



OLD FARM COMMUNITY GARDENS NEWSLETTER

April 2022

A Word from Your President

Greeting Gardeners,

Happy Spring! Early Spring is an exciting time in the garden. Dormant soil is awakening and things are becoming active again. Seeds are germinating and beginning to grow (especially if you have started your seeds indoors). The weather is teasing us with warmth and continued sunshine which means - It's almost time to plant and frequent the garden! I look forward to seeing the garden come back to life with all of you and the growth of our planting. I have been thinking about what to plant and where (rotating beds for various veggies/planting, spacing), changing things up, reading up on the USDA hardiness zones for Colorado (Zone 5), mulching, soil amendments, composting, companion planting, and pure excitement for gardening!

It is good time to take a look at your soil and determine if you would like to, or should, add any amendments. Compost is a great option, additional soil, and/or other things you have come to know and been helpful to helping your garden grow. I like to turn the soil and check the appearance, moisture levels, presence of worms, and really see if there are any concerns or overall "health" and condition of the soil.

Happy Gardening!
Tiffany Lherisson, Board President
719-208-2089 (call/text) or
email LherissonTiffany@gmail.com

Source of composting visuals : Pinterest

2022 Garden Board

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Newsletter Editor – Debra Othitis
Care & Share – Tiffany Lherisson, Chris Scott, Gerald Hamstra, Linda Schneider & Meredith Haas



Gardeners' Profile

by Ginger Maclean

Hello, Fellow Gardeners! My name is Ginger MacLean, and I am so happy to see you all gardening at Old Farm! Having beds at Old Farm is an extension of my own backyard since I don't live very far away.

Due to the fact I am a professional grower (former grower for Phelan Gardens, current propagation manager at Britton's Nursery), I am a bit elusive at Old Farm as I am busy during the spring growing for everyone else! I am passionate about growing food, and food security should be at the forefront of everyone's mind right now. My first year at Old Farm was the year we had the mother of all hail storms...it blew out the windows of my cars, cracked the windows of my house, destroyed my roof...but my 50 tomato plants under my hail structure went unscathed and I had hundreds of pounds of tomatoes!



Please say hi when you see me, and if you need more extensive advice, I am also a Vegetable Garden Consultant.

May you all have a successful 2022 season—happy growing!

Favorite Veggies for 2022

by Larry Stebbins

The only difference this year is the addition of Blue Lake S 7 pole bean. This one is even better than Kentucky Wonder, Kentucky Blue and Blue Lake pole. String-less and delicious!



Katarina cabbage Big Beef tomato Mokum carrot



Packman broccoli Sungold tomato Raven zucchini



Corentine cucumber Renegade spinach Super chili pepper



Kwintus pole bean Genovese basil Cherry belle radish Renegade spinach



Flavorburst pepper Robust white popcorn Blue Lake S 7 pole bean

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Have You Heard About Zucchini Flour?

By Chris Scott

With rising concerns about wheat costs, consider making zucchini flour. Zucchini is easy to grow and is amazingly prolific. Zucchini flour is also known as Amish flour or Troops flour. It's a staple in Amish and Mennonite households. It was also embraced in the 1940's during rationing.

Let your zucchini grow large - oversized is actually better. Cut in half and remove large seeds for a finer finished texture. Either peel with a carrot peeler, into thin even strips for less drying time or slide it through a mandolin for speed of prep. Grating them is another option.

Run them through the dehydrator. They must be absolutely dry. If in doubt always dry it more, any moisture will ruin it during storage. Then run it through a food processor until it has a powdered consistency. It will be a marbled green powder. The texture is similar to a good quality whole wheat flour.

It can be used to replace 1/3 of the flour in most recipes without any significant change to the finished product. It can act as a thickening agent for gravies. It can also be used for tortillas, bannock or for breading fish. It also makes great dumplings and brownies. It can be used as a substitute for coconut flour in Paleo recipes.

Store in an air tight jar with a silica packet, or vacpac. It can last six months to a year depending on the humidity levels. This is practically free, sustainable, easily produced and has a mild taste. Most people wouldn't pick up on it. The same can be done with other squashes, pumpkins and sweet potatoes. Many prefer zucchini because it is the least flavored.

SOURCE: Facebook

April Garden Calendar

By Debra Othitis

Early April

Outdoors –

- Garden and snap peas can be directed sowed as early as April 1st. (Soak peas for 24 hours first.)
- Soak parsley seeds 24 hours before planting ¼" deep.
- Dill seeds should be pressed lightly into the soil.
- Plant asparagus crowns (roots) in trenches 6" deep. Then, as plants grow, gradually fill in with soil. In an established asparagus beds work nitrogen fertilizer around plants before spears emerge.

Indoors –

Start tomato seeds. Everyone has their favorite varieties, but four consistently performing tomato varieties for this area are Big Beef, Celebrity, Early Girl and Medina.

Mid-April

Seeds of cool season crops such as lettuce, chard, spinach, kale, beets, carrots, radishes and onion sets can be direct sowed now.

Late April

Start thinning vegetable seedlings to recommended spacing.

Upcoming Colorado Master Gardener Classes

Friday, April 8: Vegetable Varieties - FREE

Time: 12:00pm (noon) MST

Instructor: Cassey Anderson, Adams County Extension

Registration required:

https://zoom.us/webinar/register/WN_WsU2CYmURTi-owBmMLYllw

After registering, you will be emailed a link to join the Zoom meeting.

Free Gardening Resources

You can access free, research based Fact Sheets on many gardening topics from The El Paso County Extension Office. See listing at <https://extension.colostate.edu/topic-areas/yard-garden/?target=publications#fruits>

Specially, learn more about composting at: [https://agrillifeextension.tamu.edu/library/gardening/composting/Composting_Yard_Waste_-_7.212_-_Extension_\(colostate.edu\)](https://agrillifeextension.tamu.edu/library/gardening/composting/Composting_Yard_Waste_-_7.212_-_Extension_(colostate.edu))

You can follow our local Master Gardeners who post daily at: <https://www.facebook.com/ColoradoMasterGardeners.EPC>

Gardener Scott on YouTube: <https://www.youtube.com/hashtag/gardenerscott>

The Garden Father Blog: [Garden Blog \(thegardenfather.com\)](http://Garden_Blog_(thegardenfather.com))

Member Sara Morgan will find planting onions & garlic easier this year with this new dibble her husband Mike mad for her.



WIN PRIZES FOR GARDENING!

by Heike Whitaker, Colorado Master Gardener

This year's county fair is July 16-23. The Fair committee for El Paso County is preparing early for this year's horticultural competition and working hard to encourage public participation. I know it's not time to plant outside yet, and I know the Fair is not until July, but I also know every gardener is in the planning stage right now (I know I am). So plan ahead and consider participating in this year's horticultural competition. There are lots of ribbons and monetary prizes to win--money to buy seeds and garden supplies. You will be surprised how easy it is to win!

Most gardeners love sharing the fruits of their labor by bringing a beautiful bloom or sharing a new vegetable/ herb variety. There also houseplant, greenhouse and annual and native plant categories.

Please consider participating. It is not a lot of work to enter and volunteers are available to help. I will provide this year's entry form with further details soon. Also, in order to make it easier to participate, we will have some "prep tip sheets."

Please plan now to participate in this long standing tradition!



IMPORTANT DATES TO REMEMBER

April 15 – Deadline to forfeit plot and receive full refund

June 1 – Planting in plots must have been started

June 15 – Plots must be at least 50% planted

Oct 31 – Deadline to clear beds for winter

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If you have questions or concerns about Old Farm Community Gardens, contact Tiffany Lherisson, Board President @ 719-208-2089 (call/text) or email LherissonTiffany@gmail.com