

# OCTOBER 2023

## GARDENING TO DO'S



Redford's  
Average  
Predicted Frost  
Date: October  
9th, 2023

### How does frost affect vegetables?

A number of vegetables are frost-tolerant, cold-hardy, and improve in flavor if harvested after a frost: Arugula, broccoli, brussel sprouts, carrots (mulch-protection) cabbage, chicory, fava beans, garlic, kale, kohlrabi, leeks, radish, rhubarb, rutabaga, sweet onion (Walla Walla), turnip, and Austrian winter pea.



Others can be damaged with the lightest frost, so be sure to harvest these before October 9: Beans, cucumbers, eggplant, musk melon, okra, peppers, pumpkins, squash, sweet corn, and tomatoes.

### You Can Help Beneficial Bugs Survive the Winter



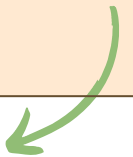
Keep the perennials, grass, and even a few weeds. Consider letting your plants "rest" since many beneficial insects (eggs, nymphs, larvae, and pupae) overwinter in foliage to grow and hatch in spring.

Leave the leaves.  
Composting tree leaves provide sustenance and protection for helpful insects along with nutrients for the soil.



Grow winter-blooming plants.  
Some bees will venture out of the hive during warmer winter days, and you can provide much needed nourishment by growing calendula & rosemary and/or planting bulbs such as crocus, snowdrops, and hyacinths.

Peas, Please!\* Grow cover crops such as peas to infuse soil with nitrogen, prevent erosion, and provide cover for bene-bugs. (\*Available in the Seed Library)



### Our Seed Library Got a Make Over!

Our seed library is expanding, and the collection needs a bigger home! We are so excited about this old library card catalog that we repurposed to house all of the seeds. The library is stocked with organic and Heirloom variety packs. Stop in the library or request seeds at the drive up window.

For more information on our Seed Library,  
please visit [rtdl.org/seed-library](http://rtdl.org/seed-library)

Redford Township  
**RTDL**  
District Library



# FALL RECIPES

Garden harvests during September and October can contribute to making the most delicious recipes! Here are two fall garden to table recipes...

## Sage-Brown Butter Sauce

### Ingredients

- 4 tablespoons unsalted butter
- 10 small sage leaves
- Parmigiano-Reggiano cheese
- Freshly ground pepper
- 1 recipe prepared gnocchi or pumpkin ravioli

### Directions

In a medium skillet, cook the butter until the butter is brown, fragrant and nutty, about 3 minutes. Be careful that the butter doesn't get too dark, or it will become burned and bitter. Add the sage when the butter is just starting to brown. Add the cooked pasta and cook for 1 minute. Sprinkle the pasta with grated Parmigiano-Reggiano cheese and freshly ground pepper.

## Rosemary Roasted Potatoes

### Ingredients

- 1.5 lbs. potatoes (Yukon gold, fingerling, redskins, or russets)
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- Tbsp fresh rosemary
- salt
- freshly cracked pepper

### Directions

Preheat the oven to 400°F. Wash your potatoes, then cut them into 3/4-inch cubes or pieces. Place the potatoes in a large bowl and add the olive oil, minced garlic, rosemary, salt, and some freshly cracked pepper. Toss the potatoes until they are evenly coated in oil and spices. Spread the potatoes out over a baking sheet so that they are in a single layer. Transfer the potatoes to the oven and roast for 15 minutes, then stir and roast for an additional 15 minutes or until tender. After 30 minutes total roasting time, stir once again and if additional browning is desired, roast for an additional 5-10 minutes.

