

The Sprout



MEMBERS COURTESY REMINDER



HAVE YOU COMPLETED YOUR REQUIRED VOLUNTEER HOURS?

Most CCG members hours are due to be completed by July 15th, which will soon be here. If you are unsure that is the date applies to you, or unsure if have all your hours in, contact the board at: ccg92320@yahoo.com.

All members have a duty as caretakers of our Garden.
Take pride in fulfilling your commitment.

Community Service Commitment

- All members are required to give a minimum of 6 CCG community service hours a year, PLUS 4 hours for each additional plot they lease.

These hours are equally as important as membership fees. The service hours may be met through workdays, garden maintenance, ongoing weekly or monthly garden tasks, assisting fundraisers, or other individual work done for the garden, etc. All the volunteer hours of service must be completed by July 15th, to avoid membership termination. New members who sign up after April 1st have 90 days to complete their community service hours. Any current member that takes on an additional plot(s) after June 1st has 90 days to complete the extra 4 service hours per plot. There is no grace period. If, due to work, vacations, etc., a member is unable to attend a workday, they must arrange with CCG Board to fulfill that requirement in another manner. Only verified hours reported within 2 weeks will be credited.



- ◆ Be respectful of all our neighbors.
- ◆ Keep the noise level down—especially early in the morning.
- ◆ Care for the entire garden like it is your home.
- ◆ Put tools back in the rack clean when done.
- ◆ Don't flood your neighbors or aisle ways.
- ◆ Coil hoses neatly on the hose minders.
- ◆ Keep the sink clean.



371 W. Avenue L
Calimesa, CA 92320

Visit us online at:
www.calimesacommunitygarden.org

*Building Community
and
Sharing the Bounty*

CCG Board of Directors—Starting July 1st

President Seth Wiafe
Vice-President Angie Cloud
Secretary Debra Grzeskowiak
Treasurer Prajna Faux
Director at Large Willie Hill
Membership Chair Sharon Miller

Thank you for your willingness to serve.



Post Pandemic Potluck In The Garden

By Paul Gavaza

The Calimesa Community Garden held its first potluck since the pandemic on Tuesday, 15th June 2021 at the garden. The potluck was attended by 19 people.

During the event, the CCG new board was introduced to the gardeners. Five Board members were present during the potluck as follows: Seth Wiafe (President), Angie Cloud, Sharon Miller, Willie Hill and Debra Grzeskowiak. Other members of the CCG board who were not able to attend the potluck include Jessica Stores and Dr. Adeoye Olayemi.

The food served at the potluck was gorgeous and delicious. Those who attended enjoyed sharing and eating a variety of delicious food including Lasagna, chicken, various fruits and vegetables and beverages. Seth Wiafe, incoming CCG president commented, “This is very good, we got to see the cooking abilities of our gardeners and to eat from what they grow. It was a nice get together”. Willie Hill also agreed that the event was great.

Mr. Luckson Dube said, “This is the first time that I have attended the potluck. I really enjoyed the food and meeting other gardeners”.



Great Door Prizes Raffled

A total of 8 prizes were raffled to members present. The prizes comprised gloves and garden tools that were donated by Tractor Supply Co, Calimesa. The following people got prizes: Michelle Morton, Christine Odhiambo, Luckson Dube, Angie Cloud, Prajna Faux, Sarah Hayworth, Paul Gavaza and Sharon Miller. CCG thanks Tractor Supply Company, Calimesa for donating the prizes. CCG board Secretary Debra Grzeskowiak, said the following after the prizes were drawn: “We just want to say thank you to Tractor Supply company for the door prize donations.”

Overall, the potluck was well organized, well attended and those who attended had a great time. It was great to meet the new board members and other fellow gardeners.

HEIRLOOM, OPEN-POLLINATED, AND HYBRID VEGETABLES

BY BRANDY ESCAMILLA

What Is The Difference And Does It Matter?

These terms seem to create a lot of confusion between novice and experienced gardeners alike. There are those who swear that heirloom seeds are the only way to go because they think hybrids plants are inferior----. On the other hand, many hybrid seed fans are convinced these are a better all-around choice because they tend to be more vigorous producers and are less susceptible to disease and pests.

In reality, there may be room in every garden for both types of plants. To better understand the distinction between heirloom, open-pollinated, and hybrid seed varieties, it helps to look at how they came to be.



ALL HEIRLOOM PLANTS ARE OPEN-POLLINATED, BUT NOT ALL OPEN-POLLINATED PLANTS ARE HEIRLOOMS

Open-pollinated Seeds

Open-pollination is a form of natural plant reproduction, which occurs in one of two ways:

1. Cross-pollination (in the context of open-pollination) occurs when two varieties of the same plant species reproduce due to natural pollinators, such as wind, birds or insects.
2. Self-pollination occurs when a plant possesses both male and female parts and can reproduce by itself. Tomatoes are an example of a self-pollinator.

Heirloom Seeds

Heirlooms are always open-pollinated varieties. They usually have been passed down within communities or families like jewelry or furniture, and have generally been around for 50 years or more. Treasured for their great flavor they often have fascinating histories behind them.

Hybrid Seeds

These varieties have been developed through a controlled method of pollination in which the pollen of two different species or varieties is crossed by human intervention. Often labeled as F1, they are deliberately created to breed in a desired trait. *(even though cross-pollination can occur in nature, the results are too random to be reproduced and marketed on a mass scale)*

1. Therefore, the hybrids you see in stores are NOT open-pollinated and are created under controlled conditions.
2. *Any seed produced by F1 plants is genetically unstable and cannot be saved for use in following years.*
3. In order to sell a hybrid variety commercially, its breeding must be carefully monitored in order to ensure the same characteristics are present across all plants sold under that name.
4. Seeds saved from hybrid varieties will not reproduce true-to-type and those plants will be considerably less vigorous. Such seed can even be sterile. Gardeners who use hybrid plant varieties must purchase new plants/seeds every year.



CHRISTMAS LIMA BEANS

NOTE: Hybrid seeds can be stabilized, becoming open-pollinated varieties, by growing, selecting, and saving the seed over many years, but this is rarely done.

CONTINUED ON NEXT PAGE . . .

CONTINUED . . . HEIRLOOM, OPEN-POLLINATED, AND HYBRID

• Question: Are Hybrid Seeds Considered Genetically Modified?

No. Hybrid seeds and Genetically Modified Organisms (GMOs) are NOT the same things. GMOs are the result of scientific manipulation at the cellular level. In a lab environment, plant cells-genes-genomes are altered through the addition of outside substances like pesticides, viruses, or DNA from other organisms. *The end result is a new organism that cannot occur in nature without this type of manipulation.*

• Which is Better: Heirlooms, Open-pollinated, or Hybrids?

There is no right or wrong answer to that question. Heirlooms and open-pollinated varieties are often treasured for their delicious flavor and allow you to eat varieties that are not available in the supermarket. On the other hand, many hybrids are prized for their vigor, high garden yields, and superior disease resistance. Decisions, decisions - you may want to grow some of each. The choices are numerous. There are over 10,000 varieties of tomatoes out there!

→ So remember the big difference when saving seed:

Seeds saved from heirloom and open-pollinated varieties will reproduce true to type. You can save and use their seeds *year after year and get uniform results.*

Seeds saved from hybrid varieties will not reproduce true, and may even produce sterile seed.

The varieties shown below in first 3 columns are heirlooms or open-pollinated, those in the fourth column are hybrid varieties.



TONGUES OF FIRE BEAN



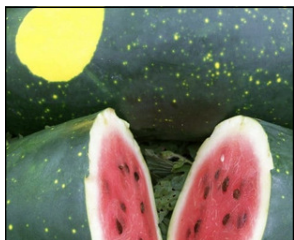
GOLD MEDAL TOMATO



PAINTED MOUNTAIN CORN



PARAISO BROCCOLI



MOON & STARS WATERMELON



CHEROKEE PURPLE TOMATO



YELLOW EYE BEANS



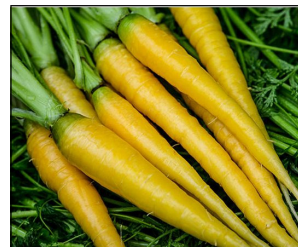
AMBROSIA SWEET CORN



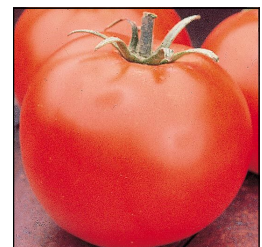
MORANGA SQUASH



GREEN ZEBRA TOMATO



AMARILLO CARROTS



CELEBRITY TOMATO

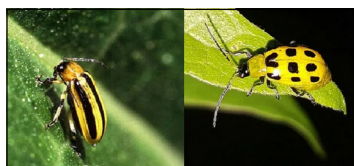


The Bug Buzz —

This issue we look at the villainous Cucumber Beetle. They are real suckers for cucurbits like cucumbers, pumpkins, squashes, watermelons, and the like.

Cucumber beetles are easy to spot, but they do come in 2 color designs: spotted and striped. They are usually $\frac{1}{4}$ inch long with dark-colored antennae. See the picture below.

- **Use Diatomaceous Earth** — this non-toxic powder can be used as a pest control. Sprinkle some on your cucurbit patches.
- **Organic Sprays**—Check online or at your local nursery for organic pest control sprays like Neem Oil, Spinosad and others.
- **Yellow Sticky Traps**—A great method to catch cucumber beetles and other garden pest as well. Set out around your garden border and replace when traps become filled.



- **Rotate Your Crops** — lastly, you can also rotate your crops. In this way, once the larvae will hatch, they'll have to take time transferring from the hatching ground to the cucurbits. Although they can still fly towards the cucurbits, crop rotation can certainly reduce the damage cucumber beetles give in general.

CCG - Keeping It Organic!

The Glorious Tomato

Tomato History

Yes, the tomato is actually an edible berry!



Though botanically a fruit, in 1893 the U.S. Supreme Court ruled the tomato was a vegetable. Why?

Because the import tax placed on vegetables (but not fruits) protected U.S. tomato growers from foreign markets.

Around 500 BC the ancient Aztec empire saw merit in the tomato and integrated it into their lives, medicine and cuisine. Today this fascinating vegetable is one of the most popular vegetables in the world.

Spanish conquistador Hernán Cortés, who first saw this plant in the sacked city of Aztec city of Tenochtitlan, took its seeds back to Europe. There, seeing that tomato could grow without a problem in a warm Mediterranean climate, the Spanish government began encouraging its production in both Europe and its distant colonies. As early as 1540s the tomato started being produced in Spanish fields, and was used regularly as a common food in early 17th century.

In early 19th century the tomato finally arrived in Asia. There under the guidance of British consul in Syria John Barker directed the first cultivation efforts. By mid-19th century, the tomato gained much popularity and started being used widely in Syria, Iran and China.

Many horticulturalists attribute the modern tomato and its success due to the efforts of Alexander W. Livingston, American botanist and scientist who dedicated much of his life on upgrading the tomato with selective breeding into the most commonly known form we know today. Before Livingston the fruits were small with a sour taste. His 1870s breed called Paragon, was much larger and had a sweeter taste.. It became instant success in the North America, kick-starting the large tomato industry .



Thanks to pioneers from across the globe, we now all enjoy both the health benefits and the tasty goodness of the wonderful tomato!

Summer Squash Recipes



Cheesy Squash Casserole With Ritz

Ingredients

- 6 medium yellow squash, chopped fine
- ½ cup onion, chopped
- 1 teaspoon salt
- ¾ cup cheddar cheese, shredded
- 2 eggs
- ⅓ cup milk
- 1 cup Ritz cracker, crushed
- ½ cup butter, melted

I also like to add other veggies like...
onion bell, pepper, asparagus, and mix in some sour cream.

Instructions

- Remove ends of squash and discard. Chop or cut squash into small fine pieces. Add salt to water and boil squash and onion until tender for approximately 15 minutes. Drain well.
- In a medium size bowl, mix cheese with squash mixture. Beat eggs and stir into milk. Add to squash mixture.
- Pour one-half of squash mixture into a 2 quart casserole baking dish. Sprinkle 1/2 cup of cracker crumbs over and pour 1/2 of melted butter. Pour remaining squash mixture and repeat with remaining crumbs and melted butter on top.
- Bake in a 350 degree oven for 25 minutes.

Enjoy!



Grilled Zucchini & Cheese Sandwiches

Summer tomato and Cheddar on sourdough is a great sandwich on its own. But grilled planks of zucchini add a bit of char flavor to take it to the next level.



Ingredients

- 2 medium zucchini (10 oz.), sliced lengthwise into 1/4-inch-thick planks
- Kosher salt & freshly ground black pepper
- 8 thin slices sourdough bread
- 2 cups sharp Cheddar cheese, grated
- 2 medium tomatoes, thinly sliced
- 4 tsp. mayonnaise

Instructions

- Prepare a high (500°F to 600°F) gas grill fire, or heat a large grill pan. Season the zucchini with salt and pepper and grill, flipping once, until just tender, 3 to 4 minutes. Remove the zucchini, and reduce the heat to medium high (400°F to 475°F).
- Assemble 4 sandwiches with the sourdough, Cheddar, tomatoes (seasoned lightly with salt), and the zucchini, layering the cheese under and over the vegetables. Spread about 1 tsp. mayonnaise on the outside of each sandwich. Grill, flipping halfway through, until the bread is toasted and the cheese is melted, about 2 minutes per side.



PLANTING CALENDAR—with notes

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.

January

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

February

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

March

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

April

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

May

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

June

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

July

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

August

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

September

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

October

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

November

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

December

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

