

Peonies VII

"What is happening to me happens to all fruits that grow ripe.

It is the honey in my veins that makes my blood thicker, and my soul quieter."

— Friedrich Nietzsche



Who knew you could grow a vegetable garden in a pot?



Or on the roof?

And one more reason to eat your Veggies!

"Individuals with greater optimism tended to have greater levels of plant compounds called carotenoids in their blood"

-Julia Boehm, Harvard School of Public Health

Garden Favorites – Fruits, Vegetables and Herbs

Legumes: Beans, peas and lentils are staples of our diet all over the world and have been cultivated for 6,000 years. Peanuts, licorice, tamarind, fenugreek and jicama all belong to the bean family. Despite, its name coffee is not a bean but a cherry.

Tomatoes: Tomatoes are the fruit of the vine that's native to the South America Andes. They started being taxed as a vegetable in 1883. Prior to 1820, everyone thought tomatoes to be poisonous. Tomatoes are number one! More than 60 million tons produced annually beating out banana's by a third.

Cruciferous: Broccoli and cauliflower are technically the flowers. Kale, cabbage, brussel sprouts all cruciferous veg. offer great health benefits and prevent cancer.

Peppers: Bell peppers have no "bite at all since they contain a recessive gene that eliminates capsaicin. Chili Peppers can be mild or hot enough to cause damage.

Basil: Basil also had a dubious reputation but in the 17th century it was redeemed. In Italy Basil is considered a sign of love. In India, it is sacred, dedicated to Vishnu and Krishna. Basil is also considered tomatoes soul mate as proven by the caprese salad.

Cilantro: Cilantro is a member of the carrot family. It was also one of the plants growing in the Hanging Gardens of Babylon more than 2,500 years ago.



Summer Solstice June 21, 2013

It is a testament to the vastness of the universe, to the strength of the sun and the insignificance of our egos. The summer solstice has long been celebrated by cultures around the world:

- In Ancient Egypt, the summer solstice coincided with the rising of the Nile River. As it was crucial to predict this annual flooding, the Egyptian New Year began at this important solstice.
- In centuries past, the Irish would cut hazel branches on Solstice eve to be used in searching for gold, water, and precious jewels.
- In ancient China, the summer solstice, they report, "was observed by a ceremony to celebrate the earth, femininity, and the "yin" forces.

What's Growing on.. News & Noteworthy

We are spending our weekend hours tending to our own vegetable beds. Our lettuce, peas, beans, celery and carrots are coming in nicely. The raspberries, blueberries and apple trees are laden with future fruit. It is our favorite time of year.

