

# Learning About Spaghetti Gardens





*Knock, knock  
Who's there?  
Pasta...  
Pasta who?  
Pasta spaghetti, we're hungry!*



*One of the keys to the Three Sisters garden is companion planting—choosing plants that thrive together. Another garden that benefits from companion planting is the “spaghetti” or “salsa” garden. Here, tomatoes are the main crop, complemented by other vegetables used in a salsa or spaghetti sauce.*

## What to Plant

Here are the four basic ingredients for a tasty spaghetti sauce:

			
<b>Tomatoes</b>	<b>Basil</b>	<b>Flat leaf Parsley</b>	<b>Onions and Garlic</b>

## At Wintergreen, we grow:

- 18 varieties of tomatoes
- 3 types of basil
- Italian flat leaf parsley
- Curly parsley
- Yellow onions

What's missing from our garden? **GARLIC!** Garlic is a perfect companion plant, and we didn't plant any at Wintergreen in 2010 because our neighbor has an organic garlic farm. Maybe next year!

## Herbs

Herbs also make a spaghetti sauce tasty, and are great in other recipes, too. You can try growing these herbs in your spaghetti garden—many of them will grow in windowsill pots.

*Rosemary Oregano Thyme Bay laurel Lovage Cilantro Dill*



## Simple Garden Spaghetti Sauce

6 ripe tomatoes	1 medium onion, chopped
1–3 cloves garlic	olive oil
handful parsley	3 sprigs basil, chopped
salt and pepper to taste	

Dice tomatoes and add to large pot. Finely chop basil and add to pot. Sauté onion and garlic in olive oil, and then add to the pot. Simmer on the stove until liquid is reduced to your liking. Add parsley, and salt and pepper to taste. Serve over noodles, spaghetti squash, or quinoa.

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### References and Resources

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