

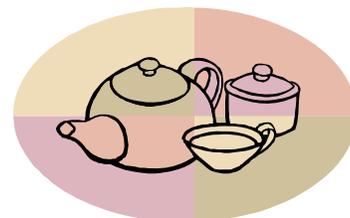


Manhattan Community Gardens

Summer Garden Socials Bringing "Community" Back to the "Gardens"

Tea and Cookies:

Saturday, May 17 from Noon – 1 pm



The Garden Social and Crop Walk committee will be hosting three Garden Socials this growing season, the first two are in May and June. Our May theme is – Tea is for Sharing. Our Tea Party will be an opportunity for everyone to taste test a variety of teas donated by tea drinkers in the community. Of course what goes best with tea but cookies? Come enjoy hot or ice tea and cookies with committee members and other gardeners. You are encouraged to wear your garden hat and gloves! If you have a favorite tea you would like to share, bring it on Saturday. We will have lots of hot water to help it seep!



Campfire and Cookout:

Thursday, June 18 from 7:30 – 8:30 pm

We are going to cook out on the grill. Bring your favorite vegetable to put on the grill or a vegetable dish to share. Be prepared to share your recipes if your vegetables are a hit! We will provide hot dogs, drinks and S'mores!

→ *Lynda Bachelor, Garden Social / Crop Walk Chairperson*

2008 MCG Board Members

<u>Name</u>	<u>Committee</u>	<u>Phone</u>	<u>Email</u>
Patty Zehl, President	Newsletter & Education	537-8306	pzeh1@ksu.edu
Susan Peterson, Vice President	Records	537-0372	slpete@sbcglobal.net
Pam Been-Redeker, Secretary	Flower Bed Maintenance	537-8298	donredeker@sbcglobal.net
Linda Teener, Treasurer	Finance	539-8763	lteener@ksu.edu
Lynda Bachelor	Garden Socials & Crop Walk, Flower Bed	539-9508	bachelor@ksu.edu
Brad Debey	Rules & Safety	587-8183	bdebey@yahoo.com
Jennifer Guilford	Compost & Mulch	443-2769	jlguilfo@ksu.edu
Chuck Marr	Newsletter & Education	539-6825	cmarr@ksu.edu
Bruce McCallum	Grounds Maintenance & Tilling	539-1016	brucemacks@yahoo.com
Stoner Smith	Equipment Maintenance	539-3821	stoner-2323@hotmail.com

(Please do not call MCG Board Members after 9pm)

A Message from the President

What a unique Kansas growing season this has been, it reminds me of gardening in Wisconsin. I have really been helped in making my gardening decisions this season with the brand new MCG e-newsletter; and if you do not receive it every Friday, I recommend you sign up. Chuck has an uncanny ability to answer the questions I'm thinking about concerning what's currently happening in the community garden. Don't miss Chuck's article for information on how to join.

Our Spring Clean Up on March 29th was very productive. We had a good turnout, especially from our new gardeners. Thank you to all who attended for your hard work, enthusiasm and dedication to making the MCG look nicer and be more functional for all the gardeners. I am really enjoying the wood chips the volunteers placed on all the main garden paths; it makes viewing gardens while walking much easier. One of my favorite parts of the day was talking about gardening with my fellow community gardeners. If you missed out on this opportunity, the Garden Social committee is planning a great "play date" for us on May 17th, at noon. Come dressed in your gardening clothes, meet fellow gardeners and enjoy the treats. That's it, meet and eat, no labor allowed!

The MCG as a 2008 sponsor of the Riley County Plant a Row for the hungry campaign will be receiving tomato and bell pepper transplants grown by students who attend Deb Nauerth's class at Amanda Arnold. The kids will be bringing their plants to the MCG, corner of Riley Lane and 8th St. on Wednesday, May 21st at 8am to pass out the transplants to all gardeners interested in planting them in their own gardens, and then sharing some of the harvest with the Flint Hills Breadbasket. Please join us and meet the kids, thank them for their effort to help alleviate food insecurity and get some plants for your garden. For more information and pictures, see the article in this newsletter.

You have probably already noticed the four new water hydrants in the gardens. This was a project initiated in the 2007 garden season, and installed by the Pond Guys this spring. Due to an early and long winter season, the fall 2007 planned installation was delayed. I apologize for any inconvenience this may have incurred, and hope this reduces the competition for water on hot summer evenings.

→ *Patty Zehl, President Manhattan Community Gardens*



Dates to Remember

Community Garden Social – Saturday, May 17th, noon – 1pm

Our first informal gathering, to enjoy good food and the company of fellow gardeners near the shed area of the MCG. The theme is "Tea and Cookies".

20th Annual Manhattan Garden Tour – June 1st, noon to 5pm

This yearly tour, sponsored by the Riley County Extension Master Gardeners will showcase five beautiful homes plus the KSU Gardens. Tickets may be purchased in advance at the Riley County Extension office, 110 Courthouse Square; or at any site on the day of the tour.

Community Garden Social – Thursday, June 18th, 7:30 – 8:30pm

Our second informal gathering, to enjoy good food and the company of fellow gardeners near the shed area of the MCG. The theme is "Campfire and Cookout".

Master Gardener Training - Fall 2008

Classes run Sept. 5 thru Nov. 14. For more information, contact Gregg Eyestone (785-537-6350) at the Riley County Extension office, 110 Courthouse Square.

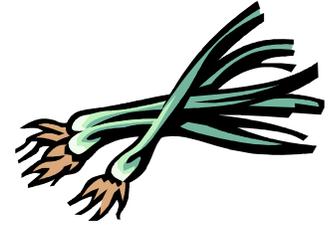
Valuable Information from Past MCG Newsletters

Manhattan Community Garden newsletters from 2006 and 2007 issues are available online by visiting the “community garden” section of the UFM website at www.tryufm.org

The following are articles that are pertinent to what is happening in your garden right now:

May/June 2006 Issue:

- Mulching – to conserve water, control weed growth and keep soil temperature uniform
- Ten ways to improve your water use in the garden
- Integrated pest management



May/June 2007 Issue:

- Plant care practices: thinning, weeding, flower removal, pruning and staking
- Harvest and storage guide for early season vegetables
- Tomatoes: Plant types, disease protection, pruning, Tomato blight and mulching tomatoes
- Growing good (and large) onions

Articles written by Patty Zehl, unless otherwise noted. Please send any suggestions for future articles to: pzehl@ksu.edu

MOWING SCHEDULE:

Gardeners are responsible for mowing the grass/weeds in the commons areas of the gardens ONE TIME during the scheduled period. If for some reason you are not able to mow during your scheduled time, you will need to switch with someone else or ask a garden neighbor if they would be willing to do it for you. If you are confused about where your area is, check out the map located in the glass case on the front of the large shed. If you have questions about the mower, call the Equipment Maintenance Chairperson – Stoner Smith.



<u>WEEK OF:</u>	<u>Southeast</u>	<u>Southwest</u>	<u>North</u>	<u>East</u>
May 11 – 17	Jack Rader	Marvin Moorman	Sheryl Cornell	Kellan Kershner
May 18 – 24	Chris Feit	Al Schmaderer	Sheryl Cornell	Roger Hinkle
May 25 – 31	Robert Brown	Al Schmaderer	Jean Squires	Roger Hinkle
June 1 – 7	Richard Smith	Karen Hawes	Sandra Lobianco	James Coover
June 8 – 14	Richard Smith	Wilma Shuman	Larry O'Neill	James Coover
June 15 – 21	Anita Carroll	Wilma Shuman	Behnke & Marshall	Nathan Kotschwas
June 22 – 28	Seth Hartter	Joe Mainey	Behnke & Marshall	Nathan Kotschwas
June 29 – July 5	Larry Cowdin	Jeff Lord	Yantao Zhang	Rachel Johnson
July 6 – 12	Rita & Emily Ross	Jody Parsons	Amber Burton	Belinda Hunter
July 13 – 19	Rod Downey	Lambert & Seaton	Sudha Pisipati	Donald Adongo

REMINDER: All gardeners who are not on the Board of Directors are required to mow a commons area. Gardeners with one plot mow one time; gardeners with multiple plots must mow at least twice during the season. Gardeners who did not sign up for mowing (or not enough mowing times) at registration have been placed in the schedule where there was an empty slot.

Weeds – “To Be or Not to Be”

Weeds compete with your vegetables for valuable nutrients in the soil, and probably discourage more gardeners than any of the challenges gardeners' experience. As the growing season progresses, there are always a few garden plots in the MCG that have been over run by weeds and have been abandoned. Keeping weeds from getting started is easier than getting rid of them. The key to winning the battle is to know what weeding choices are available, find a method that works for you and **START EARLY IN THE SEASON.**

Popular methods of controlling weeds in the MCG are cultivating with a hoe, hand pulling the weeds and preventing weed growth by laying down a thick mulch layer. Whichever method or combination you use, don't let your weeds go to seed. Each weed plant can produce hundreds, even thousands of seeds; and the warm days and gentle rains of spring will bring on continuing flushes of new weeds.

Cultivate with a hoe

There are a number of different types of hoes on the market; the secret is to hoe the weeds while they are still small in size. You will find it takes just a short time to cultivate your garden when weeds are small, but a long time to hack through a garden that is heavily infested with larger weeds.

Generally, annual weeds will have a fibrous root system that spreads just beneath the soil surface, unlike the fleshy taproots of the perennial types. This shallow rooting makes them particularly easy to eliminate in the seedling stages. A few shallow strokes with a hoe will usually be enough to uproot the seedlings; and once uprooted and left on the soil surface; they will quickly dry out and perish.

Most weed seeds that germinate are in the top two inches of soil, so you do not need to cultivate deeper. Be aware that if you use a rototiller, you will be bringing weed seeds to the surface to germinate, so you need to watch for emerging weeds and control them with your favorite method.

Laying down a thick mulch

My favorite way to beat the weeds and add valuable organic material is through mulching, which blocks weeds' access to light. A lack of light prevents the seedlings from becoming established, and before they can reach sunlight, most will die. A 3 to 4-inch layer of mulch applied between the rows in your garden, can slow down, or in many cases prevent the re-growth of weeds. Even tough perennial weeds will eventually succumb to a thick layer of mulch. Use weed-free mulches such as clean straw (w/out seed heads), shredded leaves or grass clippings (not treated with herbicides).

Hand pulling

This method is usually used when gardeners fall behind in cultivating or delay in laying down a mulch layer. The younger weeds will be easier to pull because they have not established a strong root system. Be careful of pulling larger, more established weeds, which may result in damage to the root systems of your vegetables. You should also avoid pulling weeds from dry, compact soil; it's much easier if you moisten the ground or wait until after it rains before pulling weeds.

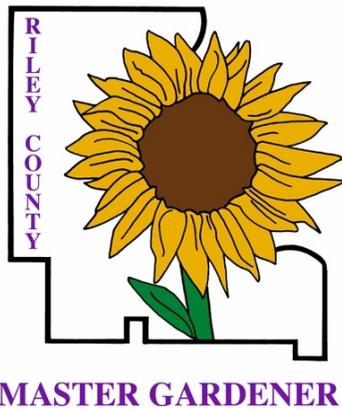
Don't be discouraged; even if you're dutiful about hoeing, hand pulling or mulching, more seeds arrive by air, water runoff, and bird droppings. You need to be vigilant in removing any weeds that germinate in your garden throughout the growing season as early as possible or a small problem will become a bigger problem for your garden and your neighbors – and may take the fun out of gardening for you and your family. As you gain control over the weeds, your plants will gain the benefit of the light and the nutrients that the weeds were taking. Your plants will gain a new vigor, and their healthy new growth will help to choke out future weeds before they get a chance to grow.

Protecting New Vegetable Transplants from the Wind

New transplants, even those hardened off in a cold frame, may need some protection from strong winds when newly set out. Wooden shingles placed to block the wind make an excellent barrier but are difficult to find. Try a plastic milk jug or a 2-liter soda bottle with both the bottom and top cut off. Push the jug or bottle into the soil far enough so that it won't blow away. In very windy conditions, it may need to be stabilized with a wooden dowel or metal rod.



→ *Ward Upham, Extension Associate*



Master Gardener Corner - Legume Trial

In the Master Gardener demonstration gardens at the Manhattan Community Garden, located along Riley Lane – the following twelve bean varieties are being tested. The plants will be labeled so you can view them throughout the summer, and determine which ones you may want to grow next season. More horticultural and historical information about each legume, results of the trial and cooking recipes will be available later in the season. The Master Gardeners, as sponsors of the Plant a Row for the hungry campaign will collect all produce harvested from the demonstration plots and deliver it to the Flint Hills Breadbasket.

Strike Green Bush Bean - Medium green pods that are excellent fresh and hold up well for canning or freezing.

Lima Bean Dixie Speckled Butter - Very sweet and tender. Sets well under hot weather, and will grow well in a drought.

Lima Bean Henderson's – The most popular "baby" lima, is excellent canned or frozen, and ideal for market gardeners.

Black Turtle Dry Bean - Small, brownish-black, oval-shaped beans are popular in Cuban black bean soup.

Cannellini Dry Bean - Classic Italian white shelling bean with large kidney-shaped seeds. Fine baking quality.

Great Northern Dry Bean - Very old, excellent baking variety originally grown by the Mandan Indians of the Dakotas.

Garbanzo Dry Bean – aka 'Chick Pea' with nut-like flavor that keeps its shape well when cooked. Drought tolerant.

Flagrano Shell - Can be used fresh, in salads, soups or as a vegetable by themselves. Can freeze or use as a dry bean.

Red Kidney - Best known here in the U.S. for their use in chili, they figure prominently in Mexican, and Chinese cuisine.

Pinto - Essential bean in Mexican dishes. Delicious flavor and texture - thin-skinned, yet cook up firm and tender.

Vermont Cranberry - New England heirloom bean dating back to the 1700's. Sweet, succulent flavor in soups or baking

Cowpea Black Eye - Dried field-peas cook very quickly and combine very tastily with either rice or cornbread.

→ *Gregg Eyestone, CEA – Horticulture, Riley County Research & Extension Horticulture Agent*

Electronic Weekly Report from MCG

We have established a weekly community garden report that focuses on current pest problems and things happening in the garden. It is being sent electronically every Friday through the growing season. We currently have about 60 gardeners receiving the e-newsletter, which began in late March.

If you would like to be on the 'e-mailing list', send an E-mail to communitygarden@tryufm.org or cmarr@ksu.edu and ask that your address be added. (This is a protected site and your address will not be shared with any other group or entity). If you have gardening questions or want to see something featured in the report, let us know.

If you have questions or concerns regarding rules or operational questions, contact the committee chair responsible – see the list of garden board members on the first page of this newsletter.

→ *Chuck Marr, K-State Professor (Emeritus) of Vegetable Crops and MCG Board Member*



Tomatoes with Better Flavor

In 1999 a USDA scientist did a re-analysis of the concentration of 10 major components contributing to flavor in tomatoes. One of those compounds that was thought to be present in small concentrations and that was about equal in all tomato varieties was found to be extracted using an improper technique that underestimated its concentration. The compound, called furaneol (fur ANN ee ul) was found to be present in a somewhat greater concentration and was greater in tomatoes that were purported to have better flavor.

After identifying the genetic trait to increase furaneol and getting the plant to produce more in just the right amount, this trait was incorporated into tomatoes with improved yield, modern vine characteristics, disease resistance, and other traits. After testing several breeding lines in advanced trials for the last 3-4 years, there are now 3 varieties that have been named and released for growers with this 'improved flavor' characteristic. (There are also older tomato varieties that produce more furaneol giving them an improved flavor as well.)

The 3 varieties are Mountain Glory, SecuriTY 28 and Red Defender (although there may be more that I'm not aware of). To my knowledge, these have not been grown anywhere in Kansas.

→ *Chuck Marr, K-State Professor (Emeritus) of Vegetable Crops and MCG Board Member*

Chuck grew 60 tomato plants (1/2 SecuriTY 28 and 1/2 Red Defender) for the community gardeners to grow and see what they think. When they were ready to transplant, he announced it via our weekly e-newsletter a couple of weeks ago. If you missed the chance to try these plants because you are not receiving this message on Fridays, send an e-mail to Chuck to be added to the MCG e-newsletter list so you do not miss future opportunities.



Students Participate in Plant a Row for the Hungry

Amanda Arnold teacher, Deb Nauerth, and her 5th grade students enthusiastically agreed to plant a flat of tomatoes and bell peppers for the Plant a Row for the hungry campaign, allowing them to make a meaningful contribution to increasing food security in Riley County. The plants are ready to be transplanted, and the students will donate them to the Manhattan Community Garden. To complete the circle, the class plans to visit the MCG this summer to pick some vegetables and then deliver them to the food pantry.



Gardeners who want to grow and donate part of their harvest will have the opportunity to receive these plants from the Amanda Arnold students on Wednesday, May 21st at 8am on the corner of Riley Lane and 8th St. Extra plants will be left at the big shed for gardeners who could not meet the kids. I hope many of you will support the students' efforts by accepting some plants for your garden, and picking the harvest for the food pantry.

To facilitate MCG gardeners donating excess produce throughout the growing season there will be collection bins set up at the shed area; and volunteers will deliver the produce to the Flint Hills Breadbasket.

Hey Green Thumbs!

How tall are your plants? The daffodils are out and the grass is green and our plants are springing to life at our school. Greetings from the young gardeners in Mrs. Nauerth's class. We are 5th graders from Amanda Arnold.

We decided to participate in Plant a Row because we wanted to do something to help other people. When our teacher, Mrs. Nauerth, found out about this program we couldn't say YES fast enough! Now it's been about six weeks and our plants are growing at an astonishing rate.

Our plants are tomatoes and bell peppers. In late April they varied in height from 1/2 cm. to 9 cm. Lots of them were still sprouting, while some were still a bit shy to pop from the soil just yet.

We are really looking forward to watching our plants grow and passing them on to the Manhattan Community Garden to be transplanted. Hopefully they will be great producers so nobody will go hungry!

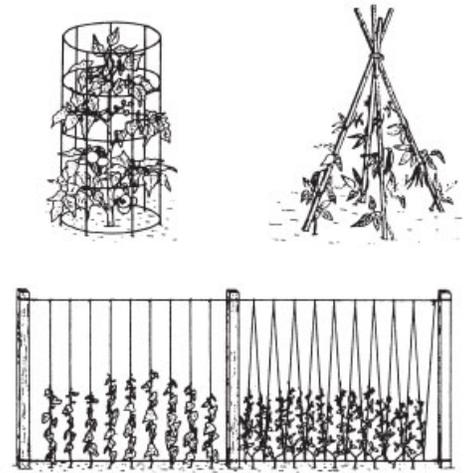
Happy Gardening~

➔ *Hunter Bagby, Neel Ganta, Jina Ok, Kylie Winger, Alina Zheng, and Mrs. Nauerth*



Vertical Gardening

Using trellises, nets, strings, cages, or poles to support growing plants constitutes vertical gardening. The most important reason for using vertical space in the vegetable garden is to save horizontal space – space that can be used for growing additional vegetables without having to make the garden any bigger. The yield per vertical plant may be (but is not always) lower, but the yield per square foot of garden space is higher. Vertical plants can also make harvesting easier – there is less stooping to cut the fruits from the vines. Vegetables that are grown off the ground are cleaner and avoid problems like soil rot and many crawling insects such as slugs and sow bugs. The leaves will have more area exposed to the sun, and the improved air circulation around a vertical crop reduces the chances of disease. Vertical crops dry off faster after a rain, and this further reduces disease problems.



Placement and Planting Techniques

When you grow vertical vegetables, set them on the north side of your plot, towards the back so they do not block the sun from other low-growing plants. Plant shade-tolerant crops near their base to take advantage of the shade. Most A-frame trellises take up a space about 5 by 3 feet; tepees require a 3 - 5 ft diameter space; single stakes and cages need a 2 - 3 ft diameter space.

As your plants grow, you may need to fasten them to the vertical structure and train them so they won't slump off or fall. Some vines will attach more readily to a surface and wind in and out of the structure, but others need a helping hand now and then. Weatherproof twine or "stretch ties" are a good choice for tying your plants, and won't damage the stems.

Vertically growing plants dry out quicker and may need to be watered more frequently. Keep the base of the plant mulched with about four inches of organic mulch. This will ensure that your soil retains water during the warmer weeks of the summer, and will also add nutrients to the soil.

Vertical Veggies

Beans - Sow pole bean seeds around bamboo tepees, along a netted trellis, or on an arbor. In very small gardens, try spacing single poles in a row at the rear of the garden. Pole beans produce longer than bush beans; they continue to grow, flower and fruit as long as you keep picking the pods.

Winter Squash – The vines are up 10 feet long and ones with heavy fruits such as butternut, will need to be supported with individual cloth slings tied to the trellis or fence.

Cucumbers – Will produce straighter, cleaner fruit when you grow them vertically. Sow seeds along a cage, netted A-frame or flat trellis and guide the plants up onto the netting in the beginning; the plants' tendrils will naturally curl around on their own when they get going.

Melons - Will also climb by means of tendrils, but their heavier fruit requires some buttressing with slings when you grow the plants vertically to prevent the weight from pulling the vines down.

Peas - The edible-podded and snow peas produce long vines that readily climb string or netted trellises by means of tendrils. Training them vertically definitely makes harvesting easier.

➔ *Texas Cooperative Extension and Virginia Cooperative Extension*

Economic Conditions and Gardening

It is well known in horticultural circles that when economic conditions worsen, interest in horticulture increases. With high fuel prices people travel less and spend more time close to their home grounds. In addition, high fuel prices are causing significant increases in food costs, which makes gardening a more lucrative venture for many families. There is also added interest in locally grown products where you know what has been used to grow the product and control pests. In short, gardening interest is increasing significantly in recent months.

This is recognized by over a dozen people added to a waiting list for the next available community garden plot (which were essentially all rented by our last signup period). This interest in gardening plots will probably cause your Community Garden Board to carefully review our present rules to ensure as many people as possible - especially new gardeners - can be accommodated in obtaining a gardening plot in the future. Look for some of these changes to be announced at our fall annual meeting. And, keep gardening to save money on the family food budget.....

→ *Chuck Marr, K-State Professor (Emeritus) of Vegetable Crops and MCG Board Member*

If you feel you have more garden area than you can handle this season, and would like to release some space, please contact Susan Peterson our Records Chairperson. Or if you are willing to share your garden space, the harvest and your knowledge, in exchange for someone else's muscle and assistance – you may be interested in sharing a plot. These two arrangements would either be a one-season or “permanent” arrangement - that would be up to you. If you have questions, contact me - Patty Zehl, MCG President.

The Benefits of Gardening for Older Adults

One of my friends had gardened for years, supplied bouquets for the arboretum fund-raiser, been a guide for the prairie tours, and taught children about wild flowers. But now she is fighting cancer, and the chemo-treatments have robbed her of energy. Another friend who is now retired had been involved in agriculture all his life, beginning on his uncle's dairy farm, through teaching at the university level, and finally participating in agriculture research overseas. KSU departments of Horticulture and Nutrition both promote gardening for older adults like my two friends, as one of the best exercises and sources of emotional benefit, even for those who are disabled.

What are the benefits of gardening for older adults?

- Improve muscle strength and coordination, train unused muscles, and improve grip strength
- Increase bone density
- Reduce the risk of heart attack, diabetes, high cholesterol, and high blood pressure
- Increase emotional well-being and social well-being with co-gardeners and neighbors
- Gain achievement, satisfaction and aesthetic pleasure, and improve attention capacity and mood
- Appreciate the change the seasons bring and reduce stress and pain by being outside
- Share extra produce with friends and family or reduce your grocery bill

Through the wise use of ergonomic tools and gardening techniques, older adults can meet the recommended 30 minutes of moderate intensity activity through daily gardening.

→ *Sin-Ae Park, Ph.D. Post-doctoral Research Associate KSU – Dept. of Horticulture*

Gardening Tips for Health in Older Adults

Some of you may be losing interest in gardening because of some physical fatigue, bodily pain or injury while gardening. Some postures while gardening may burden the body or cause injury. Stooping, kneeling, and squatting are the most uncomfortable and dangerous postures to the physical body during gardening.

Have you experienced these kinds of problems while gardening? Would you like to protect your knees and back during gardening? Here are some useful tips.

Ideally, raised beds or vertical gardening (trellises) are easier for your knees and back. The width of raised beds should be narrow enough for easily accessed work, without extended reach. Some people prefer to use beds high enough to stand next to. Others may prefer to design a bed to slip their knees under while sitting.

If squatting or kneeling is required, the following are suggestions for the least wear and tear on your knees and back:

- For kneeling use a kneepad and keep your back straight (Fig. 1).
- For squatting evenly distribute your weight and keep your feet flat on the ground.

General principles for gardeners to reduce strain while you sit, stand, and work. Here are some ideas:

- It is important not to slouch over and you should move slowly, deliberately, and in a relaxed, fluid manner (Figure 2).
- Bend from the knees, not the waist, and do not twist suddenly or jerk.
- Sit with feet supported and knees at the same level, or higher, than the hips.
- Pushing, pulling and lifting can create particular stress in gardening. See if you can get some help with these. If you have to do these alone, here are some tips.

When you are lifting a heavy object (Figure 3):

1. Stand the object upright, if possible.
2. Move your feet parallel with your shoulders and get close to object.
3. Bend from the waist.
4. Tighten stomach muscles.
5. The object should be rolled onto your bent knees and then into your arms. Keep it close to your body.
6. Using the thigh muscles for support, straighten your knees.
7. When you put the object down, reverse the process.

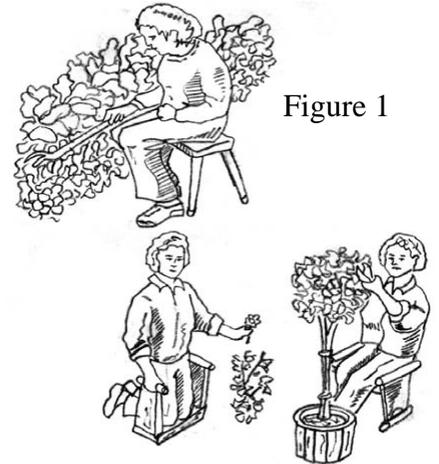


Figure 1



Figure 2

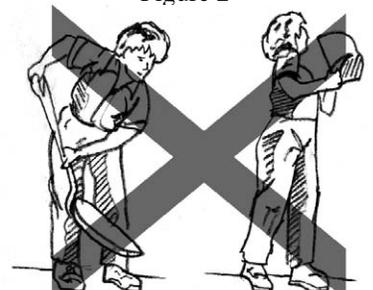
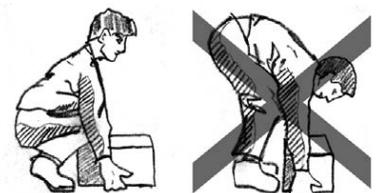


Figure 3



When you are pushing or pulling:

- Use thigh or arm muscles, not back.
- Some long-handled tools may be helpful.
- Use a garden cart for supporting the weight or a wheelbarrow for transport.
- Use a drip-irrigation system so you don't need to pull around a hose or a sprinkler.

Gardeners with arthritis can apply these suggestions for easier work:

- Change tasks every 30 minutes and take a 15-minute break every hour.
- Use stretching exercises to ease tension and reduce stiffness.
- If you feel a lot of pain stop the task and wait until you feel better.
- If you feel discomfort the day after gardening, do less the next time.
- Some arthritis medication can increase sensitivity to sunburn. Remember to use sun block, wear a hat and drink plenty of water.
- Garden gloves can help cushion the joints in your hands and reduce discomfort from temperature change.
- There will be less pain if motion can be done with larger, stronger muscles, than with smaller joints and muscles (Figure 4: use the arms, instead of hands, to carry things).

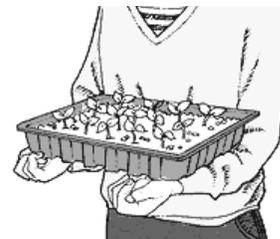


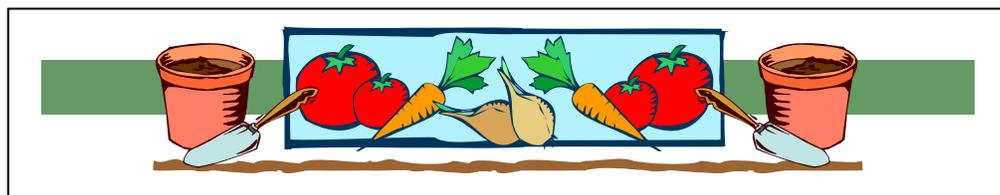
Figure 4

Ideas to make gardening easier:

- Weed when the soil is damp.
- Use mulch to reduce weeding and watering.
- Use lightweight and small-bladed tools, to reduce pinching, squeezing, twisting, and direct pressure on the fingers and thumb.
- The right tool in the right condition can be a great help.
 - Keep your pruner sharp.
 - Tools can be carried around in a carpenter's style apron.
 - Use ergonomic tools with extendable handles for reaching.
 - For working close, use tools with short handles that are lightweight.
 - Add foam tubing or grip tape on tools to add ease in grasping (Figure 5).



Figure 5



Supply resources for adaptive gardening tools:

<http://www.gardeners.com>

<http://www.burpee.com>

<http://www.easi-grip.com>

<http://www.standupgardens.com>

I hope these tips are helpful to you. Gardening can be a good exercise, if you do it correctly. Have a great time in your garden! Please contact me with any questions: spark@ksu.edu



*Sin-Ae Park, Ph.D. Post-doctoral Research Associate, KSU – Dept. of Horticulture
Reference: Virginia Tech Extension*

Manhattan Community
Gardens c/o UFM
1221 Thurston Street
Manhattan, KS 66502

What's Inside?

- It's Party Time!
- Dates to remember
- Weeds
- Master Gardener legume trials
- Protecting new vegetable transplants



- E-Newsletter – sign up now
- Tomatoes with better flavor
- Amanda Arnold PAR campaign
- Information in past newsletters
- Vertical gardening tips
- Gardening tips for older adults
- Mowing schedule