

Why I love the summer

Tuesday, 30 August 2011 10:55 - Last Updated Thursday, 16 February 2012 11:33

I love the abundance of the dwarf pear tree. This is the third year it has produced loads of fruit that has to be given away to my neighbors, family and friends. These are tasty Bartlett pears that I love yellow but some of my Filipino neighbors prefer to eat them crunchy and green. The tree was so laden down before the hurricane we removed most of the fruit so it wouldn't be blown off and wasted. I now have 4 brown paper Trader Joe bags filled with them.



Here is a kind of windowsill still life representing what else I love about summer. Early on, when I started this website/blog about urban gardening I received some criticism for the idea. One person commented, "But you are only growing handfuls of food!" (Why bother was the subtext here). Maybe the "handfuls" are what the point is. I won't always have fresh basil and tomatoes but when I do you can bet they are going into a salad, pesto or topping for margarita pizza. When I have Swiss chard or Beet greens, they substitute for Red Sails Lettuce that doesn't do well in the heat. The radishes and peppers are a spicy addition to a salad when the little sweet onions are gone. This makes summer eating more interesting. Spring is great too with Snow Peas, onions, lettuce, as is the fall with Kale, Beets, Radishes, etc.

The point is, I am eating what is available from my garden when it's available and I adjust the menu to accommodate what's available. This is similar to "eating deep in the season", meaning you eat what's there when it's there. I've seen this idea alluded to in reading about Europe. We, of course, are not going to replace the supermarket with urban gardening but we are going to be enjoying the special foods we grew ourselves. Growing and eating some of your own food also ties in with the idea of the 100 Mile Diet. This makes even more sense as gasoline prices start to climb again.

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