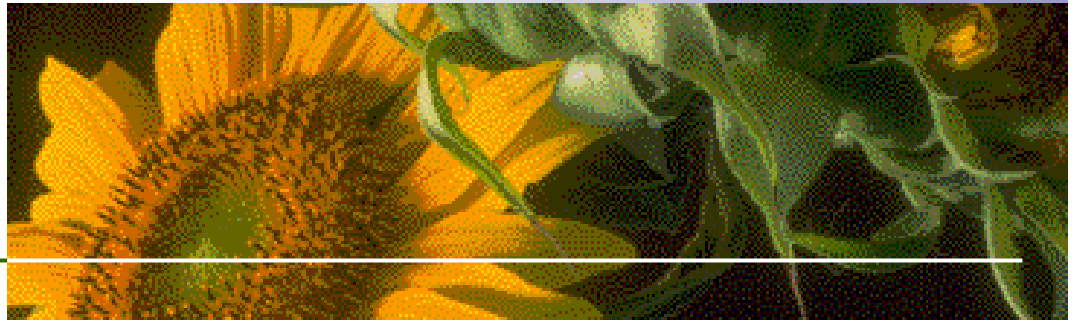


May 5, 2015

Volume 1, Issue 3



Update from the Chair



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Well, the weather is finally acting like there will be a gardening season. As I walked around our yard last week, there were several signs old man winter's grip had been broken. The sap from the sugar maples turned 'buddy' signaling the end to the sugar'n season; then the pussy willows emerged with that lovely soft texture and eye catching flare; as the snow slowly receded and the mounds where the rhubarb resides the

faintest hint of red appeared, signaling this hardy, early season crop was on the way! This past week the daffodils in the flower beds are showing their spring colors; garlic is showing green thru the straw and the robins are pulling worms from where I just dug this year's parsnip crop.

At the Community Garden the cover crop is greening-up; the garden committee members have marked the perime-

ter for this year's garden; while Roger and Derik have given horses Doc and Lou a work-out plowing and harrowing the area. By the time you read this, the garden will be 'open for business'.

The Boscawen Agricultural Commission and all the members of the Garden Committee are looking forward to another year of successful gardening for each of you.

John Keegan, Chair

Recipe Corner— Bacon Guacamole

Just in time for Cinco de Mayo!

Servings: makes 4 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Ingredients

4 strips of bacon
2 large avocados,

mashed
1 lime, juice
1 jalapeno pepper, finely diced
1 medium tomato, seeded and finely diced
1/4 cup red onion, finely diced
1 tablespoon cilantro, chopped

1/2 teaspoon cumin,
toasted and ground
salt and pepper to taste

Directions

Cook the bacon until crispy and set it aside on paper towels to drain. Mix everything.

Source: www.closetcooking.com

Submitted by Sarah Chappelow

Draft Horses Plow the Garden

On April 19, draft horses plowed the Community Garden field to start the process of preparing the land for spring planting. Roger Sanborn's two Percheron horses, Doc and Lou, plowed the soil by turning the soil over with a "one bottom plow". That loosened, aerated, and helped the soil to dry somewhat. Roger used a spring tooth harrow to break up clods of soil and smooth the surface for planting. Roger's horses are eight years old and weigh 2,000 lbs apiece. The driver of the horses was Derek Mills from Webster, NH. Derek has worked with

Doc and Lou for two years.

The draft horses were recently featured in The Concord Monitor. To view the story visit: <http://www.concordmonitor.com/home/16664041-95/draft-day-horse-owners-till-soil-relish-in-camaraderie-in-boscawen>.



Photos courtesy of Adele Sanborn



Driver Derek Mills steers horses Doc and Lou

Summer Workshop Series– IPM in the Garden

DATE & TIME:

Monday, May 11,
2015, 6:30 PM

LOCATION:

Boscawen Municipal
Complex, 116 North
Main Street, 4th floor,
Boscawen
(handicapped acces-
sible)

COST:

Free and open to the
public.

TO REGISTER:

To register, contact the
Boscawen Agricultural
Commission at 753-
9188 x 301 or agricul-
ture03303@gmail.com

Presenter: *Cindy Sa-
ka, UNH Cooperative
Extension Master Gar-
dener*

As the weather warms
up and the plants begin
to grow, it's time to
watch for insects, weeds,
and plant diseases that

may cause trouble in
your vegetable garden.
Cindy will teach about
common pests to watch
for at this time of year
and will discuss the
steps you can take to
prevent problems or
minimize damage using
chemical-free methods.

The Garden is Open!

For New Englanders, spring marks the return of many favorites. The Red Sox return to Fenway, Daffodils emerge from the ground, and the Community Garden opens.

The Garden Committee has been working hard to prepare the soil and install the new irrigation system/watering stations.

There's still time to secure your plot(s) if you haven't already signed up. Garden applications can be found at the Town Offices.

The Garden Committee



wishes you a safe and happy growing season, and wants to share the following reminders so all gardeners can have a great experience during the 2015 season.

- Please practice

Integrated Pest Management. Attend the May 11 workshop to find out how!

- Please harvest crops as they ripen.
- Contact Tina Laroche if you

wish to "Plant a Row for the Hungry"-
796-2654

- This year you'll find watering stations next to each garden plot. Conserve water by watering plants in the morning or evening.
- Don't forget the bug spray, water, and sunscreen.

A full list of Gardening Rules and Guidelines can be found in your application packet. Thanks for your help in making the Boscawen Community Garden a great place for all.



Garden Committee members Betsy Fazio, Louise Jacob, and John Keegan hard at work installing the irrigation system.

Come check out the new bee hotel, built at a workshop led at the Garden by Amy Papineau and Master Gardener Derrick LaBranche.



Garden Committee member Ann LaCroix digs deep to prep for the irrigation hoses.

Improving Soils by Ann Lacroix

The health and productivity of our soils are the basis for a garden's success and long term sustainability. Even though you cannot see most of the life that lives in the soil, soil is teeming with earthworms, mites, bacteria, and fungi—all kinds of mostly microscopic, interdependent organisms that release mineral nutrients and create the loose soil structure crops need to thrive. Beneficial mycorrhizal fungi grow in and around the plant roots, delivering nutrients and water to share with your crops. Other microorganisms prevent diseases and help plants withstand insect attacks. Your crops actually help feed all this underground life. Ray Weil, renowned soil scientist at University of Maryland says that plants “invest a substantial amount of their photosynthesis in feeding soil microbes, and as a trade get benefits back. Between 20 and 40 percent of the plant's total carbohy-

drate production is released into the soil through its roots. In the nutrient-rich area around the root hairs, microscopic bacteria and fungi feed and



multiply. Tiny nematodes and other critters move in to feed on bacteria; in turn, the root hairs absorb nutrients released by the concentration of microbes. However, this complex, mostly invisible soil ecosystem can be damaged easily. Chemical fertilizers, high nitrogen blood meal and dehydrated chicken manure can burn tender root hairs. Tilling or plowing destroys soil structure, disturbing the layered web. Leaving the soil bare shuts off the carbohydrate food supply; lack of moisture and

UV rays kill some of the organisms that dwell in the surface layer.

More and more gardeners are learning new ways to protect and promote the development of this amazing soil food web and you can do the same.

First, minimize plowing, tilling, and deep digging.

Second, use compost, grass clippings, chopped leaves and other organic mulches on a regular basis to promote and sustain the soil food web. The best way to feed the microbial ecosystem in a home garden each year is to routinely apply 1-2 inches organic compost or other organic material such as chopped, well - rotted leaves. Work the material in gently as a top dressing without deep digging so as not to disturb the intricate soil structure.

Third, always keep the soil covered with live crops, or, at a

minimum, an organic mulch. Whenever you are not growing a food crop, sow a cover crop so the carbohydrate pipeline isn't shut off. Typically most gardeners use Spring cover crops of buckwheat or clover and in Fall, oats or winter rye. Cover crops are the soil's “best friend”. Also, cover crops help reduce erosion, keep soil cooler and moister and prevent alternate freezing and thawing.

Ten days before you are ready to plant the space where the cover crop is growing, cut the cover crop as close to the surface as possible and spread the debris over the surface to an even thickness with a rake. To set out transplants, simply open a hole in the mulch and dig out enough soil to accommodate the plant root ball. Add a small amount of organic fertilizer if you wish. Then soil is replaced and mulch is pushed around the transplant. Seeds can be

(Continued on page 5)

Improving Soils, Cont.

(continued from page 4)

planted by making a narrow 2 inch trench with a hoe or stick and sow the seeds. The key to maintaining a healthy soil structure is to resist deep digging of the soil and to keep an organic mulch over the soil all the time to feed the soil microbes.

Fourth, have your

soil tested for pH, nitrogen, phosphorus, potassium and % of organic matter.

Buy a soil test kit at your local garden center to do yourself or send off a soil test to University of N.H.

Soil test forms can be obtained online at:

www.extension.unh.edu

To maintain a soil pH of 6.5 to 6.8, add lime to soil every other year. The best time to add pulverized lime is the Fall going into winter as pulverized or powdered lime breaks down the slowest. Use a fact acting pelleted lime in the Spring if you did not add lime in the Fall. (Note: the

Community Garden tests its soil each spring and amends its soil according to Cooperative Extension's recommendations.)

Sited Source: Mother Earth News Magazine: Building Fertile Soil by Doreen G. Howard; Ogden Publications Inc. Topeka, KS; pages 28-31

Planting Spring Crops by Ann Lacroix

When is the best time to plant spring crops? Spring Crops like to

grow in cool weather and soil temperatures of 45-50 degrees.

Try sowing these crops as seed. (Transplants as indicated).

Beets	April 20-May 15
Broccoli plants	May 5-May 15
Carrots	April 15-May 15
Cauliflower plants	May 5-May 15
Celery	May 10-May 20
Endive	April 15-May 15

Garlic	April 1-May 1
Kale	April 15-May 15
Kohlrabi	April 15-May 15
Leaf Lettuce	April 15-May 15
Onion Sets	May 1-May 1
Parsley (plants)	May 10-May 20
Parsnips	May 10-May 20

Potatoes	May 15-May 25
Peas	April 20-May 5
Radish	May 1-May 25
Rhubarb	May 15-June 1
Rudabaga	April 20-May 15
Spinach	April 20-May 15
Swiss Chard	April 20-May 15



Spinach should be planted between April 20 and May 15