

# The Sprout

## Happy 2022! A New Year Begins In The Garden

### Planning Your Vegetable Garden



#### General Principles To Keep In Mind

By Brandy Escamilla

- **Consider Sun & Shade Requirements**
- **Vertical Climbing Plants:** Anything that grows up supports – peas, beans, etc., will need to be located where they **either won't shade, or provide shade** for other vegetables.
- **Roaming Plants:** Carefully place plants that like to send out vines around the garden – melon, squash etc. Plant with the necessary space so that their vines don't cover over your other plants, and keep them inside your border.
- **Pollination:** Some vegetable plants need to be near others in order to pollinate well and 'set fruit'. The main one to consider is sweet corn which should be grown in blocks to ensure that it produces full cobs.
- **Watering Needs:** Not all vegetables have the same water requirements – once established – like Squash, Rhubarb, Eggplant, Tomatoes and more.....read up on what you're growing. You may want to organize you plot accordingly.
- **Succession Planting:** Make the most of your space! By using succession planting and intercropping.

#### Important Notes

- ❖ **Timing:** Include in your notes proper timing for planting.
- ❖ **Don't Forget:** Timing can depend on whether you are planting from seed, or from starter plants.
- ❖ **Seed Starting:** Are you starting your seed indoors or directly in the ground? Once again timing your seed planting accordingly.

Enjoy the Process!

**Have You Ordered Your Seeds?  
If Not - Get Going!**



**MAYBE TRY SOMETHING NEW!**

### The Healing Effect of preparing Garden Plots

Eliminating weeds and getting the soil ready for your vegetables are important first steps in growing a successful garden. Time spent in preparation reduces the time you'll have to spend maintaining and weeding your garden over the course of the growing season.

The Community Garden space often serves as a sanctuary for many. A place to tune out the noise, work and yet relax, experiment a bit, succeed, and sometimes fail, watch magic happen, share the abundance and learn from fellow gardeners. A place to keep moving forward, looking ahead with excitement of life sprouting forth from the earth.



### TRY WAFFLE GARDENING — TO CONSERVE WATER, WORK AND SPACE

by Brandy Escamilla

#### • WHAT IS WAFFLE GARDENING?

Native American - the Zuni Pueblo is the largest of the nineteen pueblos in New Mexico and perhaps the most isolated. Since the time they inhabited the Zuni region, their survival was dependent on what the land provided. Living in the arid Southwest the Zuni developed different types of farming methods that would conserve water and help the inadequate soil quality that surrounded them. One method that served them well was 'Waffle Gardening'.

Although modern lifestyle eventually led to a steep decline in waffle gardening it began to see a resurgence in the early 90's. It is a method well worth considering, especially for its water saving attributes. Plus, it provides a way of garden containment without the cost of materials like lumber or concrete blocks. All the material one needs is right there – the soil.



Zuni waffle garden. Photo Credit: A:shiwi A:wan Museum Photo Archives

#### • HOW TO GET STARTED:

The soil type we have in the Calimesa Community Garden is conducive to making waffle grids, as it contains a useful amount of clay in order for the walls to hold. To begin, first decide how large you want your squares to be. Generally this is based on what type of vegetables your planning to grow. Squares-waffles can be as small as 12" by 12", but you may want 24" by 24" or 24" by 36" or 48" etc. Once you have your plan, you can use a garden hoe or rake to begin creating your walls. If the soil is too dry when you start just add a bit of water and then press your walls together.

Waffle gardening also makes placing your plants closer together than when growing by the row method. This tighter form of planting shades the soil which in turn helps retain moisture. The shade will also help deter weeds. Both good things!

**UNSURE IF THIS METHOD IS FOR YOU — TRY IN JUST ONE SECTION OF YOUR PLOT AND SEE HOW YOU LIKE IT.**



Two examples of Waffle Gardening from past members of the CCG



## Cultivating Facts on Kale



**Want to grow a 7 foot tall vegetable?**

**Try  
Walking Stick Kale**

There are dozens of varieties of kale: Lacinato, Redbor, Gulag Stars, True Siberian, Red Russian, White Russian, Dwarf Blue Vates, Red Nagoya, Chinese Kale, Sea Kale and the six-foot tall Walking Stick Kale.

- Most gardeners know the 3 Main Types of edible Kale—
  - ≈ Curly—has bright green leaves that are very curly. Also known as Scotch or Green Kale. The one commonly use for garnish but it is more than that.
  - ≈ Black—has elongated , flat bluish-green leaves with crinkled texture. Also called Tuscan, Dinosaur or Lacinato Kale.
  - ≈ Red—frilly leafed with red or purple stems and also known as Russian Kale.
- Kale is a super food—one of the most nutritious plant foods in existence.
- Thomas Jefferson was onto the kale craze way before the rest of America. He grew several varieties of kale in his garden in early 1800s.
- Kale originated in the eastern Mediterranean and Asia Minor, where it was cultivated for food beginning by 2000 BC at the latest. China is the world's top producer of cabbages.
- In Scotland, kale was so much a part of the traditional diet that the saying “To be “off one’s kail” is to feel too ill to eat.”



## Roly-Poly Bugs: So Misunderstood

Officially called Pillbugs, these tiny critters are so entertaining to children, who like to touch them and watch them roll into a ball. They are a good bugs that play an important role in the ecosystem.

Guess what? Pillbugs aren't insects. They are actually crustaceans, more closely related to shrimp, crabs and crayfish than to the ants and other insects that inhabit the same soil. Roly-Polies are terrestrial crustaceans, and the only crustaceans that have adapted to living entirely on land! They breathe through gills like other crustaceans, but their gills must remain moist even on land.

These bugs do not urinate—because they do not need to. They do however eat their own feces. Talk about cleaning up after themselves!

### They have a job to do, and they do it well

Pillbugs are scavengers, and they mainly eat decaying plant matter and other decomposing material. They serve as decomposers, breaking down decaying material through eating it and then returning the nutrients to the soil. Roly-polies don't bite or sting and rarely eat living plants or crops, they pose no risk to humans and very little threat to crops and agricultural land. So when you see them in the garden—give them a free pass.



# Member Spotlight

by Paul Gavaza

## CCG Member - Seth Wiafe

This newsletter spotlights Dr. Seth A. Wiafe, a Calimesa Community Garden (CCG) member since April 2019. Seth lives in Beaumont, CA and currently serves as the President of the CCG Board of Directors.

Seth started gardening at a young age of 10 years. His love for gardening is palpable to all who interact with him. Commenting about gardening, Seth said, "There is something about digging in the dirt and growing plants that is therapeutic to me. It calms me down especially after a stressful day and makes me happy.... Gardening has enriched my life immensely."

Seth is currently growing sweet potatoes, okra, pumpkins, corn, onion, garlic, egg plants, squash, water spinach, kale, lupo and basil on his two plots with tomatoes, garlic, and sweet potatoes being his favorite crops and vegetables to grow.

Seth shared some advice to new and upcoming gardeners. "Grow plants that you enjoy eating. It is satisfying to plant something, care for it, harvest it, and enjoy it in a home-cooked meal. Water your garden when it needs water and also make use of mulch to protect the top of your soil from the sun and decrease evaporation."

A native of Ghana, Africa, Seth is married to Beatrice Wiafe, a native of Zambia who also enjoys gardening. The Wiafes have three adult children who are also active members of the CCG family.

Seth is a public health professional with more than 20 years of experience. He enjoys seeing people enjoy good health and quality of life. Besides gardening, Seth enjoys reading in his spare time.



### Garden Reminder—

If you are using dirt to form your borders, **ONLY** use dirt from inside your plot. **Under No Circumstances** are you to remove dirt from any aisle ways.

If you have done so, you must repair that aisle way ASAP.

## Vegetarian Kale Soup

Level: Easy Yield: 6 servings  
Total: 45 min Prep: 15 min

### Ingredients

- ✓ 1 tbsp. extra-virgin olive oil
- ✓ 1/2 yellow onion, finely chopped
- ✓ 2 stalks celery, finely chopped
- ✓ 1 leek, cleaned and thinly sliced (white and pale green parts only)
- ✓ 3 cloves garlic, minced
- ✓ 2 tsp. thyme, freshly chopped
- ✓ 1/2 tsp. red pepper flakes (optional)
- ✓ Kosher salt
- ✓ Freshly ground black pepper
- ✓ 4 c. low-sodium vegetable broth
- ✓ 2 c. water
- ✓ 2 (15.5-oz.) cans cannellini beans, drained and rinsed
- ✓ Juice of 1 lemon
- ✓ 1 large bunch kale, removed from stems and torn into medium pieces

Freshly grated Parmesan, for serving

### Directions

1. In a large pot over medium heat, heat oil. Add onion, celery, and leek and cook until slightly soft, 6 minutes. Add garlic, thyme, and red pepper flakes (if using) and cook until fragrant, 1 minute more. Season with salt and pepper.
2. Add broth, water, and beans and bring to a simmer. Stir occasionally, mashing some beans in the pot to thicken soup. Let simmer 15 minutes, then stir in lemon juice and kale. Cook until wilted, 3 minutes.

Garnish with Parmesan before serving.



Recipe courtesy of delish.com

## Craving Mac N Cheese But Not the Carbs?

### Try Cauliflower "Mac" & Cheese



Level: Easy Yield: 6 servings  
Total: 35 min Prep: 15 min Cook: 20 min

### Ingredients

- ✓ Kosher salt, as needed, plus 1/2 teaspoon
- ✓ 1 large head cauliflower, cut into small florets
- ✓ Vegetable oil spray
- ✓ 1 cup heavy cream
- ✓ 2 ounces cream cheese, cut into small pieces
- ✓ 1 1/2 teaspoons Dijon mustard
- ✓ 1 1/2 cups shredded sharp Cheddar, plus 1/2 cup for topping the casserole
- ✓ 1/4 teaspoon freshly ground black pepper
- ✓ 1/8 teaspoon garlic powder

### Directions

Equipment:

8 by 8-inch baking dish—Spray the baking dish with vegetable oil spray.

1. Preheat oven to 375 degrees F.
2. Cook the cauliflower with 3 tablespoons water in the microwave until crisp-tender, about 3 minutes. Drain well. Transfer the cauliflower to the baking dish and set aside.
3. Bring the cream to a simmer in a small saucepan, and whisk in the cream cheese and mustard until smooth. Stir in 1 cup of the cheese, salt, pepper and garlic and whisk just until the cheese melts, about 1 to 2 minutes. Remove from heat, pour over the cauliflower, and stir to combine. Top with the remaining 1/2 cup cheese and bake until browned and bubbly hot, about 15-20 minutes. Serve.

Adjusted recipe from Food Network

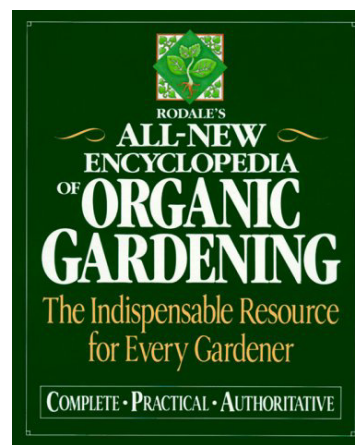
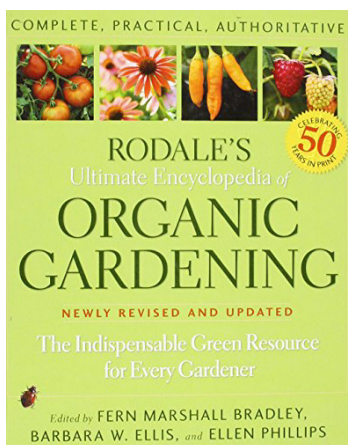
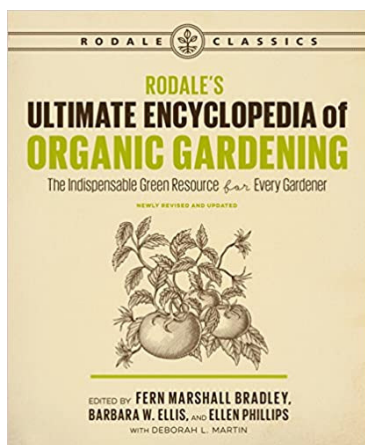




## A Gardener's Bookshelf



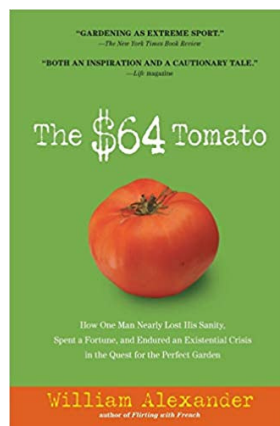
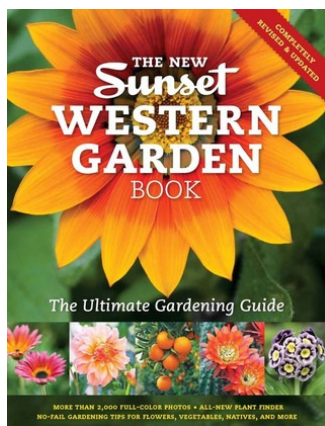
A good gardening library can be one of your best tools.  
This space is for sharing books to consider on gardening and plants.



I can not think of a better resource book for organic gardeners than *Rodale's Ultimate Encyclopedia of Organic Gardening*. It has been the go-to resource for gardeners for more than 50 years. A wonderful tool for beginners to master gardeners in applying organic methods to their fruit, vegetable crops, herbs, and more. ***In case you wish to buy used, there are 3 versions of different printings shown—All wonderful!***

The West's most trusted source of gardening information for more than 80 years.

A valuable resource for Southern California gardeners.



How One Man Nearly Lost His Sanity, Spent a Fortune, and Endured an Existential Crisis in the Quest for the Perfect Garden.

by William Alexander  
*This is a hilarious read.*



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### CCG Board of Directors

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## 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

