

MCGA Monthly Newsletter

July 2022



Drone shot over garden

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

BREAKING NEWS! MCGA has just been approved by the IRS as a 501(c)(3) non-profit corporation! More to follow in the next edition.

A Note from the President...

Hello MCGA Gardeners! It has been a cold year, but warmer weather is upon us. I would like to remind everyone that every bit of water conservation helps—water accounts for about 2/3 of our expenses every year. If you would like to do your part here are some easy tips:

- Mulch your crops—it helps trap and retain moisture. Use the free wood chips and leaves up front!
- Replace leaky hoses and use rubber gaskets between the hose and spigot.
- If it's not cost prohibitive, invest in a soaker hose or drip irrigation to allow for targeted watering. It will save on water and reduce disease spreading. **You must not leave your soaker hoses running when you are not at the garden.**

Also, this year we realized some of the rules around structures and fencing were not clear so I would like to take a moment to address these rules:

- Fences are welcome. Weeds on fences are not. Please make sure you are routinely keeping your fences free of weeds.
- Most structures, such as arbors, fencing and greenhouses are allowed, but need to be approved before construction. Email to mcgaboard@gmail.com so we can discuss your plans.

Most importantly, thank you for your service hours and for the tremendous turn out at work parties despite uncooperative weather.

Featured Board Member - Carol J



I have been gardening at MCGA for 13 years. I served on the Board a few years ago so this term will be my second opportunity as an officer. I am currently on the Mentorship, Food Bank and Newsletter committies. I share gardening with my daughter in plots C15-16. We are both Master Gardeners. We primarily grow vegetables but we do have some perennials. I am most proud of our asparagus which was started 6 years ago. It is a vegetable that is a labor of love, as it takes about 3 years before it produces enough to eat or share. I also have two peony bushes, and when they blossom, it takes my breath away! It is a privilege to be a part of this garden community and we are fortunate to have a place to toil in the soil! I enjoy being amongst like minded folks with such diversity! I am proud of our contributions to Hopelink Food Bank, providing such an assortment of seasonal, fresh organic herbs, vegetables and flowers!

Gardener Spotlight! Thoughts submitted by Sunday T.

Things I have learned:

- "Wheel barrows close to the vegetation disposal pile ("clean green") are the ones that work. Broken wheelbarrows go on the other side of the sidewalk.
- Wood chips go fast.
- Comfrey is forbidden by King County Parks. There are a few still lingering in many plots. Some may pop up in yours. When you see it coming up, dig gingerly down around the delicate root and its extensions, digging out as much as possible. These roots run deep.
- Equipment, starts, or harvests that you don't want can be placed on the picnic tables for others to take and share as they please.
- Get a MCGA sticker for your car dashboard.
- There are requirements about how many volunteer hours you complete by certain dates. You should have half of your hours done by the end of July.
- In the autumn, harvest work parties for the food bank are a great way to get some hours in.
- Do not allow water spigots to drip or run excessively. Too much water makes the area around the plumbing a haven for tall grasses, which is a hassle for the gardeners managing the plots that border the water.
- Speaking of water, the water turns on from the main pump into the park at a certain time in the morning and turns off at a certain time at night. It also takes intermittent breaks during the day. If you turn on the water and nothing happens, wait a few minutes and it'll come back on for you.
- Most commercial fertilizer products are not permitted at Marymoor. No pesticides. Organic Sluggo is the only exception.
- Volunteer plants will appear in your garden. Expect to find sunflowers and borage. These are great for pollinators. Amaranth will also volunteer, but the blooms only appear at the end of the season.
- There are wild animals in the garden. Bunnies and slugs will devour an entire young plant overnight.
- A good trick is covering your starts with wire trash bins from the dollar store until they are no longer appetizing to the snackers.

- There is a resident pheasant named George with a horrible throaty call who meanders the garden like he owns the place.
- If you want to build garden boxes, don't use treated wood.
- Park diagonally if possible when parking on the north side of the garden near the soccer fields. It makes more room for other gardeners to also park near their plots."

-Sunday T. Plot B11

Garden Reminders (PLEASE READ)

- ❖ The use of sticky traps is not recommended in the garden. They can, unfortunately, trap birds as well. Be kind to the wildlife here. Bird netting is also not recommended.
- ❖ 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>

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.

- August 17
- September 21
- October 19
- November 16

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

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

Feature Article

It's Not You...it's the Weather!!!

Now that some of you have experienced "Juneuary" for the first time, we hope you kept your precious tomatoes, basil, and peppers covered! None of these plants tolerate temps below 50 degrees without stunting and damage. Redmond WA is considered a USDA hardiness Zone 8a-8b. What is little understood is that our MCGA valley is a microclimate that sits apart from surroundings and is actually Zone 6b-7a. While experienced gardeners push the boundaries trying to grow melon, eggplant, and sweet potatoes, it's very challenging and often disappointing. Tomatoes are challenging here as well. Our microclimate also is a petri dish for certain fungal/mold spores that are always present in the environment. Most infamous of all is *Phytophthora infestans*, known as "tomato blight". (It affects potatoes too!) Both early and late forms damage the foliage and fruit. For detailed information on what it is and how to fight back, you can start by clicking on the link below: <https://pubs.extension.wsu.edu/season-long-management-of-late-blight-on-potato-and-tomato-in-western-washington>



Early Blight



Late Blight

Another bad fungal actor you're already seeing on your onions: *Aspergillus niger* Commonly called black mold or powdery mildew.



Some experts recommend spraying with baking soda solution or Neem oil to help control. Please let us know if you have any recommendations for organic controls.

Sustained clear, sunny days with temps consistently above 75 are the best fungal fighters of all! Direct sun and heat are highly antiseptic for all fungal and bacterial issues. July should bring more of that along with renewed growth - onward and upward!!!

What to plant now:

Vegetables: The end of June into July is a great time to do succession planting for additional beets, bush/pole beans, lettuce, and more carrots. You can also add more broccoli, cabbage, kale, and chard to extend your harvest into the cooler months.

Flowers: Zinnias by seed for bright, magical color that lasts til frost!



What to harvest now:

You're probably picking handfuls of peas, but now it's time to start on BEANS, beans, beans...the more you pick, the more will come! By mid-July you can gently tease out small "new" potatoes for a tender treat. Try making a little creamy dish with peas like grandma did - Yum! <https://www.favfamilyrecipes.com/creamy-potato-peas/>

If you succession-planted lettuce, you're still making great salads along with baby carrots, kale, and arugula.

Keep cutting broccoli side shoots. Your cabbages, kale and cauliflowers should be ready this month. Small beets and onions are perfect for pickling.

Kim Chee, Jamba-jamba, Mulukhiya, and Sabzi-all great dishes coming to your table!

Lest we forget; zucchini and summer squash - Pick, pick, pick! You know you'll never use all of them so pull every one, every time and DONATE all those extras to Hopelink! We provide bags and coolers in the FB garden for **donated** items ONLY! Please refrain from using these bags for your own crops. They are expensive. Wash, trim, and bag your donated produce and place them in the coolers or crates. Our delivery drivers come every day and drive them to Hopelink. Please keep this in mind for all your extras. The Food Bank needs you!!!

No zucchini "Submarines" please!



Follow our Food Bank

In the FB this month we'll be picking lots of beans! We'll be finished harvesting the broccoli plants and succession-planting more bush beans in the Fertile Crescent. We'll clear the remaining lettuce and replace it with tomatoes, peppers, cucumbers, zucchini, and squash for summer. We'd love to have some carrots ready, but the June weather put everything in suspended animation. Maybe July will be our first summer month!

For those of you interested in resources for seeds and plant starts we use for the FB garden:

Tomato & Pepper Starts:

Purchased on sale in June from Carpinito Bros. in Kent Carpinito.com

Onion Starts:

Dixondale Farms <https://dixondalefarms.com/>

Potatoes:

We've used multiple vendors over the years to include:

Irish Eyes <https://irisheyesgardenseeds.com/>

Wood Prairie Farms

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

Johnny's Seeds <https://www.johnnyseeds.com/>

Broccoli Starts:

Started in flats with seed from Mountain Valley Seed Co. <https://www.trueleafmarket.com/> and purchased locally from Flower World

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

Pelleted Carrot, Lettuce, and Beet Seed Sources

Harris Seed <https://www.harrisseeds.com/>

Johnny's Seed <https://www.johnnyseeds.com/>

If you have FB questions or want to join the delivery team, please contact Food Bank manager Michelle R. at interscapesinc@hotmail.com

HOPELINK is such a fantastic resource for community services throughout the whole Eastside that extend far beyond their Food Bank programs. Please check them out to find out more!!!
<https://www.hopelink.org/about-us>

Upcoming Work Parties

- Tues. July 5 10am-12:30pm
- Sun. July 10 10am-11:30am
- Wed. July 13 5:00-7:00pm
- Fri. July 15 5:00-6:30pm
- Sat. July 23 9:30am-12:00pm

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



Garden Trivia:

What in the world do worms do?

Have you noticed earthworms in your garden soil this year? They are considered beneficials, here is why:

- ★ They eat a wide variety of organic matter, fungus and decaying bacteria
- ★ They are an environmental indicator of your soil health; lots of worms=healthy soil
- ★ They aerate and aid in drainage of soil

More worm facts:

- ★ They do not have eyes
- ★ They breathe through their skin and have no respiratory organs
- ★ They have a segmented body, and have the same number of segments as when they were born
- ★ They are hermaphrodites which means they carry both male and female reproductive organs
- ★ They do mate with other worms and they both exchange sperm and fertilize each others eggs
- ★ They can live up to 6 years, the average lifespan is 2-3 years



A Few Photographers of Marymoor Garden:



You may have noticed the herds of photographers in and around the gardens lately. They come from all over, even Calgary, to photograph birds, flowers, vegetables and wildlife here at Marymoor Garden and the Park. Marymoor harbors more than 40 breeding species of birds including mountain bluebirds, Bullock's orioles, chestnut-backed chickadees and the golden-crowned kinglets among others. Well over 200 species of birds and other animals have been spotted at the park. Even if you're not a photographer, you can enjoy the wonder. Please visit/follow these photographers for some amazing photos!

Mukul Soman www.Mukulsoman.com

Jennil Modar [Jennil's Photography Facebook](#)

Peter Bangayan

<https://www.facebook.com/profile.php?id=100006846619222>



Historical Water Usage

- Data compiled by John T-THANKS!

June YTD Water Usage 2016-2022 (gallons)

2016	262,699
2017	274,590
2018	261,300
2019	287,700
2020	154,000
2021	370,799
2022	156,300

2022 Water Usage by Month (gallons)

April	43,600
May	35,500
June	77,200
YTD	156,300

What stands out most to me is that 2022 is on par with 2020 to have the lowest water usage for the seven years that we have good 1st half/2nd half data. No other year is even close. The two years are low for very different reasons. Recall that in 2020 the “pandemic” year, we were banned completely from the garden until mid-April or so. After that, we could only enter in groups of ten. And as we all painfully know, spring 2022 was cold, wet, and generally miserable weather-wise which made water use less necessary. 2021 stands out like a sore thumb in the other direction. Hot spring, capped off with the heat dome!

Produce Poundage Data

- Compiled by John T

2022 Food Bank Donations to date:

May	19	lbs
June	426	lbs
YTD	445	lbs

MCGA

July 2019 Newsletter

Community • Connection • Growth

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