



MARCH '12

# A BACKYARD FARMER

MONTHLY NEWSLETTER



Please get your vegetable selection in to us ASAP so that we can begin making your garden plans. Thank you!

## Contact Information

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Look for us on Facebook!

## Savings

### New Customers



If you book your installation before April 1st you receive \$50 off your installation invoice.

## Words from the Farmers

### **What is a GMO?**

GMO stands for a Genetically Modified Organism. Large seed companies, like Monsanto, have been altering seeds DNA to make them resistant to certain pesticides. The disturbing part of this is that in order to combine these altered strings of DNA the new string needs to be attached to a bacteria to bind them. So not only are the seeds DNA altered but a bacteria that was never before a part of this plant is introduced as well. We do not know the ramifications of introducing GMOs into the human diet yet and at present there is no government mandate requiring food manufacturers to label foods that contain GMOs. The first resource to our food production is the seed, therefore its genetic purity is extremely important to organic farmers. A group of farmers are currently presenting a case before the United States Supreme Court against Monsanto and these genetic altering practices.



How does this pertain to you? Make sure you are purchasing heirloom and hybrid seeds to grow. Some reputable companies are Seed Savers Exchange, Territorial Seed, and Johnny's Select Seeds. If you have any questions about seeds feel free to call or email with questions. Rest assured, A Backyard Farm does not use GMOs.



## Tip of the Month

This week we enjoyed a supper of Zucchini Fry Cakes. They were great and just what I needed on a cold and cloudy winter day. By the end of summer some people lament the excess of zucchini. Not me. I make up a quick batch of shredded zucchini & onion in the food processor & freeze in recipe size portions. Then on a cold day in the middle of winter just stir in the dry ingredients & have an easy and fast reminder of summer. You can find the recipe for Zucchini Fry Cakes at the end of this newsletter & it was also featured in the July 2011 issue of A Backyard Farmer.

March is a good time to take inventory of the food in your freezer & pantry & plan meals to use up your preserved food from last fall as soon you will be enjoying spring's fresh greens!

## Bug Bites

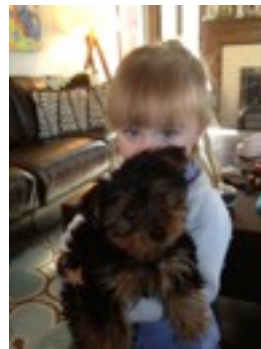
Monthly bits about good & bad bugs  
**Snails & Slugs**

Aside from snails having shells, these garden pests are very similar. Both make a slimy coating that helps them travel & protects them. They usually feed at night & on rainy or overcast days, which is why we water the gardens in the mornings. Snails & slugs can be found under debris during warm & drier times, that is why it is important to clean gardens of old plant matter. They can do serious damage to seedlings & other tender growth like lettuce, strawberries and tomatoes. Look for irregular holes in leaves or for their dried slime trails. Because they do not like crawling over rough surfaces we use Escar-Go! to help rid your garden of these pests. It is compressed pellets of iron phosphate which originates from soil & helps fertilize too. Frogs, toads, turtles, garter snakes & moles are all helpful because they eat snails & slugs.



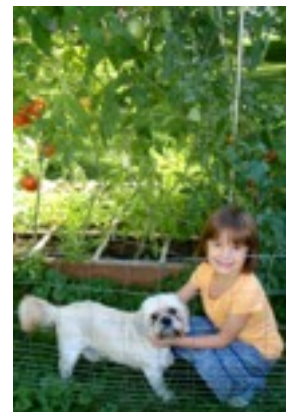
Facts are from the book: Good Bug Bad Bug by Jessica Walliser

## Kid's Corner



Before you share your plate with your pets, be aware that some foods are fine for kids & adults but can be toxic & dangerous for your animals. Here is a small list of things that should be kept away from your furry friends.

- Coffee or caffeinated tea
- Chocolate
- Grapes & raisins
- Tomato leaves & stems
- Potato & rhubarb leaves
- Onions or onion powder
- Macadamia nuts
- Anything with mold growth



## Cooper's Corner - guest columnist Lily

Our friends from A Backyard Farm let me pitch in and learn everything important about gardening. I help with so many things, from the most obvious (squirrel and bunny patrol) to the least likely in the canine world (carrot thinning, sugar snap pea testing, and cherry tomato tossing). Since they've covered all the hard work of digging, I also try to help by opening the cooler. But probably my most important task is to keep the humans entertained, since everyone knows that happy farmers grow better veggies. I do my best, and the results are very rewarding!

-Lily





## A BACKYARD FARM VEGETARIAN CHILI

Ingredients you could be getting from your garden: Onion, carrots, garlic, parsnips & tomatoes

### Directions:

In large soup pot melt butter over medium heat. Add chopped onions, carrots, parsnips and garlic. Sauté until onions are translucent, about 5 minutes.

Add spices and sauté another 2 minutes, then add all the other ingredients and bring to a boil.

Simmer on low heat for 45 minutes.

Serves: 6-8



### Ingredients

- 5 Tbsp butter
- 1 onion, chopped
- 4 carrots, peeled & chopped
- 6 cloves garlic, peeled & chopped
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp salt
- 1 tsp pepper
- 4 sm. or 2 lg. parsnips, peeled & chopped
- 1 28 oz can diced tomatoes
- 2 (32 oz) bottles of V8, 1 spicy and 1 regular
- 2 cans (15.5 oz) cans of kidney beans, rinsed
- 2-3 chipotle peppers in adobo sauce, chopped
- 1 cup brown rice
- 1 cup of water

Ingredients you could be getting from your garden: Cherry tomatoes, garlic & arugula

### Directions:

Preheat oven to 450 degrees. Rub baking sheet with olive oil. Add a little cornmeal to baking sheet before cooking to help prevent crust from sticking.

Place tomatoes, garlic & 1 Tbsp olive oil in a food processor; season with salt & pepper. Pulse 3-4 times to mix but keep chunky.

On lightly floured surface roll & stretch dough until large enough to cover baking sheet. (If dough becomes too elastic, let it rest a few minutes.) Transfer to prepared baking sheet.

Spread tomato sauce evenly over dough, leaving a 1" border on edge. Top with cheese & pine nuts; season with salt & pepper.

Bake until crust is golden, 15-20 min. Toss arugula in vinegar & 1 Tbsp olive oil. Sprinkle arugula & olives over pizza & serve.

Serves 4

## WHOLE-WHEAT GREEK PIZZA

### Ingredients

- 2 Tbsp. olive oil
- 1 Cup cherry tomatoes
- 1 Clove garlic, chopped
- Salt and pepper
- Whole-wheat flour for work surface
- Cornmeal for baking sheet
- 1 Lb. whole-wheat pizza dough, thawed if frozen
- 1 Cup (8 oz) grated feta or mozzarella cheese
- 2 Tbsp. pine nuts
- 2 Cups baby arugula
- 1 Tbsp red-wine vinegar
- 1/4 Cup pitted kalamata olives, chopped



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## ZUCCHINI FRY CAKES

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### Ingredients

4 Large eggs  
1 tsp. Lemon juice  
1/4 C. Mayonnaise  
1/3 C. Parmesan cheese  
1/2 C. Flour – white or wheat  
1 Sm. finely diced onion,  
or 3-4 green onions  
4 C. Shredded zucchini  
Salt and pepper



1-3 Tbsp. Butter melted and  
1-3 Tbsp. Canola oil mixed  
together

**OPTIONAL:** Sour cream and chives  
for serving on top of cakes

Ingredients you could be getting from  
your garden: Onion, green onion &  
zucchini

### Directions:

In a large bowl, beat eggs with a fork or  
wire whip until blended. Beat in lemon  
juice, mayonnaise, cheese, flour and  
onion.

Stir in zucchini until well combined and  
season to taste with salt and pepper.

In a 10-12 inch NON-Stick pan heat 1  
tsp. of oil/butter mixture over medium  
heat.

Drop zucchini mixture 1 heaping Tbsp.  
at a time into the pan and spread out to  
make 3 inch diameter cakes. Turn once  
set and cook on the other side until  
golden brown 3-4 minutes total.

Makes about 30 cakes.

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## FENNEL AND RADISH SALAD

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### Ingredients

1 Tbsp fresh lemon juice  
1 Tbsp white-wine vinegar  
1/4 Cup extra-virgin olive oil  
Salt and pepper  
2 Medium fennel bulbs, thinly  
sliced  
4 radishes, trimmed & thinly sliced  
2 Tbsp capers, drained & rinsed



Ingredients you could be getting from your  
garden: Fennel & radishes

### Directions:

In medium bowl, whisk together lemon juice,  
vinegar, olive oil; season with salt & pepper  
to taste.

Add fennel, radishes & capers. Toss to  
combine. Sprinkle with fennel fronds to  
garnish if desired

Serves 4



# A Backyard Farm Vegetable Selection 2012

| Spring Season          |  | Summer Season            |  | Fall Season            |  | Multi Season            |  | Perennial**           |  |
|------------------------|--|--------------------------|--|------------------------|--|-------------------------|--|-----------------------|--|
| Arugula                |  | Bush Beans               |  | Arugula                |  | Beets                   |  | Asparagus             |  |
| Broccoli               |  | Pole Beans               |  | Broccoli               |  | Carrots                 |  | Blueberries           |  |
| Broccoli Raab          |  | Slicing Cucumbers        |  | Broccoli Raab          |  | Collard Greens          |  | Rhubarb               |  |
| Brussel Sprouts        |  | Pickling cucumbers       |  | Chinese (Napa) Cabbage |  | Kale                    |  | Raspberries           |  |
| Chinese (Napa) Cabbage |  | Cuke Nuts                |  | Fennel                 |  | Leaf Lettuce            |  | Strawberries          |  |
| Cabbage                |  | Edamame                  |  | Garlic*                |  | Butterhead/Bibb Lettuce |  |                       |  |
| Cauliflower            |  | Regular Eggplant         |  | Kohlrabi               |  | Batavia/Summer Lettuce  |  |                       |  |
| Fennel                 |  | Miniature Eggplant       |  | Pac Choi               |  | Romaine Lettuce         |  | <b>Herb Selection</b> |  |
| Kale                   |  | Pie Pumpkins             |  | Radish                 |  | Mustard Greens          |  | Basil                 |  |
| Kohlrabi               |  | Hot Peppers              |  | Spinach                |  | Asian Greens (Mizuna)   |  | Chives                |  |
| Leeks                  |  | Sweet Peppers            |  | Turnip                 |  |                         |  | Cilantro              |  |
| Green Onions           |  | Bell Peppers             |  |                        |  |                         |  | Cutting Celery        |  |
| Bulb Onions            |  | Rutabaga                 |  |                        |  |                         |  | Dill                  |  |
| Pac Choi               |  | <b>Squash</b>            |  |                        |  |                         |  | Oregano               |  |
| Shelling Peas          |  | Acorn                    |  |                        |  |                         |  | Parsley               |  |
|                        |  | Butternut                |  |                        |  |                         |  |                       |  |
| Snow Peas              |  | Summer                   |  |                        |  |                         |  | Rosemary              |  |
|                        |  | Zucchini                 |  |                        |  |                         |  |                       |  |
| Sugar Snap Peas        |  | <b>Cherry Tomatoes</b>   |  |                        |  |                         |  | Sage                  |  |
| Potatoes               |  | Sun Sugar (orange)       |  |                        |  |                         |  | Thyme                 |  |
|                        |  | Sweet Million (red)      |  |                        |  |                         |  |                       |  |
| Radish                 |  | <b>Heirloom Tomatoes</b> |  |                        |  |                         |  | Marigold              |  |
| Spinach                |  | Brandywine               |  |                        |  |                         |  | Mint                  |  |
|                        |  | Green Zebra              |  |                        |  |                         |  |                       |  |
| Turnip                 |  | Peach                    |  |                        |  |                         |  | Marjoram              |  |
|                        |  | Black Russian            |  |                        |  |                         |  |                       |  |
|                        |  | <b>Hybrid Tomatoes</b>   |  |                        |  |                         |  | Nasturtium            |  |
|                        |  | Early Girl               |  |                        |  |                         |  | Stevia                |  |
|                        |  | Beef Steak               |  |                        |  |                         |  |                       |  |
|                        |  | Roma/Sauce Tomatoes      |  |                        |  |                         |  |                       |  |

\*Garlic is planted at the very end of the season & harvested the following summer      \*\*Perennials require their own bed

Please indicate your preferences in the box behind each vegetable name using the following: X -I want this  
 X! -I really like this & want a lot of this      ?? -I would like to try a little of this      O -I hate this