

Community Gardens of Tucson

2940 North Santa Rosa Place
Tucson, Arizona 85712
520-795-8823
www.CommunityGardensofTucson.org

Community Garden Locations

Chaverim Garden (Eastside)
5901 East 2nd Street
Site Coordinator-Signa Roswall
520-750-8439; alamo@dakotacom.net

Presidio Garden (Midtown)
Off Fort Lowell and Country Club
Site Coordinator - Gene Zonge
520-326-0458; Zonge@aol.com

Sabino Vista Garden (Sabino Canyon)
3185 North Rowe Lane
Site Coordinator- Susan Hussey
520-751-2074; tudieh@comcast.net
Site Coordinator-Teddy Carney
520-722-0334; teddycarney@msn.com

Wilson Garden (Midtown close to UA)
3331 North Wilson
Site Coordinator-Melissa Urreiztieta
520-320-9814; melissa.u@earthlink.net



Garden Photo



At the end of the year, some community gardeners are still pulling in the peppers.

Community Gardens of Tucson



a bimonthly guide to community gardening activities in the Greater Tucson area November/December 2008

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Let Thy Food Be Thy Medicine

by Darcey French

Certified Clinical Herbalist, Clinical Nutritionist, Presidio Gardener

The father of Medicine, Hippocrates said, "Let thy food be thy medicine and thy medicine be thy food." As a lover of plants, both wild and domestic, I've learned that some of our most common food plants can be amazing medicines. Here is just a small selection of in-season vegetables, and their lesser known medicinal uses.

Carrot (*Daucus carota*)

The freshly grated root of the common garden carrot makes a wonderful poultice for nasty sores and ulcers that just won't heal; painful, festering, and don't form a scab, i.e. bedsores, cold sores, diabetic ulcers, and persistent boils or cysts. The carrot poultice stimulates the body's natural healing processes (granulation), cleanses, cools inflammation and reduces the pain. William Cook, a doctor and herbalist in the 1800's said, "Sores in which it seems impossible to arouse a healing process by ordinary means will usually improve at once under this application. The raw carrots are not to be continued after full vital action in the part has been established." To make a poultice, grate a fresh carrot and lay it on cloth in a layer about ¼ - ½ inch thick. Lay the cloth carrot side down on the affected area, and wrap the cloth/carrot with another cloth or loose ace bandage to hold it in place. Leave on for 20-30 min. Poultices are most effective when applied several times a day, use a fresh carrot for each application.

Beet (*Beta vulgaris*)

Beets have long been used in Europe as a liver cleansing and blood building food medicine. Beets contain betaine, a potent nutrient that helps to breakdown homocysteine (a major contributor to cardiovascular disease), and increases liver production of glutathione and superoxide dismutase. These antioxidants are vital to healthy liver function and are considered preventative for cancer. Beet juice or raw beet is helpful for constipation, but start with small doses (1 oz of juice), otherwise it may cause diarrhea. Rich in iron and blood building nutrients, beets are a good food for menstruating women who tend to get pale, dizzy, and weak during menses.

Cabbage (*Brassica oleracea*)

Many people have heard of drinking raw cabbage juice for gastrointestinal ulcers, it was a prime remedy used by the ancient Romans for gangrene, war wounds and more, and is an excellent drawing agent for skin infections. A cabbage leaf poultice stimulates circulation and is used in mastitis, arthritis, bruises and sprains, sore throats, and lung congestion. Take a whole cabbage leaf, bruise with a jar or rolling pin, lay on the affected area, and cover with a cloth or ace bandage, leave on for 20-30 minutes, until the leaf becomes warm.

(continued on page 4)



George Says . . .

by George Brookbank

Using the Rototiller

Because of the change in seasons which means cultivating the soil again, there's been an increased use of the rototiller. Many of the users have been new gardeners. There may be more gardeners who would like to do their own tilling, so this item is for the benefit of all of us.

To get the tiller to start up, you need to follow a procedure, which involves priming the carburettor, using the choke and pulling on the rope before you switch on the start button. Once the machine is primed, turn on the switch, push in the choke, and pull firmly on the rope. We have broken two starter ropes by the use of excessive strength!!

The engine won't start easily if the paper air filter is choked with dust. If this happens, and it has happened lately, a new filter is called for--and I have them.

Obviously each new operator needs to be shown what I'm writing about.--and I'm ready to do this.

If you run out of gas--and I'm not there-- please don't fill up the tank with ordinary gasoline. I keep a gallon of previously mixed gasoline with special oil. Proper storage calls for the tank to be drained after use, so "old" gasoline in the tank doesn't gum up the system. You don't see this happening, but it's important. Guess who drains the tank after each use?

This little chore is complicated by responding separately to each gardener's request for tilling. It's better to cultivate a number of plots all on the same day, and then drain the tank. Draining involves pouring the gasoline out of the tank and then starting the engine and letting it run itself out of gas.

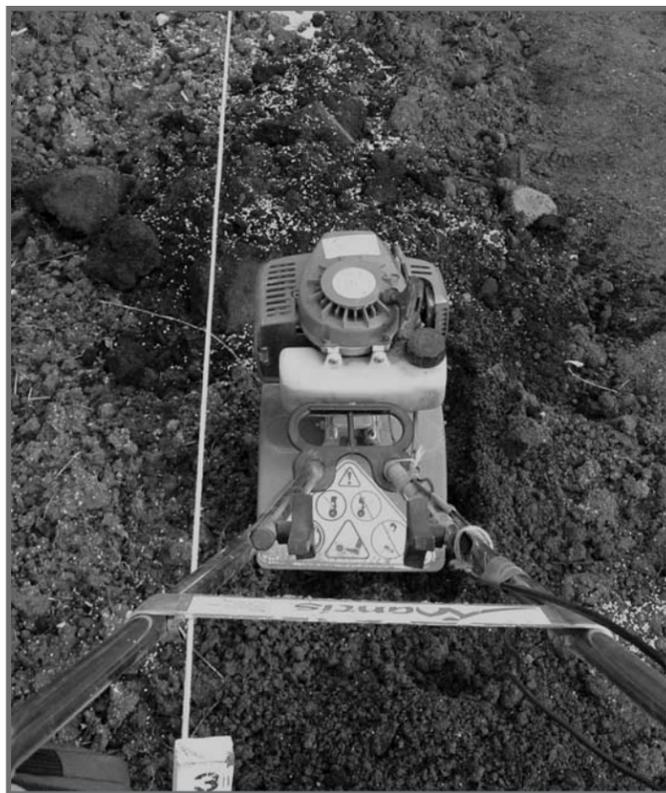
To make the best use of this little tiller the soil needs to be damp--then it will dig in. Another factor is to dig as deeply as you can before you put on the manure and ammonium phosphate and sulfur. The machine digs deeper if you hold it to stay in one place and you feel and see that it has gone down deeper. After reaching the depth you want, then it's time to put on the soil amendments and use the tiller to mix them in.

The way to use the tiller is to let it go forward on its own, then hold it and slowly pull it back. That's when it digs. The manual says "use it like a vacuum cleaner", back and forth. It does a wonderful job.

When you cultivate an old plot, tie a string onto each of the stakes to get yourself a straight center line. Keep the string high so you don't catch it as you go past. By keeping to the center line you'll not exaggerate the twists and turns of past seasons and wander off of your previous treated soil.

Finally, when you have finished cultivating, please clean the tiller's blades. If they are wrapped round with grass and roots, it won't work for the next gardener.

You don't deserve this homily (the dictionary says "a serious moral talk or writing, especially one that is tedious") ,but it comes to you because you are all doing so well with your gardens; you must be proud and happy with yourselves.



From The Garden

La Vida Verde

On Saturday, October 25th, George, Gene, Signa, Darlene, and Andy set up a booth at Sustainable Tucson's 2nd Annual Green Festival. It was held downtown in the space between the convention center and La Placita. Keely Sinclair, the event organizer, and her volunteers put on a great event that seemed organized and was well attended.

The event was divided into different zones, so all of the transportation was in one area, all of garden stuff was in another area, etc. This seemed to work well and situated like-minded folks, and often business competitors, near each other. The Tucson Organic Gardeners, Debbie Swanson from Fiesta Growers, and the AZ Native Plant Society were all located near the Community Gardens of Tucson (CGT) table, and it was good to be among friends.

There were plenty of inquiries about the nuts and bolts of the CGT program and traffic moved by the table regularly enough to keep the volunteers from sitting down long enough to get comfortable. There were a good many general gardening inquiries from folks interested in growing their own food, which was proof that the concept of community gardens isn't far from the minds of many people. Some folks expressed an interest in gardening with CGT and others noted that they may have space available or know of space that's available for other gardens. It was a good day for everyone who was involved.



Tucson's own folk rock band, Nobody et al, played close to the Community Gardens of Tucson spot using energy supplied by the Geo Innovations solar panel trailer.

Killer Poop? by Andy Stevens

The other day I jokingly said to a gardener that farming is all about the poop and I didn't think too much about it until I read recently of a problem encountered by gardeners in the UK. Apparently the fields where the cows were fed had been treated with Dow chemicals containing a plant hormone disrupting compound called aminopyralid. This compound can survive the cow's gut and ends up in the manure, where it survives to harm plants that are grown in the soil that was amended with the cow manure - it's mentioned in this month's issue of Mother Earth News.

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As always, we extend our warm thanks and appreciation to our friends at AlphaGraphics who not only make the publication of this newsletter possible, but make it beautiful as well.

Director's Cut

Wilson and the Food Issue

This month marks a couple of changes at the gardens; Wilson meets on a new day of month and the closing the the Corbett Garden. In order to simplify things, our coordinator at Wilson decided to move up to the 3rd Saturday of each month. Be sure to take a good look at the pull-out calendar that makes up page 5 so you won't show up at the garden on the wrong day and wonder what happened to everyone. Information about the Corbett Garden can be found in the garden reports section.

Last week I went out on a lark and picked up the New York Times Sunday edition. I do this kind of thing now and then and it usually turns out well. This time, I really hit pay dirt; Dianne got a great paper and I got the NYT Magazine. The issue was food and all kinds of things that affect the production of it. On the cover is an ear of corn that's been exploded by some sort of projectile. It's a fitting image because some of the stories point toward a gloomy future for agribusiness and the status quo as it refers to petroleum and it's use in food production. You can find it on the NYT website.



Welcome Friends

by Marianne Cracovaner

Chaverim Garden welcomes a whole new crop of friends to their garden. Since spring of '08, new members include Tom Cracovaner, Megan Mathews, Joyce Stueringer, Linda Caravello, Diane Thevenot, Patrick Cavin, Jill Hutchinson and Ilana Addis. It is rumored that Ilana's husband has helped substantially to develop their new plot. You can see that the results of their work if you stroll through the new plots in the garden. Even our newest gardeners have well-prepared soil and wisps of small new plants seem to line up ready receive good sunlight. Congratulations to all of you!

While meandering through Border's Bookstore recently, I picked up a book called Incredible Vegetables from Self-Watering Containers by Ed Smith. The author had a nice section about garden pests and I found related information about flea beetles and also caterpillars that may be afflicting our broccoli plants. The results of the flea beetles are small holes in the leaves of a variety of leafy garden plants. Tomatoes, beans and almost all members of the cabbage family can be affected by their work. Flea beetles for the record are dark brown or black and about the size of pinheads and behave like fleas. These critters can jump a long way when a person nears them enthroned upon one of their favorite plants. In addition, while visiting my son, Tom's plot I found several caterpillars about one inch in length that are also common diners on these vegetables.

The book said that often these visitors aren't interested in the whole plant and also they do not pose much harm to the fruit of the plant. Although, he does suggest Reemay, a row cover, to protect tender new leaves of young plants. When plants are more grown up and naturally make tougher leaves the pests become less interested. On page 104 Smith says, "Don't just do something, stand there". You just have to be willing to share a little in your garden.

One thing we can be sure of, on the other hand, is that our gardener friends are willing to share and I think our trading also helps make new friends. I enjoyed the eggplant-habanero trade I made with new gardener Patrick. I like that our gardeners are not only eager to learn about pests, but they are just as eager to learn about soil accoutrements and they want to share their knowledge and plants with one another. This reality makes life in the Chaverim Garden pleasant! By the way, for those newcomers, Chaverim means friend.

A Planter's Guide

| | Nov 1-15 | Nov 15-30 | Dec 1-15 | Dec 15-31 | Jan 1-15 | Jan 15-31 | Feb 1-15 | Feb 15-28 |
|-----------------------|----------|-----------|----------|-----------|----------|-----------|----------|-----------|
| Amaranth | | | | | | | | |
| Armenian Cucumber | | | | | | | | |
| Artichoke | | | | | | | | |
| Arugula | | | | | | | | |
| Asian Cabbage | | | | | | | | |
| Asian Leafy Greens | | | | | | | | |
| Asparagus | | | | | | | | |
| Beets | | | | | | | | |
| Blackeyed Peas | | | | | | | | |
| Broccoli | | | | | | | | |
| Broccoli Raab | | | | | | | | |
| Beans (Bush) | | | | | | | | |
| Beans (Fava) | | | | | | | | |
| Beans (Pole) | | | | | | | | |
| Brussels Sprouts | | | | | | | | |
| Cabbage | | | | | | | | |
| Cabbage (Chinese) | | | | | | | | |
| Cauliflower | | | | | | | | |
| Carrots | | | | | | | | |
| Cantelope | | | | | | | | |
| Chard | | | | | | | | |
| Collards | | | | | | | | |
| Corn | | | | | | | | |
| Cucumber | | | | | | | | |
| Dandelion Greens | | | | | | | | |
| Eggplant | | | | | | | | |
| Endive | | | | | | | | |
| Garlic | | | | | | | | |
| Irish Potato | | | | | | | | |
| Kale | | | | | | | | |
| Kolorabi | | | | | | | | |
| Leek | | | | | | | | |
| Lettuce (Leaf) | | | | | | | | |
| Miner's Lettuce | | | | | | | | |
| Lettuce (Romaine) | | | | | | | | |
| Lima Beans | | | | | | | | |
| Mache (Corn Salad) | | | | | | | | |
| Melons | | | | | | | | |
| Musk Melon | | | | | | | | |
| Mustard | | | | | | | | |
| Okra | | | | | | | | |
| Onion (Green) | | | | | | | | |
| Onion (Sets) | | | | | | | | |
| Parsnip | | | | | | | | |
| Peas | | | | | | | | |
| Pepper | | | | | | | | |
| Potato (Irish) | | | | | | | | |
| Pumpkin | | | | | | | | |
| Purslane Greens | | | | | | | | |
| Radish | | | | | | | | |
| Rhubarb | | | | | | | | |
| Rutabega | | | | | | | | |
| Spinach | | | | | | | | |
| Spinach (New Zealand) | | | | | | | | |
| Spinach (Malabar) | | | | | | | | |
| Squash (Summer) | | | | | | | | |
| Squash (Winter) | | | | | | | | |
| Sweet Potato | | | | | | | | |
| Swiss Chard | | | | | | | | |
| Tomato | | | | | | | | |
| Turnip | | | | | | | | |
| Watermelon | | | | | | | | |

Legend For Planting Guide
 Unwise To Plant
 Sow Seeds
 Plant Seedlings
 Plant Seeds and/or Plants

(continued from page 4)

Garlic (*Allium sativum*)

Garlic is well known for its beneficial effects on cardiovascular disease like lowering LDL cholesterol levels and hypertension. But garlic is so much more! Garlic is one of my personal favorite food medicines for fighting off all sorts of winter illnesses and infections. If I feel like I'm coming down with anything at all (sore throat, sniffles, influenza, cough, UTI) I often reach for some fresh garlic. The easiest way is to crush a quarter clove, smother in honey, taken by the teaspoon every hour. Garlic can be hard on the stomach so I usually suggest taking fresh garlic with food. One of my favorite flu-season recipes is a syrup made with equal portions of honey, garlic and ginger juice (use a juicer for this). The secret to this recipe though, is to bury your jar of syrup in the earth for 17 days. This recipe was passed down to me from my teacher, who learned it from an elder Yogi from India. It keeps well in the fridge for the winter season (3-4 months), and is much easier on the stomach than fresh garlic. Mix in salad dressings, marinades, or take plain in hot water. Garlic is also an excellent remedy for infections on the skin. Never use fresh garlic directly on your skin though, as it will burn and blister. Chopped garlic can be steeped in warm water, wine or vinegar (overnight and strained) and used to wash infected wounds.

This is just a smattering of the many medicinal uses for plants we grow as vegetables in our gardens. As with any herbal medicine, you should always do your own research or consult with someone knowledgeable about the use and safety of botanical medicines. It is prudent to seek the advice of a health practitioner if symptoms do not improve or get worse.

Questions or comments? Feel free to e-mail me @ shamana.flora@gmail.com.

References:
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The Earthwise Herbal: Complete Guide to Old World Medicinal Plants. Matthew Wood. 2008.



Garden Reports

Corbett Garden

After a good run, it was decided recently to close the Corbett Garden. Many thanks to Melva and Paul Garzelloni. We appreciate the use of your back yard space for all the years that we've camped out there and the kind hospitality we always received.

Gardening at Corbett was for me, work done in the long shadows cast by some amazing people; some living, some living only in memory. Sam's Wall'o'waters taught me that what seems like cheating, will put tomatoes on your sandwiches early. Gary always got his work done before the heat arrived and reinforced the notion that waking early has benefits. Bill's stories encouraged patience; there may not always be a punchline, but you'll usually learn something you didn't know before. I am indebted to all of my teachers who gardened there.

~Andy Stevens



Presidio Garden

Our garden has more than doubled in a few short months. The garden has been an incredible flurry of activity: land clearing, irrigation installation, plot preparations, carpet laying, fence installation, tiller ordeals and of course planting seeds and plants. There is still more to do including moving the chainlink fence, installing the critter fence, spreading some gravel, clearing the western border and burying the irrigation for rows 1 & 2 but there is light at the end of the tunnel. I am sure that the long-time Community Gardeners knew how much work it was going to be but since I had never been through a garden expansion, I had no idea; had I known, I think I would have planned an even longer out of state vacation. Even with the 16 new plots, the garden is nearly full. Fortunately, the irrigation and the fencing were planned to allow for additional rows to be added easily. The fence encloses the entire area and the irrigation is in place and just needs to be brought to the surface and we can add 2 more rows to the garden. (They can not be 8 plot rows due to the trees.) I hope that all of you are pleased with your garden.

Here are some heartfelt messages to all of those involved: WELCOME to all of the new gardeners at Presidio Garden and thank you for all of your hard work in getting the garden up and going. THANKS to all of the continuing gardeners for putting up with the mess and confusion and helping with all of the projects. And thank you for helping make the newcomers feel welcome and part of the family. THANKS to the Presidio Garden homeowners (Fran and Charlie) for all that they did to make the expansion a success. THANKS to the Steering Committee for approving the expansion and allocating the funds.

~Gene Zonge



Community Garden

Activities



From top left: Gene directs as carpet, shovels, and dirt fly during the expansion project at Presidio, Cindy's green thumbs were put to good use while Marge is on the mend, Sam was all over at Chaverim recently, Girl Guides visited the Presidio Garden and helped George fine tune his soil sampling and testing procedures.

Community Garden

Calendar

November 2008

- 8 Presidio Garden Meeting
8:00am
- 9 Sabino Vista Garden Meeting
Time TBA



- 13 CGT Steering Committee Meeting
Darlene Schacht's, 9:00am. All CGT members invited.
- 15 Wilson Garden Meeting
8:00am
- 16 Chaverim Garden Meeting
8:00am

December 2008

- 11 CGT Steering Committee Meeting at
Darlene Schacht's, 9:00am. All CGT members invited.
- 13 Presidio Garden Meeting
8:00am
- 14 Sabino Vista Garden Meeting
Time TBA



- 18 **Deadline for Newsletter Submissions**
- 20 Wilson Garden Meeting
8:00am
- 21 Chaverim Garden Meeting
8:00am