



Manhattan Community Gardens

Past newsletters are available at:

<http://www.k-state.edu/ufm/gardennews.htm> or www.tryufm.org/gardennews.htm

Anyone interested in adding to the Manhattan Community Garden's newsletter may submit their articles to jeannesquires@yahoo.com at any time. Articles will appear in the next scheduled newsletter after submission.

Annual Fall Garden Meeting

November 7, 2009

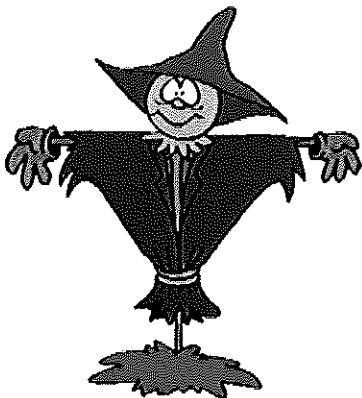
9:00-11:00 (Lunch Follows)

**Board Member Elections
for 2010**

Potluck and Soup

Luncheon

Returning Gardener Signup



Garden Plot Cleanup

Come do fall cleanup on your garden plot, vote for next year's new Board Members, sign up for your next year's garden plot then join everyone else for a wonderful soup lunch.

Don't forget to bring a side dish to go with the soup!!

Note from the President:

The garden season is slowly coming to a close. We have a few items of business to close out the season. Some gardeners have contacted me and told me that they will not return next year. Job relocations, health problems and other life events have changed their garden journey. What will be your gardening journey next year? Does the number of plots match your gardening desire and energy? If your journey is changing and you want to either decrease or increase your plots please let me know---537-0372 or slpete@sbcglobal.net.

This year at the garden we have tinkered with the idea of adding more community to the gardening with the addition of assigned monthly workdays and garden socials. With these events we have gotten quite a bit of work accomplished. I want to thank all the gardeners who have stayed the course of the community commitment to the garden.

For the 2010 garden season the Community Gardens will continue with the commitment of having gardeners signing up for the two board designated events (either workdays or garden social or a combination of the two). A different twist will be the opportunity to sign up for monthly garden area mowing responsibility in place of a board event. This will give gardeners a more diverse chance to provide assistance at the garden.

I look forward to seeing you at the returning gardener sign-up and annual meeting on Saturday, November 7th. Please contact me, Susan Peterson with your questions, suggestions, or concerns—537-0372 or slpete@sbcglobal.net.

Seasonal Garden Tips:

Extending the Harvest



Extending your garden's growing season can be challenging but is often well worth the effort. By either protecting plants to encourage their maturation early or late in the season, or planting cold tolerant vegetables for harvesting in fall and winter, you can in some areas grow crops during the months when cold weather would usually kill them. Since every garden is a unique combination of soil, climate, cultivars, and growing methods, you should experiment with various techniques for lengthening your garden's period of productivity. Due to great variations in the winter seasons here in Kansas, what worked well one winter season, might now work well the next one. The trick is to keep trying different methods and cultivars and possibly you will find one that works well for your style of gardening.

Each of the methods listed below can help maintain a consistent microclimate, protecting crops from damage inflicted by frost, wind chill, and sudden dips in temperature. When choosing the degree of protection you want, keep in mind that the more complicated method, the more maintenance it will require – and even the simplest methods will need periodic monitoring. Some protective devices you can build yourself, or you can purchase readymade equipment through specialized catalogs (online or hard copy).

Row Covers: Row Covers are one of the most effective and practical season extenders. When frost threatens, you can quickly and easily install row covers over a single row or an entire section of your garden. Floating row covers made of spun bonded polyester can be placed directly over plants without a supporting structure. In Kansas, I would suggest that you find a

way to secure them to the ground due to wind. This could be done with T pins, rocks, or landscape stakes. These fabric covers allow water, air and light to reach the plants while offering protection to the plants to around 28*. Row covers also come in polyethylene plastic.

Due to the weight of the polyethylene, these row covers usually require supports. Polyethylene covers provide a greater degree of frost protection but they must be monitored better because they also trap a higher degree of temperature inside. During the day, temperatures inside of a polyethylene row cover can reach 20* higher than the external temperature. With polyethylene covers, make sure they have a side flap that can be lifted for day time ventilation to keep from cooking the plants!!

Plant Caps or Cloches: Cloches are small caps that fit over a single plant. They can be made of many different fabrics. You can make cloches by recycling household articles like gallon sized milk jugs with the bottoms cut out and the caps removed. To keep milk jug cloches from blowing away, place a stake next to the growing plant and place the milk jug over it so that the stake sticks out of the top hole. A tomato cage can easily be adapted to make a cloche. Wrap the cage in clear plastic and overlap. On cold nights drape another piece of plastic over the top and tape together. Cloches also build heat and moisture inside when not ventilated properly. Occasionally a tomato cage cloche should be removed, especially on warm autumn days.

Cold Frames: Cold Frames require daily monitoring. Temperature inside must be diligently monitored. If daytime temperatures reach 60°F or more, raise the lid or remove it and replace it at night when the temperature falls. If the outside temperature is 40°F, the lid should be propped open only a few inches and closed again at night. Thermostatic devices are available that will automatically raise and lower the cold frame lid.

For those of us who have had a long enough growing season: Now is the season to mulch, mulch, and mulch. As you remove your finished non-diseased plants from this year's garden, it is a good idea to cut them up into small pieces (or chip them) and add them back into your garden soil as organic matter. Diseased plants should be removed from the garden area and disposed of, or burnt. It is a good idea to till your garden area in the fall. Garden debris is a favorite over wintering site for several insects so by cleaning out your garden areas in the autumn, you will help eliminate many pest and disease problems for next season.

Some gardeners plant cover crops of ryegrass, clover, barley and vetch as winter mulch. Because of the "wild" grass problem in our Manhattan Community Gardens, a suggestion would be to be cautious what you plant as a cover crop. Sown at the proper time and controlled, cover crops help to control weeds and erosion over the winter.

Another over-wintering control technique is to cover the entire growing place with black plastic. It controls light and discourages the growth of weed plants that might be more cold hardy than the garden plants.

Remember that as you finish your garden and head into the cold weather, you can still garden. Tools can be cleaned and repaired over the winter. Tools can be cleaned by dipping them into a disinfecting solution of 1 part bleach to 10 parts water. Cold months are also a good time for planning. Plan your garden out. I enjoy drawing my garden out onto a blueprint while


anticipating the warmer weather. Purchase seeds. Many plants can be started from seeds in a sunny window during February and March.

Board News (Committee Reports): **BOARD NEWS**

During the 2009 season, there has been a massive amount of equipment repairs to do. Because of this, for the 2010 Season there will be Mandatory Tool and Equipment Orientation at which time participants will receive the combination to the Equipment sheds. These orientation sessions will be held on February 3rd during garden sign up time; February 13th during garden sign up time; February 16th at 5:00 p.m.; February 18th at 5:00 p.m.; February 20th at 10:00 a.m. and at the April 3rd work day (and last sign up). Hopefully these early dates will allow gardeners to be able to get started spring gardening as early as they would like.

2010 Garden Sign up Time:

<u>Who</u>	<u>When (date)</u>	<u>When (time)</u>	<u>Where</u>
Returning Gardeners	November 7, 2009	9 – 11 a.m.	MCG Gardens
Returning Gardeners	December 2, 2009	7 – 8 p.m.	UFM
Returning Gardeners	January 6, 2010	7 – 8 p.m.	UFM
New Gardeners	February 3, 2010	7 – 8 p.m.	UFM
New Gardeners	February 13, 2010	10 – 11 a.m.	UFM
New Gardeners	April 3, 2010	9 – 11 a.m.	MCG Gardens

*****Special Note:** If you do not plan to come back to the gardens or for some reason would like to use fewer plots for the 2010 season please let a Board Member know as soon as possible so that everyone who would like to can have a plot!! 

Featured Plant:

The Raspberry

Many of us at MCG have Raspberries growing in our garden. Lets face it, raspberries are the bomb (my favorite berry, can you tell). But what many people don't know is the extent of Raspberries usefulness....

History and Medicinal: Raspberries are in the Rosaceae family along with such plants as Rose, Apple, Almond, and Strawberry. The ancient Greeks, Chinese, Ayurvedics (India), and Native Americans used Raspberry as a treatment for wounds and diarrhea. It was also used to treat tuberculosis, hemorrhoids, and women's issues. It was and still is used widely in the treatment of menstrual complaints, early pregnancy and miscarriage because it contains a "uterine relaxant principle:" (The Healing Herbs, Michael Castleman, 1991 pg 429). Raspberry leaves contain tannin. Tannins are astringent and useful in treating diarrhea and some rare forms of cancer. One animal study showed that Raspberry leaf also lowered blood sugar, which could suggest possible future use with diabetics.

Growing: Plant ½ inch root cuttings in a few inches of soil under full sun and in loose, rich well drained soil. Raspberries are very aggressive invasive plants and will take a garden over in a very short time. It is best to grow them with supports so that the plants can be trained. They

need to be mercilessly pruned. There are summer or fall producing, thornless and thorned, large and small...the varieties are endless.

Harvesting: Berries are harvested when they are deep red (mine never make it home, especially if my grand daughter is with me!!). They make some of the best freezer jam I have ever tasted (recipe following article). It is best to use a small container that can be held under the branches because the berries fall easily. Leaves can be harvested at any time, but are best on plants that have had at least one growing season. Leaves can be dried in a dehydrator, or hung in a well ventilated area.

How to use the leaves: To make a good 'tea' use 1-2 teaspoons of dried herb per cup of water. Steep for 10-15 minutes. Raspberry 'tea' can be diluted for use with infants with diarrhea.

Raspberry Freezer Jam Recipe:

- 3 cups finely mashed or sieved red raspberries
- 6 cups sugar
- 1 pkg. powdered fruit pectin
- 1 cup water

Combine berries and sugar. Let stand at room temperature about 20 minutes, stirring occasionally. Boil pectin and water rapidly for 1 minute, stirring. Remove from heat. Add fruit and stir about 2 minutes. Pour into containers; cover. Let stand at room temperature for 24 hours. If jam does not set, refrigerate until it does. Store in freezer. Makes about 8-9 half pints.

Questions, or Problems? Contact a Board Member:

2009 MCG Board Members			
<u>Name</u>	<u>Committee</u>	<u>Phone</u>	<u>Email</u>
Susan Peterson, President	Records, Co-Chair	537-0372	slpete@sbcglobal.net
Jenny Guilford, VicePresident	Compost & Mulch	443-2769	lveggielady@gmail.com
Linda Teener, Treasurer	Finance	539-8763	linda@tryufm.org
Pamela Been-Redeker	Flower Bed Maintenance	537-8298	donredeker@sbcglobal.net
Lynda Bachelor	Garden Socials	w)532-7607	lbachelor@cox.net
	Crop Walk	h)539-9508	
Chuck Marr	Equipment Maintenance	539-6825	cmarr@ksu.edu
	Newsletter & Education (electronic)		
Jean Squires	Newsletter & Education	313-2409	jeannesquires@yahoo.com
Bruce McMillan	Ground Maintenance	539-1016	Brucemacks@yahoo.com
	Tilling		
Susan Oviatt	Records	776-0801	susanovia@sbcglobal.net
Kellan Kershner	Rules & Safety	532-5954	kkershne@ksu.edu

(Please do not call MCG Board Members after 9:00 p.m.)

(Note: articles in this newsletter written by Jean Squires unless otherwise specified.)