

September 14, 2015

Volume 1, Issue 8

Editor: Sarah Chappelow



Green Thumb Gazette

Update from the Chair

Well, the time has arrived to say *Adios* to the 2015 gardening season on September 20th and put the pieces in place for a successful endeavor in the 2016 Community Garden. Because this is a 'community' garden, there are certain responsibilities that fall to the individual gardeners (i.e., if you carried it in, take it out, placing your vegetative matter either on the side of the plowed area or near the refuse barrel near the compost bin) and responsibilities that fall to the Garden Committee (i.e., disassembling the irrigation system, prepping the second compost bin, arranging for plowing the remaining half of the entire garden plot and getting the buckwheat cover crop in so it takes root prior to the ground freezing and the sun shining less). To do this in a timely way we will need to continue our collaborative work.

The Garden Committee will be reviewing the soil sample results from this spring with Cooperative Extension to determine if further amendments are needed. That said, we anticipate that 2016 will include the application of our own compost, which Master Gardener Ann LaCroix has been nurturing since mid-summer.

The 2016 garden plots will be located on the north end (towards the water predict building) of the plowed area. We rotate the section under cultivation each year to maintain fertility and help control pests.

As you make your final harvests, please do not forget to use the herb garden as a source for flavoring those special dishes you prepare with your garden bounty.

I hope to see many of you on the 23rd at the Abbe's Harvest Suppah.

John Keegan, Chair

Boscawen Agricultural Commission

Upcoming Workshop

Barns and Facilities for Small-Scale Farms

Monday, October 5, 2015, 6:30 PM

Presenter: John C. Porter, UNH Cooperative Extension Professor and Specialist, Emeritus

John will cover the basics of building new barns and renovating old ones to meet the needs of small-scale farming.

This will include site selection, building orientation, building materials and floor plan ideas. There will be examples of barns for several types of livestock.

Workshop will be held at the Boscawen Municipal Complex, 116 N. Main St. Workshops are free and open to the public. To register for this workshop, contact the Boscawen Ag Commission at 753-9188 x 301 or email: agriculture03303@gmail.com.

Putting Our Gardens to Rest– by Ann LaCroix

The active gardening season is drawing to a close. For many, this summer was a disappointment due to some long stretches of hot, dry summer temperatures in early and late summer. Don't despair, next year will be better. There are some chores which need to be completed now to help make next year's garden a success.

Clean up and compost

Remove and destroy any diseased plant matter from the garden site. Many diseases are harbored in unhealthy stems, leaves, and fruit and only await warm spring weather to be released. When in doubt, discard to the dump. Insects may also overwinter in above ground plant parts. For example, the European corn borer larvae overwinters in corn stalks and striped cucumber beetles lay eggs in plant debris. Remove any spoiled or diseased fruit which can house fungus that will reoccur next spring. By practicing these good sanitation practices in your garden and around your home for all your trees, shrubs and perennials, next season's growing will have better results.



Compost Bins

Compost piles are an ideal spot for disease-free old plant material such as grass clippings, spent annuals, fallen leaves, fallen fruits not diseased, spent perennial tops, and any other non-diseased leaf material. Chopped up material decomposes faster. Many gardeners prefer to till the leaves directly into the garden soil. While the leaves will not totally decompose this fall, the leaf matter will be present and begin the process next spring.



Does This Garden Soil Need Lime?

Know Your pH for Lime Application

Lime should be applied in the fall to all soils with a low pH below 6.0. Most vegetables like a pH range of 6.0-7.0 for optimal growth. Lime requires months to make a noticeable change in soil acidity levels, so the best time to apply lime is when the garden is cleaned and vacant. Application rate: 50lbs/ 1000 square feet. If the pH hasn't been tested within the last two years, fall is a great time to send in a soil sample to check if lime needs to be applied. The online forms can be downloaded at: <http://extension.unh.edu>. At the top menu bar click on Agriculture, then ->Diagnosis & Soil Testing->Soil Test Form->Download forms which

has the soil collection instructions included. The cost is \$17 per sample with an additional \$5 for diagnosing the percent of organic matter. Other tests are available.

Disinfect and sharpen garden tools before storing for winter.

Benefits of Cover Crops

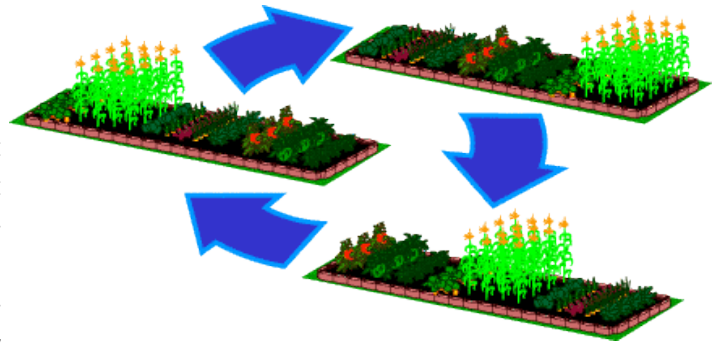
Cover crops are beneficial in any garden especially those prone to erosion. Cover crops improve soil fertility and add significant organic matter to sand and clay soil structures. Winter rye should be planted wherever the garden has been cleaned and can be seeded from the August 20-October 16 at a rate of 1 pound per 395 square feet. For better germination, rake area well, seed with rye and cover the seed slightly with soil. Regular oats can be planted from April-September and buckwheat from mid- June-end July. Any permanent walking paths can be seeded with perennial white clover from May-June to control weeds.

(continued on Page 3)

Putting Our Gardens to Rest (cont. from Page 2)

Rotate Crops for IPM Practices

Draw a garden map of this year's plant locations to keep a record for crop rotation next spring. Be sure not to plant crops in spots with those of the same plant families that contract the same plant insects and diseases. These vegetables (e.g. tomatoes, potatoes, eggplant, pepper, cabbage, broccoli, or cauliflower) are susceptible to host specific insects or fungus within these plant groups. Crop rotate leafy greens or root crops in that area for three years before returning to the location with these vegetables. Insects lay eggs in the soil and fungal spores winter over in the soil ready for spring to resurface.



Crop rotation diagram

Other helpful practices

- Purchase high quality seed and plants
- Store unused seeds in the refrigerator or in a paper bag in a cool, dry location
- Do not plant too early until the soil is warm (65-70 degrees) for good seed germination and plant growth
- Mulch for weed control



Seeds saved in envelopes



Blight on a tomato plant

- Avoid overcrowding plants for fungus control and growth
- Water early from the base of plants to control fungus
- Fertilize monthly to promote growth
- Remove diseased plant parts as soon as they are noticed, and
- Maintain insect controls to a minimum.

Phew! Lots of reminders, but the rewards of exercise and stress relief having a garden are priceless for good health!

Help us with new topics for 2016

What difficulties did you have this year that we did not address in the newsletter?

Please send in your ideas for new topics to the *Green Thumb Gazette* to: sarah.chappelow@gmail.com. The Boscawen Community Garden newsletter could use fresh ideas for next year's gardening success!

Editor's note: See John Keegan's update on Page 1 for information on plans for cover crops at the garden, plot locations for next season, and plans to amend the garden soil according to most recent soil test results.

Recipe Corner: Spicy Thai Basil Chicken

Lettuce wraps make for a fresh burst of crunch and flavor, or spoon the stir-fry over rice. Look for fish sauce in your grocery store's Asian foods section.

Yield: Serves 4 (serving size: about 3/4 cup)

Ingredients

- 4 teaspoons canola oil, divided
- 1/2 cup minced shallots
- 1/2 cup thinly sliced red bell pepper
- 4 teaspoons minced fresh garlic
- 1 pound ground chicken
- 2 Thai or serrano chiles, minced
- 1 tablespoon fish sauce
- 2 teaspoons dark brown sugar
- 2 teaspoons lower-sodium soy sauce
- 1/4 teaspoon freshly ground black pepper
- 1 cup basil leaves
- 1 tablespoon fresh lime juice
- 4 lime wedges



These Look Good!

1. Heat a large nonstick skillet over medium-high heat. Add 2 teaspoons oil to pan; swirl to coat. Add shallots; sauté 2 minutes. Add bell pepper; sauté 1 minute. Add garlic; sauté 30 seconds. Remove shallot mixture from pan.
2. Add remaining 2 teaspoons oil to pan; swirl to coat. Add chicken; cook 5 minutes or until browned, stirring to crumble. Drain well. Return chicken to pan over medium heat. Add chiles; cook 1 minute. Add shallot mixture to pan. Stir in fish sauce and next 3 ingredients (through black pepper); cook 1 minute or until thoroughly heated. Remove pan from heat; stir in basil and juice. Serve with lime wedges.

(Source: Cooking Light. Submitted by Sarah Chappelow)

Herb Garden: Last Call for Delicious Herbs!

There are still plenty of herbs to be picked at the herb garden! Grab your scissors and a bag and come on out and cut some herbs to take home for your next culinary creation.



Lots of variety at the herb garden



Chives are just one of the available herbs

NH Pollinator Summit– Grappone Conference Center, Concord

Sponsored by: UNH Cooperative Extension, The NH Department of Agriculture, Markets & Food, NRCS, and the NH Association of Conservation Districts.

Monday, November 2, 2015, 8:30 a.m. - 4:15 p.m.

(Registration begins at 8:00 a.m.)

Registration (lunch included): \$35 through Oct. 23/ \$45 after Oct. 23

Register at: <http://extension.unh.edu/pollinator-summit>

Habitat loss, forage quality, pesticide use, pests, and diseases all impact bee health and diversity, threatening the health of our landscapes and food systems. The New Hampshire Pollinator Summit will cover current research-based information related to pollinator health, as well as ongoing local and regional efforts to support and protect bee pollinators on-the-ground. Pesticide recertification credits: 6 pending. Sessions will include:

- Where are we now? Science-based information on the health and diversity of managed and native bees and the factors influencing bee populations.
- Case Studies in IPM: Panel presentation. Local practitioners in agriculture and beyond discuss incorporating bee management into their businesses.
- Reviving Pollinator Health: Use of landscape, habitats, and plantings to support bee health and populations.
- Case Studies in Creating Habitat for Bee Health: Panel presentation. Hear about local opportunities and projects to support bee health through habitat design.

Until Next Year...

We've made it to the end of the season at the Boscawen Community Garden! I've enjoyed being editor of the *Green Thumb Gazette* and hope you've enjoyed reading it. Thanks to everyone who has submitted articles, recipes, songs, workshop info, and other content. There wouldn't be a newsletter to put together without your submissions.

This was my second season gardening at the Community Garden, and my first season volunteering with the Garden Committee. I encourage all of you to get involved with the Garden Committee next year. It's a great way to meet people and make friends with common interests. It's also nice to feel a sense of ownership over the garden plots after mixing in your labor. There are a variety of ways you can be involved. For more information, contact John Keegan.

Have a great autumn and winter. See you next spring!

Sarah Chappelow, Editor



Sarah and Her Husband Jim at Their Garden Plot in May