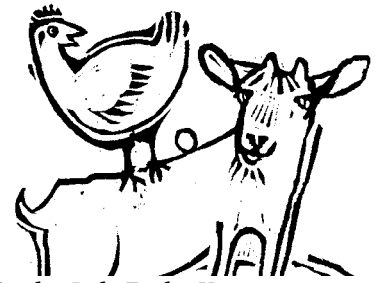


Seattle Tilth

ORGANIC GARDENING • URBAN ECOLOGY • COMPOSTING • RECYCLING VOL 31 NO 4 • AUG/SEPT 2008



Art by Lida Enche-Keene



Join us at the 21st annual Tilth Harvest Fair on Sept. 6. Meet and support local farmers, dance, enjoy the gardens, play with your kids!

Celebrate Fresh, Local Food at Tilth Harvest Fair on Sept. 6

Calling all locavores! The Tilth Harvest Fair will once again raise its tents and bring the country fair atmosphere to the city on Sept. 6, 10 a.m. to 5 p.m. The much-loved fair is Seattle Tilth's largest community event of the year.

Tilth members and the public flock to the fair like chickens to feed year after year because of the unique blend of farmers market, live music, garden demonstrations, food and fun for the kids.

There's always something new at the fair, and this year the animal demonstrations will include mini dairy goats as well as local backyard chickens. But that's not all. Kick up your heels with a live family square dance at the fair.

Now in its 21st year, the Tilth Harvest Fair preceded many of the neighborhood

farmers markets, and it still is a great place to get fresh, local produce. Bring boxes and bags, meet the farmers and stock up on your favorite late summer vegetables and fruit. You can even store your purchases at our free "Veggie Check" while you shop, have lunch, dance and enjoy the event.

The Harvest Fair is supported by many Tilth sponsors. At press time, these included PCC Natural Markets, WE Design, ShoreBank Pacific, Puget Sound Fresh, New Roots Organics and SPUD. Please patronize these sponsors and let them know you appreciate their support of Seattle Tilth.

For more information on the Harvest Fair, see our Web site or contact Liza Burke at harvestfair@seattletilth.org or (206) 633-5045, ext. 1.

Grab Your Partner for Harvest Moon Square Dance

Seattle Tilth's work is only made possible through partnerships with many caring, generous people and organizations. Building community has always been central to our mission. Come, celebrate that community, and support Seattle Tilth's work at this fun fall fundraiser: a foot-stompin' Harvest Moon Square Dance in the fourth-floor chapel at the Good Shepherd Center.

Music will be provided by The Tallboys, one of Seattle's best old-time string bands. Complete with a banjo player, fiddler, bass player and resident clogger, The Tallboys play monthly square dances and a weekly jam session locally; you might also find them out busking in the streets.

No dance skill or experience is necessary to have a foot-stompin' good time. We will raffle off some great prizes, so bring your checkbook!

Libations are provided, but we'd like to have a pie potluck, so bring your best pie.

The Harvest Moon Square Dance will be 7-10 p.m. at the Good Shepherd Center, 4649 Sunnyside Ave. North in Wallingford.

See you on the 15th!

Harvest Moon Square Dance

featuring The Tallboys

Pie Potluck and Raffle

Admission \$20

Good Shepherd Center

4th Floor Chapel

Monday, Sept. 15, 7 - 10 p.m.



Lisa Taylor, right, Seattle Tilth's Children's Program Manager, met recently with Gov. Chris Gregoire, second from right, and others to discuss the "Garden in Every School" program.

Tilth in the News

Our stalwart Children's Garden Manager, Lisa Taylor, is being seen a fair amount these days! MSN/Kashi filmed her in the garden, as did KING 5. She and a small group of others met with Gov. Chris Gregoire on the "Garden in Every School" program.

In mid-July, *The Seattle Times* ran an article about Tilth's classes for apartment and condo dwellers. *The Times'* Web site featured a slideshow taken at our "Composting for Apartment Dwellers" class.

In an article titled "Gardens Growing in Thorny Economy," Executive Director Karen Luetjen was quoted in *Supermarket News*, the only national weekly trade magazine for the food distribution industry.

Our super popular Chicken Coop Tour was featured on King 5 News' and *Seattle Times'* Web sites.

Garden Hotline Educator Amy Ockerlander was interviewed by KIRO TV News for the station's first segment of their new green living program, to be aired on their Web site.



Transitions

Carrie Niskanen recently joined the staff as Program Assistant. Carrie is a familiar face around here as she has interned in the office and both the Demonstration Garden and Children's Garden.

Carrie replaces Emi Morgan who recently finished her MBA from the Bainbridge Graduate Institute. Emi worked with us for 18 months; thank you Emi!

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

Seattle Tilth Association is a non-profit organization and an urban chapter within Tilth's regional network.

Our Mission Statement

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.

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Office Hours and Phones

Monday–Friday, 10 am–5 pm or by appointment
 206-633-0451 Office Phone
 206-633-0450 Fax
 206-632-1999 Executive Director
 206-633-0224 The Garden Hotline
 206-633-0097 Master Composters/Soil Builders
 206-633-5045 Volunteer Line

Web site www.seattletilth.org

E-mail Send to firstname.lastname@seattletilth.org

Address

Seattle Tilth Association, 4649 Sunnyside Avenue
 North, Room 120, Seattle, Washington 98103

Seattle Tilth Newsletter

Bill Thorness *Editor*
 Sarah Kulfan *Design/Production*

The Seattle Tilth Newsletter is published by the Seattle Tilth Association. Readers are encouraged to submit articles, ideas for articles, original artwork, and other commentary. All material should be mailed c/o The Newsletter to the address above or e-mailed to karenluetjen@seattletilth.org. Submissions will be printed as space allows. Seattle Tilth reserves the right to edit for interest, length, and style.

Growing Gardens, Growing Pains:

An Update on Tilt's Renovation Plans

Karen Luetjen, Executive Director

During our 30th Anniversary year there has been much to celebrate, from Anna Lappé's talk to the launch of programs in Issaquah. There are so many opportunities to take our unique programs to adults and children all over the region.

Our Demonstration Garden and Children's Garden in Wallingford also have been growing. These teaching gardens are integral to Seattle Tilt's history, mission and presence in the community, so I'd like to provide a brief update.

Last November, we launched an eight-month Community Planning Process for improvements in our Wallingford teaching gardens, funded by a \$15,000 Neighborhood Matching Fund grant from the Seattle Department of Neighborhoods. We engaged both the city's Parks Department and the surrounding community. The process resulted in a conceptual plan that will guide us in obtaining permission from city officials for garden improvements. As part of that planning, we contacted city officials about renewing our long-term lease for the Wallingford Demonstration Garden, seeking a lease for the Children's Garden and gaining approval for our long-range plans.

Concurrently, we collaborated with the UW Design/Build Studio to build the first garden improvements. The Studio's involvement was mentioned in numerous communications with city officials and neighborhood groups. In April, the Studio began installing a covered teaching space in the Demonstration Garden, which would have benches and be reminiscent of an airy trellis. The UW students also began constructing a garden shed in the Children's Garden.

Some of you may have seen the two partially-constructed projects in our Wallingford gardens and wondered why they are not yet finished. Unfortunately, in late May, Parks officials required us to stop work on both projects pending further approvals. In the garden, we faced the possibility of many months with a

fenced-off construction site, so we decided to remove the unfinished benches.

Moving forward, our priority is to secure the long-term presence of Seattle Tilt in both Wallingford gardens, which will require further public outreach, careful coordination with city officials and action by Seattle City Council.

The results of the Community Planning Process are published in a beautiful booklet called the Garden Renovation Plan. It was written by Project Manager Nicole Kistler, designed by Heidi Smets, and features Allison Orr's original water-



colors. See pages 4-5 for an overview of potential improvements. (You can view a PDF of the 80-page booklet in the "About Us" section of our Web site.)

We are confident that Parks supports our mission and will work with us to secure an agreement and solve our redesign needs so that we can continue our educational services in 2009 and beyond.

So, along with our 30th Anniversary year, we are laying the ground work for our 60th anniversary, and the support of our community partners is essential. I'll keep you in the loop as the negotiations continue. If you have any questions, don't hesitate to call me at (206) 632-1999 or write me at karenluetjen@seattletilt.org.

Great Mid-summer Harvest in Tilt Gardens

Katie Pencke, Garden Coordinator

Our mid-summer harvest in the Tilt gardens was bountiful, with lettuce, artichokes, garlic, cabbage and favas.

By June we were harvesting lots of lettuce, which had been sown and transplanted into the garden in the early spring. Most lettuces are cool season crops. As temperatures increase, their lifecycle speeds up and the lettuce stretches upwards, often going to seed and turning the leaves bitter.

Our artichokes were ready by early July. On the artichoke, we're actually eating the immature flower bud. We watch the buds and harvest when the petals slightly loosen, but before the flower opens. If your timing was off, enjoy the brilliant purple thistle-like flowers that attract bees and butterflies to the garden.

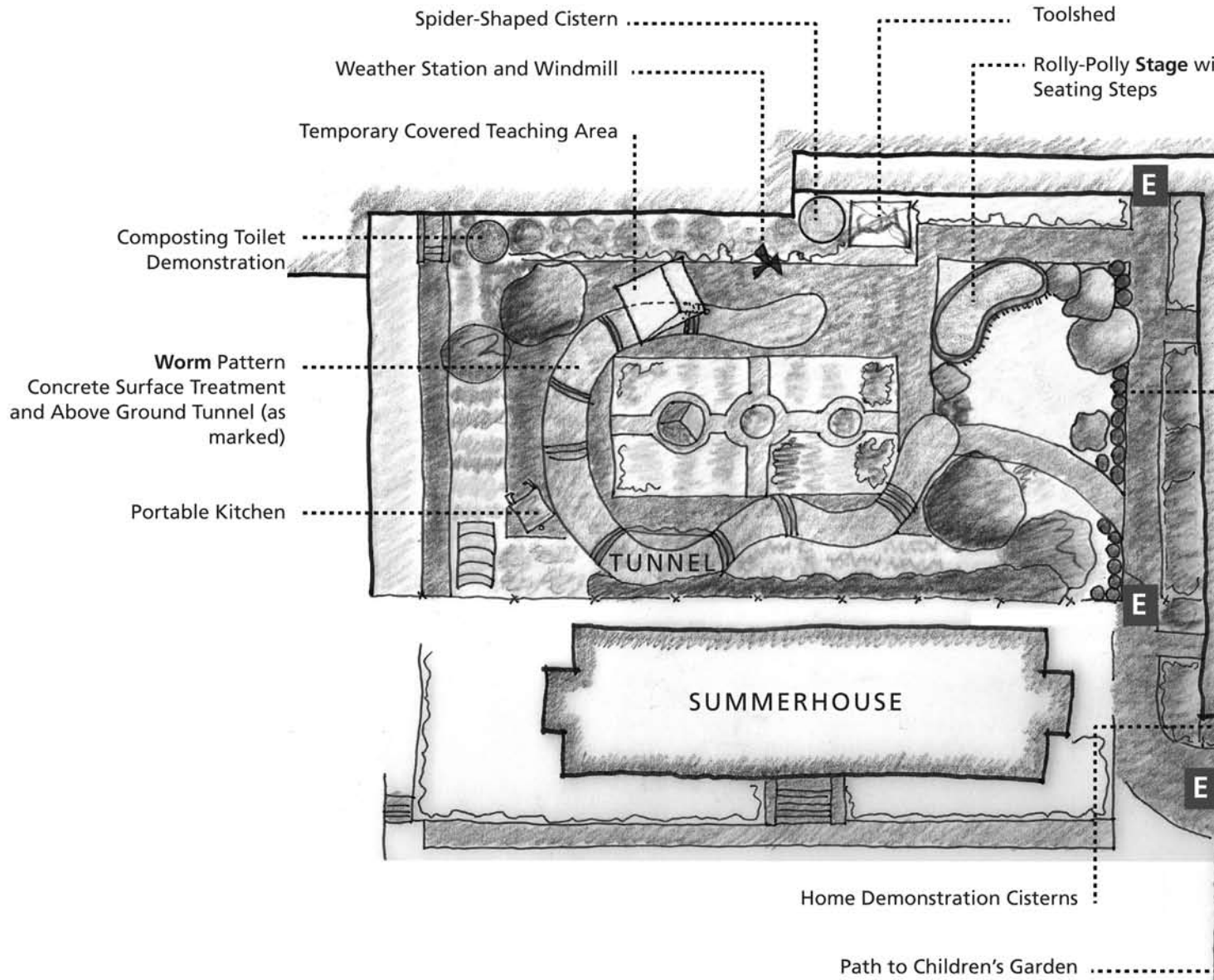
We had three garlic beds in the Wallingford garden, and expected a mid-summer harvest. Garlic, as well as onions and shallots, are ready to harvest when several lower leaves yellow and dry. We pull the bulbs and let them cure in a cool, dry place until the skins, leaves and stems are completely dry.

The Bradner garden produced a great harvest of green cabbage. It was started in the Tilt greenhouse in January, and set out under a cloche (a portable, plastic-covered hoop house) in mid-March.

Finally, our fava beans in the Wallingford garden neared maturity by mid-July. Favas are ready to eat when the beans swell inside the pods and point downward. For storage or seed saving, harvest the beans when the pods are black and dried.

The produce harvested from both the Wallingford and Bradner demonstration gardens is shared with the garden crew volunteers and local food banks. Thank you to everyone who helps make our gardens beautiful and productive.





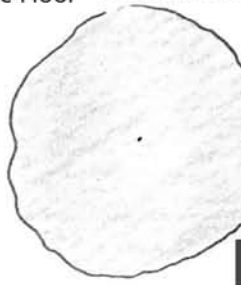
A New Vision for Tilth in Wallingford

This conceptual plan for improvements to our Wallingford teaching gardens appears in the Seattle Tilth Garden Renovation Plan, available online at www.seattletilth.org/aboutus/gardens. The plan was developed during the eight-month Community Planning Process described on page 3.

Turning this conceptual plan into reality is a long-term goal that we expect to implement in stages. Thank you to everyone contributing to the planning process, and we welcome additional feedback on these ideas.

Vine-Covered Teaching Area/Trellis with Removable Waterproof Cover and Convertible Sides, Mosaic Seat Wall Relocated Here

New Greenhouse with Flexible Teaching Area, Everything on Wheels, Larger Toolshed, Solar Panels, Radiant Floors, Kitchen and Large Cistern under the Floor

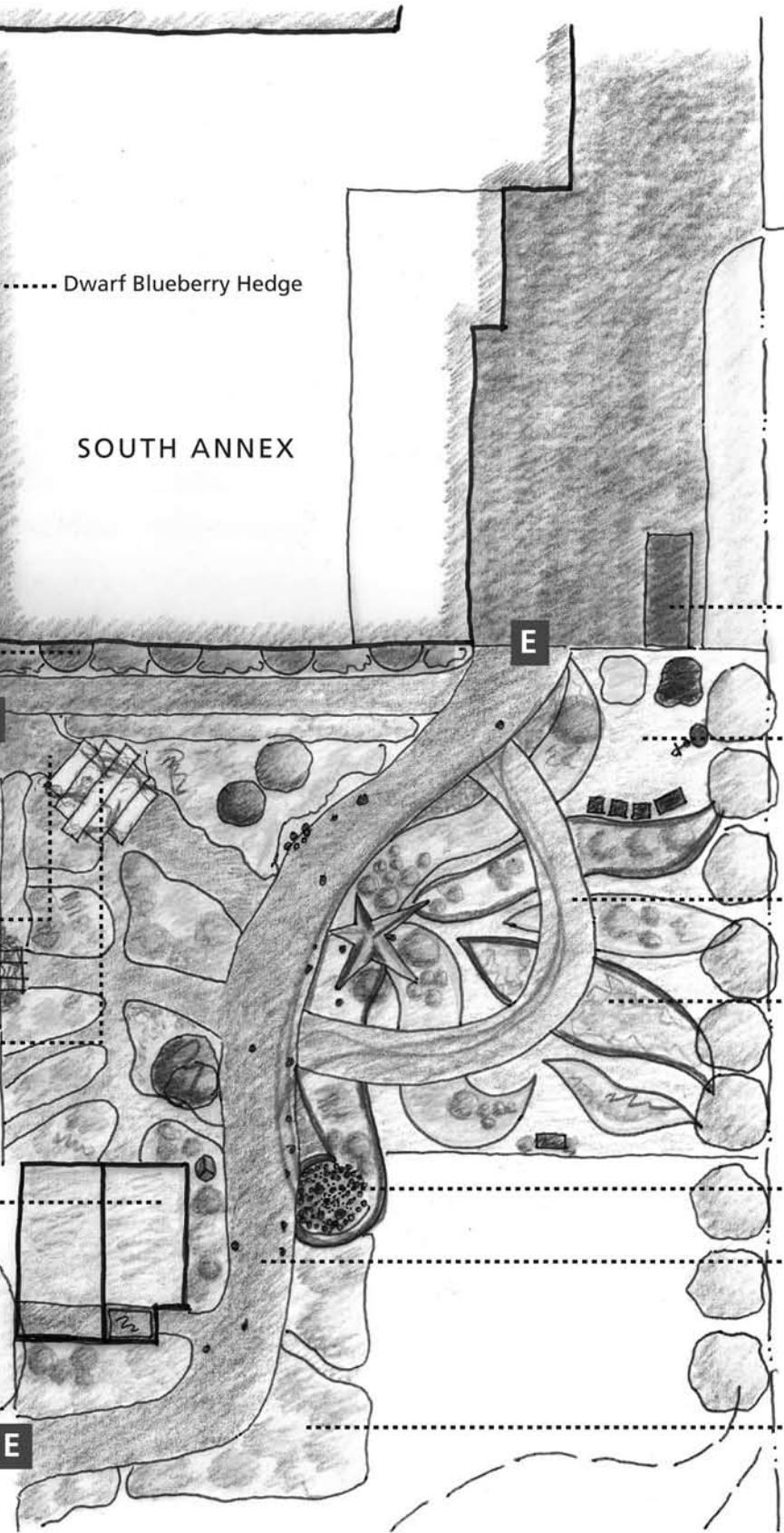


th Vine Stage Curtain and

plan for RENOVATED SEATTLE TILTH GARDENS

SCALE APPROXIMATELY 1:20

E = ENTRY TO GARDENS



Dwarf Blueberry Hedge

SOUTH ANNEX

Toolshed

Relocated **Compost Area** Near Service Area for Easy Materials Delivery, 3-Bin Compost System, Cutting Area, and Bike-Powered Drum Composter

New ADA Accessible **Path** of Permeable Paving

New **Beds** for Teaching Groups, New Seat Walls along Beds with Old Mosaics Imbedded

Clean out and Reconnect **Rainwater Stream**, Connect to Cistern

Reset Path in Areas of Subsidence

Raingarden for Cistern Overflow



Naked Gardener: Beans and Butterflies

I heard from a gardening friend who had trouble growing his beans this year that he had heard from other gardening friends of his that they had trouble growing beans this year, too. Since I also had trouble growing beans this year, I'm wondering if it's a general problem.

I wonder if lots of folks are having trouble growing beans this year.

If this is the case, it's likely to be caused by the weather I suppose, although that's really just speculation on my part. It could just as easily be caused by Mars being in retrograde (which I've often heard is a BAD THING, not that anyone can do anything about it) or maybe the beans are just fed up. Perhaps the beans are tired of germinating in the same old boring way year after year, and decided this year to down tools.

"Down tools," I recently learned, is an expression not well-known in this country. At least, it was not known to the NPR host talking with the English folk-singer who used the expression during her recent on-air interview. It means, literally, to put down your tools. You stop working, and you do so in protest. Everyone in Britain knows the expression because they grow up with it, hearing it on the radio news, and reading it in the papers. Tool downing happens when workers are troubled by some aspect of their working conditions and other methods of negotiation have failed to improve the situation.

Tool downing is quite different from swan upping, which is a ceremonial census of the swans on the River Thames, held about this time of year since the 12th Century. According to Flanders and Swann, 20th century British funny-men, swan upping at Downham was sometimes followed by swan downing at Upham.

But back to the beans.

I know that some of you will be scoffing at the idea that beans could, of their own volition, take collective action of the sort I'm suggesting. You will argue that beans

are too dumb to decide not to germinate, and that there must be some sinister hand of insurrection at work here. An external agency, bent on undermining the horticultural establishment and attacking the core values of backyard husbandry. I doubt it, actually.

You might also attack the "bean industrial action" theory on the grounds that these beans we have planted this year—and are failing to grow this year—are the innocent offspring of last year's beans, and so can have no conception (in their bean-brains) of what germination is, let alone any objections to going through the process on the grounds that it's boring and dull old stuff.

To that I say: consider the Monarch butterfly. They migrate over distances so vast it takes them several generations to complete the journey. Those that start never finish, and those that finish are, I believe, a couple of generations removed from them. And then, the butterflies that begin the return journey have never taken that journey or visited their destination and yet they invariably arrive. It's quite amazing, and especially so given that travel writing amongst the Monarch butterflies is lamentably backward and their maps simply unusable.

But back to the beans.

We persist, my fellow gardeners and I, in attempting to grow them. I've got a few seedlings struggling up into the blazing sunlight of mid-July, but it's a poor showing and the crop will be meager. Once again I'm grateful for the fact that I do not have to depend entirely upon my success as a gardener to provide food for my family's table.

I'm grateful also for the rhubarb, raspberries, tomatoes, lettuces and other vegetables that are doing very well, thank you. The earth is bounteous, and it's like they always say: what you lose on the beans you gain on the rutabagas.

Classifieds

Cynthia Creasey, real estate agent specializing in gardens that come with houses in Seattle. Call 206-276-8292, Lake & Co. Real Estate.

Eat Your View! Incorporate food and medicines into your organic landscape. Use our services to make your yard manageable, or let us do it all; and you can harvest all year long. You can have a 50 ft diet! Free Quote - Jayne@sistersageherbs.com or 206-898-2101.

Rain Barrels. 60 gallon, food clean, fully assembled with brass fittings and removable mesh screen. Available in black, terra cotta and blue. Excellent value, only \$65 plus tax each (delivery and installation available). Call or e-mail me, Dan Borba, at 253-272-8173, naturalrainwater@yahoo.com. Harvesting the rain since 1999.

Green Light Gardening. Specializing in child-friendly and bird-friendly gardens with year-round beauty. Consultation, design, and pruning lessons. Emily, 206-523-1774, greenlightgardening.com.

Worm composting on the Eastside? Red wigglers for sale. Call Judy, 425-868-2694, or e-mail judy1007@comcast.net.

See your garden with new eyes. Offering experienced, educated and thoughtful garden coaching and consulting arborist services. Katy at 206-351-1375 or www.gardenvision.net.

Chef's private garden now accepting applications for full- or part-time field hands and interns looking to gain farming experience in a transitional environment. Applicant will work hand-in-hand with the chef, maintaining the link between farm and table. This is an excellent learning experience, and will help this small farm grow. Duties include planting, weeding and harvesting for daily restaurant operation, maintaining field during growing season, and helping develop a winter planting schedule. Garden is 3 acres. Must be self-motivated and have a strong work ethic. Morning schedule preferred. Wage negotiable. Contact bscheehser@trellisrestaurant.net.

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



Hot Questions from The Garden Hotline

Contact the Hotline at 206-633-0224 or help@gardenhotline.org.

This past spring I tore up my lawn and put in my first vegetable garden. The other day I noticed my squash and grape leaves had white powder all over them and some leaves were curled up and brown. What is happening here?

It sounds like one of the Northwest's most common plant problems has found your garden. The white powder on your plants is powdery mildew. The mildew is caused by a fungus that thrives when plants dry out—in regions with hot days and cool nights. Hundreds of different fungi cause powdery mildews. These fungi are host-specific, meaning that they infect, and can not survive without, one particular plant species. A stressed plant is more susceptible to the disease as the

Since your plants already have powdery mildew, we'll focus on management options, rather than prevention:

- Good air circulation is crucial in controlling all fungal diseases. Thin the leaves and move anything that may block air flow.

- Remove any severely affected leaves to decrease the number of spores. Put these leaves in your yard waste bin, not your home compost pile. Such piles often do not get hot enough to kill the pathogen.

- Check to see that the soil has adequate moisture and never fully dries out. To do so, stick your finger at least two inches in the soil. When the top inch of the soil has dried out, it is time to water again. Avoid overhead watering to minimize the spread of the spores. (Drip and soaker hoses are a great way to help prevent the spread of diseases in a garden.)

One further control tip: avoid late summer applications of high-nitrogen fertilizer to limit the production of new, susceptible tissue.

If the problem won't go away, apply a mixture of baking soda, soap and wa-

ter to your leaves. This mixture does not kill existing spores, but it will help prevent further spreading. Mix one teaspoon of baking soda and four drops of biodegradable soap with one quart of water and spray on the leaves, making sure to thoroughly cover the entire leaf.

One final thought: in some instances mildew can simply go untreated. For example, in this case, the mildew is attacking the leaves, but not the actual grapes and squash, so your harvest will generally not be affected.

Call the Garden Hotline at (206) 633-0224, Monday-Saturday from 9 a.m. to 5 p.m., or e-mail us at help@gardenhotline.org. And check out our new Web site: www.gardenhotline.org.



the
Garden Hotline
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help@gardenhotline.org | 206.633.0224

fungal spores of powdery mildew produce mycelia which thrive on dry, stressed leaf surfaces in our humid summers.

As with any pest or disease problem, the first step to managing powdery mildew is to prevent it by planting fungus-resistant varieties.



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Summer Learning Continues at Tilth

Children and adults can grow their gardening skills and have fun in Tilth workshops, camps and programs. From toddlers to teens, there is something for every kid. Adults can get a fall salad garden started.

Please note: lower member prices are shown first on the listings, and pre-registration is required. Visit www.seattletilth.org or call (206) 633-5045, ext. 2 for registration details.

Children's Programs:

Garden Detectives Week-long Camp. Aug. 4-8. Age group: 5-6 years. \$155/\$190.

Preschool Morning Programs. Sessions continue through Aug. 22. Age group: 3-5 years, with parents. \$40/\$50 (plus \$20 for additional sibling ages 1-2).

Junior Garden Counselor Program. Sessions continue through Aug. 25. Age group: 10-14 years. Half-day (morning) programs through Aug. 25, \$90/\$120; Full-day programs through Aug. 11, \$130/\$160.

Garden Adventure Day Camps. Sessions continue through Aug. 11. Age group: 6-10 years. \$155/\$190.

Peewee Classes for Toddlers. Sessions continue through Aug. 27. Age group: 1-2 years, with parents. \$20/\$30.

Garden Detectives. Sessions continue through Aug. 29. Age group: 5-6 years. Each class is two afternoons. \$40/\$50.

Adult Gardening Classes:

Aug. 23 – Fall Salad Gardening, \$15/\$20. Good Shepherd Center.

Issaquah Programs:

Seattle Tilth's new Issaquah classes are held Tuesdays, 7 to 8:30 p.m., meeting in the Pickering Garden. Classes are free but pre-registration is required by calling (425) 837-3428.



Jessica Heiman waters the "20 Bed," installed to celebrate the Children's Garden's 20th year, which will be celebrated with a reunion and picnic on Saturday, Aug. 9, 4-8 p.m.

The programs are sponsored by the City of Issaquah's Resource Conservation Office.

Aug. 19 – Fall Salad Gardening

Sept. 23 – Wildlife Friendly Gardening for Natural Pest Control

October TBA – Putting the Garden to Bed

Garden Hotline Clinics at the Issaquah Farmers Market – Saturdays (Aug. 16, Sept. 20, Oct. 11), 9 a.m. to 2 p.m.

Upcoming Tilth 30th Anniversary Events

Children's Garden 20th Anniversary Reunion & Picnic

Saturday, Aug. 9, 4 - 8 p.m.
Meridian Park at North 50th St.

Seattle Tilth Harvest Fair: Your Locally Grown Food Festival & Tomato Tasting

Saturday, Sept. 6, 10 a.m. - 5 p.m.
Meridian Park at North 50th St.



Save the Date!

Seattle Tilth Wine Tasting

Oct. 23. We're bringing back a signature Tilth event—join us!

Tour Area Farms at Sept. 27 Harvest Celebration

Touch the soil of local farms and see how a professional grows veggies as area farmers open their fields to the public on Saturday, Sept. 27, 10 a.m. – 4:30 p.m.

The Harvest Celebration Farm Tour, now in its 10th year, works with many local growers to provide on-farm demonstrations and agricultural learning for children and adults. The event includes field walks, hay rides, corn mazes and food tastings.

For more information and directions to the farms, visit <http://king.wsu.edu/foodandfarms/HarvestCelebration.html> or call (206) 205-3206.

Help With Community Fruit Tree Harvest

Fruit is a valuable community resource, and this year Solid Ground will again be coordinating the Community Fruit Tree Harvest. You can help.

To volunteer to harvest or deliver fruit, or to join a neighborhood harvest or tree mapping project, call Lettuce Link at (206) 694-6746 or e-mail gails@solid-ground.org.

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