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JOIN US FOR A PARADE OF VEGETABLES

Warm weather is finally here and summer’s harvest is on the horizon. Have you wanted to grow your own vegetables but not sure how to get started? This year make it happen by joining us for exciting FREE seminars and workshops for beginning and advanced gardeners alike. A timely topic, “A Parade of Vegetables,” will be offered this coming Saturday, May 11, from 10-12 AM.

The program, led by local Frederick County Extension Master Gardeners, will teach you how to plant and care for a wide variety of vegetables that grow well in Maryland, including potatoes, tomatoes, peppers, and more. The class is held at the University of Maryland Extension Frederick County Office, 330 Montevue Lane, (off Rosemont Avenue), Frederick, MD. Register by email to Frederick GrowIt@gmail.com While at the class your family can peruse the on-site demonstration garden which contains a native hedge row, native garden, vegetables garden and children’s area.

Garden newcomers who are reluctant to try their hand at a green thumb, can feel more confident, knowing that they can get 24/7 answers to gardeners’ direct questions on the University of Maryland Extension, Home and Garden Information Center (HGIC) website at http://extension.umd.edu/hgic. Note this is a NEW website address. You can send questions and photos and receive answers in 1-2 days. It is like having a personal farmer to hold your hand. 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 For city dwellers they demonstrate special gardening tools for container gardening in an urban environment.

When you find out how easy it is to grow your own vegetables try these delicious recipes.
BROCOLLI CHEESE POTATO

4 hot baked potatoes
2 cups low fat cottage cheese
2 chopped green onions, optional
1/4 cup grated cheese
2 cups cooked broccoli florets, drained

Cut baked potatoes in half lengthwise. Using a spoon, scoop out the inside of the potato and mash together with cottage cheese, green onions and cheese. Place filling back into potato skins. Microwave for 2 minutes until filling is hot and cheese melts (or, heat in 350 degree oven for 15-20 minutes). Top with the broccoli. Serves 4, one potato per serving.

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
1/2 cup reduced 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 servings. Serving size is 1 1/2 cups.

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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