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1000 Growing Gardens!

Plant Start Tips

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Giving Back! Garden Mentors and Crew Leaders

Red Cross “Together We Prepare”

Thank you for helping us celebrate 1000 Growing Gardens!
Spread the love of gardening by uploading pictures of your garden to Twitter. Please use the tags @GrowingGardens and #1000GrowingGardens
Every seed contains a baby plant with its own supply of food and a tough outer coat. It also contains all of the information that determines how big the plant should grow, when it will begin to flower, what the flower will look like, and how to reproduce seeds.

Seeding directly into the garden is called **direct seed**. Plants that do well by direct seed include root vegetables like beets, carrots, parsnips, turnips, and radish, legumes like peas, pole beans and bush beans, cucurbits like cucumbers, summer and winter squash, and chard, spinach, cilantro, lettuce, mustard greens, and parsley.

**Transplanting** simply means moving a rooted plant from one place to another. Plants that do better in the Pacific NW by transplanting include tomatoes, peppers, eggplant, tomatillos, perennial herbs and basil. All of these plants need soil temperatures above 50 degrees and may not produce fruit before frost if started by direct seed. One method for starting tomatoes and basil yourself is to use a shelf and light system in your house. Plants started in a window typically do not get enough light, they will stretch tall and become weak. Also, if you use a tray and plastic dome, it is likely that the plants will grow a fungus. So what is the best way to start plants indoors? To grow most starts indoors, you need grow or shop lights. You can purchase or reuse black plastic flats, make newspaper cylinders or use plastic cells, purchase a quality potting soil, and make sure that the soil stays moist throughout the pot. Most Portland nurseries will have the supplies needed to start plants indoors. It requires an investment, but you may find it valuable if you like to share starts with friends or grow special varieties of vegetables.

Many gardeners purchase tomatoes, peppers, and herb starts at local nurseries, and direct seed what they can outdoors. Remember that seeds need warmth and light to grow. With that in mind here is a brief calendar that will help you to start by seed in your garden.

**January**
Read gardening books, order free seed catalogs. Spend time planning out your garden. Consult planting charts.

**February**
Gather seeds and supplies. Direct seed peas.

**March**
If you have an indoor growing set-up, start peppers and eggplant. Outdoors direct seed greens, leeks, radishes, spinach, and more peas.

See **Succession Planting** on page 3.

**April**
Start tomatoes and basil indoors. Outdoors direct seed broccoli, cabbage, kale, onions, and root vegetables.

**May**
Harden off your indoor starts by slowly transitioning the starts outdoors. Wait until temperatures stay above 50 degrees at night to transplant tomatoes, peppers, eggplant and basil outdoors. Direct seed cucurbits like cucumbers, and squash. Direct seed green beans.

**June**
Tend your garden, weed, water, and harvest as needed.

**July**
Tend your garden, weed, water, and harvest as needed. Mid-July plant greens, cruciferous vegetables like cauliflower, broccoli, cabbage, and bok choy, and root vegetables for a late-fall/winter crop.

**August**
Tend your garden, weed, water, and harvest as needed.

**September**
Enjoy the harvest.

**October**
Continue to harvest. Clear out warm weather vegetables when they have completed their growing cycle. Winterize your garden: add compost to your soil, soil amendments, plant a cover crop or mulch your beds. Plant garlic.

**November**
Harvest your fall/winter crop. Mulch around greens so that they winter over.

**December**
Rest.

**Free Seed Catalogs**

**Johnny’s Selected Seeds Catalog**
http://www.johnnyseeds.com/
1-877-564-6697

**Territorial Seed Company**
2014 Spring Gardening Catalog
http://www.territorialseed.com/
1-800-626-0866

**Seed Savers Exchange**
http://www.seedsavers.org/
Succession Planting / A Sembrar en Secuencia

Succession planting makes for a continuous harvest over an extended period of time. For example, carrots can be planted in April-August, but rather than planting all of the carrot seeds at once, consider planting some every two weeks. Then you will have a continuous supply of carrots over a period of time rather than all at once. Here is a chart that indicates which vegetables can be planted in succession and the planting date range for the Pacific NW. This chart also tells the number of plants to plant in a square foot of garden space. This will help you maximize the vegetables you can grow while keeping the spacing optimal for healthy plants.

A sembrar en secuencia a través de la primavera y el verano dará una cosecha continua en una ventana de tiempo extendido. Por ejemplo, usted puede sembrar las zanahorias en Abril-Agosto, pero en lugar de sembrar todas las semillas a la vez, considera sembrando algunas cada dos semanas. En esta manera tendrá un suministro continuo de zanahorias a través del verano en lugar de todas las verduras a la misma vez. Aquí son dos tablas que indican cuales plantas ustedes pueden sembrar en secuencia, y los periodos de fechas de sembrar para el Pacífico Noroeste. Esta tabla también explica el número de plantas que usted puede sembrar en un pie cuadrado de su jardín. Este se ayuda en maximizar la cantidad de comida que puede cultivar, y a la misma vez mantiene el espacio óptimo para plantas saludables.

Warm Season Vegetables / Verduras de las temperaturas calientes

<table>
<thead>
<tr>
<th>Vegetable / Verdura</th>
<th>Succession or 1 time planting / Sembrar una vez o Por secuencia</th>
<th>Direct seed or transplant / Siembra directa o trasplantar</th>
<th>Planting date / Fecha de siembra</th>
<th>Number of plants per square foot / Numero de plantas por pie cuadrado</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato &amp; Tomatillo / Jitomate</td>
<td>1 time / Sembrar una vez</td>
<td>Transplant/Trasplantar</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>1 per 4 sq. ft.</td>
</tr>
<tr>
<td>Pepper / Chiles</td>
<td>1 time / Sembrar una vez</td>
<td>Transplant/Trasplantar</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>1</td>
</tr>
<tr>
<td>Eggplant / Berenjena</td>
<td>1 time / Sembrar una vez</td>
<td>Transplant/Trasplantar</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>1</td>
</tr>
<tr>
<td>Cucumber / Pepinos</td>
<td>1 time / Sembrar una vez</td>
<td>Seed / Siembra directa</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>6-12” apart &amp; grow up a trellis</td>
</tr>
<tr>
<td>Summer Squash / Calabacitas</td>
<td>1 time / Sembrar una vez</td>
<td>Seed / Siembra directa</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>1 per 4 sq. ft.</td>
</tr>
<tr>
<td>Winter Squash / Calabaza</td>
<td>1 time / Sembrar una vez</td>
<td>Seed / Siembra directa</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>12” apart if trellising 4” apart if not trellising</td>
</tr>
<tr>
<td>Basil / Albahaca</td>
<td>Succession / Por secuencia</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>May 15-June 1 Mayo 15-Junio 30</td>
<td>4</td>
</tr>
<tr>
<td>Bush Beans / Ejotes de arbusto</td>
<td>Succession / Por secuencia</td>
<td>Seed / Siembra directa</td>
<td>May 15-June 1 Mayo 15-Junio 15</td>
<td>9</td>
</tr>
<tr>
<td>Pole Beans / Ejotes con guía</td>
<td>1 time / Sembrar una vez</td>
<td>Seed / Siembra directa</td>
<td>May 15-June 1 Mayo 15-Junio 1</td>
<td>4” apart &amp; grow up a trellis</td>
</tr>
<tr>
<td>Vegetable / Verdura</td>
<td>Succession or 1 time planting / Sembrar una vez o Por secuencia</td>
<td>Direct seed or transplant / Siembra directa o trasplantar</td>
<td>Planting date / Fecha de siembra</td>
<td>Number of plants per square foot / Numero de plantas por pie cuadrado</td>
</tr>
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<td>---------------------</td>
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<td>----------------------------------</td>
</tr>
<tr>
<td>Carrots / Zanahorias</td>
<td>Succession / Por secuencia</td>
<td>Seed / Siembra directa</td>
<td>April-August / Abril-Agosto</td>
<td>16</td>
</tr>
<tr>
<td>Beets / Betabeles</td>
<td>Succession / Por secuencia</td>
<td>Seed / Siembra directa</td>
<td>April-July / Abril-Julio</td>
<td>9</td>
</tr>
<tr>
<td>Turnips / Nabos</td>
<td>Succession / Por secuencia</td>
<td>Seed / Siembra directa</td>
<td>April-August / Abril-Agosto</td>
<td>9</td>
</tr>
<tr>
<td>Spinach / Espinacas</td>
<td>Succession / Por secuencia</td>
<td>Seed / Siembra directa</td>
<td>March-April, August / Marzo-Abril, Agosto</td>
<td>12</td>
</tr>
<tr>
<td>Peas / Chicarros</td>
<td>Succession / Por secuencia</td>
<td>Seed / Siembra directa</td>
<td>February-April / Febrero-Abril</td>
<td>1-2” apart &amp; use trellising</td>
</tr>
<tr>
<td>Lettuce / Lechugas</td>
<td>Succession / Por secuencia</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>April-September / Abril-Septiembre</td>
<td>4</td>
</tr>
<tr>
<td>Broccoli / Brócoli</td>
<td>1 time / Sembrar una vez</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>March or July / Marzo o Julio</td>
<td>1</td>
</tr>
<tr>
<td>Cabbage / Repollo</td>
<td>1 time / Sembrar una vez</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>March or July / Marzo o Julio</td>
<td>1</td>
</tr>
<tr>
<td>Cauliflower / Coliflor</td>
<td>1 time / Sembrar una vez</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>March or July / Marzo o Julio</td>
<td>1</td>
</tr>
<tr>
<td>Brussel Sprouts / Col de Bruselas</td>
<td>Succession / Por secuencia</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>March or July / Marzo o Julio</td>
<td>1</td>
</tr>
<tr>
<td>Garlic / Ajo</td>
<td>1 time / Sembrar una vez</td>
<td>Plant garlic cloves / Sembrar los dientes del Ajo</td>
<td>October-November / Octubre-Noviembre</td>
<td>9</td>
</tr>
<tr>
<td>Kale / Col Rizada</td>
<td>Succession / Por secuencia</td>
<td>Seed or transplant / Siembra directa o trasplantar</td>
<td>Feb-March, July / Febrero-Marzo &amp; Junio</td>
<td>4</td>
</tr>
</tbody>
</table>

**Youth Grow Corner**

At the end of each garden club term, we like to do a special recipe to celebrate the time we have spent together. Here is a recipe for a festive winter fruit salad that looks and tastes delicious, and our garden club students had a great time making it together.

**Winter Fruit Salad**

- 2 pears
- 1 pomegranate
- a pinch of cinnamon
- 1 lemon

Cut the pears into bite size pieces. Cut through the skin of the pomegranate, and break it in half with your hands. An easy way to get the seeds out of the pomegranate is to turn it over and hit the back with a wooden spoon. Be sure to do this over a large bowl, because it can splatter. Mix the pomegranate seeds with the pears, a pinch of cinnamon, and the juice of the lemon. Enjoy!

If you are interested in getting involved in one of the school gardens, please contact olivia@growing-gardens.org or call 503-284-8420.
Help gardeners with Growing Gardens

Garden Support Volunteer
You may be the best person to mentor a new gardener. Having been in the Home Gardens Program you will understand what help gardeners need. It’s ok if you don’t have the answers to every question, there are many resources to help.

Antonio enrolled in the Growing Huertos program in the spring of 2013. He enjoyed the garden installation day so much that he decided to become a crew leader this past fall. Over the course of 6 weeks he attended a crew leader training day, and lead groups of volunteers to build gardens for five new families.

City of Portland Fix-It Fair
The Fix-It Fair is a FREE City of Portland event where you can learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy.

Upcoming Times and Locations
Saturday, January 25, 2014
Rosa Parks Elementary School
8960 N Woolsey Ave
Portland, OR 97203
Hours: 9:30 a.m. – 3 p.m.

Saturday, February 22, 2014
David Douglas High School
1001 SE 135th Ave
Portland, OR 97233
Hours: 9:30 a.m. – 3 p.m.

Volunteer for Growing Gardens at the Fix-It-Fair!
As participants of the Home Gardens Program, you have experienced the program first-hand and would be the best person to provide information.

To volunteer call 503-284-8420 or email nancy@growing-gardens.org.
Thank you!!
“Together We Prepare” Workshop and Volunteer Opportunity

Help our AmeriCorps service member Lindsay support the American Red Cross and the emergency warming center at Imago Dei Church.

Date: Tuesday, 1/14/14  
Time: 6PM-7:30PM  
Location: Growing Gardens office, 2203 NE Oregon St.

We will assemble personal care packages from donated items, while talking about Disaster Preparedness. We are accepting donations of the following items now through 1/14/14:

- Tissue, Chapstick, Granola Bars, Hand warmers, Water Bottles, Tooth Brushes, Tooth Paste, Warm Socks, Gloves, and Hats

Lindsay will present “Together We Prepare," a presentation that informs audiences of the disasters, both natural and man-made, that could affect the Cascades Region. Additionally, the program offers instruction as to how best to stay informed, make a plan, and build an emergency preparedness kit. The presentation is intended for adults.

Please bring items to Growing Gardens between now and January 14, 2014.
Warm beverages and snacks will be provided.
To RSVP or if you have questions please email Lindsay@growing-gardens.org or call 503-284-8420.