

# MCGA Monthly Newsletter

August 2022



Dahlia



Day Lily



Crocosmia



Gladiolus



Lupine



Sweet Pea

Website: [Marymoorgarden.org](http://Marymoorgarden.org) Email: [mcgaboard@gmail.com](mailto:mcgaboard@gmail.com)

## *A Note from the President...*

### **MCGA Gardeners!**

In the last newsletter we announced that we gained 501(c)(3) non-profit status. I want to share some of what that means for us:

- **Donations:** Many organizations or businesses only give donations to 501(c)(3) charities. Now that we qualify, we are now eligible for donations that were out of reach before.
- **Matching Hours:** For any volunteer hours you contribute AFTER your required service hours, if your company offers matching hours, you can then donate them to MCGA. Currently we are only set up with Microsoft. If you are interested in this, please reach out to us via this email address: [mcgaboard@gmail.com](mailto:mcgaboard@gmail.com)
- **Reporting:** We will better track service hours and how we report data throughout our organization. Some reporting we have just for the Board, but will find ways to share that with you all more broadly. We will also be publicizing our finances more clearly. More on this to come.

Our mission is unchanged. We have an impact in our community through the Food Bank garden and the education we provide. You may be wondering - what will MCGA do with the extra funding? A significant portion will be invested in better equipment and resources for the Food Bank. Other funding will go to software upgrades and resources to lessen the administrative hours required to run the organization.

This is a significant milestone for us. I was beyond thrilled when we received the notice. I cannot wait to see all of the tangible benefits this will have for our Food Bank and volunteers who spend so much time making MCGA Great!

### *Featured Board Member - Amy C.*



This is my third year gardening at MCGA, having spent the first 2 years with my mom who has since moved away. She was a great gardener and although I may never fill her

gardener shoes, I am experimenting and having fun!!

I serve on the grounds committee and as a Food Bank driver. You may have met me while helping to build the rent-by-the-bed boxes. We had such a great team during that work party. I'm so grateful for all the gardeners that show up, work hard, and put their heart into this garden. I just started delivering fresh produce from the food bank to Hopelink and that has been a great experience. I love seeing how the garden can make a difference in people's lives, and being the last stop for the whole process of growing these vegetables from seed is such a neat thing to be responsible for.

I'm plot #D1. If you park in the front lot, you'll likely walk by my plot, and have probably seen me, hands on my hips, wrestling with decisions!

My favorite thing to grow is snap peas, really TALL. Taking a bite out of one and hearing the crunch on a hot day is one of my favorite things in the world. I also love sweet peas because they smell so good. Last year, I grew dahlias and donated quite a bit to Hopelink. I also like to grow things that I can't get in the grocery stores. This year I'm attempting some new stuff, Butterfly Pea Vine (for tea), sweet drop peppers (biquinho peppers), and Aunt Molly ground cherries. I designed and built (with my 3d printer), a miniature greenhouse at home where I germinate my seeds during the cloudy months. The filament is made using beet root powder. Early this spring, I grew all three, as well as sweet peas, snap peas, sungold, and Aunt Mollys. I'm addicted to watching their progress in the tiny heated greenhouse!

After working hard, I reward myself by walking around the garden, noticing the different personalities that each plot has and the creativity that went into making each one unique. I'm a recent birder, so I now carry my binoculars everywhere and have recently seen the Lazuli Bunting and the American Goldfinches. A tree swallow family moved into my plot and kept me company while I was weeding away!

## *Gardener Spotlight! Michelle U.*

Michelle is MCGA's Food Bank Driver Coordinator

I started gardening at MCGA when my oldest daughter was 1 year old, so it has now been 14 years. You are likely to see all 3 of my kids out at the garden helping out and eating the ripe strawberries, raspberries and blueberries! My plots G2-3. I have a love for marigolds which easily marks the spot!

My favorite items to cultivate are radishes, because they are usually the first to be harvested, but I also love pumpkins as they take the entire season to grow and are usually the last to be harvested. One unique item I grow every year is Korean Perilla, which we love to wrap grilled meats and vegetables in for a 'hands-on' meal. We also stir fry the leaves with the abundant squash, tomatoes, peppers and eggplant we grow. The leaves have a distinctive peppery taste that is so scrumptious!

I volunteer as the Hopelink produce driver coordinator, which I've been doing for 5 years. I take great satisfaction in this role to ensure the produce that gets harvested at the food bank and donated by our garden community reaches the hands of those who need it most in our community. To see this process first hand is incredibly gratifying and rewarding as it completes the circle of all the work our Food Bank puts in during the growing season. I feel very fortunate to be a part of such a thoughtful community.



## Grant Info: Betsy Bucks up again!

Marymoor Community Gardeners Association was selected as a grant recipient by King County Council District 3 and the office of Councilmember Sarah Perry. Betsy G, who is a board member and grant writer, secured the grant for \$2500. Last year she was able to secure a grant from the Rice Bowl for \$450 (which is the highest amount they award). Thanks Betsy, for helping MCGA's bottom line.



## Sayonara Masako!

Our dear Masako K. will be leaving the garden this summer to pursue a new adventure in Southern California. She served on the board as the finance chair this year and last year she was instrumental in getting the solar lights installed around the garden-which was a huge endeavor after we experienced vandalism. Masako hopes that anyone who reads this will consider joining the board as it was, for her, a very fulfilling and rewarding experience. Thank you for your dedication and service. You will be truly missed, Masako!

## 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: Calling all Members The Food Bank Needs YOU too!



Most of you are familiar with the work MCGA does cultivating and maintaining our Food Bank Gardens. 100% of that fresh produce is donated and delivered by our team directly to the Redmond [Hopelink](#) site. We celebrate all of you who come out and work hard at our weekly FB work parties!!!

Your own gardens are now beautiful and bountiful! You often have more of any one crop than you need or will actually use. Please don't let them go to waste in the field or rot in your fridge...

*Now* is the time to DONATE all those extra cucumbers, tomatoes, beets, heads of lettuce, kale, garlic, herbs, chard, beans, squash and zucchinis! As for flowers, we have a crew who will selectively cut and deliver flowers with your permission. If you would like to participate, please contact mcga email.

We provide the coolers, bags, crates, and daily deliveries straight to the Food Bank. Just wash and bag leafy greens, herbs, peppers and beans. You can also bag up tomatoes, squash, cucumbers, zucchini, and onions, but potatoes should not be bagged - just place them in one of those empty crates and place them near the coolers.

Please do not use FB plastic bags for your personal garden harvest that you take home. A driver comes every day to pick up and deliver. Even a few items make a big impact on so many folks in need during this time of sky-high food prices and economic insecurity. DONATE!

*Check out our poundage totals on page 7.  
We're just getting started!*

No zucchini "Submarines" please!



This is a huge umbrella organization that also provides housing, family and child protection, transportation, job training/education and legal services. Your family may need help. Learn more here!!! <https://www.hopelink.org/about-us>

### What to harvest now:

- Summer squash and Patty Pans
- Zucchini
- Cabbage
- Swiss Chard
- Cucumbers
- Kale
- Tomatoes (fingers crossed!)
- Potatoes
- Onions
- Leeks
- Green beans
- Garlic chives

### What to plant now:

All through the month of August is the perfect time to succession plant some of your favorites and add Fall crops to enjoy into November.

- Turnips
- Rutabagas
- Beets
- Bush Beans
- Lettuce
- Spinach
- Cilantro
- Bok Choy

### Follow the HOPELINK Food Bank:

#### Upcoming Hopelink Events:

#### ANNUAL GALA AUCTION EVENT-- Register Now:

<https://www.hopelink.org/farm-fresh-feast-faq>

HOPELINK is a fantastic Community Resource for help and services throughout the Eastside that extend **far beyond** Food Banks!



Harvested Garlic



Zucchini lovers

### Upcoming Work Parties

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

- FB Sat 8/6 10:00-12:30
- FB Sat 8/13 10:00-12:30
- FB Tue 8/23 10:00-12:30
- FB Tue 8/30 10:00-12:30



Our Verdant Food Bank!

## *WATER is A Big Deal!*

The largest portion of your plot fee goes toward paying our water bill. Please realize you're paying for every drop you waste. According to John T, although this year is ending on a hot, dry note, it didn't start out that way. The Sea Tac high on July 3 was a cool 58°F. Water usage was at its peak this month, but it usually falls off in August. Please remember to just water when you need to.

### *Does this look familiar? Is this **YOUR** hose?*

It belongs in the dumpster, not on the picnic tables for someone else to pick up and use in our gardens. Get one on sale at Home Depot, Fred Meyer or Amazon. Replace that old leaky hose!



Tighten your hose connection to the water spigot. If it still leaks, replace your gasket. FREE gaskets are provided in the FB Mailbox. Ask your Mentor for help.



Please remember to turn off the water at the spigot to conserve.

\*\*FYI, on Saturday, July 30, when temps topped out at 98 °F, we used 7400 gallons of water in one single day.

## *Fun Facts Bee Facts*



We asked Mary Anne and Ken from Plot B14 to share their interest and knowledge of bees. Ken is also our community weed wacker, clearing the weeds along the garden roads, wheelbarrow areas and around the garden signs.

- Bees are our favorite fuzzy pollinator for many reasons.
- Bees pollinate about 80% of all flowering plants and more than 130 types of fruit and vegetables. Without bees we'd be left eating only grains and some root crops.
- There are over 20,000 bee species world-wide with about 4000 species native to North America. Bees are specialized pollinators and various species of bees can only pollinate specific types of flowers. For example, bumble bees pollinate tomatoes, honeybees do not.
- With over 500 beekeepers, Washington beekeepers maintain about 63,000 colonies and produce more than 4 million pounds of honey each year. The largest beekeeper has over 10,000 hives, the smallest have 1 or 2 hives.
- Beekeeping can be an enjoyable and educational hobby.
- Male bees come from unfertilized eggs. The queen can choose to lay fertilized or unfertilized eggs.
- Any fertilized (female) egg can become a queen. The larva that are fed an exclusive diet of royal jelly becomes a queen.
- Hives contain a single queen, but a sister/daughter can share a hive for a short time.
- Queens lay between 1500-3000 eggs per day. A queen maiden flight occurs once, a few days after she hatches and her wings dry. She will mate with a dozen or more males during this

flight. She will collect and store the sperm for the duration of her life.

- Queens live an average of 5 years and are killed by the hive if they become sick or non-productive. At this time the other bees create a new queen from an existing egg.
- Honeybees are not native to North America but were brought here by pilgrims and colonists in the 1600's and 1700's. These are the only bees that produce honey.
- Bees have a fuzzy, soft hair on their bodies which assist in pollination through static electricity that builds up as the bee brushes the plant. Although wasps, yellow jackets and hornets are often colloquially referred to as "bees" they are not. They are carnivorous and do not pollinate.
- Honeybees travel as much as a 5 mile radius from the hive to collect pollen. The hive will continue to visit that single location until all pollen has been harvested.
- Worker bees are all female and rotate through all the jobs in the hive throughout their lifetime beginning with caring for larvae and cleaning the hive, and end up foraging for pollen and nectar.
- Bees will not potty inside the hive, they hold it in until the weather is pleasant and will fly out of the hive to relieve themselves.
- A bee's average life-time during the summer is 4-6 weeks.
- Bumble bees pollinate tomatoes, not honey bees. The wing vibration is higher and faster and strong enough to knock the pollen from the tomato flower.
- Not all honey bees are orange and black. In the US we have 5 varieties that range from orange/black to black/gray to almost completely black.
- Bees hibernate through the winter coming out in the spring when temperatures have risen above 50 degrees and the rain has stopped.
- Bees maintain the internal hive temperature at a comfortable 90 degrees. During the colder months bees will evict the drones (boys), decrease the population and collect into a ball and shiver to generate heat. During the summer months, bees will collect at the hive entrance with their butts facing into the hive generating a cooling fan-type air movement.

- A strong hive in the height of summer population can reach 60,000 bees. During the winter months, the population is often less than 10,000 but differs with the various bee types.
- Bees are generally not bad tempered and do not want to sting. When they sting, they lose their stinger and die.

## *Garden Reminders (PLEASE READ)*

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



Bird netting is also not recommended. We have seen several birds caught in the netting. PLEASE don't use it if you don't have to.

- ❖ 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](https://www.kingcounty.gov/venues/marymoor-park)

## *HELP WANTED:*

- ★ Someone with a pickup truck to haul away a few wheelbarrows that are beyond repair
  - They served us well but must go
- ★ Tech Specialists! We need you and your expertise! Please contact Michael at:

[mcgaboard@gmail.com](mailto:mcgaboard@gmail.com)

## Historical Water Usage

- Data compiled by John T.-THANKS!

### July YTD Water Usage 2019-2022 (gallons)

2019 470,600  
2020 413,400  
2021 668,307  
2022 427,200

### 2022 Water Usage by Month (gallons)

April 43,600  
May 35,500  
June 77,200  
July 270,900

YTD 427,200

## Produce Poundage Data

-Compiled by John T.

### 2022 Food Bank Donations to date:

May 19 lbs  
June 426 lbs  
July 454 lbs  
YTD 901 lbs

## Mentorship:

These are your Mentors by Section:

Carol	pinecreekgal@hotmail.com	Mentor Lead
Kirby	Kcartwri55@gmail.com	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	didemnokta@gmail.com	I
Anna	Asczan@gmail.com	X and Y

## MCGA Water Usage

(Courtesy of John T.)

