



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.

Letter from the President:

The gardening season is slipping by. There are two items that the board would appreciate your input and participation. One is the garden work days, garden socials and mowing assignments. The garden board had discussions at the August board meeting about the success of the garden work days and the garden socials that have been held this year. I will admit that I was skeptical about the garden work days, but I believe that they have been a tremendous success. They complete needed garden improvements and create sense of community in the garden. The garden socials also provide the opportunity to know your garden neighbor and share garden knowledge and experiences with each other.

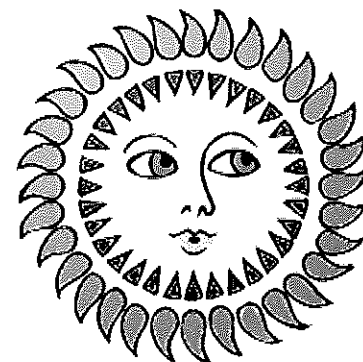
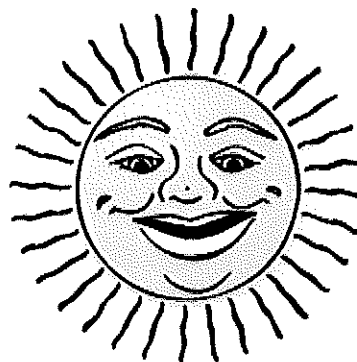
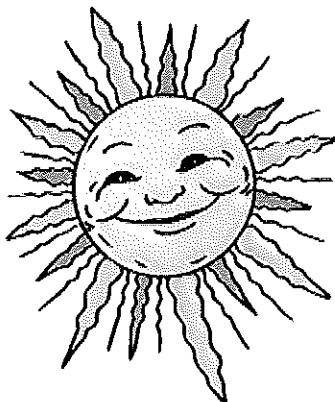
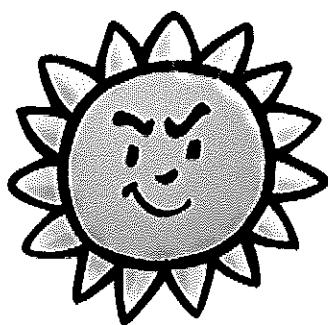
The area that has been less successful has been the assignment of mowing times. It can be confusing to know where to mow, the weather is not always cooperative, gardeners forget or have unexpected complications that come up. The board would appreciate your opinions and suggestions about the work days, social and mowing assignments.

The second item is really more an opportunity for gardeners. The gardens will be participating in the "Day of Service" event on August 29, 12:30 to 4 p.m. Volunteers from the K-State and the corporate community will be available to provide assistance to the gardens.

If have a suggestion on a task at the garden or if your own plot has gotten out of control and you need a little energy and muscle to get it back in line this is an opportunity that you don't want to miss. If you are interested in receiving assistance with your plot, please contact me. You will need to attend and work with the volunteers on your plot that afternoon. Drinks and refreshments will be provided. I will need to know if you are interested by Tuesday, August 25th.

Contact me or any board member with your input about garden work days, garden socials or mowing assignments. Please contact me about the volunteers for the "Day of Service" event on August 29th. You can call me at 537-0372 or e-mail slpete@sbcglobal.net. Thanks!

The different faces of the sun.....



2009 Dates to Remember:

Here are the Workdays and Socials schedule(s), + those who signed up, for the rest of this growing season.

Workdays: (still to come)

#7 – September 5, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Kathy Bleam
- 2) Ben & Alicia Brooks-Torrico
- 3) John Exdell
- 4) Angela Foy
- 5) Karen Hawes
- 6) Carl Hill
- 7) Mrs. Schultz
- 8) Stoner Smith
- 9) Dale Stearn
- 10) John Stites
- 11) Robert Schultz
- 12) Dale Stearns
- 13) Michael Langemeier
- 14) Sandra Lo Bianco

#8- October 3, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Michael and Anne Anderson
- 2) Elena Boyko
- 3) Ben & Alicia Brooks-Torrico
- 4) Matt Brueseke
- 5) Lawrence Davis
- 6) Greg & Sharon Davis
- 7) Jackie McDonald
- 8) Michael Rhodes
- 9) Misha Riley
- 10) Jacqi Seaton
- 11) Stoner Smith
- 12) Jerry Vestweber
- 13) Don Herde

#9 – November 7, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Elena Boyko
- 2) Deanna Brandsberg
- 3) Amber Burton
- 4) Lawrence Davis
- 5) Carl Hill
- 6) Michael Rhodes
- 7) Emily Ross
- 8) Max Urick
- 9) Jerry Vestweber
- 10) Sang Yu Yi
- 11) Aaron Yoder
- 12) Don Herde

Socials: (still to come)

4 - August 8, 2009; Saturday 8:30-9:30 AM

Here's who signed up

- 1) Joyce Todd
- 2) Sandra LoBianco
- 3) Karen Hawes
- 4) Sharon Davis
- 5) Larissa Chilton
- 6) Susan Schoneweis
- 7) Nan Ambrosy

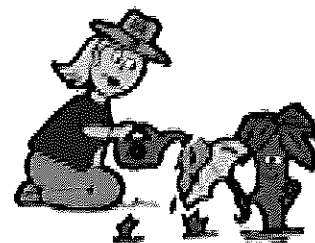
#5 - September 13, 2009; Sunday Noon – 1 PM

Here's who signed up:

- 1) Jacqi Seaton
- 2) Colleen Hampton
- 3) Malley Sisson
- 4) Sylvia/Alicia Campbell
- 5) Susan Shoneweis

Special Note:

We have had a very lucky, rainy growing season so far in 2009, but the "Dog Days of Summer" are now upon us. Please remember your plants desperately need water as they brave the wind and heat to become beautiful flowers, fruits and veggies!!! The best time to water is in the morning. During the heat of the day the water will evaporate before the plants have time to use it (and in some cases it may stress the plants further), and if you water at night the water sitting on leaves, etc...will promote fungal growth. Also, a wise old gardener told me once that it is best to water your plants closest to the roots as possible. The plant uses the majority of its water through its roots and sometimes water hitting ripe fruits, such as tomatoes can cause the fruit's skin to split and the fruit to spoil.



Mowing Schedule:

<i>DATE</i>	<i>ORGANIC</i>	<i>NORTH</i>	<i>RILEY LANE</i>	<i>SHED AREA</i>
Aug 16 – 22	Larry Davis	Mont Johnson	Bill Webber	T. Gridneva
Aug 23 – 29	Larry Davis	Misha Riley	Jack Rader	T. Gridneva
Aug 30 – Sept 5	John Exdell	Habib Diop	Colleen Hampton	H. L. Brooks
Sept 6 – 12	Carl Hill	Kathy Bleam	Colleen Hampton	Jerry Vestweber
Sept 13 – 19	Ben/Alicia Torrico	Bill Bunyan	Patty Zehl	Jerry Vestweber
Sept 20 - 26	John Exdell	Bill Bunyan	Patty Zehl	Al Schmaderer
Sept 27 – Oct 3	Dee Brandesberg	Francis Begnoche	Max Urick	Leon Lyles
Oct 4 – 10	Dee Brandesberg	Gary Naughton	Max Urick	Leon Lyles

Can You Help?



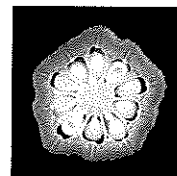
Once again we are attempting to provide fresh produce for the Flint Hills Breadbasket -Plant a Row for the Hungry. Five gallon buckets are set out by the equipment sheds for collection of this produce. Any fruits or veggies that you would like to donate can be placed into these buckets and will be taken to the Breadbasket for distribution to the hungry people of our community. Thanks.

Featured Plant:



Okra

'Tis the season to be harvesting one of the worlds less understood vegetables- Okra. Coming from a southern roots family, I was very excited last year to grow Okra for the first time. Much to my dismay, I didn't get to the garden often enough to harvest and the resulting large pods were tough and stringy.



Trying to get the best value for my time and money, I burned up a blender trying to make paper out of the high cellulose (stringy) pulp. I did, however, get some nice dried pods for craft projects!! I see so many beautiful Okra plants in our community gardens, maybe someone can pass on the secret to me of growing an efficient okra crop. With that said, I thought I would research the folklore of the okra for this newsletter. Here's what I found out:

History and Origin: Okra is native to the tropic Old World area, mainly West Africa (apparently Ethiopian Highlands). It is a member of the mallow family along with cotton, cocoa and hibiscus. It is said to have been spread around the globe during the slave trade era. It is now consumed in different forms all over the world.

Culinary Uses: It is used as a vegetable in most regions, is added to soups and is often a main ingredient in gumbo. The mucilaginous juice in the pods is a great thickening agent. If the pods are intended to be used as a vegetable, to help reduce the mucilaginous goo, stir-fry it, or cook it with a slightly acidic companion like tomatoes or citrus. Okra leaves may also be cooked and eaten in the same way as beet or dandelion greens. Okra seeds can be roasted and ground to make a coffee substitute. Pickled Okra is also quite tasty.

Medicinal Use: Medicinally unspecified parts of the plant are said to possess diuretic properties. It also contains the male contraceptive gossypol. Okra is a good source of vitamin C, A, and Folic Acid.

Cultivation: Okra seeds germinate better if they are soaked overnight prior to planting. The plants require a lot of water. Pods mature and turn "woody" quickly so should be picked within one week of fruit being pollinated. The flowers of the Okra plant are quite lovely. Temperatures under 45* can damage okra (even when storing the pods for eating).

Trivia: Irmo, South Carolina holds an annual "Okra Strut", which is used to fund the local library.

Special Interest Article:

Garlic Trial

By Butch Hitschmann

July 2009

I was interested in learning how garlic grows when planted in the fall, late fall, and winter. Over a six-month period I prepared beds and planted several varieties of garlic. This is a log that I kept during my garlic trials.

Planting

July 22, 2008

I tilled a plot and readied it for planting. No rich compost or manure was added. Garlic likes a well-drained soil.

Aug 15

I hoed the weeds and noted that the soil is in good condition.

Sept 1

Once again I hoed and aerated the soil to remove weeds and grass.

Sept 24

I planted a mix of six major garlic cultivars: Music, Georgia Crystal, Georgia Fire, Russian Red, Metchi and Russian Giant. All of these are hard-neck varieties.

Oct 24

I made a second planting of the above varieties.

Nov 24

I made a third planting of the same varieties.

Dec 27

I made a fourth planting; ground still not frozen.

Jan 21, 2009

I made a fifth planting. The ground is frozen to a depth of 2" but I was able to dig a trench, plant cloves in the frozen soil and then water until the frozen clods of dirt melted.

Feb 24

I made a sixth planting. The soil is still frozen to a depth of 2" but the weather is nice, 55 degrees F. I dug a trench, planted cloves, covered with frozen soil and watered until clods melted.

Growing Results and Observations

Fall 2008

Garlic planted in September grew fast; green shoots emerged within a few weeks. The October and November bulbs were slower to sprout. The December, January, and February bulbs did not emerge from the soil until March.

Spring 2009

I kept the garlic plots free of weeds and grass. By April 28 all plants were the same height.

May 24, 2009

All Sept/Oct/Nov bulbs were sending out bloom spikes, an indication of bulbs forming underground. I removed all bloom spikes to increase bulb size.

May 30, 2009

Dec/Jan/Feb bulbs bloomed close to this day. Each group had a few plants that did not flower but went on to produce an onion-shaped bulb about 2" in diameter. Removed bloom spikes promptly.

Harvest

The leaves of the garlic tops turn brown from the bottom up and it is advisable to dig the bulbs when only the top three or four remain green. If allowed to brown on top completely the corresponding sheath wrapping the bulb underground will rot and the cloves will not be protected, greatly reducing length of storage. It is best to dig garlic when the soil is moist, but not muddy. Let them dry in a semi-shady area until soil clinging to them has thoroughly dried. Do not hose them down as that will encourage mold to grow and reduce their storage life.

June 28

I dug the Sept/Oct/Nov garlic. There was no difference in bulb size, averaging 3½ - 4" depending on cultivar.

July 1

I dug the December bulbs and found they were much smaller than earlier plantings, with heads in the 2½ - 3" range. The January bulbs were smaller still, 1½" across. Both December and January bulbs had well-formed cloves.

July 5

I dug the last batch of garlic, planted in February. Most of the heads were formed but small, averaging 1½" in diameter, though some of the bulbs were onion-shaped with no cloves formed yet. I will save these, replant them in the fall and hopefully they will produce large bulbs.

Drying

I wrapped heavy twine around 25-30 plants, leaving all the greens intact, in one bundle. These bundles hang in an old barn with good ventilation. I use cloves for cooking as needed, cutting them from the bundles. When fall approaches and the garlic is good and dry, I trim the roots and tops from the garlic bulbs. I then separate the nice, big cloves for planting and store the rest for winter use in a cool, dry place protected from insects and freezing temperatures.

Garlic-Growing Tips

*Plant garlic 3-4" deep, 5" apart

*Rotate plantings each year

*There is no need to water garlic over the winter, except during extreme drought

*Mulching will keep the weeds down and retain moisture but it's not necessary

*Grocery store garlic usually has been treated to inhibit sprouting – not a good choice for planting!

*Contact me for more info on where to obtain garlic for planting

Butch Hitschmann 776-8854

Seasonal Garden Tips:



Article courtesy of: <http://www.weather.com/activities/homeandgarden/garden/education/gardenawhot.html>

Gardening in the Heat (this is only a portion of the article, the rest can be found at the URL listed above)

By Skip Richter

Garden Maintenance Tips

1) Keep plants mulched. You probably already know of the many benefits of mulch. Keep the mulch replenished in the heat. Look for free sources of organic mulches in your area such as neighborhood leaves or grass clippings. Apply a thin layer of fresh clippings and let dry for a few days before adding more.

2) Keep Weeding. Here's a fast, easy way to recapture weed infested areas of your garden. Wet the soil thoroughly. Tall weeds may need to be mowed before wetting. Place a 4 sheet thick layer of newspaper over the weeds covering the entire row up around your garden plants. Wet the newspaper to hold it in place and cover with leaves or hay.

I have even come back a few weeks later and planted transplants or larger seeds like okra through holes in the newspaper. Sprinkle a handful of soil or compost over the seeds and then water. You'll be amazed how well they grow.

3) Keep Yourself Watered. Drink plenty of water when working outdoors. The hot humid weather can be dangerous if you work outdoors during midday. Use sunscreen with at least a SPF 15 rating and avoid extended time out in the sun during the heat of the day.

4) Add Manure. Vegetable gardens not in production can benefit from an addition of manure and other organic matter this month. This material will decompose rapidly and be ready for fall planting in late summer. Southern

peas such as blackeye, purplehull, cream and crowders make a great, edible summer cover crop for building the soil and providing food. The pea vines can be mowed and rototilled under while still green for extra soil building benefits or allowed to produce peas and then tilled under.

Let the hot sun work for you by tilling unused areas of the garden and expose the soil to the heat. This will kill nematodes and young weeds. After a couple of weeks repeat tilling to bring more weed seeds and nematodes to the surface.

5) Water Deeply. Irrigate the soil deeply and infrequently rather than giving plants a light sprinkling each day. Apply enough water to wet a sandy soil 1 foot deep and a clay soil 6 to 8 inches deep. This requires about 1 inch of rain or sprinkler irrigation. Although drought stress is a known danger to plants, overwatering can be equally devastating, especially when drainage is poor. Poorly drained, soggy soil conditions combined with hot weather can wipe out a plant in a matter of days.

6) Plant Vegetables. There is still time to plant heat loving vegetables such as southern pea, okra, sweet potato, amaranth, malabar spinach, and watermelon. Give them adequate water as the heat increases their water use. New seedlings are prime targets for hungry caterpillars and beetles, so keep a close eye on plants for damage.

7) Evaluate Plants. Take a stroll through the landscape late in the day. Plants looking wilted or sunburned although well watered may be in too sunny a location or receiving too much late-day sun. Make a few mental notes to move woody ornamentals and perennials such as azalea, hydrangea, ginger, and hosta in the fall.

8) Stop Pruning. Spring blooming shrubs, vines, and trees such as azalea, dogwood, redbud, spirea, forsythia, flowering quince, wisteria, and some roses shouldn't be heavily pruned unless they are dormant. Excessive pruning from midsummer into fall will reduce next year's blooms. However, trimming a gangly shoot here and there to maintain the proper shape is fine

Preserving Your Bountiful Harvest:

There are several methods of preserving our crops that we grow in our gardens, “cellar” storage, canning, freezing, dehydrating, pickling, jams and jellies, just to name a few. It is hard to know which is best. Choices of preservation are also a matter of taste. For instance, our family prefers frozen corn over canned corn, yet we prefer canned green beans over frozen. Diabetics, or those watching their salt intake might prefer to can their own veggies or fruits to control added sugar and salt levels. Here are some general ideas that might help you when making a decision on which preserving process to use. These ideas and more can be found on website: <http://gardening.about.com/od/preservingtheharvest/a/Preserving.htm>

Foods that don't freeze well:

Foods	Usual Use	Condition After Thawing
Cabbage*, celery, cress, cucumbers*, endive, lettuce, parsley, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Irish potatoes, baked or boiled	In soups, salads, sauces or with butter	Soft, crumbly, water-logged, mealy
Pepper , cloves, garlic, green pepper, imitation vanilla and some herbs tend to get strong and bitter.		
Onion and paprika change flavor during freezing.		

Storage Requirements for common vegetables

Commodity	Temp. (°F)	Relative humidity	Average storage life
Beets	32	95%	1-3 months
Brussels sprouts	32	90-95%	3-5 weeks
Cabbage	32	90-95%	3-4 months
Carrots	32	90-95%	4-6 months
Cauliflower	32	90-95%	2-4 weeks
Celeriac	32	90-95%	3-4 months
Celery	32	90-95%	2-3 months
Chinese cabbage	32	90-95%	1-2 months
Dry beans	32-50	65-70%	1 year
Endive	32	90-95%	2-3 weeks
Garlic	32	65-70%	6-7 months
Horseradish	30-32	90-95%	10-12 months
Jerusalem artichoke	31-32	90-95%	2-5 months
Kale	32	90-95%	10-14 days
Kohlrabi	32	90-95%	2-4 weeks
Leeks	32	90-95%	1-3 months
Onions	32	65-70%	5-8 months
Parsnips	32	90-95%	2-6 months
Peppers, dry	32-50	60-70%	6 months
Peppers, sweet	45-50	90-95%	8-10 days
Potatoes	38-40	90%	5-8 months
Pumpkins	50-55	70-75%	2-3 months
Rutabaga	32	90-95%	2-4 months
Salsify	32	90-95%	2-4 months
Sweet Potato	55-60	85-90%	4-6 months
Tomatoes, mature green	55-60	85-90%	2-6 weeks
Turnips	32	90-95%	4-5 months
Winter radishes	32	90-95%	2-4 months
Winter squash	50-55	70-75%	3-6 months

General Canning Information

How Canning Preserves Foods

The high percentage of water in most fresh foods makes them very perishable. They spoil or lose their quality for several reasons:

- growth of undesirable microorganisms-bacteria, molds, and yeasts,
- activity of food enzymes,
- reactions with oxygen,
- moisture loss.

Microorganisms live and multiply quickly on the surfaces of fresh food and on the inside of bruised, insect-damaged, and diseased food. Oxygen and enzymes are present throughout fresh food tissues.

Proper canning practices include:

- carefully selecting and washing fresh food,
- peeling some fresh foods,
- hot packing many foods,
- adding acids (lemon juice or vinegar) to some foods,
- using acceptable jars and self-sealing lids,
- processing jars in a boiling-water or pressure canner for the correct period of time.

Collectively, these practices remove oxygen; destroy enzymes; prevent the growth of undesirable bacteria, yeasts, and molds; and help form a high vacuum in jars. Good vacuums form tight seals which keep liquid in and air and microorganisms out.

If You're considering purchasing a Dehydrator: (My recommendation: The Excalibur)

Dehydrator Features to Look For:

- Double wall construction of metal or high grade plastic. Wood is not recommended, because it is a fire hazard and is difficult to clean.
- Enclosed heating elements.
- Counter top design.
- An enclosed thermostat from 85°F to 160°F.
- Fan or blower.
- Four to 10 open mesh trays made of sturdy, lightweight plastic for easy washing.
- UL seal of approval.
- A one-year guarantee.
- Convenient service.
- A dial for regulating temperature.
- A timer. Often the completed drying time may occur during the night and a timer could turn the dehydrator off and prevent scorching.

Featured Recipe:

Tomato Ketchup (Farm Journal Freezing and Canning Cookbook, revised edition, 1973)

32 medium tomatoes (8 lbs)

1 c. sliced onions

¼ tsp ground red pepper

1 c. vinegar

1 ½ tsp whole cloves

1 ½ tsp broken stick cinnamon

½ tsp whole allspice

1 tsp celery seeds

½ cup sugar

4 tsp. salt

Cut washed tomatoes in quarters; combine with onions and red pepper. Cook, uncovered, 20 minutes, stirring occasionally.

Combine vinegar and spices in kettle. Bring to a boil; remove from heat. Let stand

Put tomato mixture through food mill or sieve. Combine with sugar and cook, stirring frequently, until volume is reduced one half (about 1 ¼ hours).

Strain vinegar to remove spices. Add salt to vinegar and stir into tomato mixture. Continue boiling, uncovered until thick (about ½ hour).

Pour into hot jars; adjust lids at once. Process in boiling water bath(212°F) for 10 minutes. Remove jars from canner and complete seals unless closures are self-sealing types.

Makes about 2 pints.

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

Equipment Maintenance: The Board purchased two new front tine tillers for gardeners use this summer. They are located in the large garden shed. Please read instructions before using the equipment. Also, please clean and return tools to their proper locations when finished using them so that other gardeners can also find and use them. Thank you.

Grounds Maintenance and Tilling: Most of the grounds maintenance is being done on scheduled work days. Thank you to those who attend for the dates they signed up. A new equipment cleaning pad is in the works. It will be located to the east of the picnic tables in front of the garden sheds.

Flower Bed Maintenance: Flower bed maintenance is supposed to be part of the monthly work days. If you are in the gardens and see an area that needs to be weeded, or cleaned out, feel free to do so. Everyone's helping hands makes for a more beautiful garden.

Rules and Safety: This year's Rules and Safety Committee Chair is doing a fantastic job. We appreciate him taking the time to walk the gardens so regularly. As a Board, we also appreciate the gardener's who receive "needs work" letters quick response.

Compost and Mulch: There are still chips and hay piles for gardeners use.

Education and Newsletter: Dr. Marr has done another wonderful job this year with the weekly e-newsletter. Our hard copy newsletter will come out one more time, in the fall, for 2009. Any articles/news items that you would like to see added to the printed newsletter please send to Jean Squires by early October.

Records: There is nothing at this time to report from the records committee.

Garden Socials & Crop Walk: There will be at least 2 more scheduled socials, A 'Tale' gating party in September and the fall clean up in November. Please watch your weekly e-newsletter for any special ideas that may spring up in October!!



TALE GATE at the GARDENS
 Sunday, Sept. 13, Noon – 1 p.m.
 Garden Social

Come share your stories of gardening challenges you had this year. Everyone will share their ideas, what they tried new this someone will bring in their "prize" vegetable for show and tell!



successes and have an opportunity to season and perhaps the season. It's time to

Even though our social is on a Sunday, there is no need to wear your "Sunday best". The Social Committee would like everyone to bring their favorite "tale gate" dish to share. Drink and tableware will be provided and maybe we will be able to talk Board members into cooking hot dogs on the grill! Hope to see you there.

Lynda Bachelor at 785-410-4599 or lbachelor@cox.net.



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.)