

# WTCG



## Washington Township Community Garden

### NEWSLETTER: Garden In Bloom

June came in like... well...June. In the hesitant warm days at the beginning of the month, seedlings struggled to burst through our raw clumpy soil, transplants were anxiously settled in and rain created ponds in the garden paths. With the spreading of soil and mulch and the digging of a trench to drain the excess water off, the garden began to function better. The sun warmed the soil and our gardens responded. By June's end there were blossoms and fruit to be found. There were weeds of mysterious kinds sprouting everywhere reminding us of the consistent care a successful garden requires. Diane's son's & Peter (Wayne) Restoka mowed our interior grass and all was well once Buddy brought his huge water tank. Woohoo! - Denise Tedeschi

### Thank you!



A big thank you goes out to Nancy San George for generously donating two red adirondack style chairs to the garden. Nancy and son Eric are pictured (left) at the beginning of June working in their plot. You're #1 in our garden & hearts Nancy!



This old tool tower for climbers found in a magazine, inspired our own tripod.



*"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."*

- Abraham Lincoln



Emma Hoyt with sister Georgia sell organic plants to Cristina

### July Chores

By Margaret Roach

**FIRST, THE HAIRCUTS:** Many perennials do better the second half of the season if cut back hard. Others need just deadheading. Annuals that grow leggy can often benefit from a chop job, too.

**MAKE A PASS** through each bed each week, since weeds are not just unsightly but steal moisture, nutrients and light from desired plants. Top up mulch in all garden beds if washed or worn away to help in the plight.

**IF YOU ARE IN JAPANESE BEETLE** territory, handpick (as with other obvious pests like tomato hornworms) in early morning and drown in a can of water to reduce infestation.

**GARDENS NEED** an inch of water a week from you or the heavens. Check your rain gauge to make sure they get it, and remember: soak deeply in the root zone, don't spritz things with a sprayer now and again like you're washing the car. That's a garden no-no.

**CONTINUE SOWING** carrots, beets, radishes, lettuce, dill. With salad greens, select heat-resistant varieties, and sow small amounts every 10 days. Direct-sow a short row of bush beans every two weeks through month's end, and another mound of bush cukes and zucchini right now.

**FOR PEAK FLAVOR,** basil, sage, marjoram and oreganos, mint, tarragon are best harvested just before bloom. Start more basil from seed for combining with

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those September tomatoes, and dill for late pickles. Harvest lavender, rosemary and chamomile as they flower, blossoms and all.

ORDER BULBS to get varieties you want (see Sources in bottom of right sidebar). Remember our "early, middle, late" mantra when doing so.

PREPARE NEW beds for fall planting by smothering grass or weeds with layers of recycled corrugated cardboard or thick layers of newspaper, then put mulch on top.

EDGE BEDS to make a clean line and define them, and keep edges clean with regular fine-tuning with grass shears. A clean edge makes a big difference..



**A morning-glory  
at my window satisfies me more  
than the metaphysics of books.  
—Walt Whitman**

## Herbs for Beginning Gardeners

- source: *The West Virginia University Extension Service Website*

Beginning herb gardeners may have a problem deciding which herbs to plant because of the large number of herbs from which to select. A quick check of your supermarket shelf will give you some idea of the types of herbs used in cooking and also will serve as a planting guide. Many cookbooks also offer information on uses of various herbs as flavorings. Following is a good variety of flavors and uses of recommended herbs for beginners:

*Strong herbs* -- winter savory, rosemary, sage

*Herbs strong enough for accent* -- sweet basil, dill, mint, sweet marjoram, tarragon, thyme

*Herbs for blending* -- chives, parsley, summer savory

As your interest and needs increase, you can add to the variety of herbs in your garden. Keep in mind that herbs can be annuals, biennials, or perennials when selecting herbs to grow for the first time.

*Annuals* (bloom one season and die) -- anise, basil, chervil, coriander, dill, summer savory

*Biennials* (live two seasons, blooming second season only) -- caraway, parsley

*Perennials* (overwinter; bloom each season once established) -- chives, fennel, lovage, marjoram, mint, tarragon, thyme, winter savory.

## The Kietrys's Deer Repellent Recipe

Blend & spray the following:  
1 egg, 1 quart water, 1 tsp. hot sauce, 1 tsp. vegetable oil, a dash of kitchen soap and 2 cloves of chopped garlic or garlic powder. If using fresh garlic you will have to strain mixture so it will not clog your spray head. Store in refrigerator.  
-Tom & Deanne Kietrys



## We're in the News!

- June 10th Observer-Tribune article by contributing writer Tara Delorenzo.

- June 14th Daily Record article in the Grassroots section by Megan Van Dyk.

## EVENTS

Diane Muenzen has arranged for Rutgers to give two presentations for us and any interested public at  
 The Washington Twp Library.  
 "What's Eating My Vegetables And Plants?"  
 Thursday, August 1st, 7pm  
 and  
 "Fall Gardening"  
 Tuesday, August 27th, 7pm

## Beneficial of the Month

**B**ecause of its unfailing ability to find and parasitize many common garden pests, the honor goes to the **Braconid wasp**. You may never see this wasp in your garden but if you have tomatoes you may see a huge hornworm carrying around a family of wasp eggs on its back which will soon kill the hungry beast. Let the wasp larva do their job and leave these parasitized pests alone. They will help fill the garden with more Braconid wasps which is a wonderful organic method of pest control.



## SOME QUICK REMINDERS:

- **Mulch pathways** around your own bed(s) and if you want to help us all out, mulch other areas too. Please **DO NOT** mulch the center pathway as the soil will be churned up when the water line is run and we would rather not have mulch mixed into the soil when we smooth it again. If you see weeds growing through an area you already mulched, please pull them and mulch again and deeper. Most of us have been bringing cardboard to lay down beneath the mulch as a weed barrier. You need to block sunlight penetration pretty deeply to stop weeds.
- **Vacations:** If you are going away for a period of time you must find someone to maintain your plot for you. If you cannot, you will need to do a very thorough weeding and mulching so it stays maintained while you're absent. This may work up to a week. Two weeks is probably pushing it unless you've used a total coverage of weed blocking cloth.
- **Make sure to turn off the main valve** on the water tank so there is no pressure in the lines when nobody is using it. If you are last out of the garden you are responsible to double check.
- **Plots available:** We have only three large plots open to rent WOOHOO!
- **Diane Muenzen** is looking for someone who welds and can assist her with a garden art project. Please email her ASAP.
- **Stay as wonderful as you are!** We appreciate every extra thing you do to help us make this garden successful.

## Chocolate Chip Zucchini Bread

From *Cooking Light* magazine, Elizabeth Alcorn, Fort Mitchell, KY

¾ cup sugar  
 3 tbsp vegetable oil  
 2 large eggs  
 1 cup applesauce  
 2 cups all purpose flour  
 2 tbsp unsweetened cocoa  
 1 ¼ tsp baking soda  
 1 tsp ground cinnamon  
 ¼ tsp salt  
 1 ½ cups finely shredded zucchini (about 1 medium)  
 ½ cup semisweet chocolate chips  
 cooking spray

1. Preheat oven to 350 degrees
2. Place first three ingredients in a large bowl, beat with a mixer at low speed until well blended. Stir in applesauce.
3. Lightly spoon flour into dry measure cups, level with a knife. Combine flour and the next four ingredients (through salt), stirring well with a whisk. Add flour mixture to sugar mixture, beating until just moist. Stir in the zucchini and the chocolate chips. Spoon batter into a 9 x 5 inch loaf pan coated with cooking spray. Bake at 350 degrees for 1 hour or until a wooden pick inserted in center comes out almost clean. Cool in pan 10 minutes on a wire rack, and remove from pan. Cool completely on a wire rack. Yield 16 servings.

# Save The



**Date!** The Long Valley Green Festival will be held on August 17th. We will need volunteers to staff our booth. We'll have more info. to come.

## A History of Herbs

- source: West Virginia University Extension Service

**Herbs** have played an important part in man's life for countless years -- in his politics, romance, love, religion, health, and superstition.

**Celery** was used by the Abyssinians for stuffing pillows. Ancient Greeks and Romans crowned their heroes with dill and laurel. Dill also was used by the Romans to purify the air in their banquet halls.

**Chives** still a common herb often found growing wild, had economic importance throughout Asia and many Mediterranean countries. Odd as it seems now, the early Dutch settlers in this country intentionally planted chives in the meadows so cows would give chive-flavored milk.

**Mint** another popular herb today, also had its beginnings early in history. Greek athletes used bruised mint leaves as an after-bath lotion. In the Middle Ages, mint was important as a cleansing agent and later was used to purify drinking water that had turned stale on long ocean voyages. Mint also was given mystical powers It was used to neutralize the "evil eye" and to produce an aggressive character.

**Mustard** was lauded by Hippocrates, the ancient Greek physician, and Shakespeare called it a desirable condiment in several of his plays.

Some herbs were given magical properties, probably because of their medicinal uses. The early Chinese considered artemisia to have special charms. In France during the Middle Ages, babies were rubbed with artemisia juices to protect them from the cold. Ancient Greeks used sweet marjoram as a valuable tonic, and parsley as a cure for stomach ailments. Rosemary was eaten in the Middle Ages for its tranquilizing effects and as a cure-all for headaches.

Other herbs with importance dating back to early times include basil, saffron, sage, savory, tarragon, and thyme.

Early settlers brought herbs to America for use as remedies for illnesses, flavoring, storing with linens, strewing on floors, or burning for their pleasant fragrances. Some herbs were used to improve the taste of meats in the days before preservation techniques were developed. Other herbs were used to dye homespun fabrics.

Herb gardens were almost an essential feature of pioneer homes. They were placed in sunny corners near the house to be readily available to the busy homemaker. As the population of the new country grew, people from many nations brought herbs with them. This resulted in an exchange of slips, seeds, and plants.

Many herbs familiar to settlers from other countries were found growing wild in the new country. These included parsley, anise, pennyroyal, sorrel, watercress, liverwort, wild leeks, and lavender. American Indians knew uses for almost every wild, nonpoisonous plant, but they used the plants chiefly for domestic purposes -- tanning and dyeing leather and eating.



# June gallery



photos by Cristina Niciporciukas

## Our Sponsorship Program

Because we have a few needs that are pressing we've started a sponsorship program so those who want to help, can. We need to: reimburse committee members that have loaned the garden funds when funding didn't cover expenses, help fund scout projects that are costly, buy some tools & supplies and build a shed and a couple sturdy long lasting compost bins. There are many people in our community who would like to help give the garden support at this important time of start up. Please reach out to your family, friends & local businesses and share our website page where a sponsorship application may be downloaded. <http://wtcommunitygarden.jimdo.com/sponsorship/>

### Business & Personal Sponsorships

With your help we will be able to have the basics every garden needs.

For your sponsorship we will plant bulbs, place pavers & stepping stones or plant a fruit tree in your name.



**Fruit Tree**

Sponsored by  
Luigi's Pizza  
Joe & Maria

**Stepping Stone**

Joe & Maria  
Santos

**Brick Paver**



**1 DOZ. Bulbs**

Large logo featured on website.  
A Fruit Tree planted in WTCG with dedication plaque.

\$500 +

Medium logo featured on website.  
Engraved Bluestone Stepping Stone placed in WTCG.

\$250 - \$499

Small logo featured on website.  
Engraved Paver placed in WTCG.

\$100 - \$249

Name featured on website.  
One dozen bulbs planted in WTCG.

\$50