

Growing Around Our Summer Gardens





Avoid the Fall Effect! Plant Cool-Season Crops Early!

The Fall Effect happens as days grow shorter, the sun's angles are lower, and evenings turn cooler — factors that cause plant growth to stall. By starting your cool-season crops ... **NOW** ... while days are longer and warmer. Your starts will be strong and sturdy enough to plant out by the time cool weather arrives.



Stagger Your Fall Seed Starting Dates — it's important to not start everything all at once.

- 🐛 Since weather can be unpredictable, and it's possible that seedlings started too early will perish in our heat. This can happen, if we have extended summer heat. By spreading out your Fall seed starting, you can balance out your losses and increase your chances of nailing the weather patterns.
- 🐛 Plus, we just don't need to harvest 50 heads of cauliflower all at once! To keep a steady flow of crops, it is much more manageable to start a few plants early, a few 2-3 weeks later, and again 2-3 weeks after that.
- 🐛 You may, or may not, wish to initially provide some shade over the seeds or seedlings, until they are established plants.
- 🐛 By late October should be your goal of having the majority of your Fall/Winter garden in place. Understand that as the days grow shorter and cooler, your starts will naturally take longer to develop.

As Summer Winds Down — there is plenty to do in our plots as we transition into Fall

- ✓ Remove weeds and any spent plants.
- ✓ Chop up large plants before placing in trash bins. If bins are full — chop up and let dry until the bins have been emptied.
- ✓ Amending your soil with compost, worm castings, and organic fertilizer.
- ✓ Keep an eye of your growing plants for pests or any disease and apply organic solutions as appropriate.
- ✓ Check your tools for any needed maintenance.



Recognizing Pests In The Garden



THE CABBAGE LOOPER IS A PEST OF CRUCIFEROUS PLANTS SUCH AS CABBAGE, CAULIFLOWER, BROCCOLI, AND BRUSSEL SPROUTS.

THE CABBAGE LOOPER— Caterpillar and Moth

Both the caterpillar and the moth have the same name. Both feed on plants in the cabbage family, including cabbage, kale, broccoli, cauliflower, and other leafy greens. When they feed, they leave large holes and/or defoliation. This can weaken plants and make them more susceptible to disease.

As larvae, these creatures are caterpillars. They are smooth, pale green, and have a white stripe running down each side. They are known for their “looping” movement when they crawl, earning them the name “looper”.

As adults, the moths have light grey or brown wings. These moths are like to fly at night, but can be found resting during the day.

Here are some ways you can treat and prevent cabbage loopers:

- ➡ Natural predators like birds, wasps, and beneficial insects can help control cabbage loopers.
- ➡ Organic insecticides, such as *Bacillus thuringiensis* (Bt), can kill cabbage loopers
- ➡ Diatomaceous earth (DE) damages the exoskeleton of insects and can kill cabbage loopers.
- ➡ Insecticidal soap can also be used to kill cabbage loopers.
- ➡ Companion planting with sage, mint, or lavender, can naturally repel cabbage loopers.
- ➡ Utilizing row covers can be a strong preventive against these pests and others.
- ➡ Regular plant inspections is always an important practice in battling all pests.



Pictorial Inspirations For Your Fall & Winter Garden



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Cultivating Facts On Spaghetti Squash

- 🍂 During WWII, spaghetti squash was first served as a pasta substitute because it was hard to get processed foods like pasta.
- 🍂 A single spaghetti squash vine can produce up to 8 squashes.
- 🍂 Spaghetti squash is technically a fruit because it contains seeds and develops from the flower of the plant.
- 🍂 Spaghetti squash can come in a multitude of color, including yellow, ivory, orange, and even green-striped.
- 🍂 Spaghetti squash is about 92% water, which means it is low in calories and hydrating when cooked.
- 🍂 Spaghetti squash has little carbs—only about 7 grams of carb per cup. This is great for keto or paleo diets.
- 🍂 Uncooked spaghetti squash can be stored in a cool dark place for up to 3 months.
- 🍂 Spaghetti squash can be roasted, however it can also be cooked in a variety of ways, such as pancakes, casseroles, and even deserts like muffins or brownies.
- 🍂 Spaghetti squash is part of the Cucurbitaceae family, which also includes pumpkins, cucumbers, and melons.



Spaghetti Squash Pancakes

A healthier alternative to the classic pancake recipe



Ingredients— Makes 4-6 servings

- ☐ 2 cups cooked spaghetti squash
- ☐ 2 eggs
- ☐ 1 cup flour
- ☐ ¼ cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon salt
- ☐ ½ cup blueberries
- ☐ Butter for pan
- ☐ Maple syrup for serving

Directions

1. Add spaghetti squash and eggs to a food processor and pulse until smooth.
2. Transfer squash mixture to a bowl and add flour, sugar, vanilla, baking powder, and salt. Stir with a fork until combined.
3. Heat butter in a nonstick skillet over medium heat. Scoop batter into skillet, about ½ cup per pancake. Add blueberries on top of the batter. Cook 5-7 minutes per side.
4. Serve with maple syrup.

recipe source: <https://www.food.com/recipe/spaghetti-squash-pancakes-537376>

Why did the squash get promoted?

Because it always knew how to squash problems and gourd the team!

Margherita Spaghetti Squash

Another squash version of a classic recipe

Ingredients

- ☐ 1 whole spaghetti squash
- ☐ 1 tablespoon olive oil or avocado oil
- ☐ 1 tablespoon Italian seasoning
- ☐ ½ teaspoon garlic powder, or freshly minced garlic
- ☐ ½ teaspoon crushed red pepper flakes, or to taste
- ☐ 1 cup marinara sauce of choice
- ☐ 1/3 cup freshly shredded mozzarella cheese
- ☐ 2 tablespoons freshly shredded parmesan cheese
- ☐ Sea salt and ground pepper, to taste
- ☐ Fresh basil, to garnish

Directions

1. Preheat oven to 425F and line a baking sheet with parchment paper.
2. Cut spaghetti squash in half, lengthwise, and scoop out seeds. Place each half, cut side up, on baking sheet.
3. Brush both halves of spaghetti squash with oil and season lightly with sea salt and pepper.
4. Place squash, cut side down, on baking tray. Roast for 30-40 minutes.
5. Remove squash from oven and flip them over. Use a fork to lightly scrape and loosen the “spaghetti” strands from the inside of each half.
6. Sprinkle evenly with Italian seasoning, garlic, and crushed red pepper flakes. Add ½ cup of marinara sauce to each half and top with mozzarella and 1 tablespoon parmesan.
7. Return to oven, roast for 10-15 minutes, or until the cheese is melted and begins to brown.
8. Garnish with basil and serve.



recipe from <https://cleanfoodcrush.com/margherita-spaghetti-squash/>



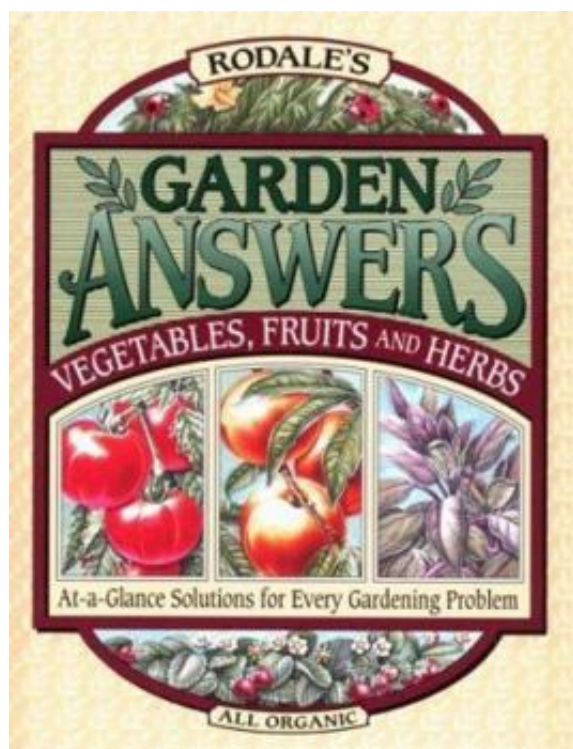
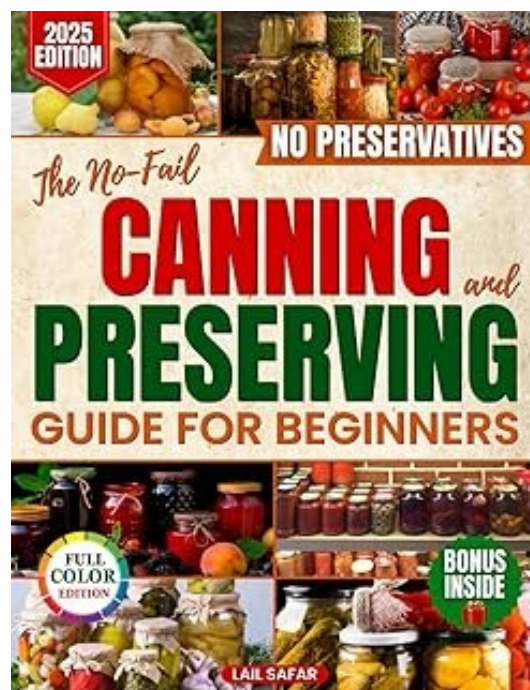
A Gardener's Bookshelf



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

Easy and Foolproof Recipes to Save Money, Be Prepared and Fill Your Pantry with Homemade Food Without Preservatives or Artificial Additives
Paperback – July 18, 2025.

Author: Lail Safar



Rodale's Garden Answers: Vegetables, Fruits, and Herbs : At-A-Glance Solutions for Every Gardening Problem.

Author: Fern Marshall Bradley

LOCATION

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Visit us online at:
calimesacommunitygarden.org



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EMERGENCY WATER SHUT-OFF CCG MEMBERS — IF MAJOR LEAK

- ➡ Find the key in the front shed to Un-Lock the valve cover outside the front gate.
- ➡ 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

THESE NUMBERS ARE POSTED ON THE SHED.



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.

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.
- ⇒ 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, 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

