

JULY 2024

# GARDENING TO DO'S



## Growing Season

We're currently  $\frac{1}{3}$  of the way into our growing season (**Day 54 of 153**), but don't worry if you haven't planted yet! It's not too late to start! Check the chart below for July planting dates to ensure you can harvest before the Fall frost:

\*Directly sown outdoors

Last Day to Plant	Fruits & Veggies
July 3	Dry Beans, Onions, Parsnips, Salsify
July 10	Honeydew Melons, Tomatoes, Watermelons
July 17	Beets*, Bell Peppers, Chives*, Thyme
July 24	Fennel*, Parsley, Sage, Sweet Corn, Tomatillos
July 31	Bok Choy*, Carrots*, Cauliflower*, Celery, Collards, Cucumbers, Eggplants, Green Beans*, Okra, Oregano, Potatoes



## 3 Top Gardening Tips:

- **Watering:** July can be hot and dry, so water deeply in the morning or late afternoon to prevent evaporation loss. Aim for about an inch of water per week.
- **Mulching:** Apply a 2-3 inch layer of mulch around plants to conserve moisture, suppress weeds, and moderate soil temperatures. Organic mulches are excellent choices!
- **Maintaining:** Harvesting ripe fruit and deadheading spent blooms will promote production and continuous flowering. Also monitor for pests and diseases like aphids and powdery mildew. Treat promptly if detected.

For more information visit or scan the QR code:  
[www.almanac.com/gardening/planting-calendar/MI/Redford](http://www.almanac.com/gardening/planting-calendar/MI/Redford)

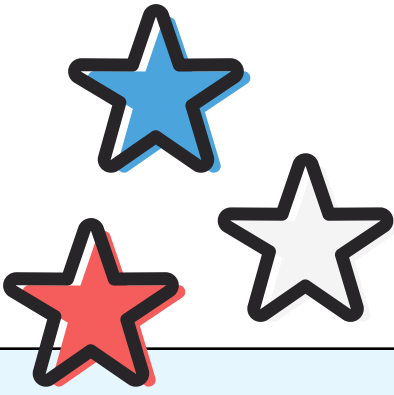


### Attention Fresh Food Growers & Shoppers!

Curious about the freshest, in-season fruits and vegetables? There's an app for that! Visit this link for more information: [www.seasonalfoodguide.org](http://www.seasonalfoodguide.org)

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

# BERRY GOOD FOR THE 4TH OF JULY!



## Red, White, and Blue Berry Semifreddo

### Ingredients

- 2 Tbsp Maple Syrup (Divided)
- 1 Tbsp Pure Vanilla Extract (Divided)
- 1 Cup Blueberries (Divided)
- 1 Cup Raspberries (Divided)
- 2 15 oz Cans of Full Fat Coconut Milk (Chilled, Using the Cream on Top)



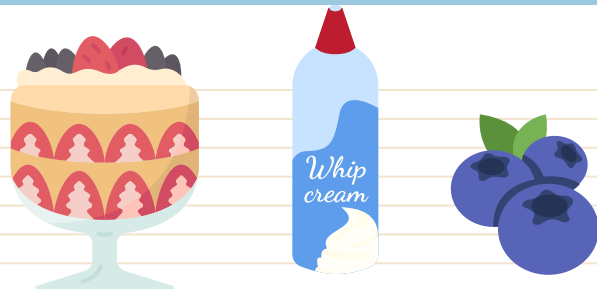
### Instructions

1. Line two 4 inch round springform pans with parchment paper. Set aside.
2. In a large chilled bowl, whip coconut milk to stiff peaks, about 2 minutes. Beat in the maple syrup and vanilla until just combined. Place in the fridge to stay cool while you puree the berries.
3. Puree half the blueberries and half the raspberries in a blender.
4. Divide the coconut cream mixture into three chilled bowls.
5. Fold the raspberry puree into one and the blueberry puree into another.
6. Spoon half the blueberry mixture into the bottom of the two prepared pans dividing evenly between the two), top with a few blueberries.
7. Next, do the same with the raspberry mixture, topping it with a few raspberries. Next is the vanilla layer. Then repeat the layers again, ending with the vanilla. Top with the remaining fresh berries, and place in the freezer for a few hours until firm but not rock hard. To serve, cut into slices! and the blueberry puree into another.

## Summer Berry Trifle

### Ingredients

- 1 Angel Food Cake
- 1 - 16 ounce Cool Whip
- 1 Package of Blueberries
- 1 Package of Raspberries
- 1 Package of Strawberries



### Instructions

1. If baking your own cake, bake the night before, so it can be inverted overnight and ready to use. Cut cake into chunks, set aside.
2. Wash berries and set on a paper towel to dry. Cut strawberries into bite sized pieces.
3. Defrost Cool Whip or make your own \*homemade whipping cream.
4. There is really no set "recipe" or "rule" to this dessert, that's what makes it so much fun to make! You can vary the types of berries based on your family's taste. I went heavier on the strawberries and blackberries this particular time. They hold up better than the raspberries, as they tend to get softer.
5. Simply layer in the trifle, cake at the bottom, then add berries then Whipped cream. Repeat until the trifle bowl is full. You can also add berries and whipped cream to the very top.
6. Chill until ready to serve.