



GROWING GARDENS

# SEEDS FOR SUCCESS

A NEWSLETTER FROM GROWING GARDENS  
JANUARY—MARCH 2008

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## *Greetings from Growing Gardens!*

*Looking out your window it may be hard to believe that spring (and gardening!) are right around the corner. Here are some tips to help you stay excited about your garden in this stormy weather.*

## Planning for Your Garden

Now is the perfect time to start thinking about your garden and making a plan. Creating a garden map ahead of time helps you stay on top of your garden and grow as much food as possible in your space. Growing Gardens handouts as well as seed packets & catalogs are all helpful tools in making your plan. Don't hesitate to contact us for any information you may need! (503-284-8420)

### Steps to plan your garden:

- 1) Make a list of all the vegetables and plants you want to grow.
- 2) Determine when each crop will need to be planted or transplanted.
- 3) Determine how much space each plant will need.
- 4) Draw a map of your available space and plan your season out!

### A few things to consider:

- Crop rotation: Rotating where plants of different plant families are placed each year will help you prevent pest problems and keep your veggies healthy and nutritious.
- Succession planting: Some crops (like lettuce) grow quickly and therefore can be planted more than once to give you multiple harvests throughout the season.

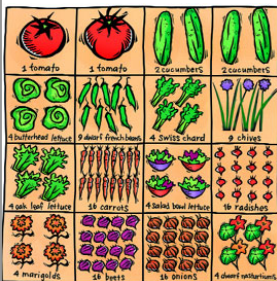
## Experiment with Garden Design

### Square Foot Gardening

Mapping your garden into square feet instead of rows allows you to plant so much more! Once you have a square-foot map of your plot, divide up sections of your garden for early spring, late spring and summer vegetables. Follow the guidelines for appropriate

spacing from seed packages or other sources, and leave that much room around each plant for growth.

Here each square of the grid represents one square foot of a garden.



### .Intensive Gardening

The healthier your soil is, the healthier and more nutritious your veggies will be! Growing Gardens promotes intensive gardening strategies so that as much can be grown in your garden as possible. These methods require more from your soil so it will need to be taken care of.

### Protect and nourish your soil:

If you weren't able to winterize your garden this fall you can still protect your beds. Covering your soil with biodegradable material ensures that all this rain won't leach out important nutrients. Lay down cardboard or newspaper to suppress weeds, then layer leaves or straw on top with compost.

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# Spring in the Garden

February	Mid-March		Spring planting calendar
	Plant	Spacing	
If you're anxious to get your hands dirty you can get outside and plant peas! They most likely won't mature any earlier than peas planted in March or April, but it's exciting to see something growing out there.	Onions	3"	Although there is always work to be done in the garden, most of your cool weather crops can wait to be planted until March or April.
	Parsley	8"	
	Cilantro	8"	<b>Planning for Fruit Trees!</b>  Do you want a more edible landscape? If you're planning on having any fruit trees or berry bushes next year, January-March is the best time to plant them.
	Spinach	3"	
	Radishes	1" (thin to 3")	
	Beets	1" (thin to 3")	
	Carrots	1" (thin to 3")	
You can start broccoli, parsley, or cauliflower indoors	Broccoli	12-24"	Have a fruit tree you don't know what to do with? Contact the <b>Portland Fruit Tree Project</b> (503-939-4914) to have volunteers prune and harvest the fruit from your trees next year.

## Youth Grow Corner Recipes!

One of our students' favorite things in our after-school Youth Grow garden clubs is to sample fresh veggies from the garden. They also love to learn new simple and healthy recipes that they can make with vegetables at home. More often than not, our students find they love to eat new vegetables and they love to help with the preparation. Below are some of our favorites.

Beet Greens or Collard Greens sautéed with Garlic	Bok Choy Salad
Serves 2-4	Serves 2-4
<b>Ingredients</b>	<b>Ingredients</b>
<ul style="list-style-type: none"> <li>• Beet leaves from bunch of beets</li> <li>• 2-3 cloves of garlic</li> <li>• 1 tablespoon olive oil or butter</li> </ul> <p><i>Optional:</i> ¼ red or yellow onion, salt, pepper, other spices, vinegar, fresh or bottled lemon juice</p>	<ul style="list-style-type: none"> <li>• 1 medium head bok choy, diced</li> <li>• 1 bunch green onions, chopped</li> <li>• 1 (3 ounce) package ramen noodles</li> <li>• 1/2 cup blanched slivered almonds</li> <li>• 2 tablespoons sesame seeds, toasted</li> <li>• 1/3 cup olive oil</li> <li>• 3 teaspoons lemon juice</li> </ul>
<b>Directions</b>	<b>Directions</b>
Rinse beet leaves. Chop off & discard bottom 2 inches of stem. Rolling the leaves together, chop every 1-2 inches along the stem. Set aside. Peel and finely chop garlic. Warm a saucepan on medium with oil or butter spread evenly across the pan. Add garlic (& optional onions) and sauté 2 minutes. Add chopped collards or beet greens (and optional vinegar or lemon juice) and sauté for another 2 minutes, stirring frequently, until soft and wilted. Season with salt and pepper to taste, as well as other spices.	<ul style="list-style-type: none"> <li>• Combine bok choy and green onions; cover and chill.</li> <li>• Whisk together the olive oil, lemon juice and ramen noodle seasoning packet. Refrigerate until chilled.</li> <li>• Break ramen noodles into small pieces; combine with toasted almonds and sesame seeds.</li> <li>• Before serving, combine the cabbage mixture and noodle mixture; add dressing and toss to coat.</li> </ul>

# Home Gardener Spotlight!



Who? *Teri Phillips*

Teri has a life-long interest in gardening and joined our Home Gardening program in 2007.

Where? Terri and her fabulous garden are located in Portland's King neighborhood.

Favorite Vegetable?

Her preferences change with the seasons, though her all time favorites are broccoli, corn on the cob & tomatoes

What's the best thing about Gardening?

"The best thing about gardening is the satisfaction one gets from eating what it is you've put time and effort into growing— and sharing it!"

# Neighborhood Network Update

Thanks to everyone who completed the Neighborhood Network survey! The survey results show strong support for Neighborhood Networks. Of those people who completed the survey, 95% are interested in starting a Neighborhood Network in their neighborhood.

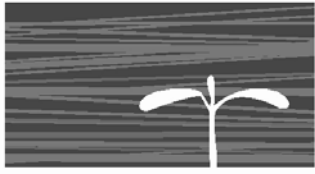
The survey builds on the work of two Neighborhood Network meetings held in the Fall. In the survey we asked participants to choose their top five activities that they would like included in a Neighborhood Network.

The five ideas that were most strongly supported include:

- Produce swap
- Having a contact list of other Home Gardeners
- Seed / plant sharing
- Social gatherings with food and kids activities
- Skills Sharing, i.e., canning, seed-saving, etc.



This survey was an early step in assessing interest in the Neighborhood Network and finding out what Home Gardeners would like it to be. Later this winter, Growing Gardens will hold the next meetings in Outer Southeast Portland and Northeast Portland. Home Gardeners living in these neighborhoods can expect to hear from us this winter.



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## Meet the New Additions to the Growing Gardens Team!

**Emily Gowen** (left) is our new Home Garden Coordinator/NWSA Americorps member. She loves to farm and garden and get people working together in the dirt! She is passionate about sustainable agriculture, the local foods movement and community food security. For the past few years she has pursued these interests through undergraduate coursework, farm apprenticeships, forming Time Banks in her home state of VT, taking the Master Gardener training and participating in various local foods initiatives.



**Monica Cuneo** (center) is our new Youth Grow Educator/NWSA Americorps member. She comes to us after spending two years at Eco Education, a service-learning focused, urban-based environmental education non-profit in Minnesota.

She has been working on sustainable agriculture, local foods policy, and service learning farm to school projects through coursework at Evergreen State College, an internship with Center for Rural Affairs, consulting work with Minneapolis Public Schools and other exciting ventures.

**Peter Katon** (right) is a graduate student intern assisting with the Home Gardens Program. He's studying Urban and Regional Planning at PSU with a focus on community development and how to build a more equitable and just society. Peter appreciates Growing Gardens as a fun and pro-active way that Portlanders take action to create strong and healthy communities.