

## Community Garden Locations

### Chaverim Garden (Eastside)

5901 East 2nd Street  
Site Coordinator—Signa Roswall  
520-750-8439; alamo@dakotacom.net

### Corbett Garden (Eastside)

5948 East 30th Street  
Site Coordinator—Nanihoa Smith  
520-760-8579; naniloasmith9@msn.com

### Presidio Garden (Midtown)

Off Fort Lowell and Country Club  
Site Coordinator—Sally Coulthard  
stan@coulthard.net

### Wilson Garden (Midtown close to UA)

3331 North Wilson  
Site Coordinator—Melissa Urreiztieta  
520-320-9814; melissa.u@earthlink.net



## Garden Photo



It's officially fall when the spinach seedlings begin to emerge.

# Community Gardens of Tucson



a bimonthly guide to community gardening activities in the Greater Tucson area November/December 2006

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## Exotic Greens for the Fall Garden

by John Swanson

Among the easiest to grow, yet still relatively new and untried of the cool season vegetables, are Asian greens and cabbages. There seem to be an unending list of these exotic cousins to broccoli, cauliflower and traditional cabbages. To compound our confusion, names for these vegetables are to put it simply confounding! There are different ethnic names for the same vegetable as well as different English names. Bok Choy can be called Pak Tsoi, Baak Choi, Bai Cai, Tsing, Pak Choi by the Chinese; and Chinese White Cabbage, Chinese Chard, Chinese Mustard and Celery Mustard by English speakers. But it's all part of the fun.

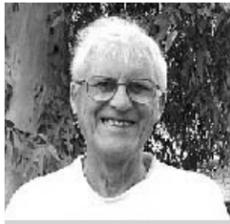
These vegetables have flavors that run from cabbage tasting to a mustard flavor. Use them raw, lightly cooked, stir-fried or steamed. Most are in the genus Brassica and easy to grow from seed or transplants. They are hardy to frosts and need a half-day to full-day of sun in our gardens. They respond well to nitrogen to promote growth. For the aphid and cabbage looper problems, a strong jet of water and soapy type sprays applied consistently before these bugs get a strong foothold, work well.

The leafy kinds are good cut and come again vegetable greens. Mizuna, and a relative Mibuna, grow upright and their different shaped leaves are great in salads. The red leafed mustards Red Giant and Osaka Purple are beautiful plants. Leaves are spicy when raw, milder when lightly cooked. Komatsuna grows very fast. Its common name is Japanese Mustard Spinach and it's highly nutritional. The light green leafed Tokyo Bekana is nice in salads and grows rapidly in our warm desert winters. Shungiku or Chop Suey green is unique. It's in the Chrysanthemum family and the leaves and even flower buds are used. It's taste is carrot like. We know about Chinese Peas and their edible pods, but the plants tender tips are delicious also. Cabbage types, like Bok Choy are familiar to most of us with its thick white stems used in stir-fry dishes. It's miniature relative Mei Qing Choi is a fast growing petite version. Swollen Stem when mature makes thick odd looking stems. The Michihili and Napa cabbage types we see in western supermarkets are narrow upright cool season varieties. There are many hybrids and variation in this large group of Asian vegetables. Flowering cabbages will flower as the leaves grow. The flowers, tender stems and leaves are all edible. Hon Tah Tsai and Autumn Poem are flowering types. Gai Lan aka Chinese Kale's tender stems, leaves and white flowers are a delight.

There are many ways to prepare these vegetables and with the Asia's thousands of years of agriculture and culinary tradition available to us, we have a great opportunity to expand our experiences.

# Community Gardens of Tucson

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## George Says . . .

by George Brookbank

How nice it is that the weather has cooled. We can expect good sowing and planting weather until the first frost sometime around the middle of November and after that our plant growth will slow down until January. This means there's still opportunity to sow seeds and set out plants for a few more days. Most gardeners have been very timely with their fall season plantings and sowings, but those who are interested in setting out onions need to leave a little space for them. Perhaps space will become available if bush beans get frozen a little earlier than we expect.

The optimum time for growing lettuce is now with us and a few "too-early" plantings are unfortunately bolting. Pull them out because they won't taste good and use the space for a fresh sowing of lettuce or some other leafy crop. We have been lucky with our first efforts because birds and insects have not been attacking the seedlings. Once our plants reach a moderate size they will be completely safe, except for aphid attacks. The remedy is to be watchful, and quickly spray the small clusters with soapy water before they multiply and spread. Look under the leaves as soon as you notice the leaves are distorted and puckered.

Look in John Swanson's sowing and planting table in this newsletter for the best times to fill any empty spaces you may have. As you all know, a half-empty garden plot wastes water and obviously, reduces your harvest. This season there's not much space left, all plots have been well filled.

The big concern of these two months is a possible severe and/or prolonged frost period. The first, at mid-November is often mild and short but the frosts of December are usually more severe and damaging. Any remaining tomatoes, peppers and eggplants will be killed unless they are covered with a sheet or light blanket. The coverings need to be taken off early in the morning to let the plants be warmed by the sun and then put back again before the sun goes down in the evening. This becomes a tiring chore

and it's debatable whether it's worth doing, especially if you live far away from your garden.

Usually our winter plants have gained a safe size before the hard frosts arrive so they won't be damaged, but their growth will stop. Don't worry about frost on the plants, let the sun gradually warm them up and they'll be alright.

December is a harvest month, giving a return on all of the hard hard work you put forth in September by getting your plot going. You've all done very well and I hope you'll feel well rewarded.

My trial of broccoli varieties that develop numerous side shoots after the main head has been harvested is doing well. Plants have been provided to Corbett, Chaverim and Presidio and will be given to Wilson by the time this newsletter reaches you. There are more plants available to those who want them, though they are getting a bit big as transplant seedlings.

I think we all appreciate the value of compost and we are all contributing to each garden's compost program but all are not helping the "manager" with the project. It will help if you chop crop residues into pencil-length pieces instead of being heaped up near the compost bins. Share the chores, please.

Your site coordinators will be keeping an eye on how much we water. The heat of summer has gone and we should not keep our soils too wet, so the timers may be changed a bit. Discuss your soil's needs with your Site Coordinator so all will benefit from any changes in the timing that may be made.

Everyone has made a good start with the seasonal changes at the gardens. All can look forward to a productive season that will continue until the end of February, especially if you fill in with new plants and seeds when the spaces are left by early harvests.

~George

### By George! It's Back!

Just when you thought that your beloved Friday newspaper column was gone forever, George has resurrected it and it will soon have a new home on the Community Gardens Of Tucson website. Andy recently set up the space and it's been rumored that George is readying himself for a new article that should be published very soon.

The articles will be timely as always and should benefit all of our gardeners as well as many gardeners around the globe. There will be a comment section where feedback can be submitted and questions can be asked. It will soon be up and running at [communitygardensoftucson.org/blog](http://communitygardensoftucson.org/blog) and there will be a link to it on the main page of the Community Gardens Of Tucson website.

### Gardening Around Town

Stop by one of these local gardening events to learn something new.

#### Monthly Gardening Demonstrations

Wilmot Library, 530 North Wilmot Road  
(520) 791-4627

1:00 pm

November 1: *Monthly Gardening Tips*

November 8: *Basic Xeriscaping*

November 15: *Winter Care of your Garden and Landscape*

#### Rainwater Harvesting with Brad Lancaster

Tucson Botanical Gardens

2150 North Alvernon Way, (520) 326-9686

#### Rainwater Harvesting Session I

November 4, 8:00 a.m. – 4:00 p.m.

Pre-registration required \$40/\$36

#### Graywater Harvesting Tour and Presentation

Turning "Waste" Water into Resources

Sunday, November 5, 9:00 a.m. – 1:00 p.m.

Meet at Dunbar Auditorium, 325 W. Second St.

Pre-registration required \$24/\$22

#### Arizona Native Plant Society

Monthly meeting, 2nd Wednesday of the month

Tucson Botanical Gardens

2150 North Alvernon Way, (520) 326-9686

November 8, 7:30 p.m.

December 13, 7:30 p.m.

### Recipes

by Kim Murphey, Presidio Garden

#### Eggplant and Tahini Spread (Baba Ghanouj)

2 large eggplants ~2 1/2 lbs

1/4 cup well stirred tahini (sesame paste)

2-3 cloves of mashed garlic (I used a whole clove of baked garlic)

3 Tbsp. fresh lemon juice

1/2 tsp ground cumin or to taste

salt to preference

2 Tbsp. extra virgin olive oil (or more )

1 Tbsp. chopped parsley ( I used a fistful)

Grill the eggplants over coals, turning every 10 min. until charred all over and collapsed (20-35 min.) or broil in stove. Cool and then pull charred skin and stem off and discard. Blend all the ingredients except parsley with the eggplant pulp until well combined. Garnish with parsley and drizzle with olive oil. Serve with pita wedges. Makes about 3 cups.

#### Tuna Cucumber Salad with Dill

1, 6oz can of water-packed albacore tuna, drained

1/2 cucumber, peeled, seeded, diced

2 green onions, thinly sliced

2 Tbsp. fresh, chopped dill

2 Tbsp. plain yogurt (greek-style is thicker, less watery)

2 Tbsp. mayonnaise

1/2 Tbsp. Dijon mustard

Combine all ingredients in a bowl and mix well. Use for sandwiches and/or over lettuce. Adding tomatoes just before serving is nice. Serves 2.

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As always, we extend our warm thanks and appreciation to our friends at AlphaGraphics who not only make the publication of this newsletter possible, but make it beautiful as well.



### Victory In The Gardens

by Andy Stevens

I was watching the television show Victory Garden on PBS not too long ago and the thought struck me: lovely hedges or blooming rhododendrons in an area with 30-200 inches of rain every year don't, at least in my mind, constitute a victory of any real sort, unless of course, you own stock in the Scotts fertilizer company or Monrovia Nurseries.

It seems to me that I could walk through any of our four gardens and find more hard-fought victories won by plants and gardeners than I'd see in, quite literally, a month of Sundays spent watching the TV. It never ceases to amaze me that with just a little help from the sun, our gardens fill up with a bounty that I'd have never expected to see in a desert climate.

We beat the searing heat, the spotty frosts, as well as varied and voracious pests in our two short growing seasons. Our victories seem subtle, but with thriving plants and happy gardeners, are nothing short of miraculous in some cases. It seems to me that the biggest victory may be one that is overlooked as an accepted fact: that we know where our food comes from. Look around the next time you're in the grocery store. As you are able to pass through the produce section without needing very, savor your victory. You've earned it.

Enjoy today, because it's the only one that you'll ever get.

~Andy

### Broccoli Dijon

Sent in by Signa Roswall

1 to 1 1/2 lbs. (450 - 675 g) broccoli  
 1 medium onion, finely chopped  
 1/2 cup (225 ml) sour cream  
 1 Tbsp. (15 ml) lemon juice

2 Tbsps. (30 ml) butter  
 2 to 4 cloves garlic, finely chopped  
 1 Tbsp. (15 ml) Dijon-style mustard  
 Salt and freshly ground pepper to taste

Cut the broccoli into florets, and slice the stalk. Steam or boil in salted water until tender but still firm and bright green. Meanwhile, heat the butter in a skillet over moderate heat and saute the onion and garlic until tender but not brown, about 5 minutes. Add the remaining ingredients and stir over low heat. Spoon the sauce over the broccoli and serve immediately.

Note: The creamy Dijon sauce in this recipe goes equally well with cauliflower, green beans, Brussels sprouts, asparagus or any other vegetable for which you'd like a tangy dress-up. This serves 4 to 6.

### What is it?

Cultivated literally since the stone age, the common name of this turnip-like plant is translated from Mandarin as "white vegetable". The medicinal properties of this plant were investigated as far back as the Ming dynasty. This plant likes fertile alkaline soil and will prosper in full sun.

See John Swanson's article on page 1 of the newsletter and Joy Larkcom's book, *Oriental Vegetables: The Complete Guide for Garden and Kitchen* ISBN: 1568360177 for a hint or two.

**Legend For Planting Guide**

Unwise To Plant	[White Box]
Sow Seeds	[Light Gray Box]
Plant Seedlings	[Medium Gray Box]
Plant Seeds and/or Plants	[Dark Gray Box]

Vegetables	Nov 1-15	Nov 15-30	Dec 1-15	Dec 15-30
Arugula	[Dark Gray]	[Dark Gray]	[White]	[White]
Asian Leafy Greens	[Dark Gray]	[Dark Gray]	[White]	[White]
Beets	[Light Gray]	[Light Gray]	[White]	[White]
Broccoli	[Medium Gray]	[Medium Gray]	[White]	[White]
Brussels Raab	[Dark Gray]	[Dark Gray]	[White]	[White]
Brussels Sprouts	[Medium Gray]	[Medium Gray]	[White]	[White]
Cabbage	[Dark Gray]	[Dark Gray]	[White]	[White]
Carrots	[Light Gray]	[Light Gray]	[White]	[White]
Mache(Corn Salad)	[Dark Gray]	[Dark Gray]	[White]	[White]
Miner's Lettuce	[Dark Gray]	[Dark Gray]	[White]	[White]
Cucumber	[Dark Gray]	[Dark Gray]	[White]	[White]
Chinese Cabbage	[Dark Gray]	[Dark Gray]	[White]	[White]
Collards	[Dark Gray]	[Dark Gray]	[White]	[White]
Fava Beans	[Dark Gray]	[Dark Gray]	[White]	[White]
Mustards	[Dark Gray]	[Dark Gray]	[White]	[White]
Leeks	[Dark Gray]	[Dark Gray]	[White]	[White]
Kale	[Dark Gray]	[Dark Gray]	[White]	[White]
Kolorabi	[Dark Gray]	[Dark Gray]	[White]	[White]
Onions	[Dark Gray]	[Dark Gray]	[White]	[White]
Leaf Lettuce	[Dark Gray]	[Dark Gray]	[White]	[White]
Romaine Lettuce	[Dark Gray]	[Dark Gray]	[White]	[White]
Radish	[Light Gray]	[Light Gray]	[White]	[White]
Spinach	[Dark Gray]	[Dark Gray]	[White]	[White]
Swiss Chard	[Dark Gray]	[Dark Gray]	[White]	[White]
Turnip	[Light Gray]	[Light Gray]	[White]	[White]
<b>Herbs</b>	[Dark Gray]	[Dark Gray]	[White]	[White]
Chervil	[Dark Gray]	[Dark Gray]	[White]	[White]
Chives	[Dark Gray]	[Dark Gray]	[White]	[White]
Cilantro	[Dark Gray]	[Dark Gray]	[White]	[White]
Dill	[Dark Gray]	[Dark Gray]	[White]	[White]
Marjoram	[Medium Gray]	[Medium Gray]	[White]	[White]
Mint	[Dark Gray]	[Dark Gray]	[White]	[White]
Oregano	[Dark Gray]	[Dark Gray]	[White]	[White]
Parsley	[Dark Gray]	[Dark Gray]	[White]	[White]
Thyme	[Medium Gray]	[Medium Gray]	[White]	[White]

Note: Quality Herb Production is best achieved with filtered sun/open shade during hot months.

### Nov/Dec Lunar Phases

**Full Moon**  
Nov 5 Dec 5



**Waning Half Moon**  
Nov 12 Dec 12



**New Moon**  
Nov 20 Dec 20

**Waxing Half Moon**  
Nov 27 Dec 27



## Garden Potluck

by Andy Stevens

The recent fall potluck was a fun event and I think all who attended were impressed by the wonderful candlelit surroundings provided by our Corbett Garden hosts, Melva and Paul Garzelloni (below).



Melva is apparently showing how happy she is every two months when she receives the newsletter; either that or she's been taking boxing lessons.

The conga line at the food table started soon after I finished heating up the bratwurst. All four dozen!



George humored us all by putting on a nametag and was, as always, a good sport about it.



After dinner and the raffle, there was apparently some friendly finger pointing at a table that was full of master gardeners.



# Garden Reports

## Presidio Garden

George assists Darcy with his drill-mounted auger. Andy calls it cheating, but it really does make light work of preparing just the right size hole for the broccoli transplants. George has distributed a different variety to each garden at the monthly meetings. If you didn't attend your garden's monthly meeting, chances are good that you may have missed out.



## Wilson Garden

The Wilson garden was busy recently as the gardeners transition from warm to cool-weather plants. Unai and John are hard at work in this photo cleaning up summer leftovers. We welcome Sarah and will bid adieu for now to Debra, but we look forward to seeing her back in the garden before spring arrives.



## Chaverim Garden

~Signa

Walking into the garden these fall mornings is a whole new experience. The air is crisp and refreshing and the sunshine feels good on one's back. At first glance it looks almost as if unseen hands have "taken away" our garden while we weren't looking, but we know well whose hands have been at work. There are still a few tall tomatoes, peppers and Jerusalem artichokes being kept for fall harvest. At left, Keith works to prepare one of his plots for planting. Wheat seedlings are sprouting in the temple's Children's Plot. Tucson's "second spring" has come to Chaverim Garden.



## CGT Steering Committee

The photo at right is from the September meeting. Some of our longtime regulars were missing, but others were able to attend. Pictured (left to right) are Darlene Schacht, George Brookbank, Bob Ishmael, and Joe Fellows. The October meeting brought the possibility of collaborating with another local nonprofit to start another garden in the coming year.



# Community Garden

## Calendar

### November 2006

**4** Corbett Garden Meeting  
8:00am

**9** CGT Steering Committee Meeting at Darlene Schacht's, 2940 N. Santa Rosa, 9:00am. All CGT members invited.

**11** Presidio Garden Meeting  
8:00am



**19** Chaverim Garden Meeting  
8:00am

**25** Wilson Garden Meeting  
8:00am

### December 2006

**2** Corbett Garden Meeting  
8:00am

**9** Presidio Garden Meeting  
8:00am

**14** CGT Steering Committee Meeting at Darlene Schacht's, 9:00am. All CGT members invited.



**17** Chaverim Garden Meeting  
8:00am

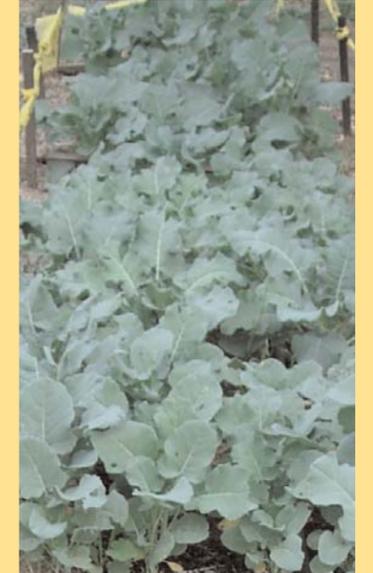
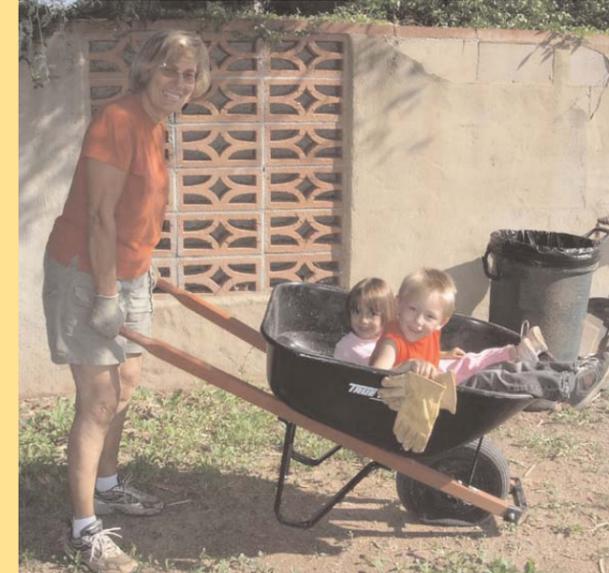
**18** Deadline for Newsletter Submissions

**23** Wilson Garden Meeting  
8:00am

**5**

# Community Garden

## Activities



Clockwise from top left: Lucy Arnett and Gary Cooper catch up while admiring Lucy's freshly planted plot at the Corbett Garden. Darlene always has the time for a quick wheelbarrow ride at Presidio. We all wondered who was having more fun. George's broccoli trial plot is off and running. It's sure to be a good harvest as well as a valuable experiment. Stan helps a future ear, nose, and throat specialist don his gloves over at Presidio. There was no surgery involved in this operation - they were blowing the gloves up and drawing faces on them. Bill Arnette discusses the proper proportions that are needed to make up good mantis juice; in this case it's the gas and oil mix that keeps our little rototiller running smoothly.

**6**