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IT’S SPRING - DISCOVER YOUR GROWING POWER

Spring is here and it’s time to get out the gardening tools and prepare the soil for planting. To get you in the mood, try one of the many FREE seminars and workshops events 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:

Saturday, May 3, 1-3 pm, Parade of Veggies -- Get a first-hand look at plants in the Master Gardener Demonstration Garden, then learn how to plant and care for a wide variety of vegetables that grow well in Maryland—potatoes, tomatoes, peppers, and more.

Saturday, May 17, 10 am–12 noon, Container Gardening
You’ll learn about growing herbs, vegetables, flowers, and even dwarf fruits in a variety of containers. See how you can elevate containers for easier access and how to re-purpose and recycle items to create planters and self-watering pots.

Thursday, May 29, 7-9 pm, Herbs in the Garden
Find out how to plant, care for and harvest fragrant and delicious herbs, grown in the garden or in containers.

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 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. There is also a toll-free phone at 1-800-342-2507 that operates 8:00 am – 1:00 pm, Monday-Friday.

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
Discover how delicious summer vegetables are with these healthy recipes from Extension!

**QUICK CORN ON THE COB**

Fresh corn on the cob  
Butter or Margarine (optional)  
Salt (optional)

Microwave fresh corn on the cob on high with husks and silk intact. Place on paper towel. Turn ears over and rearrange after 1/2 cooking time.

*Cooking Timetable:*
- 1 ear - 1 1/2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 6 ears - 8 to 9 minutes

Remove from microwave and let stand for 5 minutes. Remove husks and silk (which is easier than when cold) and serve.

**SWEET PEA SOUP**

3 tablespoons butter  
3/4 cup chopped onion  
3 cups fresh sweet peas (or, one 1-pound bag)  
1 can (about 14 ounces) chicken or vegetable broth (look for low sodium)  
Salt and pepper to taste

In a medium saucepan over medium heat, melt butter and sauté onion until softened. Add peas and broth. Bring to boil and reduce heat to simmer. Cook for 20 minutes. Allow soup to cool somewhat and puree in blender until smooth. Season with salt and pepper.

**SWEET AND SPICY SUMMER SQUASH**

1 tablespoon olive oil  
4 cups chopped zucchini or other summer squash  
1 onion, chopped  
2 green bell peppers, chopped  
1/16 teaspoon cayenne pepper or splash of hot sauce  
2 tablespoons honey

In a large skillet, heat oil over medium-high heat. Add squash, onion, and green peppers and sauté 10 minutes or until tender. Stir in honey and cayenne pepper or hot sauce. Remove from heat. Cover and let stand for 3 minutes before serving. Makes 4 servings.
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.

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