



OLD FARM COMMUNITY GARDENS NEWSLETTER

August 2021

A WORD FROM YOUR PRESIDENT

HELLO EVERYONE!

Need ideas for how to use all of those zucchinis? This is the edition for you! See tried and true zucchini recipes from your fellow gardeners.

Annual Picnic will be September 25th. Mark your calendars! Details to follow. Always FUN and a great way to meet your fellow gardeners. Also, **Garden Awards** will be presented at the picnic. I really don't envy the Committee making those choices this year as there are so many outstanding gardens.

IMPORTANT INFORMATION - An email from me will be sent out to all garden members on **Friday, August 13th** asking anyone who would like to be on the garden board to submit their name. You have seven days to submit your name. Then on **August 20th**, another email will be sent asking you to vote for garden members (10 max) who have submitted their names wanting to be part of your garden board. You have 7 days to complete this task. On **August 27th**, I will tally your input to arrive with our newly selected garden board members. Then your new board will select your next President, Vice-President and Treasurer from these new Garden Board members. The new Officers and Garden Board will begin their duties at this year's **PICNIC**.

Larry Stebbins had sent an email to all the Board members with a solution to our winter watering situation. This matter has been tabled for the new board to determine the best way forward.

Care n' Share Harvest Donations - Anyone having extra produce they would like to give to Care n' Share please contact me.. I will include your donation with the other produce being delivered to Care n' Share.

Any questions or concerns please always feel free to contact me.

Happy Gardening,
Carol Kinate, Board President
719-648-9015 (call/text)

2021 Garden Board

President - Carol Kinate
Vice President - Chris Scott
Secretary - Colette Larimer
Treasurer - Debra Othitis
Members at Large: Terry Conrad, Mike Harvey,
Hope LaMonica, and Frank Pado

Gardeners' Profile

Kim and Glen Madore

We have been members of OFCG for over 13 years now. We enjoy gardening because it helps to provide healthy and tasty vegetables with no added chemicals, totally organic. We enjoy being able to harvest throughout the growing season for our breakfast smoothies, daily snacks and lunch/dinner soups and salads. Being part of the OFCG provides us with so many benefits to our lives. We get to do something together while enjoying the outdoors; watch our vegetables grow; and meet and become friends with other gardeners and pick up some gardening tips as well.

Like everyone else each year we buy some starter plants and grow vegetables from seed. But this year we started early at home from seed to have healthy tomato, American bok choy, kale, broccoli, zucchini and Korean cabbage plants ready to plant at the garden in May.

From Nov-May we take our scraps (egg shells, vegetable/fruit leftovers, etc.) and place them throughout our garden every 3-4 weeks to help enrich the soil. In early May, we will also add organic cow manure, sheep and peat and Yum Yum Mix to the soil. To reduce pest and disease problems and to help renew soil nutrients, we try not to plant the same vegetables in the same part of the garden more than once every two or three years.

We also have perennial wild plants, which are normally found in the mountains that are ready to harvest for salads in early April through October. Because of the abundance we will blanch and freeze to enjoy in the winter months.



Cream of Zucchini Soup

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Submitted by Jennifer Phillips

This cream of zucchini soup recipe is a great way to use up your garden zucchini. The potatoes add to the creaminess, while croutons add texture and chives brighten the flavor.

Active: 25 mins

Total: 40 mins

Servings: 6



Ingredients

2 cups cubed rustic whole-wheat bread	1 ¼ pounds zucchini (about 3 medium), cut into ½" pieces
2 tablespoons extra-virgin olive oil, divided	1 small russet potato (about 9 ounces), peeled and cut into ½" cubes
1 cup roughly chopped shallots	½ teaspoon salt
4 cups unsalted vegetable broth or chicken broth	¼ cup heavy whipping cream
	1 tablespoon thinly sliced fresh chives

Directions

Preheat oven to 350°F. Combine bread cubes and 1 tablespoon oil in a bowl; toss well. Spread in an even layer on a large baking sheet. Bake until golden and crisp, 12 to 15 minutes. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium heat. Add shallots; cook, stirring occasionally, until softened, about 3 minutes. Add broth, zucchini, potato and salt; bring to a boil over high heat. Reduce heat to medium-low; simmer, undisturbed, until the vegetables are tender, about 15 minutes. Pour the zucchini mixture into a blender. Secure the lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth and silky, about 1 minute. (Use caution when pureeing hot liquids.) Return the mixture to the pot; stir in cream. Ladle the soup into 6 bowls; sprinkle with the croutons and chives.

Per Serving (1 cup):

179 calories; fat 9g; cholesterol 12mg; sodium 301mg; carbohydrates 23g; dietary fiber 3g; protein 4g; sugars 6g; niacin equivalents 2mg; saturated fat 3g; vitamin a iu 524IU.

Zucchini Quiche

Submitted by Debra Othitis

3 C shredded, unpeeled zucchini	1 C Bisquick
Small onion, chopped	4 eggs, beaten
½ C grated Parmesan	3 T parsley, minced
½ C cheddar cheese, shredded	1 tsp salt
½ C canola oil	½ tsp pepper



Spray deep dish pie or quiche pan with Pam. Spin or squeeze zucchini in towel to remove excess water. Add to bowl with cheeses and parsley. Mix eggs, oil, Bisquick, salt & pepper and pour over the zucchini mixture. Pour into pan and bake at 350 degrees for 40-45 minutes until lightly browned. Also makes 36 mini muffins (25 minutes) as appetizer.

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Saucy Stuffed Zucchini

Submitted by Joyce Phillips

2-3 medium zucchini (1 ¼ to 2 pounds)
12 oz. Italian sausage, browned/drained
½ C chopped sweet red pepper
½ C chopped green pepper
2T chopped onion
1 ½ tsp Italian seasoning
1 can (8 oz) tomato sauce
2 T butter or margarine
2T all-purpose flour
¼ tsp salt
1 ¼ C milk
½ C grated Parmesan cheese, divided
1 tsp Dijon mustard

Drop whole zucchini into boiling water; boil for 5 minutes. Drain. Rinse under cold water; cool. Cut in half lengthwise; scoop out pulp, leaving a ¼ inch shell. Place pulp in a saucepan; add sausage, peppers, onion, Italian seasoning and tomato sauce. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Place zucchini shells in a greased 13" x 9" x 2" baking dish. Spoon filling into shells. In a saucepan, melt butter; add flour and salt. Stir until a smooth past forms. Gradually add mil; bring to a boil, stirring constantly. Boil 2 minutes. Remove from the hear. Add ¼ C of Parmesan cheese and the mustard; mix well. Pour over zucchini. Sprinkle with remaining Parmesan. Bake, uncovered at 350 degrees for 25-30 minutes or until heated through. YIELD: 3-4 servings.

Zucchini Patties

Submitted by Donna Jaime

1+1/2 cups of grated unpeeled zucchini, pressed dry between towels.
2 Tablespoons finely chopped onions
1/4 cup parmesan cheese
1/4 cup flour
2 eggs
2 Tablespoons mayonnaise
1/2-1 teaspoon oregano, to taste
garlic powder, salt and pepper to taste.

Mix together all the above ingredients. Melt butter and add olive oil to skillet. Spoon batter, about 2 Tablespoons makes a nice size, into skillet. Cook over medium heat until brown on both sides. Place in oblong casserole dish, add spaghetti sauce and shredded mozzarella cheese to each zucchini patty and sprinkle with oregano. Bake at 350 degrees for 15 minutes.

Zucchini Nut Bread

Submitted by Carol Kinate

3 cups all-purpose flour
3/4 teaspoon salt
1 teaspoon baking soda
2 cups sugar
1 teaspoon ground cinnamon
3 eggs, beaten
1 cup vegetable oil
2 cups coarsely shredded zucchini
1 (8-oz) can crushed pineapple, drained
1 cup chopped pecans
2 teaspoons vanilla extract
1 cup raisins



Combine first 5 ingredients; stir in pecans. Combine remaining ingredients; add to flour mixture, stirring just until dry ingredients are moistened.

Spoon batter into 2 greased and floured 8 1/2 x 4 1/2 x 3 inch loaf pans. Bake at 350 degrees for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans, and let cool on wire racks. Yield: 2 loaves.

Cheesy Zucchini Bites

Submitted by Colette Riley

1 ½ C unpeeled shredded zucchini ,drained (If the squash is large. slice lengthwise & remove pulp & seeds
1 large egg
1/2 cup shredded cheddar cheese
1/2 cup bread crumbs, plain or garlic herb
1/4 tsp salt ,pepper
1 tsp dried onions or fresh herbs chopped

Beat the eggs and herbs and add the cheese and zucchini. If the mixture is too wet, add more bread crumbs or 1 tsp flour as needed to form patties. Saute in olive oil until firm. Turn once and finish until browned. Can also be baked in the oven 425 degrees for 15-20 minutes. Use a parchment sprayed with non-stick oil. Serve with sour cream.

Refrigerator Zucchini Pickles

Submitted by Debra Othitis

Prep Time: 15 mins Cook Time: 4 mins Total Time: 19 mins
Yield: 3 pints Calories: 397

Ingredients

1 ½ pounds zucchini (3-4 medium-sized zucchini)
6 fresh dill springs

Seasoning

3 garlic cloves peeled and halved (2 halves per jar)
1 ½ tsp black peppercorns (1/2 tsp per jar)
1 ½ tsp mustard seeds (1/2 tsp per jar)
¼ tsp dill seed (d1/4 tsp per jar)

For the Brine

2 ½ C water
1 C distilled white vinegar
¼ C sugar
2 T coarse sea salt or kosher salt (not iodized)

Instructions

1. Wash zucchini; trim and discard ends. Slice into chips or spears as desired. Set aside
2. Divide the seasonings between 3 clean pint-sized mason jars. Divide the zucchini and dill sprigs evenly between the jars.
3. Combine all brine ingredients in a medium saucepan and place over medium-high hear. Bring mixture to a boil.
4. Remove the pan from the heat and carefully pour the hot brine into the jars over the zucchini and fresh dill. Fill to the top of the jar, leaving about ½" of head space. Tightly secure lids and shake the jars. Allow to cool slightly on your kitchen counter for about 30 minutes before placing jars in the refrigerator. Refrigerate for 24 hours or more before eating.
5. Keeps well refrigerated for 2-3 weeks.



They taste just like cucumber pickles!

Extra Special Zucchini Bread

Submitted by Chris Scott

(from Family Circle)

2 eggs
2 C sugar
1 C vegetable oil
1 tsp vanilla
8 oz. cream cheese, softened
2 C flour
1 tsp baking soda
1 tsp baking powder
1 tsp cinnamon
1 tsp salt
½ tsp nutmeg
2 C chopped walnuts
2 C shredded zucchini

Heat oven to 350 degrees. Grease and flour 2 regular loaf pans. Beat sugar, eggs, oil and vanilla until smooth. Beat in cream cheese. Add dry ingredients and mix. Fold in the nuts and zucchini. Bake until a knife inserted in the center comes out clean.

Zucchini-Crusted Pizza

Submitted by Anna Stebbins

(from Moosewood Cookbook)

2 C packed grated zucchini
2 eggs, beaten
½ C flour
½ C grated mozzarella
½ C grated parmesan
Optional: pinches of basil, marjoram and/or rosemary
2 T olive oil



Preheat oven to 400 degrees. Oil a 10-inch pie pan and coat lightly with flour (or use a ccookie sheet). Combine zucchini, eggs, flour, mozzarella, parmesan, herbs and 1 T olive oil. Mix well. Spread into prepared pan and bake 35-40 minutes until golden brown. Halfway through baking, brush remaining T of olive oil on. Remove and let cool (10 minutes). Use a spatula to loosen. Top with favorite pizza items and bake at 400 degrees F until heated through.

If you have questions or concerns about Old Farm Community Gardens, contact Carol Kinate at kinatec@aol.com or text 719-648-9015

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Chocolate Lover's Zucchini Cake

Submitted by Jennifer Phillips

Ingredients

For the Cake

2 cups sugar	2 ½ cups flour	1 tsp cinnamon
3/4 cup oil	1 ½ tsp baking powder	½ tsp salt
3 eggs	1 ½ tsp baking soda	½ cup milk
2 tsp vanilla	½ cup cocoa	2 ¼ cups grated zucchini

For Chocolate Frosting

1 stick butter melted	1/3 C milk	3 C powdered sugar
2/3 C Cocoa	1 tsp vanilla extract	

Instructions

Cake: Preheat oven to 325°. Grease and flour a Bundt pan. In a large mixing bowl, mix sugar, oil, and eggs together until creamy. Add in vanilla, and mix until well combined. In a smaller bowl, stir flour, baking powder, baking soda, cocoa, cinnamon, and salt together with a small whisk just to blend everything together. Add flour mixture in with the sugar, eggs, oil and vanilla. Mix well. Slowly mix in the milk. After everything is well combined, stir in the zucchini. Pour into bundt pan and bake for approximately 60 minutes. Cake will be done when tooth pick inserted comes out clean. *Check cake at 50-55 minutes.

Frosting

In a medium size mixing bowl, add melted butter. Mix in cocoa. Next add in some powder sugar and then milk, then some powder sugar then milk. Repeat until all is well mixed. Mix on low speed. After frosting is well blended, add in vanilla. Makes about 2 cups of frosting. Frost cake once it has cooled.

Canned Zucchini Salsa

Submitted by Chris Scott

Shredded zucchini
Onions, shredded
Green and red bell peppers
Pickling salt
Dry mustard + garlic powder + cumin + red chili powder
Liquid smoke (optional, but this give a nice smokey flavor)
White vinegar
Brown sugar
Cilantro
Jalapeno peppers
Ground pepper
Heirloom or garden tomatoes (a lot of them)
Cornstarch
Tomato paste

This recipe yields 26 pints of delicious homemade salsa! Besides the normal way of enjoying with your favorite chips, try these ways to eat this salsa:

This salsa is delicious served with taco salad! You can also substitute for half of the tomato sauce in meatloaf – so good! Or, dump it over scrambled eggs or omelets for breakfast or brunch! Also, great in breakfast burritos!

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