

The Sprout

A PUBLICATION OF THE CALIMESA COMMUNITY GARDEN

Seed Catalogs Are Beginning To Hit Our Mailboxes Time To Plan For 2026 Crops!

All those yummy photos of dew-kissed veggies one after another, can be almost paralyzing. There is never enough room for everything we want to grow.





The weather might not be warm enough to plant spring seeds but, that gives us time to peruse catalogs and make plans.

Colorful seed catalogs and websites display and promise us the tastiest vegetable varieties, making them are hard to resist. Now is the time to make plans and outlines.

Getting Started

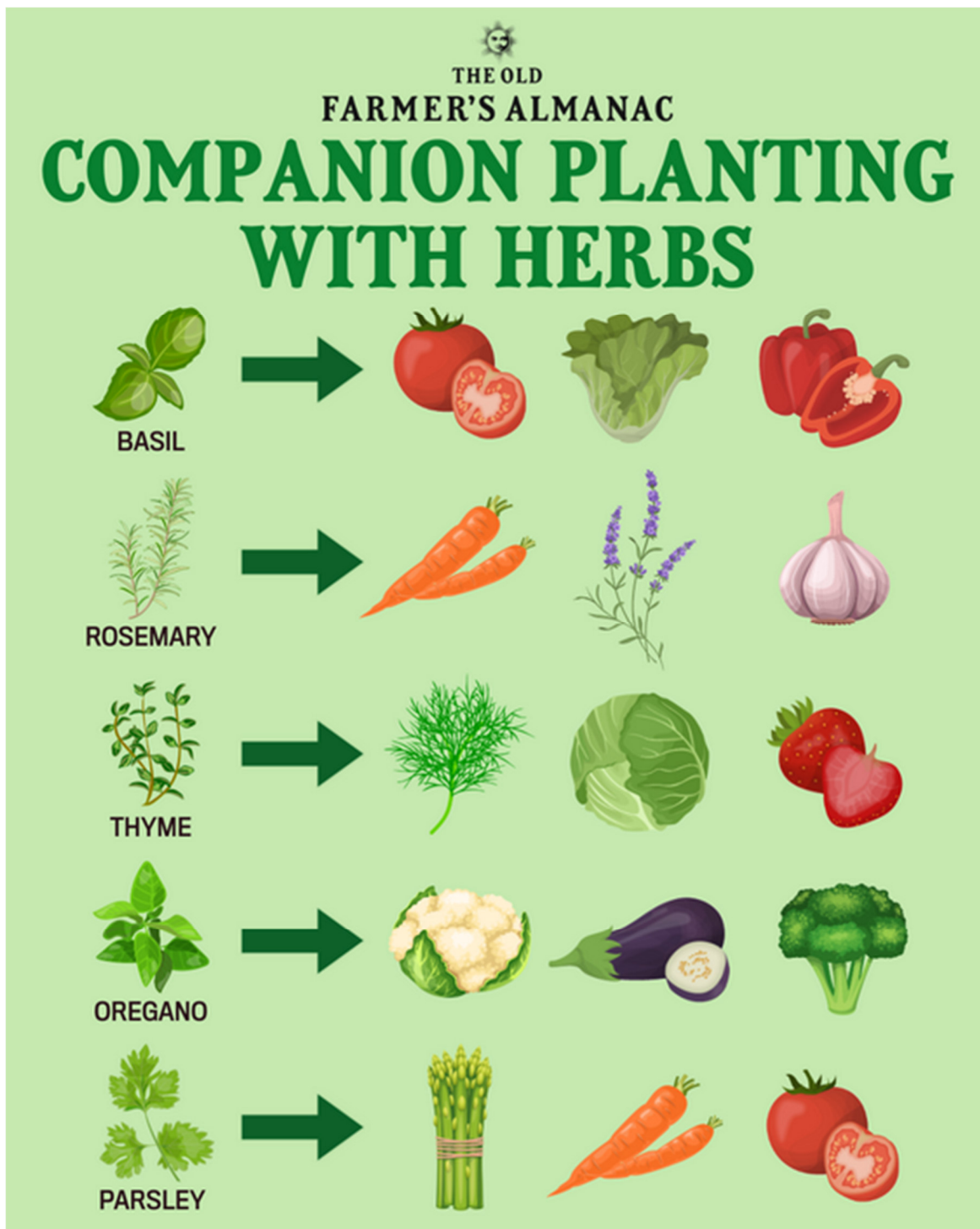


- ☐ Check to see what seeds you already have that are still viable, and that you wish to grow again.
- ☐ Plan your vegetable growing—what worked, and what didn't.
- ☐ Consider new veggies or varieties you may wish to try.
- ☐ Remember to take into account each veggie's growing time. Especially important for successive planting times.
- ☐ Choose the right varieties. Be selective and also decide what you wish to start from seed and those you wish to purchase already started from the garden center.
- ☐ How are you planning on growing from seed?
 - * Will you sow direct?
 - * Will you start them in cell trays?
 - * Are you able to start seed indoors, or in a green house?
- ☐ Depending on your plan listed above, will determine how soon you will start your seed.
- ☐ Purchase any growing supplies you may need, like seed trays, starting soil, etc.



Now, sit down with a nice cup of tea and your stack of catalogs!

For Those Who Like To Use Companion Planting Techniques





-- For Our Gardeners --
Should You Find Them Useful
Please, Feel Free to Print Copies of the Next Few Pages



Seeding Log

PLANT	SOWN	/ /	SUCCESS RATE %	
	#		SOIL	NOTES
SOURCE	SPROUTED	/ /		
	#		SUN	
PRICE	TRANSPLANTED	/ /		
	#			

PLANT	SOWN	/ /	SUCCESS RATE %	
	#		SOIL	NOTES
SOURCE	SPROUTED	/ /		
	#		SUN	
PRICE	TRANSPLANTED	/ /		
	#			

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	#			

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SOURCE	SPROUTED	/ /		
	#		SUN	
PRICE	TRANSPLANTED	/ /		
	#			

Seed Inventory Worksheet

Year _____

[illegible]

[illegible]

Samples of DIY seeds packets. 1. Cut the packets out.



2. Fold on dotted line

3. Apply glue to the bottom and side flaps.

4. Fold the glued flaps backward and bring the back panel over the flaps. Let dry.



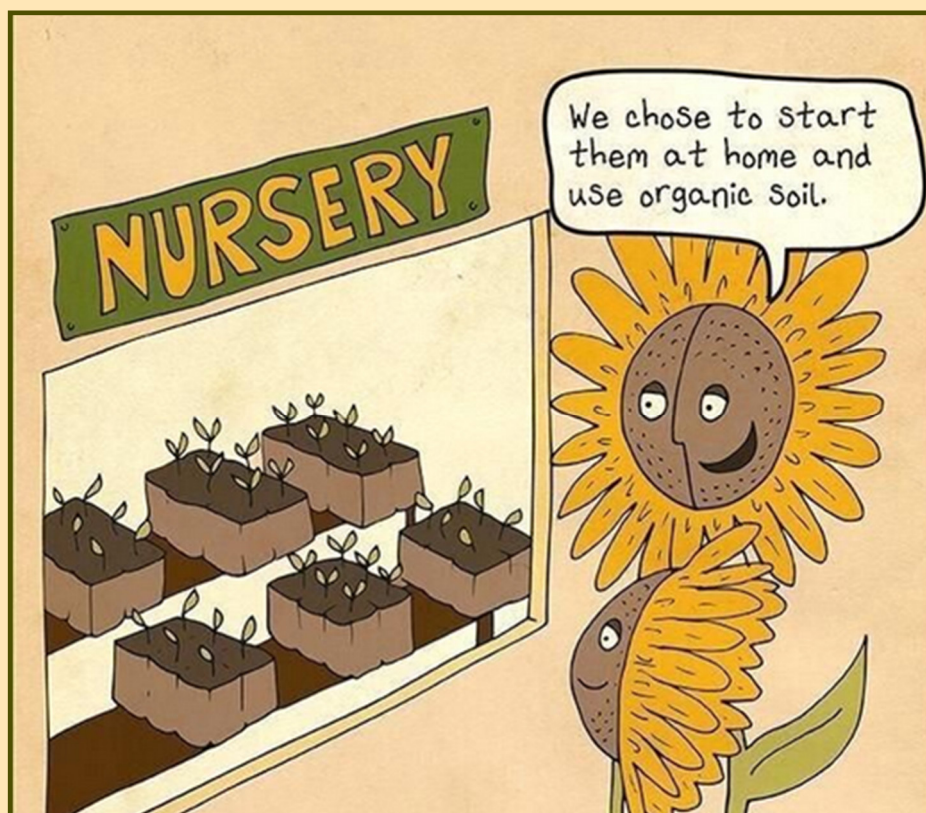
CCG Renewals Begin In January



Be on the lookout in the second week of January, an envelope with your name will be placed in a tote on the picnic table for your convenience.

Please, also note the following reminder from the current **Garden Rules and Regulations**:

“All membership fees and required forms (Waiver, Rules and Procedures and Volunteer Task List) are payable and due annually each January 16. **Any renewal fees and/or completed forms that have not been received by midnight February 1 will be considered delinquent**, membership will be forfeited and the resulting plot(s) will be reassigned to another participant. There is NO grace period.”



Cultivating Facts On Sweet Potatoes

- 🌱 America has been growing the most sweet potatoes since WWII. About 2.5 billion pounds of sweet potatoes are produced each year in the US alone! 260 billion pounds are produced globally!
- 🌱 Two years after WWII sweet potatoes sort of bottomed out and in 1980, with less than 1 billion pounds total, according to the U.S. Depart. of Agriculture. Now they are surging again.
- 🌱 The sweet potato is the 6th principal world food crop, and approximately 90% of the world's crop is grown in Asia.
- 🌱 In 2000, Americans ate about 4 pounds of sweet potatoes per person. Today, it's nearly double that, at 7.5 pounds per person.
- 🌱 Despite its "sweet" label, sweet potatoes can be eaten by diabetics because of their low glycemic index; meaning, eating a sweet potato does not cause a sudden spike in blood sugar levels.
- 🌱 When it comes to nutrition, these jewel-toned tubers are all-stars. They are rich in vitamins like A and C, fiber, minerals, and antioxidants and are considered a healthy source of complex carbohydrates, which can help to stabilize blood sugar
- 🌱 Sweet potatoes come in many different colors like orange, white, yellow, red and purple. The taste, texture, flavor, and nutritional content differs among the varieties.

Despite a physical similarity and a frequent confusion with their names, yams and sweet potatoes are not even distantly related. They are in two different botanical families. Yams are actually related to grasses and lilies .



Sweet Potato Black Bean Chili

Tender, spicy, and hearty Sweet Potato Black Bean Chili warms you up from the inside out, making an exceptionally delicious and wholesome cold weather meal.



Ingredients—

- ☐ 1 tbsp avocado oil or extra virgin olive oil
- ☐ 1/2 yellow onion diced
- ☐ 3 cloves garlic minced
- ☐ 1 jalapeño pepper minced
- ☐ 1 1/4 cup dried black beans, soaked overnight, drained & rinsed, or 2 15-oz cans (drained & rinsed)
- ☐ 1 1/4 cup dried cannellini beans, soaked overnight, drained & rinsed, or 2 15-oz cans (drained & rinsed)
- ☐ 1 24 oz can diced tomatoes
- ☐ 1 medium sweet potato diced
- ☐ 1 tbsp ground cumin
- ☐ 1 tbsp chili powder
- ☐ 2 tsp salt
- ☐ 3 cups baby spinach or mature spinach, chopped
- ☐ 2 cups cooked brown or white rice
- ☐ 1/3 bunch fresh cilantro chopped

Directions

1. Warm the oil in a Dutch oven over medium heat. Once hot, add the onions, garlic, and jalapeño pepper. Sauté for 3-5 minutes or until the onions have softened.
2. **If Using Dried and Soaked Beans:** If you haven't already, rinse the soaked black and white beans well. Add them to the pot and stir well. Pour in 6 cups of water and bring it to a simmer.
3. **If Using Canned Beans:** Add the drained and rinsed beans and 1 cup of water. Stir well until combined.
4. Stir in the canned diced tomatoes, sweet potato, cumin, chili powder, and salt. Cook for 20 minutes or until the sweet potatoes are tender.
5. Stir in the spinach and cook for another 5 minutes.
6. Season the chili to taste with more salt and spices if necessary. Serve it hot over hot cooked rice garnished with chopped fresh cilantro.

Recipe from Sweet Potato Soul

Chili Lime Glazed Sweet Potatoes

An easy recipe that is sweet, salty, and spicy. Serves 6.

Ingredients

- ☐ 4 medium sweet potatoes, peeled and sliced into 1" cubes
- ☐ 2 tablespoons sesame oil
- ☐ 6 tablespoons water
- ☐ ½ tablespoon cornstarch
- ☐ 4 cloves garlic, minced
- ☐ 1 tablespoons fresh ginger, minced
- ☐ 2 tablespoons garlic chili sauce
- ☐ 2 tablespoons fresh lime juice
- ☐ 2 tablespoons soy sauce
- ☐ 1 tablespoons sugar
- ☐ 2 tablespoons sesame seeds, for garnish
- ☐ Green onion , for garnish
- ☐ 1 lime, for zesting



Directions

1. Preheat your oven to 375° and line a baking dish with parchment paper. Toss the cubed sweet potatoes with 1 tablespoon of sesame oil and spread evenly onto the baking sheet. Roast for 45 minutes, or until the potatoes are tender and golden around the edges.
2. While the sweet potatoes are roasting, prepare the chili lime sauce.
3. In a small bowl combine the cornstarch and water. Use a fork or small whisk to mix and break up any clumps. Set aside.
4. In a skillet or sauce pan (depending on how you plan to serve the potatoes), warm 1 tablespoon of sesame oil on medium heat. Add the garlic and ginger to sauté for 30 seconds, or until fragrant and slightly golden.
5. To the pan: add the chili garlic sauce, lime juice, soy sauce, and sugar. Stir and bring to a simmer.
6. Then pour in the water and cornstarch mixture, and stir again. Simmer on medium-low until it has thickened; about 1 minute. Remove from the heat
7. When the sweet potatoes are out of the oven, toss them with the chili lime sauce.
8. Garnish the glazed sweet potatoes with lime zest, sesame seeds, and green onion. Serve hot .

Recipe from Sweet Potato Soul



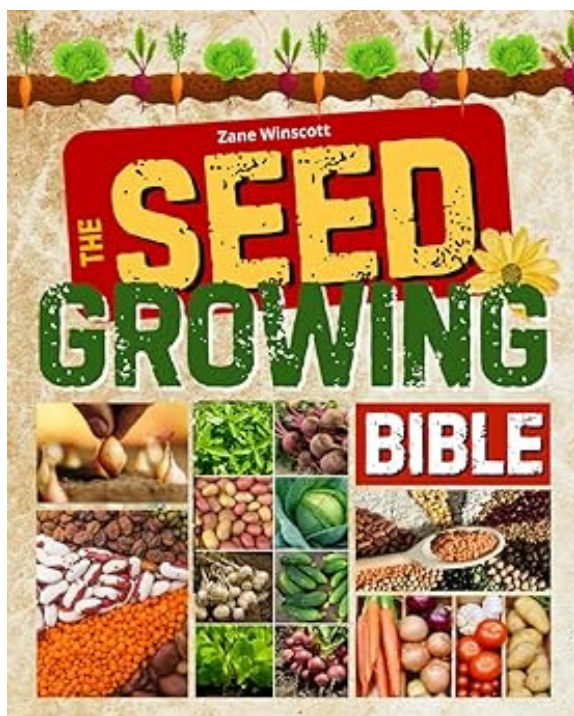
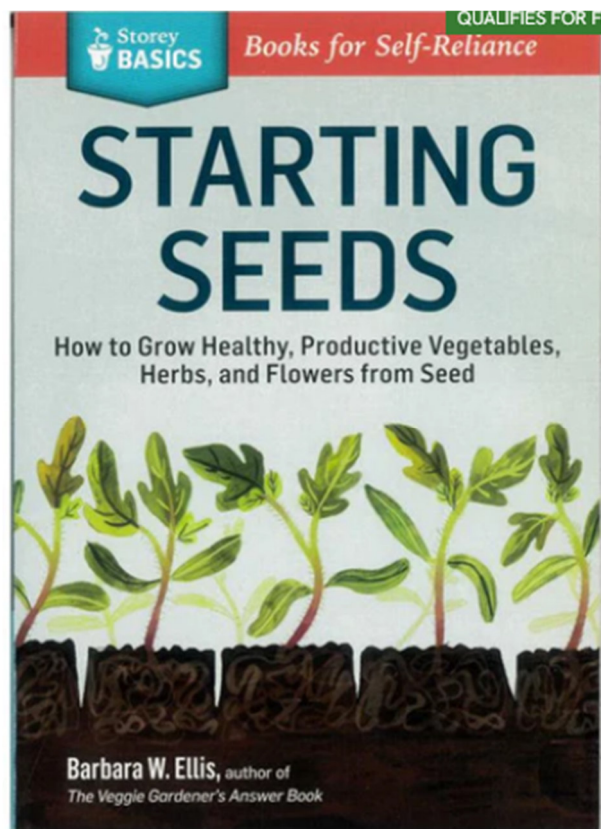
A Gardener's Bookshelf



**A good gardening library can be one of your best tools.
This space is for sharing books to consider on gardening and plants.**

Get a jump on the gardening season! In this Storey BASICS® guide, author Barbara Ellis provides the basic information that you need to start a variety of vegetables, herbs, and flowers from seed. Ellis shares simple, proven techniques for sowing seeds, managing indoor plants, and creating proper growing conditions so your seedlings can thrive.

Packed with expert advice suitable for both beginners and experienced gardeners, Starting Seeds will inspire you to plant a seed and watch it grow.



The Seed Growing Bible: Grow Organic, Abundant Crops and Transform Your Garden into a Year-Round Food Oasis | From Seed to Harvest for Total Self-Sufficiency. Author Zane Winscott.

LOCATION

371 W. Avenue L
Calimesa, CA 92320

Visit us online at:
calimesacommunitygarden.org



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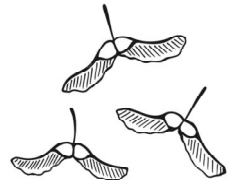
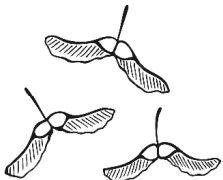


Be A Good Neighbor

- ✓ **Please do not remove tools from other gardener's plots.**
- ✓ **Make sure all faucets are off when you leave the garden.**
- ✓ **Knock dirt off plants before placing in trash bins.**
- ✓ **Chop up large plants to make more room in the bins.**

□ Don't judge each day by the harvest you reap, but
by the seeds that you plant. □

Robert Louis Stevenson



Attention CCG Members

Emergency Water SHUT-OFF Instructions Should A Major Water Leak Occur.

**Depending on location there are 2 options to stop leak:
SEE THE GARDEN MAP ON THE NEXT PAGE**

- 1. For a Major Leak—in the back half of the Garden. The water supply may be turned off using the valve on the east side in Plot #43.**
- 2. For a Major Leak—in the front half of the Garden. The water supply must be turned off using the Main Gate Valve located outside the front fence by east corner...look at map.**
 - A. The front gate valve has a lacked cage around it.**
 - B. Find the key in the front shed to Un-Lock the valve cover outside the front gate.**
 - C. There are TWO VALVES, turn the one closest to the fence—clock wise. This shuts off all water to the garden.**

Notify a board member immediately.....Be sure you make contact.

Seth Wiafe: 909-855-1217

Sharon Miller: 760-844-2461

Debra Grzeskowiak: 909-917-5552

THEIR NUMBERS ARE POSTED ON THE SHED.

68	69	70	71	72				
63	64	65	66	67				
58	59	60	61	62				
53	54	55	56	57				
48	49	50	51 Compost Area	52				
46	47	Garden Center	35	36				
43 shutoff valve	44	45	33	34				
40	41	42	31	32				
			29	30				
			27	28				
			25	26				
			23	24				
37	38	39	21	22				
			19	20				
10	11	12	13	14	15	16	17	18
1	2	3	4	5	6	7	8	9

THIS VALVE: →
SHUTS OFF WATER
TO BACK HALF OF THE GARDEN

MAIN GATE VALVE:
IF THE LEAK HAS OCCURRED IN
THE FRONT HALF—
THEN THE VALVE OUTSIDE THE
FRONT FENCE MUST BE SHUT
OFF.

AS OUTLINED ON
PREVIOUS PAGE,
**AFTER UNLOCKING
CAGE USE THE VALVE —
CLOSEST TO THE GARDEN FENCE**

— Aprox. layout of
east water line.

Do not dig deeper than 8
inches down along this water
line -- between red stakes!

**Calimesa Community Garden
Plot Map as of Nov. 2010**

PLANTING CALENDAR — Please Read Notes First

- ⇒ **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, considering if are you planting seeds, or already started seedlings.**
- ⇒ **Nature loves to keep us guessing with earlier than normal winters or longer than normal summers!**
- ⇒ **Enjoy and expect the unexpected!**

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, Strawberry, Turnips

March

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

April

Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Garlic, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries

May

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

Beets, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

July

Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squash, Tomatoes

August

Asian Greens, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Shallots, Onions



September

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