

From: Paul Parent Garden Club <newsletter@paulparentclub.com>
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Edition 10.23	Paul Parent Garden Club News	June 10, 2010
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Featured Quote:



"I go to nature to be soothed and healed, and to have my senses put in order."
~John Burroughs

Come see Paul's Garden!

Join us for the 16th annual "Private Gardens of the Kennebunks" Garden Tour, July 17, 2010 from 10:00 - 4:00. SHINE OR RAIN. All proceeds benefit the prevention programs of the Child Abuse Prevention Council of York County, Maine. Tour nine lovely gardens throughout Kennebunk and Kennebunkport. Advance tickets are \$15.00 before July 1st; \$20.00 July 1st through day of the event. Please call (207) 985-5975 or visit <http://www.kidsfreetogrow.org> for more information!



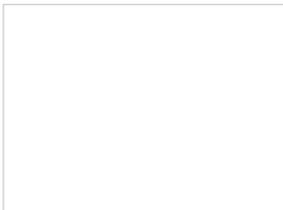
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Gifts for the Gardener

[Here are some great ideas for gifts your favorite gardener will just love!](#)

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Pepper Guide

Peppers can be broken down into four major categories: bell peppers, sweet peppers, mild chile peppers and hot chile peppers.

Here's how to choose the best varieties for color, shape, and flavor:

Bell Peppers

Bell peppers have the thickest flesh of all peppers and a mild and fruity flavor. They come in a rainbow of colors including the traditional green, red, orange, yellow, and purple. The green and yellow tend to have the sweetest flavor, while the orange, red and purple have a zestier flavor. Most start out green and then turn color as they mature.

Sweet Peppers

These peppers pack a lot of flavor without a lot of heat. They are usually thin-walled and less juicy than other pepper types but exceptional for cooking. They vary in shape from elongated and pointed to heart-shaped or rounded. These include the apple, banana, carmen, cherry, Corno di Toro, Gypsy, Italian, Marconi, pepperoncini, pimento and Santa Fe.

Mild Chile Peppers

These peppers have a mildly hot and spicy flavor and can be used to spice up dishes where a little heat is needed. They can be dried or be eaten fresh or roasted and added to salads, salsas or dips. Varieties in this category include anaheim, ancho poblano (perfect for chiles rellenos), cascabel, española, 'Fooled You' (a no-heat jalapeño hybrid), mariachi, mulato and sandia.

Hot Chile Peppers

If you want some heat, then these are the peppers for you! These guys pack a punch and are not for the meek of heart. They're loaded with flavor and tend to be thin skinned and smaller in size than other peppers. We recommend handling these with gloves (it's hard to get pepper juice off your hands). If you aren't sure of a variety, remove the seeds and veins from them before cooking and eating; then do a lot of taste-testing. It's easier to add more heat to a dish than to take it out. These hotties include cayenne, chipotle, habanero, hot cherry, Hungarian yellow, jalapeño, pasilla, pequin, serrano, Scotch bonnet, tabasco and Thai dragon.



Snails and Slugs



Snails and slugs are a real challenge to a gardener's patience, but there are many choices for dealing with them which you might not have been aware of. The good news is that most of these solutions to the snail and slug problem are non-toxic!

Here are some ideas:

1. Coax them out of the garden by laying a flat board on the ground. They will crawl under it to get away from the heat of the sun, then you just swish them off into the trash.
2. Put out a saucer of stale beer at night--they are attracted to the scent of it and will crawl in and drown!
3. Apply a copper band around flower pots. Snails cannot tolerate copper and they will not cross it.
4. Put down scratchy things (snails don't like doing the equivalent of walking across broken glass in bare feet). Finely crushed eggshells and diatomaceous earth (this will need replacing if it gets wet) work well.

5. Get friendly with the larger neighborhood predators. Ducks, turtles, tortoises, rats, some birds, and snakes (and even dogs) will prey on snails and slugs.

6. If these all fail, try a pet-safe snail bait. If you have a really bad problem, as a final resort, go to real poison baits. Use either type of baits weekly for at least three weeks to get all generations.

A word of caution if you have been using a pelleted form of snail bait--it can be dangerous around pets, as it looks like food to them. The finer granule type is much safer--but please be careful; read the label and use only as directed.



Powdery mildew is a common fungus disease characterized by spots or patches of white to grayish, talcum-powder-like growth. Although it can attack many types of plants, certain varieties of crape myrtles, bee balm, hydrangeas, roses, zinnias and types of cucumbers and squash are the most susceptible.

Fortunately, powdery mildew is usually more of an effect than a problem itself. In other words, in addition to treating the plant, you'll probably want to take a look at the surrounding conditions and make some adjustments. Bear in mind, it is most prevalent in moist and humid conditions.

First and foremost is to make sure you give plants plenty of room. Most plants require good air circulation. Trim plants that have gotten crowded or bushy. Avoid overhead watering, and don't make late summer applications of nitrogen fertilizer, as powdery mildew loves to attack the newest plant growth which, of course, nitrogen encourages. Also make sure your sun-loving plants are getting enough sunlight.



To halt the fungus in its tracks, spray with a good fungicide. We recommend at least one repeat application 7-10 days later and then only as needed if weather conditions persist.

This Week's Question:

What pain-relieving plant was aspirin developed from?

This Week's Prize:

Espoma Organic Potting Mix

- Contains Myco-tone® mycorrhizae
- For all indoor and outdoor containers.
- In 4, 8, 16 qt., 1 and 2 cu. ft. bags.

[Click Here to Answer](#)

Last Week's Question:

When harvested young, what vegetable could Queen Anne's Lace replace in your salad?

Last Week's Prize:

Espoma Organic Potting Mix

Last Week's Winner:

Rebecca Dineen

Last Week's Answer:

The carrot - When picked young, but they rapidly become too woody to eat.

One winner per question - we choose winners from the list of those who answer correctly. Winners must be newsletter subscribers. We'll ship you your prize, so be sure to put your address in the form in case you win!

FEATURED RECIPE



Vegetarian Spaghetti



What You'll Need:

- 1 (16 ounce) package spaghetti
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 3 tablespoons vegetable oil
- 1 (26 ounce) jar meatless spaghetti sauce
- 1 (16 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with garlic and onion, undrained
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 1/4 cup grated Parmesan cheese

Step by Step:

Cook spaghetti according to package directions.

Meanwhile, in a large skillet, sauté the onion, celery and garlic powder in oil until tender.

Add the spaghetti sauce, beans, tomatoes, sugar, salt, oregano and bay leaf.

Bring to a boil; cover and simmer for 10 minutes.

Remove and discard bay leaf.

Drain spaghetti; top with sauce and Parmesan cheese.

Yield: 6 servings



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