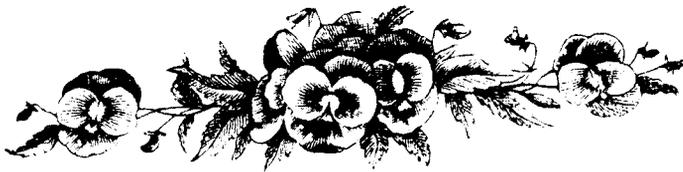


Edible Flower Garden



Snapdragon - *Antirrhinum majus*

The unique flower of the snapdragon spike is a very familiar sight in most gardens. The flowers cover the color range from soft, pastel yellows and pinks to warm red, burgundy and bronze. They flower abundantly from May to frost. The plants come in a variety of sizes and are used for everything from edging borders to a tall cutting flowers in the back of a bed. Snapdragons self-sow, yet are rarely intrusive. To maintain well-developed, free-flowering plants, be sure to pinch the plants. Plant snapdragons six to twelve inches apart, depending on the final plant height. Snapdragons like rich, well drained soil that is high in organic matter. Soil pH should be neutral to slightly alkaline. Plant in full sun. Snapdragons are fairly heat tolerant.



California Poppy - *Eschscholzia californica*

The California poppy is at its best in dry, well-drained locations. It is an informal flower that will reseed itself freely. It is a wonderful plant for naturalizing areas, if you remember that the plants that reseed themselves will not be just like the parent plant, but will revert to the yellow and orange of the non-hybrids. Seed should be sown in the early spring. Make sure that California poppies have plenty of water for germination. Poppies prefer sandy locations with alkaline, well drained soil. They are tolerant of poor and dry soils. If starting with transplants, plant six to eight inches apart in a full sun location for best results. However, they will tolerate partial shade.

Marigold - *Tagetes* spp.

One of the most easily recognized of all garden flowers is the marigold. Today we can find single or double flowers in colors including yellow gold, oranges and bicolors with red or brown stripes. There are several types of marigolds, ranging in size from a few inches tall to 3 feet. The flowers may be as small as 1 inch across to as large as 5 or 6 inches. Marigolds need adequate water, but watch it because they will rot easily in a soggy soil. They don't need pampering, and in fact, will do better if they receive only a minimum of attention. Marigolds will also reseed, but if you have started with hybrid plants, don't count on the new plants to be like your original ones. Depending on the final size of the plant, marigolds should be planted six to eighteen inches apart. Marigolds are tolerant of dry soils, but prefer moist, well drained loamy soils. Sunny locations are best, however, heat may cause the plants to stall or slow growth and flowering.



Nasturtium Salad

Put a plate of flowers of the nasturtium in a salad bowl, with a tablespoonful of chopped chervil; sprinkle over with your fingers half a teaspoonful of salt, two or three tablespoons of olive oil and the juice of a lemon; turn the salad in the bowl with a spoon and fork until well mixed and serve.

Turkish Cookery Book, 1864



Nasturtium - *Tropaeolum majus*

Give nasturtiums the coolest spot in your garden. They are native to the high elevations of the Andes Mountains and do their best in locations that are cool with high humidity. Nasturtiums come in forms all the way from compact, great for containers, to the trailing types that do well on a trellis (they need support to climb, since they don't have any means of holding on by themselves). Be careful not to give nasturtiums too much nitrogen. This will cause the plants to produce all leaves (which are beautiful and great in salad) and no flowers. Nasturtiums will grow well in poor soil, but they do need to be kept moist, but not overwatered. There are a variety of colors available, so for the most interesting and vivid color be sure to select a named variety. Nasturtium should be planted eight to twelve inches apart in well drained soil. As mentioned, too much fertility will reduce flower numbers.



Pansy - *Viola x Wittrockiana*

Pansies provide brilliant color to a garden. They are often used as a border plant, and can be used alone to provide an interesting bed. Pansies, like the wild violets they have been developed from, are actually perennials, but are treated as annuals. They are not heat tolerant, although in recent years new varieties have been introduced that last longer in the summer. To get the most out of your pansies, plant them early in a cool location in your garden. Even with this you may want to plan on replacing the pansies with a more heat tolerant annual later in the season. Plant pansies four to six inches apart in a sunny spot.

Scarlet Runner Pole Bean - *Phaseolus vulgaris*

Scarlet runner beans not only provide beautiful red flowers in your garden, they can also provide fresh eating green beans and also, if you can wait, shell beans. This plant is excellent if you want beans in a small space, just provide a trellis or support that the vines can grow up on. Pole beans will produce over a longer period of time than will bush beans. Don't plant beans too early. Be sure the soil has warmed up before planting seed. If growing beans in a row, sow seed about two inches apart. Don't allow the soil to crust over while waiting for the plants to emerge. This can plant undo stress on your beans. Be sure to keep pods harvested to continue getting more flowers and beans.



Summer Squash - *Cucurbita Pepo*

Summer squash provides beautiful yellow flowers to use from your garden. Like the beans, they will also provide fruit, if you let them. Give the plants plenty of space to run, or try some of the new bush types. Squash blossoms can be fried or stuffed. They have a delicate flavor and should be picked just before they open and cooked or eaten in a salad immediately. For vining types of squash, allow about ten feet between rows. For the bush types allow five feet. Vining squash should be thinned to a spacing of two to four feet between plants in the row, depending on the cultivar's vigor. Bush plants can be as close as 16 to 24 inches in the row. Wait to plant until danger of frost has passed, and the soil has warmed.

This information provided by the University of Minnesota Extension Service and the Minnesota Commercial Flower Growers Association

Stir Fry Garden



Pod Peas - *Pisum sativum*

Pod peas should be picked when they are very young, just as the peas start to form. If they are allowed to get larger, you can still shell and eat the peas, but the pods will become very tough. Pod peas are an excellent addition to Oriental cooking and add a sweet crispness to many stir-fry dishes. Many varieties of pod peas need trellising, however, there are some newer bush types that are excellent quality. Low growing types should be planted in rows 18 to 24 inches apart. For tall growing types plant rows 36 inches apart and train on a trellis. Plant in double rows, six inches either side of the trellis.

Chinese Cabbage (Celery Cabbage) - *Brassica Rapa*

The name Chinese cabbage covers a number of "greens" that differ in character. Some have savoyed leaves and some have smooth leaves. Some are grown green and some are self-blanching. Some grow with a roundish head and some are very thin and upright. All are cool-season plants and are grown best in the early or late season, avoiding the heat of midsummer. If they are grown during the heat and long days of summer, the heads will bolt (go to seed) and the leaves may become bitter. Most Chinese cabbage has a thick, succulent midrib to each leaf that adds much to its substance. Chinese cabbage is a great addition to stir-fry dishes and also salads. Seed and thin, or transplant to 18 inches apart in rows 24 to 30 inches apart. Chinese cabbage takes about 75 to 85 days from seed to harvest.

Chop Suey Greens - *Brassica* sp.

Chop suey greens are a fast and easy crop to grow in the garden. Also known as Shungiku or edible chrysanthemum, the leaves are dark-green and edible, yet they will add a pungent flavor to your cooking. Chop suey greens are high in Vitamin C and complement the flavor of many mixed vegetable dishes.



Oriental Vegetable Toss

- 4 dried mushrooms
- 1 cup fresh pea pods
- 1/2 teaspoon instant beef bouillon granules
- 1/4 cup boiling water
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 1/2 teaspoon grated gingerroot
- 1/8 teaspoon freshly ground pepper
- 3 tablespoons soy sauce
- 2 tablespoons cooking oil
- 6 green onions, bias-sliced into 1-inch lengths
- 2 cups chopped Chinese cabbage
- 1 cup fresh bean sprouts
- 4 ounces fresh tofu, cubed
- 1 medium tomato, cut into thin wedges

In small bowl soak mushrooms in enough warm water to cover for 30 minutes; squeeze to drain well. Chop mushrooms, discarding stems. Break off tips of fresh pea pods and remove strings. Halve pea pods lengthwise; set aside. Dissolve bouillon granules in boiling water. In small bowl stir together cornstarch, sugar, gingerroot and pepper; blend in soy sauce. Stir in bouillon mixture; set aside.

Preheat a wok or large skillet over high heat; add cooking oil. Stir-fry green onions and pea pods in hot oil for 1 minute. Remove from wok. Add Chinese cabbage and bean sprouts; stir-fry for 1 minute. Add mushrooms; stir-fry for 1 minute more. Stir soy mixture and stir into vegetables; cook till thickened. Stir in green onion, pea pods, tofu and tomato; cover and cook 1 minute. Serve at once. Serves 4.

Curried Vegetable Stir-Fry

1 medium carrot
3 medium summer squash
1 medium tomato
1 medium onion
1 clove garlic
1/4 cup soy sauce
2 teaspoons cornstarch
1 teaspoon sugar
2 tablespoons cooking oil
1 tablespoon curry powder

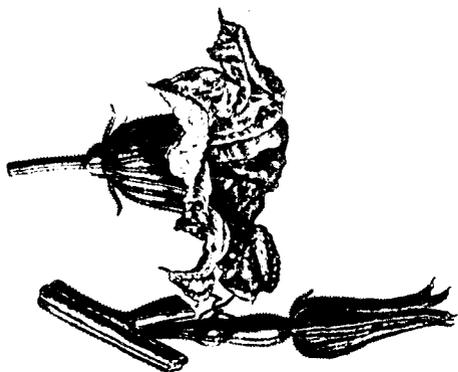
Bias-slice the carrot into 1-inch pieces. Cook in boiling salted water 10 to 15 minutes or till pieces are crisp-tender. Drain; set aside.

Halve summer squash lengthwise; trim ends and scoop out seeds. Cut seeded squash into 1/4-inch slices; set aside. Core tomato and cut into thin wedges; set aside. Thinly slice onion; separate into rings. Set aside. Mince garlic; set aside.

In small bowl stir soy sauce into cornstarch. Add sugar; set aside.

Preheat a wok or large skillet over high heat. Add cooking oil. Stir-fry onion and garlic in hot oil for 3 minutes. Sprinkle with curry powder; stir-fry 1 minute more.

Add summer squash to wok or skillet; stir-fry 5 to 7 minutes or till crisp-tender. Stir soy mixture; stir into wok. Cook until thickened and bubbly. Add carrot and tomato. Cover and cook 1 to 2 minutes more or till heated through. Makes 4 to 6 servings.



Summer Squash - *Cucurbita Pepo*

Summer squash provides beautiful yellow flowers to use from your garden. Give the plants plenty of space to run, or try some of the new bush types. Both the blossoms and the fruit are very popular in Oriental cooking. Pick summer squash when the fruits are young and tender. The seeds should be underdeveloped and the rind soft. Zucchini and crookneck types should be harvested when the fruits are 1 1/2 to 2 inches in diameter. For vining types of squash, allow about ten feet between rows. For the bush types, allow five feet. Vining squash should be thinned to a spacing of two to four feet between plants in the row, depending on the cultivar's vigor. Bush plants can be as close as 16 to 24 inches in the row. Wait to plant until danger of frost has passed, and soil has warmed.

Pak Choi Mustard - *Brassica Rapa*

Pak choi mustard is one of the easiest mustards to grow, because it is slow to bolt. Large, tender green leaves surround a succulent pure-white stalk on this plant. It is a very popular addition to stir-fry dishes and salads, and the fresh stalks can be used as celery in cooking. Like chop suey greens, pak choi mustard is a wonderful addition to most any stir-fry dish.

Ginger - *Zingiber officinalis*

The showy source of the gnarled gingerroot, used for its excellent flavor, is a bushy plant with long leaf stalks. Ginger is native to tropical environments, but can be grown outdoors in the summer months, or in containers year-round. Ginger needs good drainage and rich, moist soil. It also prefers partial shade and high humidity. Ginger needs to be protected from high winds and low temperatures. After the plant matures, it produces new sprouts around its base. Dig up these sprouts and find the tender new root growth that has a very subtle taste. Obtain fresh ginger roots from an Oriental market. Plant with sprout end up and eyes at soil level. Ginger needs a good growing medium and location providing good drainage, partial shade and humidity. Protect ginger from high wind and low temperatures.



Salad Garden



Nasturtium - *Tropaeolum majus*

Give nasturtiums the coolest spot in your garden. Nasturtiums come in forms all the way from compact, great for containers, to the trailing types that do well on a trellis (they need support to climb, since they don't have any means of holding on by themselves). Be careful not to give nasturtiums too much nitrogen. This will cause the plants to produce all leaves (which are beautiful and great in salad) and no flowers. Nasturtiums will grow well in poor soil, but they do need to be kept moist, but not overwatered. Plant seed or transplants eight to twelve inches apart in well drained soil. As mentioned, too much fertility will reduce flower numbers.

Peppers - *Capsicum annuum*

Peppers are considered a hot-weather vegetable, but in order to get plenty of fruit some special requirements must be met. Fruit set occurs when night temperatures are between 60° and 75°F. When night temperatures are out of this range, blossom drop will occur. Peppers will thrive when the day temperature is about 75°F and the night temperature is about 62°F. Day temperatures above 90°F will cause the flowers to drop. When temperatures return to a more optimal range the plants will begin to flower and set fruit again. You will also see blossom drop when the plant has its full quota of fruit already set. After some fruit has been harvested, fruit will again be set, if the weather conditions are right. Place transplants about 24 inches apart, in rows 30 to 36 inches. Do not transplant out until night temperatures are reliably above 55°F or your plants will be stunted.



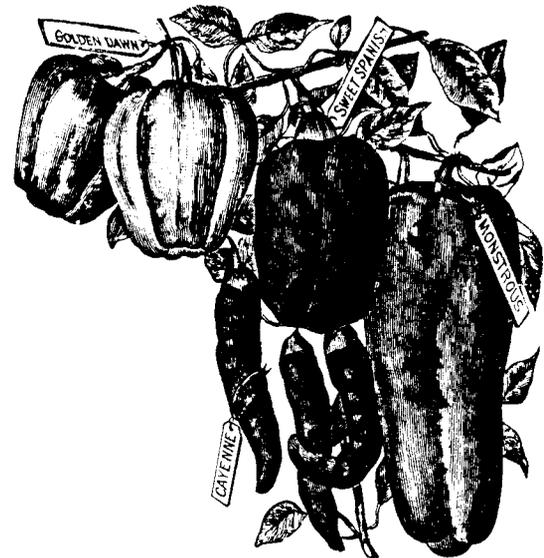
Celery - *Apium graveolens* var. *dulce*

Celery demands more time and attention than most vegetables. Provide an abundant and continuous water supply for celery. Because of its long growing season from seed, most gardeners plan to start with plants from the garden center. Most of the newer varieties of celery don't require blanching, but if you want to do this, wrap the celery with paper or shade with boards. Plants require 120 days in the garden. Be sure to apply adequate fertilizer for good growth, by apply carefully to avoid burning the plants.

Creamy Vinaigrette

1 large egg, separated
1 1/2 teaspoon Dijon mustard
Salt and freshly milled pepper, to taste
1/4 cup light tarragon wine vinegar
3/4 cup vegetable oil or peanut oil
1/4 cup olive oil
2 tablespoons *creme fraiche* or heavy cream

Using a wire whisk or a good processor, combine the egg yolk and half of the egg white with the mustard and salt and pepper. Beat until smooth. Gradually add the vinegar and then the oils, in a thin steady stream and beat until creamy and smooth. Add the *creme fraiche* and beat until thoroughly combined. Refrigerate in a covered container for up to 1 week. Let come to room temperature before using. Makes about 1 1/4 cups.



Caraway Coleslaw

Coleslaw:

- 6 cups shredded cabbage
- 1 carrot, shredded
- 2 scallions, minced
- 1/3 cup diced celery
- 1/3 cup slivered green or red peppers

Dressing:

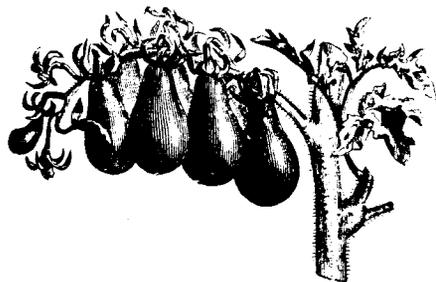
- 1/2 cup buttermilk
- 3 tablespoons mayonnaise
- 1 tablespoon white wine vinegar
- 1 teaspoon honey
- pinch of paprika
- 1/2 teaspoon caraway seeds, lightly crushed in a mortar or spice grinder

To prepare the coleslaw: In a large bowl, combine cabbage, carrot, scallions, celery and peppers. Mix well.

To prepare the dressing: In a small bowl, whisk together buttermilk, mayonnaise, vinegar, honey, paprika and caraway seeds.

Pour dressing over cabbage mixture and toss well. Chill thoroughly for at least 1 hour.

Variation: To make celery coleslaw, substitute celery seeds for the caraway seeds and add a dash of dry mustard.



Tomatoes - *Lycopersicon Lycopersicum*

Today tomatoes are the most popular vegetable grown. They require temperatures above 55°F for at least part of the night for fruit to set. Night temperatures above 75°F during the summer will cause blossom drop. Improvements in this are being made, but during the hottest part of summer few tomatoes will be set. Tomatoes need at least 8 hours of sunlight each day and they should be grown in a somewhat protected location. They need a well-drained soil and a good supply of water and nutrients. Start with plants in the garden, we don't have a long enough growing season to start with seed. Use stocky bushy plants and plant them deep. Set them with the first leaves just above the soil line, roots will develop on the buried portion of the stem. Be sure to allow the soil to warm up before planting tomatoes out. If the soil and air temperatures are too low plants will be stunted and slow to start. Be sure to plant tomatoes in a location where they will receive at least six hours of direct sunlight. There are a large number of tomato cultivars available, be sure to pick those that will best fit your needs.

Cabbage - *Brassica oleracea*

Cabbage as we know it, developed from leafy non-heading forms. The head types have only been available for the last 450 years. To make the most of cabbage in your garden, plant only a few plants at a time over a period of weeks. Using early transplants and direct seeding can accomplish this, or use many varieties with different maturing dates. Be sure to give cabbage plenty of space to develop good heads. Rows should be 36 inches apart with plants spaced 20 or more inches apart for large headed cultivars and 12 inches apart for smaller headed types. Be sure adequate fertilizer is available for the plants. Cabbage is a heavy user of nitrogen and potassium.

Lettuce - *Lactuca sativa*

Successful lettuce growing not only means raising a quality crop, but also having that crop available over a long period of time. Lettuce is generally considered a cool season crop, with warm weather promoting bolting. To extend your lettuce season, make succession plantings, with summer plantings in the coolest and partially shaded part of your garden. For more variety in your spring and summer salads try several types of lettuce. Sow lettuce seed 1/4 to 1/2 inch deep. Plants should be thinned to 18 to 24 inches for head lettuce and four to ten inches for leaf lettuce, in rows 18 to 24 inches apart. For summer lettuce, germinate seeds indoors, in cool conditions and plant out to final spacing.



Salsa Garden

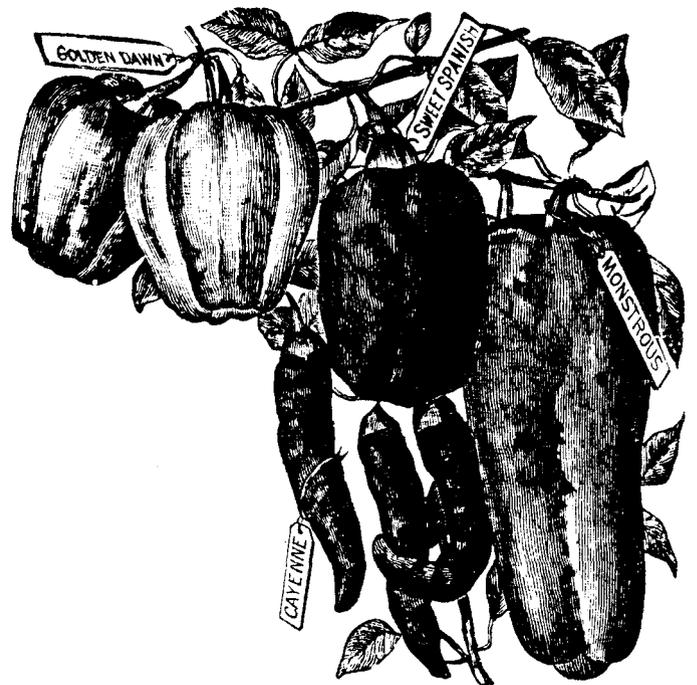


Onions - *Allium Cepa*

Onions are indispensable in any garden, and the salsa garden is certainly no exception. They can be started from seeds, transplants or sets. Sets are the easiest, but there are limited varieties available in sets. More varieties are available in transplants from garden centers and seed companies. Onions should be grown in an area that receives plenty of sunlight and has well-drained, rich, deeply prepared soil. In our area onions require 14 to 16 hours of daylight. Onions are very weather-wise plants. They grow their tops in cool weather and form bulbs in warm weather. They need a constant supply of moisture, especially while the bulbs are enlarging. Be sure to supply plenty of fertilizer to onions. Four to 5 pounds of 5-10-10 per 100 square feet worked into the soil before planting will help produce good onions. Harvest fully developed onions when the tops begin to dry and fall over. Allow to dry in the sun and then store in a cool, dry well-ventilated location.

Peppers - *Capsicum annum*

Peppers are considered a hot-weather vegetable, but in order to get plenty of fruit some special requirements must be met. Fruit set occurs when night temperatures are between 60° and 75°F. When night temperatures are out of this range, blossom drop will occur. Peppers will thrive when the day temperature is about 75°F and the night temperature is about 62°F. Day temperatures above 90°F will cause the flowers to drop. When temperatures return to a more optimal range the plants will begin to flower and set fruit again. Small fruited peppers are more tolerant of high temperatures than large fruited plants. You will also see blossom drop when the plant has its full quota of fruit already set. After some fruit has been harvested, fruit will again be set, if the weather conditions are right. Place transplants about 24 inches apart, in rows 30 to 36 inches apart. Do not transplant out until night temperatures are reliably above 55°F or you plants will be stunted.



Chile and Cilantro Pesto

2 poblano chiles, roasted and peeled
1 cup cilantro sprigs, loosely packed
1-2 cloves garlic, minced
3 ounces Parmesan cheese, finely grated
1/3 cup almonds or pine nuts, finely ground
2-3 tablespoons vegetable oil
1/4 teaspoon salt (optional)

Using a blender or food processor, turn the machine on and off to finely chop the chiles and cilantro.

Add the garlic, cheese and ground nuts; then add enough oil to make an easily spread mixture. Add salt if desired.

Store refrigerated or frozen until read to use.

You may use mild green chiles in place of poblano chiles, or omit the chiles and make a cilantro pesto.

This sauce will keep well for 1 1/2 weeks in the refrigerator, and it may be frozen.

Tomatoes - *Lycopersicon Lycopersicum*

Tomatoes have a long history of being grown, but not a long history of being used as a food crop. For many years tomatoes were grown only as curiosity plants, and not until the mid-1800's were they truly recognized for the outstanding vegetable that they are. Today tomatoes are the most popular vegetable grown. They are a very good source of vitamins and minerals, especially Vitamins A and C. Like the pepper, tomatoes will drop flowers if the temperatures are too high. Tomatoes require temperatures above 55°F for at least part of the night for fruit to set. Night temperatures above 75°F during the summer will cause blossom drop. Improvements in this are being made, but during the hottest part of summer few tomatoes will be set. Tomatoes need at least 8 hours of sunlight each day and they should be grown in a somewhat protected location. They need a well-drained soil and a good supply of water and nutrients. In our part of the country start with plants in the garden, we don't have a long enough growing season to start with seed. Many gardeners grow paste tomatoes for cooking. Paste tomatoes are very thick-walled and solid with few seeds. They help thicken other tomatoes in many recipes. Use stocky, bushy plants and plant them deep. Set plants with the first leaves just above the soil line, roots will develop on the buried portion of the stem. Be sure to allow the soil to warm up before planting tomatoes out. If the soil and air temperatures are too low, plants will be stunted and slow to start. Be sure to plant tomatoes in a location where they will receive at least six hours of direct sunlight. There are a large number of tomato cultivars available, be sure to pick those that will best fit your needs.



Parsley - *Petroselinum crispum*

The dark green, curled leaves of parsley are seen in most every restaurant and in every herb garden. Parsley prefers to be grown in partial shade in a moderately rich, moist soil. If growing parsley from seed, soak the seed in warm water for 24 hours before planting. Parsley is a biennial, but is usually grown as an annual in our area. Pick the leaf stalk from the base, not just individual leaves when harvesting. Picking just the leaves can cause the foliage to get tough. Parsley is often transplanted from the garden to a container to be grown on a windowsill during the colder months of the year



Pico de Gallo

2 green onions
1-2 tablespoons cilantro, chopped
1-3 jalapeno chiles, stemmed, seeded and chopped
2 cups (2-3 medium-size) tomatoes, peeled and diced
1/2 teaspoon salt or to taste
1 tablespoon vegetable oil

Combine the onions, cilantro and jalapenos in a glass bowl.

Add the tomatoes and mix together thoroughly. Adjust salt to taste, adding the oil to smooth out the sauce.

Serve as a relish or salsa for other dishes or as a dip with tostados.

This sauce does not keep well; it is best when made 2 to 3 hours before serving.