community Food Pantry 200 White St (Oakfield Elementary) Oakfield WI	920-948-0393	1 visit per month for any resident in the Oakfield School District. Wednesdays from 4:00 pm-6:00 pm.
Presentation Church Food Pantry 706 Michigan Ave N. Fond du Lac WI 54937	920-922-3650	Contact St Vincent De Paul for more information. 920-922-3650
Ripon Community Food Pantry 102 East Jackson St Ripon WI 54971	920-748-5756	Clothing and Food Commodities. Food on Mondays. Emergency food any time.

Ripon Food Pantry St. Catherine of Sienna Church 228 E Blossom St Ripon WI 54971	920-748-3196	Ripon area resident. Emergency food pantry available. Monday-Friday 9 am to 11 am.
St. Matthew's Food Pantry 419 Mill Street Campbellsport WI 53010	920-533-4441	Must be referred from clergy or Social Services. Emergency food pantry Monday-Friday from 8 am to 4:30 pm with appointment.
Salvation Army 237 North Macy St Fond du Lac WI 54935	920-923-8220	Food Pantry M,T, Th, F from 9 am to 12:30 pm. Wed. from 9 am to 11:30 am and 12:30 to 5:00 pm. Food one time a month. There are income guidelines and must be resident of Fond du Lac County. Need to also provide two proof of address items, photo ID, birthday & Social Security numbers for all household members.

*List derived from Fond du Lac County UW-Extension. Click link at the top for their website.

Barley Jambalaya

Prep time: 25 minutes

Cook time: 1 hour

Makes: 6 Servings



Ingredients

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 4 small celery stalks
- 1 cup diced green, red, yellow, or orange bell pepper
- 2 medium cloves garlic
- 1 tablespoon canola oil
- 4 ounces ground turkey
- 2 (14.5-oz) cans diced tomato (no salt added)
- 1 teaspoon salt
- 1/2 teaspoon ground cayenne pepper
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground black pepper

Directions

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20-30 minutes.
3. In a colander, drain barley. Set aside.
4. Peel, rinse, and dice onions. Rinse and dice celery and pepper. Peel and mince garlic.
5. In a large pot over medium-high heat, heat oil.
6. Add onions, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.
7. Add ground turkey. Cook until internal temperature registers 165 °F on a food thermometer, about 5 minutes more.
8. Add tomatoes and their juices. Bring to a simmer.
9. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
10. Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed. Cook over low heat to blend flavors, about 5-10 minutes more.
11. Remove bay leaves and serve.



Fond du Lac County

227 ADMINISTRATION/EXTENSION BUILDING
400 UNIVERSITY DRIVE
FOND DU LAC WI, 54935

**Time-Sensitive
Material**



Fond du Lac County

Fond du Lac (920) 929-3170 ◊ Waupun 324-2879
Admin/Ext Bldg., Room 227 ◊ 400 University Drive ◊ Fond du Lac, WI 54935
FAX (920) 929-3181 ◊ Wisconsin Relay "711"

UW-EXTENSION STAFF

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Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

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