



E-Newsletter Archives

SET THE TABLE FROM YOUR GARDEN

July, 2014



Spring salads, steamed bok choy, sweet baby carrots and tender-young herbs are a few of the delicious rewards of the spring garden.

Garden to Table: Growing Dinner

It doesn't take much. Two 4-foot by 8-foot beds, some herb and vegetable seeds, and a couple of hours a week can put dinner on the table for a full season: fresh spring salads, sweet summer fruits, and finally, the nourishing greens and roots of autumn. With a garden plan, good soil, succession planting and a cover crop in fall, your garden can provide a bounty of nutritious and delicious vegetables, aromatic herbs and fragrant cut flowers throughout the season.

[Read More](#) courtesy of the Home Garden Seed Association.

For complete short and long season garden plans, see [Renee's Kitchen Garden Designs](#)



Tomato sandwiches, roasted peppers, chilled gazpacho, and green bean salads will fill your dinner plates from mid-summer to fall.



Cut Flower mix: pinks

July in the Trial Garden

by Lindsay Del Carlo, Trial Garden Manager

The star of the trial garden this month is no doubt our lovely Annual Cut Flower mix. It is an easy to grow mix of 25 different, easy to grow annual flowers that bloom very quickly. In just 3 months from sowing the seeds, we have a full bed of fabulous flowers to make wonderful bouquets. This is a mix of many colors so it is possible to make bouquets of different combinations like the two pictured here. Even in our sandy soil here in coastal central California, the sturdy flowers have stayed standing tall without any trellising. This mix is an all-around winner! We are planning to offer it in one of our scatter garden canisters, probably in fall 2015. We may also offer a smaller amount as an individual packet – Renee hasn't decided yet.



Green Savoy Cabbage

We are about to harvest these gorgeous deep green savoy cabbages from one of our favorite California vegetable seed producers. They take a little longer to mature but that means we have some beautiful heads to harvest after all the other brassicas are finished from our spring sown crops. These dense heads with their sweet flavor make a tasty stir fry or coleslaw. We are planning to try our hand at making a batch of our own sauerkraut. If you have a recipe to share, Renee would love to hear from you.



Cut Flower mix: oranges and reds



Imperator, Short and Sweet, and Rainbow Blend Carrots

We are trialing carrots of all shapes, sizes and colors – two different rainbow carrot blends which are a mix of orange, yellow, white, peach and purple. They are beautiful to look at and packed with vitamins – each color contains different antioxidants. We are also harvesting extremely long and slender 'Imperator' carrots that are very sweet and tender and great for snacking, and some easy to grow 'Short and Sweet' Carrots which have 4" roots that are bright orange to the center. It was bred especially for heavy or poor soil and can also be grown in large containers. These are our first harvests of these three new carrot trials, so the next step is to eat them all both raw and cooked and come to some conclusions.

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What's On Renee's Blog [Sunflower Houses \(part 1\)](#)

Recipe of the Month [Pickled Baby Carrots](#)



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