

Manhattan Community Gardens

Past newsletters are available at:

<http://www.k-state.edu/ufm/gardennews.htm> or www.tryufm.org/gardennews.htm

Anyone interested in adding to the Manhattan Community Garden's newsletter may submit their articles to jeannesquires@yahoo.com at any time. Articles will appear in the next scheduled newsletter after submission.

Letter from the President:

Rules, Rules, Rules

What a crazy spring we have had. I am ready for the wind to die down, the temperatures to rise and my potatoes to sprout. We have finished our last new gardener sign-up and currently have a waiting list of seven persons who would like to join the gardens this year.

I wanted to take this opportunity to cover a few basic rules at the Community Gardens.

- Everyone is welcome to bring "Rover" or "Buster" to the garden. But just remember that they need to be on a leash.
- If you get mad at your veggies or your neighbors—please no profanity.
- Only harvest the produce on your plot.
- A plot cannot be transferred to another gardener without the said gardener going through the registration process.
- Weed your garden regularly.
- Be considerate of your neighbors when watering.
- If you have a fence, keep it free of weeds and small trees.

These are some of the rules I wanted to highlight. Remember to read your Manhattan Community Garden Rules. If you have a question, call or ask your garden board member. Feel free to call me at 537-0372 or e-mail slpete@sbcglobal.net.



2009 Dates to Remember:

Somehow in the last issue of the newsletter, the Socials and Workdays schedule got left out. My apologies. Here it is now (along with who has signed up to help with them)

Workdays: (#1 and #2 have already happened)

#3 – May 2, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Ed Behnke
- 2) Leroy Brooks
- 3) Matt Brueseke
- 4) Pat Butler
- 5) Brad Debey
- 6) Derek Jackson
- 7) Leon Lyles
- 8) Jackie McDonald
- 9) Raymond Mutava
- 10) Wilma Shuman
- 11) Dale Stearns
- 12) Barrett Walker
- 13) Nan Henderson
- 14) Dick Green
- 15) Nan Ambrosy
- 16) Monica Munce

#3 – June 6, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Sylvia Beeman
- 2) Pat Butler
- 3) Sylvia Campbell
- 4) Anita Carroll
- 5) Joe Mainey
- 6) Roger Hinkle
- 7) Larry O'Neil
- 8) Al Schmader
- 9) Richard Smith
- 10) Barrett Walker
- 11) Bill Webber
- 12) Dean Zollman
- 13) Dick Green
- 14) Brian Jaworski

Socials:

1 - May 9, 2009; Saturday 9-10 AM

Here's who signed up

- 1) La Verna Hinkle
- 2) Christine Feit
- 3) Mike Anderson
- 4) John Exdell
- 5) Livia Olsen

2 - June 12, 2009; Friday 7-8 PM

Here's who signed up:

- 1) Teresa Minton
- 2) Colleen Hampton
- 3) Rita/Emily Ross
- 4) Habib Diop
- 5) Livia Olsen

3 - July 15, 2009; Wednesday 6-7 PM

Here's who signed up

- 1) Jenny Chang
- 2) Teresa Minton
- 3) Joyce Todd
- 4) Larissa Chilton

4 - August 8, 2009; Saturday 8:30-9:30 AM

Here's who signed up

- 1) Joyce Todd
- 2) Sandra LoBianco
- 3) Karen Hawes
- 4) Sharon Davis
- 5) Larissa Chilton
- 6) Susan Schoneweis
- 7) Nan Ambrosy

#5 - September 13, 2009; Sunday Noon – 1 PM

Here's who signed up:

- 1) Jacqi Seaton
- 2) Colleen Hampton
- 3) Malley Sisson
- 4) Sylvia/Alicia Campbell
- 5) Susan Shoneweis

Workdays: (continued)

#5 – July 11, 2009; Saturday 8-10 AM

Here's who signed up:

- 1) Deanna Brandsberg
- 2) Amber Burton
- 3) Chris & Christine Feit
- 4) Anna Franklin
- 5) Joye Gordon
- 6) Marvin Moorman
- 7) Raymond Mutava
- 8) Jill Gamble
- 9) Ron Robinson
- 10) Malley Sisson
- 11) Libby Uthoff
- 12) Yantao Zhang
- 13) Monica Munce

#6 – August 1, 2009; Saturday 8-10 AM

Here's who signed up:

- 1) Brad Debey
- 2) Annette Finkeldei
- 3) Angela Foy
- 4) Anna Franklin
- 5) Joey Gordon
- 6) Derek Jackson
- 7) Monty Johnson
- 8) Marvin Moorman
- 9) Larry O'Neil
- 10) Ron Robinson
- 11) John Stites
- 12) Mrs. Schultz
- 13) Jill Gamble
- 14) Robert Schultz

#7 – September 5, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Kathy Blead
- 2) Ben & Alicia Brooks-Torrico
- 3) John Exdell
- 4) Angela Foy
- 5) Karen Hawes
- 6) Carl Hill
- 7) Mrs. Schultz
- 8) Stoner Smith
- 9) Dale Stearn
- 10) John Stites
- 11) Robert Schultz
- 12) Dale Stearns
- 13) Michael Langemeier
- 14) Sandra Lo Bianco

Workdays: (continued)

#8- October 3, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Michael and Anne Anderson
- 2) Elena Boyko
- 3) Ben & Alicia Brooks-Torrico
- 4) Matt Brueseke
- 5) Lawrence Davis
- 6) Greg & Sharon Davis
- 7) Jackie McDonald
- 8) Michael Rhodes
- 9) Misha Riley
- 10) Jacqi Seaton
- 11) Stoner Smith
- 12) Jerry Vestweber
- 13) Don Herde

#9 – November 7, 2009; Saturday 9-11 AM

Here's who signed up:

- 1) Elena Boyko
- 2) Deanna Brandsberg
- 3) Amber Burton
- 4) Lawrence Davis
- 5) Carl Hill
- 6) Michael Rhodes
- 7) Emily Ross
- 8) Max Urick
- 9) Jerry Vestweber
- 10) Sang Yu Yi
- 11) Aaron Yoder
- 12) Don Herde



Mowing Schedule:

DATE	ORGANIC	NORTH	RILEY LANE	SHED AREA
April 12 – 18	Belinda Hunter	Sheryl Cornell	Michael Anderson	Gary Naughton
April 19 – 25	Roger Hinkle	Sheryl Cornell	Wilma Shuman	Jenny Chang
April 26 – May 2	Roger Hinkle	Derek Jackson	Wilma Shuman	Jenny Chang
May 3 – 9	Christ Feit	Derek Jackson	Ron Downey	Marvin Moorman
May 10 – 16	Joyce Todd	Sang Yi	Dean Zollman	Marvin Moorman
May 17 – 23	Malley Sisson	Sang Yi	Dean Zollman	Barrett Walker
May 24 – 30	Jeff Lord	Larry O'Neill	Jacqi Seaton	Barrett Walker
May 31 – June 6	Ed Behnke	Teresa Minton	John F. Stites	Richard Smith
June 7 – 13	Alisha Thompson	Teresa Minton	Ron Downey	Richard Smith
June 14 – 20	Bob Marshall	Sandra LoBianco	Emily/Rita Ross	Joe Mainey
June 21 – 27	Michael Rhodes	Amber Burton	John Stites	Al Schmaderer
June 28 – July 4	Michael Rhodes	Amber Burton	Jack Rader	Karen Hawes
July 5 – 11	Sylvia Beeman	Ron Robinson	Ana Franklin	Karen Hawes
July 12 – 18	Butch Hitschmann	Jackie McDonald	Donn Leach	Butch Hitschmann
July 19 – 25	Sylvia Beeman	Jackie McDonald	Donn Leach	B DeBey
July 26 – Aug 1	Aaron Yoder	Sudha Pisipati	Anita Carroll	B DeBey
Aug 2 – 8	Greg/Sharon Davis	Habib Diop	Elena Boyko	Stoner Smith
Aug 9 – 15	Chris Feit	Francis Begnoche	Bill Webber	Stoner Smith
Aug 16 – 22	Larry Davis	Mont Johnson	Bill Webber	T. Gridneva
Aug 23 – 29	Larry Davis	Misha Riley	Jack Rader	T. Gridneva
Aug 30 – Sept 5	John Exdell	Habib Diop	Colleen Hampton	H. L. Brooks
Sept 6 – 12	Carl Hill	Kathy Bleam	Colleen Hampton	Jerry Vestweber
Sept 13 – 19	Ben/Alicia Torrico	Bill Bunyan	Patty Zehl	Jerry Vestweber
Sept 20 - 26	John Exdell	Bill Bunyan	Patty Zehl	Al Schmaderer
Sept 27 – Oct 3	Dee Brandesberg	Francis Begnoche	Max Urick	Leon Lyles
Oct 4 – 10	Dee Brandesberg	Gary Naughton	Max Urick	Leon Lyles

Can You Help?



The Board is in need of 2-3 people to serve on an Equipment Committee. This committee would be responsible for keeping the equipment in the sheds in good working order. If you would like to be on this committee instead of some other assignment, please contact Chuck Marr.

Board News:

If you have been to the North Garden lately, you might have noticed that the big old Walnut Tree is gone. The area will be made into 2 new garden plots.

The leaky water hydrant in the North Garden has been repaired.

Northview Elementary has received a grant for an extensive Youth Gardening Project. Volunteers will be needed to help with the set-up. Please let a Board Member know if you would be interested in volunteering.

The weekly electronic newsletter from Dr. Marr has started. If you have not received one, please send your email address to Dr. Marr at to be put on the mailing list. These short weekly newsletters are always highly

educational. Dr. Marr will be posting a printed copy of the weekly e-newsletter in the glass case outside of the large shed at the gardens for those gardeners who do not have access to email.

Please remove your own debris from your garden!! There has been a problem with people piling their debris in the streets, and in “community” areas of the garden. If each of us does our share, we can maintain an attractive garden space.

Due to several repairs being made to the current roto-tillers in a short period of time this spring, the Board has voted to purchase two new front tine roto-tillers. It is very important that gardeners know how to use the community equipment before doing so. This would reduce the amount of repairs that are done due to misuse.

Projects are being planned for our workdays. If you know of a “community” task that needs done, please discuss it with a Board member, so it can be put on the “to do” list. Projects for personal garden plots do not qualify.

If your garden plot is in the vicinity of a water hydrant, please leave room for hydrant use by neighboring gardeners when planting your plot. Remember we all need to access the water and sometimes a large plant too close to the hydrant can block access.

Thank you to everyone who showed up to work at the March and April Workdays. When we come together as a community, we can create beautiful things!!!



Featured Plant:

I thought it might be fun to have a featured garden plant section for our newsletters. Each issue I will try to find interesting information that we might not all know about a popular (or maybe less popular) plant. I will try to cover a plant that is related to the season of the newsletter issue. Anyone having interesting information (history, medicinal or culinary uses, traditions, etc...) is welcome to send that information to jeannesquires@yahoo.com. This Spring Issue's plant will be:

Radishes

History: Radishes are actually part of the cabbage family. The name that this plant is known of in America (radish) comes from the Latin word “radix” which means root. It is believed that radishes probably originated in China, and traveled across the Middle East to Europe. They were eaten by the Egyptians and Greeks and were recorded as being eaten in Central America in the 1500's. Colonists brought the radish to America. In France, radishes were often served before a meal to ‘clean the pallet’ for upcoming courses.

Medicinal and Folklore: “Medicinally they are suggested as an alternative as treatment for a variety of ailments including whooping cough, cancer, coughs, gastric discomfort, liver problems, constipation, dyspepsia, gallbladder problems, arthritis, gallstones, kidney stones and intestinal parasites.”

(<http://en.wikipedia.org/wiki/Radish>). For more fun reading on folklore and medicinal uses check out <http://www.killerplants.com/herbal-folklore/20040112.asp>

Culinary: Radishes are rich in ascorbic acid, folic acid, and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. One cup of sliced red radish bulbs provides approximately 20 Calories or less. Radishes come in many shapes, sizes and colors. Usually the root of the radish is eaten raw; however, the leafy top is also edible and can be delightful in salads. Radishes are used in many prepared dishes in Europe. Early radishes usually have a milder flavor. Radishes grown in the warmer months tend to be warmer in flavor. Radish seeds also make good sprouting seeds.

Traditions: “Citizens of Oaxaca, Mexico celebrate the radish in a festival called Noche de los Rábanos (Night of the Radishes) on December 23rd as a part of Christmas celebrations. Locals carve religious and popular figures out of radishes and display them in the town square.”(<http://en.wikipedia.org/wiki/Radish>)

Other interesting tidbits: Interesting enough, Radish Oil is being researched as an alternative biofuel!!

Special Interest Article:

Elder Gardening Made Easier: Some Simple Tricks of the Trade

http://www.emmitsburg.net/gardens/articles/adams/2003/elder_gardening.htm

Courtesy of: Frank Williams
Adams County, PA, Master Gardener

Many of us have heard of or experienced the joys of Elderhostel travel in which groups of older folks travel and learn together about fascinating places and events. This article discusses a few ideas regarding how to continue, with a bit less effort, the fun of gardening as a "senior."

While what follows pertains particularly to vegetable gardening, the principles can be extended to many other types of gardening as well. A book from our personal library entitled Tips for the Lazy Gardener by Linda Tilgner provided me with some information for this epistle.

Time and Space

Plan your garden according to your best estimate respecting the amount of time you can, with pleasure, physically devote to planting and maintaining it. If your present situation suggests that the garden you have tended in the past is more than you can manage, plan a smaller one to accommodate your interests and capabilities. Forget those extra beans and tomatoes you enjoyed giving away to neighbors or that you have traditionally frozen or canned for winter.

Cover crops (those of low maintenance which enrich the soil), can be an attractive alternative to the usual plants you have raised in the leftover space. Put in the ground those things which you most enjoy and will use. Freezing your overabundance is less important than enjoying your fresh produce.

Tend to your soil

Add loose soil to your garden. Buy it, if you must, but also consider composting your own. To learn more about this process, attend a Master Gardener's Composting Seminar. In essence, it entails saving green matter such as vegetable scraps, garbage and the like, then adding brown matter such as dried leaves and straw and a sprinkling of manure or soil. The result is a light and loamy mix which makes tilling much less difficult.

Till in soil amendments as needed with the existing soil mixture. A bit of sand can help in loosening our Adams County clay soil and also assists root growth crops like spinach. Raised beds permit easy additives to be placed in the garden and mixed in with existing soil.

Mulch after your plants or crops emerge to reduce weed growth. Straw or hay work well; so does black and white newspaper covered by a layer of soil. Black plastic, used by many commercial companies, is also an excellent means of reducing weed growth.

Weeding

The old adage, "A stitch in time. . ." works well here. If you have managed to create loose soil and get to those ubiquitous weeds early, it is much easier than waiting until they are well established and rooted. Keep after them a bit at a time, if needed, even after mulching. Some gardeners simply ignore weeds which don't seriously interfere with plants or crop production.

Adaptive tools

Some of the tools we have traditionally associated with home gardening are not kindly suited to the elder gardener. Garden tools, especially pruning tools, have become more ergonomically correct in the past decade. What is ergonomics? The word is derived from the Greek words ergon (work) and nomos (the study of). Thus the definition: the study of interaction between humans and the tools, the environments and tasks of work and everyday living. Ratchet action pruners, back relief adjustable rakes, lightweight activity carts, and garden kneeler seats can be ordered via the internet, garden catalogs, and purchased at many stores.

A small tiller may help considerably in turning over soil for spring planting. One still needs to be careful about too much all at once but it certainly beats the spade and pitchfork methods of the past.

Summary

Gardening is often associated with physical, emotional, and social well being, particularly with those who have enjoyed growing vegetables and flowers for a lifetime. You may have to reduce the intensity and vastness of the effort. Just continue to taste those homegrown tomatoes or smell those luscious roses how ever many or few they may be!

Seasonal Garden Tips:

Courtesy of: <http://www.dotcomwomen.com/home/gardening/spring-gardening-tips.shtml>

Gardening Tips for April

New shrubs and trees should be planted in April when the weather is warmer and there is more rainfall. Be sure these are watered frequently and that peat moss or wood chips is added to retain the moisture. After the spring frosts are over, it's time to plant annual flowers, either from fresh seeds, new bedding plants, or cuttings. A slow release fertilizer should be mixed in the potting soil or compost for new plants; however, fertilizing new seeds is not necessary. Perennial plants usually will begin to show new growth at this time. In general, spring is a favorable time of year for gardening, but in regions where late frosts occur, it is advisable to cover the tender plants.

Gardening Tips for May

May is an excellent month to add to or replace your stock of spring plants. In addition, aphids and other pests may become a problem with flowering plants. There are various types of anti-aphid sprays on the market, but a mixture of mild dishwashing liquid and water may be used instead. Birds are a welcome addition to any garden, as they eat the pesky bugs. Hanging baskets and other types of containers are great for your patio. Baskets of geraniums, begonias, fuchsias, or any other type of trailing plant should be lined with moss or plastic and filled with soil mixed with some type of plant food.

Gardening by the Moon:

Although I never really knew her very well, stories are that my great grandmother was a fantastic gardener. She fed a family of 14 on a garden and a pig farm in Texas in the early 1900's. It is said that she was a strict follower of Moon cycles in her planting and harvesting. I found this to be interesting so did some research. I tried planting by the moon last year, but am not sure if it worked better or not, as it was my first year in the Community Gardens. The calendar that I used last year produced by: www.gardeningbythemoon.com was quite strict on times of day for planting and was a little hard for *me* to follow to the detail. This year I opted for the Farmer's Almanac and have learned some interesting principles of gardening by moon cycles.

For best growth, root plants should be planted during a waning moon. The best way for me to remember this is when the moon is going down (has been at its peak and is and the downside) the plants that grow downward will work grow best. It is best to plant root plants (carrots, beets, etc...) between the Full Moon and the New Moon.

When the moon is on the rise (or going up the hill to the peak) then plants that grow upward will grow best. So, if you want maximum growth it is best to plant the upward growing plants between the New Moon and the Full Moon.

Moon Cycles and Potatoes, however, are a quandary to me. I have always heard, and I stand by it, that you should plant potatoes around St. Patrick's Day (and my Irish family loves this!). This year the Almanac said that potatoes should be planted around April 1st. Seems a little late to me, but I did it. With the cold spring we have had, maybe the Almanac knew something!! Also planting at this date put the potato into the upward growing family and not the root family. Potatoes grow on the roots, but the plant of the root they grow on grows upward, so which time of moon should I plant them? See my confusion? I will have to report in a later newsletter how it all worked out.

Some interesting Internet websites for more moon cycle information:

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

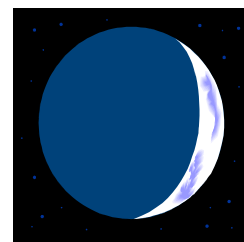
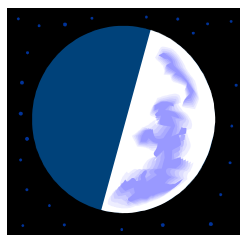
www.gardeningbythemoon.com

www.plantea.com/planting-moon-phases.htm

[garden.lovetoknow.com/wiki/Gardening and Moon Phases](http://garden.lovetoknow.com/wiki/Gardening_and_Moon_Phases)

www.moongrow.com/

www.geocities.com/athens/troy/2214/lunar.htm



Questions, or Problems? Contact a Board Member:

2009 MCG Board Members

<u>Name</u>	<u>Committee</u>	<u>Phone</u>	<u>Email</u>
Susan Peterson, President	Records, Co-Chair	537-0372	slpete@sbcglobal.net
Jenny Guilford, VicePresident	Compost & Mulch	443-2769	lveggielady@gmail.com
Linda Teener, Treasurer	Finance	539-8763	linda@tryufm.org
Pamela Been-Redeker	Flower Bed Maintenance	537-8298	donredeker@sbcglobal.net
Lynda Bachelor	Garden Socials	w)532-7607	lbachelor@cox.net
	Crop Walk	h)539-9508	
Chuck Marr	Equipment Maintenance	539-6825	cmarr@ksu.edu
	Newsletter & Education (electronic)		
Jean Squires	Newsletter & Education	313-2409	jeannesquires@yahoo.com
Bruce McMillan	Ground Maintenance	539-1016	Brucemacks@yahoo.com
	Tilling		
Susan Oviatt	Records	776-0801	susanovia@sbcglobal.net
Kellan Kershner	Rules & Safety	532-5954	kkershne@ksu.edu

(Please do not call MCG Board Members after 9:00 p.m.)

Pictures from the March Workday (thank you!)



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

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(Note: articles by Jean Squires unless otherwise specified.)

