

# The Sprout



## Around the Community Garden in May







## HOW BIG A GARDEN DO YOU NEED TO FEED A FAMILY?

By Carol Connare, for Farmer's Almanac

**How big a vegetable garden do you need to feed a family? How big would your garden need to be?  
How much should you plant? Let's contemplate the possibilities!**



To answer these questions, here are a number of factors. For example, where do you live? If you live in a southern state (example, Georgia), you may be able to grow year-round. If you live in colder region, however, you may not be able to depend on a full winter harvest and will instead need to can or freeze part of your late-summer yield.

1. According to a UK study, to sustain one person on a *vegetarian* diet for an entire year, you'd probably need about 4000 square feet of growing space. This excludes access paths. That is big! Clearly, this amount of real estate will require a major commitment in terms of your labor, too.
2. For a non-vegetarian individual, however, we'd estimate that you need about 200 square feet of garden space to allow for a harvest that feeds everyone year-round. So, for an average family of four, plan for an 800 square-foot garden—a plot that is 20 feet by 40 feet in size. It can depend on what you plant, of course; some crops take up more room than others.

- ➡ Perhaps it's better to think about how many people are in your family and what you actually like to eat.
- ➡ There's no point in growing asparagus if you are the only one who will eat them.
- ➡ Look at your normal diet and note how much you eat per week.

**Example: If you ate 3 pounds of potatoes a week, that's 12 pounds a month and 144 pounds a year!**

### Common Vegetables to Grow

Let's look at common plants families eat and how much garden space is required per person. Some crops, such as tomatoes, produce many vegetables or fruits per plant, so you'll need fewer of these plants to obtain a large harvest. Others such as carrots produce just one vegetable per plant and require correspondingly more to be sown.

Below are examples based on one individual's habits (yours may be different).

#### Potatoes:

As mentioned above, let's say you ate 3 pounds of potatoes a week, that's 12 pounds a month and 144 pounds a year. Assuming 75 to 200 pounds per person, that translates to:

- Yield per 10-foot row: 10 to 20 pounds
- Row length needed: 75 to 100 feet, which is about 85 plants

#### Tomatoes:

Assuming 15 to 65 pounds of tomatoes a year per person, that translates to:

- Yield per 10-foot row: 15 to 45lbs
- Row length needed: 10 to 15 feet, which is 6 to 10 plants

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# VEGETABLES

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## **Carrots:**

Assuming 7 to 20 pounds of carrots per person per year, this translates to:

1. Yield per 10-foot row: 7 to 10 pounds —(NOTE: this when looking at only narrow row planting)
2. Row length needed: 10 to 20 feet, which is about 30 to 60 plants

So, for other crops just continue this process of working out how much you'll eat, researching how much each plant yields, and how long the row will need to be.

## **How to get the most from your space**

There are some tried and tested growing techniques which help you to get the most from any garden, no matter how big or how small.

### **Use different varieties**

Where possible, plant early, mid, and late varieties of your crops. This will provide a steady flow of produce spread throughout the season, and can also help to reduce losses due to pests and diseases as your plants will be in different stages of growth at different times.

For example, if you're growing potatoes you could choose 3 different varieties: one each of first early, second early and maincrop varieties. Many other crops have seasonal varieties too, including peas, beans, apples, onions and corn.

### **Succession plant**

Succession planting is all about maximizing the space you have available, ensuring that there is always something growing in the ground. As you harvest your first early potatoes in June, you could then plant a quick growing crop such as some beets. The Garden Planner can help to keep track of this – set the dates that crops will be in the ground and select a specific month to see what space will be available, then pop in a few rows of your chosen succession crop.

### **Extend your season and protect your crops**

Use greenhouses, cold frames or a hoop house to add an extra few weeks at the start and end of the growing season. In cooler climates this will ensure you are much more successful with tender crops like tomatoes, cucumbers and melons. They will also help to protect your crops from unseasonal weather such as wet summers and from some pests such as birds, small mammals and deer. Plus, it's always welcome to be able to harvest fresh produce early in the season.

### **Grow calorie crops**

Calorie crops are those which have a high calorie content per weight of crop. If you're growing lots of your own food, you'll want to include the top 5 of potatoes, corn, beans, winter squash and perhaps grains such as wheat. These crops fill you up, are generally much less work than other crops and are very versatile – they store well, for long periods and are endlessly useful in the kitchen.

Growing any fresh food in your garden is a great way to feed your family – it doesn't have to be about being totally self-sufficient. Whether you have a few containers by your back door or have a 2 acre plot you'll be able to add fresh ingredients to your meals and reduce your grocery bills, and if you garden organically and sustainably you'll be reducing your environmental impact too.



# Cultivating Facts on Cantaloupe

- 🍈 Cantaloupe, also known as muskmelon, mushmelon, rockmelon, sweet melon, and spanspek, refers to a variety of the *Cucumis melo* species in the Cucurbitaceae family .
- 🍈 Originally, cantaloupe referred only to the non-netted, orange fleshed melons of Europe. However, in more recent usage, it has come to mean any orange fleshed melon of *Cucumis melo*, and has become the most popular melon in North America.
- 🍈 The name “cantaloupe” comes from the French “cantaloop” from the Italian “Cantalupo,” which was formerly a papal county sea near Rome, after the fruit’s introduction there from Armenia.
- 🍈 The World’s Record for the heaviest cantaloupe was grown by Doug English of Missouri in 2020, weighing in at 71.6 pounds!
- 🍈 Although the origin of Cantaloupe is difficult to trace, its introduction to the Americas was quite significant. Cantaloupes, along with other fruits and melons, were brought to America by Christopher Columbus on one of his westward voyages towards the end of the 15th century.
- 🍈 Because the surface of a cantaloupe can contain harmful bacteria, such as Salmonella, it’s recommended to wash and scrub a melon thoroughly before cutting and eating.
- 🍈 Cantaloupe develops male and female, sometimes bisexual, flowers on the same plant. Once the reproductive organs reach full maturity, pollen needs to be transferred to the female flower within 24 hours to ensure the successful formation of the fruit.
- 🍈 Cantaloupe is a rich source of dietary fibers, vitamins A, C and vitamins of the B group and minerals such as calcium, iron, magnesium, phosphorus and potassium.





## The Bug Buzz

### The Tomato Hornworm

Like all caterpillars, tomato hornworms are not fully formed adults but are merely the transitional larvae prior to the hornworm maturing into a fully-formed five-spotted hawk moth. Because tomato hornworms are a young and developing larvae, they feed quicker and more aggressively than just about any mature insect in the garden.

While other foliage-eating insects only consume the softest plant tissue, tomato hornworms are far more ravenous and will feed on the most fibrous parts of the plant.

Hornworms are solitary caterpillars that do not swarm and can be removed individually by hand. For a larger hornworm population, try the store-bought bacterial gardening powder *Bacillus thuringiensis*, or simply known as Bt. The bacteria is non-toxic to humans and animals but very effective when consumed by caterpillars.

There are several types of Bt for different insects but, if eradicating hornworms and caterpillars, be sure to only use *Bacillus thuringiensis* var. *kurstaki*.







## Seed Saving Basics

Have you wondered whether you can replant seeds from your garden? Here is basic information to help you get started with saving seeds.

For longtime gardeners, saving seeds from their plants may be a family tradition. For new gardeners, it may only be a matter of time until they wonder if they can save the seeds forming in their vegetables and flowers to grow next year's garden. While the answer is yes, the successful seed saver will need to plan ahead. Here are a few things to consider in getting started with seed saving.

### ■ Heirloom vs. Hybrid

It is best to save seeds only from heirloom plants to avoid disappointment. Heirloom plants have been open pollinated over time, and fruit from the seeds you save should have most of the characteristics of the parent. Just be sure to save seeds from typical fruits; for example, if your tomato variety should be round, dark red, and the size of a baseball, do not save seeds from fruits that are pale, elongated, or undersized. Hybrid plants are grown from seeds of two pure parent lines. These parent plants are not similar and are combined to create desirable traits, such as disease resistance, increased vigor, and uniformity. The result of these crosses usually only lasts one generation, so the seeds harvested from hybrids may produce disappointing results.

### What About Crossbreeding?

Have you heard the term "franken fruit"? Many people assume that vegetables in their garden will crossbreed with almost anything, but only plants of the same species can crossbreed. To discover which plants are the same species, check the botanical name. For example, a cucumber (*Cucumis sativus*) will not crossbreed with a melon (*Cucumis melo*), even though the large male and female blossoms on the plants may appear similar. However, broccoli, Brussels sprouts, collards, European kale, and mustard greens may all crossbreed, which is indicated by the botanical name they share: *Brassica oleracea*.

### ■ Getting Started

The vegetables recommended for beginning seed savers are beans, peas, tomatoes, and lettuce. That is because these vegetables are self-pollinating, reducing the chance of undesirable crossbreeding. However, there is still a chance that they may be insect pollinated with another plant of the same species in your garden. Therefore, it is best to only plant one heirloom variety of each plant if you are planning to save the seeds.

### ■ Saving Flower Seeds

Though most seed saving activity is focused on vegetables, you can also save seeds from flowers. You may notice that some flowers readily seed themselves. In order to control where those seeds are replanted or to share with others, check for seeds about two to three weeks after the plants have bloomed. Flowers that lend themselves well to seed saving include calendula, columbine, foxglove, globe amaranth, marigolds, morning glories, nasturtiums, nigella, and zinnias. Sunflowers are another

popular choice for seed saving; the petals should dieback, and the head should dry for a few days while on the stalk—it may need to be covered with a paper bag to keep birds from consuming the seeds. The flower head can then be cut off to dry in the bag in a warm, dry space.

## ■ Harvest and Winnowing

Vegetables that are ripe enough to eat are not always mature enough for seed saving. Likewise, different vegetables require different methods in order to separate the seed from the plant. Let's look at the examples of vegetables for beginning seeds savers mentioned above.

🌱 **Beans and Peas** – Ideally, these pods should be allowed to mature and dry on the plant. Pods are then easily broken open to remove the seeds.

🌱 **Lettuce** – If you harvest all of your lettuce when it is time to eat it, you may never see a seed! But eventually, lettuce will send up flower stalks that contain seeds. The individual composite flowers of lettuce are similar to dandelion flowers. So, harvest lettuce seeds before they are dispersed by the wind. You should then pick apart the seed heads or rub them between your hands to separate the seeds from the pappuses, or tufts, that would allow them to blow in the wind. A screen or sieve is helpful to separate the chaff from the seeds.

🌱 **Tomatoes** – Tomato seeds should be harvested when the fruit is ripe enough to eat. Tomato seeds must be fermented to separate them from the gelatinous pulp that surrounds them. To do so, cut the tomatoes and squeeze the seeds and pulp into a jar. Let the jar sit for two to three days, agitating it occasionally. The viable seeds will sink to the bottom of the jar. Decant these seeds by pouring out floating seeds and liquid from the top of the jar. Fill with fresh water and repeat. Then, pour the viable seeds from the bottom of the jar onto a cheesecloth or a fine sieve to dry.

## ■ Drying and Storing

Seeds should be dried to the point where they could be snapped by hand or shattered with a hammer. Another test for proper dryness is to make sure that you cannot dent the seed with your fingernail. Gardeners spread seeds on various materials to dry them, including newspapers, coffee filters, paper plates, and screens. Storage preferences vary, too. As long as seeds are kept in cool, dry, dark place, they can be stored in plastic or glassine bags, plastic containers, or glass jars. Some seed savers have good luck with storing seeds in the refrigerator; others feel that this environment could contain too much moisture, causing the seeds to mold. You might want to experiment to find the storage location that works best for you. No matter how they are stored, seed containers should be labeled with details about the plant variety and date. Many seeds are viable for only a few years, which makes the date of harvest very important.

By Lois Miklas, Pennsylvania State University



## **Melon and Pineapple Fruit Salad with Honey, Lime and Mint Dressing**

**Melon Fruit salad with beautiful colors and refreshing flavors!  
It's so easy to throw together and the perfect side at any cook-out or summer party.**

### **Ingredients**

- ☐ 1 mini seedless watermelon , diced into small cubes (5 cups)
- ☐ 1 cantaloupe , diced into small cubes (5 cups)
- ☐ 1 honeydew , diced into small cubes (5 cups)
- ☐ 1 pineapple , diced into small cubes (3 1/2 cups)
- ☐ 1/3 cup honey
- ☐ 1/4 cup fresh lime juice
- ☐ 1/4 cup chopped fresh mint

### **Directions**

Dice fruit (drain of any excess liquid) and add fruit to a large salad bowl. In a jar or bowl whisk together honey, lime juice and mint. Pour over fruit and toss to evenly coat. Serve immediately.

Serves 12



Recipe source: [classycook.com](http://classycook.com)



## Roasted Bell Pepper Salad with Mozzarella & Basil

**A quick and easy way to enjoy a healthy snack or side dish . Sweet peppers like red, orange and yellow bells stand in for tomatoes in this caprese-style salad and pair deliciously with the fresh mozzarella and acidic balsamic drizzle. Try green bell peppers if you prefer less sweetness.**

**This easy, healthy recipe takes just 20 minutes to make.**



### Ingredients

- ☐ 4 medium sweet bell peppers, quartered and seeded
- ☐ 4 ounces fresh mozzarella, torn
- ☐ 3 tablespoons torn fresh basil leaves
- ☐ 1 ½ tablespoons extra-virgin olive oil
- ☐ ½ teaspoon flaky sea salt
- ☐ ⅛ teaspoon ground pepper

### Directions

**Step 1.** Preheat broiler to high.

**Step 2.** Broil peppers, turning once, until soft and charred in spots, about 10 minutes.

**Step 3.** Arrange the peppers on a serving platter and top with mozzarella, basil, oil, balsamic glaze, salt and pepper.

Serves 4

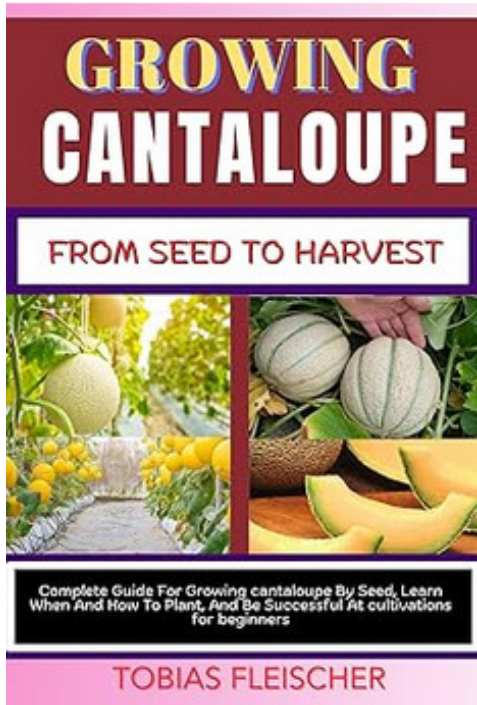
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# A Gardener's Bookshelf



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



Embark on a comprehensive exploration of everything you need to know about nurturing cantaloupes, from seed to succulent fruit. This definitive guide is tailored for beginners, offering expert insights and practical advice for cultivating cantaloupes with confidence.

Discover the art of starting with cantaloupes, mastering the process from seed to sprout. Learn the optimal techniques for planting cantaloupe seeds and nurturing them to their full potential.

Delve into the essential aspects of maintaining healthy cantaloupe plants, from diligent care routines to effective troubleshooting strategies. Gain valuable knowledge on harvesting and storing cantaloupes to savor their freshness long after harvest.

With its clear, concise chapters and expert guidance, "Growing Cantaloupe from Seed to Harvest" equips you with the tools and knowledge to become a master cantaloupe cultivator. Whether you're a novice gardener or a seasoned enthusiast, this book promises to enrich your gardening experience and yield delightful results.

This new edition of the huge, classic reference Vegetables, Herbs and Fruit is updated in design - with more and better color - and expanded by 60 pages, covering a total of 70 vegetables, 100 herbs and 100 popular fruits. The most current information on plant varieties and cultivation techniques make it the essential sourcebook for all food gardeners, especially for anyone who wants to grow their own produce and who feels that they could use some expert advice.

By authors: Matthew Biggs, Jekka McVicar and Bob Flowerdew.



Matthew Biggs, Jekka McVicar and Bob Flowerdew

## The New VEGETABLES, HERBS & FRUIT An Illustrated Encyclopedia

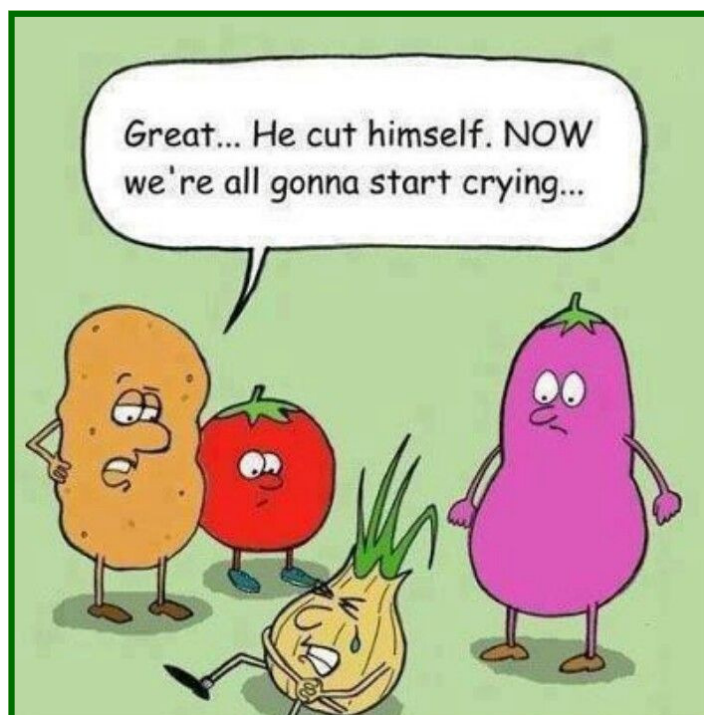




## **EMERGENCY WATER SHUT-OFF**

### **CCG MEMBERS — 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.



#### LOCATION

371 W. Avenue L  
Calimesa, CA 92320

Visit us online at:  
[www.calimesacommunitygarden.org](http://www.calimesacommunitygarden.org)

#### CCG BOARD OF DIRECTORS

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# Have Extra Produce ? Support Local Food Banks

◆ **Set Free Christian Fellowship (limited refrigerator space)**

13700 Calimesa Blvd. Yucaipa, CA 92399

Contact: (909) 446-0033

*Food donations accepted daily 9:00 AM - 3:00 PM*

◆ **Family Services - (limited refrigerator space)**

908 Park Avenue , Calimesa, CA 92320 \*Norton Younglove Center

Contact: Kathy Knox (909) 795-2287 or Patsy in kitchen.

*Food donations accepted Wednesday at 9:00 (displayed for visitors to pick up between 10:00 AM - 2:00 PM)*

*Also Tuesdays & Thursdays at 9:00 AM (many seniors visit center on those days)*

◆ **Yucaipa Family Assistance (commercial refrigerator available)**

35075 Avenue B Yucaipa, CA 92399

Contact: (909)797-0244

*Delivery and Pick up: Monday, Wednesday and Friday at 10:00 AM - 3:00 PM*

◆ **Interfaith Community Support (ICS)of Yucaipa**

At St. Frances X Cabrini Church (several refrigerators and space)

12687 California Street, Yucaipa, CA (inside the renovated garages)

Contact: (909) 797-0007

*Hours: Monday 11:00 AM -3:30 PM, Tuesday 12:30 PM -3:30 PM, Thursday 11:00 AM -3:30 PM*

*Proof of residency is required to obtain food. Serving Calimesa and Yucaipa residents.*

*\*\*This organization coordinates and works with other food distribution services to get healthy food to individuals in need.*

◆ **Carol's Kitchen - Multiple Locations - Various Days - website: [www.carolskitcheninc.org](http://www.carolskitcheninc.org)**

Saint Kateri Tekawitha Catholic Church 1234 Palm Ave., Beaumont

*Mondays & Thursdays 11:30AM - 1:00 PM*

Cabazon Community Center

50390 Carmen Ave., Cabazon, CA 92230

*Tuesdays & Fridays 11:30 AM - 1:00 PM*

Banning Community Center 789 N. San Geronio Ave., Corner of Wilson & San Geronio Banning  
*11:30AM - 1PM*

◆ **Fellowship in the Pass Church \*The Lord's Pantry**

650 Oak Valley Parkway, Beaumont, CA (951) 845-2693

*Monday thru Friday 8:00 AM - 11:30 AM at the back of the church*



## **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.
- ⇒ Enjoy and expect the unexpected!

### **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

