

# Community Service

Thank you to all of you who volunteer to pick produce, fix things around the garden, donate extras and work to keep the aisles clear of weeds. We all appreciate it. Our garden looks fantastic right now.

Did you know that the CSU Extension Community Garden requires less volunteer time than most of Boulder's community gardens? We also get help from the jail crew a few times per season which makes a huge impact on weeds. Keep up the good work everyone!

Now is the time to get volunteer hours completed as most garden related work is finished before October 30th.

*If you are interested in helping take the hops down for the season, please let me know. This is a big job.*

## TO-DO Fall garden tasks

- Test soil & amend accordingly (we have kits available in the office)
- Enrich garden beds by tilling in compost or manure
- Collect dried seed from open pollinated flowers & veggies & label
- Clean cloches, cold-frames, buckets, tools, planters etc. with a weak bleach solution before cold weather hits
- Turn your compost pile, till under any ready compost.
- Plant garlic, shallots and other bulbs
- Divide perennials
- Take pictures & record where things are planted this season so that you can plan on location rotation next season

# Healthy Garden Tips

## *Fermented pickles offer complex flavor & nutritional value.*

Pickles have traditionally been made to extend the life of produce. The simplest pickles are made by pouring vinegar over sliced vegetables and refrigerating them. Fermented pickles take a bit more work, but also offer more complex flavor and a bigger nutritional return, as fermentation makes foods more digestible; makes some nutrients more available, particularly vitamin C; and generates additional nutrients, such as B vitamins and pro-biotic bacteria.

## *Simple Pickle Recipe*

### Ingredients:

- 1 gallon dechlorinated water
- 1/2 to 3/4 cup unrefined sea salt
- Spices (garlic cloves, dill & mustard seed or pickling spice)

### Instructions:

1. To make brine, mix 1 gallon unchlorinated water with 1/2 cup unrefined sea salt. For cucumbers, use 3/4 cup salt.
2. Rinse vegetables and chop into slices or chunks, according to recipe or preference.
3. In a bowl, mix vegetables and spices (garlic cloves, herb seeds or pickling spice).
4. Pack vegetables into a jar, and pour in brine to cover completely. This may be quite close to the rim. Leftover brine will keep for a week in the fridge.
5. Loosely cover jar with lid; don't tighten the band so fermenting can release CO2. Cover jar with a clean towel.
6. Set jar on baking sheet (to catch spills) out of direct light in an area between 55 and 75 degrees (the cooler the better).



7. During fermentation, monitor and top with reserved brine, as needed, to cover. You may see scum on top; it's generally harmless, but if you see mold, scoop it out. Veggies peeking out of the brine will

spoil. If you see anything even a bit out of the brine, use a utensil to push it back under or, if it's soft or pinkish, pluck it out.

8. When vegetables begin to lose their vibrant color and the brine gets cloudy, you can test pickles. They're ready when:

- They're pleasingly sour, without the strong acidity of vinegar.
- They're softer than fresh but still a bit crisp.
- The colors are muted, even dull.

9. When pickles are ready to eat, skim off any scum

on top, along with any bits of floating vegetables. Add brine to completely submerge vegetables, then screw on lids and refrigerate.

10. After about 1 day, check that pickles are still submerged, topping with more brine, if necessary.

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