

The Sprout



CCG Annual Meeting 2022

Installation of President Seth Wiafe and Secretary Debra Grzeskowiak



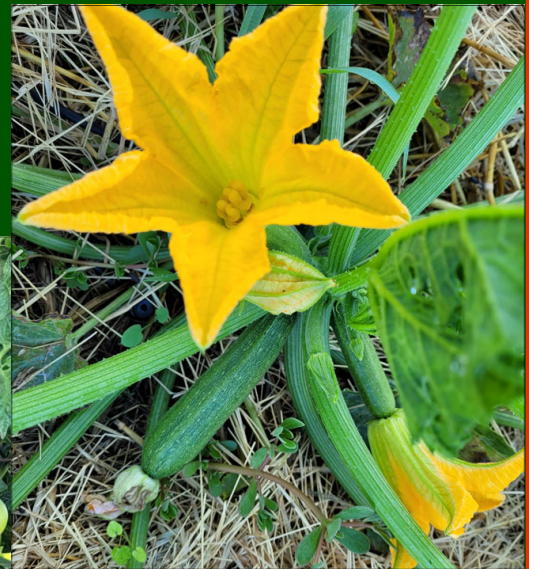
In the Garden on the 4th of July



Calimesa Community Garden

In the Garden on the 4th of July

CCG



In the Garden on the 4th of July



Drought Awareness

Please Conserve Water

Tips for Conserving Water in the Community Garden

- **Adjust Watering—to the needs of the vegetable — group plants accordingly**

Plants that require more water include shallow rooted plants like lettuce, spinach, cabbage and corn. Plants that require less water together like tomatoes, zucchini, okra and pole beans.

- **Garden Layout—change your planting style**

Plant in blocks-style as opposed to rows. This method allows more leaves to shade the soil and resulting in less evaporation.

- **Dry Mulch—one of the top ways to conserve water**

Adding a thick layer of mulch over the soil acts as a protective barrier that accepts moisture and keeps it from evaporating. Other benefits include smothering weeds, stabilizing the soil temperature, and preventing runoff erosion.

- **Living Mulch—also gives you food**

A living mulch is a low-growing crop or crops planted beneath your main crops to suppress weeds, retain water, and even improve the soil. Plant lettuce under broccoli, grow squash under your corn crop, sweet potatoes under tomatoes.

- **Combined Mulching—dry and living, the best of both worlds.**

- **Keep Beds Weeded**

Don't waste water on weeds, plus they compete for water with your veggies.

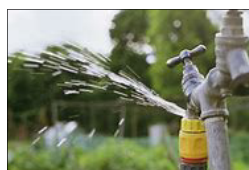
- **Use A Hose-end Sprayer—better control, more water efficiency with less waste.**



➡ Keep Garden Hoses In Good Condition



Replace or Repair Leaking Hoses



Replace Hose Washers

Whiteflies in the Garden



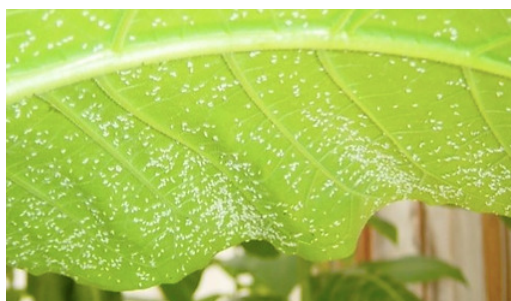
Whiteflies are very small (1/16 - 1/10 inch) bugs with powdery white wings. Though their appearance resembles tiny, white moths or flies, they are part of the aphid family. During the hottest part of the summer, whiteflies may mature from the egg stage to an adult (ready to lay more eggs) in just around 16 days.

Whiteflies excrete sticky honeydew that causes yellowing or death of leaves. They are “true bugs” that feed on plant sap, almost like mosquitoes for plants. They can give plants diseases from their mouths as they consume sap. Outbreaks of whiteflies often occur when the natural biological control is disrupted. Females lay eggs directly on the undersides of plant leaves, and whiteflies will quickly flutter up and fly away when disturbed.

Organic Management—ways to reduce whitefly damage



- Hang sticky traps above the plants at the beginning of the season.
- Sprinkle diatomaceous earth (DE) on the leaves of the plants that the whiteflies are attacking.
- Avoid excessive pruning because it stimulates whitefly-attracting growth.



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

CALIMESA COMMUNITY GARDEN — 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.

Cultivating Facts on Eggplant



- Eggplant is botanically a berry because it contains small, edible seeds.
- They are called eggplants in English because certain cultivars produce white fruits of an oval shape, and they look like chicken eggs
- Eggplants were once used to dye teeth for fashion. Ladies from 5th Century China used it to stain their teeth.
- Eggplants have the highest level of nicotine of any other vegetable. 20-40 pounds of eggplants have the same amount of nicotine as 1 cigarette.
- Italians once believed that eggplants made you insane. They are close relatives to many toxic nightshade plants.
- Consuming eggplant flowers or leaves can be dangerous for human health. They contain toxic solanine, which has fungicidal and pesticidal properties and is one of the plant's natural defenses.
- Eggplants were grown in Brazil before 1650. They came to America around 1806.
- The original Italian name for eggplant was "Melanzana", which means "apple of madness".

EGGPLANT CAPONATA

A classic Sicilian side typically made with fried eggplant.
This lighter version gets a quick sauté in heart-healthy olive oil.

Ingredients

- ☐ 3 tablespoons golden raisins
- ☐ 1 ½ tablespoons red wine vinegar
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces eggplant
- ☐ 1 cup chopped red bell pepper
- ☐ ¾ cup chopped white onion
- ☐ 1 cup chopped tomato
- ☐ 2 tablespoons chopped drained capers
- ☐ ¼ teaspoon crushed red pepper
- ☐ 2 tablespoons chopped fresh mint

Directions

1. Combine golden raisins and red wine vinegar in a bowl.
2. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes.
3. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Nutritional Facts

Per Serving: 134 calories; fat 7g; saturated fat 1g; protein 2g; carbohydrates 16g; fiber 4g; sugars 10g; sodium 218mg.



Grilled Green Tomatoes

A perfect side for summer right off the grill. The slightly tangy flavor of under ripe tomatoes with a savory smoky char. Like fried green tomatoes, long a Southern staple, grilled green tomatoes are equally delicious in this lighter, healthier preparation. Made even more delightful when served with a whipped goat cheese schmear.

Yield 2-4 servings Prep 10 minutes Grill 4 to 6 minutes

Ingredients

- 4 medium green tomatoes , sliced 1/2" thick
- 2 1/2 tsp. kosher salt, divided
- 3/4 tsp. freshly ground black pepper, divided
- 2 tbsp. extra-virgin olive oil, divided, plus more for grill and drizzling
- 4 oz. goat cheese, softened
- 2 tbsp. heavy cream
- Zest of 1 lemon (about 2 tsp.)
- 1/2 tsp. agave or honey
- 1/2 tsp. red pepper flakes, plus more for garnish
- 1/2 c. fresh basil leaves
- Flaky sea salt, optional

Directions

Season tomatoes on both sides with 1 tsp. kosher salt & 1/2 tsp. black pepper. Drizzle with 1 tbsp. oil. Set aside.

In a medium bowl, mix goat cheese, cream, lemon zest, agave, red pepper flakes, and remaining 1 tbsp. oil, 1 1/2 tsp. kosher salt, and 1/4 tsp. black pepper until well combined. Spread on a platter or plate.

Preheat a gas grill to high; clean and oil grates. Grill tomatoes until well-charred but not overly soft, 2 to 3 minutes per side.

Arrange tomatoes over cheese mixture. Drizzle with oil, top with basil, sea salt, if using, and red pepper flakes.



from delish



Easy Tomato Jam

Totally easy tomato jam recipe is what you need to make with that bumper crop of tomatoes this summer. Sweet, jammy and slightly spiced....this is perfect for a dip or a spread.

Yield 12 servings Prep 10 minutes Cook 30 minutes

Ingredients

- 2 pounds good ripe tomatoes, cored and coarsely chopped.
- 3/4 cup light brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh grated or minced ginger
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 teaspoon salt
- 1/2 teaspoon cayenne

Directions

Add all the ingredients to a heavy bottom saucepan and bring the mixture to a boil stirring frequently to prevent the bottom from burning.

Reduce the heat and simmer, stirring occasionally, until the mixture has thickened to the consistency of jam. Remove from heat and cool to room temperature. Transfer to an airtight container and store in the refrigerator for up to 10 days. Or place into a freezer safe container and freeze for 2 months.

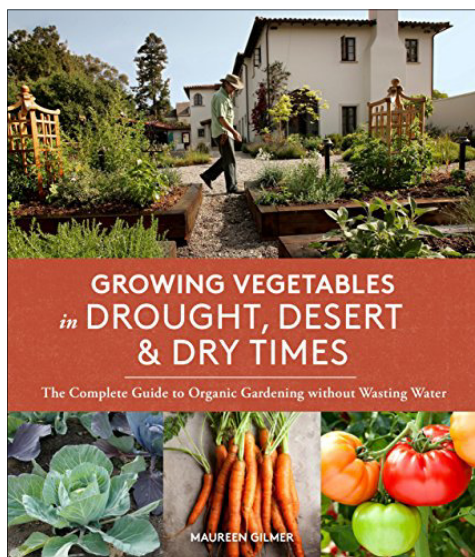
from the suburban soapbox



A Gardener's Bookshelf



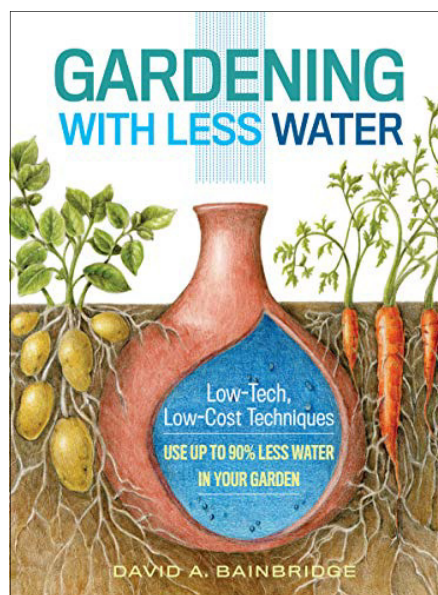
A good gardening library can be one of your best tools.
This space is for sharing books to consider on gardening and plants.



Here is the definitive guide to growing healthy organic vegetables without wasting our precious water resources! This incredibly timely book will give dedicated home gardeners the know-how to grow delicious produce in dry times, focusing on four different low-water conditions in the western United States: voluntary water conservation, drought, and both high and low desert.

Using modern techniques, as well as tips and stories from native traditions ranging from the southwestern United States to the Middle East, this guide offers the best of ancient wisdom and the newest innovations in conservation, and includes varietal recommendations and a seasonal crop guide.

We are facing drought times and water shortages. Gardening with Less Water offers simple, inexpensive, low-tech techniques for watering your garden much more efficiently — using up to 90 percent less water for the same results. With illustrated step-by-step instructions.



Located at:
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 Prajna Faux
Director at Large Willie Hill
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.

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

