



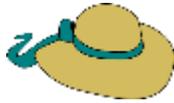
Community Gardens at Congress Park

GREEN! Gardener's Resource Exchange and Education Newsletter

Vol. 4-2016 July 2016

Compiled by the Education Committee: Bob Schatz, Julie Olsen, and Katherine Nash

Edited by Brien Darby



From Brien:

Happy July, everyone! We are seeing our hottest temperatures right now, hopefully for the whole year. Just a reminder that your plants will perform at their best with regular waterings in the cooler part of the day (before 10am and after 6pm) when possible.

We are also starting to see increased pest pressure this time of year. Much of this is due to the wet spring and warm summer conditions we have been experiencing. While there are specific treatments for a lot of the pests we are seeing, it is always helpful to keep your plot as clean as possible; pick up all plant debris and don't allow weeds to get too thick. These spaces create great habitat for pests, which we don't want!



Calendar:

July 31st: 9 to noon, all hands work day in the garden; we will be painting new plot markers!

August 13th: 9 to noon, all hands work day in the garden; mulch spreading for our pathways!



Planting in July:

In July you can still sow seeds of beets, bush beans, chard, kohlrabi, kale, endive, carrots, summer squash and cucumbers. Most leafy greens do not do so well in the mid-summer heat so look for heat resistant varieties and shade your plants by planting them next to taller plants in your plot. Although it's a bit on the late side, you can also put in transplants for tomatoes, peppers, basil, oregano, and other mid summer veggies and herbs. It's worth paying extra for larger plants. For a Denver area planting calendar see: <http://www.well.com/~jnfr/garden/plantdates.html>.



Produce Donations:

Produce donations will be picked up from the shed on Tuesday and Friday evenings. Our donations go to the SAME Café, a non-profit, pay-what-you-can local restaurant that uses local produce. The owners, Brad and Libby Birky, are committed to building healthy community by presenting culinary delights to all those who walk through the door. The restaurant is located at 2023 E. Colfax on the north side of Colfax Avenue between Race and Vine Street. Lunch is served Mon-Sat 11 a.m. to 2 p.m. If you want to donate produce but can't get to the garden, please let someone know. Don't let that good stuff go to waste!



Summer Grillin':

You might have noticed the BBQ grill at the gathering place in the center of the garden. All gardeners are free to use the grill for social gatherings whenever the gardens are open. Feel free to invite friends and family as well. So bring up some hot dogs and hamburgers and get grillin'!



The Herb Corner:

We welcome parsley to the newsletter this month. Parsley is a species of *Petroselinum* in the family *Apiaceae*, native to the central Mediterranean region. There are two types of parsley, curly and flat (Italian flat leaf). Of the two, the Italian parsley has a slightly stronger flavor.

Parsley does not have strict growing conditions, but it needs at least partial sunlight and a more alkaline soil. It should be harvested by cutting the outer stalks just above the ground level, which will encourage more growth. Once it flowers, the plant is done producing flavorful leaves.

Parsley is a nice garnish for many foods, including salads, sandwiches, fish, and burgers. Parsley provides many nutrients, vitamins A and C, and iron too. It is also touted as being a neutralizer of bad breath.



Our Fountain:

We have such a lovely fountain in the garden! But it is as delicate as it is delightful. To keep it flowing, please oh please do not step inside the plant border to take water, wash your hands, or play. The mechanism is fragile, so make sure you & your kiddos enjoy with your eyes & ears, not your hands & feet!



Operations Committee:

Three committees work with Brien to oversee the activities of the community garden: the Operations Committee, Neighborhood Committee, and Education Community. The Operations Committee helps to plan and administer the day to day operations of the garden. Its responsibilities include tracking volunteer hours, monitoring plot maintenance, and informing Brien of any problems or needed garden supplies. The date and time of the next committee meeting will be posted in the shed.

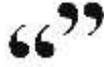


Garden History:

The last newsletter focused on the origins of the DBG community gardens and the establishment of the Morrison garden. In the early 1980s two new community gardens were established, the Gaylord and Waring gardens. These gardens were located off of 12th Avenue between York and Gaylord, just south of the main DBG facility. According to records from the 2000 gardening season there were 60 plots in the Waring garden and 45 plots in the Gaylord garden. The site also housed a shed and several compost bins. Passersby were encouraged to stroll through the gardens. Visitors included people from all over the United States and even from other countries. In their heyday, the Gaylord, Waring, and Morrison gardens were cultivated by approximately 250 gardeners.

Next Month: Troubled times and the ICCG.

Gardening Wit and Wisdom:



No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden. ~ Thomas Jefferson

My garden is my most beautiful masterpiece. ~ Claude Monet



July Recipe:

Beet & Goat Cheese Hummus

Ingredients:

1 large beet

16 ounces chickpeas

2 lemons

¼ cup tahini paste

1 teaspoon salt

4 ounces crumbled goat cheese

¼ cup olive oil

Directions:

First scrub the beet and chop into large cubes. Bake in aluminum foil or on a baking tray at 400 degrees until the cubes are soft enough to pierce with a fork (about 25-30 minutes). Allow the beet to cool. In a food processor combine the beet (and any juices you are able to preserve), the rinsed chickpeas, juice from two lemons, tahini paste, salt, and goat cheese. Pulse until well blended. While the food processor is still running, drizzle in the olive oil and blend until smooth. Serve with pita chips or sliced vegetables. - *A Beautiful Mess* blog