

Home Grown

Enjoy homegrown vegetables for family and Fido.

● Elizabeth Bublitz



IT IS TIME TO HARVEST your vegetables from the garden and enjoy the hard work put forth all summer. Not only are vegetables for your dinner table, but they can also be used to create easy, nutritious dishes for Fido to enjoy.

MACHI'S MEATLOAF

INGREDIENTS

- ½ pound lean ground beef
- ½ pound turkey (or pork)
- 3 stalks celery, chopped
- 2 carrots, grated
- 1 apple, cored and diced
- 2 eggs
- 1 ½ cups brown rice
- 1 cup regular rolled oats
- 1 (6 ounce) can tomato paste
- 2 medium yams, cubed
- 3 carrots, chopped
- 1 stalk celery, cubed

PREPARATION

Preheat the oven to 350° Fahrenheit (175° Celsius). Coat a large roasting pan with oil and set aside. In a large bowl, mix together the ground beef, 3 stalks of celery, 2 grated carrots, apple, eggs, brown rice, oats and tomato paste using your hands. Divide the meat mixture into four equal parts and make loaf shapes. Place the loaves in the roasting pan. Surround them with the yams, remaining carrots and remaining celery. Cover the pan with a lid. Bake for 80 minutes or until the meat is thoroughly cooked, with an internal temperature of 175° Fahrenheit (80° Celsius). Allow to cool.

Are you cooking out tonight? Grill your pooch the perfect hamburger. Substitute polenta instead of hamburger buns.

BARNEY'S BURGER

INGREDIENTS

- 1 pound hamburger meat (or turkey)
- 2 boiled eggs, chopped
- 1/2 cup brown rice
- 1 cup fresh broccoli
- 1 cup fresh carrots, chopped
- 2 tablespoons cottage cheese

PREPARATION

Place the ground beef in a skillet and gently fry until meat is cooked. Cook the brown rice according to package instructions and let cool. Steam the vegetables and cool. Once your eggs are boiled (approximately for 15 minutes), let cool until cool enough to handle, then mince the hard boiled eggs. Mix all ingredients together in a large bowl. Freeze extras or store in the refrigerator for up to three days. 🐾



◀ **ELIZABETH BUBLITZ** is the owner, author and creator of Colorado's only pet-friendly landscape design/build company, Pawfriendly Landscapes, celebrating its tenth anniversary in 2008. Pawfriendly Landscapes creates custom pet-friendly landscape designs nationally. pawfriendlylandscapes.com.

FLOWER HOWLER

When creating the perfect pet-friendly bouquet, it's key to know flowers' bloom season.



- ✿ Knock Out Roses (fuchsia, all season)
- ✿ Shasta Daisy (white, all season)
- ✿ Liatris (purple or white bloom, July)
- ✿ Gerber Daisy (various bloom colors, all season)
- ✿ Lavender (purple, mid-summer)
- ✿ Leatherleaf Fern (green, all season)
- ✿ Scabiosa (purple or pink, all season)
- ✿ Penstemon (various bloom colors, all season)
- ✿ Anthurium (various bloom colors, all season)
- ✿ German Statice (in lieu of Baby's Breath, which is toxic to pets)
- ✿ Coneflower (purple, August)
- ✿ Black-Eyed Susan (yellow, mid-summer/fall)
- ✿ Pansy (various bloom colors, spring/fall)

FURTHER INFORMATION

www.ffdo.gs/j56317

CREATE EASY,
NUTRITIOUS DISHES
FOR YOUR POOCH.