



Kitchen Table Talk: KOHLRABI and GARLIC

Tuesday July 26th
6:00pm to 7:00pm
at the Farm Stand

Join us for an informative presentation by Institute of Holistic Nutrition (IHN) students Sharon Fong and Alannah Codrington.

Sharon and Alannah are completing part of their IHN practicum at Thyme Again Gardens, under the supervision of IHN graduate Lorraine Schmid. Together they'll talk about the health benefits of these two great foods, and demonstrate some great ideas for adding garlic and kohlrabi to your family's culinary repertoire!

Admission to this Kitchen Table Talk is **FREE**, although donations to help cover the costs of food and printing would be most appreciated!



Seats are limited, so please RSVP by replying to thymeagain@sympatico.ca

The Farm Stand

Our on-site farm stand is open daily **8am to 8pm** and features farm fresh produce, frozen meats and a variety of preserves – all from our farm! This week, you'll find:

Salad Mixes	Sprouts	Blueberries
Basil	Garlic	Chard
Kale	Arugula	Collards
Lamb Sausages	Pork Sausages	Ground Beef
Ground Pork	Pork Chops	and more!

Beetles are *Still* Driving us BUGGY !!

Thanks to everyone who sent us tips for dealing with our Striped Cucumber Beetle problem! We continue to try all sorts of remedies, to varying degrees of success.

A number of you mentioned using Neem Oil. Note that while Neem Oil is allowed under the Organic regulations (ie, the organic standards allow for the use of Neem Oil to control bugs), the Canadian Food Inspection Agency lists Neem Oil as a **prohibited** insecticide – so it's illegal to use it as an insecticide in Canada, regardless of what the Organic Standards say!

We've tried a few different things to get rid of the Striped Cucumber Beetles that have established squatters' rights in our garden:

- spraying with a Diatomaceous Earth (DE), water and soap mixture. VERDICT: not effective
- hand picking the beetles. VERDICT: not effective, and gross
- spraying with a garlic and cayenne mixture. VERDICT: somewhat effective
- placing yellow beer cups filled with soapy water and cloves near infected plants so the bugs mistake them for flowers and drown. VERDICT: not effective (apparently bugs are smarter than your average beer drinker)
- placing catnip flower stalks around the base of infected plants. VERDICT: seems to be effective in some areas; continuing to monitor and evaluate
- monitoring every plant leaf (top and underside) for eggs, and destroying eggs so there will be no second generation. VERDICT: to be determined



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