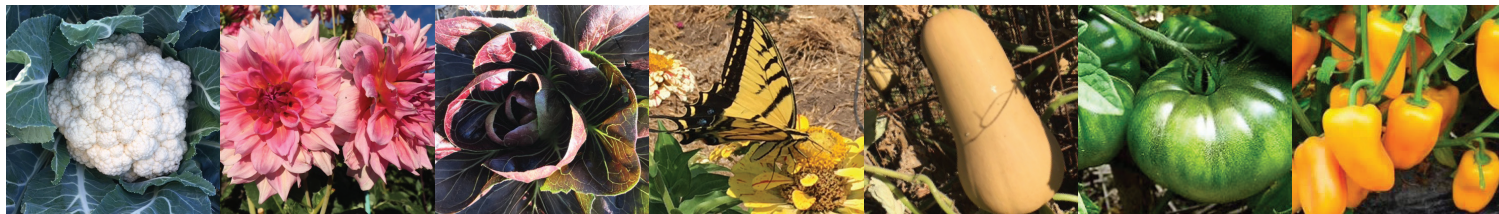




BOULDER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Community Garden News



Dear Gardeners,

I hope you all had a chance to visit the Fair this year as it is the 150th anniversary! There is something for everyone. Many of you have entered crops in the contests, and I wish you all good luck.

Thank you to those who donate your extra produce to the Longmont Food share. I believe we have worked out a plan so that food does not sit in the cooler for very long. Have your donations in the cooler by 8 AM on Thursday mornings, or bring them into the office on Wednesdays.

If anyone is interested in Goji Berries, please let me know. We have plants available and berries to pick. If anyone has plant divisions, or extra seeds, please let me know. I will have a lot of yellow and white iris (mid September) if anyone is interested. I will have lots of flower seeds as well.

Please make sure you get some volunteer time in while it is needed in the garden. November is the deadline to complete your hours, but there are not many tasks to be done that late.

Happy Gardening!

Allison Appelhans
Garden Coordinator
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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.

CSU 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-2/>

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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*A heartfelt
thank
you!
to our
volunteers!*

Community Service

Thank you Nick for helping move the recycling out of the garden. I couldn't have done it without you! Thank you Mo, Gaylynne, Bibi, Sandy and Wayne for picking raspberries this season. Again Dietmar, "Weeder wizard" **MANY THANKS!**

Please get your volunteer time in before the end of the season. November 15th is the cut off date, but projects should be done WAY before then.

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 scrapes and cuts. 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 a half hour.

Weeding - always. :)

Healthy Garden Tips

How To Grow Mustard Seed Plants

By: Heather Rhoades

Many people don't realize that a mustard seed plant is the same plant as a mustard greens plant (*Brassica juncea*). This versatile plant can be grown as a vegetable and eaten like other greens or, if allowed to flower and go to seed, mustard seeds can be harvested and used as a spice in cooking or ground into a popular condiment. Learning how to grow mustard seeds is easy and rewarding.

How to Plant Mustard Seed

Mustard plants are normally grown from seed but can be grown from purchased seedlings as well. When selecting mustard seeds for planting, any plant grown for greens can also be grown for seed.

Plant the mustard seed about three weeks before your last frost date. Since you'll be harvesting the mustard seed, there's no need to use succession planting like you do with mustard greens. Plant your mustard seeds about an inch apart. Once they sprout, thin

the seedlings so that they are 6 inches. Mustard plants grown for seed are planted further apart than plants grown for just leaves as the mustard plant will be getting much larger before it flowers.

How to Grow Mustard Seeds

Once mustard seed plants start growing, they need little care. They enjoy cool weather and will bolt (flower) quickly in warmer weather. While this may seem like a great thing if you are looking to grow mustard seeds, it is not. Mustard plants that bolt due to warm weather will produce poor flowers and seeds. It's best to keep them on their normal flowering cycle to be able to harvest the best mustard seeds.

Mustard seed plants need 2 inches of water a week. Normally, during cool weather, you should get enough rainfall to supply this, but if you don't, you'll need to do additional watering.

Mustard seed plants don't need fertilizer if they have been planted in well amended garden soil, but if you're unsure if your soil is nutrient rich, you can add a balanced fertilizer to the roots once the plants are 3 to 4 inches tall.



How to Harvest Mustard Seeds

The mustard plants will eventually flower and go to seed. The flowers of mustard seed plant are generally yellow but some varieties have white flowers. As the mustard flower grows and matures, it will form pods. Watch for these pods to start to turn brown. Another sign that you are nearing harvest time will be that the leaves of the plant will start to yellow. Be careful not to leave the pods on the mustard seed plant for too long as they will burst open when fully ripe and the mustard seed harvest will be lost.

The next step in harvesting mustard seeds is to remove the seeds from the pods. You can do this with your hands, or you can place the flower heads in a paper bag and allow them to finish maturing. The pods will open on their own in one to two weeks and a gentle shake of the bag will shake loose most of the seeds.

Mustard seeds can be used fresh, but like other herbs and spices, if you plan on storing them long term, they will need to be dried.

Whole Grain Mustard Recipe

- 1/2 cup distilled white vinegar
- 1/4 cup hard cider
- 1/2 cup yellow mustard seed
- 1/4 cup brown mustard seed
- 1 tablespoon honey
- 1 1/2 teaspoon kosher salt

1. Combine vinegar, cider, brown mustard seeds and yellow mustard seeds in a glass jar.
2. Secure jar lid and soak overnight. Seed will become plump and soft.
3. Add honey and salt and transfer into a food processor.
4. Process until seeds break down and mustard reaches desired consistency.
5. Return to jar, cover and keep at room temperature a couple of days before use.
6. Store in refrigerator.



Trial Gardens

Strawberry news

Its pretty exciting how well the strawberries did this year. For the June bearing variety called Cavendish, over 38 lbs were harvested. This is the third year of production for this variety. The ever-bearing strawberry called Malwina had large, delicious berries (about 14 lbs worth) that started ripening at just about the time the June berries were slowing down. AC Wendy (June bearing) was transplanted from runners last fall and will hopefully produce fruit next year.

The squirrels learned how much fun it was to taste a small bite out of each strawberry before tossing it over the shoulder and moving on to the next. Also, by this time in the season, the fruit flies discovered how much they loved strawberries too. The heat in July melted the remaining berries.

Besides giving them away, my favorite thing to do with all this fruit is to make strawberry fruit leather with rhubarb. It is very simple to make. Just clean & remove the calyx from the fruit, cut up the rhubarb, throw it all in a stock pot and cook until just soft. Then blend it all together and add some sugar to taste. Next, spread (like pizza sauce) a 1/8 - 1/4" layer of the mixture on parchment paper and pop into a dehydrator. The drying time varies, and it takes a while!

Pest Alert

All of these insects have been spotted in the garden. Please get to know them and be responsible for getting rid of them in your plots

Mexican Bean Beetle

<https://ag.umass.edu/vegetable/fact-sheets/mexican-bean-beetle>



Harlequin Bug

<https://extension.colostate.edu/harlequin-bug-5-617/>



Potato Beetle

<https://extension.unh.edu/resource/colorado-potato-beetle-fact-sheet>



Japanese Beetle

<https://extension.colostate.edu/topic-areas/insects/japanese-beetle-5-601/>

