



The Garden Buzz...



Down Home Garden Center & General Store
Newsletter

September 2014

Reasons to Grow Fall Vegetables

Fall vegetables don't require any special care; in fact you'll spend less time caring for your fall crops because of the favorable autumn growing conditions. The plants will grow rapidly at first and gradually slow as the days become shorter and colder.

You'll be happy to discover that destructive insects won't be as numerous, nor create as much of a problem as they can during the summer. The most common fall insect pest visiting the garden may be aphids, which fortunately won't cause much of a problem to the growth or production of healthy plants.

The fall gardener will struggle less with weed control because the weeds will germinate less frequently and grow slower than they do during the warmer growing seasons. Compared to the hot and dry summers, fall usually brings an increase in the amount of precipitation, eliminating another time consuming garden chore of irrigating the garden.

With just a little attention and effort you may be surprised to find that growing fall vegetables in the backyard garden is even more enjoyable than planting a vegetable garden during the spring and summer seasons. Following is a list of fast growing, cold hardy crops that are ideal for fall vegetable gardening.

Best Vegetables for Fall Growing:

- Kale
- Collards
- Lettuce
- Spinach
- Turnips
- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Collards

Join Us for Our Fall Celebration October 11, 2013 11-3 pm

- *New Fall Plants & Pumpkins*
- *Live Music By Noise Ordinance (pop/rock)*
- *Refreshments & Food Samplings*
- *Door Prizes*
- *Special Discounts*
- *Ask the Plant Expert*



Stops Leg Cramps in About 1 Minute!!

This effective fast-acting natural muscle remedy, for both preventing leg cramps or stopping them once they start, was discovered by the Amish while they were still in Europe and brought to this country sometime in the 1880's. We find it curious that it has never before been made generally available to leg cramp and charlie horse sufferers until now especially, considering that this Amish remedy is the fastest acting relief for muscle cramps of any natural product anywhere. We also have one for stopping acid reflux. Stop in and give one a try.



\$\$\$\$\$ Coupon \$\$\$\$\$

Save \$2.00 off a bottle of Caleb Treeze Organic Farm's Stops Leg & Foot Cramps or Stops Acid Reflux.

Expires 9/30/14

THIS MONTH'S RECIPE - A TASTE OF THE SOUTH:

Buttermilk Pie

Makes 1 – 9 inch deep dish pie

- ½ cup butter, softened
- 1 ¼ cups sugar
- 3 Tbsp all-purpose flour
- ¼ tsp salt
- 3 eggs
- 1 cup buttermilk
- 2 tsp vanilla
- 1 (9 inch) deep dish pie crust

Preheat oven to 400 degrees F.

In a large bowl, cream butter & sugar. Mix in flour & salt. Blend in the eggs. Stir in the buttermilk & vanilla. Pour into pie shell.

Bake in preheated oven for 15 minutes then reduce temperature to 325 degrees F and bake 45 minutes or until filling is set.

If you've never had Buttermilk Pie, you've got to try it. So good!

If you have a favorite family recipe that the holidays would not be complete without; I would love to see it. I'll post several in our November issue. If your recipe is selected, you will receive a gift certificate. Send recipes by October 15th to cindy@downhomegarden.com.



Why is Fall a Good Time to Plant?

While most people think of spring as the best time for planting, avid gardeners know fall can actually be the best.

First of all, it helps to know the difference between an annual and a perennial. Annuals typically only last one season, while perennials come back year after year. Since they last more than one season, perennials are attractive to many gardeners because they don't have to be replanted, which saves time and money.

Fall is good for planting perennials because the cooler temperatures and increased rainfall help the plant's roots become well-established. The soil is still warm in the fall and allows roots to grow until the ground freezes. (With mild weather, roots may even continue to grow throughout the winter.) If the same plant is put in the ground in the spring, it gets a slower start because soils are cooler. If planted in the summer, it may become extremely stressed due to heat, drought and an insufficient root system.

For the same reasons, turf grasses, shrubs and trees are often planted in the fall. Fall is also the time to plant spring-blooming bulbs and "cool crop" vegetables.

**"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."**

- Helen Hunt Jackson, *September*, 1830-1885



IT'S GETTING SPOOKY HERE. CHECK OUT OUR HALLOWEEN DECOR.



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