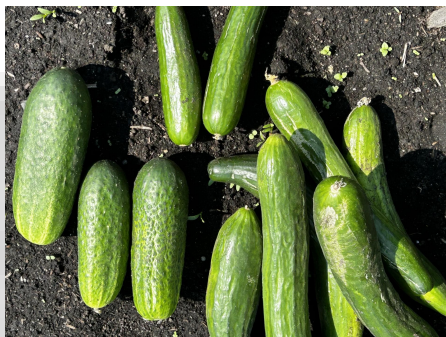


PLEASE CONSERVE WATER

MCGA Monthly Newsletter



September 2023

Website: Marymoorgarden.org Email: board@marymoorgarden.org

Note from the President-Michael L

Hi MCGA Gardeners,

We are getting close to the end of the season. I wanted to remind everyone to get your service hours completed and entered on the website before the end of the year. We will have plenty of work parties upcoming, particularly for the Food Bank and spreading new Hog Fuel on the paths, so please sign up!

Registration for return gardening will open late October/early November. If you enabled autopay last year and intend to continue gardening with us, there is nothing you need to do. If you plan to leave the garden, please let us know as soon as possible. You will need to make sure you leave your plot in [rentable condition](#).

See you in the garden!

-Michael

Gardener Spotlight: Anna S



I am a biologist and love observing all of the plant and animal life in the garden, while I tend my plants. I am passionate about organic gardening and feeding those in need. I have been gardening in the PNW for 15 years, and this is my 4th year gardening at MCGA. I feel blessed to be part of this community.

I am currently growing a variety of herbs, flowers, a wide variety of routine garden crops, raspberries and exotic plants. I try to select varieties of plants that have multiple functions. For example nasturtium flowers are aesthetically pleasing and are also edible. They have a

sweet, pepper flavor and have the added bonus of drawing away flea beetles from other plants. Bee balm is loved by bees, but it is also edible and can be used to make teas, tinctures, vinegars and jams.

I grow many unusual varieties of plants! This year you can find dwarf tamarillo, buzz button, red roselle, bitter melon, maypop, mouse melon, and purple rat-tailed radish. Purple rat-tailed radishes are grown for their edible seed pods. One plant can yield dozens of peppery edible seed pods rather than a single radish root. Maypop is a variety of passionfruit that is said to be hardy down to grow zone 6. Viney mouse melon produces grape-sized sour cucumbers that look like miniature melons. Dwarf tamarillo yields citrusy tomato-like fruits that have been used to make jellies, hot sauces and chutneys. Buzz button has been used in alcoholic drinks like "Electric Guitar" to make the drinker's lips and tongue vibrate. One of my personal favorites is red roselle, which I make a sweet syrup with. It tastes like a floral cross between strawberries and raspberries and the sweet syrup tastes heavenly on plain, tart Greek yogurt.

My plots are E10 and E11. If you see me in my plots, come say "hi"! If you'd like to learn more about the exotic varieties that I am growing or want some advice on how to turn your own garden into an organic gourmet paradise, chat me up.



Special Events

Gia applied for and was awarded a **GROW Microgrant** for the 2023-2024 season from Grow Northwest in the amount of \$450. We used the funds to build two Rent-a-beds in the Fertile Crescent. Way to go Gia!



Master Gardener tour: Gia and Carol J. hosted a tour of our community garden. Our venue demonstrates a perfect example of Growing Groceries in action. Our garden has a culturally diverse population with a large variety of unique foodstuffs from around the world being cultivated. The group marveled at the food bank gardens and the partnership we have with Hopelink. MCGA provides an inspiring model of a high level of creativity, diversity and productivity within a communal gardening framework.

Olympus Global: This local company has kindly requested a work party to support our Food Bank Gardens, **scheduled for Wednesday 9/6**. Olympus' mission is to make people's lives healthier, safer, and more fulfilling. Olympus is a manufacturer of medical devices including endoscopes and respiration technologies.

<https://www.olympus-global.com/>

Thanks Anna S. for introducing us!

Regence Healthcare Photoshoot: During August 15-16th our gardens were scouted as a film set site for the Regence Healthcare national advertising campaign. You may have noticed a giant trailer and production crew during those days. Their work will include still photos from Marymoor as well as many other locations. Permission was granted by the board/Park and the crew was supervised at all times. They were extremely mindful and respectful of personal garden plots. Most scenes were shot in the Food Bank Gardens. You may see future billboards, magazines, direct mail, or televised advertising and recognize our special place. Some fresh produce was harvested in the Food Bank Garden as "props", but were washed, bagged, and placed for donation in the coolers.



***No gardeners or crops were harmed in production. However the film crew and supervisor suffered under the 100+ degree heat during the process!!! Whew!**

What to Plant Now:



We're coming to the end of our planting window. Through the first and second week of Sept., you can still seed some selected radishes, spinach, arugula, and fast-maturing lettuces. These first few weeks of Sept. are also a great time to visit your local garden center or nursery to buy mature starts of broccoli, cabbage, and kale. Most of these brassicas will withstand all but the deepest freeze and provide fresh harvest in our Pacific NW area beyond December. You may also consider seeding over-wintering crops such as selected varieties of scallions, cilantro, and spinach. While they may suffer in a deep winter freeze, they will often rebound in early spring to reward you with lush bounty.

A few recommended varieties and seed sources:

Spinach: Equinox, Bloomsdale, and Space

[Territorial Seed](#)

[Johnny Seeds](#)



Radish: French Breakfast, Escala, Nelson



Consider planting seed for late fall and early spring. Some recommendations:

- Bunching onions. 'Guardsman' is a great overwintering scallion/bunching onion.
- Plant leeks from seed now for early summer crop.
- Cilantro for fall harvest- will die down in deep freezes, but will pop back for early spring harvests. Replant seed in spring.
- Chives, garlic chive, ornamental alliums
- **Scatter-sow some annual poppy seeds in Sept. for OMG (!) spring blooms!**

Check these links for some great local Fall plant ideas!

[Swanson Nursery](#)

[https://www.skynursery.com/Sky Nursery](https://www.skynursery.com/SkyNursery)

<https://wellsmedinanursery.com/>

What to Harvest Now:



The good Tomato news:

Late August through mid-September is our tomato celebration time. This summer has been the friendliest tomato season in recent memory! We're getting fabulous harvests. If you have selected hardy varieties, pruned, and fought off the crow-pilfering onslaught, you've been rewarded with a bumper crop!

The bad Tomato news:

September often ushers in tomato blight in the Pacific NW. It's a fungal infection and the spores are always present in our climate. Here are some examples of what you may be seeing on your tomatoes:



It's not you...it's our climate!

There's a reason that commercial WA tomato farming is on the other side of the mountains, in areas that maintain full sun and 80+ temperature conditions throughout the summer. For ideal results, night temperatures should stay above 70 degrees F.

For more detailed information about tomato blight [WSU Extension Tip Sheet](#)

Great Sept. harvesting news is that your peppers, potatoes, tomatillos, and squash are at their peak!



Cut your Basil now and make some pesto! Recipe:

<https://www.themediterraneandish.com/>

[basil-pesto-recipe/](#)

FOLLOW THE FOOD BANK GARDENS

This is IT! We're bringing in the big hauls now!!! We are pulling down more than 500 lbs of fresh produce every week. Watch the poundage meter tick up!



Potatoes, beets, carrots, onions, leeks, beans, tomatoes, and squash are pulling in huge donation pounds.

Wowee...Our gardeners have made this one of the best-yielding seasons EVER! Coming in September will be beautiful carrots, turnips, beets, and the beans- just keep 'em coming.



Our garden members have done a superior job this season working hard to make the Food Bank gardens lush and bountiful.

We favor beet and turnip varieties for fall harvesting. These include:

Beets: Touchstone Gold, Early Tall Top Wonder, Ace, Boldor



Turnips: Hirosaki Red, Purple Top White Globe



Our grapes are ripening beautifully. This year we hope to provide donated bunches to the Food Bank. **Please allow us to harvest them this year - refrain from picking them!**



PLEASE KEEP DONATING YOUR EXTRAS!

YOU WON'T EAT IT ALL...

JUST WASH IT AND PLACE IN CRATES, OR BAG IT AND PUT INTO THE COOLERS.

If you have energy left over for winter crops, and are serious about gardening year-round, you must build some hoop-housing. **Please stay tuned for more detailed information and resources in the Oct. edition!**



September Food Bank Work Parties:

Wednesday Sept 13th 10:00-12:30 pm

Tuesday Sept 19th 10:00-12:30 pm

Wednesday Sept 27th 10:00-12:30 pm

Sign up on MCGA's website (marymoorgarden.org).

Here's the specific link:

[https://www.signupgenius.com/go/508094ba5ab22a7f58-maywork#/#/](https://www.signupgenius.com/go/508094ba5ab22a7f58-maywork#/)

We Still Need You! Even if you've already "done" your hours, the FB continues harvesting right through Oct. We'll have to pull old plants, clean, and put the gardens to bed with straw. Those hours count- it won't hurt you to contribute a little extra time. Please keep coming!

Bookmark this site for all things garden

[Gardening Tip Sheets | King County | Washington State University \(wsu.edu\)](#)

Garden Reminders

- **SPEED LIMIT**

The posted speed limit in Marymoor Park is 20 mph. **The speed limit within the garden is 5 mph.** Please obey this for the safety of everyone, especially children.



- **Clean Green** -this large area is only for weeds and other plant/soil debris. **NO PLASTICS, WIRE FENCING, WOOD OR WOOD PLANKS, GARBAGE, INVASIVE WEEDS, METAL BUILDING MATERIALS, CHICKEN WIRE ETC.** ALSO-Please note that when dumping into the clean green area, take your items to the **BACK** of the pile-do not leave them in the front. It will be very clear where to dump your clean green. **Please use the large dumpsters for trash.**
- **Eco bins** -These bins, which are located at the entrance to the south road along the dog park, are for compost, topsoil and mulch (leaves, wood chips etc.) Since we have a buy-in for the compost and topsoil, please do not take these materials unless you have paid for them through the website.
- **Tools:** Tools in the Food Bank Garden area are for Food Bank use. **You are responsible for providing your own tools for personal use!** You are welcome to borrow, but must return them to the tool stand. We are finding Food Bank tools in Garden plots. PLEASE PLEASE return them to the tool shed. Food Bank tools are marked with bright colored duct tape. If you see any tools in someone's plot, please tell them to return them or get them yourself and return to the tool stand. This goes for wheelbarrows as well. Kindly return to the front area.
- **Reminder: Our garden parking area can be used by ALL park visitors. Vehicles without our watercan logo sticker can also use our lots.** Tickets will be issued to those who park in the garden (or anywhere within the park) who do not have a King County monthly sticker or \$1.00 parking pass. Please get one before you get a ticket!!
- Please please don't take other people's hoses and wands etc. Purchase these items for yourself.



We had a weird incident in August whereby someone set a small fire in the Food Bank Garden after dusk on Sun. evening 8/20 while the water was turned off by the Park. We were blessed by two alert gardeners who smelled the smoke and took steps to extinguish the fire. We choose to assume this was accidental. The assumption was that some "visitor" dropped a cigarette. However, no cigarette butts were present - photos were taken.

There is no smoking allowed in the gardens.

QR CODE for King County Sheriff's Office To Report Theft or Vandalism:



If you experience egregious incidents, please report it to the [King County Sheriff's Office](#).
Also notify the board of MCGA.

Help Wanted:

The board is happy to announce that we are taking applications for new board members. This is a great opportunity to help direct the management of our gardens! Here's how to apply: **Section 2: Appointment MCGA By-Laws - Google Docs**

Marymoor Park Calendar of events 2023:

[King County's Marymoor Park, Upcoming Events in Redmond on Do206](#)

Fun Facts:

THE SEASONS OF SEATTLE:

Seattle Seasons

The Dark Wet
Paralyzing Snow (¼ inch)
Brightening Wet
Fakeout Sunbreak
Molding Wet
Flowering Wet
Juneuary
Glorious Sun
Oppressive Sun
Choking Smoke
Welcome Drizzle
Spiders
Convergence Zones
The Dark Wet

← **you are here**

Board Meetings 2023: Zoom Link

We welcome your attendance at the monthly board meetings where you can learn about issues and decisions being made about our garden. Meetings are held the 3rd Wednesday of each month (except December) at 7pm. You can join via this link:

<https://us02web.zoom.us/j/86999057848?pwd=U3F6dDdlcHJsaWxUeDRRWHDck42UT09>

Board Meetings 2023:

Wed. 9/20

Wed. 10/18

Wed. 11/15

Water Usage

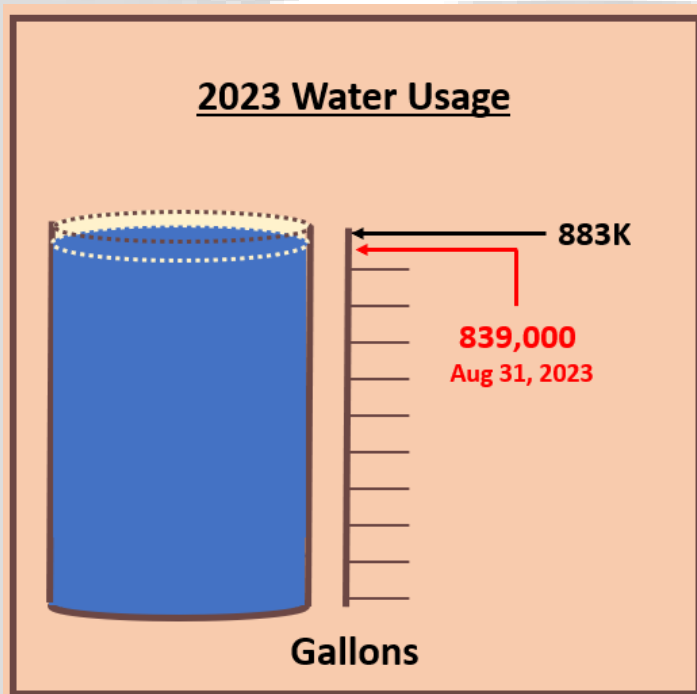


Special thanks to John T. who reads our water meter and manages our consumption data – which makes our water management possible.

The image of the water tower to the left represents a capacity of 880,000 gallons. In the image below, the container matches the volume of MCGA's total use

in 2022, which was approximately 883,000 gallons. To date in 2023, we've already consumed 95% of that amount.

Please do your best to conserve-We are about to exceed the water tower limit and our graph will spill over! Yikes!



PLEASE NOTE: A breach of the water system occurred during the CHOMP event Sat. Aug 19. The Park shut off the water supply in order to repair the rupture until Mon. Aug 21.

Produce Poundage

Our thanks to the FB Managers and worker bees for their dedication this season and to the gardeners who donate their extra produce to make our FB donations possible!

Thanks also to the produce drivers who keep track of itemized poundage when they deliver – and a special thanks to John T. who manages our data.

We often donate around 8000 pounds of produce to Hopelink by the end of the season. We will see what 2023 will bring!



Mentors for 2023-2024 Season:

SECTION	MENTOR	EMAIL
Section A	Ema Crisp	mentor.section.A@marymoorgarden.org
Section B Section Z	Michelle Raymond	mentor.section.B (or Z) @marymoorgarden.org
Section C	Maureen Manlosa	mentor.section.C@marymoorgarden.org
Section D	Betsy Graham	mentor.section.D@marymoorgarden.org
Section E	Elena Bond	mentor.section.E@marymoorgarden.org
Section F	Carol Johnson	mentor.section.F@marymoorgarden.org
Section G	Sherry Liu	mentor.section.G@marymoorgarden.org
Section H	Misaki Yamanaka	mentor.section.H@marymoorgarden.org
Section I	Barbara Beach Moody	mentor.section.I@marymoorgarden.org
Section X Section Y	Anna Sczaniecka	mentor.section.X (or Y) @marymoorgarden.org

MENTORSHIP NEWS: Mary Anne S

“Hot Time in the SummerTime”

It has been an extraordinary summer. Everything is growing and ripening. Soon I will be making sauce!

Unfortunately, the same good weather and watering that brings good plants and harvests also grows very healthy weeds.

Morning glories and grasses:

- The roots of these invasives go deep and spread far.
- Act immediately and remove the vines and grasses and dig out the runner roots.

Remember your agreement from registration:

- Keep a clean weed-free plot.
- There are consequences for a plot overridden and entangled with invasive weeds.

Watch for MCGA emails:

- Notification and warning emails are sent from the Mentor Lead when there is an issue.
- There is a consequence if no communication and no clean-up of the plot is done.
- It is possible to lose your plot due to this non-compliance with garden policy.

Examples of root masses and long rhizome root structure.



This time of year seems the busiest to me; garden maintenance (weeds, insects, supplementation and fall starts) and best of all, there is harvesting. This means delicious meals, canning and freezing to enjoy the fresh grown bounty all year. The warmth and energy of summer are not gone yet!.

Mary Anne Szollar is our Mentor Lead. She can be contacted at: mentorship@marymoorgarden.org.

[Please refer to the website for MCGA garden rules.](#)

A little song for you:

https://www.youtube.com/watch?v=_ae5Ap77b7k

📺 *Lil Nas X - Old Town Road ...*

**We Need You! Come out and
volunteer in the Food Bank.
Please stay with us...
We love you!**

