

WTCG



Washington Township Community Garden

NEWSLETTER: A Garden's Progress

A brief run through of my own garden in Long Valley in photos: before and after's, a fawn hiding under rhubarb & sacrificing parsley for a butterfly's life cycle. Happy gardening! - Denise Tedeschi



Building covers & seed starting



No egg laying Cabbage Whites reaching my cauliflower this year!



Fava beans



Bambi under rhubarb leaves



Didn't mind sacrificing a bit of parsley to Black Swallowtail babies at all.



Potatoes in pots



Tomato cages made from 1x2 and 2x2 treated lumber. Each cage is made of 3 pieces that can be stored flat. Very strong and very easy to reach tomatoes.



JULY GARDENING CHORES:

From the New York Botanical Garden website: www.nybg.org

RE-APPLY MULCH to plantings to help conserve moisture and **CONTINUE** to remove weeds which compete for water.

CONTINUE to stake floppy plants and vines.

DEADHEAD annuals and perennials to encourage continuous bloom and cut back any rampant growth.

CONTINUE to spray roses weekly with a baking soda fungicide.

REMOVE any fallen leaves and debris which can harbor insect pests and disease organisms.

PINCH BACK asters and chrysanthemums one last time.

CONTINUE to lift, divide, and propagate spring-flowering perennials.

SOW SEED of lettuce, kale, broccoli, cabbage, radishes and arugula for fall harvest. **ALSO SOW SEED** of English daisy, forget-me-not and pansy now.

PROPAGATE spring-flowering perennials AND herbs from cuttings.

CONTINUE transplanting container grown plants.

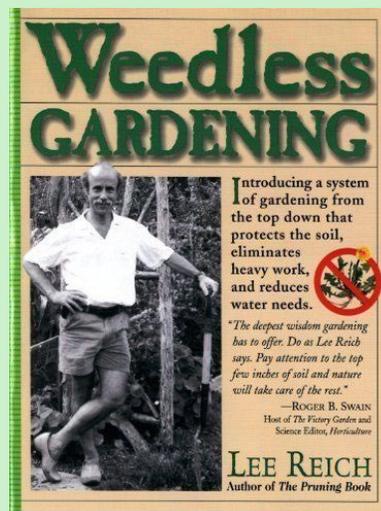
DEADHEAD hybrid tea, grandiflora, floribunda, miniature, repeat-blooming shrub and climbing roses. Prune climbing roses after flowering.

FERTILIZE roses, container plants and vegetables.

Weedless Gardening...

By Diane Muentzen

It's what we all want, right? Banish those vigorous little creatures that seem to emerge overnight, while our seedlings struggle and get washed away with the tides of rainwater this year. This is the title of a book I am reading this summer! Not a new book by the way, I got it at the Mt Olive Library book sale, which is fabulous, but that is another article. Written in 2001 By Lee Reich, I will tell you what he says, because I am sure you are having a busy summer, and are probably reading something else.



Mr Reich basically says that digging, and tilling and plowing are overrated! Not that we never need to do them, but once your plot is established you need not turn over the soil. Now I know this takes some of us by surprise, haven't folks been "turning over" the soil for centuries? It's a spring ritual! What you are really doing is tilling up the weed seeds! Here are his steps to weedless gardening:

1. **Minimize Soil Disruption.** When setting transplants, take care not to disrupt the soil any more than necessary.
2. **Protect the Soil Surface.** Cover the bare area in your plot. Use dried grass, straw, shredded paper or other material. Use what you have available.
3. **Avoid Soil Compaction.** Keep off your plot once it is planted. Step only in designated areas. Look around the garden and you will see the myriad of pathways gardeners have created in their large plots.
4. **Use Drip Irrigation.** Well this is hard in our garden, but water slowly (if you need to, I have not this year!). Let the water quench the plants thirst.

Here are the benefits you will achieve: Save strain on your back by not having to turn over the soil. A Big plus. Weed seeds stay under the soil, not exposed to light and air, not able to germinate. Organic materials stay on the surface where plants can use them. Turning over the soil buries them deep and renders them less useful.



Stay tuned for more tips as I get through the book. I flipped to the end and I see a chapter on Cover Crops. Not quite as good as a mystery novel, but this gardening thing is addictive!

Beneficial Insect:

The Common Ground Beetle & Friends

- This beetle is just one of many species which get the name “Common Black Ground Beetle.” Many of the different species are very similar.

- The ground beetle can grow a little over half an inch long. It is nearly all black with some dark reddish-brown coloring on antennae and legs. Many grooves run lengthwise down the beetle’s wings.

- It was introduced from Europe.

- Black ground beetles live under leaves, old logs, and stones. They can be found in moist woods, fields, and gardens.

- They are nocturnal and dine on many insects including: eggs

or larvae

of aphids,

flea beetles,

ants, nema-

todes, thrips, gypsy moths and mites! Along with these

they also like caterpillars, slugs and grubs. They are a

gardeners

pal.

- Ground

beetles will

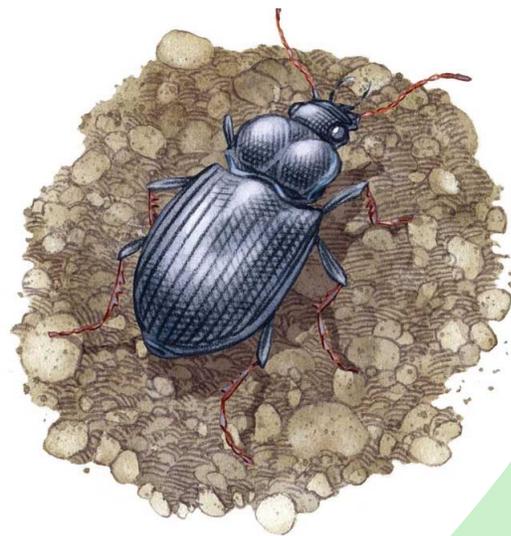
sometimes

climb trees,

shrubs, or

other plants looking for prey. They do not fly.

- Predators of ground beetles are the same as those of other beetles, including toads, small snakes, shrews, and birds.



Tomatoes and squash never fail to reach maturity. You can spray them with acid, beat them with sticks and burn them; they love it.

~ S.J. Perelman, Acres and Pains, 1951



RECIPE

SWISS CHARD & HERB TART

from: **The Food Network**

Ingredients

FOR THE CRUST:

- 1 1/4 cups all-purpose flour, plus more for dusting
- 1/2 teaspoon sugar
- 1/2 teaspoon fine salt
- 1 stick cold unsalted butter, cut into small pieces
- Cooking spray

FOR THE FILLING:

- 1 bunch Swiss chard
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- Kosher salt and freshly ground pepper
- 1/4 cup chopped fresh dill
- 1 teaspoon grated lemon zest
- 1/2 cup chopped fresh parsley
- 1 cup shredded aged cheddar cheese, plus 1/4 cup shaved aged cheddar for topping
- 1/2 cup half-and-half
- 1/4 cup grated parmesan cheese
- 1 large egg, lightly beaten
- 1/8 teaspoon freshly grated nutmeg

Directions

- **MAKE THE CRUST:** Put the flour, sugar and fine salt in a food processor and pulse to combine. Add the butter and pulse until the mixture looks like coarse meal. Add 2 tablespoons ice water and pulse until the dough just comes together, adding up to 2 more tablespoons ice water if needed. Transfer to a sheet of plastic wrap and pat into a disk; wrap and refrigerate until firm, about 1 hour.
- Coat a 9-inch springform pan with cooking spray. Roll out the dough into a 12-inch round on a floured surface. Ease into the prepared pan and press into the bottom and up the side; trim to make a 2-inch-high crust. Prick the bottom a few times with a fork; refrigerate 30 minutes. Preheat the oven to 350 degrees F.
- Place the dough-lined pan on a baking sheet. Line the dough with foil and fill with pie weights or dried beans. Bake until the edges are just lightly golden, about 20 minutes. Remove the foil and weights; continue baking until the crust is lightly golden all over, 15 to 20 more minutes. Transfer to a rack to cool completely. (The crust can be made a day ahead; cover and store at room temperature.)
- **MAKE THE FILLING:** Thinly slice the Swiss chard leaves and cut the stems into 1/4-inch slices. Heat the olive oil in a large skillet over medium-high heat. Add the onion and chard stems, season with kosher salt and pepper and cook, stirring occasionally, until the onion is soft and just beginning to brown, about 10 minutes. Add the dill and lemon zest and cook, stirring, 30 seconds. Add the chard leaves and cook, stirring, until wilted, about 4 minutes. Remove from the heat and stir in the parsley, 3/4 teaspoon kosher salt, and pepper to taste. Let the filling cool, then squeeze out the excess moisture.
- Transfer the filling to a food processor; pulse until coarsely chopped. Transfer to a bowl and stir in the shredded cheddar, half-and-half, parmesan, egg and nutmeg. Pour into the crust and bake until set, 45 to 50 minutes. Top immediately with shaved cheddar and let melt. Serve warm or at room temperature.
- This recipe suggestion was from Joanne Mulvihill "It's yummy!"



Meadow Walk with Willowood Gardener Ryan Moore

Sat, July 25, 10:00am - 11:30am

WHERE: Willowood Arboretum, 300 Longview Road, Chester, NJ

DESCRIPTION: Willowood Arboretum's meadows are beautiful at this time of year and no one knows them better than Gardener Ryan Moore. Join us for a walk and discover the awesome variety of plants that grow there, the conditions they require, and how to collect their seeds. Ryan grows some plants from seeds he collected in the meadow for you to take home

Cost: \$12 per person. Preregistration is required.

Contact: 973.326.7603

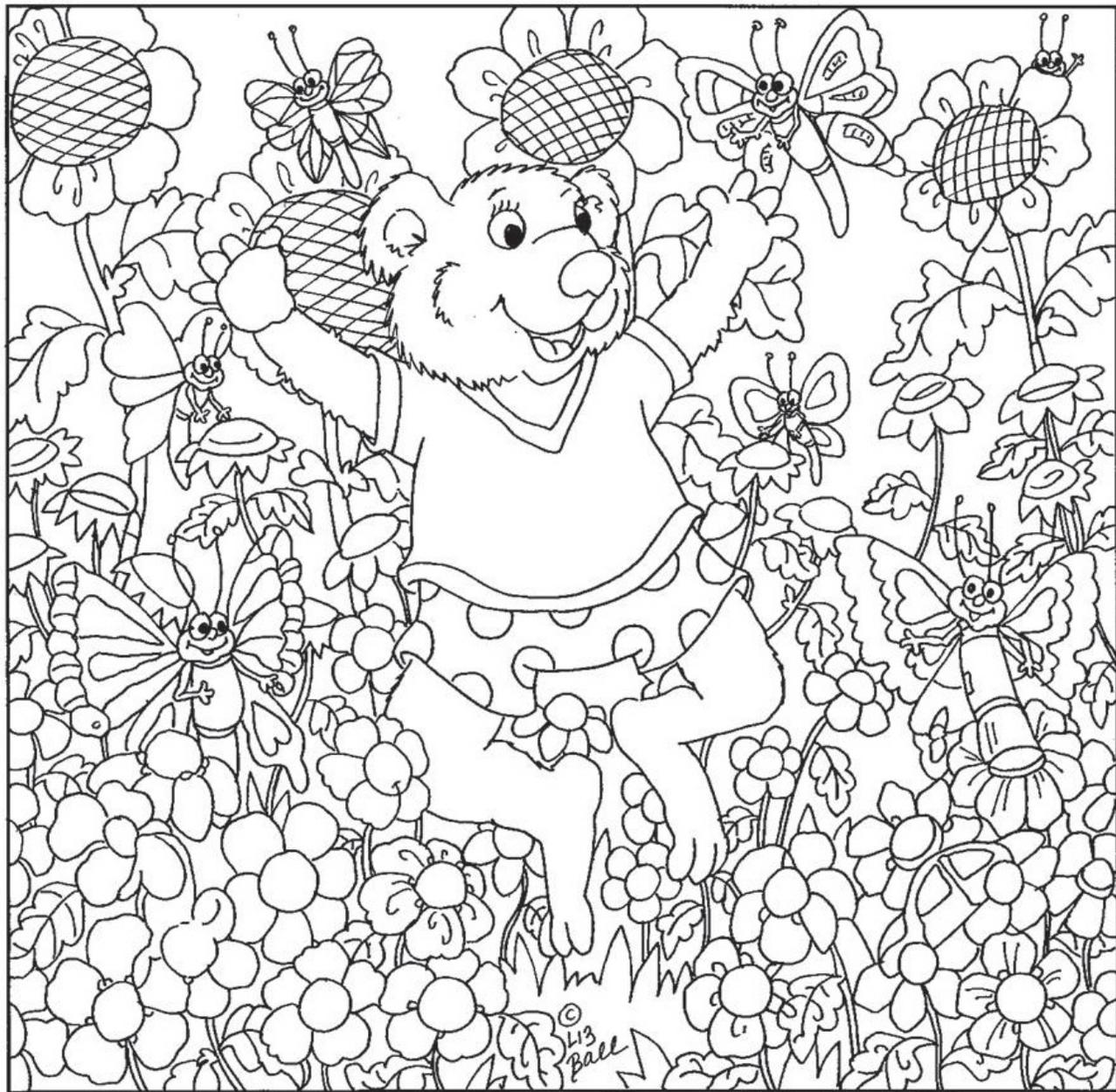
JUNE PHOTOS



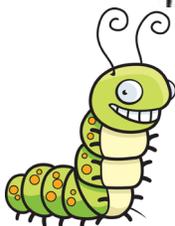
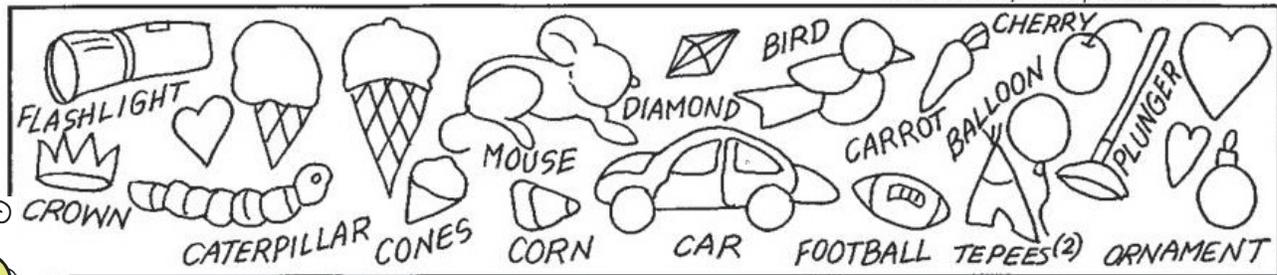
Photos by Cristina & Diane

Hidden Pictures

coloring page



www.hiddenpicturepuzzles.com



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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
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Stepping Stone

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Santos

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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