

Autumn Issue
October 2010

Garden News
from the



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.

You're Invited to: Annual Meeting, Soup Social and SignUp

When: Sat. Nov 13, 2010

Where: Community Gardens

Who: **EVERYBODY!!**

Why: To choose 4 new board members, hear news for next year,
AND returning gardener signup for next year's plot(s)

Schedule:

Work Day: 9-11 a.m.

Annual Meeting: 11-11:30

Luncheon: 11:30-12:30

Returning Gardener SignUp: 12:30-2:00

****note: if inclement weather SignUp will be held at UFM (1201 Thurston)**



Letter from the President:

Those of us involved in horticulture as a career are familiar with Liberty Hyde Bailey, often called the 'father of horticulture'. In the early 1900's he and several colleagues formed the American Society for Horticultural Science and established horticulture as a profession. He often stated that horticulture involved science, business, and art- merged together to influence what we grow and how we grow it. I'm often reminded of these 3 aspects as I stroll around through the community gardens. You can see various ways that gardeners plant and grow things in an artful, designed sort of way. Others of us tend to use the straight row approach. Some people spend a lot of money in their gardening hobby but others tend to recycle, reuse, and share to keep costs at a minimum. We can explain many things about plant growth in a scientific way but other things seem to defy any scientific knowledge- such as where did that disease come from? The fun and excitement about gardening is that we can all co-exist together in the community gardens: those that are creative and artful and those of us that aren't; those of us that spend a lot of money and those of us that try to keep gardening expenditure low while producing a lot of return; and those of us that know and care about why and how plants grow along with those that don't know and might not even care. I'm always amazed at the diversity of what gardeners are growing, some of the contraptions that they erect in their gardening spaces, and the time that many gardeners spend tending their plots. I know that Liberty Hyde would be proud to see gardeners in the community gardens and how the art, science and business of growing things comes together for all of us.

2010 Dates to Remember:

November 13, 2010: 9:00 a.m.

Our fall cleanup day and Annual Meeting will be held on Saturday, November 13, 2010. Everyone is requested to attend. Board elections, returning gardener signup, plot cleanup and a fun soup luncheon are on the agenda for the morning.

Thank You! to these gardeners who have completed their Volunteer Work Requirement for 2010. If your name is on the list below and not on your calendar for the November Work Day, Social or Mowing, **OR**, if your records show that you have fulfilled your obligations, please contact Records Chair, Susan Oviatt (Susanovia@sbcglobal.net), to correct the information. Gardeners are required to perform volunteer work or risk losing plots for coming year:

Boyko	Hanna	Muturi	Sisson
Cornell	Herde	Peterson	Todd, J
Cox	Johnson, M	Rhodes, M	Vestwebber
Davis, L	Langemeir	Rhodes, D	Winter-Means
DeBey	Miao, Yuyang	Riley, M	Zhang

Notes from the Board:

Attention Returning Gardeners:

- 1) When there are a large number of people sharing something, *anything really*, there can often be confusion about who is doing what and where and when. Due to this fact and the large amount of people who are interested in gardening in one of the community plots, the Board is requesting that all plot changes (i.e....adding, forfeiting, and swapping) be done in writing through the Board. If you are a returning gardener and would like to add, release, swap, etc... a plot with another gardener, please contact President Chuck Marr, in writing (an email will work) *by/before November 1, 2010*. Please explain what you would like to do and notify of plot numbers (for instance N40, N41 to be swapped for E2). Have the person that you are doing the swapping, etc...with do the same thing. This way all changes will go through the Board and the relationships in the MCG will run much smoother. We appreciate your help with this subject. In the future we are planning to have a Sub-Committee that will handle all plot assignments.
- 2) To hopefully expedite our returning gardener sign up in November, the Signup forms will now be in pdf format on the UFM website (<http://www.k-state.edu/ufm/gardennews.htm>) **OR** www.tryufm.org/gardennews.htm). You can download the form from there, print it and have it all filled

out when you come to the meeting. For those who prefer not to use a computer, Signup forms will also be available for pick up from the UFM (located at 1201 Thurston, corner of Thurston and Manhattan Ave). Request at the office and they will get you one.

- 3) If you have not fulfilled your work/activity assignments for this year **AND** you cannot possibly be here on November 13 to complete the work day, contact President Chuck Marr for possible other arrangements so that you can keep you plot(s) for next growing season.

Special Interest Article:



While looking for something that might be of interest to many of us in MCG, and since I have had new gardeners ask questions about 'critter control', I thought a very interesting article that I came upon might be useful. It was found on the Canadian Wildlife Federation's website (<http://www.wildaboutgardening.org/en/attracting/section6/index.htm>). Although the information is from Canada, in a slightly different growing zone, I think that the information can be helpful for us here in Manhattan, both at the Community Gardens and in our home gardens/yards.

"Banishing Bothersome Beasts:"

You put in a lot of effort digging, planting, and nurturing your garden. You've created an oasis of greenery, colorful flowers, and fluttering wildlife which you love to enjoy. Then one morning you go out and something has chewed up your prize plants. These spots of damage now mar the vista of your earthly paradise. Each morning, as you witness the increasing damage, you start to plot your revenge.

While wildlife is usually a joy to behold, there are times when certain species can become annoying at best. It then becomes important to find ways to minimize the damage done.

strategies

The first thing to consider is whose habitat is it? Most of the animals we'd like to exclude were actually here first. So it isn't them invading our habitat but us invading theirs. With rapidly expanding urbanization, we infringe more and more on dwindling wildlife habitat, forcing the original inhabitants to adapt or die out. It is amazing, actually, how resilient some animals are in adapting to the altered habitat we have forced upon them. In discussing pest species, therefore, we should consider finding ways in which we too can adapt to live in harmony with the wildlife that existed here before our arrival. Keeping that in mind, there are a number of methods to limit the damage done by these animals.

fences

Fences are probably the most expensive and work-intensive option for excluding certain wildlife from your backyard. They are also, however, the most effective for certain wildlife, such as deer, if done properly. You can fence your entire yard or only sections. Whichever you decide, be sure to identify your pest first and choose the appropriate fencing. And remember, it doesn't help to put up a great fence if the gate is not secure.

plant barriers

If you would rather not fence your entire yard, you can protect vulnerable plants individually. Cylindrical enclosures of wire netting around trees and plants provide good protection. The height of the enclosure depends on the pest concerned. For rabbits 0.5 m will do, but for deer it would need to be 1.5 m or higher depending on the depth of snow cover. Protective tree wrap can also be used.

repellants

In discouraging wildlife pests, you should consider the senses (smell, taste, hearing, and sight) that they rely on, and use these against them. Most pest species have a superior sense of smell, and often incredible hearing.

Many are prey species, and thus are constantly on the lookout for signs of danger. You can create repellants that play on these factors.

Repellants that play on smell are probably the most effective. You can place things around your garden, such as bloodmeal or old nylon stockings filled with human or dog hair, that will warn of nearby predators thus scaring the pest away. Or you can choose strong smells, such as garlic, baby powder, chilli powder, or rotten eggs, that interfere with their ability to smell the plants they like to eat. Reapply regularly as the smell wears off, especially after a heavy rain.

Spraying repellants, such as water mixed with garlic and rotten eggs, directly onto plants (recipe found below in "Familiar Foes - Deer") makes them unappetizing to marauding wildlife. This method makes them unpalatable for human consumption as well and so should not be used on food plants. These also need to be reapplied regularly.

With visual and audio repellants you can spook nervous pests. Scare crows, motion detector spot lights, and radios can all scare nervous invaders. The problem is that most wildlife will learn that the "predator" that scared them doesn't actually take up the chase and will eventually start to ignore it. To increase their effectiveness, make devices which move and rattle in the wind, such as a floppy scarecrow, or aluminum plates or tin cans tied on strings. Changing the location of these devices periodically will also help prolong their effectiveness.

Be sure to choose repellants that are safe to use around children and pets. And remember, pest species can learn to ignore some repellants over the long haul. To increase their effectiveness it is best to use a variety of repellants, rotate their location, and change them regularly before pest species are able to adapt.

habitat management

When pests become a problem, consider what is attracting the bothersome animals and either remove it or make it inaccessible.

If they are attracted to garbage or compost, make sure they can't get at it. Secure lids on garbage cans and composters with a strong bungee cord or a heavy weight. Don't leave pet food outside at night and rake up any spilled bird seed to keep them from attracting rats and other rodents.

If pests are making themselves at home inside your house, cover up possible entrances, such as uncapped chimneys, clothes dryer and kitchen exhaust fan vents, and openings in attics. Fill holes with dirt or seal them with wire mesh or concrete. But, be sure all intruding animals have left before sealing up holes, especially in the spring when young are being raised.

Think about any benefits these "pests" might bring to your garden. Although moles create tunnels and molehills annoying to some gardeners, it may be worthwhile to ignore these inconveniences as moles are useful in eating grubs and insects and aerating the soil.

trapping

Trapping and removal of animals is not recommended as the transported animals have a lower survival rate. This is especially true if they are forced to travel long distances in search of unoccupied territory due to the preexistence of animals of the same species. It is very difficult to find suitable habitat that is not already occupied. In addition, animals will often injure themselves when trapped, and when transported can spread disease to new areas.

If trapping is done in the spring there is an added threat to any baby animals. By orphaning the young of the trapped animal you sentence them to an early death.

Trapping is often not even successful as the vacancy created by the removal of one animal is soon filled by another animal moving in from neighbouring areas. It is much better to exclude the animal, or to discourage it from coming through the use of repellants or habitat management.

familiar foes

Certain animal species have become renowned for their ability to annoy gardeners. The following are some of the more common garden pests and suggestions for ways to live in peace with them.

Deer (we had deer in our yard in west Manhattan)

Mention deer and you will get conflicting reactions from people. Some people picture Bambi lying in a field of flowers. Others envision a giant rat chomping down on their favourite plants and stripping the bark off cherished trees. The truth is somewhere in between.

As urban sprawl creeps ever outward, deer become more frequent visitors to suburban and even some urban backyards. Deer are beautiful creatures but can cause some serious problems when suitable habitat is scarce or populations overexpand.

In discouraging deer, it seems there is no one easy answer. What works with deer in one location may be completely ignored in another. Also, what works one time, may not work at another. If deer are going hungry, they will become much more persistent and less choosy in what they eat.

Consider the following advice for dealing with problem deer:

- It is best to discourage deer before they become a problem as once your garden becomes a regular stop it will be that much harder to exclude them.
- Excellent jumpers, deer require fencing of at least 2.5 m high. However, deer will not jump fences if they can't see where they will be landing, so if you make a solid fence, a shorter fence will do.
- Deer are great at both long jump and high jump but have difficulty with the combination. So an alternative is to create a fence which slants outwards from your garden at a 45-degree angle with the high end 2 m from the ground.
- You can also create a double row of fences for the same effect. Place two fences 1.5 m in height and 1.5 m apart surrounding the garden. You can use the area between the fences to grow plants.
- Be sure the deer cannot squeeze underneath the fence and that the gate is secure.
- Encircle the trunks of vulnerable trees and shrubs with 1.5 m high netting or trunk wrap.
- Effective repellants are nylon stockings filled with human or dog hair, fabric softener strips, or pouches of bloodmeal hung around your garden. Or you can spray garlic and rotten eggs mixed in water. (Mix four litres of water with five eggs and a couple of pureed cloves and spray plants thoroughly, reapplying after rain. Do not use on food plants.)
- Hanging bars of deodorant soap around your garden seems to be very effective in many areas.
- Interplant your vulnerable plants with smelly plants that deer do not like. Examples are chives, garlic, onion, lavender, sage, spearmint, rosemary, and lemon thyme.
- Plant thorny, prickly, smelly, or unappetizing plants around the entrance that the deer use to enter your garden.
- Avoid plants that deer love such as apples, cherries, hemlock, yew, chrysanthemum, tulip, or Hosta.
- Choose plants that deer tend not to like, such as zinnia, black-eyed Susan, foxglove, ash, hawthorn, juniper, spruce, or bleeding heart.

rabbits and groundhogs

Rabbits, groundhogs and other four-footed creatures can cause severe damage to your backyard garden by eating seedlings, buds, and fruits. They are also inclined to strip bark from trees and graze low-growing plants to the ground. Try the following tricks to discourage them from feasting on your favourite plants.

- Encircle vulnerable trees and plants with chicken wire with a mesh 2.5 cm or smaller to a height of about 1 m. Bury the bottom of the fence to a depth of 15 cm under the ground.
- Hang mesh bags or nylon stockings filled with human or dog hair.
- Sprinkle repellants such as baby powder and dried bloodmeal on the ground around target plants.
- Put in plants such as garlic, onion, or marigold near the plants you would like to protect.
- Plant a patch of clover or alfalfa to lure them away from other plants.
- Most fences are useless unless designed specifically with these critters in mind. Use sturdy wire fencing 1 - 1.5 m in height. Leave the top 0.5 m section unattached, bending it outward all the way around. Bury the bottom of the fence to a depth of 40 cm under the ground.

squirrels

Grey or black squirrels are a common sight in urban and suburban backyards. These acrobatic and persistent critters can drive homeowners to distraction when they make pigs of themselves at backyard bird feeders, chew up feeders and dig up bulbs. Here are a few ways to deal with squirrels effectively without excluding them from your backyard habitat.

- Keep squirrels from getting to feeders by using baffles or metal bands over hanging feeders or under pole supported feeders.
- Tumblers will stop squirrels from tightrope walking across wires to reach feeders. You can make them out of short lengths of plastic pipe fitted over the wires. Or use plastic film cartridges - the tubes will spin whenever squirrels try to cross them.
- Place chicken wire over freshly planted seeds and bulbs to keep squirrels from digging them out. Place rocks or other heavy weights at each of the four corners to keep squirrels from getting under it. Be sure to remove the chicken wire before the plants get too big.
- Alternatively, you could dig the entire area for the bulbs 6 inches deep (or to the level the bulbs require). Then plant the bulbs so that the shoots are sticking out slightly and place the chicken wire right on top of the bulbs. This way the plants will grow through the wire without you having to remove it. You then cover up both the wire and the bulbs with the dirt you had removed.
- Plant daffodils intermixed with your tulips. Squirrels do not like daffodils and will stay away from them. They also dislike alliums, which are of the onion family.
- Sprinkle dried bloodmeal on the ground around vulnerable plants.
- Do not use any hot pepper mixes to discourage squirrels as it gets on their paws and can then get in their eyes causing serious pain and potentially permanent damage.
- Hang old nylons filled with dog or cat hair around the garden.
- Provide squirrels with an easier and more attractive food source to keep them out of your flower beds. Sunflower seeds are the best option as they will eat them on the spot instead of trying to bury them in your garden.

raccoons and skunks

Skunks may be saving you future expense and effort by eating lawn-destroying grubs. The damage is temporary. If, however, you have raccoons or skunks around that are making a nuisance of themselves, or if you live where raccoon rabies is a threat, here's a checklist to manage the problem effectively:

- Hang ammonia-soaked cotton rags near den entrances to deter raccoons and skunks.
- Cover up possible entrances to your house once you are sure all animals have left (especially between May and July when young are being raised). Block entrances with sheet metal, or place rustproof screening over air vents and chimneys.
- Secure lids on composters and garbage cans with a strong bungee cord or heavy weight.
- Trim tree branches or modify other structures that animals might use to get to the roof.
- Install a motion sensor light in an area where raccoons appear frequently. Although pricey, such devices provide a far more effective deterrent than lights left burning all night long.
- Sprinkle baby powder or spray ground hot peppers mixed with water on target plants. (Not food plants.)

cats

Our feline friends kill untold millions of songbirds and other small animals in Canada every year. They're partly to blame for the near extinction of certain species, including the prothonotary warbler, a tiny forest songbird found in southern Ontario. They also account for a high percentage of the injured wildlife admitted to rehabilitation centres. Cat owners are often unaware of the major danger their pets pose to songbirds - it's hard to believe the tabby that sits on your lap is one of the most lethal hunters in the animal kingdom. Songbirds have enough problems without this unnecessary threat. If a feline feeding frenzy is jeopardizing wildlife near you, there are steps you can take, such as:

- Make sure songbird habitats aren't feline-friendly. Install cone-shaped predator guards on nesting trees and underneath nesting boxes.
- Spray repellants, such as water mixed with garlic or onion, or place lime or lemon peel, around the areas the cats like to lurk.
- Lay chicken wire over newly planted areas of your garden to prevent cats from digging there. Remove it once the plants start to grow big.
- Take stray cats to an animal shelter, where they'll have a chance to find good homes and won't be adding to the feral population.
- Urge cat owners to keep their pets indoors, especially when young birds are learning to fly. (Indoor living is safer for cats as well, because it protects them from the dangers of traffic, disease, and larger predators.)
- Dispel myths about felines - for example, that declawed, well-fed cats with bells on their collars won't harm wild animals. Research has proven otherwise. Although hunting is a natural instinct for cats, until their introduction, domestic cats had never been part of the natural food chain in Canada.
- Have your cat neutered to limit the number of stray cats which depend on birds and mice for their survival.
- Don't forget the effect of loose dogs on wildlife. Dogs harass and kill squirrels, chipmunks, young birds, frogs, toads, snakes, deer, and many other kinds of wildlife *

Preserving Your Bountiful Harvest:

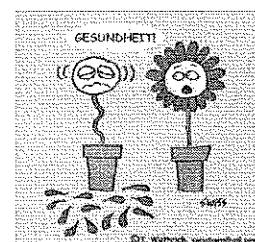
This article is actually from last year's summer edition of the Community Garden Newsletter. I found it to be very educational and thought that maybe some of our newer members would enjoy seeing it as we come to the end of this year's harvest....



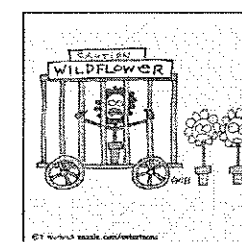
There are several methods of preserving our crops that we grow in our gardens, "cellar" storage, canning, freezing, dehydrating, pickling, jams and jellies, just to name a few. It is hard to know which is best. Choices of preservation are also a matter of taste. For instance, our family prefers frozen 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 at:

<http://gardening.about.com/od/preservingtheharvest/a/Preserving.htm>



Seasonal Humor!



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.

Foods and Freezing:

Food	Preparation	Qualities
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.		

Storing Foods:

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

Seasonal Garden Tips:

Gardening doesn't have to stop just because the weather gets cold. Here are some fun thoughts for that avid gardener who still wants to "Wow" people and feel productive even when the snow is blowing! Article can be found at website: <http://www.gardening-tips-idea.com/gardening-in-the-basement.html>

gardening in the basement

It might take a lot of nerve to tell people you enjoy gardening in the basement. Chances are, you'll get a lot of funny looks. Questions concerning your sanity. Maybe even some derisive laughter.

But the truth of the matter is that that doubting audience may be jealous of your style. Your sense of adventure. Your chutzpah.

You can either keep them guessing, silently daring them to ask the question. Or you can be open and forthcoming with the details. Because you know, whether they dare ask the question or not, they are just absolutely dying to know what it is you're growing your garden in the basement.

You can tell them about the mushrooms. Not the kind that makes you crazy and go off howling at the moon. The exquisitely delicious kind that costs a fortune at the local supermarket.

You can explain that gardening in the basement is ideal for mushrooms because mushrooms, even the gourmet delicacies, thrive in cool, dark, damp climates, even if that ideal climate is the basement. Then dazzle them with a gourmet pizza topped with your homegrown mushrooms that taste better than any they've ever had before.

Serve that pizza with a salad made from the alfalfa, radish, and sunflower sprouts you also grew while you just happened to be growing in the basement.

You can tell them that that sublime fragrance wafting through your home is coming from the hyacinths that are always in bloom.

You don't have to tell that all you do is keep an army of hyacinth bulbs suspended over glasses of water that you keep in a cool, dark corner of the basement and that all you do is keep the water fresh and at a good level. That you keep it in the dark, cool comfort of the basement till roots sprout. That you then bring the soon-to-flower bulb into the light of your home and enjoy watching it grow, bloom, and perfume every room.

You can tell them not to feel sorry for the lonely hyacinth bulbs sitting tall and proud atop their glasses of water way down there in the basement. Tell them that there are plenty of fragrant daffodils, jonquils, and narcissus down there to keep them company.

You can tell them about your dazzling array of African violets that are growing profusely on the shelves under the lighting system you've rigged up so you can enjoy all kinds of earthly delights garden in the basement.

And if your doubting listener is someone you really like, maybe you can tell him or her about the tomatoes you are growing hydroponically as you enjoy gardening in the basement. That you harvest fresh homegrown, vine-ripened tomatoes every day. Yes, even though it's January. Or February.

Yes, you may get some wild looks, crazy questions, and perhaps a few thinly veiled insults when you mention that you enjoy gardening in the basement. This first stage of disbelief, confusion, and downright ridicule should quickly pass.

Once the shock of discovery has passed, chances are great that your listener is going to ask you to teach him or her how to become a success at gardening in the basement, too.

Featured Recipe(s):

When I was raising my kids, we made this relish every fall. We sometimes used different veggies than what are in the recipe, depending on what we had left in the garden. We also put all of our veggies through a food mill (the kids enjoyed doing that part). Jean

End Of Garden Relish:

- | | |
|------------------------------|--|
| 1 c. sliced cucumbers | 1 c. raw carrots, scraped and finely cut |
| 1c. chopped sweet pepper | 1 tblsp. Celery seeds |
| 1 c. sliced onions (thin) | 1 c. chopped raw celery |
| 1 c. chopped cabbage | 2 tblsp. Mustard seeds |
| Salt Water | 1 pt. vinegar |
| 1 c. cut green beans | 2 c. sugar |
| 1 c. cut yellow string beans | 2 tblsp. Ground turmeric |
| 1 c. Lima beans | |

- a) Soak cucumbers, pepper, onions and cabbage in salt water (1/2 c. salt to 2 qts water) overnight. Drain.
- b) Prepare and cook the remaining ingredients. Add the raw, soaked vegetables to the cooked vegetables and boil all together for 15-30 minutes.
- c) Ladle into hot jars; adjust lids at once. Process in boiling water bath (212°F) for 15 to 20 minutes. Remove jars from canner and complete seals unless closures are the self-sealing type. Makes 6-7 pints.

And for those of you who don't want to preserve, but use fresh, here's a yummy "end of garden" soup recipe.



Harvest Soup

Ingredients:

- | | |
|---|---|
| 9 cups water | 1 small head cabbage, cored, quartered, and sliced thin |
| 1 large onion | 1/2 teaspoon thyme |
| 2 large cloves garlic, minced | 1/2 teaspoon basil |
| 2 stalks celery, chopped | 2 tblsp white miso |
| 2 cups banana squash, cubed | 1 teaspoon sea salt |
| 1 small cauliflower, cored and cut into 1-inch florets | Dash of cinnamon |
| 4 medium carrots, peeled and cut into 1/2-inch cubes | Dash of nutmeg |
| 4 medium zucchini, cut into 1/4-inch slices | 2 tblsp fresh lemon juice |
| 4 medium golden zucchini or summer squash, cut into 1/4-inch slices | |

Directions:

I like to add approx. 1/2-1 cup of pinwheel pasta. Orzo would be good too.

In large pot, bring water to a boil. Add all ingredients except lemon juice. Return to boil. Simmer for 30 minutes, stirring frequently to form thick stock. Stir in lemon juice at end of cooking. This soup makes a great leftover and its fat free!

Board News:

Equipment: Most of the equipment has been running pretty smoothly the last couple of months. Hopefully, this is due to instruction on how to use it that was required last spring. If you have a problem, please tag the piece of equipment and place it back in the shed.

Ground Maintenance & Tilling: There isn't much going on in the tilling world for the committee right now. We are looking at the season for cleaning out our plots. Remember that all plots must be cleared off by December 1, 2010.

Flower Bed Maintenance: We have not had a Board Member for Flower Bed Maintenance this season. Maintenance of the Perennial Beds has been attempted during monthly work days. Thank you to those who have worked on them.

Rules & Safety: Some of us have received violation letters from the Rules and Safety Committee. Three letters from the Board can justify a forfeit of garden plot. If you have extenuating circumstances, please contact President Chuck Marr to make sure that your situation is taken into consideration.

Compost & Mulch: Don is doing a great job at keeping the compost & mulch piles stocked!! These are located by the railroad tracks (southside) on 9th Street and at the end of 8th Street.

Education & Newsletter: We so much appreciate Dr. Marr's weekly newsletter. He will be going off the Board this year, and I, personally, am hoping that we might convince him to continue offering us his wisdom in this manner in the future???

Records: Susan Oviatt has been our Records Chair this year and what a job she's done!! Records seem to be up to date for workdays, plot rental, etc...If you have any questions, she will be glad to help you out.

Garden Socials and Crop Walk: Have you attended any garden socials this year? We have had breakfast, lunch and dinner, ice cream and lots of fellowship. There still is one more on November 13th. Hope to see you there!! The 2010 Crop Walk was last Sunday (October 10) and was successful.

Questions, or Problems? Contact a Board Member:

2010 MCG Board Members			
<u>Name</u>	<u>Committee</u>	<u>Phone</u>	<u>Email</u>
Chuck Marr, President	Education & Newsletter (electronic)	539-6825	cmarr@ksu.edu
Susan Oviatt, Vice President	Records & Garden Socials & Crop Walk	776-0801	susanovia@sbcglobal.net
Dale Stearns, Secretary		410-4318	annestearns@gmail.com
Linda Teener, Treasurer	Finance	539-8763	linda@tryufm.org
Vacant	Flower Bed Maintenance		
Jean Squires Lake	Newsletter & Education Garden Socials & Crop Walk	313-2409	jeannesquires@yahoo.com
Dick Green	Equipment Maintenance	587-0822	harahey31@gmail.com
Pat Butler	Grounds Maintenance & Tilling	539-2857	npbutler@gmail.com
Don Benninga	Compost & Mulch	539-8613	dbenninga@hotmail.com
Vacant	Rules & Safety		

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

Manhattan Community
Gardens c/o UFM
1221 Thurston Street
Manhattan, KS 66502

What's Inside?

Annual Meeting Reminder
Letter from the President
Dates to Remember
Notes from the Board
Banishing Bothersome Beasts
Preserving Your Harvest
Gardening in the Basement
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