

Ahhh, SUMMER!

The gardens are looking great this year! Enjoy the season! Gardens remain open until mid-October.

Did you know, sunflowers are in the daisy family and grow abundantly in the Midwest?
Humans and animals use their seeds as an important food source.
Mid-summer is when they are at their best!



THE WELCOMING COMMITTEE AT FRONTIER GARDENS!

If the gardens are your “Happy Place” you are not alone.

spotted at
the Forest
View garden
plots

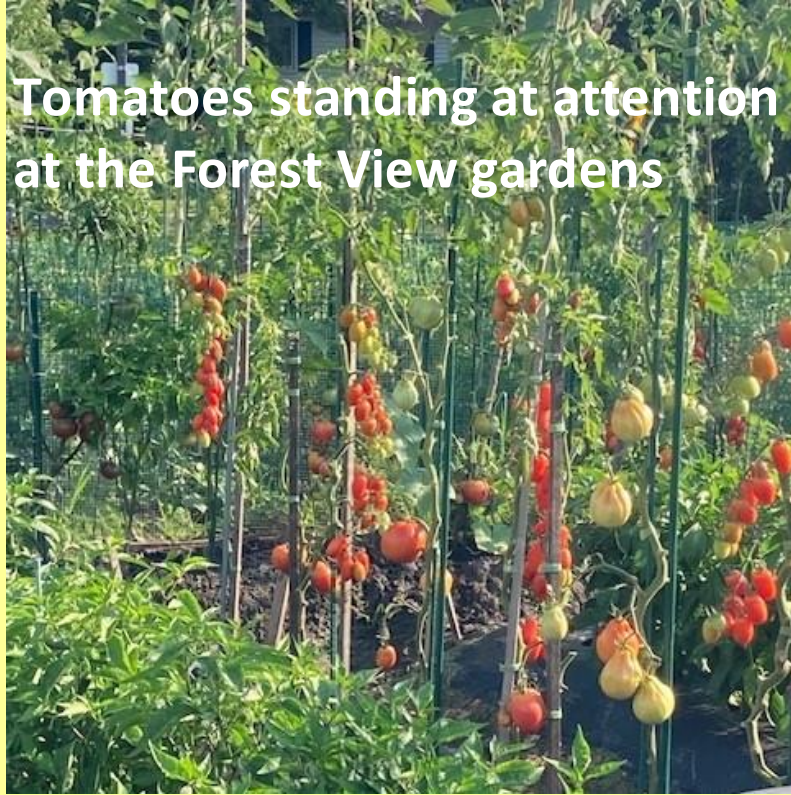


The American Cancer Society funded a project at Colorado- Boulder on the effects of community gardening. (*Lancet, Planetary Health January 4, 2023*). Results found that people who started gardening ate more fiber and got more physical activity; two known ways to reduce cancer and chronic diseases. They also saw levels of stress and anxiety significantly decreased.



Share your gardening tips and recipes at: gardens@ahpd.org

Tomatoes standing at attention at the Forest View gardens



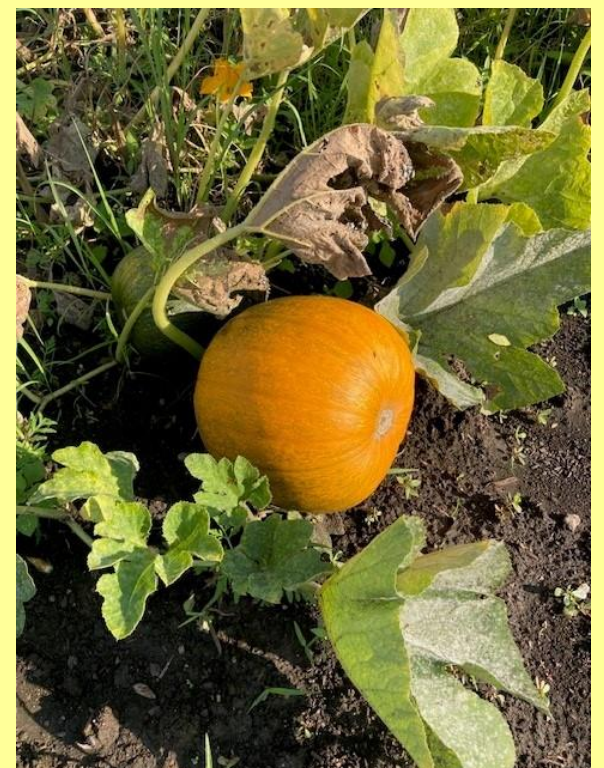
Border patrol of Marigolds keeps deer and rabbits away!



Unusual flower looks like a color wheel at Frontier gardens



Almost Autumn....



Broccoli Crust Pizza

Ingredients: 4 crowns of broccoli, 3 eggs beaten, ½ C. shredded mozzarella, 1/3 C grated parmesan, 2 lg. garlic cloves, 3 T. fresh chopped parsley, ½ t. each of onion powder, dried oregano & salt.

Preheat oven to 400°. Line baking sheet w/parchment paper. Steam broccoli crowns whole for 8 minutes or until tender. Remove stems and chop the florets tiny. Transfer to a cheese cloth and ring out as much of the liquid as possible.

In a large bowl combine all the ingredients with the chopped broccoli. Transfer mixture to baking dish and gently spread mixture packing it together to form an oval shape. The crust should be ½ in. high. Bake for 25 minutes. Now it's ready for your toppings! Try 1 C. mozzarella, 1 oz. pepperoni slices and 2 T grated parmesan. Broil that for another few minutes until cheese is melted. Enjoy!

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