Week 5

Rooftop Lawn and Garden

Stretching Routine for Garden Activity

- Mindfulness Exercise -

Garden Maintenance

Good watering techniques

Weeding and mulching

Pruning and fertilizing

Harvesting

**Hands-on Activity:** Practice garden maintenance

Healthy Eating Tips

Recipe Tasting: Red Lentil Curry Dip and Hummus

Using plant-based proteins and the benefits of eating beans and legumes

**Quick Canning Demo**
Garden Maintenance Tips
Gardening for Health

All plants require maintenance, especially vegetable plants. Here are some tips to keep your garden healthy and growing all season long for the best and biggest harvests.

WATERING
Regular water is essential for plants, and you can’t rely on rain alone. New seedlings need to be watered daily - sometimes twice a day if the weather is very hot. Established plants need to be watered several times a week. It’s best to water early in the morning, deeply to reach the roots. Avoid watering from overhead and instead water at the base of the plants so the leaves aren’t too soaked (this invites fungus and can cause burning in the hot sun). Aim for about an inch over the course of each week.

WEEDING & MULCHING
Weeds grow fast and compete with your plants for nutrients and water and if unchecked, choke out sun too. Remove them regularly from both the garden beds and the surrounding pathways by pulling them up, root and all. Mulching helps suppress weeds and has the added benefit of keeping plants hydrated. Spread a good layer of straw around plants - especially cooler loving vegetables like broccoli and cabbage, to help minimize weeds and protect their roots from the hottest weather.

STAKING & PRUNING
Tall plants that produce heavy fruit require staking or trellising (cucumbers, beans and tomatoes), which is best done at planting time to avoid injuring roots later on. As plants grow, guide them toward the trellis and keep stalks attached to the stakes with Velcro ties. Tomato plants need to be pruned, which means removing the suckers (these are the tiny branches that grow at an angle between the stem and main branches of the plant). Also remove any yellow leaves or branches that touch the ground.

PEST MANAGEMENT
All gardens attract insects - both beneficial ones and those that can harm or even kill your plants. The best approach is to monitor your garden carefully to see what insects are there and remove those that are causing damage. Many bugs will attack the leaves of your plants, often laying their eggs on the undersides so be sure to check the entire plant. Mulching, row cover, close monitoring and organic pesticides are all strategies to limit pests and ensure healthy harvests.

HARVESTING
Most plants continue to produce and will bear more and healthier fruit if you harvest often. Vegetables like beans, cucumbers and greens especially benefit from frequent picking, and taste best when young and tender. Other vegetables, like tomatoes and melons, require full maturity before being harvested.
You may have heard about beans being magic fruits and good for your heart, and the rumors are true!

Black beans, chickpeas, peanuts, lentils, fava beans, pinto beans, soybeans, split peas, string beans are just a few examples of legumes you can eat. Whether they are prepared fresh or dried, these mighty foods are packed with nutrients, and they’re very budget-friendly! Dollar for dollar, beans and legumes are one of the highest value foods you can buy.

Legumes are rich sources of fiber, which is one reason why they are so satisfying and can make your body feel great. It’s been shown that eating a variety of fiber-rich foods throughout the day, such as legumes, whole grains, fruits and vegetables, reduces the risk of developing diabetes, heart disease and arthritis. The fiber we eat feeds billions of bacteria in our guts, and keeping them happy means our intestines and immune systems remain in good working order. It is recommended to strive for 25-30 g of fiber per day in order to get benefits like reduced blood cholesterol, less inflammation, reduce risk of colon cancer and regularity.

There are lots of easy ways to add beans to your meals and reap the healthy benefits of the lovely legume.

- Famously, the English eat beans on toast, and beans and rice is an everyday dish in many of the world’s cuisines.
- Tuck beans into whole-grain tortillas or pita bread.
- Add them to soups, salads, and pasta dishes.
- Toss beans into sautéed veggies or mix them with cooked greens and garlic.
- Make homemade hummus or bean dip to spread on sandwiches or dip with whole-grain crackers or veggie sticks.

If you’re worried about beans making you feel gassy, never fear! Here’s what you can do:

**For canned beans:** strain out the liquid they come with and give them a quick rinse in water before using

**For dried beans:** make sure to soak for 6-8 hours or overnight. Then, rinse them off and cook them in fresh water or broth until they are soft (don’t forget to add your favorite spices!).
SAVE MONEY BY MAKING BEANS FROM SCRATCH *(adapted from the American Heart Association)*

Dried beans are an affordable pantry staple. They expand when cooked, so you get more for less. One pound (2 cups) dried beans makes about 6 cups cooked beans, the equivalent of a little more than 4 cans of canned beans.

1. **Rinse dried beans** in a colander and check them for any impurities, such as leaves, stones or twigs.

2. **Soak your beans.** There are three common methods of soaking beans. The Traditional and Quick Soak methods are on most packaging instructions, but if you buy in bulk where you have no instructions on hand, it’s good to know all three.

   **Soaking has two major benefits:** It reduces the cooking time and it breaks down the compounds in beans that cause flatulence. The longer beans soak, the more the gas-producing compounds break down. Depending on which soaking method you use your beans could triple in size, so it’s important to use a large enough pot when soaking beans.

   - **Traditional Soak** - Place beans in a large pot, cover beans with cold water and soak overnight.
   - **Quick Soak** - Place beans in a large pot and cover using 6 cups of water for every 2 cups of beans. Bring to a boil for 2-3 minutes. Remove from heat and let sit for one hour.
   - **Hot Soak** - Place beans in a large pot and cover with 10 cups of water for every 2 cups of beans. Boil for 2-3 minutes. Remove from heat and let sit for 4-24 hours.

3. **Drain beans in a colander,** rinse with cold water and put in a heavy pot of a size appropriate to the amount of beans you’re making.

4. **Add water to cover beans** by at least 2 inches. Bring to a boil over high heat, skimming off the foam that rises to the top.

5. **Reduce heat and simmer,** covered for about 2 hours. Check occasionally and add more water if necessary. (If water level is too low the beans on the top of the pot will not cook as well as the ones on the bottom.)

Cooking times can vary according to the type and age of the beans. To test for doneness, just eat a bean and see if it’s soft to your liking. If you are cooking beans to be used in soups, you will want them to be tender, but not too soft. If you are cooking beans to be use for hummus, you’ll want them to be rather soft.

**PROTEIN FROM BEANS AND LEGUMES**

You may be wondering if it’s possible to get enough protein from plant-based sources like beans, and it most definitely is with just a little bit of planning. An easy way to ensure that you are getting all the protein your body needs is to make sure to pair your legumes with a whole grain, such as:

- Corn
- Whole wheat bread
- Oats
- Pasta
- Rice
- Barley
- Farro
- Tortillas (wheat or corn)
- Polenta

Here are some example of dishes that are complete sources of protein:

- White bean and kale soup with bread or wild rice, peanut noodles with tofu, black bean enchiladas, pasta fazool, peanut butter and banana toast, daal with naan bread, oatmeal with nuts, khichdi *(Indian lentils cooked with rice and vegetables)*
- Hummus and pita bread, etc.

There are so many tasty ways to savor legumes and beans while reaping wonderful health benefits, feel free to get creative!
Red Lentil Curry Dip

**INGREDIENTS**
- 2 cups water
- 1 cup red lentils
- 1 teaspoon salt
- ¼ cup olive oil
- Juice of one lemon
- 1 teaspoon curry powder

**INSTRUCTIONS**
1. Bring water to a boil in a medium sauce pan and add in the rinsed red lentils and sea salt. Reduce heat to a simmer, cooking for 10 minutes or until water is absorbed and lentils are tender.
2. Let the lentils cool slightly before transferring into a food processor.
3. Add lemon juice and olive oil. Process until fully incorporated and smooth. Taste and add additional liquid and sea salt, if necessary to achieve desired consistency and taste.
4. Enjoy right away with vegetables, corn chips, or as a spread on a toasted sandwich.
5. **Variation:** Add a cup of fresh herbs and omit curry. Also you can change the type of lentils such as yellow, brown or green. Follow the same cooking instructions as above.

Yields 2 cups
Leah Pryor, Chef Educator

Classic Hummus

**INGREDIENTS**
- 1 clove garlic, smashed and peeled
- 1 15-ounce can chickpeas, rinsed
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon tahini
- 1/2 teaspoon salt

**INSTRUCTIONS**
1. With the motor running drop garlic through the feed tube of a food processor; process until finely minced. Scrape down the sides of the work bowl and add chickpeas, lemon juice, oil, tahini and salt.
2. Process until completely smooth, stopping to scrape down the sides as necessary, 1 to 2 minutes.

Makes about 6 servings
Adapted from *EatingWell.com*
Summer Squash, Tomato and Bean Tacos

**INGREDIENTS**
2 tablespoons olive oil
1 small red or white onion, finely chopped
Salt to taste
2 garlic cloves, minced
3/4 pound tomatoes, peeled and diced
1 1/2 pounds summer squash, cut into small dice
1 serrano pepper or jalapeño, minced
1 1/2 cups cooked beans, (pinto, black or other), drained and rinsed
1/4 cup cilantro, chopped
12-14 warm tortillas
2 ounces cheese, crumbled or grated

**INSTRUCTIONS**
1. Heat olive oil in a large pan over medium heat and add chopped onion. Cook, stirring until tender, about 5 minutes. Add a generous pinch of salt and garlic, still until garlic is fragrant, about 30 seconds.
2. Add tomatoes. Cook until tomatoes cook down slightly, about 10 minutes (this cook take more or less time, depending on the texture and juiciness of the tomatoes). Stir in summer squash, serrano pepper, and salt to taste. Cook until squash is tender but not mushy, about 8 minutes. Stir in beans and cilantro and heat through. Taste and adjust seasonings.
3. Heat tortillas and top with squash mixture and crumble cheese. Serve with salsa of your choice.

Makes 12 to 14 tacos
Recipe courtesy of The Farm at VYCC

Winter Squash Black Bean Burgers

**INGREDIENTS**
1 cup mashed black beans
1 cup pureed winter squash
1/2 cup onion, diced
2 cloves garlic, minced
1/2 teaspoon garlic powder
2 teaspoon fresh parsley
1/8 teaspoon cayenne pepper
1 cup old-fashioned rolled oats
1 egg
Salt and pepper to taste

**INSTRUCTIONS**
1. Mash black beans in a large bowl. Using a food processor, puree winter squash until smooth. Add squash to beans and set aside.
2. Over medium heat, sauté onion until tender and near-translucent, adding garlic towards the end to prevent burning.
3. Season sautéed mixture with garlic powder, parsley, cayenne, salt, and pepper. Stir to coat and add mixture to beans and squash.
4. Add oats and egg to other ingredients and mix until well-combined.
5. Roll mixture into five balls and flatten with the palm of your hand to form patties.
6. Preheat skillet over medium-high heat. Add a tablespoon of oil, and cook burgers for a few minutes on each side, until cooked through.

Yields 5 full-size burgers
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