



# The Hungry Gardener

...A newsletter for local community gardeners.

## Welcome!

Welcome to *The Hungry Gardener*, a monthly newsletter written for community gardeners in McHenry County, Illinois.

To help in your success, research-based and proven information will be provided on **seed and plant selection, sowing and planting of crops, cultivation of crops and proper harvest techniques.**

These are big subjects and, like any good garden, there is always more to find under the surface.

If you need further advise or information not cov-

ered here, please email us at [uiemg-mchenry@illinois.edu](mailto:uiemg-mchenry@illinois.edu) or call the office at 815.338.3737 for additional information.

Get cooking with the seasonal **recipe** each month.

A **Scouting Report** will be highlighted.

Be sure to check out **Upcoming Events.**

Remember: We are all in this together. Stay safe. Stay home. Use the time to plan your garden.

### Scouting Report

*Mamestra Brassicae*

#### Cabbage Moth

This destructive pest will eat any of the brassica



family- cabbages, broccoli, kale etc. Effective measures include row covers and the application of Bt (*Bacillus thuringiensis*). For more info: <https://web.extension.illinois.edu/bugreview/cabbageworm.cfm>

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### Seed/Plant Selection: 2020 All American Selection Winners

Ah, spring's joyous delivery of seed and plant catalogs! What raptures they hold—vegetables, herbs, flowers, roses, perennials, annuals.

The browsing of catalogs can be a joy and a curse. Some will have glorious photos of

gardens with everything in bloom or ripe—at the same time. And with no pest or condition problems. Hmmmmm?

Luckily for us, there is an organization that can whittle down varieties to those culti-

vars that will be successful. The All-America Selections (AAS) non-profit organization has a short list for the current year and lots of past-year winners as well.

Check out their website at [www.all-americanselections.org](http://www.all-americanselections.org).

### Upcoming Events

- **Gardenwalk** July 11
- **Farm Stroll** September 27

## Illinois Master Gardeners

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### Recipe of the Month

## Spring Vegetable Sauté



### Ingredients

- 1 tsp. extra virgin olive oil
- 1/2 cup sliced sweet onion
- 1 finely chopped garlic clove (or 1 tsp. minced garlic)
- 3-4 small new potatoes, quartered
- 3/4 cup sliced carrots
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas or green beans
- 1/2 cup quartered radishes
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. dried or fresh dill



### Directions

1. Heat the healthy oil in a skillet over medium-high heat. Cook the onion for 2 minutes, add the garlic and cook another minute until it starts to brown.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or 2 of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender, about 4 minutes more.
5. Serve immediately. Enjoy!

