



Your Garden Is Calling

...Cure, Rinse, Eat, Repeat!

Welcome to Teach Me To Grow's 2019 End of Summer Newsletter! Have a look below to see what we've been up to, get some tips, tricks, advice, and more. Enjoy!

SEPTEMBER 2019

Teach Me To Grow Update

It has been a beautiful, bountiful spring and summer in the garden! Our hands are finally out of the soil and we're so excited to be back online and reconnect with you. Here's what Teach Me To Grow has been up to these last two seasons:

- Installed **26 new food-producing gardens** including traditional gardens as well as a variety of raised beds made of cedar, redwood, corrugated steel, and stone
- Worked one-on-one with over **136 gardeners** through our garden coaching, consultation, and planting programs
- Taught **11 public gardening classes** to the greater Northern Colorado community

Alert!: Fall Installs

It's not too late to get your garden going- Fall is a great time to get your dream garden built for the 2020 season! Secure your 2020 garden today and contact us about Fall Garden Installations – all installs include spring plantings!

Email: grow@teachmetogrow.com
Call: (970) 820-9785

Get your GARLIC in the Ground!

Late September to Mid-October is time for planting garlic. Find a sunny spot and break up the soil with a digging fork. Add compost and plant garlic cloves pointy side up. Label, cover, and mulch heavily with leaves. Don't forget to water the area at least one time per month throughout winter, and get ready to pull back the leaves in spring when you see green shoots beginning to emerge.

WE HAVE ORGANIC GARLIC STARTS! Need help? Schedule a garlic planting with us in October!



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Fall Gardening Tips

It's almost time to harvest your winter squashes! Here are some tips for when and how to harvest.

- ❖ Harvesting winter squash typically occurs from September to October, before the first hard frost hits. Harvest when the vines die back, the fruits have turned a deep, solid color, and rind is hard.
- ❖ To harvest, cut from the vine carefully, about two inches from the fruit. Bring your squash inside to cure in a well-ventilated area for 10 days to 2-3 weeks (no need to cure acorn squash!)
- ❖ Depending on the variety, winter squash will store anywhere from four weeks to five months.

Why do we cure squash?

When harvested, mature squash contains excess water. Curing allows this water to exit the fruit, concentrating natural sugars making the squash taste sweeter, slowing the fruit's respiration rate enhancing long-term storage, and helps lessen the chance of rot.

Herb Tip: Harvest your remaining herbs and dry or dehydrate them. Crush dried herbs, add to airtight container, and use throughout fall and winter to add fresh flavor to any dish!

Helpful Advice from a Garden Expert:

It's never too early to prepare for the first frost! Connect with us so we can come install frost protection in your garden and teach you how to use it. Send us an email – we're always here to help!



We provide unique garden education opportunities to bring folks like you closer to the greatness of gardening. Thanks for reading! Please let us know if you have any questions, thoughts, or comments. We look forward to working with you soon – Happy Gardening!

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Seasonal Recipe

Garden still full of goodies? Try out this simple, delicious tomato-based recipe!

Homemade Salsa

- 1-2 pounds fresh tomatoes
- 1/3 – 1/2 cup diced red onion
- 1-2 peppers of choice, seeded and roughly chopped
- 1/2 cup fresh cilantro
- 1-2 garlic cloves, minced
- Juice of one lime
- Pinch cumin (optional)
- Salt and pepper to taste

Combine all ingredients in a food processor and pulse until just blended and slightly chunky. Add more salt, pepper, and lime juice to taste. Serve with tortilla chips and store refrigerated in an airtight container for up to one week.

