



# Community Gardener's Companion

THE NEWSLETTER OF THE DULUTH COMMUNITY GARDEN PROGRAM

## PLANTING ISSUE

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May 18-19, 2007

## Seed and Transplant Sale

Friday, May 18, noon – 6 pm Saturday, May 19, 9 am – 1 pm  
 Room 214, Damiano Center, 206 W. 4th Street

You can renew membership or become a member at the sale.

### SEEDS

#### Beans

- Provider
- Carson Yellow Wax
- Romanette Italian Flat
- Marvel of Venice-pole
- Garden of Eden-pole

#### Carrots

- Yellowstone-specialty
- Sugarsnax
- Bolero
- Purple Haze

#### Broccoli-Arcadia

#### Cabbage, Late Storage#4

#### Chinese Cabbage,

#### Napa

- Rubicon

#### Radicchio - Chioggia

#### Red

#### Corn - Quickie

#### Cucumber

- Alibi (fresh or pickling)
- Diva - specialty

#### Pac Choi

- Joi Choi

#### Kale, Red

- Red Russian

#### Kohlrabi - purple

#### Lettuce

- Freckles Red Romaine
- Green Summer Crisp

Red Summer Crisp

#### Onion, Bunching

- Deep Purple

#### Peas

- Eclipse - shelling
- Snow green - sugar
- Sugar Sprint - snap

#### Parsnip - Lancer

#### Pumpkin - Racer

#### Seed Potatoes

- French Fingerling
- Yukon Gold
- Red

#### Radish

- Easter egg
- Red meat

#### Spinach - Sparago

#### Zucchini Squash

- Tigress

#### Summer squash

- Flying saucer - Patty Pan

#### Winter squash

- Buttercup
- Sweet Dumpling

#### Swiss Chard

- Bright lights

#### Turnip - Hakuri



### TRANSPLANTS

Peppers - 6 packs of Bell,

- Chili, Chocolate

#### Tomatoes

- Oregon Spring
- Early Girl
- Jet Star
- Ultra Sweet
- Moskvich
- Taxi yellow
- Bellstar Paste
- Sungold
- Sweet Chelsea
- Costoluto Genovese
- Italian Black Plum
- Prudens Purple
- Roma
- Sweet Olive Grape
- White cherry

Vegetable - 6 packs of all vegetables

Vines - multiple varieties of

- cucumbers and squashes

...And a variety of herbs and flowers

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

Of all created things the  
 source is one,  
 Simple, single as love;  
 remember  
 The cell and seed of life,  
 the sphere  
 That is, of child, white  
 bird, and small blue  
 dragon-fly  
 Green fern, and the gold  
 four-petalled tormentilla  
 The ultimate memory.  
 Each latent cell puts out  
 a future,  
 Unfolds its differing  
 complexity  
 As a tree puts forth  
 leaves, and spins a fate  
 Fern-traced, bird feath-  
 ered, or fish-scaled.

- Kathleen Raine,  
*Message From Home*

By Annie Kregness

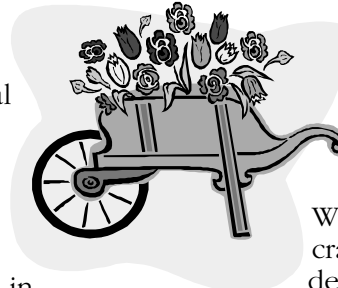
## Creative Container Gardening

You can have the garden of your dreams right now, right where you are by growing in containers! One of my most successful early season growing techniques is container gardening.

Gardening this way is ideal for those with little or no garden space or if your garden is located some distance from your home. No matter what size of garden you have, growing in containers can greatly expand your planting options and garden productivity. You can grow your garden on a deck, a porch, a sidewalk, a rooftop, a window box or anywhere sunlight abounds. Growing plants in pots lets you move plants wherever you want them. You can easily bring tender new plants indoors in early frost. You can also vary sun access for partial shade for great greens all summer long.

Choosing appropriate containers is an important step in successful container gardening. Drainage holes are essential for good plant growth. The holes need to be large enough so that excess water can drain out. Large containers hold more soil, stay moist longer, and are less subject to rapid temperature changes. Your imagination is the best tool when it comes to choosing interesting, creative containers for your plants to grow in. Be clever and don't think you have to use a traditional pot.

Plastic wading pools and cement mixing trays can be great, inexpensive containers.



Poke drainage holes in the bottom, fill with a good soil mix, and you're ready to plant. They are lightweight enough to be used safely on a balcony or rooftop.

Wooden or plastic vegetable crates make excellent no-till garden boxes. Just line the crates with burlap or wide woven cloth to keep the soil from escaping.

Container gardening can be a great way to recycle (my other love). Plant in mailboxes, old birdcages, wheelbarrows, washtubs – almost anything can become a planter and a conversation piece in your garden.

Successful container gardens start with plants that like container life. A surprising variety of fruit and vegetable crops will thrive in containers. Bush beans, cucumbers, strawberries, figs, lemons, limes, eggplant, lettuce, onions, peppers, potatoes, tomatoes, and even corn and melons are able to adapt to container life. Herbs are also great container plants. It's great to have a pot of mixed herbs right by the kitchen where they will get used daily. Containers also make herbs easy to move indoors in the fall before the killing frost.

Consider expanding your home garden with containers. It's an easy, fun, and

### DRESSING MEDITERRANEAN STYLE

In the olive oil world of Southern Europe and the Mediterranean, ranch, blue cheese, and thousand island dressings are unknown. It is considered elegant to dress a salad with three parts olive oil and one part good red wine vinegar or freshly squeezed lemon juice. Other additions are salt, pepper,

a bit of garlic, and sometimes, in France, a small spoonful of a good mustard. On the following page are some refreshing, healthy dressings to try on your early summer greens. They are so easy and deli-



## Recipes and Varieties

By Annie Kregness

### Middle Eastern Lemon Dressing:

Makes about  $\frac{1}{4}$  cup, enough for a salad for 4.

- $\frac{1}{2}$  small garlic clove, finely minced
- 1 scant teaspoon sea salt
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon freshly squeezed lemon

juice

Combine the garlic and salt in a salad bowl. Using the back of a soup spoon, crush the garlic and salt to a paste.

Stir in the olive oil and the lemon

### French Mustardy Vinaigrette for Salads

Makes  $\frac{1}{4}$  cup, enough for a salad for 4.

- 1 scant teaspoon Dijon mustard
- 1 tablespoon aged red wine vinegar
- 3 tablespoons extra-virgin olive oil
- Salt (optional)
- Freshly ground black pepper

Mix the mustard and vinegar to a cream in the bottom of the salad bowl.

Using a fork or a small wire whisk, vigorously beat in the olive oil. Taste and add salt, if necessary, and pepper.

Pile the salad ingredients on top and mix them with the dressing just before



**The four seasons are salt, pepper, mustard and vinegar.**

### SEED SALE VARIETIES IN REVIEW

Everyone loves a good carrot. After test-

ing many varieties for hard packed clay soil, our choice is Bolero. This blunt ended, bright orange, sweet-flavored carrot is very productive in hard soils. They not only grow well, but it's mid-April and we're still eating them! These carrots are great because they keep their color, flavor, and nutritional value even in storage.

Also available is Purple Haze carrot. These carrots have a unique color and great taste. The color stays purple even after cooking. They also look great in a salad.

Yellow Stone and Sugarsnap are specialty varieties. Their color and flavor will add to any recipe. Try all four for great tasting variety.

Other interesting seed elections are the beets. With your choice of Golden and Chioggia, you're going to want to try them both. A great plus is that the golden beets don't bleed like traditional dark red beets, but still have great flavor and beautiful greens for salads and



steaming. Another crop we're still eating is Storage Cabbage #4. This is a great flavored cabbage that can be harvested at any size during the season. If you haven't gotten any started by the seed sale don't hesitate to buy seeds and start them, even at the end of May. This cabbage is so adaptable that even late planting won't discourage production.

Take a look at all the seeds available for greens. Magenta, Roma, and Grand Rapids lettuce; Bright Lights chard; Chioggia radicchio; Red Russian kale; Rubicon chinese cabbage; Joi Choi; Sparago spinach. You might enjoy adding edible flowers to your greens too. Available choices are calendula and Jewel Mix nasturtiums. How about some seeds for radishes, kohlrabi, cucumbers, bunching onions, broccoli, turnips, ground cherries, summer squash, winter squash, beans, peas, and sweet corn? Oh and don't

***In Your Garden***

by Holly Lu Conant Rees

The field is laid in aisles of green and brown, lines straighter than nature planned, but still bending through the slow waves of earth.

You on your knees, tapped silver seed into the black living dirt, culling stones, dim glass, cracked shards of bone.

In your hands, the vivid soil shows its fabric, its history of roots and flood and rot. Even in drought, the earth sifting through your fingers is smooth as oil, smelling of wood and breath.

The first furls of green slip through, their skin fragile and warm, narrow as hair, the stems bear up bits of leaf, in plain shapes which later will split and harbor spines.

Here are all degrees of green: lichen, lime, pine and turtle, in unlikely blend with purple at a plant's base, so that nothing green passes beneath the surface.

Bolder and more rapid, weeds crowd in, colonies organized for growth alone, untroubled by color or fruit lamb's quarter, poke, chicory: all sometimes food, but in your garden, poachers.

You grasp each by its hollow stalk and extract a knot of roots, dirt shaking back down on the thin beaks of onion, frail fringe of carrot, lettuce's puckery leaf.

You, on your knees, permit the slow, patient rise of food from the rude rumpus of grass and vine, till the leaf broadens, till the fruit takes color, till the root fattens. What will nourish must be

By Annie Kregness

**ARUGULA AND ME**

Do you crave fresh garden greens? I do and I've got a terrible case of arugula love! What a great spicy addition to any salad. Arugula is a sturdy, cold tolerant leaf vegetable, perfect for a container or garden. A member of the mustard family, it has deeply toothed leaves, looks a bit like slender turnip greens, and has a strong aroma and flavor. Plant seeds thickly in rows or wide bands in early spring and again in late summer. To harvest



shear off the whole plant 2 to 3 inches above soil level, leaving the central leaf buds for new growth. You can also snap off only the outer leaves. Mix with milder greens for cooking or for salads. You won't find these greens in a typical grocery and even if you do they can't compare to fresh from the garden quality.

I started out with a few arugula leaves mixed with other mild salad fixings but now it's arugula in everything! Oh the magic arugula can add

**Aphid Spray**

Rhubarb, what a great early summer crop. We love the juicy, sour stalks but what about the leaves? I've got the best recipe for aphid spray using rhubarb leaves. The recipe is 3 pounds rhubarb leaves boiled in 3 quarts of water for 1/2 hour. When the mixture is cool strain and discard the leaves to the compost bin. To the strained rhubarb mixture add 1 quart of water in which 1 ounce of soap flakes has been dissolved. Store in a closed container and spray as needed.

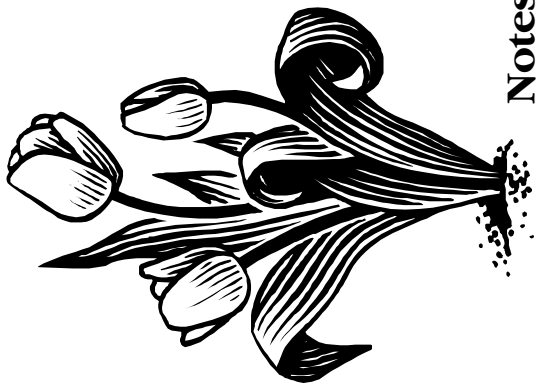
**Another Recipe for Insecticidal Soap**

Mix 3 tablespoons soap with 1 gallon of water. Add 1 tablespoon of alcohol per quart of water. Spray as needed. This spray is especially great for your early greens that tend to get pests.

All Green Thumbs by Jason Nocera

www.nichecartoons.com





# May 2007

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	
		FULL MOON ○			CINCO DE MAYO	
7	8	9	10	11	12	13
					Fruit Tree pickup, Duluth Farmers' Market	
14	15	16	17	18	19	20
		NEW MOON ●			SEED SALE **	
21	22	23	24	25	26	27
					HUGE PLANT SALE **	
28	29	30	31			
MEMORIAL DAY						

## Notes

### *Set out transplants under row cover*

Early Lettuce, Broccoli, Cabbage, Bok Choy, Kohlrabi, Cauliflower

### *Plant in the ground:*

Cabbage family:  
Broccoli, Kohlrabi, etc.

Carrots, Parsnips, Potatoes

Beets, Peas, Radishes

Spinach, Swiss Chard, Lettuce, etc.

Leeks, Onions, Dill, Sage

### *Start Indoors:*

Basil, Brussels Sprouts,  
Storage Cabbage

## Duluth Community

**Garden Program**

**206 West Fourth St.**

**Duluth, MN 55806**

**218-722-4583**

\*\* Please see page 9 for more information

# June 2007



## Notes

*Plant in the ground:*

Beans

Pumpkins & Squash  
(winter and summer)

Cucumbers & Melons

Potatoes

Sweet Corn

Carrots & Beets

Transplants: Tomatoes, Peppers,  
Eggplant, Basil & Broccoli

**Duluth Community  
Garden Program  
206 West Fourth St.  
Duluth, MN 55806  
218-722-4583**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
In June, also plant second crops of: Beets, Cabbage family (Broccoli, Kohl- Rabi, etc.), Greens (Spinach, Swiss Chard, Lettuce, etc.), Carrots, Potatoes, Radish, Corn				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**In June, also plant second crops of:**  
Beets, Cabbage family (Broccoli, Kohl-  
Rabi, etc.), Greens (Spinach, Swiss Chard,  
Lettuce, etc.), Carrots, Potatoes,  
Radish, Corn



**SUMMER  
SOLSTICE**

## Avoiding Strains, Sprains, and Other Pains

by Sharon L. Rogers

It's spring, and it's as though you're at a starting line, pitchfork in hand, searching for that first little glimmer of green vegetation in the warming soil. Visions of sun-ripened tomatoes and tangy greens fill your head, lush memories of snapping sweet peas and beans against your teeth propel you forward. Ready or not, here it comes!

But are you really ready? Are you in a physical condition to painlessly turn your raised beds by hand, prepare the soil and plant that fruit tree you've dreamed of, all in one afternoon? How about over a weekend? Many of us, are woefully unprepared. Here are some tips that may save you pain and grief.

**Prepare your body:** Learn some simple yoga stretches. Practice them to develop flexibility in your body. Squeeze a soft rubber ball for hand and finger exercise. Pull your shoulder blades together as you hold out your arms. Practice keeping your back straight and bending properly at the knees to reinforce a correct lifting technique. Stretch your arms, hands, and fingers. Do some light strengthening exercises for your arms and legs with stretchy bands or use soup cans as light training weights. Find a room, close the door and dance for 10 minutes a day. At least get out and walk several times a week. It will do wonders, sometimes over a very short time.

Winding down after gardening is something that people frequently fail to do. Many of the same simple stretches will help you do this, as will walking. Shake out your arms and legs. Do some head, neck, and shoulder rolls to realign and relax those muscles. Dance for 10 minutes in your kitchen. Don't overdo.

**Food and Hydration:** Be sure that you've eaten adequately before you garden for any length of time. This doesn't mean a 4-course meal. Over-eating will make you sluggish and uncomfortable. Make sure you've had both protein and carbs so your body has something to burn immediately and later on. Bring along some fruit, nuts, or other snack. Avoid refined sugar. It may seem to pick you up but later on will lull your brain to sleep.

Hydration is very important. Your joints need water to remain lubricated. Your body needs water to detoxify and regulate many of its functions. Did you know that ideally your body needs about one ounce of water per pound of your weight daily? Most of our bodies are lucky to get that.

Bring water with you and drink frequently. If you feel thirsty, you may already be dehydrated and your body suffering. Do not store your drinking water in a pliable plastic container in the hot sun. This may

leech plasticides into your drinking water leaving it with petroleum by-products. You don't want these. I use a canning jar.

**Tools:** Be sure to use quality tools that fit you properly. If a tool is uncomfortable to begin with, imagine it loaded up with dirt, rocks, and roots. There are many sizes and weights to choose from. If your only available tool is laborious, take it easy, go slowly, and do only what you need to do until you get something that works better. Perhaps some friends can get together and organize a tool trade. What won't work for one may well work for another.

Don't settle for cheap tools that will bend and break after a few uses. That money could have gone toward tools to last a lifetime. Many have propensity to make do with what we've got. A bent or broken tool will cause us to twist or contort our hands, limbs, and body differently thus opening ourselves up for injury.

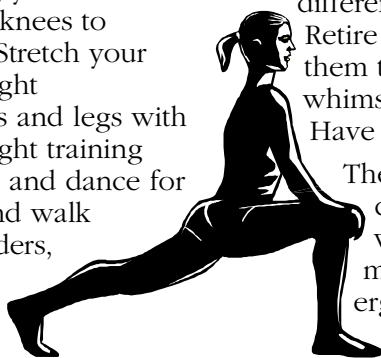
Retire these tools, or if you are so inclined, wire them together, paint them and make some whimsical garden art. Add wire hair and eyeballs. Have fun.

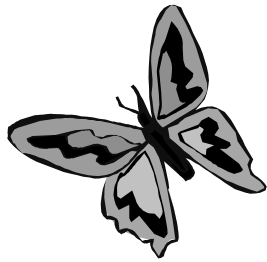
There are ergonomic tools on the market designed to take some stress off our bodies while we garden. As with any other tool, make sure it fits comfortably. Because it has ergonomic design doesn't necessarily mean it's the right tool for you. Also, know how to properly use a tool. You can easily hurt yourself if you are using tools wrong or lifting them incorrectly. If you don't know, ask.

**Clothing and Footwear:** In Minnesota, it is best to dress in layers as the temperature can change 20 degrees either direction at any moment. Make sure you don't get cold as this tightens muscles, exposing you to possible muscle strain. Too hot, you'll sweat profusely and possibly overheat, which is dangerous. Wear loose, comfortable clothing that can hold up to the many challenges of gardening. Cotton and other natural fibers are sturdy and breathe well. Synthetics can make you perspire excessively, losing that all important water from your body.

Make sure your clothing isn't dangerous. Pants too long or falling down can send you sailing over your own feet and anything else in the area. Flopping shirtsleeves catch on fencing, trellises, tomato cages, cockleburs and can easily slap down your finest heirloom tomato seedling.

Good footwear is important as well. A sturdy shoe is needed for significant gardening. Not enough support will leave your feet aching by day's end, aggravating your back, legs, and neck.





Every spring  
is the only spring  
—a perpetual  
astonishment!

--Ellis Peters

Cotton socks will both keep your feet comfortable and protect them from blisters due to perspiration or rubbing. If you're roto-tilling your beds in flip-flops, you're asking for trouble. Bare toes and anything with a blade don't mix well. Keep your toes protected around all tools. Save the sandals for when you're going out to harvest for a meal or two.

Gloves offer our hands protection. Tools rub, rocks cut, thorns sting, blisters hurt. This shouldn't happen if your hands are protected properly. I use leather most frequently and have several ranges of thickness available. Heavy for heavy tool use, moving rocks, bricks, trees, etc., and

lighter weight for moderate or hand tool use. I use cloth gloves to move weeds to the compost pile or other light duty.

**Sun Protection:** As gardeners, we love the sun. As 21st century gardeners, most are familiar with sun damage, both in painful, visible damage and underlying damage that sometimes won't come out for decades. Clothing and hats will protect you by blocking the sun's rays. The debate about avoiding commercial sunscreen due to questionable chemical composition rages on. Many mineral based products contain natural sunscreens such as zinc oxide. You could opt for those if you wish. If you have

## St. Patrick's Day Finds Me Cutting Dead Apple Wood: A Review of the March 17 DCGP Pruning Class By Dan Kislinger

Receding drifts of snow sprawl like lazy white arctic marine mammals sunning themselves on my neighbor's back yard lawn. The March sunlight is bright enough to hurt my eyes.

I hurry to catch up with the pruning class, it is already starting, and people are surrounding the teacher Deb Shubat. They are respectively avoiding the sleeping snow forms. We collectively have three big apple trees to prune. A pile of clippers, nippers, bow saws, and hooks lay on the table beside Deb. When she asks for volunteers I quickly grab a saw to do some cutting.

Apple trees are malleable members of the Malus genus. According to Deb they can be trimmed, pruned, shaped, and trained in ways to suit the whim of the gardener and conform to the constraints of the site. One of the trees is growing under a power line, so our goal is to shape the tree to encourage growth in a more horizontal direction. Another tree has branches growing into the garden path, so we cut to clear the path. We are encouraged to constantly step back and observe the progress of our work, keeping a vision of our end goals in mind.

The following items are highlights of Deb's message that morning.

**Infection Control measures:** Prepare a solution of bleach and water to paint on the blades of nippers and saws between cuts to avoid spreading fire blight to the rest of the tree after cutting off an infected branch.



**Pruning:** Remove enough of the tree to encourage sunlight into the center of the tree. Up to a third of the tree can be removed; come back next year if more is required. Cut back branches that rub on each other, dead wood, broken branches, and competing leaders.

**Training:** When working with a whip or very young tree, choose opposite alternating branches about 12 inches distance apart vertically to be horizontally running scaffolding branches in later years of the tree. With older trees, put weights on ropes secured to branches to bend them gradually into a horizontal posture over several growing seasons.

We received a small taste of other related information about apple tree care that applies to other seasons. I am charged up enough from the class to order three

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# NOTICES

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## Seed & Transplant Sale

May 18-19

The Duluth Community Garden Program is hosting its annual Seed and Transplant Sale on Friday, May 18, noon - 6 pm and Saturday, May 19, 9 am- 1 pm at the Garden Program office, 206 W. 4th S., Room 214. *NEW THIS YEAR:* heirloom tomato plants started by board members will be offered at the sale. For more information call 722-4583.

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## Sustainable Duluth's Sustainable Social

May 18

at 5:30 pm, at Sara's Table, 19th Ave E. and 8th St. Duluth. The event is free and open to the public. The topic is 'Sustainable Gardening' with guest speakers Mary Dragich of the Duluth Community Garden Program, Susan Darley Hill of WLSSD (Western Lake Superior Sanitary District), and Carrie Slater Duffy of EAGLE (Environmental Association of Great Lakes Education). ~~For more information contact Jan Karon at 722-7200 or jskaron@chartermi.net~~

## Annual Plant Sale

May 26

Sponsored by ~~the Duluth Garden Flower Society and held in the Leif Erickson Rose Garden parking lot.~~ Sale begin at 8:00 a.m. sharp and sells out fast. For more information, see [www.dgfs.us/dgfsgardeningcalendar.htm](http://www.dgfs.us/dgfsgardeningcalendar.htm).

## Tillers and Tools Available

The Duluth Community Garden Program makes tillers and other garden tools available for loan at no cost, although donations are welcome. Donations of garden tools for lending are needed. Call the office at 722-4583 for information on general tools. The following tillers are available:

- A rear-tine BCS tiller, need truck or trailer to transport. Call Paul Steklenski at 728-6206.
- A small, hand-held mantis tiller. Call Marian Syrjamaki-Kuchta at 724-4833.

**The Good Luck Farm**, a new Community Supported Agriculture farm (CSA) co-owned by Sue Katt (past DCGP executive director), ~~will be delivering produce to Duluth this summer.~~ To purchase a share, contact Sue at: [thegoodluckfarm@yahoo.com](mailto:thegoodluckfarm@yahoo.com) or visit the website [www.anatothcommunityfarm.org](http://www.anatothcommunityfarm.org).

**Need leaves for mulch in your garden or to add to a compost pile?** Call Leigh at 525-7804 or send her an email at [leighmcmullen46@hotmail.com](mailto:leighmcmullen46@hotmail.com). The leaves are bagged and will be available on her curb. The bags may be worn from the winter weather and could tear, so bring a rake for clean up.

## Need manure for your garden?

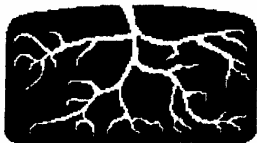
Local horse farms usually give manure away for the asking. Names and contacts of horse farms can be found in the yellow pages of the telephone book.

## Duluth Community Garden Program Board of Directors

Christine Dean (president), Dan Kislinger, StacyLaVres, Dave Luckstein (vice president), Kate Nicoletti (secretary),  
Carol Hill Perkins (treasurer), Gloria Piche, Sharon Rogers, and Marion Syrjamaki-Kuchta

# Duluth Community Garden Program

plant•a•lot



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Duluth, MN 55806

218-722-4583

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www.duluthcommunitygarden.org

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

## ***The Garden Program thanks our financial supporters***

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Duluth-Superior Area Community Foundation

Minnesota Power

Northland Foundation

Sheltering Arms

SMDC Corporate Contributions

United Way of Greater Duluth

Whole Foods Co-op



## Special Thanks

**To the following people who helped Jennifer Olker make truffles for our February sale:**

Mandy Little, Emily & Paul Weber, Susan Stone, Andrea Crouse, Janelle Miller, Michael Olker, Christine Dean, Angel & Steve Hohenstein, Debbie Waters, Molly Solberg, and Kate Nicoletti



### **Also, thanks to**

Liz and Ian Kidd, Great Harvest Bread Co., and Tammy Tamski, Fitger's Brewery Complex  
for providing space for sales and distribution.