

The Sprout

Spring Has Sprung & Life Gets Warmer!

Ahhhh, fruit trees are budding and soon to be blooming, spring flowers are bursting out in all their glorious colors.... and the stampede begins as we rush to our local nurseries in blood-pumping anticipation. We treasure hunt the aisles for our favorite veggie varieties and ponder which new ones to try. It is delightful!



Spring Is So Exciting!

3 New All American Selection 2022 Winners — find more at: all-americanselections.org



Tomato Purple Zebra F1

Rich complex flavors and a moderately firm texture. Sweet and acidic leaning to sweet.



Eggplant Icicle F1

Larger fruits than other white eggplants, with good yields. Vigorous plants hold up to insect damage and the environment.



Watermelon Century Star F1

Seedless variety similar to the Moon and Stars. Good yield of 10 lb. Fruits. Attractive spotted rind fruits, and a great tasting, crisp, sweet internal flesh.

SUCCESSIVE VEGETABLE GARDEN PLANTING

by Brandy Escamilla

Succession planting, sometimes called relay planting or interval planting, is the practice of seeding crops at intervals of every 7 to 21 days in order to maintain a consistent supply of harvestable produce throughout the season. This practice makes for a resourceful use of time and space in your garden, preventing feast or famine.

Many crops lend themselves to this method, and there are different ways to achieve it. Take for example bush beans, where you get a flush of beans and then production begins dropping. Plant seeds at intervals of 14 to 21 days apart, more than one time to extend your harvest. You may wish to plant some bush beans and additionally plant some pole beans. Pole beans take longer to produce, although they do produce a longer length of time.



Review the list of veggies you're growing this year and apply the interval plantings accordingly. Lettuces, carrots, corn, broccoli, cabbage, turnips, squash and cucumbers as well as many other vegetables and some herbs, will all do well. This can keep a new crop continually coming in—same vegetable, staggered plantings.

Another tip that can help is in choosing to plant early, mid-season, and late varieties of the same vegetable. Tomatoes are a good example here, but it can work with others too. Read your label information, "days to maturity" number, on seed packets and plant tags to help you with the timing.

If you are looking to can any of your vegetables, for those you will probably want to plan for a large crop to be ready at the same time. Otherwise, try successive planting to reduce dealing with a glut of produce all at once. Few gardeners need 3 zucchini plants producing at the same time. However, planted a month apart will bring a steady supply without being overwhelming.



SUCCESSIVE PLANTINGS OF CORN

Cultivating Facts on Zucchini



The largest zucchini on record was grown by Bernard Lavery of Plymouth Devon, UK, and was 69 ½ inches long and weighed a whopping 65 lbs!!

- The Italians are credited for first introducing Zucchini to North America in the 1920's.
- One zucchini is a "zucchina."
- Even though zucchini is served as a vegetable, it's technically a fruit because it comes from a flower.
- One zucchini has only 25 calories – it is 95% water.
- Zucchini is the only fruit that starts with Z.
- They are rich in vitamin C and manganese.
- Dietitians often include zucchini in their cholesterol control and weight loss programs.
- You can eat the zucchini blossoms. The most popular way to prepare them is fried or stuffed.
- Zucchini contains more potassium than bananas.
- It has anti-oxidant benefits. Much of the antioxidant nutrients are found in the seeds and skin of the plant, and not just its flesh. So it is important to consume it without peeling the skin.
- April 25th is National Zucchini Bread Day.



Earwigs in the Garden

You can recognize earwigs by the characteristic "pincers" projecting from the opposite end of their body from their antennae. Flat and reddish-brown they measure about 3/4" long as an adult.

Earwigs breed and nest in the soil, especially under wood, stone, and debris piles. Their damage is often minimal and tolerable, unless the population becomes too high. Which in the Community Garden is usually in spring. Then they may feed on seedlings, plant leaves, flowers, and corn silk, which can interfere with pollination. Immature earwigs tend to feed on seedlings and young leaves.

Organic Management

- Since they feed at night, place damp rolled up newspaper or cardboard tubes flat on the ground and pick up and dump in the morning.
- Set out shallow cat food or tuna cans filled with a thin layer of vegetable oil. They fall in and cannot get out.
- Apply diatomaceous earth (DE) to the soil and reapply in one week, as necessary. DE is a natural mineral that contains the powdered remnants of fossilized diatoms. It works because the sharp powder penetrates the shell or skin of creatures such as earwigs, slugs, and snails, causing them to lose body moisture.



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.

Save Water – Save Work – Mulch!

What Is Mulch and Why Use It In Your Vegetable Garden

by Brandy Escamilla

What it is -

Mulch is **typically** a 2- to 4-inch layer of material that covers the top of the soil in your garden. Common materials used in a vegetable garden may include straw, alfalfa hay, grass hay, and pine straw/needles. These provide good coverage; most are readily available from your local feed store. Pine needles may be gathered from your own yard or that of a neighbor.

Other choices like coconut coir or untreated wood bark work well, but are usually more costly. Plastic sheeting is sometimes used around tomatoes, eggplants, peppers and strawberries. Be sure water has a way to get to your plants, and pull up all plastic from the garden at the end of the year.

When to apply -

Generally it is applied in the spring, with additional mulch added throughout the growing season when needed. Mulch should completely cover over the soil **but should never touch plant stems.**

Why use it -

Save on water and work! A short amount of time spreading mulch around your garden will more than return on your invest by a substantial decrease in the amount of water required, and decrease your time spent watering and weeding. You may occasionally see a few sprouts of hay popping up, but these are few and easily removed. Note: Since using hay as a mulch, (prefer grass hay) this editor has seen not only fewer weeds, our amount of **water usage and frequency decreased by greater than 50%.**

We Are Still In A Drought — The above article is from Spring 2021

Coming Soon!

The CCG will be offering bales of grass hay for members to purchase to use as mulch. Watch for them!

Mom's Zucchini Bread

Level: Easy Yield: 2 loaves = 24 servings

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 ¼ cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts—optional

Directions

Step 1

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).

Step 2

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

Step 3

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.

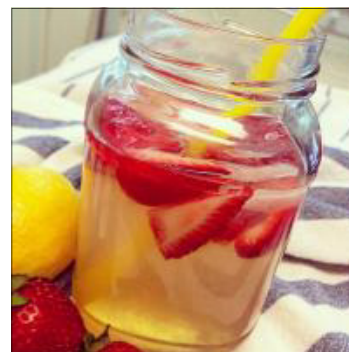
Step 4

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Bread will also freeze well.



(5 star rating) - from Allrecipes



Best Strawberry Lemonade Ever

Level: Easy Yield: 6 servings
Time 35 min.

Ingredients

- 12 fresh strawberries, hulled and quartered
- ¼ cup white sugar
- 7 cups water, divided
- ¾ cup white sugar
- 1 cup lemon juice
- 2 cups ice cubes

Directions

1. Mix strawberries and 1/4 cup sugar together in a bowl; set aside for juices to release from strawberries, 5 to 10 minutes.
2. Bring 1 cup water to a boil in a small saucepan; add 3/4 cup sugar. Cook and stir sugar mixture until sugar is dissolved, about 5 minutes. Remove saucepan from heat and cool simple syrup to room temperature.
3. Stir simple syrup, 6 cups water, lemon juice, and ice together in a pitcher. Add sweetened strawberries and stir

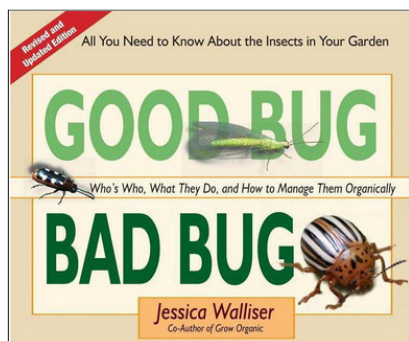
From tfrecipes.com



A Gardener's Bookshelf

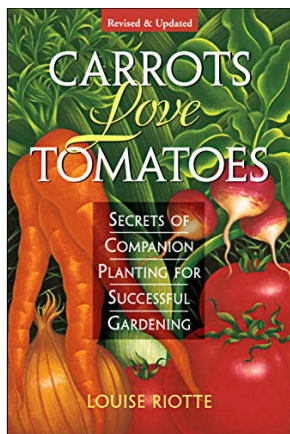


A good gardening library can be one of your best tools.
This space is for sharing books to consider on gardening and plants.

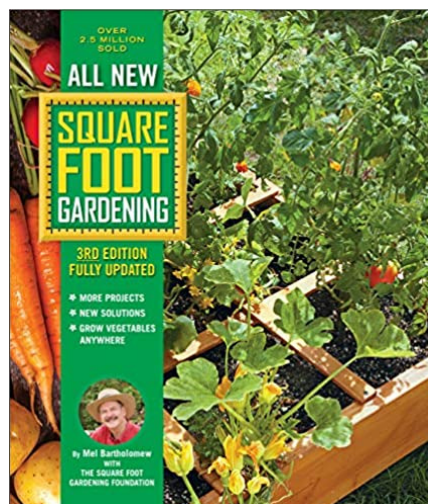


“An indispensable field guide for quickly and easily identifying the most common invasive and beneficial insects in the garden; plus the best organic advice on how to attract the good guys and manage the bad guys - without reaching for the toxic chemicals.”

“Mel Bartholomew has helped millions of home gardeners grow more fresh produce in less space and with less work.”



“*Carrots Love Tomatoes*, by Louise Riotte...a guide to companion planting that has become legendary in gardening circles ever since the first edition was printed in 1975.”



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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

