

# Earthly Elements

"Helpful Information From The Trenches"

Issue 3

*Fall Edition*

September 2003

## *THE APPROACH OF HARVEST*

Fall is here and we're blessed with another great harvest from our gardens as well as beautiful colors on the trees. "Autumn is a second spring when every leaf is a flower" wrote Albert Camus the French writer & philosopher. A piece of timeless literature indeed. This fall, as we enjoy the spectacular show of color, know that this process is necessary to the trees as they prepare themselves for the coming winter.

I have lots of goodies for you this quarter, a new service, pumpkin carving helps and hints, a page all about grilling that has recipes too, and a look at the perennial pincushion flower. For those of you who have internet access, please check out our website.....[earthenjoy.com](http://earthenjoy.com). You might see your garden or seasonal display! If you go there, be sure to send us an e-mail with comments about the site.

*Happy Harvesting!!*

### *In This Issue*

- \*Pumpkin Helps & Hints*
- \*Garden Harvest for Daily Living*
- \*Fire Up the Barbie!*
- \*Top 12 Grilling Veggies*
- \*Profusion of Blooms*
- \*Gardener Gatherings*





## Pumpkin Helps & Hints

It wouldn't be fall without a carved pumpkin on the front porch, but the joy can be fleeting because jack-o'-lanterns often rot quickly. Here's some tips to extend the life of your creepy creation.

- When selecting your pumpkin, steer clear of any with blemishes or soft spots. Also be sure to choose one with a stem; stemless pumpkins collect water on top.
- Remove bacteria from the surface of pumpkin before carving it by wiping it with a household disinfectant or diluted bleach solution (a quarter cup in a gallon of water).
- Once you're done carving, lightly spread petroleum jelly over any cut surfaces.
- Keep the jack-o'-lantern in a cool and dry place, preferably shaded during the day. If the temperatures are really warm, you may want to refrigerate it at night.
- You can restore a shriveled pumpkin, try soaking it in water overnight.
- On a safety note, it is best to using a big knife for the carving, because the pumpkin rind is so tough. Try a pumpkin-carving kit, which contains a not-too-sharp serrated knife, or if you have an X-Acto knife, you can buy a serrated blade for it.



## A Garden Harvest for Daily Living

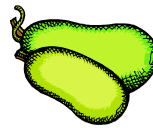
Plant three rows of peas...

Peace of mind.  
Peace of heart.  
Peace of soul.



Plant four rows of squash....

Squash gossip.  
Squash indifference.  
Squash grumbling.  
Squash selfishness.



Plant four rows of lettuce....

Lettuce be faithful.  
Lettuce be kind.  
Lettuce be happy.  
Lettuce really love one another.

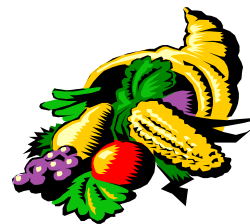


No garden should be without turnips....

Turnip for service when needed.  
Turnip to help one another.  
Turnip the music and dance.

A garden's the best place  
to spend our thyme....

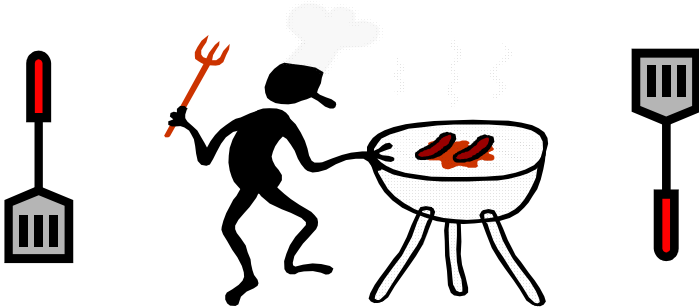
Thyme for fun.  
Thyme for rest.  
Thyme for ourselves.



Water freely with patience  
and cultivate with love.

Let there be much fruit in your garden.  
Remember, you reap what you sow.

Fire up the Barbie!  
Fire up the Barbie!  
Fire up the Barbie!



This page is dedicated to the art of grilling. Summer's fading fast so fire up that grill (if you haven't been using it all season) and cook up those fall harvested veggies! Since men are the masters when it comes to this task, ladies sit back and let them do the cookin'. The recipe below is for inspiration, however, if you have a favorite by all means use that and enjoy!

## "Mah-valous" Vegetable Marinade



2/3 cup vinegar  
1 Tablespoon lemon juice  
1 Tablespoon Dijon mustard  
1 Tablespoon olive oil  
1/4 teaspoon each salt & pepper  
4 minced garlic cloves

Mix all ingredients in a ziplock bag with cut up veggies. Let marinate 1/2 hour. Grill veggies till tender. Heat left over marinade and pour over veggies when you serve them.

## *The Top 12 Grilled Veggies List*

Everybody has roasted corn on the grill, but have you ever thought about trying something else? This list of 12 might help you expand your tastebud horizons. Most only need a little olive-oil baste or to be dipped in an oil-based marinade to grill perfectly.



### *Delicious Dozen*

- Asparagus** (first snap off tough bottoms; blanch slightly before grilling)
- Beets** (precook and cool; grill small ones whole; cut large ones in half)
- Eggplants** (cut small ones in half; cut larger ones into slices)
- Garlic Cloves** (skewer with skin on, keep well basted; don't overcook)
- Green Onions** (trim greens back)
- Leeks** (clean and cut in half)
- Mushrooms** (Portobello, button or crimini)
- Onions** (cut in quarters and skewer through the layers)
- Peppers** (cut in strips or skewer in quarters; grill jalapenos whole for a fiery treat)
- Potatoes** (leave skin on and microwave till 1/2 done—3 to 4 minutes depending on size. Don't overcook, they'll crumble. When cool enough to handle, slice lengthwise, or quarter. On the grill, baste with oil or barbecue sauce, turn when each side is brown and crispy.)
- Shallots** (skewer or bake whole)
- Zucchini or other summer squash** (grill all baby-sized squash whole; cut tender larger sized squash into strips or chunks before grilling)



## Profusion of Blooms: Pincushion Flower



*Scabiosa*, or “pincushion flower” is a hard working perennial that doesn’t ask for much in return. All they need is sunshine, fairly decent soil and to be deadheaded so they can keep on going. Put them in a garden with compost or other organic matter and they’ll really put on a show! The plant got it’s common name “pincushion flower” from the pom-pom-shaped flower heads that kinda resemble a pincushion. They are easily propagated by dividing in spring or letting them re-seed.

There are 3 varieties commonly available at area nurseries. They include, ‘Pink Mist’ (pink), ‘Alba’ (white) and ‘Butterfly Blue’ (lavender blue). The ‘Butterfly Blue’ and ‘Pink Mist’ are the most popular, blooming from spring till frost. Another fine feature that makes it a “must have perennial” is the fact that they also attract butterflies. For a butterfly attracting and eye catching blue garden”, combine the ‘Butterfly Blue’ variety with anise hyssop, ‘Nanho Blue’ butterfly bush and ‘May Night’ salvia. You could even add some orange butterfly weed for a shocking blast of extra color.

The pincushion flower has many garden uses. You can plant it in containers or at the front of a mixed border. They can also be used as an accent plant in rock gardens.

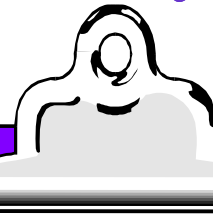


## Have You Seen It Yet?

Have you seen your garden or seasonal display on our Earthenjoy website? If not please feel free to go and check it out at [earthenjoy.com](http://earthenjoy.com). You’ll also find this newsletter, a complete list of our services, a showcase of current projects and lots of flower “head shots”. Your garden could be next to be seen on our site!

## Gardener Gatherings

Places to Go & Things to Learn



### What & Where

**FREE PLANTS! FREE PLANTS!**

**Detroit News/English Gardens  
Fall Perennial Exchange**

**September 6 9:00 to 11:00 AM**

in the Detroit News Building Parking lot  
(3rd & Lafayette) call **313-222-2571**  
for directions & more information

**Novi’s Fall Perennial Exchange**

**September 20th 10:00 AM to 2:00 PM**

at the Novi Civic Center  
call **248-347-0400** for directions & info

**Tollgate Fall Fair & Plant Sale**

**September 20th 10:00 AM to 3:00 PM**

at MSU Tollgate Gardens  
call **248-347-3860** for directions & info

**“Fall Into Your Garden”**

*(a fall clean-up seminar)*

**October 4th 2:00 PM**

call **734-326-6123**  
for directions & more information

Contact us at 734-416-0866 or [earthenjoy@att.net](mailto:earthenjoy@att.net)