

Newsletter Date:
April 2017



Garden Fresh Tomatoes Yummy!

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Want an easy kraut recipe? Pack your quart jar with cut cabbage, add a teaspoon of salt on top (sea salt is OK), cover cabbage with boiling hot water, screw on lid. Let sit for at least 3 or 4 weeks before consuming. For a pint jar, add only a half teaspoon of salt. (This recipe is from garden friend Fred Alexander & his family.)



West Plains Community Garden



Let's Get Growing

Greetings to All Gardeners!

If you think nothing smells better than rich, crumbly soil in the spring, if you start your garden list in December and if you can't wait to sow seeds or transplant starts before the ground is truly warm enough, you just might be a community gardener! So, welcome to the garden, one and all. Although our post-construction soil is not yet quite "up to snuff", it seems we gardeners are making the best of things, adding soil amendments and getting our spaces planted. Now, for some good 'ol sunshine!

Speaking of soil amendments, in the future, we will use the former picnic table pad adjacent the blue port-potty for storing purchased & donated soil amendments after the current supply on the performance stage is used up. Although no one has asked to perform there, yet, perhaps by keeping the stage available, someone will be inspired to bring music to the Don Warden Park!

Our dear AmeriCorps friends are back in Denver, preparing to deploy to Kansas City. They will spend 6 weeks brightening up a low-income neighborhood; then another 6 weeks tutoring youngsters at day camp. Kansas City will be their 3rd and final deployment, after which most team members will be finishing college or getting a "real" paying job.

This team is our fourth and final team for awhile. We have nothing but praise and gratitude to the AmeriCorps NCCC program and for community partners who provided work projects, lodging, food, entertainment and other niceties for these teams.

When exchanging good-byes, the team paid a beautiful compliment to our community, saying that *"the welcoming, heart-warming hospitality" of West Plains brought its members closer together and made it a better and stronger team.*

So, thank you, AmeriCorps NCCC; and thank you, West Plains.

Ginny Henderson, President

Who Wants a Garden that Works as Hard as You Do?

Thank You!

A BIG THANK YOU to Chuck Tosch who power-sprayed the concrete in & around our garden evenings after work, a bit at a time. As a result, our garden looked great when Mayor Pahlmann visited on March 30 to bid the AmeriCorps NCCC team farewell.



Christine Jones, renowned soil ecologist from Australia, has a couple of tips. First, she says, always have something growing, even if it is just a cover crop that dies back in cold weather & greens up with Spring. Secondly she suggests foliar feeding - spraying the leaves with a diluted fish emulsion product or other organic substance - to absorb into the leaves and work its way down into the roots. This, she says, encourages a more robust root system, desirable because not only do roots help supply nutrients, they help form a vital underground communication network between the soil and other plant roots that result in improved resistance to diseases & "bad" pests. All these activities are made possible by mycorrhizae (mi ko RYE zae), microscopic organisms that do best when undisturbed by tilling.

You will find her fascinating explanation of mycorrhizae and other aspects of healthy, no-dig or low-till gardening by googling her name, Christine Jones, and the words *soil ecologist* or similar. If you would enjoy a printed copy of her famous 2014 *Acres USA* interview, just let me know - I can print it for you.

Improvements at the Garden

Always Keep Improving.... Isn't that what a popular building supply store says? We certainly agree. Take the greenhouse, for instance. Not many gardeners have the courage to battle all the weeds, those stored items and its general messiness to start their plants. Later this year, that will change as we continue to organize our sheds and rebuild the greenhouse with improved features such as ventilation and a Bermuda grass-free floor. Our April 22 sale will help pay for materials.

Growing squash this year? Be sure and plant a ring of icicle radishes around your squash plants to minimize damage from squash bugs. This is an old tried & true method! Plant a 2nd ring of radishes when the first begins to bloom & go to seed.



Yard Sale-Annual Fund Raiser April 22nd

Saturday, April 22, will be our annual fund-raiser - this time, a sale at the garden during the city-wide yard sale. Our hours will be 7 a.m. until mid-afternoon. (???) Although we are located a bit out-of-the-way, we hope signage and ads in both the QUILL (our location will be displayed on a city-wide map) and HORSE TRADER will compensate. This year we are offering *Free Coffee*. (It will be brewed on a porch across the street; *do you have a thermal server?*) We can introduce folks to our garden by giving impromptu tours, handing out colorful brochures and registering new garden members. The pop-up tent in the center of the Promenade will help create a festive ambience, along with gardeners helping with the sale and working in their gardens - weather permitting, of course. We can always hold the sale under the picnic pavilion, if necessary.

Your donated items can be taken to Dawn for storage on the 2nd floor of the Health Department until April 22; or you can bring things to the garden on sale day (preferable). Please tell us if you have an interesting item - We can mention it in the ads and draw more customers. Feel free to price your merchandise ahead of time.

None of us are sale experts, but we always manage to make enough money to do something nice for the garden. This year we want to purchase a portable leaf blower to keep the pathways & sidewalks tidy and re-build the greenhouse with ventilation & other improvements. Your donated items and time will make these two projects possible!

Ginny is drawing up a work schedule now, so please let her, Dawn Hicks or any committee member know the time(s) you are available. *Many hands make light work!* And the more helpers on Saturday, the better the sale and the more fun we will have! Even an hour or two of your time will make the sale go better. Early risers: we start setting up at 6 a.m. and need extra hands then!

Heard it Over the Garden Gate

Consume cashew nuts and mangoes to build up resistance to poison ivy - unless you are allergic to cashew nuts or mangoes! If you'd rather take a pill, the health food stores have homeopathic tablets that can help. (Just ask.)



West Plains Community Garden

Here are ways you can get in touch with garden committee members:

Dawn Hicks / Garden Administrator, Health Dept., 180 Kentucky (behind Huddle House)

dawn.hicks@lpha.mo.gov 256 - 7078

Ginny Henderson / president gin52henderson@gmail.com256-6977

Sherrill Thompson / vice-president sherrillt@centurytel.net256-2391

Wayne Hunter/ vice-president wehnh@isp.com256-0869

Joyce Heddy / treasurer joyceheddy@gmail.com (417) 277 - 5744

Candace Mallory / secretary manicfisherguy@yahoo.com256-7634

Ron Carlson / at-large255-3591

This group serves a one-year term to October 25 2017, when a meeting of all gardeners will be called and new officers elected.

We're on the web!

www.westplainscommunitygarden.org

Please Mark Your Calendars!

April 22nd-Annual Fundraiser-Yard Sale at the Community Garden (see page 3 for details)

TBA-(early summer) Ribbon cutting for our renovations to the community garden, we will notify everyone of the date and time and it will be held at the community garden.

Insectary Gardens

Garden member Lydia Pleshka has planted the southernmost insectary in colorful zinnias. Thanks, Lydia! If you have seeds or plants that will fit the "insectary" theme, please let Ginny or Joyce Heddy know, as we are working on getting the other three insectaries planted. What is an insectary? It is space set aside for blooming plants that attract, feed or shelter beneficial insects - pollinators like bees, butterflies & humming-



birds - and "good" bugs such as Lacewings or Ladybugs or special non-stinging wasps that stop destructive insects like aphids, hornworms & potato beetles in their tracks. **Examples of good insectary plants are cosmos, anise hyssop, coreopsis, coneflowers, asters, Gallardia, bee balm-monarda, certain asclepias such as butterfly weed, certain butterfly bush varieties, agastache, zinnias, certain sunflowers, sweet allysum, yarrow, dill...oh, my, the list goes on and on. Catmint** is already in good supply and being planted here & there in the insectaries. We understand that marigolds are best planted in and among your vegetable plants, so, although they are desirable, they are not listed above.