

Salem Community Gardens

Monthly members' newsletter

<http://growsalem.org>

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Late Blight Hits Community Gardens

All of the cool rainy weather has created an exceptionally early and widespread outbreak of late blight in New England this year. Late blight, a disease caused by *Phytophthora infestans*, can effect anything in the Solanaceae family (particularly tomatoes and potatoes.). Unfortunately, we are seeing signs of late blight on tomato and potato plants in both Palmer Cove and Mack Park Gardens. The pictures and description at the following link will be particularly helpful in identifying it: http://www.hort.cornell.edu/department/Facilities/lihrec/vegpath/photos/late-blight_tomato.htm.

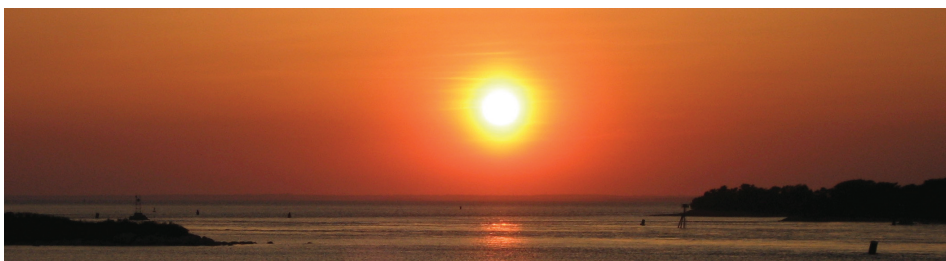
Late blight spreads notoriously fast and we need everyone to assess their plants as soon as possible. Check the website www.growsalem.org for the warning issued from UMass Extension. Plants with late blight need to



Extremely contagious among plants, Late Blight plagues New England this summer.

be pulled and disposed of in the garbage. Do not compost plants with blight. Please bag them and bring the plant material home, so that we don't overwhelm the garbage containers at

the gardens. Any questions? Not sure about your plants? Send an e-mail to info@growsalem.org and we'll try to help with the diagnosis.



SCG Garden Party This Friday!

Meet, mix, mingle and bask in the salt air and beautiful surroundings this Friday, August 7th. Bring your favorite beverages and food (perhaps something yanked from your plot?) down to Palmer Cove and enjoy a relaxing summer evening by the ocean with your fellow green thumbs. The fun begins at 6 pm and all gardeners are welcome. We hope to see you there!

Sharing Made Easy

If you are planning a vacation and would like your ripe veggies put to use in your absence, just let your garden captain know and we'll take care of all the details for donating your produce to our pals at Saint Joseph's. We've even set up mail boxes at each garden so that you may leave a note for your fearless captain. No hassel and no postage necessary. Safe travels!

Garden Thefts On The Rise

With everything ripe and in bloom, the gardens are looking particularly delicious this time of year. It's a tribute to all of your hard work but it also means a significant uptick in garden thefts.

After toiling for months, nothing is more discouraging than finding a head of your prize cabbage has been lobbed off or that your patiently growing peppers have been plucked. Let's please work together to double-up our efforts on garden security by remembering to do the following:

- 1. When unlocking a garden gate, be sure not to leave the lock combination showing.**
- 2. Shut (but do not lock) the gate behind you when you are in the garden.**
- 3. Make an effort to greet your fellow gardeners; the tighter the community, the less successful thieves will be!**

4. If you see suspicious behavior, please report it to your garden captain as soon as possible or intervene directly if you feel comfortable in doing so.

5. When you are the last gardener to leave, be sure to lock the gate behind you and scramble the combination.



Consistency and vigilance are key!
Please do your part to keep our
gardens secure.



Fresh Chamomile Tea

If you enjoy a nice cup of chamomile tea in the evening, then you're in luck! Three large chamomile plants (*Matricaria recutita*) are loaded with blossoms in the Palmer Cove children's garden.

For one 8-ounce cup of tea, pick about 40 blossoms. Rinse the blossoms under cold water, then add them to a cup of boiling water. Allow the blossoms to steep for 5 to 10 minutes, then strain. Enjoy hot or cold!

Sharing The Bounty

Donations to Saint Joseph's Food Pantry are in full swing! Thank you to all gardeners who have donated portions of their harvest to feed Salem's neediest. If you haven't yet donated, please consider doing so. Simply leave your donations in the clearly marked bins and SCG volunteers will make pick-ups each Thursday at noon. Remember: the closer to Thursday's deadline the better, especially for those leafy greens!

On a Personal Note...

Do you have some news or info that you'd like to share? Send it our way: news@growsalem.org.

Love Thy Farmer's Market

Show your support for the Salem Farmers Market by voting in the Love Your Farmers Market contest. Vote for the Salem Farmers' Market at: <http://www.care2.com/farmersmarket/31438>. The winning market will receive a \$5,000 donation.

When you're at the Salem Farmers' Market be sure to stop by the Maitland Farm stand to say thanks! Mr. Maitland volunteered his time and tractor to till the entire Palmer Cove Garden for us last year!

Shoots And Ladders

Mack Park is seeking volunteers to help build a new playground the weekend of September 12th–13th. If you are able to donate time and effort to this cause, please contact Shannon Bott at mpcaptain@growsalem.org.

Massages for Gardeners!

As a "late-bloomer" just in from the waiting list, I now truly appreciate the hard work and love that went into everyone's gardens! I'd like to offer a massage to all the gardeners. Book an appointment in August and get a 10% discount!

Guenevere Blanchard, LMT
A Sacred Place Wellness Center
2 East India Square/Museum
Place Mall #112 Salem, MA
(857) 236.3691 or (978) 744.1600
www.asacredplacesalem.com

GIFT CERTIFICATES AVAILABLE
AT DISCOUNTED RATE

One Hundred Gardeners Have Yet To Volunteer!

Roughly 100 of the 140 Salem Community Gardeners have yet to work their two volunteer hours. Luckily, there is a lot to do! And the sooner you sign up, the more likely it is that you'll get the job you want. So here is a list of the volunteer jobs, number of people needed, and the weeks available. Additional odd jobs are sure to come up, but this is the bulk of what's needed. For a more complete description of each job and daily updates of this table, see the website www.growsalem.org. E-mail volunteer@growsalem.org with the job and week you would like to work and any questions you have.

TASK	AUG. 10-16	AUG. 17-23	AUG. 24-30	AUG. 31-SEPT. 6	SEPT. 7-13	SEPT. 14-20	SEPT. 21-27	SEPT. 28-OCT. 4	OCT. 5-11
Mowing and Trimming - MP	2 volunteers	1	1	1	1	1	1	1	1
Mowing and Trimming - PC	2	1	1	1	1	1	1	1	1
General Maintenance - MP	2	1	1	1	1	1	1	1	1
General Maintenance - PC	4	1	1	1	1	1	1	1	1
Donation Harvesting - PC	1	1	1	1	1	1	1	1	1
Donation Harvesting for MP & Delivery	1	1	1	1	1	1	1	1	1
Weeding & Watering Donation Plots - PC	1	1	1	1	1	1	1	1	1
Vacation Watering - MP	1	1	1	1					
Vacation Watering - PC	1	1	1	1					
Compost Work - MP	2	2	1	1	1	1	1	1	1
Compost Work - PC	2	2	1	1	1	1	1	1	1

E-mail volunteer@growsalem.org to sign up for your volunteer hours.

Call for Recipes: SCG Cookbook

All gardeners enjoy reaping the rewards of their labor, but even seasoned veterans experience dread at their 25th zucchini. Or maybe this year it is a glut of broccoli or kale. Creative cooks and gardeners alike welcome new ways to cope with the abundance.

Daryl Stoner and her daughter Catherine Von Rauch, both Palmer Cove gardeners, have a passion for cooking and a desire to tap the SCG's collective knowledge.

Daryl has been collecting recipes from SCG gardeners in the hopes of compiling a cookbook to be used as a fundraiser for SCG. Although she has collected over 65 recipes, her goal is to have 150-200 recipes for this book. All profits from cookbook sales benefit SCG.

Daryl is donating her time plus the printing cost to this project. Her daughter Catherine is developing the design.

Send your recipes to Daryl at Trogglesoup@yahoo.com by Sept. 1.

Here is a sample of the recipes collected thus far.

Habanera Squash Blossoms

Ingredients:

- 12 fresh squash blossoms – rinsed & patted dry (Zucchini or Summer)
- 1 egg – beaten lightly
- Salt & pepper to taste
- 4 Oz. Habanera Cheddar or Pepper Jack cheese - cubed ¾" x ¾"
- 1 cup Panko (Japanese style bread crumbs)
- Olive oil for frying
- 1 lime – quartered
- Salsa – Homemade or from a jar

Method:

Season egg w/ salt and pepper. Open each squash blossom gently and insert 1 cube of cheese. Close blossom around cheese. Dip each blossom in egg. Roll each blossom in Panko. Heat a heavy skillet to medium high with enough olive oil to cover the bottom of the pan. Brown blossoms on one side. Turn with tongs to brown the other side. Drain on paper towels. Serve with fresh lime wedge & salsa.

Serves: 4 as appetizer or side dish



Fresh & Snappy

Salem Community Gardens has a crisp new look! Check out the newly redesigned website at www.growsalem.org. While you're at it, keep up with gardener happenings and fellow gardeners via Facebook <http://www.facebook.com/home.php?ref=logo#/group.php?gid=72081295119> and the SCG blog <http://growsalem.blogspot.com>.

Contact Us

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Gardener Spotlight: Aysim Dalmau, Mack Park

When approaching Aysim Dalmau's garden in Mack Park, the arrangement of raised beds draws you closer. Tomatoes, peppers, eggplants, and golden beets, labeled with clay plant markers, reside in one section. Herbs are arranged in another. As you enter the plot, shorter raised beds—one for strawberries and one for smaller herbs—lead your eye to the small bark birdhouse attached to the back fence.



A native of Turkey, Aysim has lived in the U.S. for nearly 20 years. She still enjoys Turkish cuisine, and growing her own vegetables makes this easier to accomplish. For example, the bell peppers used in traditional Turkish stuffed peppers have thin flesh and delicate color. They are not usually found in our local grocery stores. Through trial and error, Aysim has found a reliable source for organic seeds to grow her favorite ingredients, <http://www.johnnyseeds.com>.

One of her primary inspirations for vegetable gardening is her five-year-old son. "I want him to eat fresh vegetables and to connect with the world and his environment," she said. He helped her build the raised beds, and started all the seeds that now flourish in her plot. They collected found materials in the garden to build the birdhouse attached to the fence. Twigs peaking through the door suggest that someone has taken residence, but the Dalmaus have yet to see their summer guests.

Growing up in a densely populated area like Istanbul, gardening was not a

significant part of Aysim's early life. Her Mack Park plot is her first foray into square-foot gardening and in the past three years she has devoted herself to the pursuit with fervor. She researches and tests plants types and techniques. For example, her dissatisfaction with those wire tomato cages that are hard to stake and prone to flopping fueled her quest for an alternative. She searched the Web and found Veggie Cage. With one central stake and a flexible plastic coil support, tomatoes can climb through the structure easily. The cage's height can



be adjusted as the plant grows without traumatizing tender limbs. And since they are collapsible, Veggie Cages store neatly after growing season. <http://www.veggiecage.com/>

A firm believer in crop rotation to maintain soil balance, Aysim keeps a notebook to track what she grows where, log successes and failures, and make general observations. In addition, she sets up reminders in her Yahoo calendar

online to prompt her when it is time to order seeds, start plants, or cultivate soil. One of her favorite reference books is *Step-by-Step Organic Vegetable Gardening* by Shepherd Ogden. "He is from Vermont and understands how New England weather affects the garden," she said. Another favorite is *Efficient Vegetable Gardening* by Doscher, Fisher, and Kolb. For inspiration, she recommends Barbara Kingsolver's *Animal, Vegetable, Miracle*.

Gardening has infiltrated her life. As a hobby, she does ceramics. Besides making bowls and cups, she has created plant markers, which she uses in her plot. She brings vegetable peelings and coffee grounds from home to contribute to the compost. And her son reminds her if she forgets...

Always looking ahead, Aysim plans to distribute her herbs among the vegetables next year to take advantage of their insect-repelling properties. And she may try her hand at rutabagas and leeks, since she enjoys their flavor. Regardless of what she does next, Aysim will cultivate interest in gardening.