

THE DIRT

Long Beach Community Garden Association



HEALTHY FRESH

FALL IS RIGHT AROUND THE CORNER
THE BEST OF GARDENING

"I have the most sincere pumpkin patch around. So he'll come..."

Linus from It's The Great Pumpkin Charlie Brown

AUGUST/SEPTEMBER 2013 ISSUE

Upcoming Dates

Sept 7, Oct 5 & Nov 7



Work Parties

The monthly work parties will be held from 7:30 - 9:30 AM on Saturday September 7, October 5 & November 5, 2013

Upcoming Board Meeting

The monthly Garden Board Meetings are held in the large barn in the orchard after the Work Parties. The September meeting has been cancelled so the next one is October 5 at 10:00 AM. All gardeners are welcome to attend!

Upcoming

Plot Inspection Walk

Conducted the 2nd and 4th Thursdays of the month:

September 12 & 26
October 10 & 24

Members are welcome to join at 0730!

Bulletin Board

Friendly Reminders!

- Pets are not allowed in the garden; not even in vehicles
- Do not enter the orchard without permission of the Board
- Asparagus, rhubarb and artichokes must be at least 4 feet from borders
- Plastic fencing is not allowed unless inside the garden by at least 6 inches.

PRESIDENTS MESSAGE

I want to begin by thanking so many gardeners for their support in response to recent negative publicity regarding the garden. Editorials, emails and personal conversations have confirmed to the Board that the vast majority of gardeners do not agree with the relatively biased story. That said, we continue to strive to serve and support the garden and its members in every way we can and still maintain what we consider to be the best garden in the city and beyond. But enough about that, let's move on to the important things – gardening!

Please take the time to read the enclosed helpful hints from Joanne Rice. Now is the time to begin preparing your garden for Fall/Winter crops (see plant calendar on page 5). You cannot just plant without properly amending the soil and expect a good crop – your soil needs preparation in order to give the necessary nutrients to the next season's vegetables. If you wonder why Joanne's garden is always so abundant, it's because she spends the time preparing and adding nutrients to the soil. So don't do anything before reading this or other articles online about garden readiness.

Also, did you know that Board Member Nancy Bernstein could rototill your garden and test the soil for a fee – if interested, call her at 562-477-1598.

Finally, I am saddened to report that there have been several thefts and damage to crops reported to me and other Board members. One garden waited patiently, watching a pumpkin grow to full size for picking when suddenly, it was gone! Another garden said that someone recently must have sprayed a chemical a large plant. First of all, how would you feel if these happened to you, and second, any unauthorized entrance into another garden or known theft /damage will result in immediate loss of garden rights. People who are not part of the garden have been observed entering and this may be the problem. Watch for people who do not have vehicle tags or who do not appear to belong to the garden and report them immediately.

Remember that gardens must be 80% planted again for the Fall/Winter season. We will be looking for compliance with this by November 1.

Joanne's Hints

Getting Ready For Fall

GETTING READY FOR THE FALL GARDEN AT LBCGA

Well, it is already August and time to start thinking about Fall gardening. Summer is ending fast and we have to think ahead.

As Dr. Perring at UC Riverside said to me in an e mail long ago, it isn't worth hanging on to plants that have one lone vegetable on them. So don't think twice about pulling that plant out to get ready if it is on its last legs!

There are certain things you should be doing to prepare your soil for planting for Fall and Winter. That planting should take place around the last week of September and the first two weeks of October. Winter veggies need the warmth of late September and early October to "jump start" them.

So, I am sharing with you what I do each and every season to get my soil ready. Why? Because your present season has taken most of the nutrients out of your soil to give you the best Summer vegetables possible. Now it is time to renew and enrich your soil. If you still have summer crops producing, then only treat the bare spots of your garden and when present producing crops fizzle out, treat those areas. I never have a blank garden.

Our soil does not live by the horse manure alone, i.e., that which LBCGA provides for your use. What that manure does is improve the tilth or physical condition of your soil. In other words, manure keeps it loose and pliable.

Our horse manure comes from a very clean stable and the owner composts it for at least a year which ensures that it is pathogen free. So, it is free and okay to use. If you prefer to buy amendments instead, I have used Bumper Crop (H &H Nursery).

Remember one thing, more is not always better.

Here goes -- each and every season -- this is what I do:

1. **Gypsum** -- Since our soil at LBCGA is clay, we need to loosen up the soil.

I apply a bag of gypsum each season to keep the soil loose. What is gypsum anyway? It is calcium sulphate. DO NOT BUY POWDERED

GYPSUM--BUY PELLETED or you will end up with cement when the

powdered gypsum gets wet. I did it and it wasn't fun!

2. **Sulphate of Ammonia** (pure nitrogen) -- Sprinkle over the entire empty spaces of your garden; about 30 pounds should do it but divide if you are doing sections at a time.

3. **Sul Po Mag** -- Apply 1 box divided over entire garden (Armstrong Nursery). You could add Sul Po Mag to your garden every month with no ill effects if you wanted to but who could afford it?

4. **Super Phosphate** -- Now this gets tricky. Only add super phosphate to your garden soil ONCE EVERY FIVE YEARS!!!! How much? Sprinkle it like you are salting or peppering your food. Yes, that little bit.

5. **Horse Manure** -- Add a couple of inches of our horse manure or if you prefer, buy the amendment of your choice. These are big

garden plots so who can afford to do that?

Water all of the above in a couple of times over several days then till it in.

You are set to go. Our website has a planting calendar (also included in this newsletter) so check it out. Peas do not like hot weather so wait until around the third or fourth week of October.

ARE YOU AN ACTIVE MEMBER?

Are you an active member?

The kind that would be missed

Or are you just contented

That your name is on the list.

Do you attend the meetings

And mingle with the flock?

Or do you stay at home

And criticize and knock.

Do you take an active part

To help the work along?

Or are you satisfied to be

The kind that just belong.

Do you push the cause along

And make things sort of click?

Or leave the work to just a few

And talk about the clique.

There's quite a program scheduled

That you must have heard about.

And we'll appreciate if you

Will come and help us out.

So come to meetings often

And help with hand and heart.

Don't just be a member

But take an active part.

Think this over, all my friends

You know the right from wrong.

Are you an active member

Or do you just belong????

Adapted from Arthur I. Fischer

Information To Have

Board Of Directors

Your 2013-14 Long Beach Community Garden Association Officers and Board Members are as follows:

Carol Meyer - President
562-343-3326

Joan Criswell - First V.P.
(Head of Membership Committee)
562-598-4076

Sher Meyers - Second V.P.
562-428-8604

Darlene Gridley - Secretary
562-562-716-9076
Mary Rasmussen - Treasurer
562-498-7428

Chuck Davis
(Borders Committee)
562-438-2073

Frank Dayak
(Critter Control)
562-596-1975

Kevin Holman
(Flower & Landscape)
562-439-2326

Michel Roide
(Mailing)
562-755-6781

Gary Sarka
(Water Systems)
562-430-0695

Ernie Trait
(Orchard)
562-431-7074

Nancy Bernstein
(Maintenance)
562-597-4552

Vicki Storberg
(Commodities Manager)
562-427-6084

Lonnie Brundage
(Food Bank)
562-597-0926

Each month we will feature one or two directors on the back page of the newsletter. Please feel free to contact me if you have a question for any of them, please feel free to contact them if you have specific questions in their area of expertise or contact me.

WWW.LBCG.Org

Newsletter Distribution

Newsletters will be primarily distributed by email. However, the Board recently voted to mail them to the small number of members who do not have email in order to keep them informed.

Plot Inspection

Recently, a gardener suggested that Plot Inspection Walks be conducted on a routine schedule; therefore, they will generally be conducted on the 2nd & 4th Thursday of each month.

Friendly Reminder

Dogs are not allowed in the garden, even in vehicles. This is clearly stated in the R&Rs and is due to many liability issues. Please adhere to this in order to retain garden privileges. Thanks you.

Vacations

You do not need to inform the Board if you are going on vacation for a short time, a week or two, particularly if you have someone managing your garden for you. If you plan to be gone for an extended time, i.e., more than 3 weeks, it is best then to notify the President or Vice President of

your extended absence. You should always arrange for another gardener or family member/friend to water and weed your garden in your absence. These individuals should be well informed of the R&Rs.

Leaving The Garden In Good Standing

If you find it necessary to leave your garden plot (life happens sometimes), it is critical that you do the following:

- Notify the President or 1st VP by email or a call
- Remove all personal items
- Clean out the garden – failure to leave the garden in good condition will result in inability to return at a later date
- Return your clicker(s) and vehicle tag(s)

Wheelbarrows

Maintaining the wheelbarrows so they are available for all of us is a real job! Members shouldn't take wheels off wheelbarrows. If a wheelbarrow is broken, take it to the green shed or place upside down away from the road and CALL NANCY at 562-477-1598 or tell another board member so it can be fixed.

Recipes

Once in a while, we all wish we could think of something new to fix with our wonderful produce. If you have a great recipe for garden veggies that you would like to share with others, please email to nancyberstein@aim.com
It would be great to begin sharing these!

Community Service

Now is the time to do your community service hours. The deadline is June 1 2014 but don't leave this to the last months of the year. Nancy will be starting her mid-week work parties in October so watch the bulletin boards for more information or join the Orchard Work Groups on Tuesdays from 5-7 PM.

Garden Planting Calendar

Plant Calendar for Southern California

| Veggies/Plant Periods | October - March | March - June | July - September |
|-----------------------|-----------------|--------------|------------------|
| Beans | | X | X |
| Beets | X | X | X |
| Broccoli | X | | X |
| Cabbage | X | | |
| Carrots | X | X | X |
| Cantaloupe | | | X |
| Cauliflower | X | | X |
| Celery | X | | X |
| Corn | | X | X |
| Cucumbers | | X | X |
| Eggplant | | X | X |
| Endive | X | | |
| Escarole | X | | |
| Garlic | X | | |
| Herbs | | X | |
| Lettuce (head) | X | | X |
| Lima Beans | | X | X |
| Loose Leaf Lettuce | | X | |
| Melons | | X | |
| Okra | | X | X |
| Onions | | X | |
| Bunching Onions | X | | X |
| Shore Day Onions | X | | |
| Parsley | X | | X |
| Parsnips | | X | |
| Peas | X | | |
| Peas and Sweet Peas | | | X |
| Peppers | | X | |
| Pumpkins | | X | |
| Radishes | X | X | X |
| Tomatoes | | X | X |
| Turnips | X | X | X |
| Spinach | X | X | |
| Squash | | X | X |

Long Beach Community Garden Association



by *Martha Holmberg*
from *Fine Cooking*
Issue 80

submitted by
Caroline Martine - Garden Member

ROASTED RATATOUILLE

- 1 small onions (about 5 oz. each), cut into 1/4-inch-thick half-moons
- 2 2 red bell peppers (6 to 7 oz. each), peeled (as much as possible with a vegetable peeler; serrated works best), cored, and cut into 1/4-inch-wide strips
- 3 1 medium eggplant (about 1 lb.), peeled if desired and sliced crosswise 1/2-inch thick, slices then cut in halves or quarters, depending on size
- 4 2 medium zucchini (7 to 8 oz. each), trimmed and cut into 1/4-inch-thick rounds
- 5 15 whole cloves garlic, peeled
- 6 1/2 cup plus 2 Tbs. extra-virgin olive oil; more as needed
- 7 1 tsp. chopped fresh rosemary
- 8 Kosher salt
- 9 4 medium ripe tomatoes (about 1-1/2 lb. total), peeled (with a serrated vegetable peeler; otherwise, skip the peeling), cored, and cut into 1/2-inch chunks
- 10 1/4 cup thinly sliced fresh basil (a chiffonade)

Position racks in the top and bottom thirds of the oven and heat the oven to 400°F. Line two large rimmed baking sheets (12x16-inch sheet pans are a good size) with foil and top with a sheet of parchment. In a large bowl, toss the onions, peppers, eggplant, zucchini, garlic, olive oil, rosemary, and 1-1/2 tsp. kosher salt. Spread the vegetables evenly over both sheets. Don't spread the vegetables too thin or they may burn (they shrink a lot as they cook).

Roast, stirring the vegetables a few times and swapping the positions of the pans once, until the vegetables are slightly collapsed or shriveled, starting to brown, and very tender, about 45 minutes. If the vegetables look like they may burn, turn down the heat or pile them closer together. If they look dry, drizzle on a little olive oil. Divide the tomatoes between the two pans and continue to roast until the tomatoes soften and shrink and the other vegetables are well-browned, another 30 to 50 minutes. Scrape all the vegetables and any juices into a serving bowl. Toss with the basil, taste for seasoning, and serve warm.



Picnic Photos



Picnic Photos



Garden Game

submitted by board member Vicki Storberg

Vegetable Garden

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| X | R | M | L | J | I | T | G | E | Z | W | Y | B | R | H | M | V |
| M | E | K | O | H | C | I | T | R | A | U | E | A | S | P | A | P |
| U | S | H | K | P | T | R | U | X | E | E | C | A | P | F | H | W |
| L | W | E | F | U | J | R | E | I | T | E | U | C | V | M | A | M |
| H | I | J | L | R | Q | V | Z | S | L | Q | N | V | H | T | W | S |
| E | S | G | O | A | P | S | W | G | S | D | M | B | E | I | E | T |
| L | S | N | P | N | K | X | A | T | W | Y | G | R | E | O | N | H |
| A | C | O | R | N | S | Q | U | A | S | H | M | H | T | A | X | I |
| Q | H | S | K | E | T | N | W | Q | B | E | X | A | E | O | N | Q |
| E | A | O | R | S | R | Y | D | A | L | L | M | T | P | W | S | S |
| A | R | B | T | E | M | C | H | O | J | O | C | E | O | T | G | C |
| R | D | B | T | U | B | T | N | Y | T | B | V | K | L | U | I | A |
| K | X | T | T | F | V | M | D | E | G | G | P | L | A | N | T | R |
| O | U | H | G | A | D | W | U | N | R | O | C | Z | T | S | N | R |
| B | N | U | G | J | X | I | W | C | A | R | D | I | N | G | J | O |
| F | V | N | H | E | D | S | Y | C | U | Y | Q | J | A | K | O | T |
| L | B | F | V | U | V | N | D | L | H | C | G | Z | C | C | C | S |

ACORNSQUASH
BUTTERNUTSQUASH
CORN
GREENBEANS
SWISSCHARD

ARTICHOKE
CANTALOEPE
CUCUMBERS
KALE
TOMATOES

BEETS
CARROTS
EGGPLANT
OKRA
WATERMELON

The Orchard Work Group

**Orchard Work Group -- Tuesdays from 5-7 PM
All are Welcome! Show up and ask for Ernie or Alan!**

Learn about managing fruit trees. Trim, pick, fertilize and weed. Meet new friends and get 2 hours of Community Service



Meet Your Garden Board

LBCGA Secretary Darlene Gidley



New to the LBCGA Board of Directors this year is Darlene Gidley (M-o8). As our Secretary, she attends Board meetings, takes minutes, participates in garden inspections and logs gardeners in at work parties.

Darlene was introduced to our garden in late 2011 when tomatoes were still being harvested. As her friend and colleague of 33 years, Carol Meyer invited Darlene to her garden to pick tomatoes and other veggies. Darlene said, "It was love at first sight"! Several months later, Carol asked her if she would be interested in having her own garden. After a one-minute consultation with her husband Jeff, it was a resounding "yes".

As a gardener, she describes herself as a "not-to-go-to-person"; in other words, if you need gardening advice, she feels quite the novice. However,

when asked what her advice to new gardeners might be, she replied, she provided the following:

Spend time setting up your garden when you first get it and deep weeding for us was a "must". We elected to have a fence and vegetable beds defined by wood borders because it is part of my nature to be organized. Probably my greatest advice though is to seek out gardening tips from more experienced gardeners as they have a wealth of knowledge to share. As a new gardener, their input has helped me immensely.

Not surprisingly, her favorite vegetable (if you want to call it that) is the tomato. She loves the varieties and the abundance of the harvest, besides the fact that they grow so easily! Furthermore, it seems like just about everyone likes a gift of homegrown tomatoes, so you can have a lot of fun sharing your tomato wealth.

Her favorite new tool in the garden is actually her new shrinking flexible garden hose from Bed, Bath and Beyond. She finds it lightweight, maneuverable, and easy to stow. Best of all, it doesn't move all the wood chips around when you water!

Besides the garden, Darlene loves boating, golfing, mission work in the community and her four grandchildren (not necessarily in that order).

Her words of wisdom: It seems there is a real correlation between the effort you put into the garden experience and what you get out of it. Beyond the great food you harvest, the garden is a sanctuary for quiet moments of thought; it provides an abundance of food to share with others; and it gives you and your spouse another special thing to enjoy together. What more can one ask for?

Friendly Reminders

- Saggy fences should be tightened or replaced due to tripping and injury hazard
- Vehicle passes must be visible in all vehicles entering the garden
- New border boards or fences must be approved in advance by the 1st Vice President, Joan Criswell