

BC GARDEN TIMES

February 2014

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Upcoming Garden Seminars
Wed. 11:30 / Thur. Noon
Student Garden

Season Extenders

Early Spring Vegetables

Water-wise Gardening

Spring Vegetables

Vertical Gardening

Garden Economics 101

50 organic carrots = \$6.00

1 bunch organic kale (8 leaves) = \$3.00

1 bunch organic beets (4-6 beets) = \$4.00

Gas to drive to store (10 mile r.t.): \$1.30

6 lbs CO2 produced for one 10 mile trip to store (30 mpg car)

Psychological benefits: none worth noting

Calories burned (.5 hour pushing cart): 70

650 organic carrot seeds = \$3.85

300 organic kale seeds = \$2.45

50 organic beet seeds = \$2.75

Organic Compost: \$30 / cubic yard + \$1.30 gas

2 lbs of CO2 saved for every pound of food you grow yourself

Psychological benefits: serious stress reduction

Calories burned (.5 hour gardening): 150

16 Square Foot Garden Plan

4 heads of lettuce followed by 9 fall beets	4 gallon bags of Mesclun Mix followed by 16 fall carrots	4 heads of lettuce followed by 9 fall beets	4 Swiss chard plants (1 serving every week)
9 spinach plants followed by 16 fall/winter carrots	16 summer carrots followed by fall Mesclun	16 radishes followed by 4 gallon bags Mesclun	1 kale plant (1 serving of kale every week)
8-12 bunches fresh cilantro (cut and re-grow)	16 onions (eat scallions to thin to 9 onions for large fall crop)	9 large beets + 4 bunches beet greens	1 perpetual spinach (1 serving greens every week)
5 pounds sugar peas followed by 1 tomato plant (5lbs)	5 pounds sugar peas followed by 1 tomato plant (5lbs)	6 pole bean plants (2 servings per week)	1 vining summer squash (10 servings squash)

IN SEASON COOKING

1 cup chopped Swiss chard from your winter garden per person

1/2 tsp chopped garlic per cup greens

2 T raisins per cup greens

2 T pine nuts per cup greens

2 T high heat oil

On medium heat, sauté garlic for 30 seconds.

Add greens and sauté until slightly wilted (about 3 minutes). Add raisins and 1/4 cup water to pan.

Cover and steam cook for another 3 minutes.

Take off lid and let liquid boil away. remove from heat. Add a dash of salt and sprinkle with pine nuts.

Winter Scallions Harvested from the Student Garden

