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Extension
Fond du Lac County

The Fond du Lac County Community Gardens Newsletter

The Garden Path Summer 2018 Newsletter

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"Gardening is the art that uses flowers and plants as the paint, and the soil and sky as canvas."

-Elizabeth Murray

Patty's Spring/Summer Garden Notes

The gardens are growing beautifully this spring, so now all we need is a little rain. Keeping water in the tanks has really been a challenge this summer. Some individuals can be very wasteful when it comes to filling containers for watering plots. If you have a small container, please use a large bucket to run water into first. Then, you can dunk your containers into the bucket, so the water is not spilled everywhere.

I have received several calls about there not being water in the tanks. Please try to be patient, the tanks generally get filled within a day. This week is the first time I have watered my garden since the first two weeks of planting. There have been some timely rains. I mulch to conserve the moisture in the soil. Doing overhead watering once the plants are established is not very beneficial. Please read the article on page 5. It is better for the plants if you give them a deep drink right at the soil a couple of times a week, instead of a light watering every day. This practice produces deeper and healthier roots, while the light over the top watering every day promotes shallow roots and can cause foliage diseases.

The best times to contact me are Tuesdays and Thursdays 1:00 p.m. to 4:30 p.m. at 920-929-3172. There have been a few gardeners who have called to switch their plots, while I was not in the office. This makes it very confusing for the office staff to allocate the plot placements when someone new is looking for a place to garden. Please, make sure to ask me before you switch any plot, or if I give you an option to switch; please, verify where you switched to, so we know. I cannot always make a special trip to the gardens to see for myself, and I need to make sure the change is posted on the map.



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Patty's Garden Notes Continued

The farmer who came to work the field this year has been approached by some gardeners asking him to go into wet areas. It is not the place of the gardeners to do so. The farmer will do what he can. Please, do not ask him to do something against his better judgement. This behavior may jeopardize my relationship with him. The farmer knows if an area is too wet; he will not take a large machine in to pack down the soil or risk getting stuck.

There have been incidents reported to me about some people with car damage. Please make sure everyone is following the rules on the garden site parking. All roads are set-up to be wide enough to allow two parked vehicles next to their plots and one to pass through in between. When parking, please stay as close and parallel to your plot as possible. Everyone needs to be considerate of others. People who need to pass through may need to ask others to move their vehicles.

One last item I would like to bring up is about finding stones in your plots. Please place the stones in the road ruts, or over by the garden shed on the south side of the gardens. Do not place stones on the edges of the plot. That could be bad for the lawn mower. Fixing blades is very expensive. Thank you for your cooperation. Happy Gardening!

Patty Percy

Community Garden Coordinator
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Asparagus Soup

Prep Time: 30-35 min
Serves 10

Ingredients

1 tablespoon olive oil
1 small leek, cleaned and sliced
1 small onion, chopped
3 medium russet potatoes, peeled and cubed
2 lb. fresh asparagus, 1" pieces
6 cups chicken stock
1 tablespoon Mrs. Dash® Lemon Pepper Seasoning Blend
1 tablespoon fresh lemon juice
10 teaspoons low-fat sour cream

Directions

In a large saucepan over medium heat, add olive oil, sauté leek and onion for 3 minutes.

Add potatoes and asparagus, reserve 10 tips for garnish. Sauté for 5 minutes.

Add stock, and simmer until potatoes are tender, about 20 min.

Working in batches, puree cooled soup in blender or food processor until smooth.

Return soup to saucepan, and stir in Mrs. Dash® Lemon Pepper Seasoning Blend and lemon juice. Blanch reserved asparagus tips. Ladle soup into bowls, lay asparagus tip on top, garnish with sour cream.

Recipe: fruitsandveggiesmorematters.com



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Drought and Watering of Ornamental Plants

Dr. Laura Jull, Woody Ornamental Extension Specialist | UW-Madison, Dept. of Horticulture

Many of our established woody ornamentals can survive periods of prolonged drought. In response to drought conditions, some of our woody ornamentals, both native and exotic, can start the annual fall leaf defoliation a bit early during prolonged drought conditions. Leaves can also turn brown and curl on the edges and drop in mass quantities, particularly on species such as linden, birch, dogwood (red twig, yellow twig, pagoda, and Cornelian cherry dogwoods), and hydrangeas. What can we do to help plants handle this dry situation? Water! The recommendation of 1" of water per week per plant is very important, even in the fall. Watering is particularly important for herbaceous perennials, as their root system is not as extensive as woody tree and shrub roots.

For recently planted trees and shrubs (within this growing season or last year's season), watering is crucial for survivability. Since these plants do not have an established root system or adequate water storage potential, they must rely heavily on what is provided to them either from rain or from supplemental watering. If these plants do not receive water, chances are they may suffer severe branch dieback or the whole plant may die. Mulching plants properly can help retain the moisture in the root system and reduce evaporation from the soil. When applying mulch, do not apply more than 2-3" of mulch on top of heavy clay soils or 2-4" of mulch on top of sandy soil. Excessive mulch around a tree will actually prevent good water percolation into the soil. Also, make sure the mulch does NOT touch the trunk of the tree. Keep mulch at least 2" away from the tree trunk and avoid "mulch volcanoes". Mulch volcanoes occur when mulch is over applied and piled against the trunk thereby creating a volcano look. Mulch touching the trunk of a tree or too heavily applied at the base of a shrub can actually invite unwanted pests (insects, voles) and diseases (cankers, basal rot) into the area.

Watering amounts will vary based on soil type. Sandy soils will need more than 1" of water a week (or 1.5-1.75" of water a week in severe droughts) since those types of soils dry out faster than loam or clay-based soils, which require 1" of water a week. When watering, be careful to watch for rate

of application, as you don't want all of the water to run off of the ground and into the ditch or sewer. Use of soaker hoses is very beneficial for watering plants in large shrub beds as water is applied over a longer period of time at a slow rate allowing for good penetration into the soil. If mulch is applied, place soaker hoses underneath the mulch to ensure water gets into the soil and not just in the mulch. Trees should be watered out to the drip line, if applicable. If you are just using a hose, don't turn on the water pressure too high as most will simply run off the ground and into the ditch or sewer. At a slower rate, water from a hose will allow for deeper penetration of the moisture into the ground. Arborists can use tree root feeders, that are placed into the ground, for watering without the addition of fertilizers, unless needed, to help plants in drought situations.

At a slower rate, water from a hose will allow for deeper penetration of the moisture into the ground.

According to the book "Growing Great Vegetables in the Heartland" by Andrea Ray Chandler, water application figures are as follows: it takes 3,000 gallons of water to a depth of 1" to cover 5,000 ft². On a smaller scale, it takes 300 gallons of water to a depth of 1" to cover 500 ft² or 60 gallons of water to cover 100 ft². To figure out how much and how long you will need to water:

- 1) Figure out the square footage under a tree or in a shrub planting that needs watering
- 2) Calculate the number of gallons needed:

$$\frac{3,000 \text{ gal. water}}{5,000 \text{ ft}^2} = \frac{(x) \text{ gal. of water you need to add}}{\text{square footage of area to be watered}}$$

where x = number of gallons you need to add. Put in the number of square footage of your area and then solve for x. For example, if you have 100 ft² area to be watered, "x" or the number of gallons needed would be 60. You get this by multiplying both

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sides of the equation by 100, with the right side of the equation canceling out and just leaving "x" and the left side of the equation with 3,000 gal. $\times 100 \text{ ft}^2 = 300,000 \text{ gal./ft}^2$. Divide that number by 5,000 ft^2 , which then equals 60 gal. of water needed for your area.

3) Estimate how long it will take to add the appropriate number of gallons of water to your square foot area:

Once you have this figure above (number of gallons you need to add to the area), take a 1 gal. empty bucket and fill with water directly from your hose or other water source you plan on using. Fill the bucket very slowly as you don't want the water pressure too high as it will runoff an area, especially if surface applied. For example, fill a 1 gal. bucket with water, but adjust the rate of application so that it takes 25-30 sec. to fill that bucket (if you are surface applying the water). If the water applied to the plants comes out at a fast rate, some of the water will simply runoff and away from your plants.

Record the time it takes to fill the 1 gal. bucket. If it takes 30 seconds to fill a 1 gal. bucket at a slow rate of application, and you need to supply 60 gal. of water (based on the calculation above). You will need 1800 seconds or 30 minutes (1800 seconds divided by 60 seconds/minute) to thoroughly water the area. You get this by multiplying both sides of the equation by 60, with the right side of the equation canceling out and just leaving "x" and the left side of the equation with $30 \times 60 = 1800$ seconds or 30 minutes.

$$\text{Ex. } \frac{30 \text{ sec. to fill}}{1 \text{ gal. bucket}} = \frac{(x) \text{ seconds it will take to water your area}}{60 \text{ gal. of water needed}}$$

Repeat watering as necessary, especially through a severe drought. You can adjust the rate of application, but don't

...but don't be in a hurry to apply too much water all at once as it will not penetrate the soil or get to the roots of the plants.

be in a hurry to apply too much water all at once as it will not penetrate the soil or get to the roots of the plants. Make sure to water both newly planted material as well as established plants during prolonged

drought. Continue during the season and into fall and winter until the ground is frozen. If rain occurs, supplemental

watering may not be needed, but check the soil moisture by inserting your finger as deep as possible around the plants or use a small soil probe to bring up a sample and check for moisture. If the soil feels moist, do not water. Ornamental plants will have a better chance of surviving a severe drought or transplanting if well hydrated.

Woody plants, particularly evergreens (needle-leaved and broad-leaved), require adequate hydration to get through winter. Deciduous plant material will usually come through winter, however, if the roots have not received sufficient water in the fall, the plants may die over winter.

This can occur on native species as well as exotics. Evergreens need water, even in early and late winter, due to the fact that when the ground is frozen, the tops of the plants are still transpiring (losing water) through their leaves. There is some amount of water that is stored within the stem itself but not enough to constantly replace the water that has been lost via the evergreen leaves on warmer winter days. When the ground is frozen, replenishment of water from the roots to the leaves is almost impossible. Therefore, watering all plants, especially evergreens and newly planted material, in the fall, up until the ground is frozen, is critical. The water will help hydrate the plant and increase survivability through winter. You can easily tell which evergreens went into winter with a severe water deficit; these evergreens shrubs and trees will have severe winterburn injury, even on plants that normally do not suffer from winterburn such as junipers. We see a lot of this type of injury each spring in Wisconsin.





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Power Gold Smoothie

Prep Time: less than 15 min

Serves 4

Ingredients

2 1/4 cup chopped or grated carrots

1 1/2 cup pineapple juice

1 cup fresh orange juice

2 tsp. honey

3-4 ice cubes

1/2 cup vanilla low-fat yogurt

Directions

Place only chopped or grated carrots in blender and turn on HIGH. Through lid, slowly drizzle in about 2 to 3 tablespoons of the pineapple juice, allowing the carrots to be pureed until smooth. Slowly pour in remaining juice with honey. Allow to blend until smooth and somewhat frothy; then with blender on HIGH, add ice cubes. Blend until ice cubes are blended smooth. Stop blender, add yogurt, return lid and blend until thoroughly mixed. Pour into chilled glasses and enjoy a great taste with power and energy.

***Chef's Note:** If a smoother consistency is desired, microwave the grated carrot with 1 tablespoon of water in a covered microwave dish on high for 2 to 3 minutes. Proceed as directed above.

Recipe: fruitsandveggiesmorematters.com

Water Well: *Use these smart techniques to conserve water without leaving your garden thirsty.*

By Lauren Sloane

You've seen this common conservation crime: the oscillating sprinkler watering more sidewalk than garden in the height of the afternoon. Smart organic gardeners know that overhead sprinklers and water cans are—a waste of water and invitation to plant diseases. We asked experts in different climates for hints on watering your garden to keep it healthy throughout the season.

Hand check

Before whipping out the watering can, check your garden's soil moisture with that handiest of tools, your finger. Push it into the ground around your plants. You want the top 2 or 3 inches of the soil to be dry, and the soil below that to be moist. Oh, and don't forget to check your local weather forecast to see what Mother Nature has planned before turning on the hose.

Timing is everything

In warm weather, water in the morning to give plants a chance to drink up before the hot sun or strong winds evaporate the moisture. This protects plants from wilting in the afternoon heat, too. In a prolonged drought, cover more sensitive plants with a shade cloth to limit midday transpiration, suggests Cado Daily of the University of Arizona Cooperative Extension. If you can't water in the morning, try for late afternoon—but not too late; the foliage should have time to dry before the sun goes down so it doesn't develop fungal diseases.

Deep and infrequent

Seeds and seedlings demand moisture close to the soil's surface, but more established plants need deep watering to develop roots that will find water in the subsoil when drought strikes. Just be careful not to overwater! You want soil that's damp but not soggy down to 5 to 6 inches below the surface. In waterlogged soil, roots are deprived of oxygen and may lose the ability to take up water. If your plants' foliage begins to brown at the edges and fall from the plant, you may be overwatering.

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Add compost to conserve soil moisture

Improving your soil's moisture-holding capacity is as simple as mixing organic material, such as compost, into your beds. Depending on the type of soil you have, more organic matter can mean more accessible water for your plants. Dense clay particles commandeer most of your soil's moisture, decreasing the amount of water available for your thirsty camelias and cucumbers, while sandy soils drain water too quickly for plants to absorb it. By adding in some hearty humus, you'll give water something to hang onto until your plants need it most.



Mind your mulching

Another way to keep your garden moist (and reduce weed problems by up to 90 percent!) is to top off your beds with a fresh layer of organic mulch. Mulching with materials like dried grass clippings, straw, bark, wood chips, will decrease soil moisture evaporation and reduce your garden's water needs. Bonus: Mulching may also prevent certain kinds of soil diseases from coming in contact with your plants' lower leaves...like tomatoes!

Landscaping

Smart



Find our weekly Landscape Smart Podcasts at:

http://www.kfiz.com/kfiz_podcasts_landscape_smart.htm

“To plant a garden is to believe in tomorrow.”

-Audrey Hepburn

Simple Green Smoothie

Prep Time: less than 15 min

Serves 2

Ingredients

- 1 cup kale or spinach
- 1 banana, medium
- 1 cup low fat milk
- 1 cup plain yogurt
- 1 apple, medium
- 1 cup frozen fruit
- 1 TBS. flax seeds
- 1 TBS. chia seeds

Directions

In a blender, blend the kale or spinach and the liquid of your choice.

Add in the rest of the ingredients, blending after each item.

Serve and enjoy cold.

Reserve the leftover smoothie in the refrigerator for later in the day or the next day.

Recipe: <https://whatscooking.fns.usda.gov/>

WHAT'S GROWING?



IN-SEASON PRODUCE
CALENDAR FOR
WISCONSIN

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples								A	S	O		
Asian Pears								A	S	O		
Asparagus				A	M	J						
Beans							J	A	S			
Beets							J	A	S			
Blackberries						J	J					
Blueberries							J	A				
Broccoli			M	A					S	O		
Cabbage			M	A				A	S	O		
Cherries						J	J					
Christmas Trees											N	D
Cucumbers							J	A				
Eggplant							J	A	S			
Greens			M	A	M	J	J	A	S	O		
Herbs				A	M	J	J	A	S	O		
Nectarines							J	A				
Peaches						J	J	A	S			
Peas					M	J						
Peppers							J	A	S			
Plums									S	O		
Potatoes					M	J	J					
Pumpkins									S	O		
Raspberries							J	A	S			
Rhubarb					M	J						
Squash						J	J	A	S	O		
Strawberries					M	J	J					
Sweet Corn								A	S			
Sweet Potatoes									S	O		
Tomatoes						J	J	A	S	O		
Watermelons								A	S	O		

source: <http://www.pickyourown.org/WIharvestcalendar.htm>



FARM FLAVOR

Learn more about what's growing in your state and find seasonal recipes at FarmFlavor.com.

**Time-Sensitive
Material**

Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.

- Interim 4-H Program Coordinator - *Alexis Newton*
- Fond du Lac/Washington County Positive Youth Development Extension Educator - *vacant*
- Community Garden Coordinator - *Patty Percy*
- Community Resource Development Educator - *Diana Hammer*
- Bilingual Latino Community Development Intern - *Joe Giron*
- Fond du Lac/Dodge County Area Crops & Soils Agent - *Dr. Loretta Ortiz-Ribbing*
- Dairy & Livestock Agent - *Tina Kohlman*
- Family Living Educator - *Shelley Tidemann*
- FoodWise Nutrition Educator - *Pamela Nelson*
- FoodWise Nutrition Educator - *Melanie Phillips*
- FoodWise Coordinator/Family Living Educator - *Amanda Miller*
- Program Assistants - *Pam Bartoli, Tina Engelhardt, Ann Kaiser, and Kelly Lamb*
- Area Extension Director - *Cindy Sakady*

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