

MAY 3RD
ISSUE TWO

THE SEEDLING CHRONICLE



RED RAIN

A PICTURE OF WHAT'S TO COME

Red Rain, Mustard Greens at the Marching Gate.

This Week's Share

Kale: Red Russian

Purple stem with purple-veined, flat, tooth-edged leaves. Leaves are tender compared to other kales. Great for salads and light cooking. To extend storage time, dunk leaves in cold water. Days to Maturity: 25 baby; 50-60 mature. As of share date plants are 40 days old. Plant 8-12 inches apart. Full sun or partial shade.

Kale: Winterbor

Tall plants, growing up to 2-3 ft., with good yield and cold hardiness. Curled, blue-green, ruffled leaves. Regrows vigorously for successive harvests. Days to Maturity: 60-70. As of share date plants are 40 days old. Plant 12-18 inches apart in full sun or partial shade.

Spinach: Tye

The most bolt-resistant savory spinach type. Vigorous, upright, growth habit for larger harvests and cleaner leaves. Thin to one plant per cell or plant entire clusters 3-6 inches apart in partial shade.

WELCOME TO 2011 GARDEN STARTS CSA



The second share is upon us. And in good time for the veggies have been extending limbs outward and upward, stretching their many sets of leaves toward the polyethylene plastic of the greenhouse roof in anticipation of what's in store. The truth is they are tired of their plastic container cells, table top views, and slightly filtered sunlight. They want the real deal, and desire nothing more than to join their long lost neighbors--those early-bird collards and onions--in the great outdoors. Many nights these veggies have spent dreaming about earthworms and the buzz of bees.

Thinking about how enjoyable it will be to finally sink fibrous roots into fertile soil. Even though the nighttime temperatures might be a little more chilly outside than inside the greenhouse, these cold-hardy plants are ready.

Rylan Morton-Starner.
CSA Garden Starts Coordinator.



Companion Planting



Because of the many different approaches to gardening, there are endless topics to discuss. If there is something in particular you would like to see

covered please let me know. This week we will briefly look at companion planting. However, keep in mind that companion planting is not just limited to vegetables. Many native plant species (lots that are edible) go well with vegetables and would be a welcomed addition to your home garden. Shrubs can serve as wind breaks and native nitrogen fixing plants can help revitalize the soil. Many other options exist and more information can be found at *Flagstaff Native Plant and Seed*.

In addition to native plants, there are many different ways vegetables, flowers and herbs can be used as companion plants. Instead of listing all the possibilities, I will highlight some of the theories of why companion planting is beneficial. For specific lists of what goes well together, please see the internet links on our Facebook page.

Trap Cropping: Growing certain plants because garden pests are more attracted to them than your main crop.



Nitrogen Fixation: Using plants which, through symbiotic relationships with Rhizobium bacteria, can fix and store nitrogen from the atmosphere. They help keep the soil healthy and provide nitrogen for other crops.

Biochemical Pest Suppression: Using plants that exude chemicals from roots or other plant parts that repel pests benefitting neighboring plants.

Physical Spatial Interactions: Using tall, sun-loving plants to shade lower, shade-tolerant species. This can also help to disorient pests who are used to looking for specific plants of a certain size.

Beneficial Habitats: Using plants that provide a desirable environment for beneficial insects and other arthropods. This helps keep pest populations under control. The more diversity in plant life, the less chance for specific pest and disease outbreaks.

Share Continued

Mustard Greens: Red Rain.

Deeply toothed leaves are similar in appearance to a mustard but with a mild taste. Excellent for full size bunches or baby leafs. Holds well.

Asian Greens: Tatsoi

Forms flat rosette close to the ground with tender dark green, spoon-shaped leaves and short, light green stalks. Long harvest period. Mild mustard flavor. Leaves are high in vitamins and can be used in soups, salads, or stir-fry.

Note on Planting Mustard and Asian Greens:

For mature plants thin to one plant and space mustards 8 inches apart, and Asian greens 10-12 inches apart. For 'cut-and-come-again harvests', plant entire cell 3-6 inches apart. Mustards and Asian greens do not like roots disturbed at transplant so either thin to one plant or plant the entire cell. Both like full sun or partial shade.

Note to Members:
The Garden Starts CSA recycles! Please bring your flats and empty 6-packs back during the next pick-up and we'll use them again.