



NEWS

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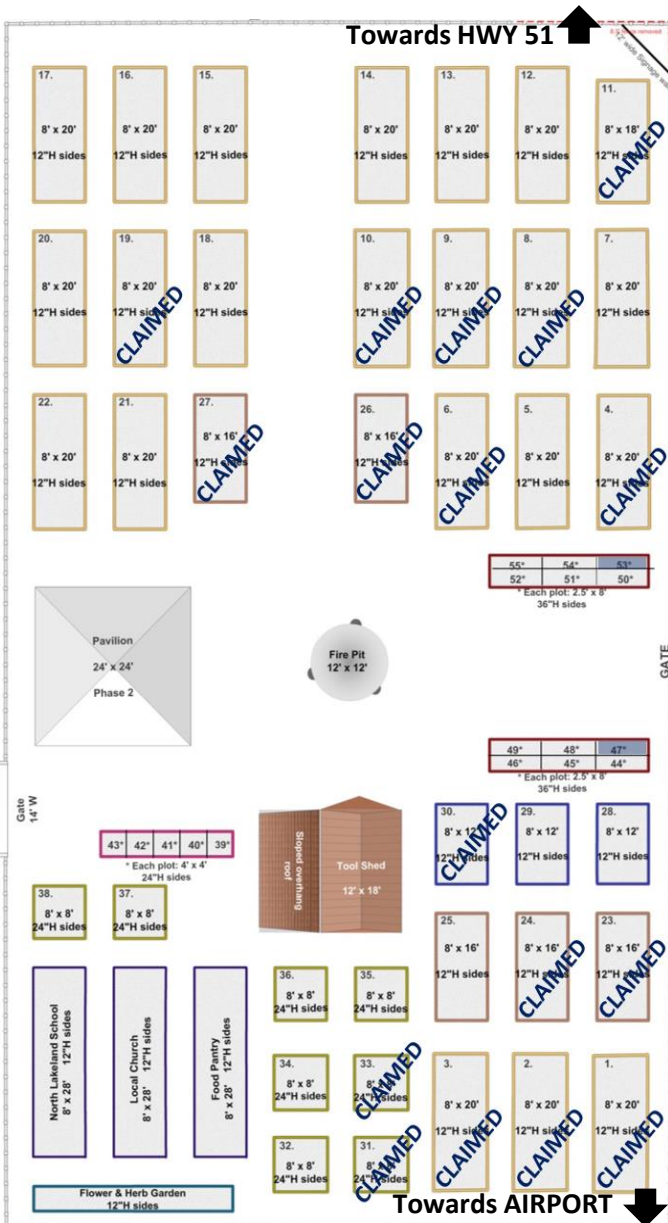
SUBMIT YOUR 2019 GARDEN PLOT REGISTRATION NOW!

Plots are being assigned on a first-come basis. Please contact us at mwgarden18@gmail.com if you want to receive a registration form via email.

PLANTING VEGETABLES THAT GROW FAST!

OK. We've lived in Wisconsin long enough to know we get snow in Winter. But if you're like many of us, the record snowfalls in February are making us wonder if we'll still be "digging out" over Memorial Day weekend! With that mind, it seemed like a good time to share information about some of the *fastest growing vegetables*:

- ❖ **Snap beans:** The fastest to produce are the "Bush" types – ready to harvest in 50+ days.
- ❖ **Beets:** Harvestable in 50+ days, although greens are ready for salads in 30 days.
- ❖ **Spinach:** Spinach can be harvested leaf-by-leaf or as a whole head when mature.
- ❖ **Summer Squash:** "Yellow Crookneck" squash can be harvested in less than 2 months.





News You Can Use!

from Judy Barry

This is the time of year when my memories take me back more than 10 years ago. Snow was still falling but for the next 2 months, I dreamed of sun-warmed tomatoes, towering sunflowers and home-grown salad greens. With confidence and growing excitement, I waited for the day when I could get my hands in the dirt! I had no experience with a vegetable garden of my own, but I knew I was just the person to tame this barren patch of earth.

Now, fast-forward to the end of that summer. You guessed it, my first garden not as successful as I'd envisioned. Undaunted, in the off-season I talked to friends with gardening experience and discovered other neighborhood "experts" willing to share their knowledge. Here is their (and my) best advice for getting the most veggies for your effort in your new community garden plot:

- 1. Start easy, start smart.** Some crops are more foolproof than others. Try herbs like parsley, leafy greens, and cherry tomatoes. And make sure purchased seedlings are rated for our climate zone – 3b – which indicates the average lowest temperature within which the plant can survive.
- 2. Avoid space hogs.** Depending on the size of your plot, avoid plants that spread like wildfire, such as mint (unless, of course, you love mint pesto)!
- 3. Don't forget flowers.** Flowers can seem like a waste of space in a smaller veggie garden, but they can actually increase yield by attracting pollinators. Tiny little blossoms like on a melon can't be seen by a bee from far away, so you need colorful flowers to draw them in. Consider planting marigolds and zinnias which flower all summer long.
- 4. Commit.** Life can easily get in the way of good produce. I could always find a reason not to get into my garden. I now schedule a couple of "garden times" per week and check them off on my calendar when done.



3 Simple Steps to Bridging the Gap Between the Garden and the Table

- 1. Plant a garden.** If a child is given the opportunity to tend a garden, they are likely to meet others growing their food, ask questions, and see (and taste?) different produce they may be unfamiliar with.
- 2. Let them pick their own vegetables.** It's a great learning experience! Some items may be growing in the ground, others on a plant, and still others might be picked from a long vine. It's also likely the child will sample some of what they pick: will it be a familiar item or will they choose something new and different?
- 3. Commit to a week without processed foods.** Any processed foods. Sound overwhelming? When you make your fresh vegetables a part of your meal plan include your kids in the food preparation process. You'll find they will gladly sample their efforts. If you want an easy starting point, making your own refrigerator pickles is a fun activity with young children: <http://www.fullcircle.com/goodfoodlife/2012/09/15/how-to-make-refrigerator-pickles-at-home/>.

What's more exciting than watching a cucumber plant grow from a tiny seed, or eating a pea fresh from the pod with your child? Hands-on experiences with food helps children connect with what they eat.

Spotlight on: CANTALOUPE
Difficulty growing: Medium
Nutritional value: High



This tasty melon is packed with beta carotene and other important nutrients:

<https://www.healthline.com/health/food-nutrition/benefits-of-cantaloupe#1>

Plant in warm soil with full sun. For complete information on how to grow cantaloupe, please see:

<https://www.wikihow.com/Grow-Cantaloupe>