



Upcoming Workshops

How to Compost

Date: Wednesday, July 6th

Time: 7:00 - 8:00 p.m.

Place: Riversdale Community Garden

Square Foot Gardening

Date: Saturday, July 16th

Time: 11 a.m. - 2 p.m.

Place: 801 - 5th Street East

Organic Pest Control

Date: Thursday, July 21

Time: 7:00 - 8:00 p.m.

Place: University Community Garden

Field Trips

Strawberry Ranch

Date:

Time: 6:00 - 9:00 p.m.

Y'onna Apple Orchard

Date:

Time: 10 a.m. - 3 p.m.

Helga's Herbs

Date:

Time:

Community Garden Tour #2

Other CHEP Programs

Good Food Box:

Children Nutrition Programs:

Baby Food Workshops:

Collective Kitchens:

Farm-City Links:

Pathways in Motion:

A Special Thanks Goes Out To:

J, K, L, M, N, O, P, Q

Stay tuned for the **R,S,T,U,V,W,X,Y,Z's** of gardening found in the July Newsletter.

Just thinking about gardening germinates ideas, but not seeds.

Know that you are loved.

Landscaping with vegetables is not a crime.

More happens in a garden than what is planted there.

Never give up.

Open your eyes, your mind, and your heart.

Plants have things to say.

Question old information.

Something to Think About

Bulb: potential flower buried in Autumn, never to be seen again

A **Werd** is a plant that has mastered every survival skill except for learning how to grow in rows

Flozing: A manual method of severing roots from stems of newly planted flowers and vegetables

Gardening is a medicine that does not need a prescription... and has no limit on dosage

<http://www.shelsgarden.com/trivia.html>

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."-- Abraham Lincoln

Source: <http://www.northerngardening.com/>

Garden Critters

For every person on earth, there are at least 200 million insects.

Bees do not have ears.

Only female mosquitoes bite and drink blood. Male mosquitoes do not bite, but feed on the nectar of flowers.

When wasps sleep, they bite into the stem of a plant, lock their jaw into it and then fall asleep.

Source: <http://gardeningtips.org/trivia.shtml>

Help The Planet

Recycle: newspapers, plastics, glass, metal, yard clippings

Organize: a beach, park, highway, or water-way cleanup

Carpool: or use public transportation

Go Organic: Use alternatives (mulch, compost) to chemical herbicides, pesticides, or "cides" of any kind

Learn: what the endangered species are for your area and what you can do to protect them

Conserve: electricity and water

Source: http://www.emilycompost.com/kid_help_our_planet.htm

What are the 10 most popular home grown vegetables in the USA and Canada?

According to a survey, the top 10 are (in order of popularity): Tomatoes, Peppers, Cucumbers, Onions, Beans, Lettuce, Carrots, Sweet Corn, Radishes and Cabbage. Tomatoes were grown in a little over 85% of all gardens with Cabbage being grown in only 30%.

Source: <http://www.heirloomseeds.com/trivia.htm>

Gardening For Kids

Getting your children involved in gardening is an excellent way to spend quality time with them. It is not only an opportunity for your child to learn about plants but also instills an interest and respect for nature and the environment.

Gardening is an excellent source of fresh air, exercise, and can lead to healthy eating. The goal of getting your child interested is to make it FUN! This page provides a variety of activities

Fun Gardening Activities

1) Clear Garden

Let your children see how plants sprout and then form root systems. Wet paper towels and put them in clear plastic cups. Finally sprinkle radish seed on the paper towel until the seeds are clearly visible. Set the cups in the sun and keep the towels moist, you will have growth in no time.

2) Terrarium

Children love to work in miniature. Create a terrarium out of a two gallon soda bottle. Mosses, pebbles for walkways, and bark can spark the imagination.

3) Worm Farm

Line a large cardboard box with a garbage bag. Fill it with soil, organic matter, and a few worms. Keep it shady and moist, but not too wet. Add kitchen scraps (vegetables only!) Worms will help teach your kids about the interdependence of plants and organisms as they turn vegetable kitchen scraps into valuable compost.

4) Pot People

Draw or paint faces on small clay pots, then fill with soil. Plant grass seed, water, and watch the "hair" grow.

A Tasty and Healthy Snack

Ants on a Log

Celery Sticks
Peanut Butter
Raisins

Wash and cut celery into 2 inch sections
Spread peanut butter into the hollow of the celery
Gently press raisins into the peanut butter

Joke of the Month

Little Johnny sat playing in the garden. When his mother came out to collect him, she saw that he was slowly eating a worm. She turned pale. "No, Johnny! Stop! That's horrible! You can't eat worms!"

Trying to convince him further, "Now the mother worm is looking all over for her nice baby-worm."

"No, she isn't," said Johnny.

"Why not?"

"Because I ate her first!"

Websites Referenced:

<http://pss.uvm.edu/ppp/articles/wintrfun.htm>

<http://www.activitiesforkids.com/>

<http://www.kidsgardening.com/>

The Tomato

The tomato was originally cultivated by the Aztecs and Incas as early as 700 A.D., the tomato is native to the Americas. In fact, the name "tomato" derives from "tomatl", its name in Nahuatl, the language of the Aztec people.

Once the tomato reached Europe, the plant's resemblance to the deadly nightshade family made it universally avoided. German folklore claims that witches used mandrake and nightshade to summon werewolves. The common German name for tomatoes translates into "wolf peach".

Source: <http://www.caryn.com/links/garden/tomato.html>

Fun Facts On The Tomato

There are more than 1,000 varieties of tomatoes currently being grown in the U.S.

The average American eats 13 pounds of tomatoes a year (plus 20 pounds a year in the form of ketchup, salsa, soup, and BBQ sauce).

The biggest tomato on record weighed in at a hefty 7 pounds 12 ounces. It was grown by Gordon Graham of Oklahoma.

Source: <http://www.shelsgarden.com/trivia.html>

Easy Tomato Sauce (Amount for 6)

INGREDIENTS

2 cups diced tomatoes (fresh or canned)

2 cloves garlic finely minced

1 tablespoon fresh oregano **OR**

1/2 cup fresh basil leaves **OR**

salt and pepper to taste

1 pinch sugar

1 tablespoon olive oil

Directions:

1) Combine all the ingredients in a blender or food processor and puree. Taste and adjust with salt and pepper.

2) Bring mixture to a boil over a medium heat and then simmer for 5 minutes to allow flavours to blend.

Did You Know?

Basil makes a good companion to tomatoes, not only in the kitchen but also in the garden. Basil deters tomato hornworm, aphids, flies and mosquitoes, slows the growth of milkweed bugs and acts as a fungicide. Use 3 basil plants for every tomato plant.

Source: <http://www.caryn.com/links/garden/>

An Easy Way to Preserve Tomatoes

Freezing is an easy way to preserve tomatoes while keeping their fabulous fresh flavor.

Because they can become mushy in texture they are best used in cooked soups, sauces or stews.

The skin will toughen in the freezer, but it is much easier to remove upon thawing. You can also run frozen tomatoes under cold water and the skins will curl up and can easily be pulled right off.

Steps to Freezing:

1. Wash whole tomatoes, remove the stems and cut out the core.

2. Leave the tomatoes whole or quarter them and pack them into freezer bags, leaving about an