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# City Girl Goes Country (Part 10) - Look what we grew!

Friday, July 05, 2013



Now what do I do with it? No problem - SP provided me with several options.

I roasted some of the zucchini and squash - very easy and very good. I'll steam the wax beans tonight and the peppers are a staple in my baked omelet.

Oops, I forgot about the cucumbers. They were already in the salad when I decided to document my success.



DH's fence is doing its job and our local wildlife must be content munching on our neighbor's lawn.

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### CD4199227

Nice looking veggies - congrats on your garden.



Aluminum foil- a bit of olive oil - a little pepper - sliced squashes throw on grill in foil pockets yum!!! 2897 days ago



### **MARYJEANSL**

Looks delicious! I don't have a fence, so the squirrels usually get everything I try to grow (except they seem to leave the herbs alone). But I get my veggies at the Farmer's Market. Try squash croquettes sometime - SO good, even my kids will eat them. Nothing like fresh vegetables. 2900 days ago



# **COCK-ROBIN**

Yum! Everything I see here looks so tasty! 2900 days ago





## MERRYMARY42

beautiful and the very favorite cucumber and onion salad, love it, it all looks great, enjoy



Comment edited on: 7/5/2013 8:08:09 PM



# CD13545024

YUM! 2900 days ago





# CAALAN23

I love zucchini squash! Yours looks beautiful!





2900 days ago



# CD14034154

Your fresh veggies look absolutely amazing!!! I know they taste great, as my parents bring me fresh veggies from their garden. Roasting the veggies is great, and the taste is amazing, but you can also grill them. I have a grill that I can use on my stove top, and man oh man, just to see the grill marks is so fantastic!!! All I do is spray with a bit of vegetable oil, and grill away. It doesn't take very long, and yum, yum!!!



Keep on growing those veggies, as it's the best thing for our bodies!!!

on growing your own produce!!!

Be blessed,

- Nancy Jean -2900 days ago

# **BELLACUDDLES**

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### DR1939

Glad the fence is working. The produce looks wonderful. 2900 days ago



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### CD8467616

Two ways this city girl uses zucchini from the farmers market:

- 1. chopped up and sauteed with onion and scrambled eggs
- 2. sliced in half lengthwise and baked with salmon

Congrats! I never grew anything in my life! The things I plant always die but fortunately where I live something else comes along and grows without asking. Seriously. I have uninvited but warmly welcomed orange tree, 2 palm trees, nastursiums, and I think it's called lantana. 2900 days ago



### SUZYMOBILE

Awesome! Zucchini bread is good, and there's always the neighbors' mailbox for any excess. 2900 days ago





# **GINIEMIE**

Nice harvest. MMM love squash, cucumber and beans. The salad looks yummy too. I picked a zucchini with one of my granddaughters yesterday and we threw it on the grill. MMM. Glad the fence is working. I found squirrels gnawing on my cabbage a month or so ago. I don't share very well.









2901 days ago



I love fresh produce. It tastes so much better. Zucchini is good if you cut it into circles, then dip it into eggbeater and then shake it with parmesean...Then roast it...makes good chips.

Great job on your garden.

2901 days ago



# CELIAMINER

Impressive! The rains may bring flooding, but it looks like the wetness was good to your garden!



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2901 days ago

Comment edited on: 7/5/2013 8:50:36 AM



# SUNSET09





It looks delish! So much so, I could eat them raw, just like that! Good job!









2901 days ago



## WILSONWR

Looks like you did really well with your gardening efforts! 2901 days ago





# LECATES

Nice harvest! 2901 days ago





# BOILHAM

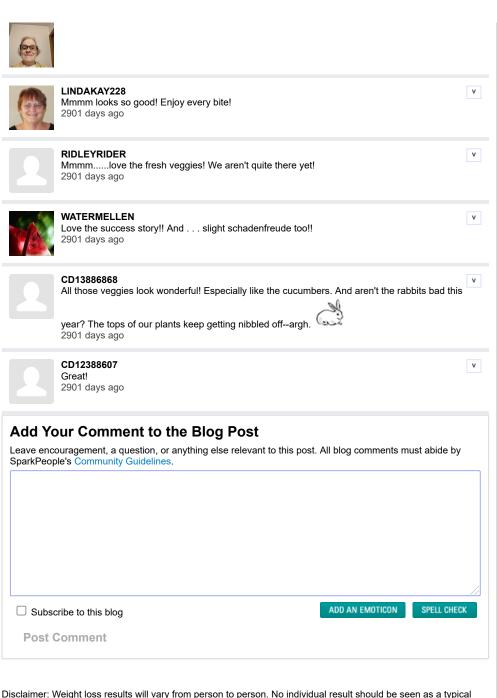
Nice looking vegetables! 2901 days ago



# **ONEKIDSMOM**

Love it... there's something very satisfying about the hard work paying off! Enjoy! 2901 days ago





Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.