



# The Seedling Chronicle



## In This Week's Share.....

### Broccoli~ 'De Cicco'

Favorite multi-cut Italian variety. A traditional variety producing small 3-4", main heads as well as a large yield of side shoots. 48 days to maturity (dtm).

### Broccoli~ 'Early Dividend'

Good dark green color and outstanding side shoot development after the main head is cut. Will produce an abundance of broccoli earlier than most. 45-46 dtm from transplant.

### Asian Greens~ 'Mei Qing Choi'

Baby green-stem Pac Choi. Compact, vase-shaped plant at full growth is about half the size of Joi Choi. Bolt-resistant. 45 dtm.

### Brussels Sprouts~ 'Oliver'

Earliest Brussels Sprouts. Flavorful, medium-green, smooth sprouts are large and mature remarkably early. Vigorous, easy-to-grow. 90 dtm.

### Brussels Sprouts~ 'Long Island Improved'

A very popular Brussels sprout. 24" stalks yield amazing amounts of sweet sprouts. Sweeter with cooler temperatures. 110 dtm.

### Cauliflower~ 'Snow Crown'

Remarkably early and dependable. Good-quality, medium sized heads whether harvested in summer or fall. 50 dtm.

### Cilantro~ 'Santo'

Santo is an extra-slow-bolting selection grown for its leaves. Fully grown, it is cut at a height of 12-18". 50-60 days leaf, 90-105 seed.

## Four Common Flagstaff Garden Pests

**Aphids**~ Gardeners everywhere are almost assured to find these sucking type pests in their gardens. They are small, and their color varies from green to gray to red. They can be winged or wingless. The first defense against aphids is to spray them off with a high-powered hose or squish them manually. Aphids can also be controlled with neem oil or insecticidal soaps.



**Thrips**~ Thrips are very small (1/32 inch) in size, light brown and have a tubular shape. They can be found on the underside of infested leaves and in flowers and flower buds. They cause damage by sucking, which weakens the plant and often spreads diseases. Thrips are hard to control, but you can try using Hot Pepper Wax Insect Repellent or Neem Oil. Thrips thrive on dry surfaces, so overhead irrigation can help.

**Cabbage Worms**~ Cabbage worms are the larval stages of a moth that lay its eggs on the leaves of your broccoli, cabbage, cauliflower, etc. Their green color makes them difficult to see and they can eat your plants' leaves very quickly. Watch for white moths and remove their small green eggs from under the leaves of your plants daily; remove all worms you find. Placing a light row cover over your plants can serve as a great physical barrier as well.



**Flea Beetles**~ Flea beetle season is upon us, and within the last 24 hrs they have found your Mei Qing Choi. Flea beetles are easily identified by their eating habits; they leave behind a pattern of little holes in the leaves of your plants. Flea beetle injury is most important when seedlings are becoming established. Flea beetles can be managed by the use of trap crops (radishes, turnips), row covers, thick mulches, some insecticides and diatomaceous earth.

	Spacing Requirements	Sun Requirements
Cilantro	9-12 inches	Full Sun-Partial Shade
Cabbage Cauliflower Broccoli Brussels Sprouts	18-24 inches	Full Sun-Partial Shade
Mei Qing Choi	10-12 inches	Full Sun-Partial Shade
Nasturtiums	12 inches	Full Sun-Partial Shade

### \*A Note on Sun Requirements\*

Many gardening books will tell you to plant members of the cabbage family in full sun. I have them listed as tolerating partial shade because these plants don't love heat. Planting them in partial shade may slow their growth a little, but

## In This Week's Share continued....

### Cabbage~ 'Red Express'

Extra-early red savoy cabbage. Compact plants with round 2-4 lb heads with good appearance and flavor. Split resistant. 63 dtm.

### Cabbage~ 'Stonehead'

An early summer hybrid variety. Named for its extremely solid interior. Tidy size of 3-4 lbs. Uniform maturity is approximately 50 days from transplanting.

### Nasturtiums~ 'Jewel Mix'

Delicious edible flower. Bright single and double, 2" blooms in red, pink, orange, and yellow held above light green foliage. 55 dtm.



#### WARNING!

Nasturtiums don't always transplant well. Handle them carefully, as they have brittle taproots.

## Native Plant and Seed Lectures

Saturday, May 16th 2009  
9:00 am - 10:00 a.m.

### Growing Food at High Elevations

Patrick Pynes, Professor of Sustainable Agriculture at NAU, will talk about the challenges of growing food at high elevations.

Saturday, May 30th 2008  
9:00 am - 10:00 am

### Composting

Chuck McDougal, owner of Mountain Meadow Farm, will talk about the benefits of composting. Lecture will include how to start and maintain your own compost pile or bin.

## The Delicious Cabbage Family

Cabbage, cauliflower, broccoli and Brussels sprouts make up a group of cool season vegetables known as Cole crops. Cole crops are hardy and grow best in the spring and fall, as they don't tolerate heat very well. If this unseasonably warm weather causes them to bolt too quickly we will try some of them again later in the summer.

Successful production of Cole crops is related to how each crop grows and which part is eaten. The edible parts of broccoli and cauliflower are the flower

heads which are quite sensitive to environmental and nutritional stress. Cabbage and Brussels sprouts produce leafy heads and can withstand greater fluctuations in weather and nutrition.

A wide range of soils are suitable, but fertile well-drained soils are the best. Cole crops are heavy feeders and do best in a soil enriched with plenty of organic matter. Because Cole crops can easily become deficient in minor elements, at least part of the fertilizer material should be compost to ensure a supply of these nutrients.

A few of your seedlings are a little "leggy." I've read that if grown in a well drained soil, they can be submerged slightly for extra support (like tomatoes). I haven't tried this myself with members of the cabbage family, so maybe do some research if you're interested.

### Italian Sauce for Broccoli from CSA member Hilary Giovale

1/2 lemon (zest and juice)  
olive oil  
salt and pepper  
chopped walnuts

Mix a bit of lemon zest and juice with olive oil, salt, pepper, and walnuts. Drizzle sauce over steamed broccoli.

## The Marvels of Mulch

With hot weather suddenly upon us, you'll want to make sure that your landscape and garden plants are adequately watered. One way to ensure that your soil will remain moist between irrigations is to use mulch around your plants. Mulches have many benefits for plants, not the least of which is water conservation.

· *Conserve water.* Mulch protects the soil from sun and wind, resulting in less surface evaporation, and reducing the need for watering.

· *Control weeds.* By blocking sunlight, mulch discourages the growth of weeds, which otherwise would compete with the tree for moisture and nutrients.

· *Insulate soil.* Mulch keeps the soil cooler in summer, further reducing irrigation

needs, and helps raise the soil temperature in winter. This temperature moderation encourages better rooting.

· *Reduce erosion.* A layer of mulch slows the flow of water over the soil surface, allowing the water more time to penetrate the soil, rather than sheeting off and carrying the soil with it.

· *Improve soil structure.* A protective layer of mulch reduces soil compaction due to foot traffic and watering practices, allowing water to penetrate more easily. At the same time, mulch increases biological activity, encouraging worms, fungi, and other organisms to work the soil into a rich, loose mix with plenty of air spaces for plant roots.

· *Improve soil nutrient content.* Organic mulches decay over time, providing nutrients for plant growth.

· *Eliminate green waste disposal.* Organic mulches can include bark, pine needles, sawdust, straw and wood chips.

### The Man Born to Farming by Wendell Berry

The Grower of Trees,  
the gardener, the man born to farming,  
whose hands reach into the ground and sprout  
to him the soil is a divine drug.  
He enters into death  
yearly, and comes back rejoicing.  
He has seen the light lie down  
in the dung heap, and rise again in the corn.  
His thought passes along the row ends like a mole.  
What miraculous seed has he swallowed  
That the unending sentence of his love flows out of his mouth  
Like a vine clinging in the sunlight, and like water  
Descending in the dark?