



Manhattan Community Gardens

Past newsletters are available at:

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

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

Our new board was elected by popular vote at the November, 2009 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>	<u>Committee</u>	<u>Phone</u>	<u>Email</u>
Chuck Marr, President	Education & Newsletter (electronic)	539-6825	cmarr@ksu.edu
Susan Oviatt, Vice President	Records & Garden Socials & Crop Walk	776-0801	susanovia@sbcglobal.net
Dale Stearns, Secretary		410-4318	annestearns@gmail.com
Linda Teener, Treasurer	Finance	539-8763	linda@tryufm.org
Pamela Been-Redeker	Flower Bed Maintenance	537-8298	donredeker@sbcglobal.net
Jean Squires Lake	Newsletter & Education Garden Socials & Crop Walk	313-2409	jeannesquires@yahoo.com
Dick Green	Equipment Maintenance	587-0822	harahey31@gmail.com
Pat Butler	Grounds Maintenance & Tilling	539-2857	nputler@gmail.com
Don Benninga	Compost & Mulch	539-8613	dbenninga@hotmail.com
Kellan Kershner	Rules & Safety	532-5954	kkershne@ksu.edu

(Please do not call MCG Board Members after 9:00 p.m.)

Presidents Corner: Something Old & Something New

As I sit here this gloomy early February day, it seems difficult to imagine that in a few weeks (hopefully) the weather will start to warm and planting season will be just around the corner. I couldn't be more ready as I'm sure all of you are after a winter that has been one to remember. I also am ready to begin a term as the Manhattan Community Garden Board Chair and President. It's something old since I was around and involved back in 1974 with the very initial stages of implementing a community garden in Manhattan. But, through my years of working for K-State I was never able to garden there. What a delightful experience I've had in the last 3 years since my retirement to experience something new for me- gardening at the MCG. I've known many MCG leaders and gardeners through the years and am indebted to all of them for their leadership in the past- especially those that have served on the MCG Board. I am especially envious of the job that my predecessor, Susan Peterson, did as president and hope that I can live up to her model. Also, I appreciate the

backing through all these years by UFM and the tireless work of Linda Teener, UFM Director, in providing a basis for the gardens to operate. We'll try some new things this year and continue many things that have made the MCG a great addition to Manhattan. I'm looking forward to working with the 2010 Board and all of you. I'll be communicating with you through the weekly E-mail newsletter (starting in late Feb to early March) and be sure to communicate back if you have suggestions or ideas. I'm ready to get started... and really ready to start gardening!! Chuck Marr cmarr@ksu.edu

Dates to Remember:

Manhattan Garden Show: February 27th & 28th

Pottorf Hall at Cico Park

Sat 9-5; Sun 12-4.

There will be gardening seminars and informational booths. This is fun for all ages. Below is a list of those who have signed up to help with the MCG booth this year.



Saturday 2/27

9-11 a.m.: Elena Boyko, Leroy Brooks, Jackie MacDonald

11-1 p.m.: Anita Carroll

1-3 p.m.: Jenny Chang, John Markham

3-5 p.m.: Dean Zollman, Annette Finkeldi

Sunday 2/28

12- 1:30 p.m.: Habib Diop, Max Urick

1:30-3 p.m.: Raymond Mutava

3-5 p.m.: John Markham

Equipment Operations Instruction Sessions:

These will be held at the Equipment Shed at Manhattan Community Gardens. Everyone must participate in a session in order to receive the combination to the shed locks.

Tuesday, February 16 at 5 p.m

Thursday, February 18 at 5 p.m.

Saturday, February 20 at 10 a.m

Spring Clean Up Day:

Saturday, March 27

People who have signed up to work on this date:

Gina Collins

Monika Munce

Sharon Davis

Liz Workman

Brad Debey

Sang Yu Yi

Alicia Brooks-Torrico

David McKee

Melissa Winter

Malley Sisson

Phil Henderson

Belinda Hunter

Derek Jackson

Carl Hill

Chang hua Zhang

Susan Peterson

J. David Mattox

2010 Scheduled Work Days (all Saturdays):

Work day lists and maps will be posted inside of equipment shed on the bulletin board for easy reference.

May 1, June 5, July 10, August 7, September 11, October 2, and November 13 (Annual Fall Meeting & Clean Up). A list will follow in the next printed newsletter of who has signed up for which workdays.

Spring Classes at the UFM (1221 Thurston St.):

Gardening 101 for Novices

Place: UFM Fireplace Room

Date: 03/13/2010, Saturday

Time: 10:00 AM to 12 N, 1 Session

Fee: \$12.00

Let's Make Hypertufa!

Place: UFM Solar Addition

Date: 05/08/2010, Saturday

Time: 9:00 AM to 11:00 AM, 1 Session

Fee: \$30.00

Growing Veggies 4 Flavor & Fun

Place: UFM Fireplace Room

Date: 04/03/2010, Saturday

Time: 10:00 AM to 12 N, 1 Session

Fee: \$12.00

Perennial Flowers & Grasses

Place: UFM Fireplace Room

Date: 04/17/2010, Saturday

Time: 1:00 PM to 3:00 PM, 1 Session

Fee: \$12.00

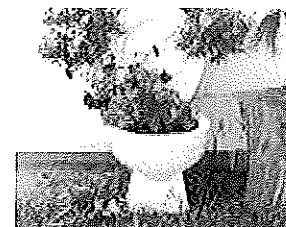
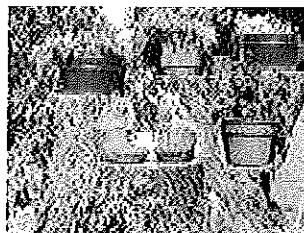
Successful Container Gardening

Place: UFM Fireplace Room

Date: 04/17/2010, Saturday

Time: 10:00 AM to 12 N, 1 Session

Fee: \$12.00



Plant Swap:

The UFM is sponsoring a plant swap again this year. Bring outdoor or indoor plants, seeds, vines and bulbs that you want to trade for something different. The variety is only limited by what others bring to trade.

Date: *May 8, 2010 at 11:00 a.m.* in the *UFM Solar Addition* 1221 Thurston. There is no charge for this activity.

Theft and Vandalism

It's not a topic that I wanted to start talking about in this first newsletter issue but it is one that needs to be addressed and dealt with- hopefully by all of us as we start a new gardening year. We had several instances last year where plants were pulled up and hoses left running (luckily only for a few hours) as well as instances where produce was harvested from various gardens. I found several cases in my garden where onions were missing and the impression in the soil where an onion had been was still there. We need to work together to see that these things stop in our gardens. How can we do that?

I've already alerted the Riley County Police of our concerns; however, police patrols can't be there all the time. We have a lot of gardeners that are there quite a bit at various hours of the day and evening so we need to work together to help each other out from those that want to damage or steal from us. Just like a 'neighborhood watch' you need to be aware of your fellow gardeners- who they are, what they look like, what vehicles they drive and be alert for those that don't fit. Don't be alarmed if someone asks you who you are and what you are doing there- respond politely who you are and what garden plot is yours. We will have map of plots and gardeners inside the large shed so you can 'match up' any person that you think may be an intruder. If they are, call the authorities and/or copy their license number. Don't confront them directly but make sure they are aware of your suspicions. Report any loss or damage as soon as you notice it to a garden board member. Hopefully, together we can be alert, stop or prevent theft and damage and allow you to benefit from your long hours of work- not someone else. (article by Chuck Marr)



Featured Plant:

Spinach:

History: Primitive forms of spinach are found in Nepal, where the plant was probably first domesticated. It was migrated to China in the 6th century AD then onto the Muslim world by the 11th century. A great historical figure Catherine de Medici loved spinach and took it with her when leaving her home of Florence, Italy for other places. Because of this,

spinach dishes are often called "a la Florentine".

Types of spinach: A distinction can be made between older varieties of spinach and more modern varieties. Spinach is a cool weather crop. Older varieties tend to bolt too early in warm conditions. Newer varieties tend to grow more rapidly but have less of an inclination to run up to seed. The older varieties have narrower leaves and tend to have a stronger and more bitter taste. Most newer varieties have broader leaves and round seeds.

There are *three basic types of spinach:*

Savoy has dark green, crinkly and curly leaves. It is the type sold in fresh bunches in most supermarkets. One heirloom variety of savoy is Bloomsdale, which is somewhat resistant to bolting.

Flat/smooth leaf spinach has broad smooth leaves that are easier to clean than savoy. This type is often grown for canned and frozen spinach, as well as soups, baby foods, and processed foods.

Semi-savoy is a hybrid variety with slightly crinkled leaves. It has the same texture as savoy, but it is not as difficult to clean. It is grown for both fresh market and processing. Five Star is a widely grown variety and has good resistance to running up to seed.

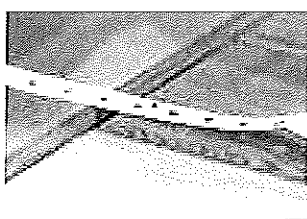
Nutrition Facts: Spinach has a high nutritional value and is extremely rich in antioxidants, especially when fresh, steamed, or quickly boiled. Spinach is considered to be a rich source of iron, however, the type of iron found in spinach is non-blood (non-heme), a plant iron, which the body does not absorb as efficiently as blood (heme) iron, found in meat- therefore, the iron in spinach is better absorbed by the body when eaten with vitamin C. Fresh spinach loses much of its nutritional value with storage of more than a few days so should be quickly used, or processed such as canning, or freezing.

Growing Groceries-A Garden Mentoring Program

We've had a suggestion that we need to consider a garden mentoring program so the MCG Board has reacted favorably (although not officially adopted the program yet) and we will probably be starting a mentoring program this year as a trial to see how it goes. I think I have a horticulture student volunteer that may provide some leadership to get the program 'planted'. You may ask 'what is a mentoring program and how could it work'. Basically a mentoring program will try to match up mentors with 'mentees' (I'm not sure that mentees is a word but I'll use it anyhow). A mentee might be someone that has limited gardening knowledge or skill, someone that is new to our country or Kansas, needs a little reassurance on what to do and when to do it in growing a garden, or similar reasons. A mentor might be someone that has a lot of gardening knowledge but is getting a little older and needs a little extra help now and then, someone that likes teaching others about things they know, someone that may have some extra produce to share at certain times of the year, or just would like to interact with someone else while gardening. Through a simple survey at the start of the year, we will attempt to identify those that might like to participate- either as a mentor or mentee and try to 'match them up' with those that seem to be a good fit for each other. They will then get together and figure out how and when they may want to work together. No formal activities, no meetings to attend, no reports to fill out (other than a reaction at the end of the season as to how it worked), and no hard-fast rules to follow. We'll keep you posted as this idea develops so keep it in your mind and respond if you're interested. (article by Chuck Marr)



Seasonal Garden Idea:



Making Seed Tapes:

Many commercial seed companies manufacture seed tapes. Easy to use, these tapes are simply a strip of paper, with seeds glued on it at the proper spacing for the particular variety. These tapes are well suited for small seeds that need to be thinned after germination, such as carrots, beets, and lettuce.

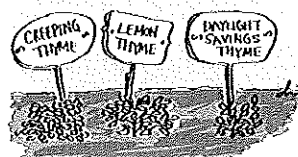
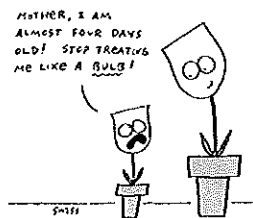
Sound simple enough to make yourself? And what a fun winter, family, gardening activity!! Here are the details:

You will need some paper, flour, water, a small watercolor paintbrush, and seeds.

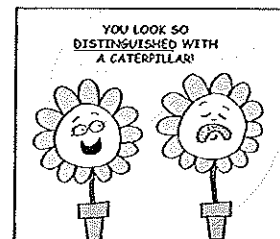
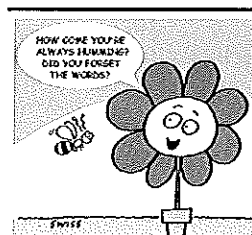
Cut plain paper, such as copy paper or newspaper, into long one-inch wide strips. If you can find it, the perforated ends of computer paper, used in the older style tractor feed printers is ideal. It is already cut and has regularly spaced holes that serve as a gauge for spacing. Our family uses a whole punch and punch every 1 inch or so along regular strips of paper. This worked wonderfully.

Make a glue by mixing the flour and water to the consistency of gravy. With the brush pick up a small dot of glue, then touch the brush to a seed, and place the seed with the adhering glue on the paper. With my grandchildren we found it fun to use syringes, like one would administer medication to children. After sucking the paste up into the syringes, we placed the drops of 'glue' onto the paper then placed the seed on top of the glue. The syringe controlled the mess of the flour paste while allowing just the right size of drop to be placed on the paper. Continue this process spacing the seeds according to the directions on the seed package.

After the tapes have air dried on a flat surface, roll or fold them up and store in a plastic sandwich type baggie. Be sure to date and label the baggie. When it is time to plant, just unroll, lay it on the soil surface, cover with a thin layer of soil, and water. Our carrots, beets and spinach were perfectly spaced.



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Bean There—Done That

Since this is a gardening newsletter, I want to make sure there is a little growing stuff included so here is a little 'blurb' on growing beans. Most of the beans that we grow in a garden are what are often called green beans or snap beans. These grow on short, compact plants so are sometimes also referred to as bush beans. There are other beans that produce a vine-type growth that are often called pole beans (they need a pole to support them). Most of the garden beans that we have now developed as a variation of a bean introduced about 50 years ago called Blue Lake. It was developed for the processing industry to have long, thin, straight pods with little toughness or fiber in the suture along the length of the bean (that was removed from some earlier beans by pulling it out like a string). Thus, Blue Lake was stringless. Also, Blue Lake had another advantage of having a different balance of chlorophyll in the pods so the pods retained a greener color when cooked (rather than an olive-drab appearance). Most of the modern beans that we grow now are variants of the Blue Lake-type beans. Compact plants that produce an abundance of long straight beans that are tender, dark green and keep their green color when cooked.



Most of the modern beans also have white seeds. A few have black or speckled seeds but black or speckled seed cause a problem in canned or processed beans because people think they are foreign objects (you can imagine what) in the package. There are also yellow podded beans, often called wax beans (since they look like they are made of wax) that grow in a similar fashion to green beans. Beans are a warm season crop that needs to be planted after the soil has started to warm up to 55 degrees (usually in early May) and most varieties produce pods in 55-60 days from planting. Thus, you should have beans ready to harvest in late June to early July. However, the best is yet to come--- fall beans. Beans can be double cropped by planting another crop in mid-late July for a fall harvest. Fall beans are some of the most flavorful and tender that you can ever grow in Kansas- ready for harvest in late Sept to early October. So make sure you get some extra seed this spring- some for your spring beans and more for this fall. (article by Chuck Marr)

Featured Recipe:

Pickled Asparagus (recipe from <http://allrecipes.com/Recipe/Pickled-Asparagus/Detail.aspx>)



Ingredients

- 30 asparagus spears
- 1/3 cup coarse salt
- 2 quarts cold water
- 1 2/3 cups distilled white vinegar
- 2/3 cup sugar
- 1 teaspoon coarse salt
- 1 teaspoon mustard seed
- 1 1/2 teaspoons dill seed
- 1 white onion, sliced into rings
- 1/2 teaspoon chili pepper flakes
- 2 sprigs fresh dill

Directions

Trim the cut end of the asparagus spears, and cut them into 3 inch lengths. Place them in a large bowl with 1/3 cup salt, and cover with water. Let stand for 2 hours. Drain and rinse under cool water, and pat dry.

Sterilize two pint size wide mouth jars in simmering water for 5 minutes.

In a saucepan over medium heat, combine the vinegar, sugar, 1 teaspoon of salt, mustard seed, dill seed and onion rings. Bring to a boil, and boil for one minute.

Pack the asparagus spears, tips up, in the hot jars leaving 1/2 of space from the rim. Tuck one dill sprig into each jar, and sprinkle in 1/4 teaspoon of red pepper flakes. Pour hot pickling liquid into the jars, filling to within 1/4 inch of the rim. Wipe rims with a clean damp cloth, and seal with lids. Process in a boiling water bath for 10 minutes.

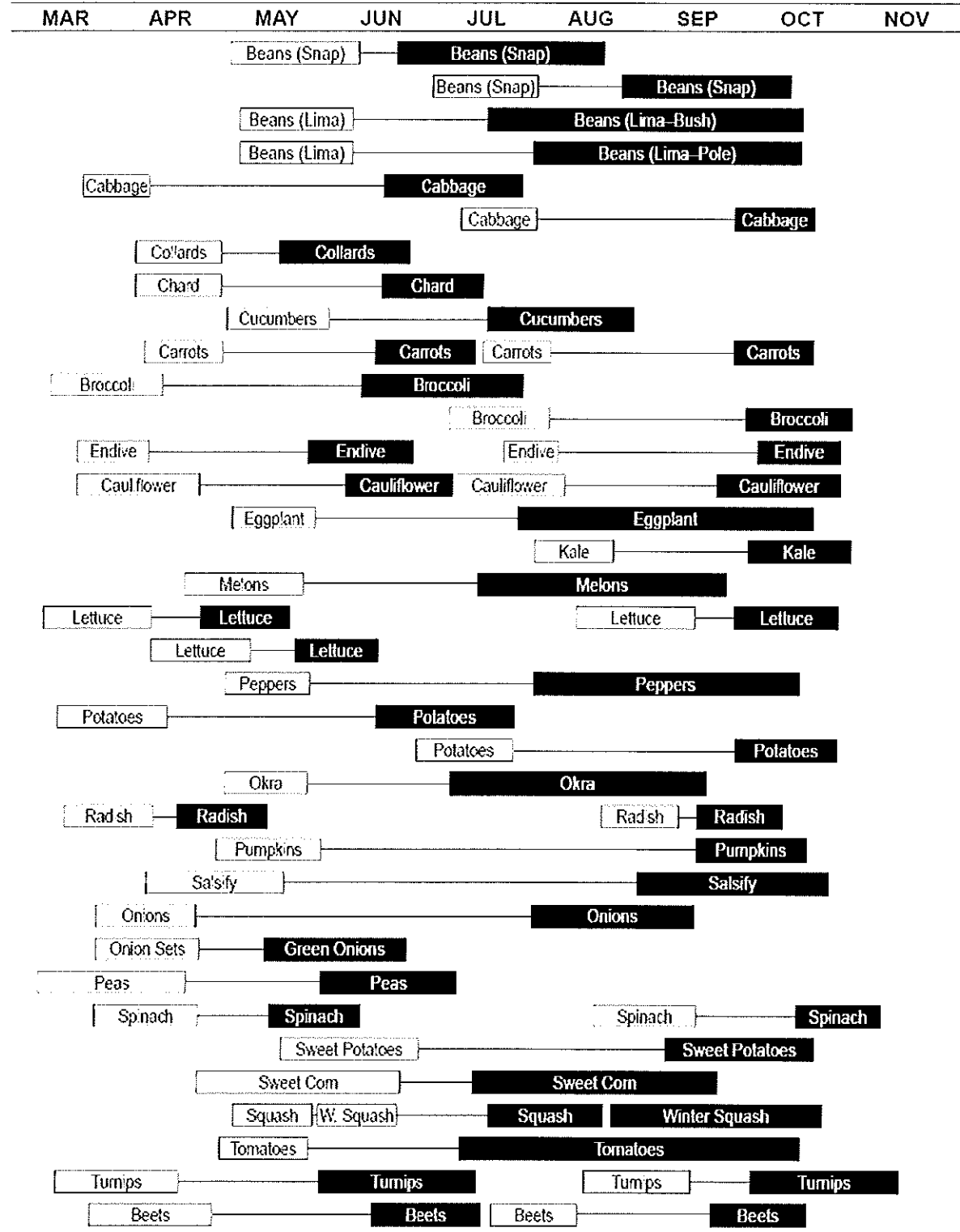
Cool to room temperature. Check seals when cool by pressing the center of the lid. It should not move. Label and date; store in a cool dark place. If any jars have not sealed properly, refrigerate and eat within two weeks.

Special Feature:

In the first newsletter that I received through MCG there was a wonderful chart, provided by Dr. Marr I believe, that I use every year to plan out my planting schedule. I know some have probably seen it before, but I wanted to share it with everyone again as I find it very useful. Jean

Vegetable Garden Calendar

Plant **Harvest**



Therapeutic Gardening vs Horticultural Therapy

Recently in the world of Horticultural Therapy there has been a debate over the wording and the difference between therapeutic gardening versus horticultural therapy. Personally I find it mind boggling. As a Horticultural Therapist I can give several ways in which gardening can be therapeutic. Horticultural Therapy is therapy using horticulture. But aren't these things close enough to be the same? For the benefit of my research into this subject, I would like to have the input of the general public, especially those who are gardeners. Do you find gardening therapeutic? Do you feel that a person who is elderly, disabled, or dealing with other physical or mental challenges would benefit by partaking in gardening? If so, please send me an email at jeannesquires@yahoo.com and express your thoughts on the matter. I will keep all replies confidential. Thanks in advance for all who email me!!



Board News: **BOARD NEWS**

Equipment Maintenance: Tillers, and Chipper/Mulchers have been serviced and are ready to go. Mowers are not in the best of shape and may need replaced.

Grounds Maintenance and Tilling: Nothing to report at this time of year.

Flower Bed Maintenance: Nothing to report at this time of year either. Consideration of including Flower Bed Maintenance into the monthly work day schedules.

Rules and Safety: Kellen did a walk through of the gardens on Monday, January 4 and noted that there are two structures on gardener plots yet to be removed; otherwise the plots are in good shape for the winter. Two hydrants appear to be frozen. The board will be watching and repairing those as needed. Snow removal on sidewalks around gardens was discussed.

Compost and Mulch: Hay and haulers are being researched in preparation for the spring growing season. (It is almost here!)

Education and Newsletter: Email newsletters will begin in March. There will be another printed newsletter in April/May including workday and social sign up schedules and lists.

Records: There are still new gardener sign-ups. We have had a record number of returning gardeners this year so there aren't a huge amount of plots left.

Garden Socials & Crop Walk: Garden Socials will be divided among Board members for coordination this year rather than having a Committee assignment for them. Gardeners who have signed up for specific socials will be contacted prior to the social by the board member coordinating each activity.

Important Information:

1) All plots are currently reserved. To get on a waiting list for future plot openings please contact the UFM.
2) Social dates and times will be included in the next edition of this newsletter. 3) In 2010 participation in the workdays, tilling committee, lawn mowing, Garden Show and socials will be recorded. Any gardener who does not participate in the activities that they have signed up for runs the risk of not being able to re-sign for garden plots in 2011. Happy Gardening!! See you in the gardens.

Community Involvement:

This year is a Census year. Census demographics allow us to get funding and grants. It is important that they be accurate. Our whole community could benefit. Local residents can help to record these demographics. Come join the effort:

“The U.S. Census Bureau needs you! If you are a U.S. citizen, at least 18 yrs old and have work experience, call the U.S. Census Bureau at 1-866-861-2010 today. Pay depends on the area where you live. EOE.”

(Note: articles in this newsletter written by Jean Squires unless otherwise specified.)

Past newsletters contain very valuable information for new gardeners. They can be accessed at <http://www.k-state.edu/ufm/gardennews.htm>

Manhattan Community
Gardens c/o UFM
1221 Thurston Street
Manhattan, KS 66502

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