BOULDER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

Community Garden News

Dear Gardeners,

I hope everyone is enjoying this blistering heat this July! Please check out this article on supporting your plants through the extreme heat in this newsletter.

I am always interested to know how everyone's garden is doing through the season. Please let me know if you see any unusual pests, the dreaded harlequin bug, any wasp nests or any other issue that could affect the community. I will try to address these types of issues as best I can.

Please note that I have started collecting donations that I deliver to the OUR Center on Wednesday mornings. I estimate our first haul was about 20-30 pounds. Beets, turnips and greens, kale, dill, garlic, cucumbers and squash were all donated today! Thank you Mark for your generous donations!

If anyone is interested in Goji Berries, there are thriving plants along the east fence in the pollinator plot. You are welcome to pick them and try them. Supposedly, they are best dried.

Happy Gardening!

Allison Appelhans
Garden Coordinator
aappelhans@bouldercounty.org
303 678 6924

Boulder County

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.

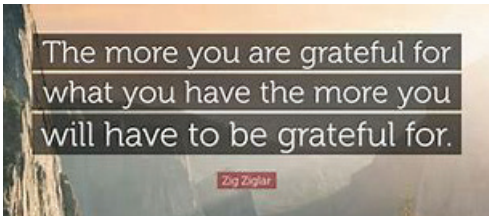
Colorado State University Extension Mission Statement: Empower Coloradans to address important and emerging community issues using dynamic, science-based educational resources.

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/

2020 Garden Policies https://boulder.extension.colostate.edu/wp-content/uploads/sites/7/2020/03/Community-Garden-Policies-2019-1.pdf

Contents



Community Service

Remember that weeding around your plot is part of your commitment to the garden. Also, keeping weeds from going to seed in your plots is also important.

Please get those hours completed ***before*** the end of the season when help is needed and not in the fall.

Let the Garden Coordinator know what projects or ideas you have **BEFORE** you do them. If your project has not been approved, we can't give volunteer credit.

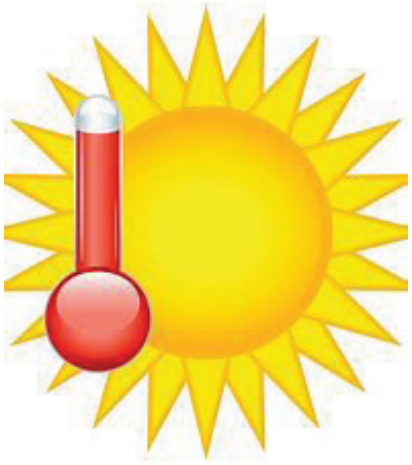
Colorado Vegetable Guide

A guide for the back-yard vegetable garden, covering all regions of Colorado

This e-booklet is intended to provide research-based information about vegetable gardening in Colorado. It was adapted from an excellent guide produced in El Paso County by Colorado Master Gardener Volunteers.

It covers everything from site selection and layout to expert advise on specific crops, managing disease and insect issues to saving seeds.

LINK here
https://cmg.extension.colostate.edu/wp-content/uploads/sites/59/2020/06/Colorado-Vegetable-Guide-2.1.pdf



Healthy Garden Tips

How to Care for the Garden During Extreme Heat

1. Focus on plants that love the heat.

Look for those vegetables that were bred for the desert, the southern states, or the tropics. These include: tomatoes, eggplant, melons, peppers, Malabar spinach, cowpeas, and Lima beans. Sweet potatoes, okra, and southern peas can handle the most heat.

However, even many of these plants may drop their blossoms and stop setting fruit when the temperatures regularly exceed 90 degrees F. Look for varieties that may have been bred to continue fruiting in extreme heat.

2. Keep your plants well-watered.

Although in some situations you may need to water daily, it's very important to water your plants deeply – a minimum of 6 inches down – at least once a week for clay soils, and twice a week for sandy ones. Don't guess – check your soil moisture level by using a trowel to dig 6" down.

You'll gradually learn how much you need to water your garden to maintain a good moisture level. Expect your garden to need at least twice as much water (or more) during periods of extreme heat. Winds can also increase water demand.

Make sure you don't let the soil dry out too much in between watering. I've had sweet potatoes tubers and butternut squash fruit split badly when the plants were heavily watered after the soil had become very dry.

3. Make sure your soil has a good level of organic matter.

Healthy levels of organic matter (@ 5-9%, depending on soil type and climate) can make a huge difference in helping the soil to retain more water. In addition, a healthy soil full of beneficial soil organisms, such as mycorrhizal fungi, helps plants to better tolerate drought.

4. Keep your soil covered with 2-4" of organic mulch.

Using straw, grass cuttings, shredded leaves, etc. for mulch will keep the soil cooler and prevent it from drying out as quickly – but don't use too thick of a layer. While mulch can help preserve moisture in the soil, a thick layer can also prevent rainfall from reaching the soil underneath, as the mulch itself can absorb large amounts of water.

5. Give your plants some shade.

Giving your garden some partial shade during periods of extreme heat can reduce temperatures by 10 degrees F or more. You can cover your garden with shade cloth, a snow-fence, or lattice-work supported on a frame – even old sheets or sheer curtains. Make sure your shade-producing materials are well-secured against high winds, and are high enough above the plants so that your garden will get good ventilation.

Many gardeners in extremely hot climates have found that providing about 30-40% shade usually works best. Even tomatoes, peppers, and squashes can benefit from shade cloth in desert climates.

You can also put your garden on the east side of a building, where it will receive shade during the afternoon heat. Some people choose to place their gardens on the east side of trees, tall shrubs, or trellised plants. Just be sure that the roots of the trees and shrubs won't invade your garden and compete with your vegetables. Tree roots can extend far beyond their branches. Even large vegetable plants on trellises can seriously compete for water with smaller plants in the same garden bed.

6. Avoid crushed stone paths.

Brick, stone, and concrete will absorb heat and keep your garden hotter during the summer.

These will absorb extra heat and continue to release it after the sun sets – the equivalent of the "urban heat island" effect in your garden. Your garden will also be hotter if you place it up against an unshaded south or west side of buildings (in the northern hemisphere). You can keep your garden cooler by surrounding your garden beds with lawn grass or organic mulch.

7. Start seeds indoors under lights.

Many seeds will not germinate at all if the soil gets too hot. During periods of extreme heat, one option is to start these seeds indoors under lights, and then transplant them into the garden after hardening them off (gradually adjusting the plants to direct sunlight and wind). Make sure you keep your newly planted seedlings well-watered and partly shaded as they get established.

8. Pre-soak seeds & furrows for crops you plant outdoors.

For your larger seeds (such as peas), pre-soak them for 24 hours before planting them outdoors. Water the seed bed multiple times daily.

For smaller seeds, create your furrows or planting holes, fill them with water, and let the water soak into the soil just before planting your seeds. Cover your seeds with compost or potting soil (which are less likely to crust over in the heat), and then keep the seed bed shaded and well-watered until the seeds come up.

A light sprinkling of dried lawn cuttings on the seed bed will help to shade the soil and keep it moist. You want the layer to be thin enough to still see some soil between the cuttings, so that the mulch won't block the seeds from emerging.

9. Keep ripe fruit well-picked.

Harvest all of your ripe fruit promptly, as they demand a lot of water from your plants. Ripe fruit (tomatoes, melons, peppers, etc) require large amounts of water from your plants. To reduce heat and water stress on your heavily-producing plants, harvest your ripe fruit frequently and thoroughly (including damaged fruits).

10. Space your plants farther apart.

Plants spaced closely together will compete strongly with each other for water. If you are able to space your plants farther apart, they will experience less stress during periods of extreme heat.

11. Keep your garden well-weeded.

Weeds usually have much more vigorous root systems than do our domestic vegetables, and they can out-compete with our crops for water in the soil. Do your garden a favor, keep the weeds out.

12. Avoid using tall raised garden beds, if possible.

Raised beds warm up, and dry out quickly – a disadvantage in hot climates. The soil is cooler and moister deeper down in the ground. So, in extremely hot dry climates with good soil, I suggest focusing on improving the soil deeper down instead of creating raised beds.

13. Avoid growing large plants on trellises, if possible.

Trellised plants lose moisture much more quickly than those growing on the ground. If, due to space limitations, you need to trellis your plants, it's critical to keep them well-watered and mulched.

By taking advantage of many of the tips listed above, you can continue to garden successfully during hot summer weather!

https://abundantminigardens.com/gardening-in-extreme-heat

https://www.americanmeadows.com/blog/2016/06/29/caring-for-your-garden-in-extreme-heat

WEEDS

What is a Nuisance Weed?

By Sharon Bokan, Boulder County Extension

Nuisance weeds are not noxious weeds. Noxious weeds are defined by State and Federal law and are non-native plants that have no natural controls and are able to adapt to varied conditions. The Colorado Weed Act places noxious weeds onto three separate lists – A, B and C. Nuisance weeds are those plants that annoy humans because they grow where we want something else to grow. They tend to not be as aggressive in growth as noxious weeds.

Weed management is an ongoing process that will continue until you sell your property. Check along fence lines, ditches and roads as these are usually the first areas to be infested. Any time you disturb the soil, you open the door for a weed infestation to start.

Weed Management Methods

Cultural: Cultural methods involve getting and keeping desired vegetation established and healthy.

Mechanical: Mechanical methods include but are not limited to hand pulling, mowing, hoeing, tillage and burning.

Biological: Biological methods include the use of natural predators for specific weed species. This may include insects, fungi, bacteria and livestock. Biological methods are not 100% effective and can take 5 to 10 years to establish sufficient populations to be effective. Insects can be obtained from the Colorado Department of Agriculture's Insectary. https://www.colorado.gov/pacific/ag-conservation/request-bug

Chemical: Chemical methods include both "organic" and "synthetic" herbicides. "Organic" herbicides only burn the foliage on plants. They work best on small plants. They will also burn foliage on desired plants. Always positively identify the weed and determine the best herbicide to use and application timing. Read, understand and follow the label prior to application. Mixing at a higher rate or using an herbicide where it is not labeled for use is illegal and may cause harm to desirable plants, humans, livestock and wildlife.

For more information on the herbicides listed, please contact Steve Sauer, Boulder County Parks & Open Space or Sharon Bokan, Boulder County Extension.

Mallow

Rapid identification & management produces the best results.

An integrated weed management system will produce the best results on your property. Relying solely on one management method will result in less than desired results and may lead to Resistance in the weed. Utilizing a combination of cultural, mechanical, biological and chemical methods will provide the best results.

Nuisance Weed Species: Plantain, Russian thistle, Barnyard grass, Blue mustard, Common purselane, Flixweed, Foxtail barley, Hare barley, Field pennycress, Spotted spurge, Tumble mustard, Redroot pigweed, Kochia, Lambsquarter & Prickly lettuce.

Puncturevine

Kochia

and more WEEDS

Understanding Noxious Weeds

What Makes Some Weeds Noxious?

Noxious weeds are aggressively competitive non-native plants that harm Colorado's ecosystem including plants, animals and water sources. They aggressively crowd out native plant species which in turn reduces native wildlife's habitat forage and cover. Not getting rid of weeds can cause severe damage to agricultural productivity and diminish property values.

List A Species in Colorado that are designated by the Commissioner for eradication. List A weeds are rare weed species that are subject to eradication wherever detected in order to protect neighboring lands and the state as a whole.

Cypress spurge, Dyer's woad, Giant reed, Rush skeletonweed, Hairy willow-herb, Knotweed, Myrtle spurge, Mediterranean sage, Orange hawkweed & Purple loosestrife.

List B Species Designated by the Board of County Commissioners for Required Management & Control.

Bull thistle, Canada thistle, Common teasel, Dalmatian toadflax, Diffuse Knapweed, Houndstongue, Leafy Spurge, Milk thistle, Russian Knapweed, Salt cedar Scotch thistle & Spotted Knapweed... and more

List C Species Management is recommended, but not required. ***We have plenty of List C weeds in our garden. See if any are in your plots. These are also classified as nuisance weeds.***

Chicory, Common mullein, Downy brome, Field bindweed, Perennial sowthistle, Poison hemlock, Puncturevine, Quackgrass, Redstem filaree, Velvetleaf.

Watch List Species that have been determined to pose a potential threat to the agricultural productivity and environmental values of the lands of the state. The Watch List is intended to serve advisory and educational purposes only. Its purpose is to encourage the identification and reporting of these species to the Commissioner in order to facilitate the collection of information to assist the Commissioner in determining which species should be designated as noxious weeds.

Baby's breath, Common bugloss, Common reed, Garlic mustard, Garden loosestrife, Meadow hawkweed, Onionweed, Siberian elm, Scotch broom, Tree of heaven, Yellow bluestem, yellow flag iris & more.

A good website to see pictures and get more information on these and other weeds is...

https://www.bouldercounty.org/property-and-land/land-use/noxious-weeds/identification-of-noxious-weeds/#watch-list

Sowthistle

Lambsquarter

Velvet leaf

Redroot Pigweed