

— THE — GARDEN DIRT



October 2020

October 2020

3....Garden Happenings

5....Recipe

6....Calendar



garden season ends
beds fallowed until spring time
life returns again.

Community Garden
9195 W. 57th Ave.
Open every day



End of season bloom

While veggies came to a screeching halt after the first frost, many flowers thrived throughout the garden. Flowers are a great way to add some pop to your garden, especially if you are looking for the illustrious Gold Shovel Award. Floweres like the Marigold even drive away pests.



Festival of Scarecrows



Once again we had a significant presence at the Festival of Scarecrows. Our swan-song event for the garden season. There were pumpkins available for purchase along with a plethora of prizes given away for answering garden based trivia. Although attendance was down a great time was had by all the volunteers in attendance.

Roasted Butternut Squash Broccoli Cheddar Chicken Couscous

INGREDIENTS:

For the butternut squash:

- 4 cups cubed butternut squash (from about 2 pounds butternut squash)
- 1 tablespoon olive oil
- ½ tablespoon pure maple syrup
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- Freshly ground salt and pepper

For the chicken:

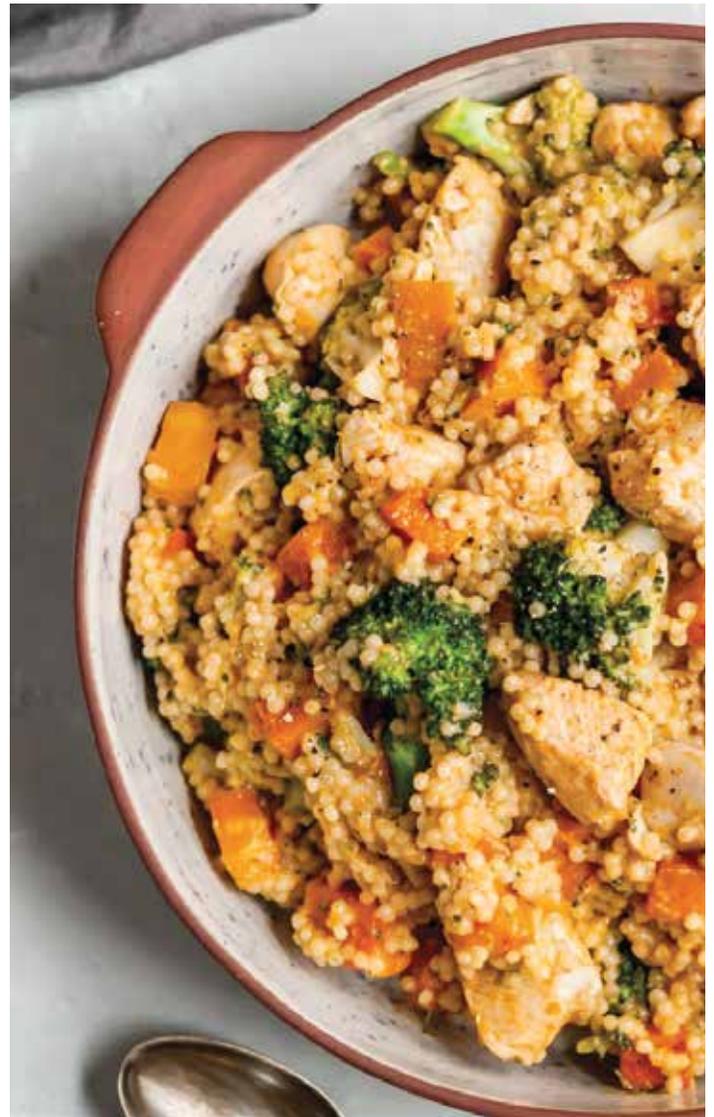
- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breast, cut into bite sized chunks
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- Freshly ground salt and pepper

For the broccoli cheddar couscous:

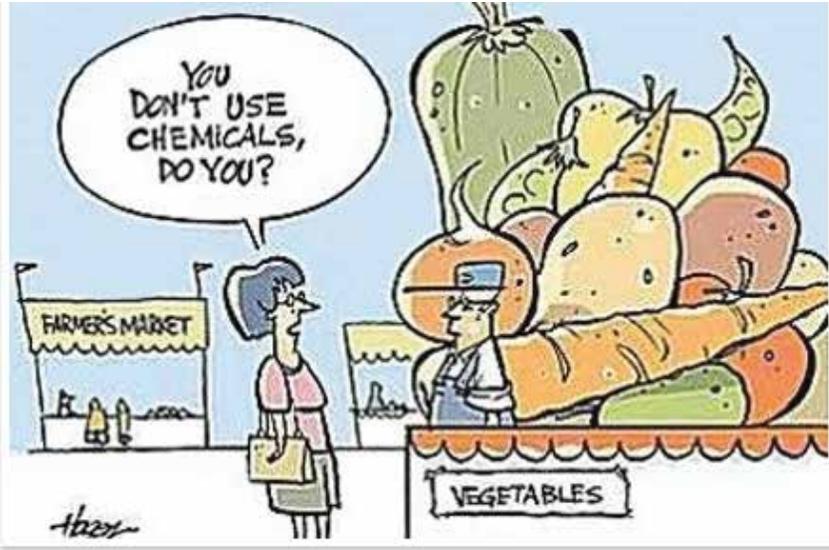
- 1 3/4 cup water or low sodium chicken broth
- 1 cup israeli (or pearl) couscous
- 1 medium head broccoli, cut into small florets (about 3 ½ cups broccoli florets)
- 1 1/2 cups shredded cheddar cheese
- Freshly ground salt and pepper, to taste

INSTRUCTIONS:

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper. Place butternut squash cubes on the baking sheet. Drizzle with olive oil and maple syrup. Sprinkle on chili powder, garlic powder and cayenne pepper. Generously season with freshly ground salt and pepper. Use your hands to toss together so that the squash is well coated.
2. Bake for 20-30 minutes, flipping halfway through, until the squash is tender. Once done, allow to rest on baking sheet until you are ready to add to the rest of the dish.
3. While the squash is cooking, cook your chicken breast. Add 1 tablespoon of olive oil to a large skillet and place over medium-high heat. Add in chicken. Immediately sprinkle with garlic powder, paprika and cayenne pepper and generously season with salt and pepper. Cook chicken for 5-8 minutes until no longer pink. Remove from heat and set skillet aside or transfer to a bowl.
4. To make the couscous: In this order add the following to a large pot or dutch oven: water, couscous and broccoli florets. Bring to a boil, then cover, reduce heat to low and cook for 8-10 minutes total; check after 5 minutes and give everything a stir.
5. Replace the lid and allow to cook for 3-5 more minutes to absorb the water. Stir again, and then add in cooked chicken and shredded cheddar. Stir to melt the cheddar.
6. Finally fold in the roasted butternut squash. Taste and adjust seasonings as necessary. Enjoy! Serves 4.



Funnies



Upcoming Events

November 9 Meeting

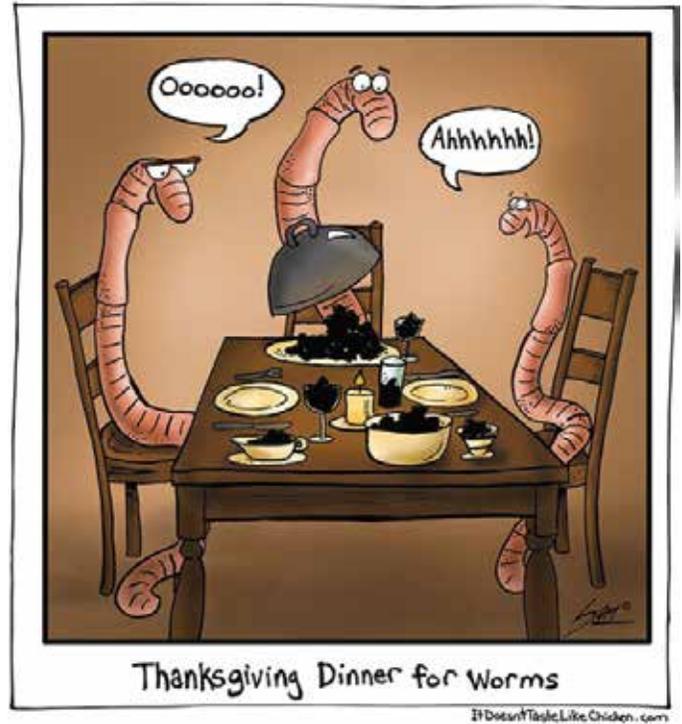
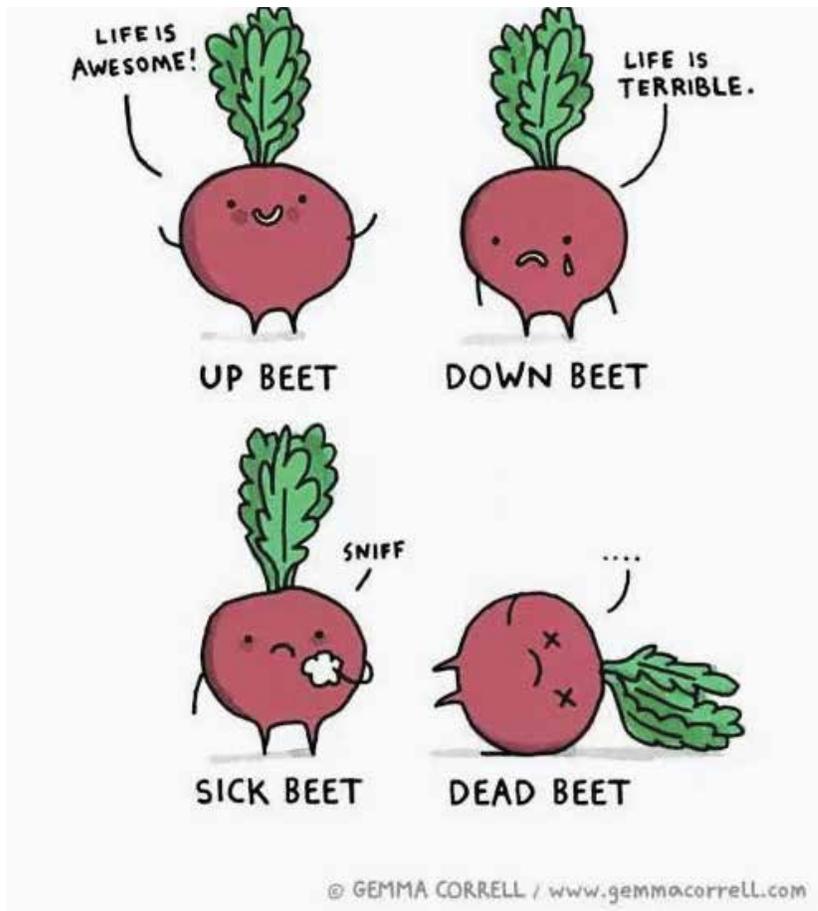
December 7 or 14

Annual Christmas Party

January 11 Meeting

February 8 Meeting

March 8 Meeting



Thanksgiving Dinner for Worms

It Doesn't Taste Like Chicken.com



RECYCLE ALERT

We have reached 500 pounds and are awaiting our new bench. We will resume collecting plastic bags next season.