

COMMUNITY GARDENERS OF MANITOWISH WATERS

NEWS



January, 2019 Vol. 3

GARDEN PLOT REGISTRATION FORMS ARE READY!

In early February, a registration form allowing sign up for a 2019 garden plot will be emailed to all individuals who have expressed an interest.

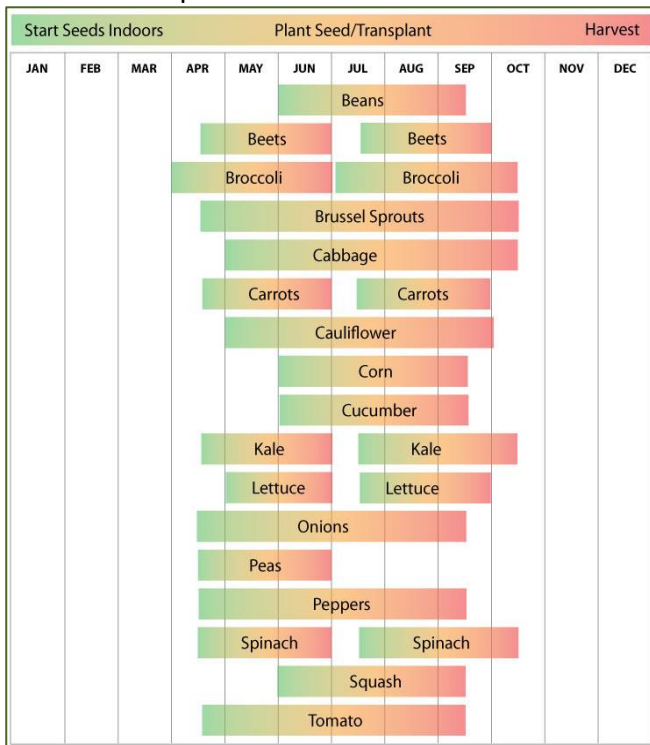
Plots will be assigned on a first-come basis.

Please contact us at mwgsarden18@gmail.com if you want to receive a registration form via email.

PLEASE BE ADVISED!

In this our start-up year, we will not be able to guarantee a garden season “opening” that will coincide with our last ground frost date, typically between June 1-15.

Construction of the facility: fencing, irrigation, raised beds, soil, tool shed, and pathways cannot begin until frost is out of the ground. Stay tuned for further updates.



IT'S NOT TOO EARLY TO START THINKING ABOUT WHAT TO GROW IN YOUR GARDEN PLOT

Growing food in a community garden plot offers great benefits and unique challenges. You'll meet new neighbors and fellow gardeners from beginners to masters – and maybe pick up a few tips along the way. However, the distance you travel from your house might limit how frequently you can visit your garden.

But don't worry! Picking the right vegetables for growing can help you avoid a lot of potential hardships.

High maintenance vs. Low maintenance vegetables. Some vegetables need much more attention than others. If you are unable to tend your garden often during harvest weeks, then you might want to choose vegetables that can hang out in the garden on their own as much as possible - **the low maintenance vegetables:**

- Basil
- Kale
- Potatoes
- Beets
- Leeks
- Swiss Chard
- Cabbage
- Onions
- Cherry Tomatoes
- Eggplant
- Parsley
- Peppers, Sweet & Hot
- Garlic



← The chart to the left represents our typical northern Wisconsin growing year. Using this as a guide, you can start thinking about what you might want to start as seeds, or decide to purchase as plants from your local garden store*.

*The MW Community Garden does not sell any seeds, plants, or other garden supplies or tools.



Hello, beginning gardeners . . .



First, let me introduce myself. I'm Judy Barry and I live in Manitowish Waters. I've been gardening for many years and I continue to learn with each new planting season. I've been asked to share some of my experiences with you in hopes of making your journey from beginner to "successful gardener" as smooth and enjoyable as possible. In this monthly column, I will also attempt to answer any gardening questions you might have and will post the answers in future newsletters.

You may have already discovered there is a tremendous amount of information on the web explaining how to start a garden. But you don't have to become overwhelmed! This month, I want to introduce you to two websites I think are terrific. This first link will take you to a site that provides basic, but very important information: "11 Tips for Beginning Gardeners."

<https://thefreerangelife.com/11-tips-beginning-gardeners/>

It's not surprising to me that Tip #1 is "Start Small". Many first year gardeners quickly discover that one zucchini plant can produce an amazing amount!

Ensuring proper hand protection when working in the garden might sound obvious, but I've discovered not all gloves are created equal. This second web link takes you to Duluth Trading Company*.

<https://www.duluthtrading.com/womens-nitrile-gloves-3-pack-77525.html>

I've found these gloves are rugged enough to defend against small thorns and sharp rocks, but have the flexibility and precise feel for sorting seedlings. And the breathable mesh helps keep my hands cool.

That's all for this month. If you have any topics you'd like to see addressed in future newsletters, please let me know at mwgarden18@gmail.com. Have fun planning your garden and *Think Spring!*

*(I am not affiliated with any seed, plant, or product company).

Spotlight on: KALE
Difficulty growing: Easy
Nutritional value: High



Of all the super healthy greens, kale is king. It is definitely one of the healthiest and most nutritious plant foods in existence. Kale is loaded with all sorts of beneficial compounds, some of which have powerful medicinal properties. For more info, see: <https://www.healthline.com/nutrition/10-proven-benefits-of-kale>

Spotlight on: SPINACH
Difficulty growing: Easy
Nutritional value: High



The health benefits of spinach include improved eyesight, regulated blood pressure, stronger muscles, and prevention of age-related macular degeneration. Due to the vast range of benefits from spinach, it is advisable to consume spinach regularly. <https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-spinach.html>