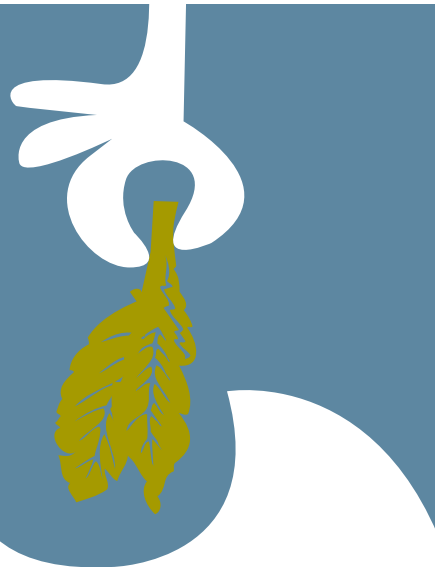


## SEATTLE TILTH'S edible plant sales



Coming in May: Our Edible Plant Sales. Poster design by Heidi Smets.

## Tips for Hot Weather Crops

Marty Wingate, Environmental Educator

Dreams of summer harvest provide great inspiration in spring—on the table we envision a generous bowl of Greek salad full of crisp cucumbers and onions, and we can almost taste the tomato sandwich, so juicy we must eat it standing over the sink where we can drip without concern.

Between now and then, we choose, grow and tend. Thousands of people will take home their hot weather plant starts at our Edible Plant Sale May 1-2. But in our mild maritime climate, we need to make special provisions to get the most from crops that do best with lots of heat, including tomatoes, peppers, eggplants and cucumbers.

**Selection.** Check out the “days to maturity” for your plants. Those with the fewest days—that’s the number of days from setting out young plants in the garden to harvest—can be the best choices for our short growing season. For example, ‘Gypsy’ sweet pepper takes only 58 days compared to other sweet peppers that take 80 days. Often, the size at maturity will give you a clue: small vegetables take less time to grow and mature.

**Placement.** There’s no getting around the need for full sun. Before transplants make it to the garden, keep them under fluorescent lights with the tube no more than an inch or two above the leaves for 12-14 hours a day. South-facing windowsills may seem sunny, but plants there will grow weak, elongated stems, and may have problems recovering. In the garden, full sun means no shade from morning till evening—no trees, no buildings.

**Prepare the soil.** Heat it up. Most warm-weather crops grow best in soil that is at least 60 degrees. They may not die outright in colder soil, but they could become stressed,

*Continued on page 4*

## Grow Your Own Health Care

Carey Thornton, Garden Educator

“Eat your veggies!” We all heard it growing up, and everyone knows that eating fruits and vegetables is important to keep our bodies healthy. But gardeners know that we can also grow our own healthy edibles. This is the perfect time to get going with “greens.”

Leafy green vegetables are packed full of nutrients like vitamins A, C and E; minerals like calcium and iron; and tons of fiber to keep our digestive systems running like a top.

Also, brightly colored veggies contain phytochemicals, which help us fight off cancers and other diseases. Eating a rainbow of fruits and veggies ensures that we get a wide range of phytochemicals.

Dark leafy greens have phytochemicals like lutein, which is great for eye health and may help to prevent cataracts and macular degeneration. Other greens have indoles and sulphoraphanes, which can decrease your risk of certain kinds of cancer.

Fortunately for us, greens are really easy to grow. Most greens love cool sea-

*Continued on page 2*

## Shop Seattle Tilth's Edible Plant Sales

- May 1-2, 9 a.m.-3 p.m.  
Good Shepherd Center in  
Wallingford, Seattle
- May 22, 9 a.m.-2 p.m.  
Pickering Barn, Issaquah

## Transitions: Welcome New Board Members

Jim Bovino learned about growing food at a very young age, gardening and fishing with his grandfather. He has more than 20 years of experience in the restaurant business, much of that with chef-owned establishments featuring local, organic and sustainable food. From 2001 to 2005, Jim worked with Elsie's Farm in Ridgeland, Wis., a 100-acre CSA. At Elsie's, Jim worked in the fields, supported the farm's advisory committee, and managed sales to restaurants and co-ops. Jim is currently working with Finnriver Farm and Cidery in Chimacum's Center Valley, handling sales and marketing of their fine hard ciders to Seattle restaurants, groceries and specialty shops. Jim is also a theater artist; he ran a small, non-profit theater company in Minneapolis, and was managing director of the Ritz Theater there. He is currently general manager of the Black Box Theatre at Edmonds Community College.



Patty O'Hara attended her first Seattle Tilth Edible Plant Sale just after moving to Seattle in 2002 and since then has continually found ways to become more involved, from attending the first COG series to volunteering at events to serving on planning committees for fundraisers like 2007's silent auction and 2008's Taste, Toast and



Twirl. This past year, Patty volunteered on the Development Committee. For the past six years Patty managed the company Intranet at Washington Mutual and was most recently part of the Chase transition team. Patty has been able to bring her technical skills to use at Tilth by making improvements to the Web site, including online membership and book purchases. She is excited to bring her passion for technology and efficiency through process to the Seattle Tilth board.

*Board member photos by Nicole Soper Photography.*

## Grow Your Own Health Care

*Continued from page 1*

sons, so they can be planted early in the spring and again in the fall, so we can have them in our gardens throughout the year. There are even varieties that thrive in the heat to produce a crop in summer. They grow in containers and like partial shade, making them versatile and accessible for almost any gardener.

There are so many species and varieties to try. If you like Asian greens, try growing bok choy, tatsoi (spoon mustard), mizuna or wong bok cabbage. Or grow European greens, like arugula, chicory, endive, mache and French sorrel. Try wild greens and garden weeds too, like dandelion, miner's lettuce (claytonia), chickweed and purslane.

Sometimes, the leafy green parts of other garden veggies can be a tasty treat. Beet and turnip greens, pea shoots and broccoli or cauliflower leaves are all edible extras from your veggie garden.

This spring, plant some health in your garden by growing greens.

### BOARD OF DIRECTORS

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### WAY TO GROW

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*Way To Grow* is the bi-monthly newsletter of Seattle Tilth. Readers are encouraged to submit article ideas and photos c/o the editor at the address above or to [tilth@seattletilth.org](mailto:tilth@seattletilth.org). Tilth reserves the right to edit submissions for interest, length and style, and print them as space allows. Printed with soy-based ink on Harbor 100, a 100% post-consumer recycled paper made in a Green-e certified green manufacturing process at Grays Harbor Paper, Hoquiam, Wash.

**Tilth** \ˈtɪlθ\ n [ME, fr. OE, fr. *tilian* to till] (bef. 12c) 1 : quality of cultivated soil  
 2 : cultivation of wisdom and the spirit

Seattle Tilth inspires and educates people to garden organically, conserve natural resources, and support local food systems in order to cultivate a healthy urban environment and community.

# Our Role in Year of Urban Agriculture, and Beyond

*Andrea Dwyer, Executive Director*

Seattle is positively humming with busy composters, gardeners and urban farmers this spring. So many people are anxious to learn how to go organic, build soil, grow their own food, raise chickens and preserve their harvest that we have tripled the number of spring classes we're offering. And we are by no means alone in this movement. There are many organizations working to create a just and sustainable community. Check out [www.urbanfarmhub.org](http://www.urbanfarmhub.org) to learn more about the amazing work taking place in our neighborhoods.

Mayor Mike McGinn and the Seattle City Council also recognized the need for a more sustainable food system, proclaiming 2010 as the "Year of Urban Agriculture" in Seattle. Coinciding with this announcement was a visit to Seattle by one of the good food movement's true celebrities, Will Allen, whose Growing Power organization has revolutionized urban farming ([www.growingpower.org](http://www.growingpower.org)). During his two-day visit, Will spoke to hundreds of people and toured many notable urban farms and gardens in the area. Along the way he offered much wise advice. "We can overcome the social divide by growing food in communities. There's no excuse for us not to get food where it's needed."

Providing hands-on organic gardening education, which is the centerpiece of Seattle Tilth's programs, leads to many societal benefits, including positive impacts on the environment and on peoples' health and well-being. Whether we garden at home, in a community garden or at an urban farm, growing and sharing food helps build stronger communities, encouraging social inclusion as well as helping people gain skills necessary for independence.

As Will Allen said, "Everyone has a role in this movement. We've done enough talking, we need to take action." So there's no time like the present. Take a class. Volunteer at a community garden. Grow good food and share it with your family and neighbors.

## Garden Consultation: A New Service Offered at Seattle Tilth

*Falaah Jones, Environmental Educator*

Do you need some individual garden advice, such as design options or plant care? Do you want lessons on how to prune your shrubs or want to know the best way to create healthy soil in a neglected area of your yard? Are there "mystery" plants on your property that you would like someone to identify? Do you want to learn how best to incorporate edibles or native plants or chickens into your particular piece of paradise? Now you can learn all that and more in your own backyard.

Seattle Tilth is pleased to offer a new garden consultation service. Environmental educators on staff will come to your home and walk with you through your landscape, helping you address areas of concern with fresh eyes and expertise. Let us help you create beautiful, sustainable landscapes that will benefit you and your family as well as the environment.

These one-on-one, custom visits are offered Thursdays and Saturdays all year long between 10 a.m. and 3 p.m. There is a minimum fee of \$100, which includes a one-hour long visit, a written report and photographs, if applicable. The fee for each additional hour is \$50, pro-rated at 15-minute increments.

To get started, download a consultation intake form at [seattletilth.org/about/garden-consultationservice](http://seattletilth.org/about/garden-consultationservice) or contact us at (206) 633-0451, ext. 110 or [lauramatter@seattletilth.org](mailto:lauramatter@seattletilth.org) to get one. We are looking forward to visiting you and helping with your landscape!

## Student Profile: Mary Hackney

Have you ever wondered where your neighbors learned to grow such beautiful greens or use baffling season extending techniques? Sometimes, a Seattle Tilth class or program can lead to such great things.

Mary Hackney, a former student of the Comprehensive Organic Gardening (COG) course, embodies that idea.

Mary is the Program Director for the non-profit Steps To Ethically Profiling Stability (STEPS), which offers disabled and socially disadvantaged individuals congregated housing in order to empower lifestyle changes that perpetuate wellness. Last year, Mary and the residents began developing an organic garden at their Beacon Hill site. Mary used her experience at Seattle Tilth to renew her gardening skills and called our course "enlightening." She appreciated learning everything she needed to know to establish a flourishing edible garden.

All able-bodied STEPS residents participated in the inaugural year of the garden. They tested varieties and determined what they like to eat from the garden. Successful crops included tomatoes, squash and green onions.

But there also were challenges, and last year's difficulty was pest management. In COG, Mary learned about companion planting and how some plants repel pests while others attract beneficial organisms. She's hoping this strategy will help with her integrated pest management practices in the coming seasons.

This year she plans to put in raised beds for accessibility by people with physical limitations. The addition of a plum tree will also contribute to the healthy lifestyle and well-being of residents.

The power of good food and a community of people having a good time growing it furthers the mission of Seattle Tilth and enhances a valuable community service program like STEPS.

Our premiere gardening course, Comprehensive Organic Gardener, begins a session in Issaquah on May 4. See class listings on p. 8.



Bring a friend to the sale. Photo by Joysha Fajardo.

## How to Shop Our Edible Plant Sale

Here are some tips for a stress-free shopping experience at our big sale May 1-2.

Come early—really early, as in the day before the sale. On Friday evening, April 30, you can enjoy special shopping privileges in a quieter environment. Tickets for this event are \$25.

Timed entry will ease congestion. Beginning at 8 a.m. both days of the sale, you can get an appointed time of entry when you pick up a color-coded wristband at the entrance in Meridian Park. Metering the crowd—a new group will enter every 30 minutes—means there will be no mob at the gate. Wristbands will be used until noon.

Arrive after noon, and you'll avoid the biggest crowd, but still have a great selection of plants. In fact, tables will be restocked throughout the two-day event, so Sunday looks good, too.

Save even more time by pre-ordering your plant starts. For the first time, you'll be able to order plants directly from the Seattle Tilth Web site and then pick your order up at the pre-sale event or during the weekend sale. Choose from among several different kits, including children's garden, herbs, container garden and summer hits—varieties are chosen for you, which makes your garden a snap to get going.

A short-term parking area will make it a breeze to load up plants and all.

# \$5 OFF OF YOUR PLANT PURCHASE

at Seattle Tilth's ISSAQUAH EDIBLE PLANT SALE  
May 22, 9 a.m.-2 p.m., at the Issaquah Farmer's Market,  
Pickering Barn, 1730 10th Ave. N.W., Issaquah

*\*No cash value, original coupon only*



## Tips for Hot Weather Crops

*Continued from page 1*

which makes them susceptible to pest and disease problems. Increase soil temperature by covering it with clear plastic for a month. Soil in raised beds and containers will warm up quicker than the ground. Take your soil's temperature with a soil thermometer.

**Plant them out.** Extra protection can help your hot-weather crops; a plastic cover held up with PVC pipes will increase the ambient temperature and prevent rain from splashing fungal spores from soil onto leaves. For more protection: The Mount Vernon Northwestern Washington Research and Extension Center is conducting trials using high poly tunnels (information at <http://vegetables.wsu.edu/plasticulture.html>). A layer of floating row cover also can add a few degrees around the plant.

**Water, watch and wait.** Provide regular water to vegetables, because no one wants a bitter cucumber. A compost mulch helps to reduce moisture loss from soil surfaces. The watering and watching parts are easy; the waiting is difficult.



Some transportation works well for kids and plants.



## Children's Garden Springs Back to Life

Lisa Taylor, Children's Program Manager

The Children's Garden at the Good Shepherd Center is bustling with activity this spring as school groups visit the garden during our Earth Steward Tour field trip program. Parents with preschoolers can join in the fun during our spring and summer family classes and camps. Our programs are a wonderful way for children to learn about organic gardening while helping our garden grow.

### Here's what we are doing this year:

#### Family Gardening Classes

Learn to garden with your preschooler. These unique classes introduce everyone to growing food and garden ecology. Explore the family organic garden in these theme-based classes for parents and young children. Learn what to plant and how to work together to grow your own garden.

#### Monday Mornings in the Children's Garden

Start your family garden this spring. Learn about worms, dig in the soil, plant seeds, cut flower bouquets and learn about all the creatures who live in the garden. These morning classes, for children ages 2-5 with an adult, run April-June from 10 to 11:30 a.m.

#### AM Preschool Summer Classes

Continue growing all summer. Dive into the garden world. Explore slimy creatures, use tools to dig giant holes, learn about insects, harvest tasty treats from the garden and have fun in the family garden! These theme-based summer classes, for children

ages 3-5 with an adult, are two mornings from 10 a.m. to noon.

#### Peawee Patch Classes for Toddlers

Discover the possibilities of the peawee patch this summer—discover worms, use tools, taste plants and learn about the garden world. Offered select mornings 10-11:30 a.m., these are one-of-a-kind classes for young gardeners ages 1-2 with an adult.

We also offer garden camps for older kids, ages 5 to 14.

#### Garden Adventure Day Camps

These fun camps invite older children into the garden for a week of hands-on garden adventure. This year we're offering expanded hours and an extended daycare option. Spend five days learning practical garden skills while exploring the plants and animals that live in the Tilth gardens and Meridian Park. Learn about insects, vegetables, soil and worms while tending the garden. Adventure Day Camps will be offered four weeks this summer for children ages 6-10,

### Children's Garden Tip: Build a Bug House

Building bug houses and exploring the creature world is a great way for big and little people to learn about everything that helps make a garden grow. Caring for creatures makes sense to kids and helps them learn to care for all life on the planet. Creating shelter for ground-dwelling beneficial insects and spiders will help maintain balance and biodiversity in your garden.

- Find a place in the garden that is partly shady.
- Dig a shallow hole for a water reservoir, put in small recycled plastic container and fill with water.
- Gather plants and flowers for bug food and place around reservoir.
- Place rocks and bricks on the soil around and over reservoir. Add sticks, broken pottery and leaves. Decorate your bug house with flowers and sidewalk chalk.
- Keep area moist and leave undisturbed for a couple weeks.
- Carefully take your bug house apart, explore and identify the creatures and then rebuild!

After bug houses are built, it is very hard to keep from peeking to see if something has taken up residence. Pass the time between building and exploring by reading bug books and watching flying insects.

every day, 9 a.m.-3 p.m. New extended daycare is available 3-5 p.m.

#### Garden Detectives Day Camps

These are special sessions for gardeners 5-6 years old (entering kindergarten or first grade). Explore insects and creatures living in the garden. Learn how to make soil and build bug houses. Use tools to tend the garden. Explore how all the things in the garden work together. Garden Detective camps are offered two weeks in August, 9 a.m.-1 p.m.

#### Junior Counselor Program

Work with younger campers while continuing your own exploration of garden ecology. Junior Counselors assist in small group activities, practice leadership skills and learn more about organic gardening. The program is open to youth ages 10-14 during Garden Adventure and Garden Detectives day camps. Orientation and training provided.

# Display Garden Wows 'em at the Garden Show



Our garden show entry featured many sustainable gardening practices. Photo by Jessi Bloom.



Lacia Lynne Bailey shows off her mini-goats to an adoring audience. Photo by Bill Thorness.

"A Family's Little Farm in the City," our display garden at the Northwest Flower & Garden Show, was a huge success by all accounts. We collaborated with NW Bloom Ecological Landscapes, based in Mill Creek, to bring a model urban homestead to life for five days in February. Another partner, Coast Cabins built the sustainable cabin.

The garden received six awards: Ethel Moss People's Choice Award, Gold Medal, American Horticultural Society Environment Award, Pacific Horticultural Society Award, Sunset Western Living Award and the 425 Magazine Award.

Our gratitude goes out to our co-creators NW Bloom and Coast Cabins, and to our many wonderful sponsors and supporters.

The charming La Mancha mini-goats were provided by Lacia Lynne Bailey of Ravenna Ridge Spot Farm and Seattle Farm Cooperative. Many volunteers contributed time and effort both at our garden and our retail booth to make our garden show appearance a success.

Thanks to all for helping to create a wonderful garden!

Thank you to our Northwest Flower & Garden Show partners and supporters:



Marenakos  
ROCK CENTER

The RE Store  
Used Building Materials & More



American Solar Energy  
AW Pottery  
Bedrock Industries  
Big Trees Nursery  
Experienced Metals  
Fremont Arts Council  
Home & Garden Art  
Lake Washington Technical College  
Lynnwood High School Horticulture  
Program  
The Production Network

# Use Season Extenders for Heat-loving Crops

Bill Thorness, Editor

If you love growing hot-season crops, consider “season extension” techniques to give your tomatoes, peppers and squashes a bit of assistance. Benefits include warmer soil, a warmer daytime temperature and protection from cool nights.

## Hoop House Cloche

A common home garden cloche is the “hoop house.” This generally is made with a few plastic PVC pipes, 1/2 or 3/4 inch diameter, cut to the same length and bent into a half-circle, with each end attached to the ground. Set them up in a series. To add strength, attach a straight pipe or piece of bamboo between them at the highest point in the hoop.

To keep your cloche in place, drive 2-3 foot lengths of rebar steel halfway into the ground where you want your PVC hoops, then slip the hollow PVC over the stake.

Stretch a piece of clear sheet plastic (at least 6 millimeters thick) over the hoops, leaving enough on each side to reach the ground. Use “garden clips” (available on-

line and from seed companies) that snap over the PVC to hold the plastic in place. Anchor the plastic onto the ground with bricks or lengths of board.

An alternative to PVC is galvanized welded wire mesh, which is sold in rolls and can be cut to form the tunnel shape.

A cloche can be set up when planting tomatoes, or over hills of squash seeds. Leave it up until the plants are growing vigorously, or when nighttime temperatures are reliably over 60 degrees. Vent it during the day to keep it from getting too hot.

## Cold Frame

To get an even a stronger greenhouse effect, build a cold frame over your bed. It can be used in spring to start heat-loving crops in the soil, and can be used in the cold season to overwinter vegetables.

Cold frames generally have a rigid frame built of wood that’s covered in glass or plastic. The front side is at least 8 inch-



*Cloche on a raised bed.*

es lower than the back, so the slanted top catches more sun. The solid glass of an old window makes a great cold frame lid. This, too, must be vented to regulate heat.

## Wall O’Water

The miniature greenhouse known as Wall O’Water (or Kozy Coat) brings the warmth down to individual plants. It’s a circular collection of connected plastic tubes that are open at one end. Slip it upright over a plant, fill the tubes with water so they lean together in a teepee shape. Prop it open as the plant grows, and pull it off when the plant spills over the top.

Covering your hot crops can provide a big greenhouse benefit, just in case we have one of our infamous cool summers.

Slugs love April. There are many controls, from beer traps to copper strips, that might work. I recommend going out at night with a flashlight and picking them. It is very effective and you will learn what other pests are threatening your harvest.

Leaf miners and cabbage and carrot root maggots are beginning their annual cycles, so cover beds with floating row cover to block the moths from reaching the plants to lay their eggs. Remember when you were a kid and you pulled the blankets down tight to prevent the monsters from getting you? Cover completely, patch any holes, and replace the cover if it gets ragged. The downside to covering is that slugs love row cover, and the birds that would eat slugs or other pests can’t get under it. So every day or two, open up the cover and check the plants, especially around the base and under any mulch, rocks or other places where slugs could hide.

## Garden Tips: Get Growing Now

David Perasso, Garden Volunteer

The variability of a Seattle spring is upon us: sunny and warm followed by rain and chilly nights. It’s a time to hold up on planting those tomatoes, eggplants and peppers, but go full speed ahead on crops that benefit from cooler weather.

Vegetables like lettuce, spinach, chard, beets, carrots, onions, peas and most cabbage family crops can be directly sown in the ground. Starts that have been hardened off also can be planted.

I am always a little experimental in my spring plantings. Seeds, and most starts, are inexpensive and if they fail, you can replant. I try a few new crops each year, or old ones a bit earlier than usual or in a spot with a different exposure. Sometimes I get lucky and have an early crop and sometimes I just get “experience.”

Many years ago I was asked by an older gardener, “Where’s your notebook?” He had kept records and notes for 40 years and had the results of all his plantings. Gardening books and guides are great, but there is no substitute for your own observations about what works in your yard. I have been keeping notes ever since.

Spring is a good time to control weeds and pests before they get out of hand. Get the weeds now before they get big or go to seed. A few minutes a day weeding now will save long hours this summer (when you would rather be in a hammock sipping margaritas) and you will be observing your garden.

*Continued on page 11*

# Learn at Seattle Tilth This Spring and Summer

**City Chickens 101**, April 10, \$30/\$40, GSC  
A comprehensive introductory course for those interested in keeping chickens and who want to start with adult birds. Learn breeds, chicken physiology, behavior, health, nutrition, housing and city regulations.

**Grow Great Tomatoes**, April 10, \$25/\$35, GSC  
Learn techniques to get more success with tomatoes. The class will cover choosing varieties, when to start from seed, pot up, transplant, fertilize and harvest. Also season extension techniques, pruning, trellising, pests and diseases.

### Grow Veggies in Your Parking Strip

April 11, \$25/\$35, location TBA

Now is a great time to build a productive veggie garden in your parking strip. This class will discuss safety, what to plant, how to maintain it, soil testing and raised beds.

### Getting the Most from Small Spaces

April 11, \$25/\$35, GSC

This clinic will focus on how to use a limited space effectively: prepare the soil by double digging, bed layout, plant spacing and planting.

### Chickens in your Backyard

April 13, \$18/\$25, BGP

Learn the benefits and challenges of free-range chickens. Topics: how to let your chickens weed and control pests, how to keep chickens out of your garden, what plants are toxic to chickens and how to manage and use chicken manure.

### Container Veggie Gardening

April 15, \$18/\$25, BGP

Attention apartment and condo dwellers! Just because you don't have a patch of ground doesn't mean you can't grow fresh, organic vegetables and herbs. Come learn how to begin and maintain an edible container garden, whether balcony or windowsill.

### Container Veggie Gardening

April 17, \$18/\$25, PBI

See April 15

### Getting the Most from Small Spaces

April 17, \$18/\$25, PBI

See April 11

**1-2-3 Grow a Garden**, April 18, \$12/\$18, GSC  
Homegrown organic veggies aren't as hard to come by as you think. All you have to do is prepare your soil, plant the crops and maintain your plot. Join us for this hour-long

clinic and see how simple it is to start growing food in your sunny garden.

### Choosing the Right Home Composting System

April 18, \$25/\$35, GSC

Start composting your food or yard waste at home after this class, which covers the basics and shows the types of bins available.

### Worm Bin Composting

April 22, \$12/\$15, GSC

Compost your food waste at home in a worm bin and create a nutrient-rich soil amendment. This class covers do-it-yourself food waste composting systems for apartments and homes.

### City Chickens 101

April 24, \$30/\$40, GSC

See April 10

### Getting the Most from Small Spaces

April 24, \$25/\$35, SJA

See April 11

### Straw Bale Gardening

April 24, \$25/\$35, GSC

Straw bale gardening is an alternative to the use of chemicals to destroy plant pathogens in greenhouses or the soil, and works well over poor soil, contaminated soil or excessively weedy areas. Rather than planting in diseased soil, gardeners plant into a soil mix on top of bales of straw. This class will construct one in the Tilth garden.

### Season Extension: Cold Frames, Cloches, Mulch and More

April 25, \$25/\$35, BGP

Extend your growing season and harvest year round with the use of season-extension techniques that can warm the soil and air, allowing plants to grow and thrive earlier than they would unprotected. Good basic class for beginning gardeners.

### Getting the Most from Small Spaces

April 25, \$25/\$35, BGP

See April 11

### Growing Perennial Edibles

April 28, \$25/\$35, GSC

Explore edibles beyond the vegetable garden: landscape trees, shrubs and annuals that can feed the family year round. This permaculture class includes a list of edible perennial plants that do well in our climate.

### Container Veggie Gardening

April 29, \$25/\$35, SJA

See April 15

### Comprehensive Organic Gardener Program

Tuesday evenings and

Saturdays, May 4–May 25, \$235/\$275, PBI  
The COG Program is an intensive series teaching organic vegetable gardening methods and practice. It merges scientific and practical information with an emphasis on experiential learning and hands-on practice. This unique, popular course is designed to give beginning gardeners an introduction into the dynamic world of organic gardening and an opportunity to get their hands dirty in the process.

### Grow Good Food!

May 5-26; 6-7 p.m.,

\$35, Rainier Beach Community Center

Learn what you can plant now, how to get started by preparing your soil and how to plant. The class will use garden space at the community center to show you how to install a garden from start to finish.

### Mushroom Cultivation

May 8, \$25/\$35, GSC

It is easier to grow mushrooms at home than you think! Learn the types of mushrooms that grow well in our area, the conditions required and the equipment you will need, as well as the basics of mushroom science and how fungi functions in nature.

## How to Register

Classes are held at:

- Good Shepherd Center, 4649 Sunnyside Ave. N., in north Seattle (listed as GSC)
- Bradner Gardens Park, 1733 Bradner Place S., in southeast Seattle (BGP)
- St. James Annex, 9421 18th Ave. S.W., at the southern border of West Seattle - NEW! (SJA)
- Pickering Barn, 1730 10th Ave. N.W., Issaquah (PBI)
- Other locations as noted

Lower price listings are exclusively for Seattle Tilth members (see membership form, p. 11), higher prices for the general public. Advance registration and payment are required.

Class details and registration forms are found on [www.seattletilth.org](http://www.seattletilth.org) under the Learn tab, or can be gained by calling the Tilth office at (206) 633-0451, ext. 101.



## Take a Class at the Plant Sale

We'll be holding two classes a day during our big May 1-2 Edible Plant Sale. Each class is \$12 for Tilth members, \$18 for the public, and advance registration is required.

### Container Veggie Gardening

*May 1, 10-11 a.m., May 2, 11 a.m.-noon*

Attention apartment and condo dwellers! Just because you don't have a patch of ground doesn't mean you can't grow fresh, organic vegetables and herbs. Come learn how to begin and maintain an edible container garden, whether balcony or windowsill.

### 1-2-3 Grow a Garden

*May 1, noon-1 p.m., May 2, 12:30-1:30 p.m.*

Homegrown organic veggies aren't as hard to come by as you think. All you have to do is prepare your soil, plant the crops and maintain your plot. Join us for this hour-long clinic and see how simple it is to start growing food in your sunny garden.

### Permaculture Design Course with Toby Hemenway, one weekend/mo. for 6

*mos, \$900 for 12 full-day sessions, South Seattle Community College*

Seattle Tilth is hosting popular instructor and author Toby Hemenway to teach a 72-hour Permaculture Design Course. Permaculture uses ecological principles to create sustainable human communities that have the diversity, stability and resilience of natural ecosystems. This certification permaculture design course offers a framework for decision-making and right livelihood, and will give you holistic tools for food, water and energy security; building healthy communities and economies; and many other issues. The course is presented via lecture, images, video, group discussion, exercises, and design projects. Students will have the opportunity to install elements of a Permaculture learning garden on campus.

### Unique Raised Beds, May 9, \$30/\$40,

*South Seattle Community College*

Learn how to design a raised bed that will maximize harvest and build healthy soil. The class covers food-safe building materials and construction, soil building and planting methods. Students will participate in building an African keyhole garden in the Permaculture learning garden at SSCC.

### Vertical Gardening, May 9, \$25/\$35, BGP

Get the most out of a small space by growing your garden up, not out. Learn what can be grown vertically and how to construct appropriate, sturdy trellises.

### Container Veggie Gardening

*May 11-June 1; 6:30-7:30 p.m., \$35,*

*Jefferson Community Center*

See April 15

### City Chickens 101

*May 12, \$30/\$40, GSC*

See April 10

### Getting the Most from Small Spaces

*May 16, \$25/\$35 GSC*

See April 11

### Vertical Gardening, May 16, \$25/\$35, SJA

See May 9

### 1-2-3 Grow a Garden, May 16, \$12/\$18, SJA

See April 18

### Chicken Coop Building

*May 16, \$30/\$40, GSC*

Learn to build a coop and help make one for the Seattle Tilth learning garden. Topics include coop security, materials and supplies necessary for a coop and chicken run, and nesting box and roosting specifications. Coop plans will be available for purchase.

### Chicken Coop Basics

*May 22, \$25/\$35, GSC*

This hands-on workshop will demystify the inner workings of a chicken coop. Topics include coop security, materials and supplies necessary for a coop and chicken run, and nesting box and roosting specifications. Also egg production, manure management and chicken health.

### Chickens in your Backyard

*May 25, \$18/\$25, GSC*

See April 13

### Container Veggie Gardening, June 4-25,

*\$35, Van Asselt Community Center*

See April 15

### City Chickens 101, June 12, \$30/\$40, GSC

See April 10

### Dealing with Summer Pests

*June 19, \$25/\$35, SJA*

Learn how to identify pests and how to deal with them organically. Class covers Integrated Pest Management practices to deal with pest, weed and disease control in the vegetable garden. Students may bring samples from their garden for diagnosis.

### Dealing with Summer Pests

*June 26, \$25/\$35, GSC*

See June 19

### Simple Techniques for Preserving the

*Harvest, June 26, \$18/\$25, GSC*

Eat local throughout the year by preserving the harvest, whether buying bulk on sale or putting up your own harvest. Class will

show you how to dry and freeze fruits and vegetables with supplies you have on hand without a lot of work.

### Pest & Disease Control in the Organic Garden, July 25, \$25/\$35, GSC

Meet face to face the most popular garden pests and learn to control them through biodiversity and organic gardening techniques. Class covers attracting beneficial organisms, preventing unhealthy conditions where diseases thrive, garden site assessment and soil building methods.

### Saving Seeds: Perpetuating a Tradition

*July 31, \$25/\$35, GSC*

Save your favorite variety, perpetuate heirlooms and save a bit of money by saving seeds. The class will cover pollination types, how to choose your seed plants, how to hand-pollinate, how to save seeds using dry and wet methods, and how to harvest and store seeds.

## Garden Educators: Learn With Tilth

Educators can learn organic gardening basics, outdoor education techniques and ways to integrate the garden with classroom curriculum. Participants also learn garden design, team building, program development, nutrition, cooking, art in the garden, and more. Teams from a school or garden project are encouraged.

### Summer Intensive

*July 19-23; 8 a.m.-3 p.m.*

Cost: \$200 (after June 28, \$225)

This week long intensive at the Seattle Tilth gardens at the Good Shepherd Center allows educators to immerse themselves in the organic garden classroom.

### Fall Workshops

**Part 1: Intro to Organic Schoolyard Gardening, Oct. 23; 8:30 a.m.-4 p.m.**

**Part 2: The Garden Classroom, Oct. 30; 8:30 a.m.-4 p.m.**

**Part 3: Curriculum Working Group, Nov. 20; 8:30 a.m.-4 p.m.**

Cost: \$40 each (\$120 for series)

This series offers the essentials for cultivating and maintaining a schoolyard garden.

# The Sophisticated Peasant Magic

Ian Taylor

Spring 2010: False start #1:

When one has consumed 12 liquid ounces of Wally's '08 cider one can be surely be forgiven a certain amount of bad verse. Here's my quota:

Squirrels chase  
About my place.  
The birds are sing-  
ing, must be spring.

Spring 2010: False start #2:

The rusty gardener stands bleary-eyed in the weak sunlight surveying winter's folio of blackened wreckage. No, I mean winter's wreck of blackened foliage.

Spring 2010: Last chance for a new start:

White highlights of blooming shotweed twinkle brightly across the vegetable patch, but these, somehow, do not lift the gardener's spirits. Oh, well. Time to dig.

There is something powerfully reviving about the smell of freshly-turned spring-

time soil. It's like nothing else, although other things are sometimes described as being like it, such as truffles. Does the smell of spring soil move us simply because it evoke memories of past springs, or is there something more primal in it? Something more earthy which calls to our species' cellular memory from eons of living closer to the ground than we do now? The food scientists, who are specialists in smells, tastes and the science of both, could probably venture an opinion on the question but I, for one, would be inclined to doubt their opinion. This is not the domain of technical expertise after all: this is the domain of ordinary magic.

I realize that idea might be controversial. Do we court controversy? Very well, we court controversy. Blame it on 12 liquid ounces of Wally's '08 vintage cider. It's a fact that my spouse and I frequently disagree over the idea of magic: I think it's useful and she thinks it's dangerous. We can agree that it's important never to fool yourself by wishful or wooly thinking. But if you've brought your intelligence along with you—and you still find something magical going on in your life—I say you should celebrate it.

It seems to me that the ordinary acts—clearing the garden of weeds, preparing the beds for planting, sowing the seeds—are all ritual parts of an elaborate ceremony we carry out each year at this season. We consult the oracles: Tilth's Garden Guide, or our neighbor who grew such magnificent tomatoes last year. We put on the ceremonial dress of work gloves and boots, we take up the ritual implements and thoroughly transubstantiate that patch of ground next to the south wall where we think—and this is where faith comes in—we might get a good crop of peppers if we have a decent summer this year.

How much ceremonial consciousness we bring to these acts is a personal matter. Last weekend I was happy to give away yet more of the volunteer raspberry canes to another friend wanting to start his own patch. That makes three gardens with raspberry patches propagated from mine. Jim asked me to bless the canes, that they might survive and thrive in his garden. It was easy to do, and added that small touch of ceremony that transforms the ordinary into the special.

Many of us are uncomfortable with ceremony unless it's conducted by anointed officials. But it's OK to make up your own ceremonies, really it is. If it involves home-made cider, I can almost guarantee it will be a spectacular success.

Ian Taylor welcomes comments and feedback: e-mail [crookedcucumber@earthlink.net](mailto:crookedcucumber@earthlink.net).

## Garden to Table: Hello Kale

Maren Neldam, South Seattle Garden Coordinator

Let's give a big shout out to kale, one of the most nutritious vegetables you can eat; full of calcium, vitamin A, vitamin C and antioxidants. With its many distinct varieties of frilly green to purple, jagged, oak-shaped leaves, kale is a beautiful addition to the garden. It is also a particularly hardy crop, and great for overwintering in the Pacific Northwest. So why aren't more people eating kale?

Below is a recipe that will turn kale doubters into raving fans. It's called Massaged Kale Salad. If you already love kale, this is a great recipe to add to your repertoire.

The exciting part is, the kale is eaten raw! Yes, you read that correctly. Raw kale is actually massaged to make it tender and receptive to salad dressing.

If you have been afraid of feeding raw kale to your family for fear of upturned noses, fear not, because this recipe was tested on a group of about 200 elementary students this winter at South Shore School in Rainier Beach, and a striking majority declared that they loved the salad and would eat it again!

In fact, one of the parents remarked to me that her "picky eater" daughter loves this salad and now regularly makes it for their family. It's a recipe I recommend to all parents who are trying to get their children to enjoy more healthy foods. The process of massaging the kale is engaging, fun, and a great way to include children in dinner preparation at home. Who says you can't play with your food?



## Massaged Kale Salad

De-stem one large bunch of kale by pulling leaves away from the stems. Wash the leaves and spin or pat dry. Stack the leaves, roll them up and cut into thin ribbons (a technique called chiffonade). Put the chopped kale in a large mixing bowl and add one teaspoon of sea salt. Massage the salt into the kale with your hands for two minutes, until the greens release liquid and turn bright, translucent green. Stir in 1/3 cup of dried currants, 3/4 cup of diced apple and 1/3 cup of toasted sunflower nuts (shelled seeds). Dress the salad with a dressing of 1/4 cup olive oil and 2 tablespoons of apple cider vinegar.

*Continued on page 11*

## Membership and Donations

New Member  Renewing Member  New contact information

Name(s) \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

**Payment Type**  Check  Visa  Mastercard

Card # \_\_\_\_\_ Exp \_\_\_\_\_

Name on card \_\_\_\_\_

## Membership Levels

\$35 Individual  \$20 Limited Income  \$60 Family \$ \_\_\_\_\_

## Donations

Yes, I would like to make a tax-deductible contribution to support Seattle Tilth. \$ \_\_\_\_\_

My employer matches gifts.

Company name: \_\_\_\_\_

## Order the *Maritime Northwest Garden Guide*

For an indispensable regional guide to year-round gardening, enclose \$19.50 (includes tax and postage) per copy.

Please send me \_\_\_\_\_ copies x \$19.50 = \$ \_\_\_\_\_

**Total \$** \_\_\_\_\_

**Mail to** Seattle Tilth, 4649 Sunnyside Ave N,  
Room 120, Seattle, Washington 98103

## Garden to Table

*Continued from page 10*

For an extra punch of flavor, add 1/4 cup diced onions and 1/3 cup gorgonzola cheese.

This salad serves six and will marinate and keep for several days in the fridge.

*Recipe reprinted with permission from Feeding the Whole Family, 3rd edition by Cynthia Lair (Sasquatch Books, 2008).*

## What to Grow Now

*Continued from page 7*

Finally, now is the time to prepare beds for summer planting. Plan where you are going to plant things like winter squash, or greens that could be stressed by summer heat. Dig compost and slow-release organic fertilizer into the beds where summer crops will go. This will give soil organisms time to break down the organic matter before you plant.

## How To Keep Lettuce From Bolting

*Laura Matter, Manager, Natural Soil Building Program*

**Q: I love growing lettuce but am discouraged when I grow a large crop that bolts before I can eat it all. How can I prevent this from happening?**

A: Ah, bolting, the bane of every Northwest gardener who loves greens! Bolting is a response by an annual plant to set seed in reaction to its imminent decline. Lettuce, in addition to many other greens and cole crops, will bolt early if it become stressed in any way during the growing season. These plants also will bolt when they naturally reach the end of their life cycle.

The stress reaction can be prevented with proper gardening techniques. The natural decline you can preempt, not by trying to control the elements but by working with nature and planting in succession.

Taking lettuce as an example, sow your seeds in one- or two-week increments so you have plants in different life stages in your garden at the same time. How many seeds you plant each time will depend on how much lettuce you can eat in a week or two during harvest.

This works well for most cool weather plants and they can be sown from April through July, and many of them can be sown again in September.

For the hotter months, pick varieties that say they are naturally slower to bolt and hold up better to the heat. You can also play with varieties that have different maturity dates so that not all your lettuce will come to maturity at the same time even when planted at the same time.

## Build Food Gardens at 'Spring Into Bed'

Spring Into Bed, an event taking place May 8, seeks to build new Seattle food gardens in support of a healthy local food shed and community food system.

To help build a garden or learn more, contact Stephanie at (206) 708-9913 or Cascadian Edible Landscapes at [www.eatyouryard.com](http://www.eatyouryard.com).

## Hot Questions for

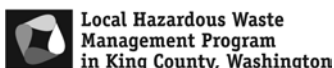


[help@gardenhotline.org](mailto:help@gardenhotline.org) | 206.633.0224

I am a lettuce fiend myself and plant all forms and colors of lettuce at the same time, partly because I think they are beautiful, but also because then I get a very long and very diverse harvest from my lettuce collection. I also donate extras to the food bank so that nothing goes to waste.

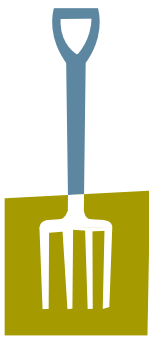
For ideas of where to find great seed, what varieties do well in the Maritime Northwest, and for organic care information, please contact us at the Garden Hotline.

THE GARDEN HOTLINE IS SPONSORED BY:



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APRIL/MAY 2010

# Seattle Tilth's Summer Garden Plan

## April

- Pull weeds now
- Prick out and transplant seedlings (MNGG p. 27)
- Plant half-hardy vegetables in the garden (MNGG p. 28); plant flowers

## May

- Harden-off starts (MNGG p. 30); plant under season extenders (MNGG p. 4); sow tender annuals and summer cover crops.
- May 1-2 – Seattle Tilth's Edible Plant Sale, Good Shepherd Center
- May 4-25 – Comprehensive Organic Gardener Program, Issaquah
- May 22 – Seattle Tilth Summer Veggies Sale, Pickering Barn, Issaquah

## June

- Plant heat-loving crops
- Learn wise watering (MNGG p. 39)
- Begin the fall/winter garden (MNGG p. 40)
- Celebrate the summer solstice

## July

- Harvest regularly for best yield
- Sow biennial and perennial flowers/herbs (MNGG p. 48)
- Sow fall/winter vegetables
- Practice seed-saving
- July 10 – Seattle Tilth's City Chicken Coop Tour, begin at Good Shepherd Center
- July 19-23 – Garden Educators Intensive (see class listings)

## August

- Sow fall salad greens (MNGG p. 51)
- Address powdery mildew (MNGG p. 52)
- Learn harvest preservation techniques; donate produce to food banks

## September

- Sow overwintering salad crops
- Get a soil test (MNGG p. 57);
- Celebrate the harvest
- Sept. 11 – Seattle Tilth's Harvest Fair, Good Shepherd Center

\* MNGG is Seattle Tilth's Maritime Northwest Garden Guide. See p. 11 to order.