

The Garden's Edge



VOLUME 1, NUMBER 9, SEPTEMBER 2010

THANK YOU



www.mudcatsradio.com

The Carolina Mudcats baseball team has completed their season this month. We'd like to thank MudcatsRadio.com's Play By Play Sports Properties LLC for being such a great supporter of Grow And Share! Information on Grow And Share was broadcast during each game via MudcatsRadio.com, MiLB.com, and local radio stations which carried the games. Grow And Share appreciates Play By Play Sports Properties LLC for making us



We also thank Earth Fare at Brier Creek, Raleigh for inviting us to their local festival this month. Not only did Earth Fare welcome our booth to their festival for the day, they also donated a large paper bag full of seeds! We now have a variety of herbs, vegetables, melons, and wheatgrass -- not to mention a few flowers--to pass along in the Spring. Some will be provided to Sharing Gardeners™ as seed, while others

will be used to grow seedlings for giveaway during the April 30th plant giveaway in Zebulon NC.

Also, thank you to Jan Alford of Pilot Baptist Church and Lynn Lewis of the Pilot Volunteer Fire Department for their assistance with our August chicken Plate Sale in Zebulon! We appreciate their rising early and helping us cook the 250 chicken halves, potatoes, and green beans served during the sale. Not only did we sell plates to raise funds, we were able to share some of the leftovers with a struggling Zebulon family.

VOLUNTEERS: MORE OPPORTUNITIES

Volunteer help we need right now:

- Gathering donations of organic garden soil from local garden and hardware stores. We'll need a large supply for the 15,000+ plants we'll be growing to give away this Spring.
- Arranging for Grow And Share to give educational presentations about gardening and healthy foods to local groups of children or adults.
- Assisting with administrative functions (database entry, thank you letter preparation, etc.) for 2 hours each week (day of your choice)

If any of these tasks spark your interest, please call for more details.

VEGGIES AND CREEPY CRAWLIES

Contributed by Claire Moylan

This year's garden has been a success, even when some crops failed. Everything that happens in a garden ends up benefiting us when we come up with better ways of doing something or find out what works best. In my case, I got two zucchinis out of four plants before the zucchini borers got to the plants. I had these fantastic visions of a big harvest from my zucchini plant because everyone had told me that zucchinis were prolific, but sadly, that never materialized. I'm still hopeful though and learning all about how to control pests in the garden for next year.

Ants

These tiny critters seem to love carrying off some new grapes one at a time. By the time I figured out why the small grapes were disappearing before maturing, I had already lost quite a number of baby grapes. I was musing over that new found fact when I was eating lunch with a new spicy Habanero sauce I picked up at the Dollar Tree for a buck. I really didn't want to put all kinds of

pesticides on the plant, and I couldn't think of what might be so offensive to keep the small critters away, when my eyes landed on the jar of hot sauce. I quickly picked up a plant water sprayer, unscrewed the lid, and dumped a few good squirts of the sauce into it. Off I went to happily spray my grapes that soon revived after the ants decided they didn't like spicy food. Doing that every week seemed to hold them at bay.

Apparently, lots of North Carolinians had problems with indoor ants this year. Borax works very well for indoor ants. The key isn't to use it in powder form, but to use it with a sugar syrup. You can make a simple trap with any plastic container and few tissues soaked in the poisoned syrup. Borax is not harmful to humans, but it's toxic to ants. By combining it with the sugary syrup the worker ants take it back to the queen who ingests it and dies. That's the end of the colony.

Squash Bugs

This infestation is difficult to get rid of and can come back year after year. It affects pumpkins and squashes and kills the vines. If you really don't want to use commercial pesticides, your other option might be to use a product with neem oil. This apparently works to reduce the infestation, although I've never tried it.

Vine Borers

Squash borers hide within the stems of the zucchini. To get rid of them, you have to slit open the stem and kill them and then cover the plant injury with dirt. In this way, you may be able to get your plant to recover and produce again. Honestly, I didn't try that method. I decided that I would pull them up and plant something else in their place. I also plan on

planting them upside down in a hanging planter next year because I heard that upside down planters tend to have fewer bug infestations.

The Best Way to Control Bugs Organically

The healthier your plants, the less likely you'll end up with an insect infestation. Make sure your plants have enough space between them that they aren't transmitting pests to each other, due to overcrowding. Remove diseased or infested plants from your garden and do not recycle them into your compost bin. Make sure to rotate your plants every year. If you grew squash in one area this year, don't grow it there the next year. There's a possibility you have larvae in the soil from last year's infestation just waiting for next year's crop. By rotating crops you can avoid the pests more easily. It's also beneficial to the soil as different crops take and give different nutrients to the soil. Maintaining your garden and keeping your crops healthy goes a long way towards organic pest control.

Why not visit Grow and Share's Facebook page and list some of the inventive ways you've found to control pests in your garden? I'll even post the recipe for the indoor ant trap there.

Claire Moylan is a freelance writer and volunteer Grow and Share gardener.

Find out more about her at www.freelancewriteaway.com.

JOIN US IN THE FIGHT AGAINST HUNGER

Grow And Share offers gardening education, assistance via plants and seeds, and community building through events and produce giveaways. Educational events are listed on our website "Calendar" page and open to all US residents unless otherwise noted (some educational events are for private groups). For your family, neighborhood, community garden, school, or organization to receive free plants and begin gardening with Grow And Share:

1. Come to the giveaway event.
2. Choose your plants (est. 12-24 per pledged Sharing Gardener™)
3. Fill out and sign our Pledge To Share your harvest.
4. Plant your seedlings in your yard or in containers.
5. Weed, feed, and have fun watching your garden grow.
6. Harvest, eat, and share with neighbors in need and local food banks to ensure the struggling members of your community benefit.

MAKE A DIFFERENCE IN YOUR COMMUNITY · HELP YOUR COUNTRY · FIGHT POLLUTION · LIVE GREENER · EAT HEALTHIER · SPEND LESS MONEY AT THE STORE · ENJOY MORE TIME WITH YOUR KIDS OR GRANDKIDS · SPEND MORE TIME IN THE SUNSHINE · EAT FRESH FRUITS AND VEGETABLES YEAR-ROUND · HELP THOSE STRUGGLING TO FEED THEIR FAMILIES · DO SOMETHING NEW · GIVE BACK · PAY IT FORWARD

COMMUNITY GARDENS

Several local community gardens were contacted and asked for an article describing more about themselves and how they operate. We're pleased to have provided plants to these community gardens, and that they have taken the time to tell you more about themselves via our newsletter.

The Inter-Faith Food Shuttle: Changing Communities in the Garden

Contributed by Katherine Andrew, MPH, RD, LDN – Director of Farms, Gardens, & Nutrition at IFFS

For over twenty years, the Inter-Faith Food Shuttle (IFFS) has been getting nutritious food into the hands of hungry people across the Greater Triangle. The Farm and Community Gardens programs continue this mission and respond to an increasing demand for healthy foods in all neighborhoods by creating local sources of fresh fruits and vegetables for underserved communities. With the underlying philosophy that local food excels in taste and nutrition, the Food Shuttle works to improve access for community members of all income levels to local fruits and vegetables.

Supporting community gardens is one key way to empower community members and put them back in control of their own food, as well as to build community and improve nutrition. IFFS operates its own farm in South Raleigh, which serves to teach organic gardening to low-income children and families, and life-challenged adults and teens. The



food grown at the Farm is then distributed to Food Shuttle agencies and used in Food Shuttle nutrition and culinary programs.

In addition to food and teaching, the Farm also provides the seedlings that are then transplanted to its four community gardens in Raleigh, NC: the Mayview Community Garden, Neighbor 2 Neighbor Community Garden, Parrish Manor Community Garden, and the Community Garden at the Alliance Medical Ministry. These gardens, each around a quarter of an acre, were started in 2009 and 2010 with the input and help of community members. In each garden neighborhood the Food Shuttle works with community members to offer a holistic program of activities to support healthy living and healthy food access. These activities might include produce grocery bags, backpacks for youth, garden and farm education programs, and Operation Frontline, the Food Shuttle's cooking-based nutrition education program targeting low income families.

In addition to its community gardens, the IFFS operates a Culinary Garden on the grounds of its headquarters. The Culinary Garden provides fresh herbs and produce for the Culinary Job Training Program--an intensive, 11-week program for men and women with severe life challenges, which prepares them for a career in food service.

The Food Shuttle's commitment to community gardens is also strengthened through its partnership with Plant a Row for the Hungry (PAR), a national program sponsored by The Garden Writers Association that encourages communities and individuals to donate fresh vegetables, fruit, herbs and flowers

to people in need. In the 2010 spring harvest season, IFFS received almost 10,000 pounds of fresh, nutritious foods in donations, food which the Food Shuttle distributed to agencies throughout the Greater Triangle.

The Food Shuttle continuously looks for ways to impact its communities through farm and garden programs. For example, it has partnered with the Triangle Land Conservancy to start a new teaching farm, the Irvin Learning Farm, outside Carrboro, NC. The Irvin Learning Farm has a ½ acre vegetable garden, and the Food Shuttle is helping it to expand the teaching operation to include vegetable production, permaculture, and rotation grazing for small animal production.

Through its many different activities, the Food Shuttle aims to support and assist others who want to start their own community gardens. It provides tips for healthy and productive planting and harvesting, as well as guides to help community groups organize and effectively manage their own gardens. At the heart of it, the Food Shuttle believes that such community efforts have multiple benefits and multiplier effects. Because hunger is unacceptable, IFFS believes that access to fresh, local food leads our low-income neighbors to a sense of empowerment and ownership over their food and health choices, decreased food insecurity, increased community collaboration, and better quality of life for all.

MUSIC FESTIVAL T-SHIRTS

T-shirts are still available with the Grow And Share Music Festival logo. Shirts are \$10 if picked up in Zebulon.

Harry's Market Community Garden

Contributed by Lori Schweickert

Approximately 10 miles west of the UNC-CH campus is a 1/3 acre project known as Harry's Market Community garden. Located in tiny White Cross, NC, 12 members helped start the garden in the Spring of 2009, with a goal of growing a diverse array of organically-grown vegetables for donation, supply to Harry's Market, and the use of the gardeners.

Begun by the vision of Theresa Smith, proprietor of Harry's Market, the gardeners have donated some of the harvest to the local homeless shelter. In fact, representatives from the shelter have been invited to come with baskets to pick tomatoes right off the vines!

Last Fall, we planted cover crops to help nourish the soil for our summer garden, and this past spring, we hand-built a top-bar hive to house a colony of bees to help pollinate our plants. They loved the catnip and Russian sage!

We have been very grateful to Grow and Share for their generous donation of seeds and seedlings to help us meet the need of our community. We had a bumper crop of carrots and other delicious veggies, which we were pleased to offer to the shelter. To collaborate in the vision of bringing fresh food to those who cannot otherwise afford it is a joy.

The highlight of this month has been the visit of the local "Crop Mob" on August 19th. Twenty two amazing people helped us install over 250 feet of raised beds, spread mulch and plant seedlings in our Fall garden,

then joined us for a pot-luck lunch. Our Swiss chard, mustard greens, lettuce, broccoli, beets, and other crops are off to a fantastic start! We plan to put in onions, garlic and the rest of the plants by early September.

Other gardeners can learn more about the Crop Mob work by visiting

www.cropmob.org, or visiting their Facebook page.

Harry's Market Community Garden welcomes new members. For more information, please contact Lori Schweickert at lori@intrex.net.



**BEFORE AND AFTER PHOTOS OF THE FALL GARDEN
THE CROP MOB HELPED HARRY'S MARKET COMMUNITY GARDEN
PLANT ON SUNDAY, AUGUST 22, 2010**

EVENT: COUTURE FOR A CAUSE 2010

From Amber Smith, ME³

Friday, November 5
8:00-10:30pm
Marbles Kids Museum/IMAX
Theatre in downtown Raleigh

Learn More on our website:
www.me-3.org/coutureforacause

ME³ is pairing nonprofits with local designers for this second annual fashion show benefit! Designers will create outfits that embody the mission and 'spirit' of one of ME³'s Wake County nonprofit partners. The designer whose outfit best captures the essence of their organization according to a judge panel receives a cash prize.

Event includes entertainment, fashion show and contest, cash bar, a silent and live auction, and complimentary hors d'œuvre.

We are excited to welcome Sharon Delaney McCloud of NBC17's My Carolina Today as this year's emcee.

Tickets go on sale on Monday, October 4!

VIP Ticket Package: \$100 which includes a pre-event dinner at a participating local restaurant, 1 complimentary drink ticket at the event cash wine/beer bar, a VIP goodie bag, and seating in one of the front two rows closest to the runway. Pre-sold online only.

Online: \$20 online up until the day before the event.

At the Door: \$25 at the door on the day of the event.

Couture for a Cause benefits ME³ and its programs, which work to make volunteering easy, fulfilling, and accessible for everybody. Every individual has tremendous potential to make a positive impact on the world around them. Many people want to volunteer but don't know how to get started. ME³ helps connect volunteers with the causes that need them the most.

Note: Grow And Share is glad to be a participating nonprofit for the second year in a row!

*Amber Smith
President, ME³
amber@me-3.org
(919) 215-8613*

EVENT: FRESH, THE MOVIE

Coming soon is a screening of *Fresh, The Movie* as a special



evening benefit to Grow And Share. The night will open with a special viewing of the Grow And Share documentary by Suzin Daly, followed by *Fresh, The Movie*.

Event tickets go on sale soon. More details will be in a Fall issue of the newsletter.

Thank you to volunteer Jamie Wescott for putting this fundraiser together! We're all looking forward to seeing *Fresh, The Movie* and seeing local reaction to the Grow And Share documentary, shown at the Bonnaroo music festival in Tennessee.

EVENT: GREAT HUMAN RACE

Exercise outside the garden during the March 26th *Great Human Race* in and around Durham. Grow And Share has a team again this year, and welcomes our volunteers, gardeners, and friends to participate in this walk. Contact us for more details and to sign on for the Grow And Share Team!

EVENT: SPRING 2011 GARDENER'S PARTY AND PLANT GIVEAWAY

Saturday, April 30, 2011
11:00am to 2:00pm
Zebulon, NC

Join us for the 2011 garden plant giveaway and gardeners meet and greet party!

Sign our "Pledge To Share" and pick up free garden plants for your garden. Choose from tomato, pepper, squash, okra, and many other plants. All plants are free to Pledged Gardeners, who promise to grow the plants for themselves and to share with their community. Some seed will also be available for crops like corn, beans, and greens.

Meet the other Grow And Share gardeners and the growers who made the plants possible!

We'll play music, eat, and give you a chance to meet other gardeners who believe in growing and sharing. You can also speak with Master Gardeners and gardening experts about the plants you pick up.

Let us know if you'd like to participate by emailing info@growandshare.org or calling: 1.919.269.5414.