

## **ALGOMA COMMUNITY GARDEN NETWORK NEWS MAY 2016**



### **ALGOMA COMMUNITY GARDEN NETWORK**

**Purpose:** To foster community gardens in Sault Ste. Marie and Algoma District through education, advocacy and networking to increase access to local sustainable food.

#### **Roles OF ACGN:**

- Help start new community gardens
- Support existing gardens
- Connect people with garden plots
- Provide gardening and community garden resources
- Organize events and workshops
- Promote community gardening
- To facilitate and build partnerships and connections
- Increase local food security
- Act as a central hub and contact point for gardens and gardeners



**SPRING REGISTRATION Meetings** for all of the community gardens have been held this past April and May and a number of open beds are available:

- **St. Matt's Community Garden** (Sir James Dunn area) has 4 beds available. Please contact Rita Kokis at 705-253-0479 or by email at [rkokis@shaw.ca](mailto:rkokis@shaw.ca)
- **Canal District Community Garden** located at Etienne Brule Public School has 4 beds available. Contact Jordan Wettlaufer at 705-251-6776 or by email at [cdcq@destinationnorth.com](mailto:cdcq@destinationnorth.com)
- **Allard St. Community Garden** is full. Individuals who wish to be added to their waiting list can contact Suzanne Hanna at 705-943-2207 or by email at [wildgardener@shaw.ca](mailto:wildgardener@shaw.ca)



## Ten great reasons to grow your own - organically!

You can grow  
without pesticides



It means growing  
GM free



You can decide  
what your family eats



Homegrown food is  
cheap and nutritious

Nothing beats  
the fresh taste



Your food will be  
truly local



You can grow things that  
you can't buy in the  
shops



You can grow for flavor.  
Commercial growers have  
to grow for shelf-life

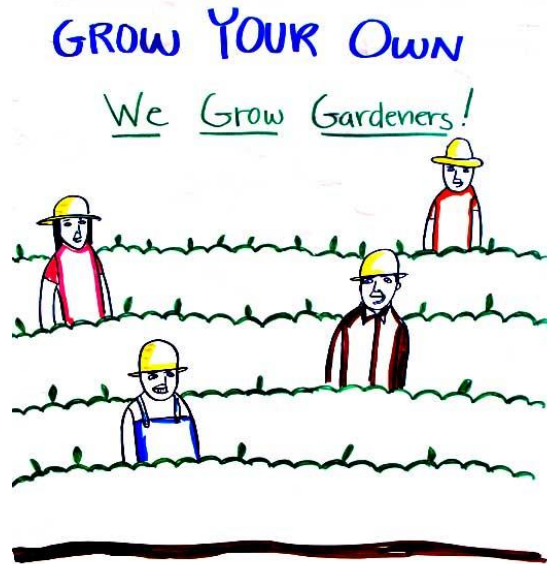
Children will learn where  
food really comes from



You'll get fresh air and  
exercise, and rediscover  
the seasons



You can grow some food, even if you've only got a small garden, balcony or window box, and you can grow it organically.



## RED TOMATOES

A beautiful woman loved growing tomatoes, but couldn't seem to get her tomatoes to turn red. One day, while taking a stroll, she came upon a gentleman neighbor who had the most beautiful garden full of huge red tomatoes.

The woman asked the gentlemen, "What do you do to get your tomatoes so red?"

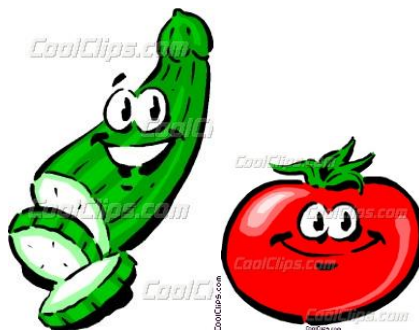
The gentlemen responded, "Well, twice a day I stand in front of my tomato garden naked in my trench coat and flash. My tomatoes turn red from blushing so much."

Well, the woman was so impressed; she decided to try doing the same thing to her tomato garden to see if it would work.

So twice a day for two weeks she flashed her garden hoping for the best.

One day the gentleman was passing by and asked the woman, "By the way, how did you make out? Did your tomatoes turn red?"

"No", she replied, "but my cucumbers are enormous!"



## HOW TO INNOCULATE BEAN AND PEA SEEDS

Beans, peas and other legumes have the distinctive ability to “fix” nitrogen through the help of beneficial bacteria called rhizobia, contained in the nodules on the plant’s roots. You can give your legume seeds a boost by inoculating them with a rhizobia-rich powder. Doing this assures that the new roots will have an immediate supply of bacteria which will result in sturdier, greener plants.

1. Assemble your various seeds and a glass jar.
2. Put the seeds in the jar and sprinkle them with just enough inoculant to coat them. Give the jar a shake to make sure all the seeds are covered.
3. Plant the seeds singly in a soil-less mix in fiber pots and water gently.

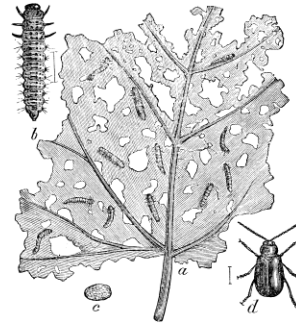


## IMPORTED CABBAGE WORM

Common and widespread, the white cabbage butterfly is the adult stage of the imported cabbageworm. Cabbageworms are velvety pale green caterpillars with a fine yellow stripe down the back. They feed on cabbage, broccoli and related plants. The eggs are pin-point-sized, bright yellow cones, laid singly on the leaves.

Cabbageworms chew ragged holes in leaves and nibble florets. They produce green crumbly pellets of green excrement. Wasps and other predators feed on the worms.

Interplant your veggies with dill, coriander, and other plants that attract beneficial insects. Handpick caterpillars or spray with Bt, canola oil or insecticidal soap.



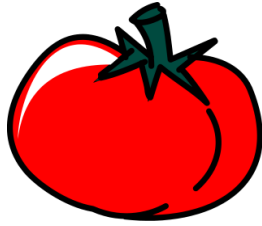
## FLEA BEETLES

If your transplants look like they’ve been hit with a shotgun blast, the most likely culprit is flea beetles. **Effective organic controls** include: Diatomaceous earth, rotenone, pyrethrum and garlic and hot pepper sprays. Sprinkle wood ashes on plants and cultivate soil frequently to kill the eggs. Plant resistant varieties and use crop covers.

## THREE SISTERS GARDEN

For thousands of years, **Native Americans have planted Corn, Beans, and Squash together in an arrangement called the Three Sisters.** This is companion planting at its best, with each of the three vegetables helping the others to grow.

**Here is how it works:** The corn provides supports for the vining beans. The beans fix the nitrogen in the soil, which corn—a huge nitrogen gobbler!—needs for growth. The squash provides mulch and root protection for the corn and beans, while using the nitrogen as well. The corn and beans, eaten together, form a complete protein.



## PLANTING TIPS FOR TOMATOES

- ✓ Always plant tomatoes deeper than they are growing, as much as 2/3<sup>rd</sup>'s up the stem! This helps to double their root system.
- ✓ Epsom salts add magnesium and calcium to the soil which helps tomatoes and peppers get the minerals they need. You can also add eggshells, coffee grounds, and leaves as well as composted manure to the soil.
- ✓ Mulching is important for keeping moisture levels consistent for tomato roots. Use pine needles, hay straw, strips of newspaper or even old carpet to keep the soil moist during hot weather.
- ✓ Ensure good supports are in place to keep your plant branches strong and allow them to develop lots of heavy fruit.
- ✓ Pick heirloom tomatoes when they are just beginning to ripen as they finish turning red, orange, or yellow indoors on the kitchen counter.

## STAKING TIPS FOR TOMATOES

By Roger Doiron, Kitchen Gardeners international

Tomatoes are happy to grow every which way, right side up, upside down, left and right. So why bother to put

complicated and potentially expensive support structures in place to prop them up?

To understand why, you need to know that a tomato plant's needs and your needs as a tomato-eater are not the same. The plant "needs" to grow to maturity, set fruit and reproduce via the seeds of fallen, decayed fruit. All these things can be achieved without any support structure. Your needs, however, are to harvest those fruit before they become one with the earth.

Support structures such as cages and trellises allow you to maximize your harvest by keeping the plants and fruit off the ground. The photos below will give you some ideas about some of the different ways you can support your plants and achieve true tomato transcendence this season.

### 1) Stake them

Use whatever stakes you have on hand - wooden stakes, bamboo, metal - just be sure that they're at least 4 feet high. This isn't the easiest method because you need to keep tying the plant up over the course of the season, but it works and is cheap.





## 2) Fence them

If you already have a fence structure in your garden, you can use it for supporting tomatoes or other vining crops. If you don't have one, you can buy some lightweight wire fencing as pictured below.



## 3) Cage them

These cone-shaped cages are cheap and easy to find, but can topple easily when the plants start to grow top-heavy with foliage and fruit. You're best off securing them with a heavy stake driven at least a foot deep into the soil.



## 4) Cage them - maximum security edition!

There are cages and then there are cages. These heavy-duty square-shaped cages (also known as tomato towers) are

secure and roomy but come at a price, usually about \$25 each. They will, however, hold up for many years and allow for carefree growing. No tucking or tying needed, aside from tucking into your wallet, that is. If you're a do-it-yourselfer, you might also want to consider building your own sturdy cages.



## (5) Trellis them

Farmers and advanced gardeners often train their tomatoes to a single vine to achieve maximum production rates.

The support structures for type of cultivation can be costly in terms of money and time, but can pay off at harvest time. In the system below, the plants are supported both vertically by the wooden stakes and horizontally by the twine connecting the stakes.





### Tomato Stake Whitefly Trap

Trick whiteflies with the color yellow. Whiteflies are attracted to yellow surfaces and you can buy commercially produced traps that have sticky yellow surfaces where whiteflies land and get fatally stuck. In Brooklyn, Ohio, a tomato lover came up with a nifty way to recycle some household items into a sticky whitefly trap at a cost that is much lower than the price of a commercial trap.

#### Ingredients:

- 4 6' long tomato stakes
- 4 48 oz. juice cans, each with 1 end removed
- Yellow paint (safety yellow)
- Paint brush
- 12 yellow or clear plastic bags
- Petroleum jelly

#### Directions:

1. Use the stakes to support growing tomatoes or if you are already using some other form of support, pound the stakes alongside the plants. Four stakes set every 2 feet will protect a row of 10 tomatoes.
2. Paint the juice cans yellow.
3. Place the painted cans over the tops of the tomato stakes and cover each can with a yellow or clear plastic bag.
4. Smear petroleum jelly on the outside of the bags.

Yield: 4 super-sticky whitefly traps

## THE BENEFITS OF A COMMUNITY GARDEN

- ✓ Allows people who have no outdoor space to add to their gardening skills and grow their own healthy, nutritious food
- ✓ Helps people to help themselves, thus instilling a sense of self-reliance
- ✓ Supports environmental and horticultural education programs by promoting recycling, conservation and organic garden practices
- ✓ Promotes team work, cooperation and networking and allows for the integration of people of all ages, abilities and incomes
- ✓ Provides a relaxing way to exercise and enjoy nature
- ✓ Revitalizes and beautifies existing urban neighbourhoods by converting vacant land into productive gardens
- ✓ Increases volunteerism, promotes civic pride and reduces crime

**A community garden doesn't just happen. It takes hard work, commitment and passion.**

**Are you up for the challenge?**

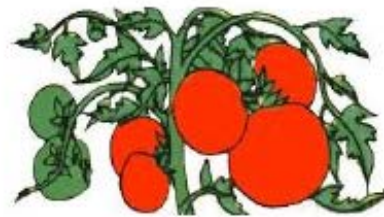


**Sault Ste. Marie Horticultural Society  
Allard Street Community Garden  
Clean North**

# Plant Sale

**Seedlings Annuals Perennials  
Herbs Trees Shrubs**

***RAIN OR SHINE!***



**8 am to noon on Saturday, May 21, 2016**

**105 Allard Street in the Allard Street Community Garden**

- ❖ Wide range of plants for sale ~ many garden favourites!
- ❖ Rain barrels and coir available
- ❖ Cash or cheques only!
- ❖ Bring a wheelbarrow, wagon, or box to transport your goodies to the car
- ❖ Proceeds will support garden and beautification initiatives through the Sault!
- ❖ Questions? Call Suzanne at 705-759-2893 or Rita at 705-542-9813

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