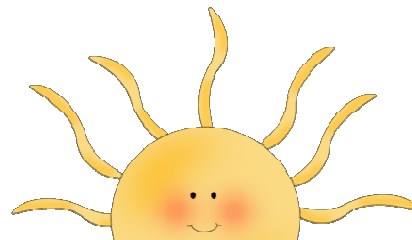




*The love of gardening is a seed
once sown that never dies.*

Gertrude Jekyll



MEMBERSHIP RENEWALS - BEGIN JANUARY 15TH

RENEWING MEMBERS: Along with your dues --- **BY FEBRUARY 1ST**
YOU MUST - Complete, Sign, and Return copies of the CCG Waiver,
Rules and Procedures, and Volunteer Task List for your renewal
status to be considered valid.



Improving Your Soil With Cover Crops

Farmers around the world grow cover crops to protect the soil and increase crop yields; it adds fertility to the soil without chemical fertilizers.

Cover crops are not grown for harvest; rather, they are grown to protect and improve soils. cover crops can be used to retain and recycle plant nutrients — especially nitrogen—between cropping cycles. Cover crops also provide a habitat for beneficial insects, as well as provide rotations to break plant disease cycles.

Types of Winter Cover Crops

Hairy Vetch

Austrian Winter Peas

Clover (white, red, crimson)

Winter Rye

Winter Wheat

Winter Barley

Cover crops are an excellent tool for home vegetable gardeners, providing many benefits that include:

- **weed suppression** – cover crops can provide an incremental benefit of weed control by out-competing weeds for light, water, and nutrients.
- **soil erosion** – the roots stabilize the root zone or surface of the soil, reducing the risk of erosion from wind and rain.
- **soil compaction** – the root systems can be used to combat both shallow and deep compaction, helping to loosen and revitalize your soil.
- **soil organic matter** – cover crop residues increase soil organic matter, providing numerous benefits to the soil and successive crops; increasing organic matter improves soil structure, soil water holding capacity and infiltration, and soil aggregate stability; decaying plant material contributes nutrients back to the soil to be used by future crops.
- **disease and pest management** – according to the Virginia Cooperative Extension, many articles have been published about cover crops being another tool for use in disease and pest management.
- **low maintenance** – cover crops require very little maintenance, and additional nutrients are seldom needed to support them since cover crops scavenge nutrients already present in the soil, and may even “fix” additional nitrogen from the atmosphere.

Continued

Improving Your Soil With Cover Crops

Continued

Planting Techniques for Cover Crops	Cover crops can be planted using broadcasting or by creating precise rows using a seed drill or planter.
Managing Cover Crops	Cover crops, like other plants, should be managed throughout the growing season, including watering and monitoring for pests or diseases. Before planting the next crop, they should be removed — or turned over into the soil.
Cover Crops and Garden Rotation	Cover crops should be incorporated into the garden rotation plan, planted during the off-season, or between crop rotations to improve soil health and prevent erosion .
Cover Crops and Companion Planting	Cover crops can be combined with companion planting to create a thriving ecosystem in the garden.

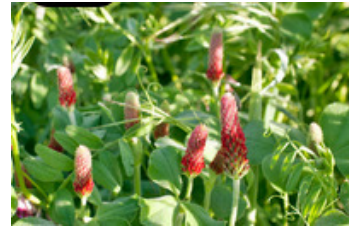
Hairy Vetch



Triticale



Red Clover



Austrian Winter Peas



Winter Rye



Winter Wheat



Cultivating Facts On Spinach

- 🥬 We've been eating spinach for centuries.
- 🥬 The spinach plant originates in Persia. It came to China in the 7th Century, Europe in the 12th Century, and the United States in the 1800s.
- 🥬 Spinach has an interesting alternative name. If you have ever wondered why some Chinese people call spinach 'Persian Green', they are merely honoring its origins.
- 🥬 Are you strong to the finish? The Popeye cartoon from the 1930s changed the perception of spinach in the USA, boosting consumption by an estimated 33%. The reason spinach consumption was low in the first place was because of a 1928 cartoon the New Yorker published showing a child displaying utter contempt for spinach.
- 🥬 In the First World War, hemorrhaging French soldiers were served wine blended with spinach juice. They wanted the Vitamin K in spinach to make the blood of these soldiers thicker.
- 🥬 China is the world's spinach capital, producing over two dozen tons of spinach every single year. They account for 92% of all the spinach produced in the entire world.
- 🥬 Spinach is often used as a natural food dye due to its deep green color.
- 🥬 Spinach is broken up into 3 groups—these include savoy, semi-savoy, and smooth-leafed spinach.

SAVOY SPINACH

Is very productive and handles cold better than most types. It has deeply crinkled leaves and a low growth habit that makes cleaning leaves a chore, especially in silty soils where grit splashes onto the leaves.



SEMI-SAVOY SPINACH

Has a more upright habit that makes mud splash less likely, and the leaves aren't as crinkly, so are easier to wash. They tend to have better disease and bolt-resistance, so they're often the best choice for home growing.



SMOOTH-LEAFED SPINACH

Has smooth, flat leaves that are easier to clean, which makes it the primary choice for processed spinach.



Tool Care - Stop the Rust



Got rusty tools? Give them a shot of nonstick cooking spray, such as Pam. Scrub the tools well. You may need sand paper if there is much rust buildup.

Then dry and mist them lightly with nonstick spray. Keeping around an old towel in a zip bag can be handy, so that whenever you finish using tools it can be used to wipe them down. Remember to give an occasional misting to keep them rust free and ready.



Refreshing Your Vegetable Garden

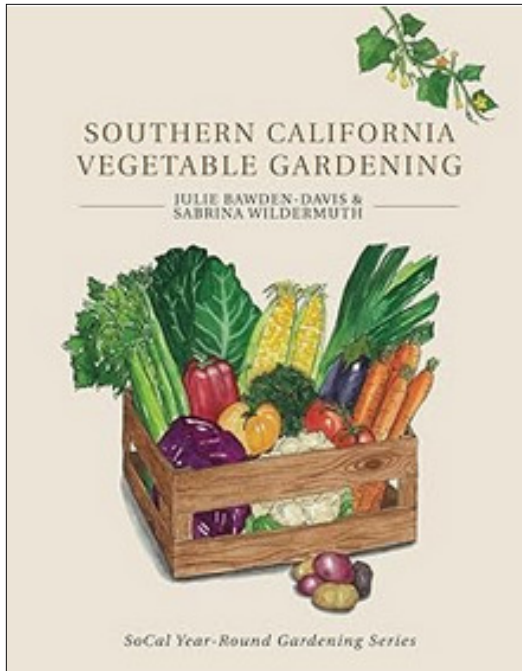
- ✓ Check off these vegetable garden chores to prepare for next season's harvest. Clean out beds. Removing all plant debris helps prevent pests and diseases from overwintering in your garden and returning even worse in spring.
- ✓ Put away stakes, labels, and other accessories. As you remove plants, don't forget to gather items such as labels, stakes, and cages. Store them where they'll be handy to reuse next year.
- ✓ Add compost. Spread a 2- to 3-inch-thick layer of compost over your beds to enrich the soil. No need to till it in; precipitation and soil organisms will do the job for you.
- ✓ Plant cover crops. Then turn them over into the soil in spring to add nutrients.
- ✓ Expand planting areas. If you'd like to increase your planting space, fall is an excellent time to set up new raised beds or start a lasagna garden where you want to smother grass for an in-ground bed.
- ✓ Order your seeds now for spring planting.



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 authors: Julie Bawden-Davis and Sabrina Wildermuth.

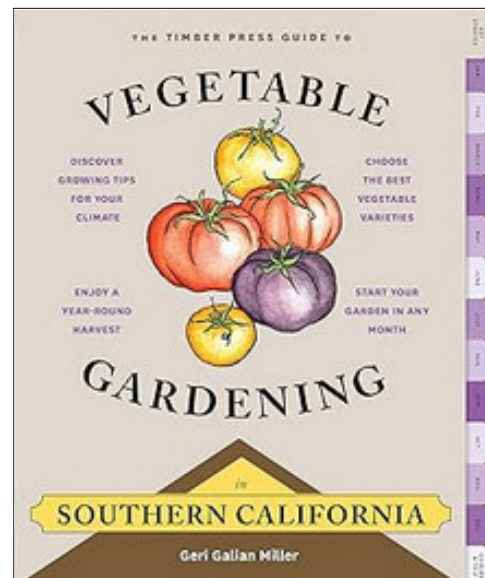
Written specifically for the SoCal gardener, this comprehensive guide features growing tips for more than 40 vegetables, as well as chapters on soil health, composting, seed raising, pests and diseases, fertilizing, and tips for gardening with kids.

SoCal has one of the best climates in the world for growing produce throughout every season. Featuring beautiful, full-color illustrations and photographs, this comprehensive guide answers all your questions about growing a bountiful vegetable harvest every month of the year.

Each 2-page vegetable spread explains exactly what to do in terms of planting location, soil, fertilizing, watering, and more. Also learn about the nutrition packed into each veggie, and enjoy tasty recipes using your harvest.

By Geri Galian Miller

There is nothing more regionally specific than vegetable gardening—what to plant, when to plant it, and when to harvest are decisions based on climate, weather, and first frost. The Timber Press Guide to Vegetable Gardening in Southern California, by regional expert Geri Miller, focuses on the unique eccentricities of California's gardening calendar, which include extreme temperatures and low rainfall. The month-by-month format makes it perfect for beginners and accessible to everyone—gardeners can start gardening the month they pick it up.



Sauteed Spinach with Parmesan Cheese

A simple formula that lets spinach shine.

Level: easy Prep: 10 min Cook: 10 min Serves 6

Ingredients

- 2 bunched spinach
- 2 tablespoon olive oil
- 3 to 4 cloves garlic, minced
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 small tomatoes seeded and diced
- 1/2 cup freshly grated Parmesan cheese

Directions

Step 1

Thoroughly wash and dry spinach and remove stems .

Step 2

Using half the ingredients and working in batches, heat olive oil in a large skillet over moderate heat. Saute garlic about one minute. Add spinach leaves, increase heat to high, and stir until evenly wilted, about 2 minutes. Add salt, pepper, and tomatoes. Cook an additional minute. Stir in grated Parmesan, remove from heat, taste, and adjust seasonings. Serve immediately. If spinach releases too much water, you can drain mixture in a colander before serving. Taste and adjust seasonings again after draining.



recipe source: [foodnetwork.com](https://www.foodnetwork.com)

Spinach Casserole

The crispy fried onion topping takes it over the top!

Ingredients

- 1 c. fried onions, lightly crushed, divided
- 1/2 c. panko breadcrumbs
- 2 Tbsp. olive oil
- 18 oz fresh spinach
- 3 Tbsp. butter
- 3 cloves garlic, minced
- 3 Tbsp flour
- 1 1/2 c. whole milk
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 2 oz. cream cheese
- 1 1/2 c. shredded gruyère cheese
- 1/3 c. grated parmesan
- Zest of 1 lemon



Directions

- Preheat the oven to 350 °F. In a small bowl, combine 1/2 cup of fried onions and the panko breadcrumbs; set aside.
- Heat a large skillet or Dutch oven over medium heat, then add the olive oil. Add the spinach (in batches, if needed). Cook, stirring occasionally, until wilted, about 5 minutes. Transfer to a heat-safe bowl and set aside.
- Add the butter to the same skillet. Let it melt until bubbly and golden. Add the garlic and flour and stir constantly with a wooden spoon for 2 minutes.
- Whisk in the milk, salt, and pepper. Cook, stirring frequently, until the mixture thickens, 5 to 7 minutes.
- Reduce the heat to low and stir in the cream cheese until completely combined. Add the gruyère in 3 batches, making sure the cheese is completely incorporated before adding the next batch. Stir in the parmesan. The mixture will be very thick and will give a lot of resistance when stirring.
- Add the spinach with juices to the cheese sauce, stirring until well combined. Add the remaining 1/2 cup of fried onions. Transfer the mixture to an 8-by-8-inch baking dish. Sprinkle with the fried onion and panko mixture.
- Bake until the casserole is bubbling and the topping is golden brown, 30 to 35 minutes. Let sit for at least 10 minutes. Top with lemon zest just before serving.

recipe by Taylor Wann

Garden Reminders

- ❁ Please, return all tools to the tool rack before leaving garden.
- ❁ Please, remove all dead and dying plants from your plot(s).
- ❁ Unattended watering is not permitted.
- ❁ Make sure all faucets are off when you leave the garden.



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

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

