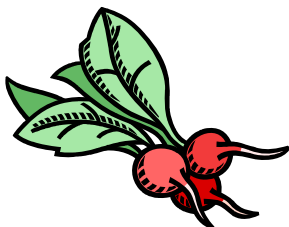


The Square Footer



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HOW IS YOUR GARDEN GROWING

By now your garden should be growing at a rapid rate and you should be seeing your tomatoes and peas start

growing on your trellis. You may have to train them by starting a leader onto the trellis.

Your radishes should have been or are ready to eat by now, as well as the lettuce, and if you wish you can harvest the onions as green onions. You may have noticed a few weeds showing up in your garden--just go ahead and pull those out. It will just take a few minutes and then they aren't competing with your vegetables. If your garden does not appear to be doing well it may have been placed in a spot that does not receive enough sunlight. Remember your garden needs at least 6-8 hours of direct sunlight each day to do well. My tomato plants really shot up the past week with the moisture and warm temperatures. As you recall from the last newsletter, tomatoes are a good example of a warm season plant.

NATURAL INSECT CONTROL

There are certain flowers and herbs that you can plant to deter insects around your garden. Plants such as marigolds, asters, nasturtium, tansy, thyme, chives, etc. can be a real benefit in keeping some of those insect pests away from your vegetables. Refer to the companion plant guide that was handed out and consider planting a flower or herb in the square when your vegetables are done. For example, when your radishes are all done you could plant marigolds in that square to help deter insects.



VEGGIE PIZZA *by Danielle Flack*

2 packages (8 oz) reduced fat crescent rolls
2 packages (8 oz) fat free cream cheese, softened
1 cup light mayo
1 package (1 oz) dry ranch dressing mix
1/2 - 3/4 cup each of chopped veggies such as tomatoes, green peppers, cauliflower, broccoli, olives, cucumbers, carrots, etc.



1 cup shredded reduced fat cheddar cheese
1. Preheat oven to 375 degrees.
2. Place crescent rolls on greased cookie sheet or pizza pan. Bake for 10 minutes. Cool.
3. Mix the cream cheese, mayo and ranch dressing together.
Spread over the cooled crescent roll crust.
4. Arrange veggies over the cream cheese layer.
5. Chill for one hour before serving.
This recipe makes 12 servings.

FAMILY TIME *by Jason Bergstrand*

1) Keep your children engaged by giving your garden some identity. During a mealtime ask your children what kind of garden they should name it. This will help give the garden some added purpose. Here are a couple suggestions: veggie pizza, salsa or mixed salad garden. Let kids come up with even more clever names--consider adding your family name. Have them paint or draw a sign and put it in the garden.

2) During a mealtime ask your kids what they think will be their most favorite vegetable to eat from the garden. For older kids ask them what ideas they may have in using that vegetable in a food dish. Search for a new recipe using the vegetables your kids identified to prepare something special for them.