

# Community Gardens of Tucson

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# Community Gardens of Tucson



a bimonthly guide to community gardening activities in the Greater Tucson area

September/October 2011

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## Trompillo Anyone?

by Andy Stevens

At first glance, trompillo may sound like some sort of new board game and I wish it were that easy to handle. If that were the case, I could put it away and not have to deal with it. Some things just aren't that easy though. Trompillo is another name for white horsenettle which is also known as silverleaf nightshade. In taxonomic circles, it is a poisonous dicot known as *Solanum elaeagnifolium*. It is known as white horsenettle because of the white or silvery hairs on the leaves and stems.



Pretty, but pretty prickly, white horsenettle makes its home in our desert gardens. Thanks to Beth at FireflyForest.com for the pictures.

This deep-rooted perennial member of the nightshade gang has a bit of a surprise in store if you reach for it without gloves. The entire plant is prickly and has been known put up a good fight against the most hardy of weed pulling gardeners.

Looking at the leaves, you may recognize something a little bit familiar about them. The latin name for the plant above, *Solanum*, should have been a hint. You'll see similar flower or leaf structure on eggplant (*Solanum melongena*), tomatoes (*Solanum lycopersicum*), and potatoes (*Solanum tuberosum*). Just because some nightshades are edible, does not mean that all of them are. White horsenettle is poisonous and it should be just common sense that you should not eat it. It's even toxic to livestock.

## Summer Weed Roundup

It's that weedy time of year again folks. Everyone knows that it's part of your gardener's agreement that you will keep your plots and isles free of weeds as well as attend the monthly meetings to help keep your gardens tidy. Well, recently your education director and treasurer took this bull by the horns and sprayed several weedy plots with weed killer. Once bermuda grass takes root, it's extremely hard to get it out of the gardens. Spraying is our last resort, but if you expect to stay ahead of the sprayer, I'd like to suggest that you keep your plots free of weeds and grass.

## Garden Photo



Oh, the places your zucchini will go....

## Community Garden Locations

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

**Corbett Garden (Eastside)**  
5948 East 30th Street  
Site Coordinator-Andy Stevens  
520-990-1459; andy@solvomassage.com

**Presidio Garden (Midtown)**  
Off Fort Lowell and Country Club  
Site Coordinator - Aida Milena  
520-247-2082; amfran@yahoo.com

**Sabino Vista Garden (Sabino Canyon)**  
3185 North Rowe Lane  
Site Coordinator-Stacey Harrison  
520-290-3647; stacey@dserve.net

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



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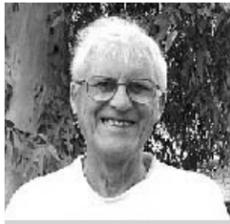
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## George Says . . .

by George Brookbank

The next two months are going to be busy but first there's a decision to be made. Do you want to enjoy the resurgence of growth in peppers, eggplant and tomatoes or do you want to make the most of winter gardening, which most of us think as being the better of the choices available to us? To take advantage of both seasons you need to have two separate garden plots, and a few of us are doing this.

Good plot management will show a benefit if you planted artichokes (both the blue-flowered kind and Jerusalem) at the ends of the row. Both take up a lot of space, but when you dig up the Jerusalem kinds in November use a fork, not a spade that will chop up the tubers.

My choice is to start afresh with winter plantings. This allows easy soil improvement which, let me remind you, means putting at least five bags of steer manure and 5 pounds of ammonium phosphate and five pounds of soil sulfur on the plot after you have rototilled to get depth. Then rototill again to mix up the soil and the amendments. Organic gardeners will want to use bone meal for phosphate and find nitrogen from blood meal, soyameal, seaweed and animal manures--- which can include bat guano..

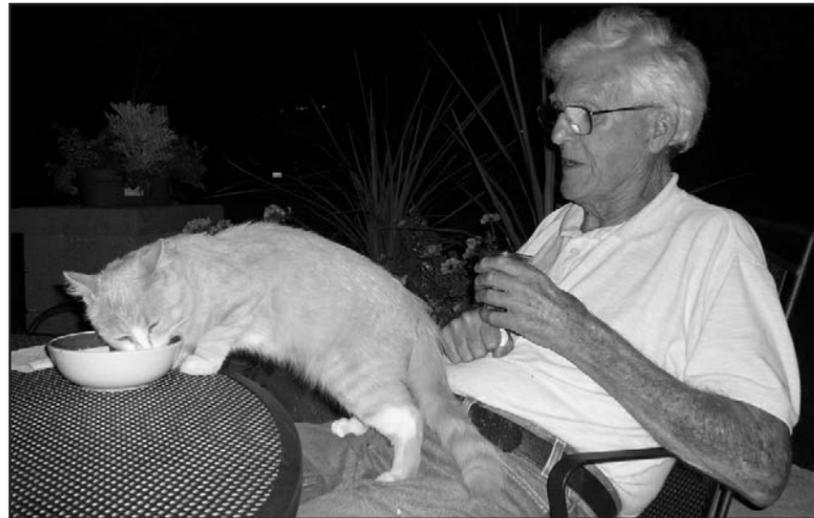
Use a string tied to the stakes at the ends of your plot to keep you from "straying" when you rototill and try not to widen your plot in an attempt to gain more territory. If you make this mistake you'll find that the drip lines won't provide enough water for your plants. If you sow seeds, you'll need to hand water daily until they grow sizeable roots. Birds like seedlings so you may need to put some wire cages over the blocks of seed.

If you want to enjoy sweet corn at Thanksgiving quickly sow some seeds of a quick-maturing variety (65 days will be good) and bush beans (55 day variety) mixed in. Your plot is big enough for four rows of corn with seeds spaced a foot apart. Replace every fifth corn seed with a bean seed.

**2** If the nurseries don't have plants of broccoli, cabbage, Brussels Sprouts and cauliflower you can sow seeds in square blocks. They'll

come up like a lawn and you'll be able to get a "sandwich" harvest of sprouts in less than five weeks. Snip the seedlings off with a scissors but leave a few to grow to large size.

In the same way you can sow seeds of carrot, turnip, radish, and beets. Long rooted carrots grow too slowly and there are a lot of different radishes to try. Oriental vegetables, mostly greens but some tasty roots, are well worth a try. Our Steering Committee member, John Swanson grows good kinds and sells them at Farmers' Markets.



Above: George reminds us to be careful this summer when enjoying ice cream and other cold treats. You just never know who will show up to finish off your portion of dessert!

Don't hurry to sow lettuce seed or buy plants. They'll grow quickly in the warm weather but they will be bitter-tasting. The end of September is a good time and, as with all the other kinds already mentioned, you'll be putting in a succession of plants during September, October and even November if we have a mild winter. Frosts of December and January won't be good for seeds or new plants, but if you get plants in six weeks before the killing frosts begin they will coast through the lower temperatures without damage.

## Organic fruit and vegetables really are better for your heart

By Valerie Elliott The Times UK Thursday 05 July 2007

Organic fruit and vegetables may be better for the heart and general health than eating conventionally grown crops, new research has found. A ten-year study comparing organic tomatoes with standard produce found that they had almost double the quantity of antioxidants called flavonoids which help to prevent high blood pressure and thus reduce the likelihood of heart disease and strokes.

Alyson Mitchell, a food chemist, who led the research at the University of California, believes that flavonoids can also help to stave off some forms of cancer and dementia. She found that levels of quercetin and kaempferol, both flavonoids, were on average 79 and 97 per cent higher, respectively, in organic tomatoes. Her findings are due to be published in full in the Journal of Agricultural and Food Chemistry. Dr Mitchell said that previously it had been hard to make comparisons between organic and conventionally grown produce because of difficulties in comparing soil quality, irrigation practices and the handling of harvested produce. But for this study researchers used data from a long-term project in which standardised farming techniques were used to reveal trends in crop productivity. The team believes that the different levels of flavonoids in tomatoes are due to the absence of fertilisers in organic farming.

Plants produce flavonoids as a defence mechanism; they are triggered by nutrient deficiency. Feeding a plant with too many nutrients, such as inorganic nitrogen commonly found in conventional fertiliser, curbs the development of flavonoids. The lower levels of flavonoids in conventional tomatoes were caused by "over-fertilisation", the research team concluded.

The Soil Association is now pressing the Food Standards Agency to review its guidance on the merits of organic as opposed to conventional fruit and vegetables. Peter Melchett, its policy director, said that there was now a rapidly growing body of evidence which showed significant differences between the nutritional composition of organic and nonorganic food.

Recent research in Europe found that organic tomatoes contained more vitamin C, B-carotene and flavonoids than conventionally grown tomatoes. Organic peaches and organic apple purée were also found to have more antioxidants. Lord Krebs, the former chairman of the Food Standards Agency and now Master of Jesus College, Oxford, said that even if such benefits existed, higher flavonoid levels did not make organic food healthier. "This depends on the relevance of the differences to the human body," he said. "Tomato ketchup has higher levels of lycopene [a strong antioxidant] than either organic or conventional tomatoes. So if you wanted lots of lycopene you should eat tomato ketchup." The Food Standards Agency, however, has commissioned a three-year study into the benefits of flavonoids. It said: "There is accumulating evidence that dietary flavonoids. . . may in large part explain the cardiovascular disease benefits of increased fruit and vegetable intake."

## Sell That Extra Produce!

If you've ever wondered what to do with the extra produce that your plots provide, the Community Food bank has the answer to your problem of abundance. They will take the produce that you drop off and sell it at the CFB Farmers Market or at the Santa Cruz Farmers Market. They get a small percentage of the sale, and you get to choose whether you would like to get back any unsold produce, or just donate it to the food bank. Either way, everyone wins. If you're interested, contact Amanda Morse at 622-0525 x237 or at [amorse@communityfoodbank.com](mailto:amorse@communityfoodbank.com)

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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

# A Planter's Guide

## 100 Miles

by Andy Stevens

I recently did some reading about the 100-mile diet. It's an idea brought to light by Canadians Alisa Smith and J.B. Mackinnon. Back in 2005, they decided to see if they could survive on a diet of foods that came from sources within 100 miles of where they lived. It's an interesting thing to consider that most of the foods we eat are shipped to us from many miles, and in some cases, many countries away. Looking at their website at [100milediet.org](http://100milediet.org), I found that we as community gardeners are already doing two of the recommended nine things in their guide to getting started with this concept. They advise folks to "start a garden" and to "plan a winter garden". I think that we can put a big check mark by both of those things in one swipe with the fall season right around the corner.

As with most things that sound good, my question was, "what's this going to cost me?". Well, I asked that question and found out about the Penny-Wise Eat Local Challenge almost immediately. It challenges folks to eat locally and do it on the cheap. The website [eatlocalchallenge.com](http://eatlocalchallenge.com) is a blog that discusses the bumps in the road that await folks trying to make a go of eating locally produced foods. Give it look, if you get a chance.

Knowing where your food comes from is a nice thing, but knowing how to grow your own food close to home is the best! Now, if we could only find a way to get that steer manure to transport itself, we'd be set.....

## EuroFresh Ride

This will be the second year that gardeners who also love bicycle riding get to do two things at once and learn something about a large scale greenhouse operation. If you can ride a bicycle for 44 miles on a flat road, you'll get a tour of some of the largest greenhouses you may ever see.

On September 15th, riders will depart from the Cochise County Airport at Willcox for a flat 44-mile ride that goes to the EuroFresh greenhouse facility and back. After the first half of the ride, a short tour of the facility awaits riders. Following the tour, everyone will head back to Willcox. This ride is free to enter, but you can buy raffle tickets for the prizes below that will benefit the Gail Barton Memorial Scholarship fund.

- 1st - Sabino Cycles - Giant Boulder SE Mtn Bike
- 2nd - Cyclepath (Safford) - 2 bicycle helmets
- 3rd - Summit Hut - Hydration backpack (\$85.00)

If this sounds like something you'd like to try, please call 1-520-507-2391 and ask for Earl or send him an email at [eng1\\_98@yahoo.com](mailto:eng1_98@yahoo.com) Enjoy!



## Water Meister?

Can you walk and chew gum...maybe even at the same time? Can you screw in a light bulb? Well, these actions aren't necessarily needed to help out with the irrigation system at your garden. There's no pay and little prestige accompanying this position, but you will learn how to operate an irrigation system and have plenty of dirt under your fingernails to show for your job well done. If you need a little bit of almost-instant gratification and you'd like to volunteer to help maintain the irrigation system lines at your garden, or any garden, please let your garden coordinator know.

## Treasury Notes

Thanks to everyone who sent plot fees in on time. If you haven't yet completed your membership, please send your check to Darlene Schacht at the return address listed on the reverse cover of this newsletter. If you have experience in accounting and are interested in supporting Community Gardens of Tucson as a volunteer, consider becoming our treasurer. Darlene would be happy to teach you the details of CGT operations, but you should have some experience working with accounts. Please contact Darlene Schacht if you're interested.

	Sep1-15	Sep 15-30	Oct 1-15	Oct 15-31	Nov 1-15	Nov 15-30	Dec 1-15	Dec 15-31
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								
Rutabaga								
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

# Article of Interest

## Cool Kohlrabi

Excerpted from Mother Earth News  
August/September 2007 By Vicki Mattern

Cabbage's 'crazy cousin' is a fun, tasty addition to your fall vegetable garden. It's a root, it's a tuber—no, it's a super stem! So what exactly is this strange round vegetable with leafy projections? Though sometimes called "space cabbage," kohlrabi really is a very down-to-earth veggie. German for "cabbage turnip," kohlrabi is a member of the extensive cabbage family (which also includes broccoli, cauliflower, kale and mustard) and offers the same awesome health benefits as these cole crop cousins. Yet kohlrabi is easier to grow than its relatives, and fast to mature, making it ideal for fall or early spring planting.

Compared to the rest of the cabbage family, kohlrabi is thought to have been developed fairly recently—the 16th century—in central or northern Europe from a thick-stemmed plant known as "marrow cabbage." The modern kohlrabi is actually an enlarged stem that develops into a bulb just above the soil.

The round bulbs can be steamed, stuffed or stir-fried; added to soups; or sliced and baked. Raw kohlrabi "chips" are crisp, sweet and mildly tangy, making them sensational with vegetable dips, or in salads and slaws. And don't forget the greens: They make tasty, nutritious additions to salads and stir-fries.

Adventurous gardeners and cooks who try kohlrabi become fast fans, singing the praises of this unique, easy-to-grow veggie. Here's how to bring out the best in this cool crop.



Photo: hrt.msu.edu

**ALL IN THE TIMING** - Like other members of the cabbage clan, kohlrabi thrives in cool temperatures.

**SMALL IS BEAUTIFUL** - Kohlrabi won't keep you waiting long. Within weeks of planting, you'll see the stems begin to swell and form the funny round globes that prompted its nickname, "space cabbage." Soon after that, your kohlrabi will be ready to harvest.

If it's spring, don't hesitate: Kohlrabi is most tender and mild-flavored when the bulbs are no more than 2 to 3 inches across, Reiners says. Fall-grown kohlrabi is less touchy. In fact, the plants will tolerate temperatures to 10 degrees, so you can harvest at a more leisurely pace.

*Varieties:*

### PURPLE

\* 'Kolibri': (Hybrid) 45 days; purple-veined leaves; fiberless white flesh (2, 3)

\* 'Early Purple Vienna': (OP) 55 days; slower growth means less cracking in wet weather (4)

### GREEN/WHITE

\* 'Korridor': (Hybrid) 50 days; white bulbs with dark green leaves; holds its quality longer than most

\* 'Early White Vienna': (OP) 55 days; sweet and mild; slower growth

means less cracking (4)

\* 'Superschmelz': (OP) 60 days; bulbs grow up to 8 to 10 inches without becoming woody; deep roots a plus in dry climates; best for fall harvest/storage

### MICROGREENS

\* 'Purple': (OP) 10 to 12 days for young seedlings; leaves and stems can be used with other young greens for microgreens mix

# Garden Reports

## Chaverim Garden

Along with the summer rains, came the weeds. At our most recent garden meeting everyone worked together to bring them back under control. The recent storms breached the block wall at the garden and we hope that will be fixed soon. We are all looking forward to fall planting and a wonderful harvest. ~Toni Mills



## Presidio Garden

The monsoon has covered the Presidio garden with its signs. We got so much rain at the end of July that we were able to turn off the water for a while. There's nothing better than nature's own to encourage the growth of any plant. Gene's moon and stars watermelons certainly took advantage of the rain, as did Claire's beautiful red okra. The strong winds during the July storms caused some minor damage to our shed, but thanks to Gene it is looking great again. During our last meeting George continued his efforts to get rid of the Bermuda grass and we rototilled his new plot and the two empty plot. ~Aida



# Community Garden

## Activities



From top left: George can be seen taking a supervisory role at the recent organized tiller day at the Sabino Vista garden. You'll notice the string line that helps keep the plots and the gardeners on the "straight and narrow". New community gardener Cathy Hunt shows the effects of trying to keep up with George in the hot sun when he's really on the go. It's not an easy task. Out in left field, our treasurer wanders about in the really tall corn during a recent visit back to her roots in Iowa. Our Chaverim compost master, and happy grandfather, Jim Kelley has his hands full with twins!

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# Community Garden

## Calendar

### September 2007

1 Corbett Garden Meeting  
8:00am

8 Presidio Garden Meeting  
8:00am

9 Sabino Vista Garden Meeting  
6:30pm



13 CGT Steering Committee Meeting at Darlene Schacht's, 2940 N. Santa Rosa, 9:00am. All CGT members invited.

16 Chaverim Garden Meeting  
8:00am

22 Wilson Garden Meeting  
8:00am

### October 2007

6 Corbett Garden Meeting  
8:00am

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  
6:30pm



18 Deadline for Newsletter Submissions

21 Chaverim Garden Meeting  
8:00am

27 Wilson Garden Meeting  
8:00am

5