September 5, 2013
Release Date: September 11, 2013

Deborah Rhoades, M.A., R.D.
Extension Educator, Family & Consumer Sciences

SEMINAR ON GROWING FALL VEGETABLES

Fall is just around the corner, but you can keep the garden harvest going long after the tomatoes are done. Learn how to grow vegetables that thrive in the cooler fall weather at this upcoming workshop “Extending the Season/Fall Vegetables,” on Tuesday, September 24, from 7-9 p.m.

This FREE seminar, led by Frederick County Master Gardener, David Muns, will teach you how to plant and care for a wide variety of late season vegetables that grow well in the fall. Nutrient rich veggies like kale, cauliflower, cabbage, collards, broccoli, Bok choy, spinach, turnips, and more. The class will be held at a different location than the local Extension Office. Meet at the Frederick News-Post Community Garden and Building, 351 Ballenger Center Drive, Frederick, MD 21702, located just off Route 340.

There will be a garden tour of the extended season materials - in action, demonstrating various row covers to use on late season crops. Learn about vegetables that thrive in the cooler fall weather—plus how to protect them from the frosts so you can enjoy garden-fresh produce into the winter. Event registration for this 2013 Master Gardener fall seminar series is done through Eventbrite at http://mgseminar2013sept24-es2.eventbrite.com/?rank=1

For more information, 24/7 on how to grow fall 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 number, 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 fall vegetables are with the following recipes!
ASIAN-STYLE SLAW

1/3 cup water
1/4 cup sugar
4 cups (10 ounces) cleaned and thinly sliced green cabbage
1/4 teaspoon red pepper flakes
1 teaspoon white rice wine vinegar
1 tablespoon light soy sauce
2 teaspoons toasted sesame seed oil
1/2 cup chopped fresh cilantro

In a small saucepan, combine 1/3 cup water and the sugar; bring to a boil over medium-high heat, stirring until all the sugar dissolves, approximately 5 minutes. Remove from heat.

In a large mixing bowl, combine the cabbage, red pepper flakes, vinegar, soy sauce, and sesame seed oil. Stir in the water-sugar mixture. Stir in the chopped cilantro. Serve at once or refrigerate for at least 1 hour before serving. Makes 4 (3/4 cup) servings. Source: American Dietetic Association Cooking Healthy Across America.

CREAMY MASHED CAULIFLOWER

5 cups cauliflower florets
1 1/2 quarts water
1 clove garlic, optional
1/4 cup fat free mayonnaise
1/4 teaspoon salt
Black pepper to taste

Steam cauliflower and garlic for 15 minutes or until tender; drain. Blend or food process cauliflower, garlic, mayo and salt until creamy. Garnish with pepper.

SESAME SCALLOP STIR-FRY

2 tablespoons sesame oil
2 garlic cloves, minced
1 teaspoon crushed red pepper
1 pound bay scallops
2 tablespoons sesame seeds
1 tablespoon ground ginger
1 head bok choy (Chinese white cabbage, about 3 lbs), trimmed and chopped
1 package (16 ounces) frozen stir-fry vegetables, thawed and drained
1 tablespoon light soy sauce

Heat the sesame oil in a wok or large skillet over high heat. Add garlic, crushed red pepper, and scallops and sauté until the scallops are cooked through. With a slotted spoon, remove the scallops to a bowl and cover to keep warm. Add the sesame seeds and ginger to the wok and
cook for 1 to 2 minutes, or until the liquid is absorbed. Add the bok choy and the stir-fry vegetables and stir-fry for 4 to 5 minutes. Return the scallops to the wok and add the soy sauce. Stir-fry for 1 to 2 minutes or until heated through. Serve immediately. Serves 8 (1 cup serving).

For more information about the University of Maryland Extension Frederick County Office check out our website [http://extension.umd.edu/frederick-county](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, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences.

DHR:ls