

# August 25

## Week 4 - Continue to Harvest Garden (Harvest Larger Tomatoes)



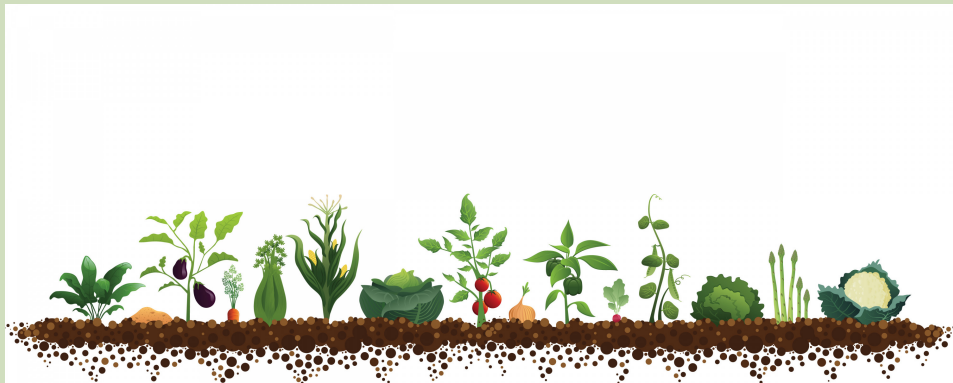
### Lesson Plan #16 and review of last lesson

Welcome to the last weekly lesson plan of the Junior Garden Club! You will receive two more lesson plans in September and in October. In the meantime, continue to water and harvest your garden, as it will slowly continue to grow over the next couple of months before winter comes.

Did you know that fall in Alberta is the time when a lot of crops are harvested? Some major Alberta crops include wheat, oats, barley, flaxseed, and canola.



Welcome to the sixteenth lesson of the Junior Garden Club! In the last lesson we learned how to harvest and cook with onions.



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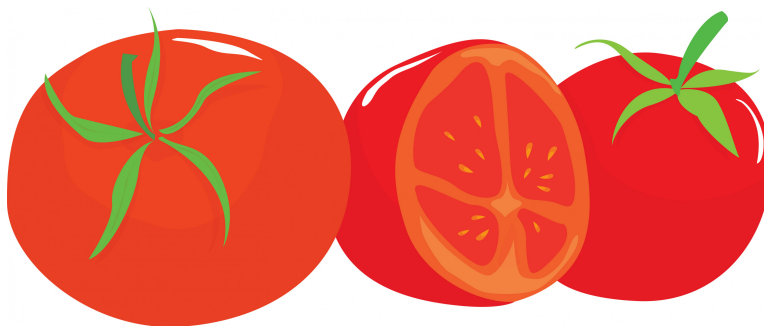
# How to: Harvest and Store Large Tomatoes

## How to: Harvest and Store Large Tomatoes

If you planted larger tomatoes, they may be ready to harvest soon! Leave them on the vine as long as possible and harvest when they are firm and red.

Never refrigerate fresh garden tomatoes, as this may spoil their flavour and texture!

Watch this video on how to harvest tomatoes: [https://www.youtube.com/watch?v=NQE\\_v9bC8uE](https://www.youtube.com/watch?v=NQE_v9bC8uE)



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# Food Match Up

Alberta crops are used as ingredients in many different foods. Can you match the crop to its dish? What other ways can these crops be used?

Wheat - Pie Crust



Oats - Oatmeal



Barley - Soup



Flaxseed - Smoothies



Canola - Salad Dressing



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# Savoury Muffins with Spinach, Tomato, and Feta Cheese

## A recipe by Egg Farmers of Alberta

### Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- 2 eggs
- ¾ cup milk
- ½ cup melted butter
- 2 teaspoons granulated sugar
- 2 cups packed baby spinach, roughly chopped
- 1 Roma or plum tomato, finely chopped
- ½ cup finely crumbled feta cheese
- 2 tablespoons grated parmesan cheese



### Method:

1. Preheat the oven to 400°F (200°C). Line 12 muffin cups with paper liners; set aside.
2. Whisk together flour, baking powder, baking soda, salt, pepper, garlic powder, and oregano; set aside. In a separate bowl, whisk together eggs, milk, melted butter, and sugar until blended; stir into dry ingredients just until combined (do not overmix). Fold in spinach, tomato, feta, and parmesan cheese until combined.
3. Spoon into prepared muffin cups. Put into the oven for about 20 to 25 minutes; let cool in a pan on a wire rack for 10 minutes before turning out muffins. Let the muffins cool completely. Store in airtight containers and refrigerate for up to 2 days or freeze for up to 1 month.

*Congratulations on growing a summer garden!  
The most important lesson to learn while gardening is how much hard work goes into growing food. This will be the last weekly lesson, but keep an eye out for the September and October issues where you will learn how to preserve the harvest!*

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## References:

Alberta Government—Alberta Major Crops - Production <https://open.alberta.ca/opendata/alberta-major-crops-production-1963-2014>

The Old Farmer's Almanac—Growing Tomatoes <https://www.almanac.com/plant/tomatoes>

Egg Farmers of Alberta—Savoury Muffins with Spinach, Tomato, and Feta Cheese  
<https://eggs.ab.ca/recipes/savoury-muffins-with-spinach-tomato-and-feta-cheese/>

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