



Clearwater Farm Garden News

September/October 2016

Why Garden?

Gardening is a lot of work and at times I ask myself, "Is it worth it"? I could easily go to the store to get the produce. Then I realize all the reasons that I garden at Clearwater Farm. One of the main reasons is that it builds community. The garden offers a way of building personal and community relationships that I value. I connect with people that I wouldn't ordinarily interact with in my ordinary life. We all have a shared goal and we harness our energy with a diverse set of skills and backgrounds to achieve this goal. The Clearwater Farm garden is a vibrant, educational, and productive piece of land because of individuals that have shared their skills and vision and made it a great asset to members of Clearwater Farm and the surrounding community.

For me the garden also reduces stress, encourages exercise, is a social outlet, and connects me with the planet. In a world of digital communication and technology, connecting back to the earth is so important. The garden is a reminder of the interactions and role that the plants, soil, birds, insects, and water play in food production.

We all lead busy lives and finding the time and sometimes the energy to maintain a garden, cook, and preserve the fresh produce can be difficult, but it is so worth the effort. I can't imagine a better way to stay healthy, active, and connected to the planet than gardening. Remember, "it's not just a garden, it's a revolution."
-Jean Irons

Garden Tips:

The end of summer is harvest time: zucchini, summer squash, and basil, to name a few. It is also time to dry and preserve the many herbs that our garden grows. We have thyme, rosemary, oregano, parsley, and sage. There are many websites that you can search on easy methods of drying or freezing your herbs. Herbs are expensive, but by drying them yourself, you can save \$\$\$\$.

The first frost is on an average around October 15, but we are looking forward to harvesting some of the cool crops that we planted. These plants include broccoli, lettuce, spinach, snow peas, and radishes. These plants like the cooler weather and provide fresh garden taste into the fall season.

Mammoth Sunflowers

The huge sunflowers at the ends of the trellis are the mammoth sunflowers. The name is very appropriate because the sunflower heads are massive. Ours are about 16 inches across. They are getting so heavy that they are starting to bend over. Hopefully, they will stay up long enough to harvest. If you would like to read more about this plants history and how to harvest, the following link contains lots of information

<http://www.burpee.com/gardenadvicecenter/annuals/sunflowers/all-about-sunflowers/article10035.html>



Tasks For The End Of The Season

- Final harvest of all produce (October)
- Planting garlic (mid-October)
- Strawberry and Raspberry Bed preparation for winter (cut back, soil amendments, and transplant)
- Clean-up of dead plant material (Compost as much as we can). More information later on proper composting methods.
- Planning meeting for next growing season. Date to be announced. Included will be a questionnaire to ask how you think we could improve the garden and what plants you would like to utilize next year.
- Final clean-up and storage of tools, hoses, etc...
- Soil testing
- Preparing for perennials for winter (rosemary, rhubarb, strawberries, etc...)

Fall Clean-up Date

Please mark your calendar to help get the garden and shed ready for winter. The fall cleanup day for the garden is scheduled for Saturday, October 22, 10:00 am to 1:00 pm. Weather permitting.