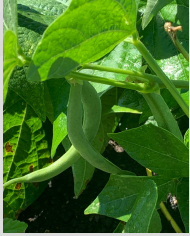


MCGA Monthly Newsletter!

September 2022



Bush bean



Cherry Tomato



Corbaci Pepper



Artichoke



Pumpkin



Rattlesnake beans

Website: Marymoorgarden.org Email: mcgaboard@gmail.com

A Note from the President...

Hi MCGA Gardeners! I hope you are enjoying lots of produce from your garden at this time of year!! It is getting towards the end of the season and as we start winding down, I wanted to share a few reminders.

1. **Service Hours:** Make sure to complete your service hours by the end of October. This time of year we need help harvesting in the Food Bank. Look for upcoming work party invites. Also see page 4.
2. **Return Registration:** If you have completed your hours and are in good standing, you will be invited to register for next year sometime in October. Please let us know if you plan to return or leave.
3. **Expansions:** We start expanding gardeners on September 1st. If you are on the list, make sure you have completed all of your service hours.
4. **Leaving the Garden:** If you plan to leave MCGA at the end of the season, please let us know at mcgaboard@gmail.com. You will need to make sure you clean your plot before you go. Please see "Rentable Condition Agreement" on the website.
5. **Donate Extra Produce:** If you have extra produce, please consider donating it to the Food Bank. Simply drop it off in the cooler or in the crates in the middle of the FB Garden. (Specific instructions were in the August Newsletter!)

Thanks for making this a great year at MCGA!
-Michael L.

Featured Board Member - Didi I.



I have been gardening at MCGA for 3 years now. In that time I found that I am most proud of the Giving Garden (Foodbank) because I love how it is an opportunity for gardeners to help grow produce and learn about gardening while doing so. Before Marymoor, my experience came from what I did in very different climate zones (Istanbul and Washington, DC) where I learned a lot about planting and harvesting schedules. I try to plant my warm weather crops when the giving garden does!

I am new to the board this year and serve on the Mentorship and Foodbank Committees. I love growing vegetables from home (Asia Minor and the Balkans), plants native to the Americas, and flowers loved by hummingbirds. My must-haves are kandil and corbaci peppers, romano beans, koralik tomatoes, purslane as well as fava beans and hardneck garlic in the winter. My favorite plants are my beans-we built a sun-shading bean tunnel out of conduit pipes. And I also love my butterfly type snapdragons and my scarlet runner beans (they are native to the Americas and form edible tubers!!) Come visit me in H27-28-I have the brown umbrella and the bean tunnel!

Gardener Spotlight! Vinay M.



This is my fourth year gardening at MCGA having started in 2019. At my home, I was running into limitations of space and sunlight which led me to MCGA. I feel inspired by others at the garden and now gardening has turned into a hobby/exercise. I continually explore and expand new

varieties of plants to grow. I mostly grow garlic, peas, beets, varieties of carrots, green onions, beans, zucchini, swiss chard, bell peppers, bottle gourd, cilantro, amaranthus, purslane and gongura (which is a form of roselle, usually grown in India-<https://en.wikipedia.org/wiki/Gongura>) I am also experimenting with different companion plants to utilize the maximum space possible and reduce other unwanted plants. A few combinations are beets and green onions, garlic and cilantro, beans and potatoes, and tomatoes and thai basil. My most favorite plant to grow is gongura. My plots are D2 and D5.

MCGA Board Meetings

We welcome your attendance at the monthly board meetings. Learn about issues and decisions being made about our garden. Meetings are held the 3rd Wednesday of each month (except December) at 7pm, via this [Zoom](#) link.

- September 21
- October 19
- November 16

You will also find this information and more on our website:

<https://www.marymoorgarden.org/>

Feature Article: Mentorship

By now most of you know who your mentor is (if not, please see the chart below). But do you truly understand how the Mentorship program works here at our garden? We have had a mentorship program for many years, but this year we have a full team of mentors and a Mentor Lead. Your mentor is here to help you make the most of your gardening experience. They are the person you should contact if you have any questions about your plot or general questions about the garden. They can make suggestions as to planning, weed identification and control. They assist to coordinate help for your plot should you have medical or personal issues which may prevent you from tending your plot during the growing season. They walk through their sections weekly and will contact you if they see any issues. They are especially focused on concerns that impact the garden rules, including cultivation deadlines and being compliant with King County regulations. There is a continuing process after the first contact so please help by replying to any issues in a timely manner.

Here is a link to the MCGA Rules that each gardener agrees to upon renewal or when plot assignment is made:

<https://www.marymoorgarden.org/mcga-rules>

Below is the link to King County noxious weed list:

<https://www.kingcounty.gov/services/environment/animals-and-plants/noxious-weeds.aspx>

Mentors By Section:

Carol	pinecreekgal@hotmail.com	Mentor Lead
Kirby	kirby.cartwright@marymoorgarden.org	A and B
Betsy	betsygraham57@gmail.com	C
Michelle	interscapesinc@hotmail.com	D and H
Hilary	hacartwright@gmail.com	E and F
Barbara	bbmoo@icloud.com	G and Z
Didi	didemnoka@gmail.com	I
Anna	Asczan@gmail.com	X and Y

What to harvest now:

- Summer Squash and Patty Pans
- Zucchini
- Cabbage
- Swiss Chard
- Cucumbers
- Kale
- Tomatoes
- Potatoes
- Onions
- Leeks
- Green beans
- Winter Squash

What to plant now:

All through the month of September is a great time to succession plant some of your favorites and add fall crops to enjoy into winter.

- Turnips
- Rutabagas
- Lettuce
- Spinach
- Cilantro
- Bok Choy

IT'S TIME TO ORDER YOUR GARLIC, SHALLOT, TULIPS, DAFFODILS, AND OTHER FALL BULBS!

Some **FB** favorite sources:

<https://www.johnnyseeds.com/vegetables/garlic/>
<https://www.harriseseeds.com/collections/shallot-sets>

<https://territorialseed.com/collections/hardneck-garlic>

<https://territorialseed.com/products/shallot-french>

<https://irisheyesgardenseeds.com/#>

(Irish Eyes is a long-time local FB favorite located in Thorp WA - check them out for potatoes too!)

Follow the Food Bank:

WE STILL NEED YOU!!!

Please keep attending the work parties, even if you've already completed your hours. If the signups are full, come on down anyway and join us - it's lots of FUN! We'll still be harvesting until the last week of October.



It's been a bountiful summer in the Gardens, even after the unprecedented cold, rainy, late start to the season. Everything suddenly took off - now we're really racking up the harvest! We're donating hundreds of pounds every week rolling in from the work parties and your generous garden bounty. Thank you so much for your hard work and contributions to our neighbors in need.

*Watch our poundage grow on page 5
Will we make our goal this year of
4 TONS?*

Upcoming FB Work Parties

Watch for individual emails as others are added. To sign up directly, go to [SignupGenius](#), which is also linked on the front page of our [website](#)

- September 6 10 am - 12:30 pm
- September 10 10 am - 12:30 pm
- September 17 10 am - 12:30 pm
- September 24 10 am - 12:30 pm

Garden Reminders (PLEASE READ)

- ❖ **Straw Buy In:** Look for an email announcement of details early September
- ❖ Return all tools and wheelbarrows when done - DO NOT LEAVE in plots
- ❖ Be kind to the wildlife here. Bird netting is not recommended. We have seen several birds caught in the netting. PLEASE don't use it if you don't have to.
- ❖ Did you notice the new Bulletin Board? Shiny new.
- ❖ Please remember to accurately enter your work party hours (either for FB or Grounds) on **BOTH** the **sign up sheet and the website**.
- ❖ As the season progresses, look to King County's Marymoor Park Upcoming Calendar of Events:

<https://do206.com/venues/>

[King-county-s-marymoor-park](#)

Fun Facts: Composting Worms

This month we asked Jane B. to comment on her experience with composting worms. Jane maintains the Pollinator section at our garden, plot D19.

I've had worm bins of various types over the years. My first few tries were not very successful. Perhaps I kept the bin in a location that was too warm and was either too wet or too dry. Maybe I did not feed them enough. In each case they crawled up the sides of the bin in an

effort to escape! They were not very happy worms. Here are some improvements I discovered:

- Burying a 5 gallon bucket partway or entirely in the bin helped to regulate the temperature
- Drilling ½ inch holes along the edges allows for oxygen
- Holes let the worms in and out of the bucket as they choose
- They are fed leftover rice, bread, soft vegetable trimmings and some fruit cores
- Avoid feeding citrus, onions, oily foods, dairy and meat
- Bedding mixture is 1 part compost, 1 part coconut fiber and shredded paper. Straw and grass trimmings can also be added

Last winter I moved one bin into the dining room, you would never know it was there!

Once a season I empty the bin on to a tarp in the sunshine. The worms burrow down and I can skim the castings off from the top of the pile. It takes a couple of skims to get most of the castings. I sprinkle the castings on to garden beds to enrich the microbial life.

Recently I built a 4'x4'x2' compost bin from some old shelves. I started with my bedding mixture listed above, I added leaves and other trimmings from the garden. I cover it with cardboard and packing paper as insulation. At first I fed the worms starchy foods to get them started and now I add zucchini squash that gets too big as well as other garden trimmings.

Worm composting is fun and not terribly difficult. There is a lot of information on Google and YouTube for ideas.

Worm bins I'm currently using:



HELP WANTED:

- ★ Tech Specialists! We need you and your expertise! Please contact Michael at:

mcgaboard@gmail.com

Produce Poundage Data

-Compiled by John T.

2022 Food Bank Donations to date:

May	19 lbs
June	426 lbs
July	454 lbs
August	2357 lbs
YTD	3280 lbs

Some of our “heaviest” vegetables haven’t even been harvested yet!! Reaching a certain poundage is not the goal - we are helping to provide produce for those who are experiencing food insecurities. It’s making a difference! Thanks again for all the help and for your personal bounty! It takes a village!

Historical Water Usage

- Data compiled by John T.-THANKS!

August YTD Water Usage 2019-2022 (gallons)

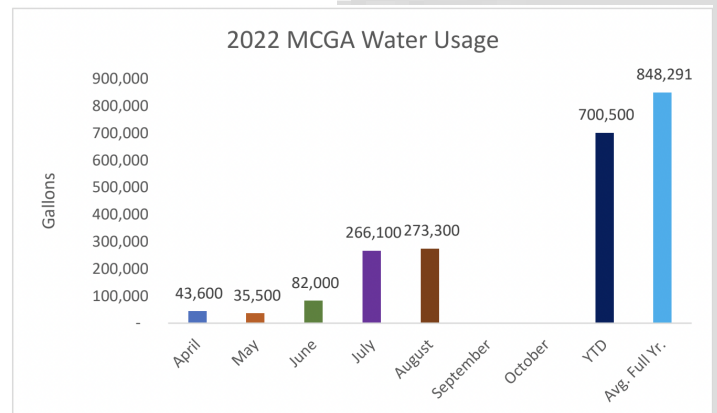
2019	470,600
2020	413,400
2021	668,307
2022	700,500

2022 Water Usage by Month (gallons)

April	43,600
May	35,500
June	77,200
July	266,100
August	273,300
YTD	700,500

MCGA Water Usage

-Compiled by John T.



MCGA

