

Seattle Tilth

ORGANIC GARDENING • URBAN ECOLOGY • COMPOSTING • RECYCLING



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COG: Organically Growing More Than Gardeners

Elizabeth Riggs

I took Tilth's Comprehensive Organic Gardening program a year ago. While I learned many valuable organic gardening skills, I was intrigued by the learning community created during the class that continued to meet after it was over. So when, as a grad student at Antioch University, I had to do a case study of an organization engaged in social change, I decided to use the opportunity to study Tilth's COG class. I want to share what I learned.

For my study, I observed classroom sessions and interviewed four participants. During introductions in the first class, diverse reasons for taking the class came up. Many participants were concerned with issues of resource depletion and were looking for ways to make their lives more sustainable. Several had been gardeners for a long time and wanted to use fewer pesticides and chemical fertilizers. The interviews also gave a glimpse into a diverse sampling of the reasons people take the COG class. One couple interviewed was interested in issues surrounding food security, peak oil and sustainability. Another woman owned a large piece of land, had always gardened organically by trial and error and wanted more skills to feel empowered in her garden. The fourth woman interviewed was interested in how to tend the lawn of her new home more sustainably, and was also interested in themes of community, social justice, environmental health, and how Tilth supports these issues.

Be a True Locavore at Tilth Harvest Fair on September 8th

Willi Evans, Board Member

Want to be a true "locavore", or a supporter of local food? It's as simple as spending the day at the Tilth Harvest Fair, coming Saturday, Sept. 8 at Tilth's gardens in Wallingford. This year's fair is designed to be a quick tour of the many ways you can participate in and develop our region's local food system. Here's how:

Support local farmers. One of the most delightful ways to impact our region's local food economy is to participate in it! Organic farmers from around Puget Sound will showcase what a bountiful and important resource their farms are by stocking the Harvest Fair's farmer's market with gorgeous seasonal produce. If you can't resist buying baskets full of winter squash, apples, tomatoes, and greens, not to worry. You can leave your produce at our "Veggie Check" and come back to claim it after you enjoy the fair's other activities.

Grow your own. Urban and suburban organic gardeners should not underestimate their importance in the local food system. Organic gardeners not only appreciate the work involved in growing food, they also help create livable communities by preserving green space, reducing the amount of toxins released into our environment, building healthy soil, and maintaining urban and suburban sanctuaries for beneficial insects, pollinators, and wildlife. Plus, home gardens serve as extremely inspirational and effective places to teach family, friends and neighbors about growing organic food. The Harvest Fair offers numerous opportunities to hone your organic gardening skills, in-

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30th Anniversary Preparations Underway

Karen Luetjen, Executive Director

While others are slipping out of the office on Friday afternoons to get a jump on the weekend, Seattle Tilth's 30th Anniversary Task Force has been meeting every other Friday to outline the events and activities for next year. The group is developing anniversary-related enhancements to annual events such as the Harvest Fair and Edible Plant Sale, and also planning new events. You'll be hearing a lot more about this in the coming months.

This anniversary is a wonderful time to look back at three decades of achievements and to celebrate the work of the dedicated people who have made it happen. Added to that is the important goal of literally transforming Seattle Tilth in the course of the next 20 months, in keeping with our vision to make Seattle the organic gardening capital of the U.S. To achieve this vision, Seattle Tilth needs to add more programs, partners and PR -- and that means adding more people to deliver on all of this.

We also have the goal to enhance Seattle Tilth's "places" -- especially the Wallingford teaching gardens. Funding applications are going out to foundations and city agencies, supported by wonderful letters of support from Historic Seattle, Meridian School, Wallingford Community Senior Center, Friends of Bradner Gardens Park and others. The UW Neighborhood Design/Build Studio, known for the beautiful structures at Bradner Gardens Park, is on board for building projects in spring 2008.

Thanks to a 2006 grant from the Seattle Foundation, we have the assistance of a development consultant, Leah McCullough, principal of LCM Consulting. Leah is helping us lay plans for inspiring you to deepen your involvement and support of Seattle Tilth and to introduce many more people to Seattle Tilth's mission and message.



Transitions

Liza Turley, left and **Erin Randall** joined the Seattle Tilth Board of Directors in April. Liza has just received her MBA from UW and has a background in sales and marketing, as well as the local and organic food industry, most recently with Brie & Bordeaux. Liza is helping to plan the fall fundraising event. Erin Randall is a human resources contractor with Resources Global Professionals. Erin is assisting with the implementation of the 2007 Strategic Plan, and often arrives for meetings with fresh eggs. Both Liza and Erin live on the Eastside (Liza in Fall City and Erin on Mercer Island), adding to the board's geographic diversity and creating a foundation for planned outreach to other King County communities. **Beth Lenholt** has stepped off the board to concentrate her efforts on planning Third Thursday events. When we conclude our anniversary year, we hope you will see a transformed Seattle Tilth that can better respond to the region's growing urgency for safe food, healthy and active kids and strong communities.

Interested in serving on the Tilth Board of Directors?

Call Karen at (206) 632-1999 for more details.

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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206-633-0097 Master Composters/Soil Builders
206-633-5045 Volunteer Line

Web site

www.seattletilth.org

E-mail

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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.

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

COG: Organically Growing More Than Gardeners

Continued from page 1

All participants interviewed talked at length about other unexpected outcomes of the class. They talked about the COG class in terms of learning sustainable living skills rather than simply gardening skills. One woman commented that while she could pick up more books about gardening, the class enabled her to become connected with a community of people with similar interests.

All the participants talked about the community created around Seattle Tilth, not just as a forum in which to share gardening skills, but also as a place to meet people who have common ideas and values about sustainability. One woman felt the class created a community of continuous collaborative learning, commenting that her class last June still met for potlucks at each other's houses. Another woman found comfort in knowing there are other people who share her values and she appreciated the community Tilth created around that, even if she wasn't always actively involved with it. The couple indicated that they found a great deal of comfort in meeting other people who share their values and knowing there is a community practicing their own ideas of sustainable living. They felt inspired by stories of other people "walking the talk" and were especially inspired by the Mt. Baker neighborhood's success in claiming their open space and creating a community garden and meeting space that incorporated the neighborhood's values of green building and sustainable systems. It gave them both ideas about their own house and made them feel more confident about their ability to take on and complete the project.

The COG class is as much about creating community as it is about learning gardening skills. Each person comes to the class with a different level of experience and a variety of skills and creates a network of support for all the participants. Tilth's COG program is more than just an organic gardening class; it is also a comprehensive introduction into a sup-

portive learning community centered on diverse values of sustainability.

Comprehensive Organic Gardener Program

Wednesdays, Sept. 26 - Oct. 17, 7 - 9 p.m. and Saturdays, Sept. 29 - Oct. 13, 10 a.m. - 3 p.m.
Bradner Gardens Park

The COG Program is an intensive series of classes teaching organic vegetable gardening methods and practice. The curriculum merges scientific and practical information with an emphasis on experiential learning and hands-on practice. This unique and popular course is designed to give the beginning gardener an introduction into the dynamic world of organic gardening and an opportunity to get their hands dirty in the process! This class fills quickly, so register early. Cost: \$205 for Tilth members, \$235 for non-members. Preregistration and payment are required; forms at www.seattletilth.org. Some scholarship assistance is available.

Calling All Super Volunteers

If you've been contemplating a gift of your time and energy to Seattle Tilth, now is the perfect moment to get involved!

Harvest Fair: All hands on deck to stage event, wrangle chickens and farmers, etc. Contact Karen at karenluetjen@seattletilth.org.

Party Planning: Help plan Oct. 4 fundraiser. Contact Justine at jdellaringa@hotmail.com.

Third Thursday: Help organize monthly programs for volunteers. Contact Beth at blenholt@sonic.net.

Computers: Edit photos and create slide shows. Contact Karen.

Old Timer: Identify people in photos from the 70s and 80s. Contact Karen.

Tilth in the Community

Seattle Tilth made appearances at or partnered with the following organizations in recent weeks:

Museum of History & Industry, Downtown Seattle Association, University Unitarian Church, Laurelhurst Community Center, Daniel Bagley Elementary School

You're Invited to Seattle Tilth's Sustainable Soiree

Our Fall Fundraiser in Ballard, Oct. 4

Join us for a lively social gathering and silent auction at Golden Gardens Bathhouse on Thursday, Oct. 4 from 6:30 to 10:30 p.m. This fall fundraiser will feature toe-tapping, partner-swinging, gypsy jazz string band music by local bands Zazou and Trio A Propos; a delicious spread of local organic foods prepared by Herban Feast; local wines, artisan beers and desserts; exquisite company; and an eco-friendly silent auction showcasing Seattle's abundant availability of green choices for the environmentally conscientious consumer.

The Sustainable Soiree is the grand kick-off to a series of events that will happen over the next year to commemorate Seattle Tilth's 30th anniversary!

Come out to socialize, get to know other people involved with Tilth and the community, eat, drink, dance, celebrate Seattle Tilth's accomplishments over the last three decades, and bid high on fantastic eco-friendly goods and services provided by the community to support Seattle Tilth's mission. Tickets will be \$40, and available at the Tilth office. Look for a special invitation coming shortly.

To help with the auction or suggest donations, contact event chair Justine Dell'Aringa at jdellaringa@hotmail.com or (206) 525-2418.

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Demonstration Garden Update: A Fruitful Summer is Underway

Kathy Dang, Garden Coordinator

From the first ripe tomatoes that were harvested in June to the straw bale garden that continues to explode with growth, it's been an exceptionally fruitful year in the Tilth demonstration gardens. We've made our main gathering space more functional, partnered with horticulture experts to help us steward the garden, built new beds and planted new veggie displays.

Tilth Plaza. One of the biggest accomplishments this spring was the removal of the old kiosk in the Wallingford garden, which helped to open up our main gathering space and transform it into an inviting plaza. We can now comfortably seat up to 30 people in this area for workshops and children's garden tours. Special thanks to stellar volunteer James Christensen, who was a tremendous help with the project.

Another renovation in the Wallingford garden was the widening of the heavily used pathway in between the apple espalier and the building. Volunteers cleared this bed of weeds and overgrown perennials uncovering the beautiful sunflower mural painted on the building. We removed a couple feet of soil from the bed and lined it with pavers, donated from I.O. Stone. We sowed a rainbow of annual flowers to act as a cover crop by establishing themselves in this area and smothering out weeds.

Community Fruit Trees. This year's gardening season began with a spring visit from a pruning class from Edmonds Community College's Horticulture Program. Over the course of two full days these skillful students pruned all the apple trees in the gardens. Our robust trees are now laden with fruit that will soon be harvested by volunteers from the Community Fruit Tree Project, a partnership between Seattle Tilth and Solid Ground, who will deliver them to local food banks this fall.

Berry Berm. Another spring project involved creating mounded raised beds, called berms, out of biomass from the gardens. Rather than sending our apple tree prunings and other woody materials away, we recycled them to create new beds. We built the berms to replicate native soil structure, with larger branches and tree prunings near the bottom of the pile, then finer plant prunings and materials like coffee grounds, manure and compost in the middle, and finally a layer of garden soil on the top. We planted them with berries to create an edible berry border. These berms evolved into unique biological systems that are superb at retaining moisture during the dry summer.

Bradner Tomato Trials. We've been hosting the Tilth tomato trials at our demonstration garden at Bradner Gardens Park, where we are growing 40 varieties of tomatoes to be picked and tasted at our annual Tomato Tasting at the Harvest Fair on Sept. 8.

Crops of the World. This bed at Bradner that features regional kitchen gardens and crop varieties from around the world. Each year we display different themed veggie gardens to teach people the origin and cultural significance of certain crops. This year we've planted Italian and Peruvian food gardens. Cultivating Garden Volunteers. It's impossible to talk about the gardens without mentioning the people who help it grow.

Our two demonstration gardens are almost entirely maintained by volunteers. This year we had 75 garden crew volunteers who are helping maintain the Tilth gardens throughout the season. We added a new intern program this summer, with five interns working in the gardens each week from June to August. And our food bank crews have been busy harvesting and delivering hundreds of pounds of fresh, organically grown produce to local food banks this year. Thanks to all of you for helping our gardens grow!

Visit our demo gardens:

Good Shepherd Center in Wallingford:

4649 Sunnyside Ave N.

Bradner Gardens Park in Mt. Baker:

1733 Bradner Place S.

Find maps and directions on our Web site,
www.seattletilth.org



Be a True Locavore at Tilth Harvest Fair on Sept. 8

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cluding half-hour composting workshops led by Master Composter/Soil Builder volunteers and one hour permaculture clinics where you can learn how to plant a fall vegetable garden and how to use sheet mulching to build healthy soil. Plus, meet some local backyard chickens and talk to their owners about raising your own chickens in the city.

Taste the difference local makes. Snacking on a cherry tomato right off the vine must rate as one of life's best experiences. And eating food in the garden is as local as you can get! The Harvest Fair's Tomato Tasting event gives you the opportunity to sample and rate many of the tomato varieties available at Tilth's Spring Edible Plant Sale. Vote on your favorite tomatoes and be sure to write down which varieties you want to plant next year.

Bring food full circle. Tilth wants to help you serve at least one dish this Thanksgiving that is prepared with food grown within a 100-mile radius of Seattle, so we have added the 100 Mile Thanksgiving Booth to the Harvest Fair this year. Stop by the booth to learn about produce you can plant in September and harvest in time to share at your Thanksgiving meal. Peruse the vegetable starts available at the fall edible plant sale tables. Pick up Thanksgiving recipes created by some of our best local chefs that only use locally available and seasonal produce and products, and get a resource list of what foods are available locally during the fall and where you can purchase them.

Much Much More. The Harvest Fair offers many other opportunities to experience the local food system. At the Fair, kids play in the Children's Garden, adults learn new gardening techniques in the Demonstration Garden, local environmental nonprofits talk with visitors about their work in our community, shoppers peruse the organic farmer's market and food vendors, and picnickers enjoy music from the Gazebo Stage.

Volunteer to help harvest hundreds of

pounds of apples from trees in Meridian Park to support local food banks. Inspirational children's activities include Slug-World, Veggie Bowling, Squash Car Racing and worm bin explorations. Join the Harvest Parade at noon to celebrate the local farms and their harvest and afterwards hang out on the lawn and listen to music from talented local musicians.

Mark your calendars for Seattle Tilth's annual Harvest Fair, Sept. 8 from 10 a.m. to 4 p.m. at Meridian Park in Wallingford. The 2007 Harvest Fair is made possible in part by our great sponsors: PCC Natural Markets, Stonyfield Farm, Pioneer Organics, WE-Design, and Puget Sound Fresh. For more information about the Harvest Fair, including how to volunteer, go to www.seattletilth.org.



Help Share Fruit in the Community Tree Harvest

Help harvest fruit from backyard fruit

trees -- fruit that would otherwise fall to the ground and go to waste! The Community Fruit Tree Harvest connects people who have fruit trees with volunteers who can harvest the fruit and deliver it to local food banks and meal programs.

Tree owners: If you have extra fruit from pesticide-free apple, plum or pear trees in the following neighborhoods, sign up with the Natural Lawn and Garden Hotline at 206-633-0224 or info@lawnandgardenhotline.org. Neighborhoods include: Ballard, Phinney, Greenwood, Wallingford, Green Lake, Ravenna, View Ridge, Wedgewood, Fremont, Columbia City, Mt. Baker, Seward Park, South Park, Beacon Hill and the Rainier Avenue corridor.

Harvest volunteers: If you would like to help pick and deliver donated fruit, contact Gail Savina at 206-694-6761 or gails@solid-ground.org.

Team leaders: If you are interested in coordinating a harvest in your own neighborhood, also contact Gail.

Harvest Farm Tour Sept. 22

The ninth annual Harvest Celebration Farm Tour takes place Saturday, Sept. 22, 10 a.m. to 4:30 p.m. at farms on Vashon Island and in east and south King County. The free tour, organized by WSU King County Extension, aims to help area residents experience the vitality of our local agriculture. By touring the farms, residents learn the importance of supporting local farmers and realize the value and joy of eating locally grown food.

More information: www.king.wsu.edu/foodandfarms/events.htm.



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Naked Gardener: The Sun and the Moon

I finally rebuilt my venerable three-bay compost bin, replacing the rotted wood and rusted hinges with some new and some found materials. The found material was a stack of used cedar decking boards, well-worn but perfectly fine for this purpose. Being cedar they are likely to last a long time, thereby postponing the inevitable day when I will have to rebuild it again. I can wait. I am in no hurry.

The rebuilding job was spread out over several weekends and a few evenings and dominated my thoughts during that period. If your thoughts are dominated by an interesting construction job you might – as I did – find yourself neglecting to pay attention to other things, such as your partner. And those of you who are male gardeners partnered up with female gardeners or even, I daresay, simply men partnered up with women, or even, I suppose, anybody partnered up with anybody else – you will know the dangers lying there.

You cannot afford to neglect your primary relationships, and especially your lifepartnership. I wish our culture offered better instruction, and support, and wise ways in these matters, but there it is – they forgot to call me about that, too. We have to find our own way. Fortunately for me, my own partner has no trouble seeing these matters clearly and also no hesitation in reminding me if I fall down on that particular job.

So by the time the compost bin reconstruction was ended, there was harmony

in the household and also in the garden. We had a Grand Opening where my wife produced some compostable material she'd been saving for the occasion, and we paraded with this in hand to the refurbished bin, humming Edward Elgar's Pomp and Circumstance March No. 1 together in shaky unison and then, appropriately, in harmony.

Harmony in relationships depends somewhat on understanding each other's perspective or world-view. My own understanding of my wife's perspective was enlarged a little during these weeks of compost bin reconstruction when she said something surprising. We were discussing the location of the bin, and how I use it, and how she can benefit from the compost produced in her potting shed and ornamental plantings. She said something like "Yes, but I cannot deal with that volume. I need it available, you know, packaged in small amounts." Ah! In a more feminine form...

Well, that set me to thinking about the whole Mars and Venus thing. I thought about all those women shopping in the plant nurseries with hardly a man in sight. I thought again about the division of labor we practice in our own household where I primarily grow vegetables and my wife primarily grows ornamentals, and I do all the composting. It made me think about the distribution of influence, responsibility, and authority in relationships and households. These are subtle and idiosyncratic matters, although I have a strong suspicion that there are a few basic patterns that recur and into which we all fall. No doubt the people who study these things could tell us (they probably have told us, but I wasn't listening).

The idea that there is a "feminine" approach to gardening was, for some reason

I now find difficult to recover, a surprise to me, notwithstanding my long-term observations of the phenomena addressed in the previous paragraph. But just as we celebrate *la difference* between the sexes at the altar, and in bed, and in so many other areas of our lives, so clearly it is celebrated in the garden. Anyway, I took this new information (well, it was new to me) and decided to treat it as Extremely Important.

Among the several deferred items on my garden project list is the cob wall. Just over a year ago I spent a week learning how to make and build with cob, studying under Ianto Evans in the Oregon Coastal Range. My first cob project is to be a garden wall and as it turns out the planned location falls exactly along the gender divide in our back garden. It will separate the back deck area – a beautifully planted space for entertaining and relaxing – from the functional, composting, vegetable-growing area.

As with so many things, I think my wife understood this earlier and better than I did.

Now that my thinking and understanding has caught up with hers (do I hear sniggers? where are they coming from?), I see one way to apply the Extremely Important information I now have. The garden wall must depict a Sun above the entrance to the male space, and a Moon as you approach it in the reverse direction. These symbols will act as a daily reminder to me that my male perspective is not the whole perspective. I have also heard that it's a good idea to build the gateway a little low: ducking your head is a small reminder that humility becomes us.

Classifieds

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Cynthia Creasey, real estate agent

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

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Hot Questions from the Natural Lawn and Garden Hotline

Contact the Hotline at 206-633-0224 or info@lawnandgardenhotline.org.

How do I get big, red, ripe tomatoes?

While you may have cherry tomatoes coming out your ears, large tomato varieties are more of a challenge in the Northwest. Here are a few tips:

Water: While fruit is developing, water evenly and consistently. Inconsistent watering or dried-out soil might cause blossom end rot, but over-watering can cause fruit to crack. When fruit starts to ripen, reduce water. This will speed ripening and enhance flavor. Avoid overhead watering to minimize the spread of disease; drip and soaker hoses are great options.

Mulch: Tomatoes should have a deep layer of mulch to conserve water and provide nutrients. Compost and composted manures work best. If using straw or newspaper mulch, side dress tomatoes with compost.

Nutrients: Tomatoes receive most of their nutrients from good soil management practices such as using cover crops, amending soil with compost, mulching, and rotating crops. Fertilizing in moderation can be helpful, but overfertilizing is one of the most common mistakes by home gardeners. When fruits are about nickel size, side dress plants with liquid seaweed, kelp meal, or fish emulsion. Foliar feeding with fish emulsion, seaweed, or compost teas is also practiced in some organic tomato production; however, research is still pending on the results.

Enjoy! Few garden crops are more rewarding than homegrown tomatoes.

My garden looks great in the spring, but in summer it looks tired and nothing is blooming. What plants, besides annuals, offer interest in late summer?

Late summer in Seattle is when we finally begin to experience predictably sunny days and warm evenings, and our lack of precipitation begins to take its toll on our gardens. It is also a time when we are enjoying our garden rather than shopping for it. If you haven't been to a nursery

since spring, a quick trip to your garden store or nursery later in the season will expose you to new and overlooked delights! Also, plants that shine in the late summer tend to handle drought and heat really well and therefore make great choices for a low-maintenance garden. The list that follows offers many late summer and early fall bloomers.

Blue and Purple:

Lily of the Nile—*Agapanthus* 'Storm Cloud'

Bog Sage—*Salvia uglinosa*

Plumbago—*Ceratostigm plumbaganoides* and *willmottianum*

Asters—*Aster x frikartii* 'Mönch' and *latriflorus* 'Prince', 'Lady in Black'

Russian Sage—*Perovskia atriplicifolia*
Miss Willmott's Ghost—*Eryngium giganteum*

Coneflower—*Echinacea purpurea* 'Ruby Star', 'Kim's Knee High', 'White Swan'
Bluebeard—*Caryopteris x clandonensis* 'Sunshine Blue'

Red and Gold:

California Fuchsia—*Zauschneria californica* subsp. *cana*



Sneezeweed—*Helenium* 'Moorheim Beauty', 'Butterpat', and others
Black-Eyed Susan—*Rudbeckia fulgida* 'Goldstrum'

Pink and White:

Stonecrop—*Sedum telephium* 'Autumn Joy', 'Matrona', and 'Vera Jameson'

Japanese Anemone—*Anemone x hybrida* 'Honorine Jobert', 'September Charm'
Gaura—*Gaura lindheimeri* 'Siskiyou Pink' and 'Whirling Butterflies'

Seattle Tilth

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Fall Classes and Programs

Downtown Seattle Association Sponsors New Tilth Classes in Downtown Parks

Seattle Tilth has partnered with the Downtown Seattle Association to offer a series of free classes in downtown parks. Classes include: Container Veggie Gardening, Composting for Apartment Dwellers and Culinary Herb Gardening. Just because you don't have a patch of ground doesn't mean you can't grow fresh, organic vegetables and herbs. Listing all the classes would fill up this newsletter, so see the whole schedule by clicking on Classes & Workshops on our Web site.

Fall Salad Gardening

Saturday, Aug. 25, 11 a.m. - 12:30 p.m.

Good Shepherd Center Demonstration Garden

Fall salad gardens are the easiest thing around, and what a payoff! All you need is a little advanced planning, four square feet, and you'll be grazing for months. When you see how easy it is to plant and grow a salad garden, you'll wonder why they charge \$7.99 a pound for the stuff in the grocery stores! Cost: \$15 for Tilth members, \$20 for non-members. Pre-registration and payment are required; forms at www.seattletilth.org.

Third Thursday: Herbal Salve Class

Thursday, Sept. 20, 7-9 p.m. Good Shepherd Center, Rm. 140 (Senior Center)

Learn to make infused oils and healing salves from easy to grow herbs in this free hands-on class taught by herb farmer Jayne Simmons. We will begin with a brief description of the herbs we will be using, and continue into the gardens to harvest them. We will prepare the herbs for drying or further processing, make

infusions of previously harvested and dried herbs, and make salves from infused oils. Students will leave with the salve we make, fresh herb materials, infused oils and recipe cards to continue your practice at home.

Permaculture Clinics at the Harvest Fair

Cost: \$10 for Tilth members, \$12 for nonmembers. Pre-registration and payment are required; forms at www.seattletilth.org.

Cultivating Plant Communities in Your Garden

Saturday, Sept. 8, 11 a.m. to 12 p.m.

This clinic will show you how to plant your fall vegetable garden using planting techniques found in nature. We will teach you how to plant your garden in a way that will maximize your harvest and add diversity and beauty to your site. Topics include interplanting, succession planting, companion planting, polycultures and plant guilds. This class will introduce the concept of creating a food forest in your backyard and will give you the skills to start right away!

Building Soil Life Using Sheet Mulch Techniques

Saturday, Sept. 8, 1-2 p.m.

Sheet mulching is an easy and inexpensive way to convert a lawn to a garden, and now is the time to do it! We will teach you various sheet mulching methods for different applications and demonstrate how to build a sheet mulch that will enhance your soil and allow you to grow an abundant vegetable garden. We will also cover how to plant vegetable starts into a newly sheet mulched bed. This clinic is essential for anyone wanting to create new garden beds or replenish depleted soils.

Classifieds

Continued from page 6

Need help with your worm bin?

Good health begins in the soil.

Worm bins are a fun, earth friendly way to recycle food, reduce waste, and produce nutrient rich plant food. I provide professional consultation on all your needs from getting started to operating an existing bin more successfully. Individual, family, school, business, workshop rates. Exceptional quality worm compost also sold. Call Barb, Wiggle Worm Farm Owner, Master Composter, 206-297-7303.

Wanna Be Farmer Seminars

Free: 2:00 p.m. every third Sat., April-September at Jubilee Farm in Carnation, WA. Pursue your dream and tour the farm. To register, call 206-963-8196 or email paul@dreamdrafters.com. Paul is a lifelong farmer, educator and now a buyer's agent with Dream Drafters Realty in Everett.

Hornets wanted all summer. Free, non-toxic removal of most from active, aerial not-sprayed paper ball type nests about football size or larger. venomcollect4free@comcast.net, 425-485-0103.

Organic Vegetable Gardening. Backyard Bounty can help you grow your own veggies at home. Veggie gardens planted and maintained. Instruction for beginners and more experienced gardeners. Call Leonard 206-225-9662. E-mail info@backyardbounty.com. www.backyardbounty.com

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