

June Gardening News



Spring is looking pretty green at the Gardens! All this hard work seems to be paying off already with lettuce, herbs, and even some tomato plants beginning to sprout!

The temporary pump repairs at Forest View are working to provide water to all 100 gardens. Thank you for your patience as we await the necessary hardware to replace the valves.

Thank you all for keeping the aisles clear of hoses and other materials at both Forest View and Frontier gardens.

These ingredients are courtesy of Frontier gardener, Joe Finnegan. Joe says this **Tomato Sandwich** recipe is his family's most requested dish at picnics. Thanks Joe!

Happy Summer!



Ingredients:

- 4 slices white bread, each about 1/2 inch (12 mm) thick
- 4 Tbs. (1/2 stick) (2 oz./60 g) unsalted butter, at room temperature
- 2 large ripe, juicy heirloom tomatoes, about 1 lb. (500 g) total
- Kosher salt and freshly ground pepper
- 1/4 cup (2 fl. oz./60 ml) Duke's mayonnaise
- 1/4 cup (1 oz./30 g) roasted salted sunflower seeds
- About 10 fresh basil leaves
- 1/4 cup (1/3 oz./10 g) picked fresh dill
- 1/2 lemon

Directions:

Heat a large nonstick fry pan over medium heat until it's hot. Spread both sides of the bread slices with the butter. Place the slices in the pan and toast, turning once, until the bread is golden brown on both sides, 1 to 2 minutes per side. Transfer to a plate.

Core the tomatoes. Using a serrated knife, cut the tomatoes into slices 1/4 inch (6 mm) thick. Sprinkle with 1 1/2 tsp. salt and pepper to taste.

Spread the mayonnaise on one side of 2 bread slices, dividing evenly, then sprinkle the sunflower seeds over the mayonnaise. Stack the tomato slices on the seeds and top with the basil and dill. Squeeze the juice from the lemon half over the top. Cover each sandwich with one of the remaining bread slices. Cut the sandwiches in half and serve immediately. Serves 2.



Share your recipes and gardening tips at

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