

Manhattan Community Gardens

Past newsletters are available at:

http://www.k-state.edu/ufm/gardennews.htm or www.tryufm.org/gardennews.htm

Our new board was elected by popular vote at the November, 2008 clean up day. Many thanks go to our old board members for a job well done. New Board Members include:

2009 MCG Board Members							
<u>Name</u>	Committee	Phone	<u>Email</u>				
Susan Peterson, President	Records, Co-Chair	537-0372	slpete@sbcglobal.net				
Jenny Guilford, VicePresident	Compost & Mulch	443-2769	lveggielady@gmail.com				
Linda Teener, Treasurer	Finance	539-8763	linda@tryufm.org				
Pamela Been-Redeker	Flower Bed Maintenance	537-8298	donredeker@sbcglobal.net				
Lynda Bachelor	Garden Socials	w)532-7607	lbachelor@cox.net				
	Crop Walk	h)539-9508					
Chuck Marr	Equipment Maintenance	539-6825	cmarr@ksu.edu				
	Newsletter & Education (electronic)						
Jean Squires	Newsletter & Education	313-2409	jeannesquires@yahoo.com				
Bruce McMillan	Ground Maintenance	539-1016	Brucemacks@yahoo.com				
	Tilling						
Susan Oviatt	Records	776-0801	susanovia@sbcglobal.net				
Kellan Kershner	Rules & Safety	532-5954	kkershne@ksu.edu				
(Please do not call MCG Board Members after 9:00 p.m.)							

Anyone interested in adding to the Manhattan Community Garden's newsletter may submit their articles to <u>jeannesquires@yahoo.com</u> at any time. Articles will appear in the next scheduled newsletter after submission.

Letter From Our New President

It All Started with the Mud

It felt almost like I thick warm silky chocolate might feel crossing over my toes. I had filled all the moats and waterways of my garden earlier in the morning. Now I was back to see if the flowers were still drooping. The marigolds, although vivid in their orange and yellow hues still looked a little thirsty. The mud that covered my toes was delightful. I quickly ran to the side of my house and turned on the spigot. The water steadily built up in the hot green garden hose and then the sprinkler came to life with a circular rhythm. Swish, ka swish, ka swish!

I loved my flower garden that my parents let me keep each summer. I'm sure that the garden I tended those childhood summers couldn't have been bigger than a 3 x 5 foot plot. It seemed so immense. I could float toy

boats in the small irrigation channels that I made between the rows of marigolds, talk to the lady bugs about my baby brother or make lovely necklaces from my flower's blooms. You could spend quite an afternoon channeling mud. I wasn't sure why my garden had to be on the backside of the propane tank. I once told my mother that no one could see my marigolds. She just smiled and nodded.

I don't know how you got your start gardening or how you came to be a gardener at the Community Gardens. All I know is that each spring when I begin to plan my garden I think of that small flower garden that I had as a child and it makes me smile. So I want to welcome you to the Manhattan Community Gardens. If you have concerns or question about the garden, please don't hesitate to call 537-0372 or e-mail me slpete@sbcglobal.net. Happy Gardening!

Special Notice:

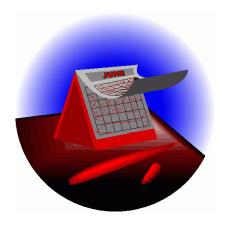
The deadline for cleaning off our garden plots was December 1, 2008. If you have not gotten yours cleared off, please make sure that your plots are cleared and ready for this spring's tilling.

2009 Dates to Remember:

Our first garden workday will be the March 28 spring clean up day. It is also the last chance to sign up for a 2009 plot.

Garden Show is Coming

This year's Garden Show is scheduled for Saturday, **February 28th**, **from 9:00 a.m.-5:00 p.m. and Sunday, March 1, from 12:00-4:00 p.m.** at Pottorf Hall. We share to booth with UFM. Our donated prize for the booth this year is a Tool Kit and Seeds. Returning gardeners signed up at 2009 garden signup to help us man the booth. Please remember to check your schedules.



Other Area Garden Show this spring

Salina Garden Show: February 20, 2009 TO February 22, 2009. Location: Salina Bicentennial Center (800 The Midway). Show Times: Fri. 5pm-9pm; Sat. 10am-8pm; Sun. 11am-5pm. For more information visit: http://www.salinahba.com/show.asp

Topeka Garden Show: February 13, 2009 TO February 15, 2009. Locations: Landon Arena, Topeka Expo Centre. Hours: 10:00 am- 8:00 pm

The Greater Kansas City Home Show and Flower, Lawn & Garden Show: March 26-29, 2009. Location: Kansas City Convention Center, Bartle Hall, 13th & Broadway, Kansas City, MO Hours: 4 p.m. to 9 p.m. Thursday, 11 a.m. to 10 p.m. Friday, 10 a.m. to 10 p.m. Saturday, 10 a.m. to 6 p.m. Sunday. For more information:

http://www.kchba.org/index.php?option=com_content&view=article&id=119&Itemid=142

Wichita Garden Show: March 4, 2009 TO March 8, 2009. Location: Century II, 225 West Douglas. Hours: Wednesday March 4 11:00 am to 9:00 pm, Thursday March 5 11:00 am to 9:00 pm, Friday March 6 9:00 am to 9:00 pm, Saturday March 7 9:00 am to 9:00 pm, Sunday March 8 11:00 am to 6:00 pm. For more information: http://www.wichitagardenshow.com/show_details.html

Sign Up for New Gardeners

Sign Ups will be held for new gardeners on

Wednesday, February 4, 2009, from 7:00-8:00 p.m. in the UFM Fireplace Room Saturday, February 14, 2009, 10:00 -12:00 a.m. in the UFM Fireplace Room Saturday March 28, 2009, 9:00-12:00 at the Manhattan Community Gardens (Clean UP day) (March 28 is the last sign up for 2009 gardeners)

Garden Work Pays

In 2009, to keep the gardens looking spiffy on a consistent basis, we will be holding monthly work days. You should have signed up for one of these work days at the Annual Garden Sign UP.

2009 Garden Socials

This year we are holding our socials at varying times of the week so that everyone can hopefully make it to at least one social. Networking with other gardeners in our community garden, not only helps us to learn about gardening from other experienced people, but also increases our contact with our Manhattan community. Here are the social dates:



Spring Semester Carth & Nature Classes from the UFM: Home Landscape Design

Basics of landscaping using locally available resources. Instructor: Gregg Eyestone

Date: 02/01/2009 to 02/17/2009 (Tuesdays)

Time: 6:30 p.m. to 8:30 p.m.

Fee: \$16.00

Location: Cico Park, Pottorf Hall

Constructing a Water Feature and Other Landscaping Ideas

Two different types of water feature will be discussed and idea presented for path and rock wall

construction. Instructor: George Wyatt
Date: 04/09/2009 (Thursday)

Time: 04/09/2009 (Thursday)

Fee: \$12.00

Location: 1724 Sheffield Circle

Successful Container Gardening

Covers the science and art of growing plants in containers. Instructor: Colleen Hampton.

Date: 03/30/2009 (Monday) Time: 6:30 p.m. to 8:30 p.m.

Fee: \$12.00

Location: UFM Solar Addition, 1221 Thurston Street

Gardening Simplified

Includes all kinds of gardening information including pests and weather extremes in Kansas. Instructor: Colleen Hampton.

Date: 03/09/2009 (Monday) Time: 6:30 p.m. to 8:30 p.m.

Fee \$12.00

Location: UFM Solar Addition, 1221 Thurston Street

Growing Veggies 4 Flavor & Fun

Provides new and returning after a long break gardeners with information to avoid pesticide exposure and minimize tainted produce. Instructor: Colleen Hampton

Date: 03/23/2009 (Monday) Time: 6:30 p.m. to 8:30 p.m.

Fee \$12.00

Location: UFM Solar Addition, 1221 Thurston Street

Perennial Flowers & Grasses

Find out which perennials do best in Kansas' difficult climate. Instructor: Colleen Hampton

Date: 04/06/2009 (Monday) Time: 6:30 p.m. to 8:30 p.m.

Fee \$12.00

Location: UFM Solar Addition, 1221 Thurston Street

Spring Plant Swap

Rejuvenate your flower beds and gardens. Great opportunity to expand your garden by swapping your overabundance with others. Bring your irises, peonies, vines, house plants and even gardening magazines to swap.

Date: 04/25/2009 (Saturday) Time: 11:00 a.m. to Noon

Fee No charge

Location: UFM Solar Addition, 1221 Thurston Street

Worm Composting

Learn how to turn your food waste, with the help of some low labor company, into rich, dark earth smelling soil conditioner. All ages welcome. Instructors: Deane Lahman & Jennifer Guilford.

Date: 03/11/2009 (Wednesday) Time: 6:00 pm. To 7:00 p.m.

Fee No charge

Location: UFM Solar Addition, 1221 Thurston Street

2nd session:

Date: 03/25/2009 (Wednesday) Time: 6:00 pm. To 7:00 p.m

Fee No charge

Location: UFM Solar Addition, 1221 Thurston Street



Committee Reports:

Starting in 2009 all gardeners are required to participate in a minimum of two Board-Designated Activities. All persons must take their turn or they **WILL** lose their right to garden the next season. Sign up for these activities will be done at registration. Board Designated Activities include workdays, socials, tilling, and other miscellaneous opportunities to be defined later.

Compost & Mulch:

We have a great abundance of wood chips for walkway maintenance. There is still horse manure, compost & straw mulch available for gardeners use.

Flower Bed Maintenance:

For the 2009 garden season there will be nine different workdays, from March to November (~monthly). Each workday is for two hours, 8-10am or 9-11am, depending on the time of year. Each workday is on the first Saturday of the month, with the following Saturday as the rain day. Board members will determine what needs to be done, and one board member will lead the workday. Gardeners signed up to attend these workdays at registration time. Please check you calendars and/or registration sheets for the date and time that you signed up to attend. Dates and times were written on the lower left hand side of your registration form. In this way we hope to keep the "community areas" of the garden better maintained.

Finance:

2008 was a great year financially. No new equipment was purchased. 2009 Budget Estimates have been set in accordance with 2008 expenditures.

Garden Socials and Crop Walk

There will be five garden socials, plus the Annual Garden Show in February. Everyone who registered to garden this year has signed up to help with an activity. Please check your calendars and sign up sheets for the dates that you selected. Dates and times were written on the lower left hand side of your registration form.

Rules & Safety:

Kellen Kershner is our new Rules & Safety Chair. He has been touring the gardens on a regular basis and those plots needing to take action will be notified. Plots of those gardeners who are not returning, should have been cleared off by Dec 1st, to receive their deposit refund. Please remember: Any plot not **maintained** by June 1 (or two weeks after rent date for those plots rented after June 1) will revert to the MCG and gardener of said plot will lose plot deposit and rental fee.

Equipment Maintenance:

A quick demonstration/class for proper use of garden equipment is required for all gardeners before using equipment for the first time. Gardeners who find equipment that needs repaired, please tag it when returning it to the shed so that it can be maintained.

Newsletters and Education:

Chuck Marr will continue to compose a weekly electronic email newsletter throughout the growing season for 2009. Jean Squires will now be in charge of composing the paper newsletter. Contributions to the paper newsletter can be submitted to Jean Squires at any time and will be published in the next following newsletter. All contributions are welcome.

Ground Maintenance & Tilling:

Roto tilling will begin when the ground is dry enough. There are several people helping on the tilling committee this year. *Quick winter maintenance note:* the water is off in the north garden while the hydrant is being repaired. The Walnut tree in the north garden is scheduled to come out before planting time (yeah!). The Board is discussing idea about how to use the space created by the tree removal.

Records:

If you have any questions concerning your records, please contact Susan Oviatt, our new records chair person.

Winter Gardening

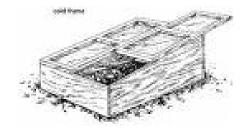


Here are some ideas for gardening activities for the winter months:

It is a good time to clean and repair your garden tools. Check the roto-tiller, lawn mower and sharpen tools.

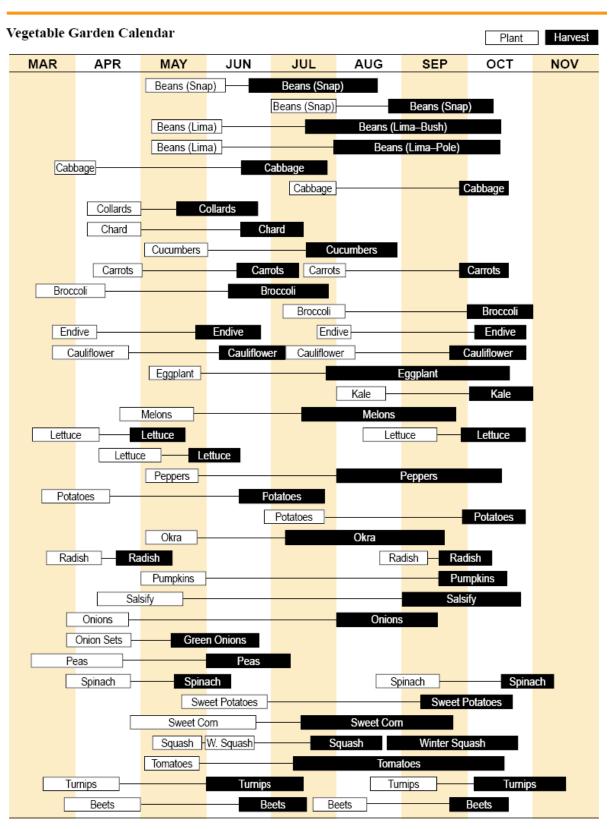
- Transplant and maintain your houseplants. Divide some of your plants to start as gifts for upcoming holidays such as Easter and Mother's Day. Starting African violets from leaf cuttings is an easy skill to learn. Select a leaf of medium size, slide your finger down the leaf stem and push down at the base. The stem should break away from the parent plant. Leave the stem on the leaf, and dip the stem in rooting powder. Insert the stem at an angle into the soil mix. Place the leaf and pot in a plastic bag, blow in some air and tie it shut. Keep the bag in bright light but not direct sun. If you see mold or moisture in the bag, open it for a few hours to let the excess water evaporate. The stem will root in about a month. When the leaves are an inch long open the bag. In 6 to 8 weeks small leaves will form at the base of the leaf. When they get to be half the size of the mother leaf, carefully separate them from the mother leaf and repot the plants individually. The plants should blossom in six months, if given bright light, warm temperatures and fertilizer.
- Build a bird feeder or purchase one. Watching birds in the winter is a great activity for the whole family. Buy an inexpensive bird identification book, which will make this activity even more fun. Try putting out different birdseed mixes to see whether different birds come to feed.

- Sprout seeds for eating. They do not require light for germination and are very nutritious. You can buy alfalfa seeds at a health food store and they will sprout in a short period of time.
- Now is the time to get a bargain on Amaryllis and Paper Whites. Buy a couple and start them at different times to have a continual bloom during the winter.
- Consider purchasing or even building an "Indoor Grow Lab" that will allow you to start plants from seeds, propagate root cuttings, raise flowering foliage and vegetable plants, force plants to flower and experiment with how plants respond to light. Instructions for building a lab are usually available at the Extension Office or library, if you are handy with woodworking tools. The cost will probably be \$100 \$150.
- Take the time to plan a garden out on paper. Sometimes, a blue print to a garden can guide you when buying seeds, and planning your harvest and preserving schedule.
- The cold weather months are also a fun time to create decorations for your garden. Create decorative plant identification signs by cutting and painting wood or another material. Visit a ceramic shop and find cute garden statues that can be stained and glazed for outdoor use.
- Build structures that you can use in the garden for support. That way you can save valuable time at planting time by having structures already to transport to the garden space.
- Brush up on insects and diseases and how to prevent and control infestation. Classes are often offered during winter months.
- If you are a garden crop preserver, shop for needed preserving tools during the winter months. Often you can find them at cheaper prices in the "off season".
- Start your spring plants inside in late February or March. This way you can save on having to buy starting plants for your garden and be a few weeks ahead of harvest schedule.
- Visit a local nursery and drink in the beauty of what is growing and blooming.
- Attend a local Garden Show.
- Look for gardening classes usually offered by our UFM, or the Master Gardeners Program.
- I often lay down my composting materials in the late cold months, just before it begins to warm to help
- How about taking this time to build a greenhouse, or cold frame. Construction can be done in a garage or basement, and the structure moved to the outdoors when the weather permits.



For Our New Gardeners

As a fairly new gardener in Kansas last year, I found the planting/harvesting schedule published in the Community Gardens Newsletter to be very handy, so I am passing the favor on. You can also find this chart and much more beneficial information at www.tryufm.org website under the Community Gardens Newsletters section.



Wanted: Garden Mentors

"Give a man a fish and he will eat for a day. Teach him how to fish and he will eat for a lifetime." Chinese Proverb

The Garden Board is considering providing an opportunity for interested Manhattan Community gardener's to act as Garden Mentors with patrons of the Flint Hills Breadbasket, our local Community Food Network. The Breadbaskets mission is to minimize hunger and poverty through the distribution of available food and to nurture projects that will help alleviate hunger and poverty.

I recently spoke with Natascha Phillip, Executive Director of the Breadbasket and she indicated a strong interest in participating in a joint venture with the Manhattan Community Garden (MCG) to help teach people to grow their own vegetables. In addition to extending an invitation to their regular cliental, she suggested low-income seniors over sixty might currently have an interest in learning to garden. Recently the Kansas Senior Farmer's Market Nutrition program was cancelled, affecting Riley county seniors. This program had provided farmers market coupons (used on locally grown fruits and vegetables) for low-income people over 60-years, who were also participating in the Commodity Supplemental Food Program.

Each year the MCG is a local recipient of an annual fundraiser sponsored by Church World Services called CROP Walk. In 2007 the MCG received over \$900, and the 2008 amount was slightly less. In 2008 the MCG Garden Board began discussing ways to use this donation to help our community in reducing local hunger. One option discussed was to teach low-income people to garden through a mentoring program, and then provide them gardening resources (seeds, transplants, gloves, etc.) with the CROP Walk funding. Participating gardeners from the MCG would share some space in their garden with the "trainee" during the 2009 growing season; and teach gardening skills – plant selection, garden design, planting, watering, weeding and harvesting.

The advantages for community gardeners to participate as mentors and share some garden space include the opportunity to share their love of gardening, to make new friends, and to help a low-income family or senior supplement their diet with fresh vegetables. At the same time it's an opportunity to gain a gardening partner who can help care for your garden while you are on vacation, gone on a business trip, or perhaps while you are temporarily "out-of-action" due to a health issue.

The new gardener "trainee" who successfully gardens with a community garden mentor would be eligible for their own plot as soon as one becomes available - during the summer or fall 2009 garden season, or during the following 2010 spring sign up. The plot fee and other garden resources would be sponsored through a scholarship provided by the community gardens CROP Walk funding.

As I mentioned earlier, the garden board is considering this garden-mentoring program as an opportunity for using the CROP Walk funds, but it will only be considered if there are a few gardeners in the MCG who are willing to share their gardening skills and part of their garden plot during the 2009 season. Gardening usually begins in March – remember we plant our potatoes by St. Patrick's Day – so don't delay! If you would like to participate, or if you have questions or suggestions about this program - please contact me as soon as possible.

Patty Zehl 785-537-8306 pzehl@ksu.edu

Companion Planting Chart

Native Americans found that planting certain crops together increased production, while other planting techniques decreased it. On the next two pages is a chart of companion planting that I have found quite beneficial.

Common name	Helps	Helped by	Repels / Distracts	Avoid	Comments
<u>Alliums</u>	fruit trees, nightshades (tomatoes, peppers, potatoes, etc), brassicas (cabbage, broccoli, kohlrabi, etc) carrots	carrots	slugs, aphids, carrot fly, cabbage worms ^[1]	beans, peas, parsley	Alliums include onions, garlic, leeks, shallots, chives, and others
<u>Asparagus</u>	Tomatoes	Aster Family flowers, Dill ,Coriander, Tomatoes, Parsley, Basil, Comfrey, Marigolds		Onion, Garlic, Potatoes	Marigolds will deter beetles.
<u>Brassicas</u>		geraniums, dill, alliums (onions, shallots, garlic, etc), rosemary, nasturtium, borage		mustards, nightshades (tomatoes, peppers, etc)	Brassicas are a family of species which include broccoli, cabbage, brussels sprouts, kholrabi, and cauliflower.
Beans,	Corn (see Three Sisters), Spinach, lettuce, rosemary, summer savory, dill, carrots, brassicas, beets, radish, strawberry and cucumbers	Eggplant, Summer savory	California beetles	Tomatoes, chili peppers, sunflowers, alliums (onions, garlic, etc), kales (cabbage, broccoli, etc)	Hosts nitrogen-fixing bacteria, a good fertilizer for <i>some</i> plants, too much for others
Beets,	lettuce, kohlrabi, onions and brassicas	Catnip, Garlic, Mint		Runner or pole beans	Good for adding minerals to the soil through composting leafs which have up to 25% magnesium. Runner or pole beans and beets stunt each other's growth.
Broccoli		geraniums, dill, alliums, rosemary, nasturtium, borage		mustards, Tomatoes, peppers	Rosemary repels cabbage fly, geraniums trap cabbage worms, same general companion profile as all brassica (cabbage, kolhrabi, brussels sprouts, cauliflower, etc)
<u>Cabbage</u>		geraniums, dill, alliums, rosemary		mustards, Tomatoes, peppers strawberries, and pole/runner beans	Rosemary repels cabbage flies, geraniums trap cabbage worms, same general companion profile as all brassica (cabbage, kolhrabi, brussels sprouts, cauliflower, etc)
<u>Carrots</u>	Tomatoes, Alliums (onions, chives, etc), lettuce	alliums (leeks, shallots, etc), rosemary, wormwood, sage, beans, flax		Dill, parsnip, radish	Tomatoes grow better with carrots, but may stunt the carrots' growth. Beans (which are bad for tomatoes) provide the nitrogen carrots need more than some other vegetables. Aromatic companion plants repel carrot fly. Sage, rosemary, and radishes are recommended by

<u>Peppers</u>	themselves, marjoram	tomatoes, geraniums, petunias		beans, kale (cabbage, brussels sprouts, etc)	Pepper plants like high humidity, which can be helped along by planting with some kind of dense-leaf or ground-cover companion, like majoram and basil; they also need direct sunlight, but their fruit can be harmed by itpepper plants grown together, or with tomatoes, can shelter the fruit from sunlight, and raises the humidity level.
Onion	Tomatoes, Kales (broccoli, cabbage, etc)	Carrots	aphids, carrot fly, other pests	beans, peas, parsley, leeks	Same companion traits as all other alliums (chives, garlic, shallots, leeks, etc)
<u>Potato</u>		Horseradish		Sunflower, Tomato	horseradish increases the disease resistance of potatoes
Pumpkin Squash	corn, beans	Buckwheat, catnip, tansy, radishes			Flea Beetles are warded off by radishes, Curcurbita can be used in the three sisters technique
Spinach		Peas, Beans			The peas and beans provide natural shade for the spinach
Tomatoes	roses, peppers, asparagus	basil, oregano, parsley, carrots, marigold, Alliums, celery, Geraniums, Petunias, Nasturtium, Borage	asparagus beetle	Black walnut, corn, fennel, peas, dill, potatoes, beetroot, kales (kohlrabi, cabbage, etc), rosemary	Black walnuts inhibit tomato growth, in fact they are allelopathic to all other nightshade plants (chili pepper, potato, tobacco, petunia) as well, because it produces a chemical called juglone.
<u>Leek</u>	Celery, apple trees	carrots	worms, aphids, carrot fly, others	Legumes (beans, peas, etc)	Same companion traits as all alliums (onions, garlic, shallots, chives, etc)
<u>Lettuce</u>		Radish, Kohlrabi, beans, carrots		celery, cabbage, cress, parsley	Mints (including hyssop, sage, and various "balms") repel slugs, a bane of lettuce and cabbages
Mustard	Cabbage, cauliflower, radish, brussels sprouts, turnips		various pests		same general companion profile as all brassica (cabbage, kolhrabi, brussels sprouts, cauliflower, etc)
<u>Nightshades</u>		carrots, alliums, mints (basil, oregano, etc)		beans, black walnuts, corn, fennel, dill, brassica (broccoli, cabbage, cauliflower, etc)	Nightshade plants include tomatoes, tobacco, chili peppers (including bell peppers), potatoes, eggplant, and others

What's Inside?

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