

# The Sprout

## Safety In The Garden



### Safety Begins At The Garden Gate

- ❁ Immediately after opening the lock – **SPIN THE DIALS** This prevents anyone walking by from seeing the password.
- ❁ Do not hang the lock on the fence, place back through latch.
- ❁ Instead, place back into place to appear locked, increasing safety for the gardeners.

### Be Realistic About Gardening Tasks

- ❁ Keep in mind how long a task may take, and its level of difficulty. Remember to take breaks and to hydrate.

### Careful Doing Prolonged Repetitive Motions

- ❁ Keeping at an activity that uses the same movement over and over for too long – can cause strain or injury.
- ❁ Divide tasks into 10 to 15 minute portions of time. Intersperse with different tasks, rest or just walk a bit.
- ❁ Be aware of which of your gardening tasks include prolonged repetitive motion (like digging, hoeing, pruning, planting, or raking). Make sure to divide these tasks into 15-minute chunks and intersperse them with other activities, taking a short rest in between.

### Protect Yourself From Sun Damage And Heat

- ❁ Things can heat up quickly when working in the garden, do not let yourself risk getting overheated or sunstroke. When temperatures are high, wear a hat, take periodic breaks in the shade, try to garden either early or late in the day.
- ❁ Wear sunscreen or clothing that protects you from the sun.



# Fall and Winter Vegetable Gardening



Beets



Radishes



Cabbage



Broccoli



Potatoes



Carrots



Spinach



Peas



Garlic



Cauliflower



Lettuce

**The Soil** All soil will benefit from the addition of compost. It improves tilth, so that air, water and roots can penetrate, it encourages beneficial microbial activity and provides some nutritional benefits. If you don't make your own, you can pick some up at your local nursery. Whenever you finish with one crop, mix in a little more compost before you plant the new one.

**Microclimates** It is important to understand that there are different microclimates, even in just the Calimesa and Yucaipa areas. For example, areas closer to the hills, or higher in the pass, have somewhat cooler temperatures and may get some snow. This may mean you need to provide protection for some crops by applying extra mulch or using floating row covers. Additionally, even though you do not need to water as often in fall and winter, be careful to provide adequate moisture during periods of increased temperatures, and drying winds.

**Root Vegetables** These are cold weather vegetables that can be planted as late as November, and sometimes even December depending on the weather.

**The Cabbage Family** This family of vegetables also includes broccoli, cauliflower, Brussels sprouts, and bok choy, and all can be grown easily throughout the winter. Kale is another vegetable that is winter hardy.

**Herbs** Fall herbs include oregano, garlic, rosemary and thyme. Perennial sage will also have no problem surviving the cold months.

**Flowers** Don't forget to do a little painting in your garden with winter blooming flowers like pansies, snapdragons, Iceland poppies, larkspur, delphiniums, and phlox. If planting sweet peas seeds, get them in now.

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As you choose what to grow, bear in mind whether you are planting an early bearing variety or a late one. Timing of planting and particular varieties are important factors, as well as, whether you are planting seeds, seedlings, or bare root plants.

In any event, nature loves to keep us guessing with earlier than normal winters or longer than normal summers! Both excessive cool and warm temperatures may cause some vegetable varieties to "bolt" early (go to seed), or make seed sprouting difficult. But hey, sometimes we never know why a particular plant did not thrive, or why seed did not germinate. Such things happen to the most experienced of gardeners. Just get out there, dig in the dirt, breath in the fresh air, and have a good time.

See the year round vegetable planting guide on the CCG website:  
[calimesacommunitygarden.org](http://calimesacommunitygarden.org) — click on planting calendar.

# Cultivating Facts On Rutabaga

- 🐜 The Rutabaga was first mentioned by Gaspard Bauhin, a botany expert from Switzerland. In the early 1600s, the scientists found this root vegetable growing in the wild. Tests identified it as a cross between cabbage and turnip. Rutabaga thrives in soil with a pH of 6 to 6.5 and cooler temperatures.
- 🐜 Rutabaga is a root vegetable that is often mistaken for a turnip. However, the rutabaga is larger and sweeter in flavor.
- 🐜 High in fiber it is great for gut health: it draws water to the intestines, clears out unnecessary bacteria, and reduces the risk of colon cancer. It also helps to stabilize blood sugar levels.
- 🐜 A great source of potassium, one serving contains more than 30 percent of an adult's daily requirement.
- 🐜 One serving – approximately one medium root or 0.8 pounds – only contains 143 calories. The vegetable leaves people feeling fuller longer, so it helps curb snack attacks.
- 🐜 In Finland they eat and cook rutabaga in a variety of ways. Rutabaga is the major ingredient in the popular Christmas dish—rutabaga casserole.
- 🐜 Until pumpkins became readily available, People living in Northern England, West England, Ireland and Scotland have long carved rutabagas and turnips and often used them as lanterns to ward off harmful spirits.
- 🐜 Rutabaga can be added to soups, boiled, mashed or fried.





## Interested In Attending A Master Gardener Class?



UNIVERSITY OF CALIFORNIA, DIVISION OF AGRICULTURE AND NATURAL RESOURCES

### UC Master Gardener Program of Riverside County

#### Calendar of Upcoming Classes – Must Register Soon

- 9/07/2024 Saving Seeds To Grow Food
- 9/14/2024 Home Gardening Basics – West County – Session 1
- 9/21/2024 Home Gardening Basics – West County – Session 2
- 9/28/2024 Home Gardening Basics – West County – Session 3

For more information—Visit online at: <https://ucanr.edu/sites/RiversideMG/Calendar/>

## Starting Seeds for a Fall & Winter Garden

The months of September and early October are great for starting seeds for Fall and Winter crops, as the weather is still warm in Southern California. This will give the young plants ample time to grow strong root systems and grow large enough to embrace the cooler weather.



The key is to make sure your seedlings are in shade on those

super hot Summer days because they are technically cool season crops. This means that initially they need to be under some shade cover, or started on the side of your home that stays in the shade for at least from noon on.

Be sure to keep your Fall garden vegetable seeds and plants well-watered during any hot days. Once your seedlings or transplants are established give them a deeper watering with greater spacing between times.

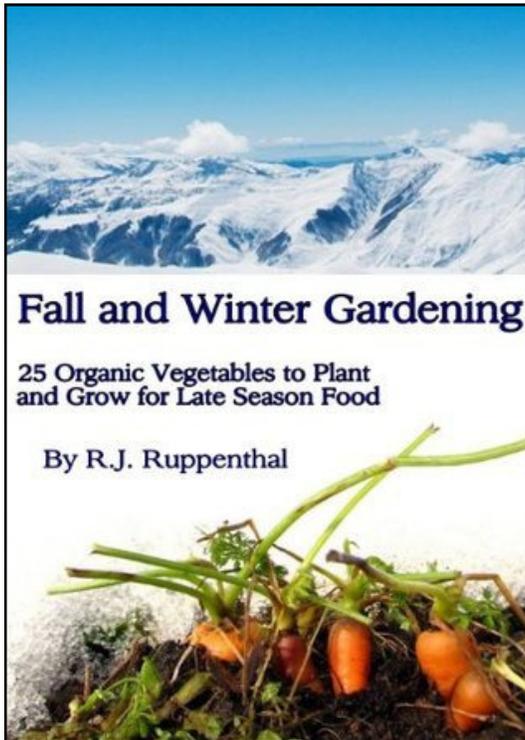




# A Gardener's Bookshelf



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

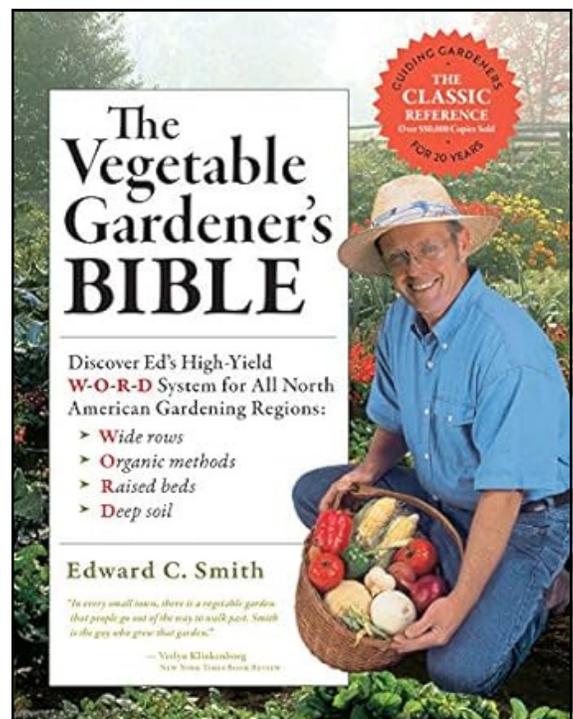


By author, R.J. Ruppenthal. Grow vegetables in Fall and Winter. Learn which vegetables can survive in cold weather and how to grow them. For backyard gardeners and container gardeners who want to grow food for fresh eating all year round. Written by the author of the best-selling Fresh Food From Small Spaces gardening book, a former columnist for Urban Farm magazine.

Book describes 25 varieties of vegetables you can plant late into the year for harvest in late fall, winter, and early spring. They will thrive in cool fall weather and they can handle an early frost. Some of them can handle a hard frost and keep on trucking, particularly when they are protected using one of the techniques covered in this book. This is organic vegetable gardening for everyone, almost any time, any place.

Edward C. Smith's legendary high-yield gardening method emphasizes wide rows, organic methods, raised beds, and deep soil. Read up on how to succeed with fussy plants. Learn about and try new and unusual varieties. Smith explains how to innovatively extend your growing season.

Profiles of hundreds of popular varieties are included. The Vegetable Gardener's Bible provides an inspiring roadmap for gardeners of all skill levels to enjoy abundant homegrown vegetables.



## Spicy Szechuan Green Beans

**These Szechuan Green Beans taste wonderful and are almost as good as takeout Chinese green beans!**

### Ingredients

- 1 pound green beans, trimmed and cut into 1-inch pieces
- 2 cup water
- 2 tablespoon minced ginger
- 3 cloves garlic, minced
- 2 teaspoon sesame oil
- 4 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon white sugar
- 1/2 teaspoon red pepper flakes

### Directions

#### Step 1

Combine green beans and water in a skillet over medium-high heat. Cover and cook, stirring occasionally, until beans are tender-crisp, 4 to 5 minutes. Add ginger, garlic, and sesame oil; cook, stirring frequently, until garlic is fragrant and golden brown, 1 to 2 minutes.

#### Step 2

Mix soy sauce, rice vinegar, sugar, and red pepper flakes together in a small bowl. Pour over beans and cook until sauce thickens enough to coat beans, 3 to 5 minutes.

Serves 4



Recipe source: [allrecipes.com](https://www.allrecipes.com)

## Instant Pot Rutabaga Mash

**A lower-carb alternative to mashed potatoes and can easily be made in a fraction of the time using a Instant Pot type pressure cooker. The mash has a nice creamy and chunky texture**



### Ingredients

- 1 cup water
- 2 pounds rutabaga, peeled and chopped into 1-inch cubes
- ¼ cup half-and-half
- 1 tablespoon butter
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder

### Directions

#### Step 1

Pour water into a multi-functional pressure cooker (such as Instant Pot) and set the trivet inside. Place rutabaga into the steamer basket and set it inside the pot. Close and lock the lid. Select high pressure according to manufacturer's instructions; set the timer for 8 minutes. Allow 10 to 15 minutes for pressure to build.

#### Step 2

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Drain rutabaga. Return rutabaga to the pot or place into a medium bowl.

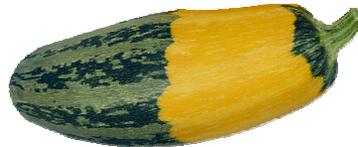
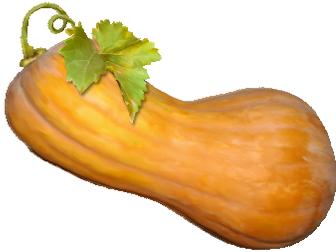
#### Step 3

Add half-and-half, butter, salt, pepper, and garlic powder to rutabaga and mash to desired consistency. The rutabaga will have a chunky texture. Serve warm

Serves 4

Recipe source: [allrecipes.com](https://www.allrecipes.com)

# Lettuce Eat and Lettuce Celebrate!



## **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.

Seth Wiafe: 909-855-1217

Angie Cloud: 909-556-2856

### **LOCATION**

371 W. Avenue L  
Calimesa, CA 92320

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

### **CCG BOARD OF DIRECTORS**

President ..... Seth Wiafe  
Vice-President ..... Angie Cloud  
Secretary ..... Debra Grzeskowiak  
Treasurer ..... Florence Oriola-Koya  
Advisor..... Sue Negrette  
Membership Chair ... Sharon Miller



# 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

