



Organic Newsletter

Summer Edition, 2014

Seed Saving!

The beginning of your seed saving adventure actually begins with your plant selection in the spring.



Today, many seeds commercially available are hybrids. Hybrids are the result of crossing pollen from two specific parent plants to create desirable traits in the offspring. Usually the seed from this offspring will be sterile or will not reproduce true to the original characteristics.

You want to grow plants that are heirloom or open-pollinated varieties, often listed as OP on the seed package. Heirloom plants are typically defined as varieties that have been around since World War II. Open-pollinated plants are plants that can either self-pollinate (pollinate from flowers on the same plant) or can be pollinated by other plants due to wind, insects or water carrying the pollen. Usually, if isolated or using one variety, they will reproduce true to their parent plant.

Beans, peas, lettuce, eggplant, pepper and tomatoes are mostly self-pollinating, but are occasionally cross-pollinated by insects, so leaving

at least ten feet between varieties should help reduce the chance of seed variation. Some vegetables that are easily cross-pollinated and may need large distances between varieties (or another solution is to only plant one variety) are: Onions, cucumbers, corn, pumpkins, squash, broccoli, beets, carrots, cabbage, cauliflower, melons, radishes, spinach, Swiss chard and turnips.

Another factor to be considered is the cross-pollination within the same family. Yellow summer squash and zucchini are both *Cucurbita pepo*, and will cross easily if planted near each other. However, cucumbers, also in the cucurbit family will not cross with squash.

When it's time to harvest your seed follow these few rules for selection.

- Choose The Best!: When harvesting your crop for seed saving make sure to choose the from disease free plants who have the qualities you desire. Consider the size, harvest time, etc. (Note: Sometimes an infection towards the end of the growing season may not severely affect the crop but the seed from that crop could possibly carry the disease and infect the young plants the following year.)



- Harvest Mature Seed: Harvesting your seed depends on when the fruit or seed pods are ripe. For instance, when we pick cucumbers to eat, the seeds are actually not fully matured and if dried would not germinate.



With flowers or plants with pods, such as peas, wait till the flowers have faded and dried; for pods, when they are brown and dry they have matured. Also try to harvest when most of the fruit has ripened, not all. If you wait too long you may lose the seeds to wildlife.

Once you've selected your fruit or flowers for seed harvesting, there are two methods for preparing the seed. The "dry method" should be used for vegetables such as beans, peas, onions, corn, flowers and herb seeds. Leave the flower or vegetable on the plant as long as possible. Once you harvest the seeds spread them on a screen in a single layer and place in a well ventilated dry location to finish drying. If the plant has seed heads place the "head" in a paper bag and hang upside down until the seed falls out.

Next is the "wet method" which is used more for fleshy fruit such as tomatoes, melon, squash, cucumbers and roses. Scoop out the seed mass (pulp included) and place in a small amount of warm water in a bucket or jar. Let this mixture ferment for two to four days, stirring daily. (Note: mold may form, but this is normal.) This

fermentation process helps kill germs and separate good & bad seed. The pulp and bad seeds will float while the good seed will sink to the bottom. Pour off the water, pulp, mold and bad seed, collect the good seed and spread on a screen to dry.

As for storing your seed, place them in glass jars or envelopes labeled with seed type or variety and the date; store in a cool dry location such as the refrigerator. If any seed molds, it was not properly dried and should be discarded. Most seed should be used within three years, except sweet corn, onion and parsley which should be used the following year.

Also come the following February, you may want to do a germination test. Take 20 seeds and lay them on one half of a moist paper towel or coffee filter. Next fold the other half over the seeds and fold or roll up the paper and seal them in a zip lock bag. Depending on their germination time, check the seeds periodically, note the number of healthy sprouts, remove them and if needed re-moisten the paper.



The higher amount of seeds that successfully germinate means you have a higher viability rate. Conversely, if few seeds germinate you may want to try planting them to see if they sprout and if not the seed is not viable.

While experimenting with seed saving can be fun and rewarding, keep in mind not to bet your entire garden next year on the success of the seed drying!

Plants for the Summer!

June:

Japanese Stewartia
(*Stewartia
pseudocamellia*)



- ❖ Deciduous, small to medium tree, often multi-trunked or low branching.
- ❖ Showy fall color, can be yellow, red and purple.
- ❖ Blooms June-August with solitary Camellia-like flowers.
- ❖ Has exfoliating bark in a camouflage pattern of orange, green, grey.
- ❖ Prefers shelter from afternoon sun and organic soils with good drainage and even moisture.

July:

Rose Mallow
(*Hibiscus
moscheutos*)



- ❖ Perennial that prefers full to part sun and moist, well drained soil
- ❖ Blooms July-September, with large hibiscus-like flowers in a variety of colors
- ❖ Mature height is anywhere from 2'-8'
- ❖ Cut back in fall after dormant

August:

Caryopteris x
clandonensis
(*Blue Mist Shrub*)



- ❖ A herbaceous mounded shrub, 2' to 3' tall with bluish-green leaf color
- ❖ Clusters of blue flowers in August
- ❖ Prefers loose, fertile, well-drained soil and full sun
- ❖ Cut back in winter

Organically Grown



Grilled Salmon & Zucchini with Red Pepper Sauce

Ingredients

- 1/3 cup sliced almonds, toasted
- 1/4 cup chopped jarred roasted red peppers
- 1/4 cup halved grape tomatoes, or cherry tomatoes
- 1 small clove garlic
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon sherry vinegar or red-wine vinegar
- 1 teaspoon paprika, preferably smoked
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/4 pounds wild-caught salmon fillet, skinned and cut crosswise into 4 portions
- 2 medium zucchini, or summer squash (or 1 of each), halved lengthwise
- Canola or olive oil cooking spray
- 1 tablespoon chopped fresh parsley, for garnish

Preparation

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.
4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of

salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

Note: We recommend using certified organic ingredients, when available, in all recipes to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives.

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Hoping your summer is full of sun,
fun and ice cream!

~The Organically Green Team

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“Just living is not enough,” said the butterfly,
“one must have sunshine, freedom, and a little
flower.”

— Hans Christian Andersen, *The Complete
Fairy Tales*

Fun FaCt:

The world's largest tomato tree was grown in the experimental greenhouse at Walt Disney World Resort. It produced over 32,000 tomatoes in the first 16 months after it was planted, and holds the record for the most tomatoes in a single year, according to the Guinness Book of World Records



Services for 2014:

We offer the following services to help increase the enjoyment and beauty of your property:

Tree / Shrub:

- ❖ Shrub & Tree Spraying / Fertilization Programs
- ❖ Integrated Pest Management
- ❖ Soil Restoration
- ❖ Plant and Soil Stimulation Program
- ❖ Deep Root Feeding
- ❖ Root Growth Enhancement
- ❖ Mature Tree Restoration
- ❖ Air Spading
- ❖ Radial Trenching
- ❖ Vertical Mulching
- ❖ Anti-Desiccant Spraying
- ❖ General Tree and Shrub Maintenance Removal

Turf:

- ❖ Lawn Renovation
- ❖ Fertilization
- ❖ Overseeding
- ❖ Core Aeration
- ❖ Estate / Property Purification

Organic Pest Control:

- ❖ Flying Insect
- ❖ Deer / Geese
- ❖ Rodent Repellent
- ❖ Organic Tick & Flea Control

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