



## Community Gardens at Congress Park

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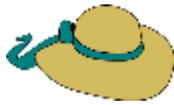
### GREEN! Gardener's Resource Exchange and Education Newsletter

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

Edited by Brien Darby

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#### **From Brien:**

As we near the end of the season, powdery mildew is open us. You've probably all seen the whitish, thin mold that is overtaking squash, melon, and cucumber plants. If left untreated, powdery mildew can be the death of your plants (which, at the end of the season...). If you do choose to treat, small outbreaks can be treated by trimming the infected leaves from the plant. Larger outbreaks require a foliar spray application. This year, I've had very good luck with the following recipe: 1 tbsp baking soda, 2 oz of horticultural oil (often sold as Sunspray oil) mixed in a gallon of water. Avoid spraying on exceptionally sunny days to avoid burning your plants. Happy Fall!



#### **Calendar:**

September 10, 9-noon, All hands work day at the garden; we will be joined by a group of volunteers from the Xcel Energy day of Service

October 15, 9-noon, All hands work day at the garden, as well as truck onsite for large plot clean up

October 21, 6:30pm, Fall Harvest Party at SAME Cafe

October 22, 9-noon, All hands work day at the garden, as well as truck onsite for large plot clean up

October 29, 9-noon, All hands work day at the garden, as well as truck onsite for large plot clean up



### **Planting in September:**

In September, you can sow seeds for a fall harvest of radishes, beets, turnips, chard, spinach, parsley, leaf lettuce, and mustard greens. Growing in a shaded area of your plot will encourage germination and discourage the plants from 'bolting' (flowering and going to seed) and tasting bitter.



### **Harvest Party:**

Join us for the 5<sup>th</sup> annual Fall Harvest Party at the SAME café on October 21<sup>st</sup> at 6:30pm. Food will be prepared by the crew at SAME café using some of our own food donations. Stay tuned for more details...



### **Kudos!**

To: Neighborhood Committee members John Augenblick, Timothy Hepp, Kevin Kelly, Linda Smoke, and Emily Wytiaz for putting on a wonderful BBQ!

To: Gardeners Martha Bailey, Jody Beck, Carol Earle, and Emily Hunter for the display board explaining how to gather and deliver donations to the SAME café. Please consider signing up for a delivery in October!



### **Volunteer Hours:**

If you've fallen behind in your volunteer hours, now's the time to catch up. Please log your completed hours and activities in the binder in the shed. The Operations Committee will record everyone's hours at month's end. Contact Brien if you have any questions or would like suggestions for ways to fulfill your volunteer requirement.



### **The Herb Corner:**

Sage is an old standby that has one of the longest histories of use of any culinary or medicinal herb. Sage is a member of the mint family. The tradition of using sage in the culinary arts of Thanksgiving began with the early American colonists, who also considered sage a valuable remedy for colds and fevers when steeped and consumed as a tea. Sage has excellent antibacterial and astringent properties as well. Native Americans used sage as a smudge by tying leaves together in a bundle and burning them in rituals as a purification or blessing of people or places.

Sage is hardy, sturdy and drought tolerant. It grows well within a wide range of temperatures and planting zones and has a long growing season. The leaves are most flavorful when the plant is in bloom. Sage can be harvested well into late fall. The leaves can be dried and stored for as long as one year. Whereas drying most herbs diminishes some of their flavor, sage actually becomes more flavorful with drying.



### **End of the Season Composting:**

September is a really busy time for the Compost Team. Here is how you can make their job easier and help the end of season garden clean-outs go smoothly:

- Chop everything you place in the 'Add' bin to less than 10 inches.
- Lay stalks and vines you are unable to chop on the blue tarp by the lightning mast. If the drying areas are too full, leave stalks and vines at the edge of your plot. Contact someone from the compost team to pick them up, or leave a message on the board in the shed.



### **Garden History:**

The Morrison, Gaylord, and Waring gardens continued to operate throughout the 1990s and into the early 2000s. However, the future of the community gardens was becoming increasingly uncertain due to plans to further develop the DBG main facility. In 2008 it was officially announced that the community gardens would be relocated. The Morrison Garden was the first to be closed, and its gardeners were given temporary residence at the Gaylord and Waring Gardens. All three community gardens were permanently closed at the end of the 2008 season. Behind the scenes, ICCG/NAC representatives worked with DBG and with local officials to ensure that the relocation would be completed in time for the 2009 gardening season. Plans were drafted for the new garden site, and upon final approval of Denver Water and Congress Park Neighbors initial work on the site began in March. The DBG Community Garden at Congress Park opened for its first season in April 2009.

Next month: The first eight years of the Congress Park community garden.

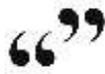


### **Committee Updates:**

**Operations Committee:** The next committee meeting is Tues 9/27 at 5:30pm at the garden.

**Neighborhood Committee:** The next committee meeting is Tues 9/27 at 3:30pm at the garden.

### **Gardening Wit and Wisdom:**



All gardeners know better than other gardeners. ~ Chinese Proverb

A flower is an educated weed. ~ Luther Burbank



### **September Recipe:**

#### **Summer Vegetable Minestrone**

##### Ingredients:

2 TBSP olive oil	1 handful summer greens, shredded
2 garlic cloves, sliced	1 handful fava, or field beans, podded
2 small carrots, peeled and chopped	1 handful fresh peas, podded
1 small onion, finely diced	1 liter hot vegetable stock
1 small zucchini, diced	3 ounces small pasta
1 large tomato, diced	Salt and pepper, to taste

##### Directions:

Prepare the beans by adding the beans to a pan of lightly salted boiling water. Cook for 3-4 minutes before removing, running under cold water, and then squeezing the beans out of their skins. Set aside. Put a large pan on low heat and add the olive oil, garlic, carrot, onion, and zucchini. Cover with lid and leave to soften for around 10 minutes. Remove the lid and add the tomato, summer greens, and peas, then add the hot stock. Bring the pan to a boil and add the pasta, as well as a little salt and pepper. Reduce the heat to a simmer and cover the pan. Simmer for 8 minutes, then add the prepared beans and continue to simmer for an additional 2 minutes. Salt and pepper as necessary before serving. - *All That I'm Eating blog*