

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

FINAL
THOUGHTS



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Sweet Potato Patties

Ingredients

2 sweet potatoes
3 tablespoons onion finely chopped
1 tablespoon butter
1 egg beaten
1/4 cup flour
1/2 teaspoon salt

Directions

Peel the potatoes, and dice them into 1 inch chunks. Place in a microwave safe container and microwave for about 5 minutes. Mash the potatoes with a fork. Melt butter in a



medium frying pan and sauté onions in the butter for 5 minutes. Add onions to the potatoes and stir together.

Add egg, flour, and salt to the potatoes and mix together. Preheat a frying pan to medium heat, and add butter to the pan. Scoop up about 1/4 cup of the mixture, place into pan, and pat down to 1/2 inch thickness. Fry for about a minute on each side.

Nutrition info/serving: Calories 85; Carbs 13g; Protein 2g; Fat 3g; Sodium 245mg

Spaghetti with Kale and Tomatoes

Ingredients

Salt and pepper
12 ounces dry spaghetti
3 tablespoons olive oil
1 small bunch kale, tough stems removed, thinly sliced
2 cloves garlic, thinly sliced
2 cups grape or cherry tomatoes, halved
Parmesan cheese, optional

Directions

Bring a large pot of salted water to boil. Add the spaghetti and cook according to directions. Reserve 1 cup of pasta water and



then drain. Heat the oil in a large skillet over medium heat. Add the kale and garlic and cook, stirring until wilted, 3 to 5 minutes.

Add the tomatoes and drained pasta and 1/2 cup of the reserved pasta water. Toss until the pasta is well-coated and saucy (add more pasta water if needed). Season with salt and pepper. Serve with Parmesan cheese, if desired.

Nutrition info per serving (serves 4): Calories 209; Carbs 24g; Protein 2g; Fat 12g; Sodium 651mg; Fiber 3g

Hungarian Kohlrabi Soup

Ingredients

2 tablespoons butter
1 medium onion, chopped
1 pound kohlrabi bulbs, peeled and chopped
2 1/2 cups vegetable stock
2 1/2 cups milk
1 bay leaf
Salt and pepper to taste

Directions

Melt 2 tablespoons butter in a large pan with a lid. Add chopped onion and cook until soft



about 10 minutes. Add chopped kohlrabi bulbs and cook 2 minutes. Add vegetable stock, milk, and bay leaf to the pan and bring to a boil. Cover, reduce heat to low and simmer 25 minutes or until kohlrabi is tender. Let cool and remove bay leaf. Using a blender or food processor, puree soup until smooth. Season with salt and pepper.

Nutrition info per serving (serves 4): Calories 165; Fat 7g; Carbs 19g; Protein 8g; Sodium 653mg

Recipes courtesy of Harford County Master Gardeners. Images from allrecipes.com and MGS.



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Who said this?

2024 Final Thoughts from the Gardeners

I have many fond memories working in the vegetable garden at Eden Mill that include all the wonderful people who volunteer there. But most of all how the garden is so pleasant, peaceful and so good for my soul.

- *Jamie Healey, Master Gardener*

Bounty of Gifts by Catherine Pulsifer

Sown in the earth, seeds begin to grow;
No time for doubt, just pause and know,
That satisfaction comes from planting a garden so.
Watching carefully as each seed takes root and grows.

- *Jodi Meisel, Master Gardener*



My favorite garden activity with the summer campers this year was the building of the “snug bugs” - pyramid shaped structures stuffed with sticks, leaves, pinecones, grass, rocks, and weeds - for bugs and small creatures to shelter in for the winter. The children loved constructing them.

- *Ginger Huller, Master Gardener*

There is nothing like walking out into the peacefulness of a garden on a summer morning, when the air is cool and everything is sparkling with dew, and the bees and beetles are waking up, soon to begin their workday. It's a time for me to pause and take in the quiet miracle of it all, to breathe in deeply and feel so grounded. - *Karin Hoffman, Master Gardener*

What do you get when you cross a four-leaf clover with poison ivy? *A rash of good luck!*

I used to make a lot of money clearing leaves from gardens. *I was raking it in!* - *Taryn Gray, Master Gardener*



My favorite garden time is the early morning when the team takes a tour of the garden to see what has happened since we were last there. Some things are happy and exciting and some things are disappointing, but there is shared experience of both. - *Sherri Hutchens, Eden Mill Volunteer*

We toiled through the heat and drought to make the garden a success. Our reward was the vegetables we donated. But more importantly, we grew and taught knowledge, team work and friendships. - *Barbara Allen, Eden Mill Volunteer*

There is more magic in a garden than in a magician's wand. - *Marlene Stamm, Master Gardener*



What is... Community?

Eden Mill Demonstration Garden is a community. To the deepest meanings of community. Meanings? More than one? Yes – more than one community exists at the Eden Mill Demonstration Garden. The first, less obvious expression of community, is an ecological community: all the living organisms residing at Eden Mill interacting with one another. Think about it. All the different birds, insects, worms, pollinators, bees, and furry creatures (yes – even that pesky rabbit that ate many of the seedlings, or the raccoon making a latrine near the horseradish) interacting with (and eating) one another. The second, more obvious community, is a community of belonging: the connectedness of the



volunteers, rooted together every Tuesday and Saturday, sharing a common outcome – preparing and maintaining the garden soil, weeding the vegetable patches, all the while looking forward to harvesting the produce for the Mason Dixon Food Pantry. A third community is the community of learners: volunteers of differing levels of gardening know how and experience, sharing their knowledge, expertise, and best practices, helping one another learn the art of gardening. Really! Did you know placing a piece of wood on sowed carrot seeds promotes more abundant sprouting? The last, and most profound community at Eden Mill Demonstration Garden, is the community of friendship. Not only do we grow an abundance of healthy, organic produce, we also grow and nurture lasting friendships. Come join us. Who knows - you may even find another type of community exists there. - *Cindy Monius, Master Gardener*

Blue Zone Gardeners

Move over green vegetables. Purple is the new green. Alleged super foods like broccoli and kale are being outshined by purple, blue, and red fruits and vegetables. These include disease-fighting antioxidants and the ability to fight inflammation, lower the risk of heart disease, and, according to some researchers, increase life expectancy. In a twenty-year study of geographic areas around the world where people live longer and healthier, researchers identified seven “Blue Zones”, areas of large concentrations of healthy people close to the age of 100. Okinawa, Japan is one of the “Blue Zones” that has some of the highest life expectancy rates in the world. One particular vegetable, the purple sweet potato, is a staple of the Okinawa diet and is given partial credit for the healthiness of its people. “Okinawans have less cancer, heart disease and dementia than Americans, and women there live longer than any women on the planet.” (www.bluezones.com)

The Eden Mill vegetable garden may not be one of the seven “Blue Zones”; however, the Harford County Master Gardeners have embraced the science of the higher nutritional value of deep colored vegetables. A 2015 study in *Food Science and Technology* found that red and purple fleshed potatoes are higher in anthocyanins (types of antioxidants found in red, purple and blue vegetables). These powerful antioxidants are asserted to reduce inflammation and protect you from conditions like cancer, Alzheimer’s disease, heart disease, and type 2 diabetes. The Eden Mill vegetable garden’s 2024 deep color palette includes purple sweet potatoes, sonic grape tomatoes, red beets, purple carrots, and purple yard-long beans. Adding more plants to your diet, regardless of the color, certainly has significant health benefits. In addition to making a more colorful plate, adding red, purple, or blue just might get you into the blue zone! - *Ann Blocher, Master Gardener*

Sources: Mayo Clinic Health System, healthline.com, bluezones.com, sciencedirect.com/journal/lwt



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