

The Sprout

Event of the Year—
Coming to Ventura, California!
September 12—14, 2023



It's the Road Trip for Gardeners!

for updates on the activities

Visit: www.theheirloomexpo.com every few weeks



The Sprout

LEARN FROM WORLD-CLASS EXPERTS AT THE EXPO

- 👉 Streets and Pavilion Halls will be filled with talented home gardeners, farmers, herbalists, chefs, artists, and authors.
- 👉 Plants, seeds, tools, crafts, artwork, green technology and organic products.
- 👉 Learn from nationally and internationally acclaimed speakers.
- 👉 Exhibitors from all over the country — thousands of heirloom vegetables and fruits on display, including rare and exotic varieties.



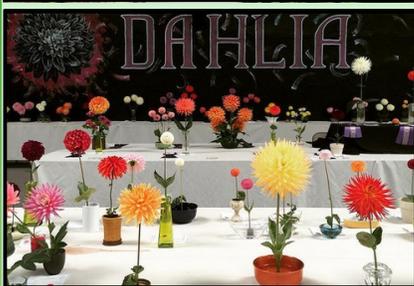
See Heritage Poultry and Livestock





What Happens at The National Heirloom Expo?

- 🐼 Giant Pumpkin Contest
- 🐼 Tomato and Watermelon Taste Tests
- 🐼 Cheese Making Demonstrations & Food Preservation
- 🐼 100's of Vendors
- 🐼 America's Largest Seed Swap
- 🐼 Seed Savers—heritage seeds from around the world.
- 🐼 Beekeepers__Collectors__Soil Scientists__
Homebrewers__Wildcrafters
- 🐼 Hands-on learning, exploration, conversation, and fun!



Friendly Garden Reminders

Minding Your Hoses

Below is the damage that keeps happening regularly to the hoses.

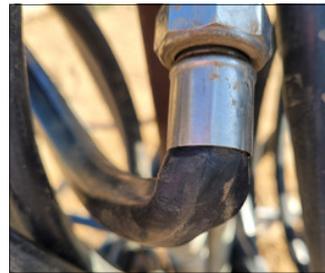


This is the result of hoses wound on the holders too tight, and from pulling to snug/hard.



▲ Do This ▲

▼ Not This ►



Make Larger Loops when winding up your hose.

- Decreases stress on the end of the hose
- Fewer loops means less kinks
- Fewer loops means more room to work the faucet



Just a FYI—For those who may be interested. One can purchase a Spring Hose Guard that connects the hose to the faucet. They are not expensive and work well.



IF YOU FIND A WATER LEAK — PLEASE DO THIS!!

CCG — EMERGENCY WATER SHUT-OFF — IF MAJOR LEAK

- ▶ Find the key in the front shed to Un-Lock the valve cover outside the front gate.
- ▶ There are TWO VALVES, turn the one closest to the fence—clock wise. This shuts off all water to the garden.
- ▶ Notify a board member immediately.....Be sure you make contact.

Seth Wiafe: 909-855-1217

Angie Cloud: 909-556-2856

Debra Grzeskowiak: 909-917-5552

THESE NUMBERS ARE POSTED ON THE SHED.

Around the Community Garden in Mid-June



Using Mycorrhizae Fungus In Your Garden

What is Mycorrhizae Fungus?

Mycorrhizae definition: a fungus, which grows with the roots of a plant in a symbiotic or mildly pathogenic relationship. Mycorrhizae act as a living extension of the plant and form a mutually beneficial relationship with it. Mycorrhizae are natural, organic microorganisms in most soils.

- They bind to plant roots and increase a plant's ability to absorb water and nutrients from the soil.
- Plants with healthy colonies of these fungi produce large yields, resist disease, and tolerate stress.

Mycorrhizae are a special type of fungus that colonize plant roots and strengthen them. Plants with healthy mycorrhizae colonies can extract nutrients and water more efficiently than plants without. They are more drought resistant, pest and disease resistant, and typically produce higher yields.



Mycorrhizal fungus nodules on plant roots

What Does This Mycorrhizae Stuff Do For Plants?

Provide amazing benefits for almost all plants, indoor and outdoor. Whether you're growing flowers, vegetables, or fruit trees, you'll see marked improvements shortly after you start adding them to your soil. Mycorrhizae help plants by:

- Increasing nitrogen, phosphorus, and potassium absorption; and delivering directly to the plant's nucleus.
- Strengthen the plant's ability to take in micronutrients.
- Enhances root growth and improve water absorption.
- Improving the plant's tolerance to drought and stress.
- Higher transplant survival rates.
- Plants with healthy colonies of these fungi were less likely to have disease-causing organisms.

HOW DOES IT WORK – THE SYMBIOTIC RELATIONSHIP

Plants produce carbohydrates that create sugars, the main food source for the fungus. The fungus eats the carbohydrates and grows. In return, the fungus creates a network of underground "feeders" that work as extensions of the plant's roots. Becoming like a second root system for the plant. The result means stronger, healthier plants with bigger yields. Here are several ways to do this:



- Mix them into the soil
- Add them while transplanting from a pot
- Use them while watering seeds or seedlings
- Apply them as a coating on the root ball
- Add them to transplant and backfill soil

THERE ARE TWO TYPES OF MYCORRHIZAE -- ENDOMYCORRHIZAE AND ECTOMYCORRHIZAE

However, the Endomycorrhiza form relationships with 90% of all plant species, so that is the focus of this article.

Control study example on Marigolds, with & without using Mycorrhizae Fungus

Continued . . .

Using Mycorrhizae Fungus In Your Garden *continued . . .*

Almost all plants benefit from mycorrhizae colonies. There are a few, however, that do not. They include azaleas, beets, blueberries, broccoli, Brussels sprouts, cabbage, kale, carnations, cauliflowers, collard greens, cranberries, heath grasses, huckleberries, mustard plants, protea plants, rhododendrons, sedges, and spinach.

COMMERCIAL PRODUCTS OF MYCORRHIZAL FUNGI CAN BE FOUND IN A VARIETY OF FORMS SUCH AS POWDER & GRANULES



Pricing can vary between sellers, but it is good to remember that a very small amount goes a long way. Be sure to read the package information.

When planting seeds, new seedling or transplant, on established plants, soil drench feeding, and foliar feeding.



Another comparison example, this time on basil plants, with & without using Mycorrhizae Fungus

Cultivating Facts on Basil

It is estimated there are from 50 to 150 species of basil.

Probably about 20 types typically grown in the garden for culinary purposes.

- 🌿 The earliest written reference of basil was from 206 B.C.E.
- 🌿 An 11-foot tall Tulsi Basil plant is under review by the Guinness Book of Records for the tallest ever basil plant. The current record holder is 10 ft 2 inches.
- 🌿 During medieval times, basil was used to treat wounds from scorpions. However, some people believed that smelling basil could cause scorpions to grow in your brain.
- 🌿 In 2007, 10,000,000 cinnamon basil seeds were sent into space with NASA to be grown on the ISS.
- 🌿 Basil aids with respiratory illness, headaches, and digestive trouble / stomach cramps, and has large amounts of Vitamins A, C, and K, calcium, and potassium. It is also believed to help boost moods and treat anxiety and lack of concentration.
- 🌿 Basil loves warm weather, and grows best when the temperature is consistently at least 70 °F, and will continue to thrive up to temperatures of 90 °F. Basil can survive in a wide range of temperatures, from 50-90 °F.
- 🌿 Basil flowers and flower buds can be used in almost any recipe that calls for basil, either with the leaves or replacing them.
- 🌿 Tulsi basil is a basil tea that can help you relax.
- 🌿 You can drink basil seeds, and drinks containing basil seeds are very popular in India and Thailand.
- 🌿 Planting basil next to tomato plants improves the flavor of the tomatoes.



Thai Basil



Lime Basil



Lemon Basil



Dark Opal



Genovese Basil



Cinnamon Basil



Greek Basil



Holy Basil



Pesto Pasta with Tomatoes & Mozzarella

Ingredients

- 1-2 pounds of small tomatoes
- Kosher salt and black pepper
- 2 garlic cloves minced
- Extra virgin olive oil
- 1 pound thin spaghetti
- 1 cup basil pesto
- 6oz fresh baby mozzarella
- Fresh basil for garnish

Directions

Preheat oven to 450°F

Roast the tomatoes

Cut small tomatoes (Campari or grape tomatoes) in half, and toss them in extra virgin olive oil, garlic, salt, and pepper. Arrange them on large baking sheet, flesh side up, roast in 450 degrees heated over for 25-35 minutes or until tomatoes collapse and start to char

Cook the pasta

While tomatoes are roasting, cook 1 pound of thin spaghetti in salted boiling water, for about 10 minutes. Drain, but keep about ½ cup of pasta cooking water for later.

Toss everything together

Put the cooked pasta in a large bowl. Add the pesto and toss until the pasta is well-coated. If needed, add some pasta cooking water to help it mix evenly. Add a pinch of kosher salt and black pepper. Add the roasted tomatoes and baby mozzarella. Toss again to combine.

Serve

Serve pasta warm with a garnish of fresh parsley (optional)

Recipe Credit: The Mediterranean Dish

Parmesan-Basil Corn Cakes

Ingredients

- 2 ears corn, shucked
- 1 large egg 1 tablespoon salt
- 1/4 cup all-purpose flour ½ cup rice wine vinegar
- 1/4 cup grated parmesan
- ¼ cup chopped basil
- 1 tablespoon cornstarch
- Kosher salt and freshly ground black pepper
- Vegetable oil, for coating

Directions

Cut the kernels off the corn.

Pulse half the corn with the egg in a food processor; transfer to a medium bowl.

Mix in the remaining corn, the flour, parmesan, basil, cornstarch, 1/2 teaspoon salt and some pepper.

Coat a large skillet with oil and heat over medium heat.

Cook spoonfuls until golden, 3 to 4 minutes per side. Serve.

Recipe Credit: The Food network

Basil Pesto

Ingredients

- ½ cup toasted pine nuts (or walnuts)
- 3 oz parmesan, grated
- 2 garlic cloves, finely grated
- 6 cups basil leaves
- ¾ cup extra virgin olive oil
- 1 teaspoon kosher salt



Directions

To a food processor add pine nuts, 3 oz of parmesan and 2 garlic cloves, finely grated, and pulse until finely ground, about 1 minute.

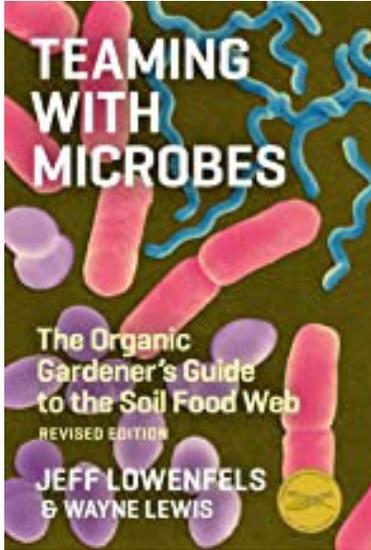
Add 6 cups basil leaves, and place top back on. With motor running, add the olive oil in a stream until pesto is smooth, about 1 minute. Season with 1 teaspoon of kosher salt.



A Gardener's Bookshelf



**A good gardening library can be one of your best tools.
This space is for sharing books to consider on gardening and plants.**



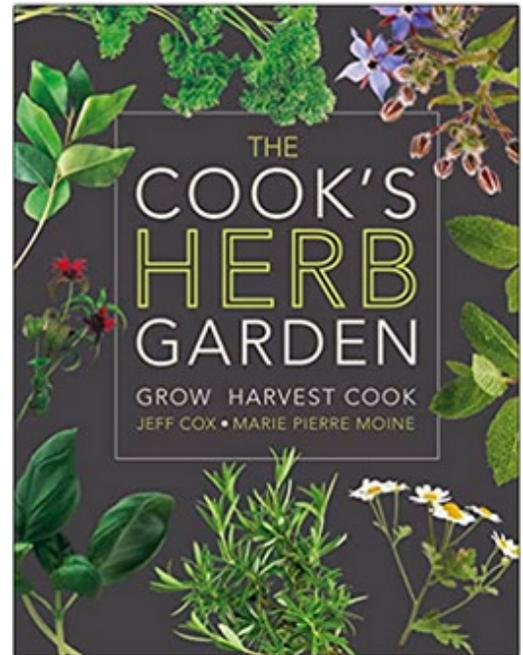
“Winner of the Garden Writers Association Gold Award for Best Book Writing

Smart gardeners know that soil is anything but an inert substance. Healthy soil is teeming with life—not just earthworms and insects, but a staggering multitude of bacteria, fungi, and other microorganisms. When we use chemical fertilizers, we injure the microbial life that sustains healthy plants, and thus become increasingly dependent on an arsenal of artificial substances, many of them toxic to humans as well as other forms of life. But there is an alternative to this vicious circle: to garden in a way that strengthens, rather than destroys, the soil food web—the complex world of soil-dwelling organisms whose interactions create a nurturing environment for plants. By eschewing jargon and overly technical language, the authors make the benefits of cultivating the soil food web available to a wide audience, from devotees of organic gardening techniques to weekend gardeners who simply want to grow healthy, vigorous plants without resorting to chemicals. “

“From your garden to your table, and every step in between, this lovely book will guide you through planting, growing, harvesting, and cooking herbs.

There’s a visual index of 120 culinary herbs and more than 30 delicious recipes to make with them.

Become an expert gardener with this compendium of herb cultivation. You'll find out when to plant the seeds and how to nurture them as they grow. There's helpful advice on how to keep pests away. Once you have harvested your herbs, learn the different ways you can store them for future meals, like freezing or drying them.“



**Located at:
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**Visit us online at:
www.calimesacommunitygarden.org**

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PLANTING CALENDAR—with notes

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.

January

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

February

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

March

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

April

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

May

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

June

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

July

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

August

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

September

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

October

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

November

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

December

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

