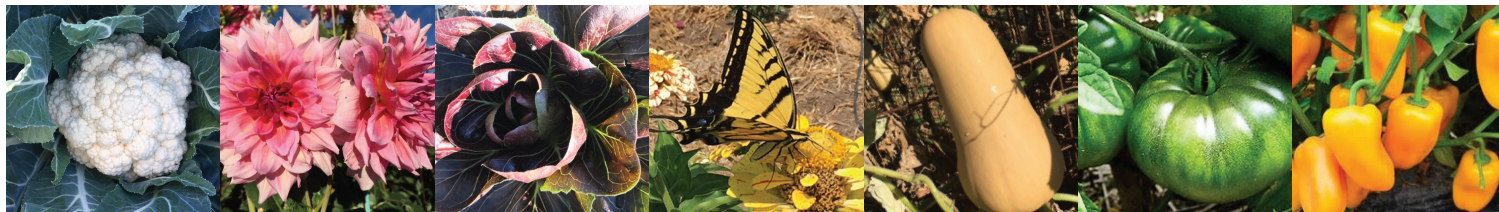




BOULDER COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

# Community Garden News



## Dear Gardeners,

It seems like all garden plots are up and running, and we are off to a great season. Late snows, cool temperatures and lots of rain will not stop us! Plants are popping, bunnies are hoping, bees and butterflies seem to be loving our gardens this season!

June is CO pollinator month! Consider planting one of their favorites! (Beebalm, Blanket flower, Blazing star, almost any herb that is permitted to flower, and many more.) For more information on supporting pollinators, come in to the office for a info packet.

Unfortunately, we seem to be having a bit of a rabbit issue already. FYI, Even if we were to chicken wire the entire garden, there would be no reasonable way to remove all of the rabbits inside the fence. Please consider removing items that could shelter these pests. Anything that a rabbit can burrow under, or hide beneath poses problems (sheds, compost structures, rhubarb, raspberries and roses are all safe havens for these little guys). We've also seen them burrow right into the soft soil in the open, so...That being said, the most effective thing any of us can do would be to fence off the rabbit's favorite snacks with protective netting.

## 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.

**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-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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# Community Service

Thank you Dietmar for keeping the blueberry cage weeded this spring. It finally looks decent in there! And Mo, I really appreciate you taking the recycling stuff to be recycled.

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.

*Sweeping and weeding the parking lot - regularly needed.*

*Weeding around the hops or grape areas - always. :)*

*Gathering items (trunk, broken benches, lattice, garbage...to take to the dump. - by June 14th. (Staged in a designated area TBD)*



## Healthy Garden Tips

### *Herbs in the Garden?*

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, contain active components that can trigger side effects and interact with other herbs, supplements or medications. For these reasons, you should use herbs with care, under the supervision of a health care provider qualified in the field of botanical medicine.

### *Lavender - Lavandula*

#### **Possible health benefits:**

The most important health benefits of lavender include its ability to relieve stress, improve mood, promote restful sleep, lower skin irritation, prevent infections, reduce inflammation, eliminate dandruff, and soothes an upset stomach.

The reason that it is so widely used is its massive range of applications, from food and fragrance to cosmetics and herbal medicines; this plant is full of essential oils that can have powerful effects on the human body and has one of the most unique and beloved scents in the world.

As a culinary element, it is used in salad dressings, honey, sauces, beverages, various teas, and as a flavoring spice for a number of cultural dishes. Lavender essential oil is highly sought after and widely available.

#### [Lemon-lavender pound cake recipe](#)

Although most varieties of lavender can be used in cooking, some varieties are more widely used, such as *Lavandula angustifolia*. These lavenders have the sweetest fragrance among all species of lavender, which creates flavor in cooking. The leaves and stems of lavender plants can be used for culinary purposes, but the flowers, in particular, give dishes a subtly sweet, citrus flavor.

#### **Other Uses**

Lavender essential oils are used in cosmetics, perfumes, skin care products and soaps. Other uses are for aromatherapy, tinctures, cleaning products and healing properties. The flowers make attractive wreaths, bouquets, sachets and other decor. Lavender is loved by bees and butterflies and is a handsome plant in any garden.

#### **Soil, Planting, and Care**

Like most herbs, lavender needs full sun and well-drained soil (add organic matter, fine gravel or expanded shale to improve heavy soils). Water plants deeply but infrequently, when the soil is almost dry. Prune in early spring or at harvest time. For low-growing varieties, trim back foliage 1 to 2 inches. Starting in a plant's second year, all 3-4 foot lavenders should be cut back by about a third to keep the plant from getting woody. If a plant becomes woody and open in the center, remove a few of the oldest branches; take out more when new growth starts. If this doesn't work, it's time to dig out the plant and replace it. Lavender can grow and spread quickly, which is why it is considered a weed in certain parts of the world.

### *Hyssop - Hyssopus officinalis*

#### **Possible health benefits:**

Has been used as an astringent, anti-spasmodic, anti-rheumatic, antiseptic, skin-healing, wound healing, digestive aid, diuretic, expectorant, carminative, remover of toxins, as a hypertensive aid, nerve tonic, stimulant, anti-parasite, and has antiviral properties.



Hyssop is an herbaceous plant, known as *Hyssopus officinalis*, that is widely sought after for its potential medical applications. Native to southern Europe and the Middle East, hyssop is a woody shrub that bears clumps of colorful flowers each summer. Hyssop has enjoyed cultural, religious, and social importance in many different periods of history, including ancient Greece and Egypt.

This plant is edible, and the leaves are commonly used as an aromatic herb in many recipes. Due to the rich contents of the plant's essential oil and the various active ingredients, including thujone, rosmarinic acid, caffeic acid, cineole, and other antioxidants, this plant can provide a number of soothing and therapeutic effects.

### Culinary Uses

The Fresh leaves are edible and have as anise/licorice flavor. The flowers are also edible. Dried leaves from Hyssop are often included in Middle Eastern spice mixtures and in teas. It is also used in the production of certain liquors, such as chartreuse.

### Other Uses

Hyssops are used in aromatherapy, tinctures, and its healing properties. Hyssop is loved by bees, butterflies and humming birds. The flowers of this species is easy to grow, come in all sorts of colors, is fragrant and drought tolerant.

### Soil, Planting and Care

*Hyssopus officinalis*, is an aromatic, semi-evergreen, woody-based, shrubby perennial or herbaceous shrub that grows in an erect bushy clump to 2 -3 feet tall and has a spread of about 1 foot. It is frequently grown in herb gardens and as an ornamental. The ideal soil should be loose, well-drained, dry and located in full sun, plenty sandy component and with good ventilation. Avoid excess moisture and heavy, clayey soils that allow water stagnation. The plant

grows in rocky, dry, and stony locations and in the cracks of old walls. It is a hardy species and can withstand desiccation. Beekeepers use the plant to attract bees and produce a pleasantly scented honey. Stem of the plant is 24-26 inches, much branched, striate, pubescent and quadrangular.

Several plants share the common name hyssop, and come from two genera, *Hyssopus* and *Agastache*. Most have needle like foliage, clusters of flowers growing on tall spikes and a pungent scent. They also have similar growing preferences. Give hyssops full sun, along with well-draining, neutral to chalky soil. Your biggest maintenance chore will be pruning them back in early spring to promote lush growth. These aromatic herbs resent being overfed and over-watered, so save your fussing for other plants.



## *Chamomile - Matricaria recutita*

### Possible health benefits

Induces sleep, improves digestion, prevents cancer, reduces inflammation, manages diabetes, promotes heart health, boosts immune system, relieves stress & anxiety, skin care, prevents osteoporosis, relieves menstrual pain, anti-allergic properties, hair care, oral health and hemorrhoids.

There are two plants that are cultivated and sold commercially as chamomile.

The plant considered "true chamomile" is commonly called English or Roman chamomile.

Both plants have many similarities and are often confused. Both contain the essential oil chamazulene, although German chamomile contains a higher concentrate. Both herbs have a sweet scent, reminiscent of apples, and are used medicinally as a mild tranquilizer or sedative, natural antiseptic, insect repellents, and are anti-spasmodic, anti-inflammatory, anti-fungal, and anti-bacterial. Both plants are listed as safe herbs, and both plants deter garden pests but attract pollinators, making them excellent companions for fruits and vegetables.

There are differences between German and Roman chamomile. Roman chamomile, is a low growing perennial ground cover in zones 4-11. It grows in part shade to a height of about 12 inches and spreads by rooting stems. Roman chamomile has hairy stems, which produce one flower atop each single stem. The flowers have white petals and yellow, slightly rounded discs.

German chamomile is an annual which can self-sow profusely. It is a more upright plant at 24 inches tall and does not spread out like Roman chamomile. German chamomile also has fine fern-like foliage, but its stems branch out, bearing flowers and foliage on these branching stems. German chamomile has white petals which droop down from hollow yellow cones.

German chamomile is native to Europe and Asia. It is cultivated for commercial use in Hungary, Egypt, France, and Eastern Europe. Roman chamomile native to Western Europe and North Africa. It is mostly grown commercially in Argentina, England, France, Belgium and the United States.





## Around Town

**June is CO pollinator month** If you are interested in planting or providing for pollinators, come into the office and get a great packet filled with valuable information!

**Saturday 9 a.m.-2 p.m. June 1; The 17th Annual Whittier-Mapleton Garden Tour.** [whittiergardentour.com](http://whittiergardentour.com)

**Friday & Saturday 7th & 8th 9 a.m. to 3 p.m. June 7-8; Longmont Symphony Orchestra Guild's 42nd Annual Festival of Flowers.** \$15 [longmontsymphony.org/garden-tour](http://longmontsymphony.org/garden-tour).

**Saturday, June 15, 8 a.m. to 2 p.m. The 15th annual Loveland Garden Tour.** \$20; [lovelandyouthgardeners.org](http://lovelandyouthgardeners.org) or 970-669-7182.

**Saturday, June 22, 8:30 a.m.-1 p.m.; The 37th Annual Terrace and Garden Tour.** \$20 (VIP treatment with food and beverage sampling during the tour is \$35); [jlfortcollins.org/fund-development/junior-league-garden-tour/](http://jlfortcollins.org/fund-development/junior-league-garden-tour/).

**Sun, Jun 2 at 1 p.m. – Berries & Small Fruits for Colorado with Mikl Brawn-er. Harlequin Gardens \$15** Small fruits are delicious, high in antioxidants, take up less space and bear sooner than trees: strawberries, currants, raspberries, grapes, gooseberries. Learn about the best varieties for Colorado and how to grow them.

**Sat, Jun 8 from 10 a.m. to 3 p.m. – Mushroom Cultivation and Identification Hands-On Class with Zach Hedstrom. Harlequin Gardens**

**If you are interested in Goji Berry plants, Please let the garden coordinator know asap.**

The best way to dry your chamomile is with a food dehydrator. Chamomile can also be dried in the oven at its lowest temperature. If you have a gas oven, the pilot light will furnish enough heat for drying overnight. Again, lay the blossoms out in a single layer.

## *Storing & Drying Herbs*

When your herbs are completely dry, hold them over a plate and strip the leaves from the stems. The plate should catch any herbs that fall while you're pulling them off the stem.

Be sure to store your tisane (herbs to make tea with) herbs in an airtight container such as a recycled glass jar or a mason jar. Check on the herbs the next several days to see if there is any moisture present. If there is, you need to take them out and dry them some more. If you allow your tisane herbs to stay in the jar while moist, you will soon have mold and have to throw them out.

Air drying herbs that do not have a high moisture content is not only the easiest and least expensive way to dry fresh herbs, but this slow drying process can also help retain the essential oils of the herbs, which helps to maintain their flavor.

For the fullest flavor, harvest herbs for their leaves before they flower. When using flowers, harvest before the bud is fully opened. If you've been harvesting branches all season, your plants probably never get a chance to flower. However, by late summer, even herbs that have not flowered will start to decline as the weather cools. This is a good time to begin harvesting and drying your herbs.

The following method works for herbs: parsley, lemon balm, basil, rosemary, thyme, oregano, sages, dill, bay, tarragon, mint and many more...

- Cut branches in mid-morning after the morning dew dries from the leaves, but before the plants are wilting in the afternoon sun. Never remove more than one-third of a plant's branches at one time.
- Remove any damaged or diseased leaves from your cut herbs. Shake the branches gently to remove any insects.
- Make sure herbs are dry. If you've picked your herbs while the plants are dry, you should be able to simply shake off any excess soil.
- Rinse with cool water only if necessary and pat dry with paper towels. Hang or lay herb branches out where they will get plenty of air circulation, so they can dry quickly. Wet herbs easily mold and rot.
- Remove the lower leaves along the bottom inch or so of the stem. You can use these leaves fresh or dry them separately.
- Bundle four to six stems together and tie as a bunch. You can either use a string or a rubber band. The bundles will shrink as they dry and the rubber band will loosen, so check periodically
- Punch holes in a paper bag - label the bag with the name of the herb you are drying.
- Place the herb bundle upside down into the bag. You can include the loose leaves you removed from the bottom inch of the stems if you like.
- Secure the bag by gathering the ends around the bundle and tie closed. Don't crowd the herbs.
- Hang the bag upside down in a warm, airy room.
- Check in about two weeks to see how things are progressing, and keep checking weekly until your herbs are dry enough and ready to



store.

- Store your dried herbs in airtight containers. Small canning jars work nicely, or zippered plastic bags will do as well.
- Label and date your containers.
- Herbs will retain more flavor if you store the leaves whole and crush them when you are ready to use them.
- Discard any dried herbs that show the slightest sign of mold. It spreads.
- Place containers in a cool, dry place away from direct sunlight. There are now amber colored canning jars that block sunlight.

Dried herbs are best used within a year. As your herbs lose their color, they are also losing their flavor

<https://www.organicfacts.net>  
<https://homeguides.sfgate.com>  
<https://www.sunset.com>  
<https://www.thespruce.com>  
<https://www.healthbenefitstimes.com>  
<https://www.gardeningknowhow.com>

# Planttalk Colorado

## *Mulching Vegetables*

If spring is cool, mulching warm season vegetables is a poor idea early in the growing season. Wait until soils have thoroughly warmed before applying mulch. This is particularly critical for pepper production. Peppers don't produce well if mulch keeps soils cool. Wait until July to mulch with grass clippings or other mulches.

Note that mulch can be used now for selective uses such as germinating seeds. Both floating row cover fabric by itself or combined with dried grass clippings on top can be useful for starting small seeded vegetables that are shallowly planted. Remove floating row cover mulch after seeds germinate.

Not all vegetable plants like the same growing conditions. Heat-loving peppers, tomatoes, eggplants, and melons love black plastic mulch. Applied in early spring the plastic will raise soil temperatures and help warm the air around the plants. Install a sub-surface irrigation system beneath the plastic mulch. You might also consider removing the plastic in late July and replace with straw, newspaper or grass clippings.

Cool-weather crops such as broccoli and greens don't want extra heat from a plastic mulch. They like straw, shredded leaves, paper mulch or newspaper. These mulches can lower soil temps by as much as 20-25 degrees.

For many more topics, go to [planttalk.colostate.edu](http://planttalk.colostate.edu)