

# RCCG NEWS

Midsummer Weeding | Water Update | Poetry | Featured Gardener

## *RCCG Contact Information*

Email:

[rockcreekgarden@gmail.com](mailto:rockcreekgarden@gmail.com)

Website:

[www.rockcreekcommunitygarden.org](http://www.rockcreekcommunitygarden.org)

## *2025 Inspection Dates*

Sunday, August 10

Sunday August 24

Sunday, September 7

Sunday, September 21

Sunday, October 5th

Sunday, October 19th \*\*Last inspection; will be conducted by your executive Committee

Inspections generally occur on Sundays at 4pm. Time may be adjusted at the discretion of the inspection group for inclement weather.



## Midsummer Weeding and Refreshing Wood Chips

By Anita Albertson, Invasive Weed Team

Midsummer is upon us and with the sun comes the weeds. This is a gentle reminder that each gardener is responsible for the public paths outside and around your plot - weeding and refreshing the wood chips when they wash down the path towards the meadow. In most cases there are two plots sharing a path - so each plot holder would be technically responsible for 1/2 of the path (but you can do the entire width of the path, and I'd think the other gardener will reciprocate at some time.

**MIDSUMMER  
WEEDING**

Invasive Weed  
Team

**WATER  
UPDATE**

Water  
Committee

**FALL GARDEN**

Camilla Gagliolo

**FEATURED  
GARDENER**

Susan Rezemien

**POETRY  
CORNER**

Susan Galbraith

Currently - wire grass, bindweed, morning glory, bitter cress, pig weed, poke weed, sedge, thistles, dandelions, mock strawberries, pinella ternata, among others, are all thriving. Please don't let them bloom and seed.

Even intentional plants like herbs, garlic chives and mint can cause issues and overrun the public space.

Please do your part to keep the weeds down to a mild roar.

## A Mid-Season Water Update

From RCCG Water Committee

First of all, congratulations to the RCCG Water Committee. Committee members have been working on a comprehensive plan to repair and upgrade RCCG's water delivery system after the National Park Service repaired a broken pipe and stopped the resulting flooding near the picnic table -- for which we are extremely grateful. After half a season hauling water from home, we can all certainly appreciate having water on hand!

Here's the latest update:

Members of the RCCG Water Committee met on Saturday, July 26th, to plan the relocation of additional faucets in the interior meadow near the main shutoff valve which used to have a hose and separate local water access attached. These were omitted when the shutoff valve was replaced in an effort to prevent the main water supply pipe from breaking again.

We anticipate 2 new faucets being installed: near the picnic table outside of G-05-A Plot with a hose for the use of nearby plots and a separate faucet near the outside (eastern) edge of the garden (facing the meadow) as a dog watering station and for the use of passersby. This effort will involve a fair amount of digging to lay new piping, and we expect the work to be completed by the end of August. In the meantime, gardeners can access water through the existing hoses. The team also discussed a plan to gradually replace all the interior faucets over the next few years as the water distribution system in the garden is now some 20+ years old.

We appreciate your patience while we work to ensure the functioning and ongoing maintenance of our water system.



# Fall Garden: Vegetables & Herbs to Sow Now

## *August Garden Tips for a Bountiful Autumn Harvest*

By Camilla Gagliolo

As the dog days of summer begin to wane, August marks the perfect time for DC-area gardeners to shift focus from summer crops to a productive fall garden. The Mid-Atlantic region's mild autumn and average first frost date (late October to early November) provide a valuable window to grow cool-season vegetables and herbs that thrive in the crisp air.

Whether you're a seasoned gardener or just getting started, planting now ensures a continuous supply of fresh, homegrown produce right through fall—and in some cases, into early winter.

### **Top Vegetables to Plant Now (Early to Mid-August)**

These crops mature quickly and can tolerate—or even thrive in—cooler temperatures:

#### **1. Leafy Greens**

- **Lettuce** (romaine, butterhead, loose-leaf): Fast-growing and frost-tolerant; sow successively every 1–2 weeks.
- **Spinach**: Prefers cooler temps and gets sweeter after a light frost.
- **Kale**: Exceptionally cold-hardy and improves in flavor after frost.
- **Swiss Chard**: Tolerates both heat and cold; harvest outer leaves for a prolonged season.
- **Arugula**: Quick-growing and spicy; ideal for early fall salads.

#### **2. Root Vegetables**

- **Carrots**: Choose fast-maturing varieties (like 'Napoli' or 'Adelaide'); sweeter when harvested after frost.
- **Beets**: Both roots and greens are edible; plant by mid-August for best results.
- **Radishes**: Super quick—some varieties mature in just 3–4 weeks!
- **Turnips**: Easy to grow and versatile in soups or roasted.

#### **3. Brassicas (Cabbage Family)**

- **Broccoli**: Start from transplants for a quicker harvest.
- **Cauliflower**: Needs consistent moisture and cooler temps to form heads.
- **Brussels Sprouts**: A longer grower—start now for a late fall or early winter harvest.
- **Cabbage**: Tolerant of frost and great for soups and slaws.

## Herbs to Sow in August

Herbs love the cooler weather too! Some can even be grown indoors once temperatures drop.

- **Cilantro:** Bolts quickly in heat but thrives in fall; great for fresh salsa or curries.
- **Parsley:** Slow to germinate but frost-tolerant and rich in flavor.
- **Chives:** Hardy perennials that can survive winter and bounce back next spring.
- **Dill:** Best grown in cooler weather; plant every couple of weeks for continuous harvest.
- **Thyme and Oregano:** Perennials that can be planted now and overwintered with protection.

## Tips for a Thriving Fall Garden

- **Refresh your soil:** After summer crops, amend with compost to restore nutrients.
- **Mind the sun:** As days shorten, choose the sunniest spot in your garden.
- **Water consistently:** Fall rains help, but young seedlings still need regular watering.
- **Protect your plants:** Use row covers or cloches to extend your season and protect from early frosts or pests.

With thoughtful planning and timely planting, your community garden can continue producing long after the tomatoes fade. Embrace the slower pace and cool comfort of autumn gardening—your harvest basket will thank you.

Happy planting!



Have photos or success stories from your fall garden? Share them with us for a chance to be featured in next month's newsletter!

## Featured Gardeners - Susan Rezemien

*A Conversation with Susan Galbraith*

There are four Susans in our garden community. Susan Rezemien joined us this year to add to Team Susan. We met up at the picnic table early on a Sunday morning in what promised to be another scorcher. I started by asking about her background.

Susan R: I grew up in Lancaster, Pennsylvania, the country's heartland. We lived in the city, but on a half-acre plot, and I remember when I was little, my dad kept a garden, and there were blackberries and raspberries and tomatoes. Later, the attention devoted to gardening shifted to me, but my mother's sisters had gardens as did my Dad's mother. I remember most the rhubarb plants and the pies and other baked goods

*It must have been wonderful growing up surrounded by Amish country. What are your memories?*

Susan R: Oh, yes, I have good memories of growing up with good food. I remember my Dad driving us out in the country with all the roadside stands of the Amish and everything on an honor system with just a cigar box open on, and you could get a dozen ears of silver queen sweet corn for fifty cents. And country tomatoes. There was no such thing as fancy "heirloom" tomatoes.



*And how long were you on the list for RCCG?*

SusanR: Four or five years. I hung in there. I've lived in the neighborhood for over thirty years. We would walk by when my kids were in the stroller and then no longer in the stroller, and I'd think, 'that would be fun.' But I'd just about given up hope, and then I walked downstairs one morning and got the news that I was invited to join. I've already met all my surrounding neighbors, and everyone has been so generous with their help. As a new gardener who did not get passed on the gardening gene, I have made a lot of first-timer mistakes like planting things too close together! Subtracting and extracting have been the lessons this season. But it's been wonderful and very therapeutic. I'm newly retired from government.

*What kind of government work?*

I worked for the Treasury Department in international relationships. It was most interesting, but now this is a welcome change.

*And what have been your Garden successes?*

Susan R: I had a good crop of spinach. My strawberries have done very well. And loads of wonderful Brussel sprouts which I cleaned, cut in half, blanched, laid them out to dry, and froze. That was a lot of work! I'm out here every other day.

*Have you got any ideas to pass on to make our garden community?*

Susan R: Well, the amount of money at least I spend at American Plant Food, why don't we approach the manager to see if RCCG could get a discount? We could print out membership cards, and it could even be held one or two weekends (Spring and Fall) a growing season. She also would love to have a clinic or at the beginning of each season for new and less-than-experienced gardeners to get mentoring in identifying weeds and other elementary info on starting a garden.

*These are wonderful ideas! Thank you and Good Seasons of Gardening to you!*

See Susan's wonderful summer recipe for Tofu with Peaches and Tomatoes in this Newsletter. (Her vegetarian son loves tofu and gives this recipe a high rating.)



# Poetry Corner

## *The Vegetable Garden*

By Robert Henry Forster

FLOWERS are poetic, vegetables prose,-  
 So it is said; yet music may there be,  
 Though in a lower, less ecstatic key,  
 In common things, and every flower that grows  
 Hath elements of beauty to disclose  
 To eyes that have not lost the power to see;  
 And poetry is not of one degree,  
 But many more than learned scribes suppose.  
 Beauty of hue is here less often seen  
 Than in the flowers we grow to please the eye;  
 But when did Nature not delight in green?  
 Beauty of form and grace of symmetry  
 Are shared by plants the world considers mean,  
 And therein lies a wealth of poesy.

II  
 What leaves are here, so delicate and fine,  
 Like green lace ruffles, fashioned to adorn  
 A dress by Oberon or Titania worn?  
 Can these be carrots? And these plants that twine  
 Round their supports, with leaves of such design  
 As Bacchus in his chaplet might have borne,  
 And flowers as red as poppies in the corn?  
 Are these no more than beans whereon we dine?  
 And what fair flowers are these that we behold,  
 Such as a monarch well might deign to wear,  
 Imperial purple round an eye of gold,  
 And these of gold and white, but not less fair?  
 Whence came such beauty? Let the truth be told:  
 These are the blossoms that potatoes bear.



Bryce & Genevieve with green bean harvest



# Recipe Corner

## *Cold Tofu Salad with Tomatoes and Peaches*

4-6 Servings

12-14 oz silken or firm tofu, chilled

2-3 ripe medium peaches

3-4 ripe medium tomatoes

Flaky sea salt

1/4 cup fresh basil leaves

2 TBPs fresh mint leaves

Black pepper

Dressing:

3 TBPs olive oil

1 TBP balsamic vinegar

1 TBP unseasoned rice vinegar

1 TBP toasted sesame oil

2 tsps soy sauce

1 tsp granulated sugar

Step 1: Drain tofu in its packaging, then remove the tofu. Gently wrap it in paper towels or a clean kitchen towel and set it on a plate.

Step 2: Pit and cut each peach into 1" thick wedges, then core and cut each tomato into 1" thick wedges. Place tomatoes & peaches on a serving platter, pouring any juices from the cutting board over the dish. Season generously with flaky sea salt to draw out juices.

