April 1, 2015
Release Date: April 8, 2015

Deborah Rhoades, MA, RD, FAND
Extension Educator, Family & Consumer Sciences

DISCOVER YOUR GROWING POWER

Spring is here and it’s time to get out the gardening tools and try your hand at growing your own herbs and vegetables. To get you motivated, try one of these FREE workshops planned by the University of Maryland Extension (UME) Frederick County Master Gardeners. Programs are for beginner and experienced gardeners alike and held at the UME Frederick County Office, 330 Montevue Lane, Frederick, MD 21702. We are just off Rosemont Avenue right next door to the Frederick County Health Department.

The upcoming programs:
**Beginning Vegetable Gardening and IPM (Integrated Pest Management)**
Saturday, April 11, 10:00 am – 12:00 Noon
For people new to vegetable gardening, we will provide basic guidelines, including information on starting with seeds and transplants. You will also learn about managing problems with insects, plant pathogens and weeds through IPM. See our advice in action during a demonstration in the garden. [http://2015fcmg-seminar-apr11th.eventbrite.com](http://2015fcmg-seminar-apr11th.eventbrite.com)

**Container and Small-Space Gardening**
Saturday, May 30, 10 am – 12 Noon
Learn how to create a thriving garden even in limited spaces—from your window sill, porch, or balcony to a small yard. See how to go beyond flower pots by using a variety of containers and raised beds to grow vegetables, herbs, flowers (both annuals and perennials), and native plants. [http://2015fcmg-seminar-may30th.eventbrite.com](http://2015fcmg-seminar-may30th.eventbrite.com)

Doors open 30 minutes prior to start times. Find links to registering on-line for each class at [http://extension.umd.edu/frederick-county/home-gardening/mg-happenings](http://extension.umd.edu/frederick-county/home-gardening/mg-happenings) or call Lisa at 301-600-1595.

For more information 24/7 on how to grow vegetables contact the University of Maryland Extension, Home and Garden Information Center (HGIC) website at [http://extension.umd.edu/hgic](http://extension.umd.edu/hgic). The HGIC has a comprehensive Grow It Eat It network that links gardeners through social media tools. There are 85 YouTube video clips to show new gardeners the how-to on starting a garden. You can view them at [http://www.youtube.com/user/UMDHGIC](http://www.youtube.com/user/UMDHGIC)

Discover how delicious summer vegetables are with these healthy recipes from Extension!
**TOMATO CUCUMBER SALAD**
2 cucumbers, chopped  
1 tomato, chopped  
1/4 onion, chopped  
2 cups cooked couscous or brown rice  
2 teaspoons chopped fresh dill (or 1/2 teaspoon dried dill) or Italian mixed herbs  
1/2 cup low-fat Italian salad dressing

Toss together the cucumbers, tomato, onions, couscous (or rice), dill and salad dressing. Chill for 1 hour and serve. Makes 4 (1 1/2 cups) servings.

**DELICIOUS ROASTED ASPARAGUS**
1 pound asparagus, washed and ends removed  
1 tablespoon olive oil  
Salt and pepper to taste  
2 tablespoons grated Parmesan cheese

Preheat oven to 400°F. Line up asparagus on baking tray. Using a pastry brush or paper towel, brush the olive oil on each piece and turn to lightly coat the asparagus. Bake for 6-8 minutes or until tender. (Thin asparagus will cook in 6 minutes while thicker stalks will need 2-3 minutes longer.) Sprinkle with grated Parmesan cheese. Makes 6 (3-4 pieces) servings.

**SUMMER SQUASH ITALIAN STYLE**
1 tablespoon vegetable oil  
1 or 2 summer squash, thinly sliced  
1/2 small onion, sliced  
Salt and pepper, to taste  
1 teaspoon fresh chopped basil (or 1/2 teaspoon dried)  
6 tablespoons grated Parmesan or Romano cheese

Heat oil in a large frying pan. Add squash slices and onions. Stir-fry until crisp but tender (about 5 minutes). Add salt, pepper and basil. Top with cheese. Makes 4 (1/2 cup) servings.

TIP: Add cut up fresh tomatoes, green peppers, green beans, eggplant, or other vegetables in season.

For more information about the University of Maryland Extension Frederick County Office check out our website http://extension.umd.edu/frederick-county

University of Maryland Extension programs are open to all persons and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

DHR:ls