




The Backyard Farmer

Words from the Farmers

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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 week's free maintenance!



Each morning our Nursery Manager, Pat Owen, brews her coffee, takes her cup with her, and begins her morning rounds making sure each of your "babies" are well fed and watered -with no seedling "tummy aches." Daily supervision of young seedlings is especially important when farming organically, as prevention is the key. Thanks to Pat's eagle eye and calm nurturing, any mischief is quickly caught. Your healthy veggies have already begun their journey to your table.

Meanwhile, Joan is busy scheduling installations and meeting with new customers, coordinating crews, securing supplies, and as she says, doing everything from "A-Y" for A Backyard Farm. I, on the other hand, do the "Z" - ordering the seeds, helping Pat in the nursery, developing planting plans for each farm, and planting. We cannot wait to actually see our green babies launched into the big world soon. Coleen



Coleen Gregor & Joan James
Your Backyard Farmers

Spring Timeline

- Cool weather seedlings start date: February 1st-15th!
- 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, depending on Mother Nature.
- May: Summer vegetables go in
- June 1st: Last date for summer vegetable planting

What's Growing?



Tip of the Month:

Here is a simple recipe for a non-toxic all-purpose household cleaner

1/2 Cup white vinegar
A few drops of lemon or lavender essential oil, if desired
1 T liquid dish soap

In a 32 oz. spray bottle, add the vinegar and fill with water. Add essential oil, followed by the dish soap. Label the outside of the bottle with the contents inside so you will easily have the recipe to refill the bottle when needed.

Cooper's Corner:

As you can see, I have been surviving on brown, dry kibble all winter. I am so excited to add bright orange carrots, red bell peppers, and dark green beans back into my diet. Mind you, my best chance to nab these morsels is to bide my time in the kitchen waiting for mom to cook, then the food begins to fly!



Recipe of the Month

Ethiopian Cabbage (Tekel Gomen)

Makes 5 servings

1/2 cup olive oil
5 carrots, thinly sliced
1 large onion, thinly sliced
1/2 large head cabbage or 1 small, thinly shredded
4 potatoes peeled, cut into 1-inch cubes
1 tsp sea salt or kosher salt
1/2 tsp black pepper
1/2 - 1 tsp ground cumin
1/4 tsp turmeric

Heat the olive oil in a large skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and shredded cabbage and cook another 15-20 minutes. Add the potatoes, cover and reduce heat to medium-low and cook until potatoes are soft, another 20-30 minutes. Salt and pepper to taste.

CORRECTION

(I left out the yeast last month!)
Try them, they're really good!

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
2T or 2 pkts yeast
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

Even though your plants are growing in our nursery, it will be quite awhile before we will be gardening together so here is a fun activity you can do while you are still stuck in the house.

Make your own non-toxic play dough:

- | | |
|----------------------|----------------------|
| 4 c. water | 2 T. oil |
| 4 c. flour | 2 c. salt |
| 4 T. cream of tartar | 2 sm. pkgs. Kool-Aid |

Cook water, flour, oil, salt, cream of tartar, and Kool-Aid over medium heat until very thick. Place on a plate to cool. Can play with dough when warm (not hot). Refrigerate in airtight container to keep pliable.



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!