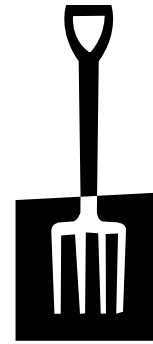


way to grow

news for urban gardeners



LEARN. GROW. EAT.
**seattle
tilth**

JUNE/JULY 2009 | VOLUME 32 | NUMBER 3



Children pick flowers at our Teaching Peace Through Gardening program with the Atlantic Street Center.

Summer Partnerships

Lisa Taylor, Children's Program Manager

Seattle Tilth will be collaborating with three fantastic community partners this summer to offer organic gardening education to targeted populations in the Seattle area.

Downtown Parks

City residents can learn about gardening and composting in a three-part series called Urban Vegetable Gardening and Composting at downtown parks. Throughout the summer and early fall, attendees learn about container veggie, salad and culinary herb gardening and how to setup and run a compost system designed for apartment and condo dwellers.

This is the third year that we are working with Seattle Parks and Recreation and the Downtown Seattle Association to offer classes at downtown parks. They are free and take place at Victor Steinbrueck Park,

Freeway Park, Occidental Square, Cascade Playground and Belltown Cottage Park.

Atlantic Street Center

The Seattle Tilth Children's Garden will again be partnering with the Atlantic Street Center to offer our Teaching Peace Through Gardening program to students attending summer school. Atlantic Street Center is a non-profit organization which provides academic assistance, early learning, parent education and support, leadership development and mental health counseling to more than 3,000 multi-ethnic, low-income families in Seattle's central and southeast neighborhoods.

Atlantic Street Center's summer academy has morphed this year into a joint venture with Seattle Public Schools called 2013 Math Academy. Rather than work with second graders, as we have for 13 years, this summer we have an exciting opportunity to work with incoming ninth graders.

Do Goats Belong in Your Garden?

Jennie Grant, President & Founder, Goat

Justice League, and a Seattle Tilth instructor

"The prudent man does not make the goat his gardener," says an old Hungarian proverb, and it certainly is hard to imagine how a goat could beautify your garden. However, a farm animal "garden room" adds tremendous interest to your yard, and with a handsome goat shed and lots of wood chips, it lends a certain charm. Goats are always up to something interesting—relaxing in the sun, chewing their cud, or trying figure out a way to break out of their yard and eat your prize rose bushes.

While adding interest to the garden, for many Seattleites, the primary reason to keep goats is the milk they produce. There is something very satisfying about opting out of the factory farm system and drinking a glass of milk from your own goat. Also, fresh

Continued on page 3

Each week of the academy we will work with 50 youth at Aki Kurose Middle School to grow a container garden, explore soils and composting and provide organic gardening and science enrichment activities.

P-Patches

Since 2001, Seattle Tilth and P-Patch have been working together to offer a basic organic gardening series to P-Patch gardeners. This year, a four-class series helps new gardeners learn some of the best ways to plan, plant and maintain their gardens while maximizing the use of their space and increasing their harvest.

The classes are held throughout the season at Magnuson P-Patch in northeast Seattle and at Bradner P-Patch in south central Seattle. They are free and exclusive to P-Patch gardeners. We plan to expand our partnership by offering classes that encour-

Continued on page 2

Volunteer profiles: Gardening Education Extends to Community, Blogs and Podcasts

Jessica Heiman, Children's Garden Educator

Joshua Mc Nichols

is a freelance reporter for KUOW and an avid gardener who's active in the Seattle Farm Worker Cooperative. Combining his talents, he recently completed the Master Composter/Soil Builder program, and he is creating a podcast series on the content covered in the training as an outreach project.



The podcast, an online audio format that is available on demand, allows people to listen and learn at their own pace. Soon, those interested in learning more about composting, as well as the wonderful activity and sense of community that is created amongst MC/SB volunteers, will be able to download episodes from the Seattle Tilth website.

Through Joshua's efforts, Seattle Tilth and the Master Composter/Soil Builders will be able to share our messages and educational services with an even greater (and not necessarily composting and gardening) audience.

Melissa Brown

began volunteering for Seattle Tilth as a member of last year's late season garden crew. Then, after a trip to Tanzania to study and practice sustainable agriculture in the tropics, Melissa returned and began volunteering with the Garden Intern crew early this spring. She is a student at Antioch University and has created her own degree titled "Sustainable Urban Agriculture and Social Change" and has created a syllabus to guide her work with Tilth.



Melissa notes that "it's great to have a resource in my neighborhood that provides access to real, technical knowledge to support my studies." She helps host garden work parties in our Wallingford gardens and is coordinating days of service for the Seattle Tilth volunteers at the University of Washington's UW Farm, Inter*im's Danny Woo Garden in the International District, and Lettuce Link's Marra Farm in South Park. Check

out Melissa's blog (www.buddhabear.typepad.com/flyingbear) that supports all her research and projects.

Rachel Bair's involvement with Seattle Tilth is exceptional, and she is always a welcome sight around the gardens. She is involved on a regular basis with MC/SB program and the Demonstration Garden and helps out every week in the Children's Garden.



She first got involved with Tilth as a volunteer in the Children's Garden in the summer of 2006 and has led children in garden education just about every week since. Rachel is an admirable teacher both of the children and of co-teachers who benefit from working alongside her. She says the skills developed working regularly with children often come in handy in her professional life as a manager.

Rachel also received great reviews as a teaching assistant for the spring Comprehensive Organic Gardener class. She stuck around for the winter 08/09 Garden Intern Crew and helped immensely with the shrub bed renovation. If that wasn't enough, her involvement with MC/SB includes helping teach a session on building and using an Off The Shelf worm bin, as well as her help with educational efforts surrounding the city's recent changes to solid waste collection.

Summer Partnerships

Continued from page 1

age children and youth to get involved with gardening at P-Patches, and to develop a garden mentorship program that will pair new gardeners with experienced gardeners at their P-Patch.

These summer programs allow our garden educators to work in the community and explore the many ways that urban dwellers can grow edible plants and flowers. Working with our summer partners allows us to reach out to diverse area residents and to introduce garden stewardship to a new group of gardeners.

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WAY TO GROW

Bill Thorness *Editor*
Sarah Kulfan *Design/Production*
Printed by EcoGraphics, Kirkland, Wash.

Way To Grow is the bi-monthly newsletter of Seattle Tilth. Readers are encouraged to submit article ideas and photos c/o the editor at the address above or to tilth@seattletilth.org. Tilth reserves the right to edit submissions for interest, length and style, and print them as space allows.

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Tilth \ 'tilth\ n [ME, fr. OE, fr. *tilian* to till]
(bef. 12c) 1 : quality of cultivated soil
2 : cultivation of wisdom and the spirit

Seattle Tilth inspires and educates people to garden organically, conserve natural resources, and support local food systems in order to cultivate a healthy urban environment and community.

Seattle Tilth Resources Strained by Demand; With Your Help, We Can Grow Sustainably

Andrea Platt Dwyer, Executive Director

Interest in food gardening is up—way up! Seed companies are reporting record sales, the White House has a vegetable garden on the lawn for the first time in more than 60 years, and the National Gardening Association projects that the number of homes growing vegetables will jump more than 40 percent this year compared with just two years ago.



At Seattle Tilth, our hotline is ringing, our books are selling, and our classes are full—many with waiting lists. This year's Edible Plant Sale was our most successful ever. More than 6,000 shoppers came with wagons, boxes, milk crate or an extra pair of hands to haul away their purchases. At the end of the weekend, we had sold 60,000 plants to Seattle area gardeners.

Such a successful sale could not happen without the support of hundreds of volunteers. At Seattle Tilth, we are fortunate to have strong community support, which

helped us mobilize more than 275 volunteers to do everything from tagging plants to directing traffic. This investment of time and energy from our friends in the community has ensured the success of Seattle Tilth for more than 30 years. We are incredibly grateful for the support we receive, and recognize how fortunate we are to have so many people investing in our success. In my brief tenure here, I've been amazed at both the number of volunteers and the quality of skills that volunteers bring to Seattle Tilth.

Seattle Tilth is also involved in the early stages of several new partnerships, along with our ongoing efforts like the ones described on page 1. We are currently working with the Healthy and Active Rainier Valley Coalition, developing plans to provide classes for people living in that part of the city. Many of Rainier Valley residents could benefit from lessons on how to grow food organically and conserve resources, but lack the means to pay a fee, even a very modest amount. We have made a commitment to raise additional funds to help defray the cost of this partnership.

Another opportunity for expansion of our programs is a partnership with South Se-

attle Community College. They have space available to establish teaching gardens, and have asked us to work with them to develop classes that can be taught through their programs for credit, or by Seattle Tilth for those who have the interest but don't need to take a class for credit.

These partnerships, in addition to the increased demand for classes, presentations and other outreach efforts, are straining the capacity of our organization. We would like to do more, and there is a clear desire by the community to have us do more. In order to meet this demand, and expand as an organization, we need the financial support of our community.

Please consider making a contribution to Seattle Tilth to help us expand our work. You can donate easily on our website www.seattletilth.org. If you would like to make a sustaining contribution, consider pledging a monthly amount.

Thanks to everyone who has supported Seattle Tilth through our first three decades. You have helped us grow through the years, and contributed to the creation of a healthier urban environment and community!

Do Goats Belong in Your Garden? *Continued from page 1*

goat's milk is nothing like the goat's milk found at the grocery store; it is very difficult to differentiate by taste from cow's milk.

While keeping goats is rewarding, it requires a serious commitment of time and money, and should not be entered into lightly. If you are interested in keeping goats, here are some things to consider:

- You will need to get at least two goats. Goats are herd animals and become very unhappy and stressed without a hooved companion. Dogs and chickens do not provide adequate companionship for them. A goat needs another goat (or a horse).
- Your goats will need a yard that is about 400 square feet surrounded by solid fence that is at least 42 inches high.
- The goats need a shed that is at least six feet by eight feet so they can get out of the rain. The shed must have three walls, a sound roof and a dry floor.

- The cost of goat feed and supplies is about \$75 per month. A pair of goats goes through about four 50-pound bags of alfalfa pellets and a half a bale of hay each month. Lactating goats also require a few cups of grain a day.
- If you are going to be milking your goats, plan on spending a half-hour every day and every evening on milking, feeding, and clean-up chores, and an additional hour once a week for other odds and ends. You can milk just once a day, but you will get only half the milk you would if you milked twice a day.
- Since you must milk your lactating goats every, you'll need a back-up milker for when you're traveling or sick. Your back-up milker will need a week of practice to get good at it, so you'll need someone seriously committed to helping you with the project.
- Goats (as all mammals) need to have kids to begin to give milk and will need to be bred



every year to keep up production. Thus, if you want milk, you will need to breed your goats and find homes for the kids. Goats have a five-month gestation period and typically give birth to twins.

If you want to learn more about keeping goats in the city, sign up for Seattle Tilth's Sept. 26 City Goats 101 class or visit the Goat Justice League's website, www.goatjusticeleague.org.



Photos by Morgan Van Dyke

60,000 Edible Plants Have New Homes; Huge Community Support Seen at Our Sale



Key Plant sale volunteer Naoko Federer shows off a Black Zucchini

Much to our delight, the groundswell of interest in food gardening this year translated into a record number of edible plants being sold at our Edible Plant Sale – nearly 60,000! Just think of all of those little veggie, herb, and flower plants growing across the region all summer long, inspiring people to start new gardens, or renew and expand existing garden beds. Thousands of people will be called to spend time outside, get some exercise and say hello to the earth. And if they are tended well, many of those plants will produce fresh, delicious and nutritious food, enliven the soil, clean the air, and offer fragrance, color and pollen.

In anticipation of a banner gardening year, this spring we increased the number of plants that we asked local nurseries to grow for us by 50 percent over last year. We devised schemes to manage the sale more efficiently, with a special focus on improving the checkout lines, which helped the event run

smoothly. Nonetheless, we had not quite anticipated the vast numbers of people waiting in line before the sale opened. We are already strategizing for some good solutions for next year.

Approximately 275 volunteers rallied to support Seattle Tilth and this well-loved sale, and we are grateful for every person's time and energy. The sale is a labor-intensive endeavor, requiring much care and effort to receive, tag and display all of those living plants, greet the crowds, handle the sales, and perform all of the other tasks. It is a significant accomplishment! The volunteers who rally to support this event are a treasure and an inspiration and provide an enormous gift to the community. Thank you to all of the volunteers. The extensive list will be proudly displayed on our Website.



Many thanks to the fantastic local sponsors of this year's Edible Plant Sale:

Full Circle Farm
 New Roots Organics
 Swanson's Nursery
 Tree Cycle
 WE-Design



These wonderful businesses provided invaluable support:

Ballard Market	Hale's Ales
Batdorf & Bronson Coffee Roasters	Little Rae's Bakery
Cash and Carry	Mighty-O Donuts
Cedar Gove Composting	Paradise Plumbing
Chaco Canyon	Patty Pan Grill
Columbia Gorge Organic	QFC - Wallingford
Essential Baking Company	Tall Grass Bakery
Field Roast	Tutta Bella Pizza
Granum, Inc. / Choice Organic Teas	Veraci Pizza
Greenwood True Value Hardware	Walt's Organic Fertilizer

Thank you to our dedicated growers of sustainable and organic edible plants.

We couldn't do it without you!
 Rent's Due Ranch – our largest supplier of organic plants
 Backyard Greenhouse
 Cascade Cuts
 Growing Gardens
 Sun Seed Farm

Thank you to the musicians who helped create a great atmosphere:

David Perasso and Joanne Murphy
 Nettle Honey
 Yellow Hat Band



Board member Justine Dell'Aringa with stevia.

The Sophisticated Peasant

Local Sward Offed

When my good friend Jim decided to dig up a chunk of his front lawn and plant vegetables, you can bet I cheered him on. Not that he needed any encouragement from me—he was determined enough already—but I think we all benefit from the support of our friends in these kinds of endeavors and I gladly gave mine. Jim and I are both “greybeards,” which in case you didn’t know is the male equivalent of “crone.” Crones themselves call us “groans,” I believe. Or it might be “growns,” the fully grown male being a rare creature, you understand. This is why we feel entitled to respect regardless of how foolishly we behave.

There’s nothing foolish about offing your lawn in favor of a vegetable patch. I mean, think of it: another 150 square feet of indifferent ornamental lawn has gone, and in its place will grow a rich variety of edible plants, both more beautiful and more useful than a lawn could ever be. Count the benefits: fresh organic food and no more mindless mowing. Instead, caring for his new garden

will call on Jim to develop new skills and knowledge, as well as patience and forbearance: he will grow as his garden grows. He will suffer losses and rejoice in successes, and in the end he will experience the deep satisfaction of serving at his own table food he has grown in his own garden. When one considers that a lawn produces none of these results, it’s a wonder we have any lawns left at all.

Anyway, being greybeards together we collaborated on this project and enjoyed our shared work. We surveyed the ground and then broke for beer. No point in rushing these things. Later we discussed his soil. As with my own garden, Jim has almost pure sand to work with. “Far better than almost pure clay,” I remarked, “and readily improved with copious additions of compost.” Yes, I know: I sometimes talk like an instruction manual. I can’t help it.

Jim calculated that he needed a yard and a half of Cedar Grove’s Vegetable Mix to amend the soil in his new vegetable patch. Regrettably, my truck could hold only three-quarters of a yard, so that’s what we made do with, along with some of Jim’s own sifted compost from the heaps in his Back 40. We spread the compost and dug it in. Pleased with ourselves, we broke for brandy and cigars. At our age it’s important to pace yourself.

Eventually, we got around to the subject of what he could grow, and how much, and

where. Jim ambitiously based his planting wish list on the Tilth Edible Plant Sale plant list and he over-reached. Who among us has not done the same? We discussed the details of garden layout, the need for walkways among the beds, and planting distances and so on. This reduced the list to a realistic length, but even so, when we began to plant two days later there were two six-packs of romaine lettuce seedlings and one of arugula surplus to his requirements (I took them).

Just so I don’t come across as a grass-hater I should acknowledge that I like to lounge around on a grassy sward as much as anybody, especially under the right circumstances. I remember lying in the middle of Southsea Common (an extravagant and extensive municipal sward on the southern coast of England) late at night after a Pink Floyd concert in which they employed The Azimuth Coordinator to good effect. The night sky, I recall, was scintillating. But that was another kind of grass, and another time and place.

Still, we can only live in the present, so at this time and in this place I encourage those of you who might feel inclined to follow Jim’s laudable example to go right ahead, strip your sod and become intimate with what lies beneath. I’m afraid I cannot offer to help you out. I’ll let you fight your own turf wars; I’ve plenty of my own. — Ian Taylor

Garden to Table: Dill

Willi Galloway

Dill is one of my very favorite culinary herbs. But you won’t find it planted in my herb garden. Instead, I use it as a pretty, fast-growing filler in my vegetable beds and perennial borders. Dill (*Anethum graveolens*) grows to about three feet tall in the space of 10 weeks and its canary-colored flowers seem to dance above the plants’ feathery foliage.

This easy-to-grow herb develops a long taproot, so it’s best to sow dill from seed right in the garden, where it germinates quickly. Dill’s foliage, also known as “dill weed,” tastes best before the plant flowers. For a consistent supply of leaves, make successive sowings in mid-April, late May, and the first part of July. I often interplant dill with zinnias because its delicate flowers complement the bigger, bolder zinnia blooms and

dill’s fine foliage disguises the zinnias’ leaves when they inevitably mildew in late summer.

In addition to being pretty and tasty, the easy-to-access nectar and pollen in the dill blossoms attract parasitic wasps and other pollinators to the garden.

As the summer progresses, be sure to allow a few of your dill plants to produce seeds, which you can use to flavor pickles. To encourage dill to grow in your garden year after year, simply harvest a few seed heads and shake them into bare spots in your sunny perennial borders. With any luck, the dill will sprout when the time is right, no work required on your part.



Cheesy Dill Sandwich Spread

- 1 cup crumbled sheep’s milk feta
- ¾ cup Greek yogurt
- ¼ cup olive oil
- 1 heaping tablespoon of minced dill
- 1 clove garlic

Combine ingredients in the bowl of a food processor. Blend until smooth.

Stir in ½ cup finely chopped cucumber.

Spoon a few tablespoons of this flavorful spread into a pita and stuff it with garden fresh veggies for a quick and tasty summertime meal.

Willi Galloway is a former member of Tilth’s Board of Directors. She writes about vegetable gardening and seasonal cooking on her Website www.DigginFood.com.

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Mail to Seattle Tilth, 4649 Sunnyside Ave N, Room 120, Seattle, Washington 98103

Alternatives to Treated Wood for Raised Vegetable Beds

Q: My wife and I want to build a raised bed in our backyard to grow vegetables this summer. I have concerns about using treated wood to build the beds but am not sure of good alternatives. Can you help with this?

A: This is a good question and one we have received often on the Garden Hotline.

The material used to build your raised bed is one of the three most important considerations for this project. (The other two are the soil used to fill the bed, and placement of the bed. The Garden Hotline can direct you to good soil sources. For the best vegetable growing, the bed should be placed where the garden will receive at least six hours of full sun per day.)

Regarding building materials, we recommend avoiding treated wood. Though chromated copper arsenate (CCA) wood is now off the market, the newer treatment methods use high levels of copper as the preservative (ACQ and copper azoles) and copper in those products could leach into your garden beds. Copper is a heavy metal and in excess is not healthy for human consumption.

There many alternatives to try, some that divert materials from our landfills, and some that build soil while you grow plants in them:

- Consider a stacked wall of broken concrete salvaged from construction projects, driveways and demolished patios.
- A straw bale bed can be used in an area where you want to improve soil, tilling the whole thing into the ground in the fall after harvest.
- Wood products like cedar and juniper have natural preservatives in them. These products will last for many years and run no risk of contamination.
- Galvanized metal tubs are being used by some gardeners. There have been concerns about zinc used in the galvanizing process; we are currently testing the eight-year-old galvanized beds at a Garden Hotline staffer's home to see if there is any evidence of leaching.
- Manufactured stone, or stacking stone, is a good alternative and can make an attractive landscape feature.
- Hardware cloth formed into rounds and filled with rock is being used as a raised bed by a homeowner near Seattle Tilth's Demonstration Garden in Wallingford. This method allows for sinuous edges, which also makes a nice landscape feature.

The Garden Hotline can help you find sources for all of these items.—*Laura Matter, Lead Educator*

Hot Questions for



the Garden Hotline

Your Garden. Our Expertise.

help@gardenhotline.org | 206.633.0224



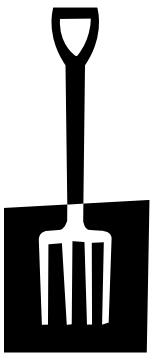
In April, volunteers gathered to celebrate the installation of our new rain garden across from the greenhouse in our Wallingford Demonstration Garden. Partners in the project were Stewardship Partners and the WSU Native Plant Salvage Project.

THE GARDEN HOTLINE IS SPONSORED BY:



AND MANAGED BY:





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Visit Hens and Friends on Our Annual Coop Tour

July 11, 11 a.m.-4 p.m.

Did you know that Seattle has become known as a world-class chicken destination? We'll prove it. On July 11, Seattle Tilth offers the once-a-year opportunity to tour some of the city's chicken coops that have given us that distinction. Meet your neighbors and people in the community who are at the forefront of the urban livestock movement.

This year the tour will also include homes that are raising goats, ducks and bees. The tour allows you to meet all manner of critters, see how they are incorporated into urban sites, and get ideas for building the dream coop, pen or hive of your own. More information and required registration is available on our Website.

Save the Date

Seattle Tilth's Harvest Fair: Celebrate Local Food

Saturday, Sept. 12, 10 a.m.-5 p.m.

Meridian Park at the Good Shepherd Center, 4649 Sunnyside Ave. N., Seattle

Interested in being a vendor, sponsor, or presenter? E-mail lizaburke@seattletilth.org.

Community Event

Strengthening Local Economies Everywhere Dinner and Fair

July 18, St. Demetrios Church, 2100 Boyer Ave. E. The fair runs 3-6 p.m., the dinner is 6-9 p.m. and there will be dancing and live music 9-11 p.m.

Local chefs will prepare the dinner using Fair Trade products and sustainably produced local foods. Meet farmers and enjoy a community art project. For details, visit www.seattleglobaljustice.org/slee-dinner/.

Downtown Parks Organic Gardening Series

Victor Steinbrueck Park

June 24 – Container Veggie Gardening, 5-7 p.m.

July 1 – Composting for Apartment Dwellers, 5-7 p.m.

July 8 – Container Herb Gardening, 5-7 p.m.

Freeway Park

July 15 – Container Veggie Gardening, 5-7 p.m.

July 22 – Composting for Apartment Dwellers, 5-7 p.m.

July 29 – Container Herb Gardening, 5-7 p.m.

Occidental Square

Aug. 5 – Container Veggie Gardening, 5-7 p.m.

Aug. 12 – Composting for Apartment Dwellers, 5-7 p.m.

Aug. 19 – Container Herb Gardening, 5-7 p.m.

Cascade Playground

Aug. 16 – Container Salad Gardening, 10 a.m. – noon

Aug. 23 – Composting for Apartment Dwellers, 10 a.m. – noon

Aug. 30 – Container Herb Gardening, 10 a.m. – noon

Belltown Cottage Park

Sep 5 – Composting for Apartment Dwellers, 10 a.m. – noon

Sep 19 – Container Herb Gardening, 10 a.m. – noon

Adults, Children Grow With Summer Classes

Seattle Tilth's upcoming class listings are below. Classes are held either at the Good Shepherd Center (GSC), 4649 Sunnyside Ave. N., in north Seattle, at Bradner Gardens Park (BGP), 1733 Bradner Place S., in south Seattle, or at Pickering Barn (PBI), 1730 10th Ave. N.W., Issaquah. Lower price listings are exclusively for Seattle Tilth members, higher prices for the general public. Advance registration and payment are required.

Class details and online registration are found on our Website, www.seattletilth.org, or can be gained by calling the Tilth office at (206) 633-0451, ext. 101.

June 10, Get Ready to Garden, 6-8 p.m., \$25/\$35,PBI

June 13, 1,2,3 Grow a Garden, 9-11 a.m., \$25/\$35,PBI

June 13, Container Vegetable Gardening, 10 a.m.-noon, \$25/\$35,BGP

June 13, A Walk in the Park: Edible Landscapes, 2-3 p.m., Free, Olympic Sculpture Park, PACCAR Pavilion, 2901 Western Ave., Seattle

June 15-Sept. 4, Children's Garden Summer Programs, Weekdays, GSC

June 20, City Chickens 201, 10 a.m.-12:30 p.m., \$30/\$40,GSC

June 20, Garden Hotline at the Issaquah Farmer's Market, 9 a.m.-2 p.m., Free, PBI (also July 18)

June 27, Growing Heat-Loving Crops, 10 a.m.-noon, \$25/\$35, BGP

July 12, Winter Gardening, 10 a.m.-noon, \$25/\$35, GSC

July 25, Winter Gardening, 10 a.m. – noon, \$25/\$35, BGP

June-October, Children's Harvest Classes in Issaquah, PBI