



Community Gardener's Companion

THE NEWSLETTER OF THE DULUTH COMMUNITY GARDEN PROGRAM

GARDEN PLANNING ISSUE

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Celebrating 30 Years

by Mary Dragich

Did you know that Warren Williams, Jim Moline, Bill Anderson, and Irene Pluciniak incorporated the Plant-A-Lot Community Garden Program in January 1981? The original purpose of this nonprofit corporation was to “specifically seek to address the nutritional and recreational needs of the low-income residents of the City of Duluth through community gardens.” The spring 1987 newsletter banner, “10 years—and still growing!” confirms that these folks were creating a corporation to continue what had been happening more informally since 1977.

A map in the June 1981 newsletter shows six garden locations: Fairmont (at 69th Ave W and Redruth), 319 E 7th St, 8th Ave E and 11th St, 701 W 5th St, 1720 W New Street, and 2009 W 4th St. Twenty-two gardeners had one plot apiece. It’s not clear how big the plots were, but the newsletter had a section of advice on how to maximize use of space in a small garden.

In the summer of 1985, members and friends were invited to join a tour of the 13 community garden sites. People who joined the tour had the chance to win “a beautiful, new garden fork!”, and to ask questions of horticulturist Deb Shubat. It seems '85 was the first year garden prizes were awarded at the end of the season. The summer newsletter advertised that prizes were to be awarded for a bountiful basket (an arrangement of five different garden-grown vegetables, with no more than three of any one variety), largest tomato and winter squash, best carrots and cucumbers, longest zucchini, and scariest scarecrow.

A 1989 program evaluation showed why

people like community gardening:

- * People who live in the city can still have an opportunity to garden,
- * Enjoyed trying my hand at gardening and hope to do it again next year,
- * Keeping gardening alive in the community, and
- * Being able to see the relationships we have with our environment in food production.

All these years later, the Garden Program continues to grow and change. Did Irene, Jim, Bill, and Warren imagine we’d still be planting, growing, and harvesting community gardens today? If you know people who’ve had gardens in the past, were on the board, or were involved in the Garden Program in other ways, ask them what they remember and have them send a note to the office. Each newsletter this year will feature stories from the past so we can keep the history alive.

This fall, we’ll celebrate 30 years of growing and of relationships that have been forged among people and with the environment. Deborah Madison, cookbook author and chef, will visit Duluth to teach a cooking class and speak at a gala dinner and silent auction event. Deborah’s book *Local Flavors*, “captures what



The MISSION of the Duluth Community Garden Program is to strengthen our community and foster self-sufficiency among the people of the Duluth area by providing education, tools, facilities for food production and preservation, and promoting sustainable gardening practices

by Sharon L. Rogers

Planning Your Garden

If you've got cabin fever, dirt cravings or been peering seed catalogs, gardening is likely on your mind right now. Many are dreaming of sinking garden spades into fresh compost, planting seeds and transplants, seeking new varieties & picking fresh goodies from their gardens. A new season is here & its time to figure out how to plan your garden, what you'd like to grow & how you will be going about it.

If you've grown a garden before, did you take notes on what did well & what didn't? Of the things that didn't do well, could they have grown better if placed differently, more or less sun or spaced farther apart? Was there anything that you didn't like or didn't use as much of as you thought you would? One of the best things that you can do is to start a garden diary if you haven't already.

Some very important things to consider are 'How does my location affect my garden? How much space do I have? What do I want to grow? What will I be doing with my produce? What grows well in this area? How much time do I have to invest in my garden? What kinds of pests are present in the area?' You really need to be both observant & honest with yourself so you don't get overwhelmed or frustrated.

Location: Are there tall trees, buildings or other structures that block the sun's path into your garden? Perhaps you can trim a tree a bit if it's on your property & you do it correctly. Know where the sun goes in relation to your garden area. Sun is higher during the summer & lower on the horizon in fall so shade falls differently. Be sure to plant taller varieties behind the shorter ones so they don't shade their neighbors.

Is your space against a wall? Your wall can be used to hold a trellis for food or flowering vines. Remember to plant your taller things near the wall so that shorter others can enjoy the available light. Place plants that can tolerate or would welcome some shade accordingly.

Is your garden lower than the surrounding landscape? Raised beds could be considered so your soil doesn't remain soggy. This would keep your plants much healthier & save on frustration as well as waiting time.

Soil condition: Many of us struggle with our area's clay soil structure when we first start gardening. Compost added will straighten this out in a few seasons. There isn't a garden out there that won't bene-

fit from the addition of fully decomposed compost. Feed your soil & feed your plants all in one application! If you are concerned about adding soil amendments, inexpensive Ph kits are available to check for acidity or alkalinity. Add natural amendments as necessary. Most plants will grow with a Ph of 6.0 – 7.5, with about 6.5 being ideal.

Plan within your space: For vegetables, consider growing in a wide row or square foot method. You can plant a lot more than if you use traditional row systems. Think outside the box. Trellis your vine plants & plant shade loving or tolerant species beneath what would normally be covered in foliage. Consider companion planting with early and later maturing varieties or interplanting with complimentary plants in some areas & see if this doesn't improve your yields.

Remember how large your plants will be at maturity. This can be difficult to envision & many of us wind up with crowded plantings that compete with each other for light, water & nutrients. Use a ruler, stick, grid or other measuring item, or try measuring your hands & feet then use these as a guide for spacing your plants. The hand/foot/finger measuring method has worked for me for years!

Produce plans: Do you garden mainly for fresh eating or for preserving? Many gardeners do both. Some varieties may be better for fresh eating, others may be better for preserving, & many are suitable for both. What can't be eaten fresh can be canned, dried or frozen for later consumption. If you'd like to learn how to preserve different types of fruits & vegetables, contact the DCGP's Cannery for instruction or classes. If you know that you do not want to preserve your produce, grow what you can use, share with friends & family or donate to a good cause. You may also consider sharing your space with a friend.

What grows in this area: Here in northern Minnesota, depending on your location, our area varies from zone 2 to 5. Most areas in Duluth, MN, are zone 3 (away from lake) or 4 (close to lake). There are always some exceptions that depend on unique factors.

Our location is perfect for moderate day tomatoes, peppers, beans & corn, wonderful for most root and cole crops, short season squash and melons. Our climate can accommodate a wide range of fruits & berries. Asking neighbors or other gardeners about their experiences can be really helpful here.

Be sure to plan ahead if you want to grow something that has several months requirement for maturity. Tropical or long season crops will not survive here unless you have protective light and space available.



Moon Gardening

by Nancy Nelson

Monday, February 12, 5:30 a.m. A crescent moon in the eastern sky lights the frigid winter darkness as I step outside with my dog in the early hours of the morning. The horns of the moon point toward the west – it's a waning moon. Just a few more days to the dark time of the New Moon.

During the long nights of winter, even the thinnest crescent moon is a welcome source of light. But come spring, when it's time to plant the garden, my attention is focused on the sun. I wait for the sun to melt the snow, warm the air, and dry out the soil. I wait for the sun to fill me with energy and enthusiasm. I count on the sun to help those little seeds send up sprouts. But what about the moon? Should I be paying attention to that as well? Does the moon influence how my garden grows?

Planting by the phases of the moon is an ancient tradition. There are a number of different explanations for how the moon might affect the growth of plants. Some people say that the increasing amount of moonlight during the Light of the Moon stimulates leaf growth. Some say that plants absorb more water at the time of the Full Moon. Others think the changes in the moon's gravitational pull are what make the difference. They say that increasing lunar gravity creates a "tide" within the seeds that helps burst the seed coat, while decreasing lunar gravity stimulates root growth.

Whatever the explanation, the basics of planting by the moon are fairly straightforward.

The moon cycle begins with the New Moon, the time when the moon is so close to the sun that we can't see it at all. After the New Moon, the amount of moonlight increases every night until the Full Moon. This period is called the "Light of the Moon." According to old gardening traditions, this is the time to plant above-ground vegetables. Some sources break things down even further. The time between the New Moon and the First Quarter (when the entire right half of the moon is lit) is called the Waxing Crescent

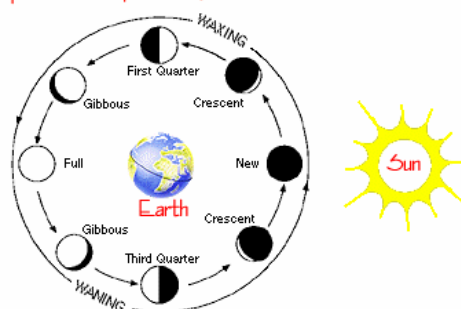
Moon. According to the 2007 Farmer's Almanac, this is the time to plant asparagus, broccoli, cabbage, cauliflower, celery, lettuce, parsley, and spinach. The time from the First Quarter to the Full Moon is called the Waxing Gibbous Moon. The Farmer's Almanac advises that this is the time to plant beans, peas, eggplant, melons, peppers, tomatoes, and squash.

The Light of the Moon culminates in the Full Moon. This is a night to simply enjoy the garden by moonlight!

After the Full Moon, the amount of moonlight decreases until it once again disappears into the New Moon. This period is the "Dark of the Moon," and it's the time to plant below-ground vegetables, such as potatoes, onions, carrots, turnips, and rutabagas.

My search for gardeners who have experience with planting by the moon led me to Shirley Duke. For her, moon gardening is about organization as much as improving plant growth. Shirley told me "I have been planting by the moon for over 30 years, and I find it to be a great organizing principle." She starts in the fourth quarter of the moon, when she prepares the ground and eliminates weeds. Then, in the first quarter of the moon, she plants leaf crops. The second quarter is for planting fruit crops, and the third quarter is the time to plant root crops. "I have no knowledge of how or why it works. It just makes sense to me," said Shirley. "It helps me organize and do things in the proper order." Shirley's gardens produce enough vegetables so that she and her partner are able to eat their own garden produce almost exclusively.

The Moon as seen from Earth



"O Lady Moon, your horns point toward the east; Shine, be increased."

O Lady Moon, your horns point toward the west; Wane, be at rest."

From Sing-Song: A Nursery Rhyme Book

By Christina Rossetti

Spring 2007 Moon Phases

- April 2 = Full Moon
- April 10 = Third Quarter Moon
- April 17 = New Moon
- April 24 = First Quarter Moon
- May 2 = Full Moon
- May 9 = Third Quarter Moon
- May 16 = New Moon
- May 23 = First Quarter Moon
- May 30 = Full Moon

Planning Your Garden continued

Check your zone and plant accordingly.

Time Available: Some plants take longer than others to mature. Some need cooler weather while others need warmth. Some need trellising, frequent picking, supplemental fertilizer, row covers, hot-caps, pest-removing and such. You need to

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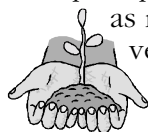
make time for your garden & it will love you back by producing beautiful, healthy produce and ornaments.

As an example, let's look at melons. They like to be mulched, regularly fertilized, trellised if possible, and ideally row covered for soil warming, keeping out pests and protecting against cold weather. If you realistically don't have the time for a plant's proper care, either don't plant it or find a friend who has the

time in exchange for some of the bounty. Ask other gardeners what their experience is with a certain variety if you have questions and remember, not everyone is going to have the same experience or advice for you.

Pests: From deer to beetles to aphids to an occasional neighbor, one rarely goes a season without some sort of pest challenge. Again, asking others what may show up in your locale will be helpful if you are newly gardening a particular area.

Practicing good garden hygiene keeps plants healthy and many bugs and diseases at bay. Waiting for the right time to plant a certain type of vegetable is important so plants are not stressed to begin with. Planting trap crops for certain insect pests can be helpful, such



as radishes to deter flea beetles from other early vegetables. Many of our native 'weeds' already provide perfect trap crops for us, we just need to observe what is going on under our

by Dan Kislinger

Gardening and Yoga

I don't know how many readers have jobs in an office. I am sheltered from the weather and physical work, but during the growing season I am transformed on week nights and week ends to a dirt digging, weed pulling, and water hauling fanatic. I often plough into it with abandon, not being fully aware of the impact on my body until the next day. Then for a few days I limp around like Frankenstein's monster, arms and legs stiff, grimacing with discomfort.

My wife and friends who practice yoga tell me, "be mindful of your body's limits" and "avoid doing violence to yourself". I hear that advice in an abstract way, like a teenager hearing a sermon in church, words floating in space with no clear connection as to how the warnings relate to my actions. Now I am going to try to heed and understand their advice.

So I am enrolled in a yoga class. Actually doing some of the positions with other people gives me the perspective of what I can do, what my limits are, and allows someone more experienced than me to observe where I am stiff or weak, before I even know it myself.

Next, I am working on what I know to be my weaknesses from my Frankenstein's monster memories from last summer and the yoga class experience. In my particular case, this involves strengthening and loosening my lower back, arms, and backs of my legs.

What feels good to me is to bend my back in the

opposite direction. If my lower back feels tight, I bend into what is called the child's pose. This gently pulls the long muscle cords on each side of my lower backbone and is a welcome relief. I also do spinal twists to restore lateral motion, and hamstring stretches to gently pull on those tight muscles. I know if I really overdid it, this will not spare me completely from soreness, but it does help minimize the discomfort of the next few days.

Our daughter does landscape work. She has an ideal situation where the entire crew takes time before going out on the job to stretch and get loose. They use tools that minimize bending over and other awkward positions, and sit down when work is close to the ground.

The crew also loosens up at regular breaks during the day. She says this helps everyone get through a full day of physical gardening activity with a minimum of soreness.

I'm much less diligent about my body maintenance work than she, preferring to stretch after coming back from the garden plot. If I had to do it all day, a systematic approach would be important to me.

My new person will gradually develop. Extending my physical limits is a project that takes patience. My inner Frankenstein will not be rehabilitated in a week. Starting now will prepare me for the spring garden frenzy in the dirt, and by the end of the summer I will be stronger and more flexible. I will practice



March 2007



Notes

Start seeds indoors in March:

Broccoli

Celery and Celertiac

Brussels sprouts, Cauliflower
& Early Cabbage

Lettuce

Onions & Leeks

Eggplant

Okra

Peppers

Parsley

Perennial herbs like thyme, sage,
lemon balm



Duluth Community

Garden Program

206 West Fourth St.

Duluth, MN 55806

218-722-4583

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Watch for information on plot assignment. We'll be doing it in person in the office in early April. See you then!</p>						
5	6	7	8	9	10	11
<p><i>Apple Grafting Class</i> 6-8 pm Ordean School</p>					<p>FULL MOON</p> 	
12	13	14	15	16	17	18
						<p>DAYLIGHT SAVINGS TIME BEGINS</p>
19	20	21	22	23	24	25
<p>NEW MOON</p> 		<p>Spring Equinox</p>			<p>Seed Packing Party, 9 a.m. til we're done, office</p>	
26	27	28	29	30	31	

Planning for Preserving

by Annie Kregness



It's the perfect time of year to do a food inventory. The best way to start this process is by sorting your stored produce. Using your eyes and nose check potatoes, squash, carrots, beets, apples, onions, garlic and any other storage crops you may have for signs of spoilage. Discard any food that is beyond salvaging and sort the remaining food so you are using up the most perishable first. This sorting will help you organize your menu planning to efficiently use what you have left from your garden.

The next sorting step is your freezer. It's a great time to get a big pot of soup or tomato sauce on the stove. Use those tomatoes that are taking up freezer space or those veggies that are needing to be used and make a big batch. You can always freeze the



finished soup or sauce for a quick nutritious meal.

It's also a fun time of year to use some of the special foods you preserved. You can enjoy serving that great relish that took you all day to prepare or those wonderful berries you've been saving for a special occasion. This is the time of year to really enjoy your food labors of love.

Now that you've inventoried your food supply it is time to plan for your 2007 garden. This planning for preserving is very individual and is dependent on your family's likes and dislikes. If you've run out of a specific preserved food item you should think about having more of that product for next winter. Also, if you have a food product that no one in your family liked you may not want to preserve that food product

SEED SOURCES

Turtle Tree Seed

Biodynamic Seed Initiative
888-516-7797

High Mowing Seeds

Organic Seed
www.highmowingseeds.com
802-472-6174
76 Quarry Road, Wolcott VT
05680

(The Whole Foods Coop is donating \$.10 of each packet sold of these seeds in their store to the DCGP)

Seeds of Change

Organic Seed
888-762-7333

Vermont Bean Seed Company

www.vermontbean.com
888-349-1071
334 West Stroud St.
Randolph, WI 53956

Organic Consumers Association

<http://www.organicconsumers.org/seeds.htm>

Green People

<http://www.greenpeople.org/seeds.htm>

Seeds Savers Exchange

www.seedsavers.org
3094 North Winn Road
Decorah, IA 52101
563-382-5990

Another interesting web site DCGP gardener Nancy Nelson recommends is "The Garden Watchdog". It provides information on gardening companies, where people can submit their comments on the service they have received from them. It's also a good place to find out which companies have gone out of business or have been sold to other companies.

<http://davesgarden.com/gwd>

GARDEN PLANNING GUIDE								
Amount of food to be grown and preserved for a family of 6 persons.								
Vegetables	Lbs to Grow for Preserving	Quarts to Preserve	Yield per 100 Ft Row (Lbs)	Ft Row Length Needed (Ft)	Plants or Seeds (Oz) to Grow	Days to Maturity	Distance Between Plants (In)	Distance Between Rows (In)
Beets	24	12	60	40	1	50-70	2-4	12-18
Carrots	40	20	75	60	½	55-75	2-3	12-18
Cucumbers	--	--	100	20	½ or 4-5 Seeds Per Hill	---	12 Plants 3' Hills	40-72
Green Beans	120	60	60	200	16	40-60	4	18-24
Lima Beans	48	24	25 In Pods	400	12	60-75	8-10	18-30
Onions	--	--	100	10	32 Sets	--	--	12-18
Peas	48	24	40 In Pods	300	16	50-60	2	18-24
Peppers	44	22	60	75	65 Plants	70 from Plants	18-24	18-24
Spin-	40	20	50	90	1	40-50	2-4	12-18
Sweet Corn	72	36	85 Ears	200	4	60-90	9-12	24-48
Tomato—Juice	240	120	--	--	--	--	--	--
Tomato—Whole	120	60	380	100	50 Plants	50 from Plants	18-36	36-60

Discovering Permaculture

by Chris Brockman

Back in the early 1970's two creative Australian chaps (Bill Mollison and David Holmgren) began developing a unique interdisciplinary design science that they called 'permaculture.' Today it reflects the notion of creating a permanent *culture* and is much aligned with the current sustainability movement. The vision of permaculture strives to go beyond *sustainability*. It first encourages humanity to move back into *balance* with the earth's living systems (by realizing we are part of nature, not separate from it). Secondly, permaculture seeks to *repair* and *restore* damaged environments, of which there are many in our world.

The ethical basis for permaculture rests on three basic precepts:

1. Care of the earth
2. Care of people
3. Fair share: setting limits and sharing surpluses

Bill Mollison relates that "permaculture as a design science contains nothing new. It arranges what was already there in a different way, so that it works to conserve energy or to generate more energy that it consumes." This is the goal: for systems to generate their own (natural) capital.

In his 2004 piece entitled, *Essence of Permaculture*, Holmgren advocates the use of twelve design principles—they ask us to:

1. Observe and interact
2. Catch and store energy
3. Obtain a yield
4. Apply self-regulation and accept feedback
5. Use and value renewable resources & services
6. Produce no waste
7. Design from patterns to details
8. Integrate rather than segregate
9. Use small and slow solutions
10. Use and value diversity
11. Use edges and value the marginal
12. Creatively use and respond to change

So what's happening in our local bioregion around this idea? A growing permaculture network (based in the Twin Cities)—the Permaculture Collaborative—is now in place. The Collaborative is a membership organization which is focusing its efforts on developing a grass roots network (both figuratively and literally) of

individuals and organizations that are interconnected and well versed in the language and techniques of permaculture.

Some of the more **practical areas** that permaculture advocates for and teaches include: rainwater capture and rain garden creation, use of renewable energy technologies, creating plant guilds (beneficial plant family associations), localized agriculture and CSA's (including urban growing), composting and the use of compost teas, introducing food animals into our landscapes, beekeeping, aquaculture, low-energy natural building methods and solar designs, and building human networks and organizations using permaculture design principles. There is also great interest in finding the best solutions specific to our cold climate.

For more information visit:

* Permaculture Collaborative (Minneapolis) website:

www.permaculturecollaborative.us

* Bill Mollison's website: www.tagari.com

* David Holmgren's website:
www.holmgren.com.au

* Permaculture Research Institute of Australia:
<http://permaculture.org.au/> (see the film clip, 'Greening the Desert')

* Permaculture Activist (journal):
www.permacultureactivist.net

Closer to home . . . learning opportunities:

* March 15th (evening) in La Pointe, WI, **Permaculture Film Festival**

* March 16th (evening) in Ashland, WI, **Permaculture Film Festival**

* March 17th in Ashland, WI, **"Introduction to Permaculture"** all-day workshop

See the Calendar page at



www.permaculturecollaborative.us for more details

NOTICES

Thanks to Jennifer Olker and her truffle making and selling assistants! We had a very successful sale.

The **Seed Packing Party** will take place on **March 24**, starting at 9 a.m. in the office. Contact the office if you'd be available to help (722-4583).

The **Fruit Tree and Shrub Sale** continues **through April 1**. This year's sale includes apples, cherries, rhubarb, blueberries-all the old favorites-as well as ornamental shrubs. You can choose among azaleas, hydrangeas, peonies, shrub roses, and others. Bees and other pollinators will come to these flowering shrubs, as well as to your fruit trees and vegetable crops. Fruit tree and shrub descriptions and order form are on the Duluth Community Garden Program website, www.duluthcommunitygarden.org. Trees will be available for pickup **May 12**. Call Marian to help with tree pickup/distribution, 724-4833. For more information call the Garden Program office at 722-4583.



Community Garden Plots will be assigned in person in early April. Letters will be sent to gardeners soon. Please call the office if you do not receive a letter by March 23 (722-4583).

An **Earth Day Celebration** will be held at the Farmers' Market from 10 a.m. till 4 p.m., **Saturday, April 21**. Come and enjoy demonstrations, educational booths, kids' activities, music, farm animals and so much more. No admission! If you'd like to have a display booth, call Lois at 724-6350.

17th Annual Perennial Exchange May 4th

Join Deb Shubat for her 17th annual perennial exchange at Ordean School. You register for this through Community Ed, or just show up and pay your \$5. Bring your own perennials that you have that need to be divided, and then take home some of what other people bring. Call Ordean for more information, 525-

Huge Plant Sale May 28th

Sponsored by the Duluth Garden and Flower Society and held in the Leif Erickson parking lot.

Duluth Community Garden Program Board Members

Christine Dean (president), Dan Kislinger, Stacy LaVres, Dave Luckstein (vice president), Kate Nicoletti (secretary),

Carol Hill Perkins (treasurer), Gloria Piche, Sharon Rogers, and Marian Syrjamaki-Kuchta

*"Though I do not believe that a plant
I have great faith in a seed. Convince me
pared to expect wonders."*



*will spring up where no seed has been,
that you have a seed there, and I am pre-*

-Henry David Thoreau

Duluth Community Garden Program

Nonprofit Org.
U.S. Postage
PAID
Permit # 705
Duluth MN

plant•a•lot



206 West Fourth St.
Duluth, MN 55806
218-722-4583
duluthcommgarden@yahoo.com
www.duluthcommunitygarden.org

If the membership date on the label is expired, this is your last newsletter. Please contact our office for renewal!

The Garden Program thanks its supporters:

- American Community Gardening Association
- Benedictine Sisters
- Damiano Center
- Duluth-Superior Area Community Foundation
- Minnesota Power
- Northland Foundation
- Sheltering Arms
- United Way of Greater Duluth



Mark your calendars for the annual Seed & Transplant Sale May 19

Look for more details in the next newsletter. The following varieties of seeds will be available.

<p>Beans Bush beans - Provider Snap beans - Carson Yellow Wax Romanette Italian flat pod Beans, Pole Marvel of Venice Garden of Eden Carrots, Specialty YellowStone Carrot, storage Sugarsnax Bolero Purple Haze Broccoli Arcadia Cabbage, Late Storage#4 Chinese Cabbage,</p>	<p>Napa - Rubicon Radicchio Chioggia Red Corn Quickie Cucumber, Pickling Alibi Cucumber, Speciality - Diva Pac Choi Joi Choi Kale, Red Red Russian Kohlrabi, purple Kolibri Lettuce, Red Ro-maine Freckles Green summer crisp Red summer crisp</p>	<p>Onion, Bunching Deep Purple Peas, shelling Eclipse Peas, sugar Snow green Parsnip Lancer Peas, snap Sugar Sprint Pumpkin, Jack o Lantern - Racer Potatoes, singles French Fingerling Russian Banana All Blue Radish, small Easter egg Red meat</p>	<p>Spinach, savoyed leaf - Sparago Zucchini Squash Tigress Summer squash, patty-pan Flying saucer Winter squash, Buttercup Sweet Dumpling Kobacha, Orange - Sunshine Swiss Chard Bright lights Turnip Hakuri</p>	<p>Flowers! Cosmos Versailles Mix Tropaeolum Majus Jewel Mix Helianthus annus Sunbright Strawberry Blonde Transplants We don't have our transplant list yet, but it will include many northern varieties of tomatoes, peppers, onions, broccoli, cabbage, cauliflower, and flowers, to name</p>
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