



BOULDER COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

# Community Garden News



Dear Gardeners,

It is so nice to see you all back at the garden this spring. I am happy that we have this outlet for managing stress, for a way to be out of the house for a few hours a day to get a little exercise. The Extension office is closed for now, however, I am normally out in the mornings, but often pop back from time to time. I am also working from home and am available via email. If there is an emergency, please call 911 or see the emergency list on the bulletin board.

Somethings in life can be counted on no matter what. We have an abundance of bunnies, squirrels and raccoons (like last year). So, this is a reminder that anything we can do to get rid of safe shelter for them is encouraged. Please no trapping.

This season, you may notice that we have a few group efforts going on in the garden. Some of you are using an underutilized plot for Hubbard squash, extra onions sets, a plethora of basil varieties and offering support for those who need an extra hand this season! One plot has been dedicated to the "Modern Victory Garden Project", by CSU Master Gardeners. <https://cmg.extension.colostate.edu/grow-give/>.

In addition, I will be collecting extras to be donated. More info on donations will be out soon.

Happy Gardening!

Allison Appelhans  
Garden Coordinator  
[aappelhans@bouldercounty.org](mailto:aappelhans@bouldercounty.org)  
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-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  
Healthy Gardens Tips  
PlantTalk

# Community Service

This year, we are asking you all to take especially good care of the weeds in your plots and around your aisles. Cheat grass, purselane and thistle can not be permitted to grow unchecked. Normally, I have the jail crew out a few times and they do some serious weeding. Sadly, not this season.

Thank you to those who have already done the required volunteer time and to those who have signed up for weeding a designated area this summer.

Specifically, Djong and her family keeping the parking lot clear and weed free, Archie with a ton of hops help, Dietmar's diligent weeding, Kaz's taking responsibility for weeding the west fence area, Doug has put in a lot of effort keeping the rhubarb and hazelnut tree area weeded and watered as well as planting extras for sharing, and always Gaylynne for the fun bulletin board!

**Let the Garden Coordinator know what projects or ideas you have BEFORE you do them.** If not approved, you won't be given volunteer credit.



## Healthy Garden Tips

### *44 Super Nutritious Varieties for your Garden*

By Jo Robinson at MotherEarth Living

#### *Alliums*

- **'Spanish Roja'** garlic, like all garlic varieties, is a source of allicin, which can reduce the risk of cancer and cardiovascular disease. This hard neck garlic is intense and spicy.
- **'Southport Red Globe'** onion is an heirloom and excellent keeper that provides anthocyanins and quercetin.
- **'Bonilla'** shallot provides, as all shallots do, more antioxidants than onions. Grow this variety from seed and harvest the same year.



#### *Asparagus*

- **'Jersey Knight'** is more healthful than most other green asparagus varieties.
- **'Purple Passion'** is rich in anthocyanins. For maximum sweetness and

health benefits, eat asparagus within one day of harvest.

#### *Berries*

- **'Wild Treasure'** blackberry has high antioxidant activity. This prolific, thornless blackberry is tart and sweet, and is a cross between a wild trailing and an upright domestic variety.
- **'Caroline'** raspberry contains nearly as many cancer-fighting antioxidants as the average blueberry. These disease-resistant berries ripen in June and then again in August, and are preferred by many chefs.
- **'Ovation'** strawberry provides two times more antioxidant protection than most strawberry varieties. Larger than 'Sweet Charlie,' this late-maturing strawberry variety helps extend the season.
- **'Sweet Charlie'** strawberry is higher in antioxidants than most other strawberries, and ready to harvest mid-season.



#### *Carrots*

- **'Deep Purple'** is the richest in anthocyanins of all purple carrots. It's purple throughout, so serve with orange carrots for contrast.
- **'Cosmic Purple'** is sweet and extra-nutritious. It's purple with an orange core.
- **'Purple Haze'** is a Nantes-type carrot that's purple with an orange core.





## Crucifers

- **'Packman' broccoli** is an extra-nutritious, green variety, for which seeds and starts are widely available. After you harvest or purchase broccoli, keep cold and eat within 24 hours to maximize your health benefits.

- **'Purple Sprouting'** broccoli is rich in anthocyanins and cancer-fighting compounds. Pick the small heads that come back after the first harvest. This variety is great for supplying a fresh broccoli harvest for months.

- **'Graffiti'** cauliflower is a purple, large-headed variety rich in anthocyanins and cancer-fighting glucosinolates. For optimum nutrition, eat cauliflower raw or lightly steamed.

## Potatoes

- **'All Blue'** has blue skin and flesh and is rich in anthocyanins.

- **'French Fingerling'** contains 50 times more antioxidants than the common, white 'Kennebec.' This disease-resistant potato has red skin with cream-colored flesh.

- **'Mountain Rose'** has antioxidant content similar to that of 'French Fingerling,' but this versatile, red-skinned potato has a reddish-pink interior.

- **'Purple Peruvian'** provides more anthocyanins than any other potato. This heirloom from Peru dates back 1,000 years and has purple skin and amethyst-purple flesh. It comes in lumpy shapes and variable sizes.

## Salad Greens

- The top varieties are **'Blackjack,' 'Cocarde,' 'Concept,' 'Four Seasons,' 10. 'Lollo Rosso,' 'Merlot,' 'Prizehead,' 'Radicchio di Treviso,' 'Red Iceberg,' and 'Red Oakleaf.'** The most healthful choices are red loose-leaf varieties, followed by green loose-leaf varieties with a reddish fringe.



## Tomatoes

- **'Gardener's Delight'** is a bite-sized cherry tomato with a texture that's ideal for adding to salads and sandwiches.

- **'Indigo Rose'** has anthocyanins and lycopene. This small, stunningly black tomato is late to ripen. Harvest when bottoms turn red.

- **'Juliet'** is a large cherry tomato that's high in lycopene, tastes sweet, and is easy to dry.

- **'Matt's Wild Cherry'** is a small, wild cherry tomato that was discovered in Mexico. This flavor bomb is high in lycopene and rangy in growth.

## Are Heirlooms better?

Heirloom isn't always better. Modern agricultural trends have resulted in fruits and vegetables that are bigger, sweeter, more productive, and easier to store and transport. Unwittingly, these breeding processes have stripped crops of many phytonutrients. The classic, red-leaf Italian lettuce 'Lollo Rosso,' for instance, has 10 times more phytonutrients than green-leaf lettuce and 600 times more than modern iceberg lettuce.

Not all heirloom fruits and vegetables are richer in phytonutrients, though. A case in point is the 'Sultana' seedless grape, which grew in the Ottoman Empire hundreds of years ago, making it an ancient heirloom. Today it's known as the 'Thompson' seedless grape, and it has become one of the most popular varieties in the United States. Lab studies show that some other grape varieties created within the past 50 years have up to five times more phytonutrients than 'Thompson.' Bottom line: Older heirlooms are not necessarily more healthful.

Many seed catalogs highlight varieties that are "extra-large" or "gigantic." You'll see onions weighing more than 2 pounds, blueberries bigger than quarters, and tomatoes that clock in at up to 3 pounds.

These super-sized foods are problematic for a number of reasons. First of all, they contain more water per ounce, which reduces their nutrient density and dilutes their flavor. Second, they have less skin per ounce, and phytonutrients are most concentrated in the skin of plants. The lower the skin-to-flesh ratio, the less pronounced the crop's health benefits.

A 2001 study published in the *Journal of Agricultural & Food Chemistry* revealed that 'Rubel blueberry' packs more phytonutrients per ounce than 86 larger varieties of the same blueberry species. I don't mind the extra time it takes to pick a pint, because the nutrient-dense berries have such a delicious, intense flavor. Intense flavors are better. Compared with those of many other countries, the fruits and vegetables widely cultivated in the United States are relatively mild-tasting. Iceberg and romaine are two of our favorite lettuce types, whereas the Italians revel in radicchio and arugula — sharply flavored greens that contain far more antioxidants. Sweet and mild onions have become our most popular options, yet stronger-flavored yellow and red onions are more beneficial to our health.

The reason that bold is often better is that some of the most beneficial phytonutrients have a bitter, astringent, spicy, or tart flavor. We've bred these qualities out of much of our domestic produce at the same time that we've increased that produce's sugar content.

Choose red, purple, black, or blue fruits and vegetables. Varieties that fit this color scheme are rich in anthocyanins, a family of phytonutrients that has been linked to a broad range of health benefits. Anthocyanins have been shown to block inflammation, lower blood pressure, lower LDL (bad) cholesterol, and even help preserve memory in people with early-stage dementia. Anthocyanin-rich foods include most berries; red-skinned apples; red and black grapes; red cabbage; red onions; purple asparagus; purple broccoli; purple cauliflower; red, purple, and black sweet peppers; and red and black kale.

In the United States, we used to eat far more anthocyanin-rich berries than we do today. We now consume, on average, only 2 tablespoons of fresh berries per week. Knowing what I now know about phytonutrients, I live on berries.

## Planttalk Colorado

### *Solitary Bees*

Solitary bees are very common in Colorado (~950 species!) but seldom noticed. Ninety percent of bee species are solitary types including leaf cutter, digger, sweat and carpenter bees. These bees are seldom seen because of their habits and in some cases fast movements.

There is no queen bee and therefore every female is fertile. There are no workers for these species, as essential-

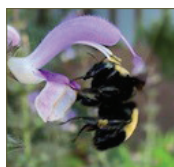
ly laying females act as both a worker and queen in and of herself. Solitary bees typically do not produce honey or beeswax on a harvestable scale.

Female solitary bees prepare their own nest in the ground, in cracks or crevices in walls or in wood. More than likely, a homeowner would notice the signs of their presence rather than the bee itself. An example is the circular leaf section removed by leafcutter bees. The leaf cutter bee uses the leaf pieces to line her nest. Once the female has built her nest, she provisions it with a mixture of pollen and nectar and lays her eggs on the food. The egg hatches into a tiny grub that consumes the food over the period of a week or two, and then pupates.

Solitary bees come in many different sizes, colors and shapes. They vary in color from basic black to bright metallic green, blue or red. Metallic blue or green sweat bees are known for their habit of licking sweat from people or animals, they also gather pollen to provide for their offspring. The female bees create chambers within the soil where they lay eggs on the pollen balls. Because they don't have a large nest with a lot of offspring to defend, solitary bees tend to be less defensive than bees that live in groups (or 'social bees').

Although most female solitary bees are capable of stinging, they are not normally aggressive and control measures are usually unnecessary. Solitary bees are considered beneficial because they pollinate both crops and native plants. Leaf cutter bees are considered to be a more effective pollinator of alfalfa than are honeybees. Unless someone is allergic to bee stings, homeowners should not be concerned if they find a few solitary bees nesting in their yard.

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



## Celebrating & Protecting Pollinators!

### *The Boulder Pollinator Garden Project*

Join the city and your neighbors to make Boulder a pollinator haven!

Map it! Do you already have a pollinator garden that you're ready to include in the map? Add it here! Get a sign or sticker for your garden by contacting the city at 303-441-1901 or [AbernathyR@BoulderColorado.gov](mailto:AbernathyR@BoulderColorado.gov).

Learn more! Interested in creating a pollinator garden or improving your existing garden? Visit the pollinator garden resources page. Check back regularly for workshops and events.

The Boulder Pollinator Garden Project is a new program to encourage the creation of high quality pollinator habitat throughout Boulder, both on public and private properties. The city will be mapping pollinator habitat in parks, open space and other city-owned properties and reaching out to other public entities to share and map their habitat. Home and business owners and other residents are encouraged to map their yards and gardens. The long-term goal for this program is to coordinate the efforts of local organizations and individuals to create pollinator pathways and connections to open space that will establish Boulder as a pollinator haven that supports bees, butterflies, beetles, hummingbirds and other pollinators and native wildlife.

<https://bouldercolorado.gov/plan->

