



The Backyard Farmer

Words from the Farmers

Contact Information:

A Backyard Farm:

Owners:

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The Home and Garden Show



Home and Garden Show:

Minneapolis Convention Center

Wednesday, March 2 - Sunday,

March 6, 2011.

Aisle: Green Scene; Booth 111

If your friends sign up for our service and use you as a referral, receive a weeks free maintenance!

Happy New Year everyone!
 While we celebrate the new, we also look back. We had a great 2010, meeting the most amazing people and sharing the joys and challenges of organic farming in an urban setting.

Our team installed 41 gardens for folks all over the metro area. We installed gardens in backyards, front yards, boulevards, apartment complexes, patios, day care centers and camps; even one farm in Hawaii.

We maintained or provided regular consultation to 30 of the farms, planting and harvesting a variety of herbs, vegetables, and perennials such as blueberries, raspberries, strawberries and asparagus.

2010 brought us summer in April with temperatures reaching into the 80's - and 90 in May, - something winter weary Minnesotans were thrilled about but the cool weather veggies were not.

We then moved into the monsoon season which brought Minnesota's first ever massive earwig infestation. Some of you know how gross that experience was! The tomatoes and peppers, which are heat and arid loving plants held their own with all this wet but were quite resentful about it. All in all it was just a typical Minnesota growing season - "its always something" as my beloved Gilda Radner used to say.

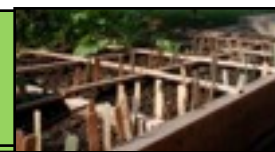


**Coleen Gregor & Joan James
 Your Backyard Farmers**

Spring Timeline

- Seeds ordered January 15th.
- Cool weather seedlings start date: February 1st-15th!
- FEBRUARY-Returning customers send in your veggie preference lists so planting plans can be created
- March 2nd-6th:
Join us at the Mpls Home and Garden Show
- Covering garden beds with domes to warm the soil starts the second or third week of March.
- ABYF spring specials end March 15th.
- Spring planting begins the first week of April-dependending on Mother Nature.
- May -Summer vegetables go in.
- June 1st-Last date for summer vegetable planting.

What's Growing?



Tip of the Month:

If you have something special you would like us to plant - maybe seeds you received as a gift, or some brought home from your child's school project, let us know when you send in your vegetable preference list so it can be worked into your garden plan from the start.

If the seeds arrive later, don't worry, we can still figure out how to fit them in along the way.

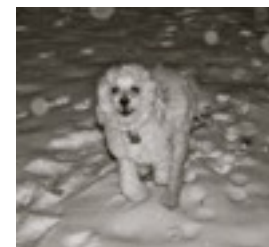


Cooper's Corner:

I have had a very busy winter getting ready for the spring 2011 season.

Making sure I escaped from my backyard was my number one priority. I needed to sniff the other gardens in the neighborhood to see what new and great ideas I could bring the farmers.

I look forward to further forays as spring approaches.



Recipe of the Month

Butternut Squash Soup

- 1T butter or vegetable oil
- 1 med./large onion- chopped
- 1 tsp garlic powder
- 1-1 1/2 tsp curry powder
- 1/8 tsp crushed red pepper
- 3 1/2 lbs. butternut squash (about 5 1/2 cups)
- 32 oz chicken broth
- 1 C. water
- 1/4 tsp nutmeg or allspice
- 1 tsp worcestershire sauce
- 1 T creamy peanut butter (optional)
- 1/2 C. heavy cream (optional)

Peel and seed the squash. Cut into 1 inch squares. (You can also microwave or roast squash ahead or use frozen squash.) Put squash, broth, water

and nutmeg into a soup pot and bring to a gentle boil.

Meanwhile cook the onion, garlic, curry powder and red pepper until the onions are soft. Add to the squash and cook about 15-20 min. until the squash is tender. Remove from heat and stir in Worcestershire and peanut butter. In blender blend half at a time adding cream if desired. Feel free to modify elements of this recipe such as adding additional spice, garbanzo beans for protein, or carrots for extra sweetness. Serve with Quick whole wheat buns.

Quick Whole Wheat Buns

- 1 C plus 3 T warm water
- 1/3 C canola oil
- 1/4 C sugar or honey
- 1 tsp salt
- 1 egg, beaten
- 3 1/2 C whole wheat flour

Combine water, yeast, oil and sugar or honey; let rest for 15 min. Add salt, egg, and flour to yeast mixture and mix well. Pour mixture onto floured counter and roll out to 3/4 inch thick. Cut into 10-12 rounds. Place rolls on greased cookie sheet. Bake at 400-425 for 8-10 min. Do not over bake or they will be dry.

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Great Savings:

Purchase garden beds before March 15th, 2011 and receive \$50.00 off!



Kids Corner

Did you know?

Plants are the only living things that make their own food. They are also the food for every other living thing.

Do you know why you should not tell a secret on a farm?

Because corn has ears, potatoes have eyes, and bean-stalk.



Vegetable Selections

<u>Spring Season Choices</u>		<u>Summer Season Choices</u>		<u>Fall Season Choices</u>		<u>Multi Season Choices</u>		<u>Perennial Choices</u>	
Arugula		Bush Beans		Arugula		Beets		*Asparagus	
Broccoli		Pole Beans		Kohlrabi		Carrots		*Blueberries	
Broccoli Raab		Slicing Cucumbers		Radish		Chard		*Rhubarb	
Brussel Sprouts		Pickling Cucumbers		Spinach		Kale		*Raspberries	
Chinese/Napa Cabbage		Miniature Cucumbers		Turnip		Leaf Lettuce		*Strawberries	
Cabbage		Cuke Nuts		Broccoli		Butter head/ Boston/Bibb Lettuce		*These perennials require their own bed.	
Cauliflower		Edamame		Chinese/Napa Cabbage		Batavia/Summer Lettuce			
Kale		Regular Eggplant		Cauliflower		Romaine Lettuce			
Kohlrabi		Miniature Eggplant		Pac Choi		Mustard Greens			
Leeks		Mini Pumpkins				Asian Greens			
Green Onions		Hot Peppers							
Bulb Onions		Sweet Peppers							
Pac Choi		Bell Peppers							
Shelling Peas		Rutabaga							
Snow Peas		Acorn Squash							
Sugar Snap Peas		Butternut Squash							
Potatoes		Cherry Tomatoes							
		Sun Sugar(Orange)							
		Sweet Million(Red)							

Vegetable Selections

Radish		<u>Heirloom</u>					
		<u>Tomatoes</u>					
		Brandywine (pink, large)					
		Peach (yellow, med)					
		Stupice (early, red, sm)					
		Black Russian (purple, med)					
Potatoes		<u>Roma/Sauce</u>					
		<u>Tomatoes</u>					
Spinach		<u>Hybrid</u>					
		<u>Tomatoes</u>					
		Early Girl					
		Big Beef					
Turnip		Summer Squash					
		Zucchini					

Herb Selections

Basil		Chives		Cilantro		Cutting Celery	
Dill		Fennel		Oregano		Parsley	
Rosemary		Sage		Thyme		Tarragon	
Mint		Marigold		Nasturtium		Marjoram	
Stevia		Sorrel		Calendula			

Please indicate your preferences in the box behind each vegetable using the following:

- !!- I really like this and want a lot,**
- XX- I don't like this and don't want any,**
- ??- I'd like to try this but not too much.**

To submit your vegetable selections:

1. email your choices to: gardens@abackyardfarm.com
2. OR print, fill in, scan and email
3. OR print, fill in and snail mail!

If you are not sure, please email us and we would love to walk you through your choices!