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Green Thumb Gazette

Scenes from the Garden

Seedlings have been planted, and the sun is shining down on our garden plots. Old friends are reconnecting, and new gardeners are being welcomed at the Boscawen Community Garden. Here are a few scenes from the garden.



*Tomato and Cabbage Seedlings
Soak up the Sun*



*New to the Community Garden this
Year, the Wunschel Family!*



CropFit Gnome Protects the Garden

A Few Reminders to Gardeners

- Always turn your hose spigot off before leaving.
- Be familiar with the location of the water shut off valve, in the event of a leak. (Gray box by the cemetery that says "water shut off")
- Conserve water usage when possible.
- Report any leaks immediately by calling Jeff @ 856-3298.
- Respect your neighbors' garden. Always use the walkways.
- ENJOY and share the bounties of your harvest.

Hot off the Press! Community Garden Featured in Concord Monitor



The Boscawen Community Garden was featured in April 30th's Concord Monitor. Big thanks to the Concord Monitor's Elodie Reed for coming out to the Garden's season opening, chatting with the gardeners, and learning about the teamwork involved in making the garden a success. A great photo featuring Frank Laro and grandson Joe Brochu accompanied the article in the print edition, with bonus photos posted with the online article. Read about the Garden here: <http://www.concordmonitor.com/Community-Gardens-Open-Boscawen-NH-1799918>

New Newsletter Feature: Ask-a-Master-Gardener

Do you have burning questions about gardening? Wondering what insects are on your plants? Unsure about what compost will do to benefit your garden plot? UNH Cooperative Extension Master Gardeners (and fellow community gardeners) Ann Lacroix and Sarah Chappelow are here to help! In each newsletter Ann and Sarah will answer YOUR questions. What would you like to learn more about? Send questions to Sarah at Sarah.Chappelow@gmail.com, and we'll answer your questions in upcoming newsletters.



Big Thanks to Charlie Jaworksi

On Saturday, May 28, Charlie Jaworski spread cover crop seeds on the parts of the Community Garden not in use this season. Charlie spread 300 pounds of soy meal and 50 pounds of buckwheat. Thanks, Charlie! And thanks to Jeff Abbe for organizing!



Cover Crop will Help Protect the Soil



Thanks, Charlie!

Garden Mulches– by Ann Lacroix

A garden mulch is any material spread on the soil surface to modify the environment where the plant is growing. The proper selection and use of a mulch will result in increased growth and yields.

Benefits of Mulching

- Reduces soil evaporation and water loss
- Increases soil temperature
- Controls or suppresses weeds
- Reduces nutrient leaching during heavy rainfall
- Maintains soil tilth-keeps soil open and loose for water and air penetration
- May add nutrients to soil (organic mulches)
- Keeps crops clean during rainfall



Straw Mulch

Mulching Materials: Natural (organic)

Hay (clover and alfalfa): Adds nitrogen. Can contain lots of weed seeds.

To reduce weeds sprouting, lay down two sheets of newspaper and apply hay 6-8 inches thick.

Grass hay (timothy, ryegrass, orchard grass) and straw: Extra nitrogen fertilizer needed for decomposition. Apply 6-8 inches thick over two layers newspaper.

Grass Clippings: Extra nitrogen needed. Apply after drying for 2-3 days. Clippings may mat. Apply 3-4 inches thick.

Leaves: Extra nitrogen needed. Dry leaves will blow away and wet leaves will compact. Either chop the leaves before using or mix with other materials at application. Apply 3-4 inches thick.

Pine needles: Extra nitrogen needed. A very easy material to apply and will not compact. Apply 3-4 inches thick.

Sawdust: Extra nitrogen needed. Aged sawdust is best to prevent nitrogen deficiency. Apply 2-3 inches thick.

Compost: Excellent source of nutrients. Could control weed seeds and might have an objectionable odor if decomposition is not complete. Apply 2-3 inches thick.



Pine Needles as Mulch

Paper: After plants have begun to grow, lay down several thicknesses of newspaper (not colored inserts) and weight down with rocks, boards, or thin layers of other organic materials. Watering the paper thoroughly at the time of application will help to hold it down. Rolls of recycled paper can be purchased at a garden center.

Other organic mulching materials include buckwheat hulls, bark and wood chips, wood shavings, seaweed and peat moss. All natural mulches should be applied after the crop has begun to grow and the soil has warmed: do not allow mulch materials to contact plant stems, as this increases the risk of disease. The soil should also be weed-free and moist.

(Continued on page 4)

Garden Mulches, cont.

Synthetic Mulches

Landscape fabrics or black plastic: Excellent for conserving moisture and nutrients, warming the soil and providing weed control. It is difficult to apply under windy conditions. Since neither decompose, they must be removed after each crop. Removal is easiest right after the crop is finished. In selected locations and when handled carefully, these mulches can be used more than one year. The most convenient size to use is 1 ½ mil thick (.015 inch) and 3-4 feet wide. Crops responding well to black plastic are vine crops



Landscape Fabric

(cucumbers, melons, and squash), tomatoes, peppers and eggplant. Before

planting (seeds or transplants) lay the plastic or fabric tightly and evenly over moist, fertilized soil, securely burying the ends and edges. Fabric staples can be purchased to hold down fabric. Cut slits or holes through the fabric or plastic to plant seeds or transplants.

Clear plastic: Not recommended because light passes through, permitting weeds to grow. However, it can be used for early and rapid soil warming if the clear plastic is later covered with hay, straw, newspaper, grass clippings or other organic materials to block the light.

Source: UNH Cooperative Extension fact sheet: ceinfo.unh.edu

Upcoming Workshops

Attracting Bees and Butterflies to Your Garden



Boscawen Municipal Complex, 116 North Main Street, 4th Floor, Boscawen, NH

Monday, July 11, 2016 at 6:30 PM

Making your garden appealing to bees and butterflies is good for your plants and will delight the gardeners! We'll discuss what's harming the pollinators and what we can do to help them. You'll learn what plants attract bees and receive a list of host plants for a variety of butterflies in our region. We'll also cover what you can do to protect their habitat once they arrive. UNH Cooperative Extension Master Gardener Donna Miller will be the speaker who is enthusiastic and knowledgeable about this topic. Register by contacting: Mary West at 796-2151 or mary.west@unh.edu. Co-sponsored by UNH Cooperative Extension and the Boscawen Commission.

"Mr. Toad" - an IPM Haiku by Jim Chappelow

Bug infested plants
Mr. Toad ate them all up
Helpful predator



Sage Advice— by Judith Abbe

Sage is a wonderful kitchen herb, adding savory essence to soups, stews and more. Sage (*salvia officinalis*) has medicinal uses as well. It's name is derived from the Latin word "salvere", to save.

Sage is rich in volatile oils, just pinch a leaf and your nose will tell you. The action of these oils contribute to its old and honored remedy for irritation and inflammation of the mucous membranes of the mouth, throat and tonsils. Used as a mouthwash or gargle, it has both antiseptic and anti inflammatory benefits. So when you feel that tickle or scratch of a sore throat coming on, try this recipe:

1 tsp fresh sage leaves or 2 tsp dried.

1/4 tsp salt.

1 cup water.

Bring the water to a boil, then turn off the heat. Add the sage leaf, cover and let steep for ten minutes. Strain it into a tea mug, add the salt, and stir. Use this as a gargle, or swish and spit, every few hours.



Garden Song by Dave Mallett— Submitted by Jeff Abbe

Chorus

Inch by inch, row by row
Gonna make this garden grow
All it takes is a rake and a hoe
And a piece of fertile ground
Inch by inch, row by row
Someone bless these seeds I sow
Someone warm them from below
Till the rains come tumbling down

Pulling weeds, picking stones
Man is made of dreams and bones
Feel the need to grow my own
Because the time is close at hand
Grain for grain in nature's chain
Tune my body and my brain
To the music of the land

Chorus

Plant your rows straight and long
Temper them with prayer and song
Mother Earth will make you strong
If you give her love and care
An old crow watching hungrily
From his perch in yonder tree
In my garden I'm as free as that
Feathered thief up there

Chorus

