

Foods For Thought

From the Vegetable Garden Team of Eden Mill

Volume 3 | Issue 7



Featuring:

YEAR-END
THOUGHTS



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

Post-Thanksgiving Turkey Soup

Ingredients

2 tablespoons butter
2 medium onions diced
3 medium carrots, peeled and cut into 1/4 inch rounds
3 medium celery, cut into 1/4 inch slices
3 cloves garlic, minced
1 tablespoon tomato paste
6 cups (48 ounces) chicken or turkey broth
3 cups cooked, diced turkey meat
2 bay leaves



Directions: Melt the butter in a large pot over medium heat. Add the onions, carrots, celery, and garlic and cook, until the vegetables are soft, about 5 minutes. Add the tomato paste, stir, and cook for 1 more minute. Add the broth, turkey, bay leaves, and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes. Ladle the soup into bowls.

Nutrition per serving (serves 6): Calories 231; Fat 8g; Carbs 16g; Fiber 2g; Protein 22g; Sodium 468mg

Mashed Potato Cakes

Ingredients

2 cups cold mashed potatoes
2 large eggs
2 ounces shredded cheddar cheese
6 tablespoons of flour
Oil for frying



Directions: Stir the mashed potatoes, eggs, cheese and flour together in a large bowl. Start with 6 tablespoons of flour and add more if needed. You should end up with a

slightly sticky, soft dough that can be shaped into disks. With a spoon, scoop out balls from the potato dough and flatten them into thick discs. Heat the oil in a large frying pan over medium heat. Place the potato cakes in the hot frying pan and cook them until golden brown on either side, about 3-5 minutes each. Serve hot.

Nutrition per serving: Calories 255; Carbs 9g; Protein 7g; Fat 7g; Sodium 119 mg; Fiber 1g

Leftover Stuffing Muffins

Ingredients

2 tsp butter (for greasing muffin tin)
3 cups prepared stuffing/dressing
1 cup chopped turkey or ham
1/4 lb frozen spinach, thawed and squeezed
6 large eggs
2 Tbsp milk
Salt and pepper to taste



Directions

Preheat oven to 375 degrees. Grease a muffin tin with butter. Thaw and squeeze the spinach dry. Add the stuffing, turkey, and spinach to a bowl, then stir gently. Divide the mixture between all 12 wells of the tin.

Leave the stuffing loosely packed in the cups so that the egg mixture can fill in around the stuffing. Whisk together the eggs, milk, salt and pepper. Divide the mixture among the 12 wells, starting with 2 Tbsp per muffin and then adding more until all of the egg mixture has been used. Bake for 25-30 minutes or until golden brown. Allow the muffins to cool slightly, then run a knife around the edges to loosen and remove.

Nutrition Information per serving: Calories 261; Protein 10g; Carbs 32g; Fiber 7g; Fat 8g; Sodium 354mg.

Recipes courtesy of Harford County Master Gardeners

MASTER
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Who said this?

Spring is for the butterflies, as pretty as you please

All of Summer's flowers are pollen for the bees

Fall is for the birds, they love to eat the seeds

And Winter's for the gardener, so we can rest our knees!

- Taryn Gray, First Time Poet and Master Gardener



My favorite days in the garden are when the children visit. This year we taught over 250 children all about worms, rabbits, ladybugs, bees, seeds, soil, garden companions, and senses in the garden. The children sowed tomato, bean, corn, and marigold seeds. They harvested beets, turnips, garlic, and kohlrabi. They tasted basil, lemon verbena, pineapple sage, and breathed in the aroma of rosemary and lavender. A garden is definitely a delight when children come to visit.

- Ginger Huller, Master Gardener



Volunteering brings such joy! Children's faces light up in awe and wonder during the many educational lessons provided by the Master Gardeners. There was one such occasion when the following question was asked, "How do bees and butterflies taste and smell?" Answer, "With their feet!" The smiles and giggles were contagious. The hard work of the garden landscape, tilling soil, planting seeds, mulching, watering and harvesting the crops is very rewarding knowing the proceeds are donated for those in need

- Amy Ostendorf, Eden Mill Volunteer



I have often thought that if heaven had given me choice of my position & calling, it should have been on a rich spot of earth, well watered, and near a good market for the productions of the garden. No occupation is so delightful to me as the culture of the earth, & no culture comparable to that of the garden. - Thomas Jefferson (1811)

- contributed by Jamie Healey, Master Gardener



Experimenting in gardening can be fun. Try a new vegetable or flower. You may find a new favorite!

- Jodi Meisel, Master Gardener

Believe It or Not!

- Soup is an excellent appetizer that stimulates the digestive process. A bowl of refreshing, warm soup readies the stomach for the dishes that follow. It is a wholesome dish because most soups are light and easily digestible.
- Recipes for making the dish of mashed potatoes started appearing in 1747 with an entry in The Art of Cookery by Hannah Glasse who was an English cookery writer.
- The 1953 home economics Purdue graduate, the late Ruth Sims, is credited with inventing Stove Top stuffing, a modern day Thanksgiving staple and every-day meal entrée.



What is...Sharing

How is it that we shared the bounty at Eden Mill's Demonstration Garden this season? Who is the "we" and what is the "bounty"? Is it the experienced gardener's



knowledge shared with the other volunteers? Companion crops, cover crops, weeding techniques – oh how I love the cardboard and mulch technique! It could be nature sharing a brief rain shower providing the gardeners relief from their sweat-covered arms as they brush against the freshly watered plants – everyone agreed it felt delightful as we intentionally brushed against the plants and continued weeding. Is it the bumblebees, mason bees, leaf cutter bees, ants, beetles, and sweat flies (I had to mention those pesky little fellows) sharing their never-ending energy as they pollinate the flowers ensuring the fruits (and vegetables) of our labor provide a harvest for the Mason Dixon food pantry clientele? Or the bountiful produce donated to the Mason Dixon food pantry, or the number of Eden Mill nature camp explorers visiting the demonstration garden, or the young vegetable plants raised at volunteers' homes and donated for planting in the garden? It could be the oranges and homemade delicacies provided at the end of our volunteer shifts each Tuesday and Saturday. It could be all those things. But upon reflection, sharing the bounty of Eden Mill's Demonstration Garden is immeasurable!

- Cindy Monius, Master Gardener

Putting the Garden to Bed: An Eden Mill Tradition

The morning is cold, and the air is crisp and fresh. We comment on the weather, comparing it to the sweltering heat of late-August when we were busy harvesting – tomatoes, peppers, green beans, cucumbers, summer squash and candy sweet onions. By mid-morning the grass is dry, warmed by the sun, and our fall jackets are splayed across the benches in the garden. We are the Master Gardeners, the Eden Mill volunteers, the keepers of the vegetable garden.

Autumn is the time of year when the days get shorter, the temperatures begin to drop, and the leaves change from green to brilliant red, yellow, and orange. The animals prepare for winter by gathering supplies or migrating to warmer climates. Plants wither and die. It is time for gardeners to brush the soil off their knees, wash their gardening gloves, and take a well-earned rest. For vegetable gardeners, preparing for the winter also means putting the garden to bed. If done properly, the garden will be well rested, well nourished, and healthy for spring planting. Here, at the Eden Mill Vegetable Garden, there are many chores that need to be completed before the garden is ready for its winter snooze. A good fall clean-up eases the workload for next year's spring planting, reduces the growth of weeds, and helps to minimize damage from pests such as insects and rodents. So, take our advice. Once the harvest is complete, don't simply leave the garden like a pile of dirty dishes. Clean it up with some of these fall gardening tasks:

Collect seeds. Plant cold-tolerant crops. Clean up the debris. Remove weeds. Do a soil test. Don't leave the soil bare. Consider planting cover crops. Maintain your tools.

As you wrap up your gardening season, take time to record what went well and what you might do differently next year. Good night to you and your garden!

- Ann Blocher, Master Gardener