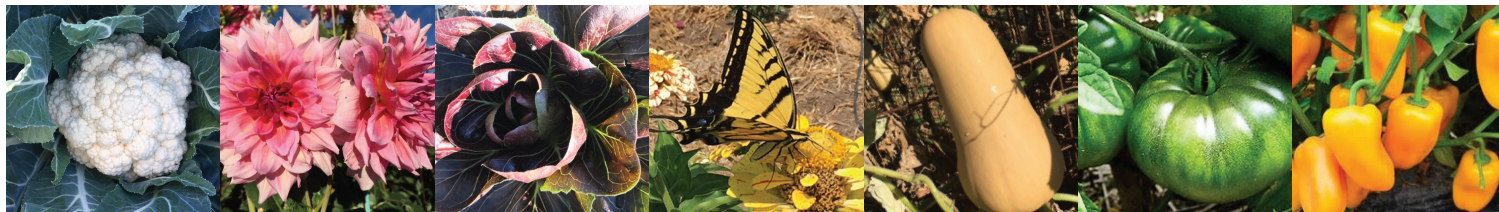




BOULDER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Community Garden News



Dear Gardeners,

We have seen lots of moisture this spring and early summer. A major hail storm JUST missed the garden last week, and I am keeping my fingers crossed that our luck will hold. All that precipitation creates, of course, a perfect environment for weeds. Please be sure to keep your plots clear of weeds. Doing a little bit every time you visit your plot is the easiest way to keep things under control. In my plot, I have let the purselane get away from me and now I am regretting that. Sigh...

PLEASE be very careful when using any type of herbicide as the chemicals are very volatile and drift very easily. There is some damage to my strawberries and some other areas around the garden as well. As an alternative, Vitamin Cottage has a 20% vinegar that can be mixed with dish soap, salt, vegetable oil and water to make a weed killer solution. It has worked pretty well in areas that are not planted (aisles).

You may have noticed we have a few new signs for the community garden. The parking signs are self explanatory. The welcome sign is just that. We like to have visitors, but prefer to show them around instead of people just wandering through. If you see someone who might be interested in looking at the garden, please direct them to the office for a tour.

Happy Gardening!

Allison Appelhans
Garden Coordinator
303 678 6924



CSU Extension

The Extension office provides assistance and programs for citizens in five main areas: Agriculture, Horticulture, Family and Consumer Science, Natural Resources and 4-H Youth Programs.

Colorado State University Extension Mission Statement: Empower Coloradans to address important and emerging community issues using dynamic, science-based educational resources.

Please feel free to use our website as a reference tool for all things gardening and more. <https://boulder.extension.colostate.edu/horticulture/>

For Fact Sheets <https://extension.colostate.edu/publications>

2019 Garden Policies <https://boulder.extension.colostate.edu/wp-content/uploads/sites/7/2019/03/Community-Garden-Policies-2019-1.pdf>

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Community Service

Thank you Nick for helping move the large items for recycling out of the garden. I couldn't have done it without you! And Dietmar, I actually enjoy going into the blueberry cage now. Thank you!

Let the Garden Coordinator know if you are interested in any of the following projects or have ideas of your own.

BEFORE you do them.

Installing a first aid kit in the garden for minor injuries. Basically, it needs a place that can accommodate 4 large screws. This is a perfect job for someone who may have physical limitations, and shouldn't take more than 1/2 hour.

Weeding - always. :)



Healthy Garden Tips

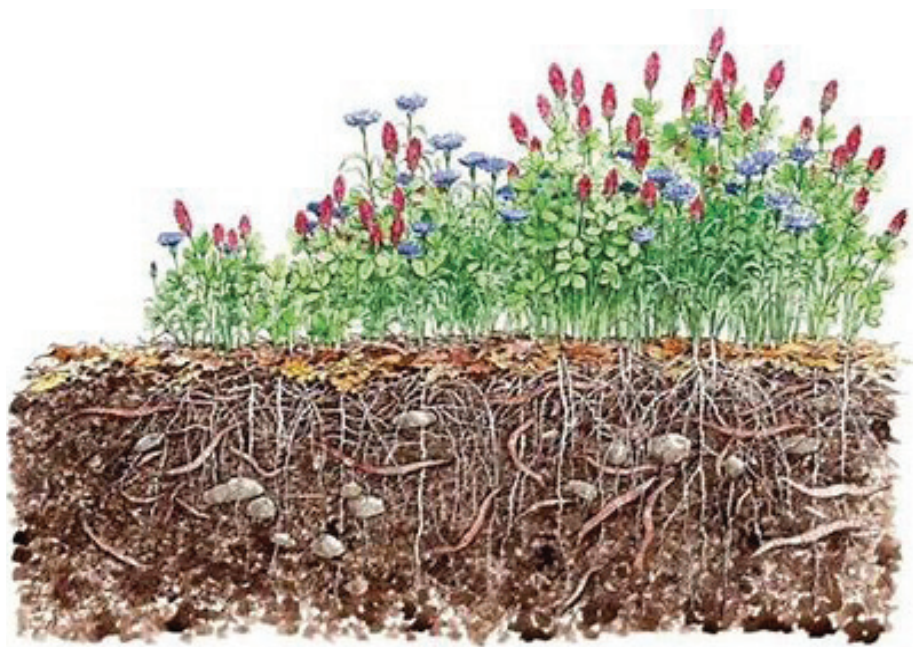
Cover crop or second season?

Wondering what to do with that empty row in the garden after the peas are finished? Don't leave it bare! It will soon be covered in weeds, the sun will bake the clay to a cement like crust and you will have missed so many opportunities you to make your soil happy!



No gardening practice yields as many benefits as cover cropping, and growing cover crops in every season is as important as producing vegetables for your table. We too often think gardening reduces soil fertility, but in fact, the more you keep live plants growing, the richer your soil will become. Roots exude substances that feed beneficial soil organisms, including the amazing mycorrhizae. Deep-rooted plants draw minerals from subsoil, which makes the minerals available to shallow-rooted crops. Dead plants, including invisible roots, decompose and release nutrients for use by subsequent crops. Plants also prevent soil erosion, and decomposing roots open channels for oxygen and rain, and provide pathways through which earthworms and other important organisms can migrate. Repeated seasons of organic matter deposition will increase soil carbon, or "humus," which is crucial to soil fertility, friable texture and water retention.

The ecological benefits of cover cropping go beyond soil improvement: Cover crops scavenge nutrient surges in soil that result from tilling in fresh plant matter or manure. They also prevent runoff pollution and "bank" excess nutrients for later crops. These beneficial covers boost biological diversity in and around gardens, a key to naturally preventing plant diseases and insect damage.



Often gardeners practice cover cropping only in the off-season - for instance, to protect soil in winter - and assume it's not a summer option. But it is, and planting summer cover crops provides big payoffs.

Drought is more likely in summer, so gardeners must choose cover crop species that not only thrive in heat but are also drought-tolerant. Hot, dry soil is also inimical to seed germination, so no summer cover is likely to succeed without a little loving care.

If you broadcast seeds, first work them into the soil, then tamp the soil down with a rake. Even better, drill the seed by hand: Open closely spaced furrows with the corner of a hoe, dribble in seed, cover and tamp. Soil to seed contact is key! Water immediately and as often as needed to keep the top quarter-inch of soil damp until germination. After plants become established, apply a light mulch to cool the soil and conserve moisture. You can also take advantage of



shade offered by an existing crop, such as spring-planted broccoli, by seeding a cover crop into the same bed a couple of weeks before you remove the main crop. Most cover crops are adapted to close planting — the closer you plant, the sooner a tight, shading canopy will form.

Limited space. The greatest difficulty with summer cover cropping is revealed by the first question every gardener asks: “We’re already pushing the garden for maximum production - where do we find any unused space?” First, try hard to dedicate at least one bed in your rotation to growing a cover crop through an entire summer season, or maybe even a whole year. You’ll be amazed by how much an uninterrupted year under cover will do for your soil - and your future crops

<https://www.motherearthnews.com/organic-gardening/gardening-techniques/summer-cover-crops-zm0z14aszsto>

PlantTalk Colorado

Second Season Crops

Vegetable garden

Squeezing a second crop of vegetables in before fall frost makes good use of garden space. Once spring crops are harvested, fertilize and prepare the soil for summer planting.

The following suggestions for summer planting are made based on the mid-October average killing frost date for Denver, but you should check the last frost date for your area before trying these suggestions. Remember that Colorado’s weather varies from year to year and frosts may come as much as a month earlier or later.

Crops that can be planted until mid-July include cabbage, collards, endive, green onions, New Zealand spinach, bush beans, cucumber, cauliflower, edible-podded peas and summer squash.

Vegetables that can be planted until the end of July include Chinese cabbage, small length carrots like the Nantes varieties, broccoli and turnips.

Vegetables that will produce crops if planted until early August are kale, turnip greens and beets. Crops that produce until mid-August are leaf lettuce, mustard greens, spinach and Swiss chard. Radish can be planted as late as the first week of September.

Many greens make particularly good late crops as they can be harvested at any stage of growth.



Recipe to Try

Cucumber Dill Sauce

The addition of blue cheese dressing gives this cucumber dill sauce a tart tang that’s perfectly paired with a sturdy fish.

Ingredients

½ cup sour cream
½ cup olive oil mayonnaise
½ english cucumber about ½ cup, diced
¼ cup blue cheese dressing
2 tablespoons fresh dill chopped
zest of 1 lemon
1 teaspoon lemon juice
pinch of kosher salt

Instructions

Combine all ingredients in a bowl.
Refrigerate until ready to serve

<https://www.foodiecrush.com/grilled-salmon-fillet-with-cucumber-dill-sauce>

YUM!

Around Town

July 20, Lavender Festival
Denver Botanic Gardens Chatfield Farms in Littleton; Time: 9 a.m. - 5 p.m.; Fee: \$7 non-members, \$5 members, ages 13 and under free; Enjoy hundreds of blooming lavender plants, free demonstrations, live music, food, beverages and products sold by vendors. See website for classes that will be offered. 720.865.4346

July 20 “Honey Bee Meet & Greet”
by Kristina Williams at Harlequin’s Gardens, 4795 N. 26th St. in Boulder; Time: 10 a.m.; Fee \$15; Please wear long sleeves and pants. Pre-register by calling 303-939-9403

July 21 “Foraging for Rocky Mountain Mushrooms, Part 1: Regional Mushroom ID” by Zach Hedstrom. Harlequin’s Gardens, 4795 N. 26th St. in Boulder; Time: 10 a.m.; Fee \$15; Pre-register by calling 303-939-9403

July 21 “The Wild Wisdom of Weeds”
by Katrina Blair and Tyler Van Gemert. Harlequin’s Gardens, 4795 N. 26th St. in Boulder; Time: 1 p.m.; Fee \$15; Pre-register by calling 303-939-9403

July 28 “Foraging for Rocky Mountain Mushrooms, Part 2: Foraging Field Trip” with Zach Hedstrom
Harlequin’s Gardens, 4795 N. 26th St. in Boulder; Time: 10 a.m.; Fee \$15, Pre-payment required; Wear weather appropriate clothing and sturdy shoes and bring water; Location will be given at registration. Pre-register by calling 303-939-9403.