

Community Gardener's Companion

Spring 2013

Growing Culinary Herbs

by Joel Rosen

Growing culinary herbs is in some ways easier than growing vegetables. Herbs are less likely to be affected by pests or diseases and, in most cases, their fertility and moisture requirements are less demanding than vegetables. The majority of culinary herbs are perennials, and many of these are hardy enough to survive a typical winter in the Lake Superior region. Once these have been established in a perennial bed, if treated with care they will last for years. Herbs are classified as culinary, medicinal, or for use in sachets. We will be concentrating on herbs for culinary uses.

Let's look first at the herbs whose seeds are small and are best started indoors as seedlings and then set out at the appropriate time. Most of these are somewhat to quite hardy to frost, but the obvious exception is basil. Because basil is so averse to cold, it should be the last thing you set out in the garden: best to wait until you expect most nights to stay above 40F. Exposed to a few nights below this threshold, basil will suffer a significant setback and probably never fully recover. Depending on your location, this may mean transplanting as late as July 1 or as early as June 10. But don't despair—a healthy basil plant with full sun will thrive in warm weather and grow big enough to start pinching back for kitchen use in 20 to 25 days from transplant. (If your heart is set on pesto in June, grow in a hoophouse, a cold frame, or some other season extender.) If you plan on harvesting plants every two weeks, your basil should be planted in more fertile soil

than most other herbs. To continue rapid, lush foliage growth, basil needs a good supply of nitrogen. Set out plants about 8–10 inches apart.

Make your first cutting of basil before the main stem starts to form flowers, and cut (preferably with a sharp scissors) the stems of all your plants slightly above the two main side branches which will provide your next harvest. On this first cutting, harvest will be modest, but don't despair. As the plants branch out, your harvests will increase in volume and if you've got at least 10 to 12 healthy plants, you should be able to make a good winter supply of pesto. Basil is easily bruised, so harvest with care, at least until the season's end draws near. Once leaves start to show the first signs of blackening, it's best to pick all the good sprigs for fresh use or processing. Despite your best efforts, the first frost will take them soon unless you live very close to Lake Superior. Plants can also be dug up and strung together and hung to dry. I've never had any luck potting up basil for winter, but if you've got a south-facing window that doesn't get too cold at night, you might give it a try. There are many strains of basil. Make your choice based on your intended use in the kitchen. They are all easy to grow in warm weather.

Now let's consider a group of herbs that are best started indoors but once established should grow in your garden as perennials. Included in this group are sage, thyme, oregano, anise hyssop,



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The MISSION of the Duluth Community Garden Program is to strengthen the Duluth area community and foster self-sufficiency by providing access for all to food production and preservation resources and promoting sustainable gardening practices.

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Community Gardener's Companion: News of the Duluth Community Garden Program

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The Turning of the Season: *Pathways in the Snow*

by Jahn Hibbs

The Duluth Community Garden Program (DCGP) has been working since 1977 to help community members grow healthy food together in community gardens located throughout the city. Foresight and collaboration among our city, county and grassroots neighborhood leaders forged the pathways that have left us the rich legacy of 16 community garden sites that the Duluth Community Garden Program stewards today. Together these civic leaders and community volunteers rolled up their sleeves and created their vision of empty city lots transformed into gardens where folks could grow healthy food and share their knowledge with one another.

Times have changed a lot since those early days, but the vision remains the same. Some of the same leaders and gardeners are still active and involved. What an exciting time it is to be able to connect their depth of knowledge and experience with the new models, new questions, and new generation of emerging leaders.

The past weeks have included exciting conversations with new emerging neighborhood leaders through the Lincoln Park Fair Food Access Campaign. Neighbors have shared their vision and ideas for a garden that is a place of beauty, is accessible to all, will become a gathering space for neighborhood events, and where people of all ages and skill levels can come to learn and to share learning. This month we will begin launching this new Lincoln Park community garden in earnest, working in partnership with the City of Duluth and the Lincoln Park Fair Food Access Campaign through the City's Cities of Service Let's Grow Lincoln Park initiative.

Thank you for being a part of it! This work would not be possible without the commitment of our members. Your financial support, your volunteer hours, and the vast knowledge and passion you share for growing and sharing good food in community have kept your community's garden program going through thick and thin for over 30 years. We invite you to drop by the DCGP office on March 29 for an Open House and Member Appreciation anytime from 2:00–6:00 pm to enjoy some coffee or



pumpkin punch and refreshments. If you haven't been involved for a while, now is a great time to reconnect through volunteering. We're looking for many hands of all different skill levels to help at community work days to build the Lincoln Park Community Garden, build deer fences, and do clean up around other community garden sites, or help with a class, or a One Vegetable One Community cooking demo. Contact the DCGP office to discuss how you can get involved. Together we'll continue forging the paths that will leave a legacy of good food, good land, and good community for the next 30 years.

With gratitude, Jahn



School Gardens and Farm to School Project Planning in Full Swing

By Jamie Zak, DCGP Healthy School Food Coordinator

Thanks to the Statewide Health Improvement Program's Community Transformation Grant funding, the Duluth Community Garden Program has selected five schools serving kindergarten through 12th grade students in Duluth Public Schools ISD 709 to receive our Food Literacy Grant for School Gardens and Farm to School Programming. The grant award includes a budget for the installation of a school garden and the facilitation of Farm to School planning at each school site.

Congratulations to the school grantee sites! They are:

Congdon Park Elementary School
Myers-Wilkins Elementary School (formerly Grant Elementary School)
Ordean East Middle School
Lincoln Park Middle School
East High School

The proposals from these sites all had diverse representation showing support from teachers of various subject areas, administrators, parents, school board officials, food service staff, and school nurses. Visioning in the proposals included garden-integrated curriculum; taste-testing from the garden and Superior Grown produce; and increasing the health of students through food literacy in the garden, cafeteria, and classroom. Meetings are in full swing to determine plans, policy, and procedures for the programs at the school sites.

Meeting topics selected on research-based evidence for successful school garden and Farm to School programs focus on creating a common vision, building capacity and customs, identifying human and material resources, documenting existing and potential efforts, and defining policy and procedures:

- / Organizing our Assets: Gardening in Community
- / Creating a Flexible Framework for Student Involvement
- / Maintenance and Sustainability of Your Program

This is an exciting time for all of us. Interested DCGP members are invited to attend the next run of planning meetings.

High School Planning Meetings
Wednesday, March 6
4:30–6:30 pm
East High School

Middle School Planning Meetings
Monday, March 11
4:30–6:30 pm
Lincoln Park Middle School

Growing Culinary Herbs continued from page 1

chamomile, and chives. Most strains of these herbs are rated as hardy to Zone 4, but don't despair if you live in Zone 3. Well-established plantings of these will usually survive winter temperatures colder than -40F provided there is good snow cover. Seedlings develop more slowly than those of basil. Fortunately, they are hardier, and you can set these out before the last spring frost date. Start your seeds in flats or mini blocks in mid-March, and for best results, after two to three weeks, pot seedlings up to two-inch blocks or pots. You're not likely to use these in quantity like basil, so two or three plants of each strain should be enough. If your perennial bed has had good snow cover all winter, you can probably count on regrowth of these herbs. (They may look dead for a few weeks when grass first starts to grow.) Space transplants about a foot apart in soil not rich enough to grow good broccoli or lettuce. Best time to harvest these for maximum essential oil content is late afternoon on a sunny, dry day. None of these are as delicate as basil, but I still recommend using sharp scissors and leaving enough on each plant to encourage regrowth. Depending on how far back you cut them, you should be able to return to harvest plants in two to four weeks. You can continue to harvest these after the first few frosts, but leave more foliage on the plants so they can photosynthesize what they need to get through the coming winter. Cutting them back severely before the ground freezes is only a good idea if you want to treat them as annuals.

Some perennial herbs are hardy to hard frost but not hardy enough to survive our winters. Included in this group are rosemary and lavender. These are slow-growing plants with small seeds and notoriously poor germination rates, so plant many more than you think you'll need in mid-February and pot them up after a month or so. Set them out in the

same kind of soil as discussed above for hardy perennials and at the same time—mid-spring. Because they won't get very big, eight to nine inches apart is sufficient for spacing. Plants will develop slowly, so use good judgment in harvesting—best to wait at least two months after setting out. Rosemary and lavender can be dug up and potted and left on a sunny windowsill for winter. Cold nighttime temperatures by the window will not bother them much (unless the interior side of your window space gets colder than 20F). Some of the newer strains of lavender are hardy enough to survive winter given adequate snow cover. Leave at least a foot between plants if you anticipate your lavender will winter over and grow bigger in succeeding seasons.

Parsley is actually a biennial, but it rarely winters over here, so treat it like an annual. Parsley seed is very slow to germinate and needs to be kept moist for two to three weeks. Once sprouted, parsley grows slowly at first, but growth rates pick up as the roots develop. Start parsley seed in March or early April, pot up after three to four weeks of growth, and set out in mid-spring six to eight inches apart at the same time as the perennial herbs above. Transplant parsley to a site rich in nitrogen if you hope to harvest plants every two to three weeks. Harvest by grasping an outermost stem and snap off quickly with a twist at the base. Leave at least four inner stems on a plant if you're hoping for regrowth. Parsley is quite hardy, with the curly strains hardier than their flat-leaved cousins. Flat leaf parsley usually stays in good condition until nights drop below upper teens. Curly parsley usually holds up well until temperatures approach the single digits. As with all greens, do not harvest when frozen. Wait until the stems are fully thawed.

Mint has a reputation of being impossible to kill, but there are many strains that are not fully winter hardy here. You can buy mint seed, but it's very small and hard to germinate and does not run "true from seed". For more reliable results, take a cutting off a plant you know is hardy in your location (and one whose flavor you like) and leave it in water until root hairs start to develop. Change the water every few days. Pot up in a two-inch or bigger block or pot and set out in mid-spring in soil with modest fertility. Allow enough space for the plant to spread to produce enough mint for your needs, but don't let the runners go beyond this imaginary boundary. Some gardeners actually use a physical barrier like stones, but in my experience, most strains are not that vigorous in our climate and pruning runners is a good strategy. Before the plants go dormant, you can take a cutting and grow it in a sunny window for a winter supply of mint.

Cilantro and dill are best direct-seeded into your garden. Because both of these are used primarily with an associated vegetable product (or two), timing your planting is important. For best results, sow thickly (20 to 30 seeds per foot) every two to three weeks from mid-May through early August. Dill foliage is at its prime for use in sour cream or with fish after about 45 days, and cilantro reaches its prime as an herb just a few days later. If you anticipate using quantities of cilantro for salsa, make your big planting in early July (assuming you'll be making salsa in late August or early September). To avoid oversupply and bolting of unused plants, keep other plantings small (less than five row feet). If you want to use dill for pickling, make your big planting in early to mid-June and as you harvest for foliage, leave one or two plants every two to three inches to develop to the seed head stage (again assuming you plan on pickling in late August or early September).

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Plantings of dill not intended for pickling should also be small (less than six to seven feet). Harvest cilantro well before the plants start bolting to seed (about a foot tall is ideal for most varieties) by loosening the soil around the base and pulling up in bunches, leaving the roots attached. Spray the roots with a garden hose to clean them off, but try not to damage the tender foliage. Harvest dill before seed stalks start to thicken (about ten inches tall) by cutting through the stems with a sharp knife or scissors just below where the foliage starts. Don't wash dill foliage unless it's got dirt in it, and if you do, be sure to dry it off well.

Tarragon is considered by many to be one of the essentials of French cuisine, but true tarragon is very difficult to grow here. (Russian tarragon will grow here, but the flavor is not even remotely close.) Like mint, French tarragon doesn't grow true from seed, but unlike mint, you probably won't find a local cutting to propagate. Instead, you'll pay handsomely for a single plant that is unlikely to survive the winter despite your heroic measures. Try growing chervil instead. Used in many of the same dishes, chervil is an annual that can be direct seeded or transplanted. Thin or set out to stand about six inches apart and handle like parsley.

For an herb that is easy to grow, attractive to bees, striking in the garden, and versatile in the kitchen, try borage. Borage can be direct seeded or transplanted. Seed is big enough to handle easily. Thin or set out to stand about 12 inches apart. The leaves have a pleasant, cucumber flavor and are good before they get large and tough. The elegant blue or blue/pink flowers also have a slightly sweet cucumber flavor and are excellent as a garnish or in cold summer drinks like lemonade. If you don't harvest all the flowers, borage is likely to self-seed, saving you the trouble of reseeding it the following spring.

Cindy Hale, UMD-Sustainable Agriculture Project (SAP) shows students how to recognize new growth on apple trees at a restorative pruning class at the new Lincoln Park Community Garden. Participants helped partially prune these forgotten trees, which Hale estimates are about 50 years old. This particular tree had been marked by bear scratches, so that limb was left in place as an interesting learning feature for families at the community garden.

Hale taught a morning session on pruning young trees at the Grant School Orchard Garden, which will soon be entering its third year in May.





Share all your squash recipes on our One Vegetable One Community Facebook page.

Plus, find recipes and growing tips at www.duluthcommunitygarden.org.

From Acorn to Zucchini... One Vegetable One Community (OVOC) Celebrates Squash

by *Jahn Hibbs*

Squash is native to the Americas and is as versatile as it is diverse. For example, there are over 370 varieties offered in the Seed Savers Yearbook (including an heirloom pie pumpkin called Winter Luxury that I am totally coveting) and there is an interesting eight-page glossary of types available online at <http://www.thenibble.com>. To simplify this mind-boggling array of choices, OVOC will be distributing two types of squash seed packets—summer squash and winter squash. Each will be a mystery pack of varieties—think of it as a surprise inside without having to actually eat Cracker Jacks!

1) Summer squash may include the likes of Raven or Costata Romanesco Zucchini, Yellow Crookneck or the beguiling green and yellow Zephyr. All have a bush habit and a longer harvest window than their winter squash counterparts, so you can be eating the Vegetable of the Year by midsummer!

2) Winter squash may include Acorn, bright orange Kabocha, velvety and ever-popular Butternut, or melt-in-your mouth diminutive Delicata.

OVOC seed packets are available at the Whole Foods Co-op, the Duluth Grill, and the Duluth Public Library (Main, Mount Royal and West Duluth).

New this year—OVOC Blitz Week! Squash are more finicky than kale or beets when it comes to conditions and timing for planting. To help new growers with this timing we're focusing extra outreach efforts to help plant during Blitz Week, the first week of June. Watch the DCGP website, or better yet, follow One Vegetable One Community on Facebook for more information on Blitz Week activities, ways to get involved, recipes, and other upcoming events. Are you interested in hosting an OVOC Blitz Week activity or event as part of your faith community, business, or other organization? We'd love to share your ideas and help promote your event on Facebook. Contact the DCGP office at 218-722-4583 or email garden@duluthcommunitygarden.org.

How do you cook all those squash? Well, we've got a couple of recipes to get you started and will be sharing more in each newsletter. But what we're really looking forward to is sharing YOUR recipes, so don't forget to join us on Facebook. Not Facebook savvy? You can submit your recipe to the DCGP office via email, post, or in person and we'll post it for you.

One Smoothie, One Community *featuring kale, beets, and squash*

by *Carla Powers, Duluth Public Library*

- 1 small beet, peeled and cut into chunks
- 3–4 kale leaves
- ½ small zucchini squash
- 1 banana
- 2 cups green grapes
- 2 cups cold water

Give it a try; it's amazing... I wonder, if we wanted to make it from all local ingredients, could we eliminate the banana and add a little more squash?

The One Smoothie One Community by Carla Powers, featuring kale, beets, and zucchini squash.

This was presented at the Duluth Public Library's cabin fever community event in January.





Squash Blossom Soup

by Jahn Hibbs

adapted from *Kate's Global Kitchen*, Kate Heyhoe

- ¼ stick butter
- 1 onion, sliced
- 12 cloves garlic, minced
- 4 cups chicken broth
- ½ pound squash blossoms (about 4 cups, gently washed with green parts—stems and calyxes—removed)
- 1 cup half-and-half
- salt and pepper to taste
- grated Anejo cheese* for garnish

*Anejo cheese is a Mexican cheese with a dry, crumbly texture similar to Parmesan. You can use Parmesan, which is likely easier to find. Farmers cheese or Monterey Jack are also good substitutions, though they have a different taste and texture—sweeter and creamier.

Melt butter in a large saucepan. Saute onions and garlic, seasoning with salt and pepper. Cook about 5 minutes until onion softens and becomes translucent. Pour in stock and bring to boil; lower heat and simmer 10-12 minutes. Add blossoms and cook 5 minutes longer. Transfer to a blender, food processor, or use an immersion blender to puree until smooth. Strain the soup back into the pot and reheat. Taste to adjust seasoning and garnish with cheese. I also like to add a little jalapeno or serrano pepper with the onions and garlic and top with a tiny bit of fresh cilantro. Probably not traditional, but I like it. Use a light hand so you don't outdo the subtle squash, though!



Seed Saving With Children, part 5

by Bonnie Williams Ambrosi

Our series on saving seeds with children has come full circle! It's almost time to plant the seeds you grew and saved last year. But before you put those seeds in the ground, you and your child can conduct a simple germination test to find out how well your seeds survived the winter in storage.

A seed "germinates" when it wakes up and begins to grow. The "germ" is the tiny part of the seed that lives and grows. The other parts of the seed are the protective seed coat and the starchy endosperm, which provides food for the newly-sprouted seed. In processing cereal grains such as wheat, the germ is sometimes separated from the other parts of the seed, as is the seed coat or "bran;" the endosperm is then ground into white flour. Whole grain flour includes all three parts (the germ, the bran, and the endosperm) and is the most nutritious, for each part has different healthful qualities: the germ contains beneficial oils, the bran adds fiber, and the endosperm has the carbohydrates that serve as fuel.

For your germination test, you will need a plastic bag, two sheets of paper towel, a plastic spray bottle, and ten of your saved seeds (that is to say, ten seeds of the same variety). If you saved several types of seed, test each type separately.

Moisten the paper towels with warm water, gently squeezing them so they are not dripping wet, but there are no dry spots either. Spread out one sheet and arrange the ten seeds on it, then cover with the other moistened paper towel. Carefully roll the whole thing up and slide it into the plastic bag. Close the bag loosely and poke two or three holes in the bag so that the seeds can have air but will not dry out too quickly. Place the bag in a warm (not hot) place, out of direct sunlight. The top of the refrigerator is often a good spot. Most seeds want constant warmth of 65–75 degrees Fahrenheit in order to wake up; while radishes can germinate at cooler temperatures, tomatoes like it even warmer.

Seeds germinate at different rates. Most viable seeds will germinate within 14 days, although a few may take longer. Under good conditions:

- lettuce will germinate in 2–10 days
- beans in 3–7 days
- peas, cucumbers, and tomatoes in 5–7 days
- squashes in 5–10 days
- asparagus in 14–18 days
- leeks in 8–16 days
- carrots in 6–21 days



Every day or two, check whether the paper towels are still uniformly moist. When needed, pull the roll out of the bag and spritz it with warm water using your spray bottle.

Every few days, unroll your paper towels and examine your seeds. Any seeds that have tiny sprouts emerging from them have germinated! Remove those seeds, and re-roll and replace the paper towels with the remaining seeds. The sprouted seeds are usually discarded, but if you prefer, you could plant them in flats or pots of seed-starting soil.

Continue to keep the paper towels moist and warm, checking your seeds every few days until two weeks have passed (or longer if you are testing carrot seed or another slow-germinating variety). At that point, you and your child are ready to do some simple math to compute your seeds' germination rate. Count the number of unsprouted seeds—say there are two left. Subtract that from your starting number of ten seeds, for a total of eight sprouted seeds. Eight of ten, or 8/10, is 80%, and that is the germination rate.

Germination testing is not essential, but it's fun and interesting, and it lets you know how successful you were in storing your seeds safely, and what to expect when you plant them. You can also use a germination test like this to find out whether seed that you've had for several years is still viable or should be thrown out.

If you are very keen on saving a particular variety of seed, you might not want to plant your entire stock in one season. Say you have successfully saved seed from an old variety of bean and have plenty for replanting. Come spring, choose twenty or more of the best, fattest beans and keep them in storage, just in case you have a crop failure.

continued on next page

Finally, at a congenial moment, you and your child might talk about what it means to save something and how that is best done. Our first thought may be of putting something away, out of sight, to protect it and make it last. But this type of saving can become rather lifeless and dry, like saving a comic book inside an acid-free sleeve, never taking it out to read it.

I suggest that many things are best saved by using them. Stories are saved by telling them, songs by singing them, customs by celebrating them, foodways by preparing the food and sharing it. Seeds can remain viable in storage for only a few years; but by planting the seeds, growing them to maturity, and gathering seed to save and plant again, the unique genetic information—the wisdom—of those seeds is saved from generation to generation. Had our ancestors not done so, we would not have the flowers and vegetables that we have today. I find satisfaction in taking my place in that great stream of seed-savers, even in just a small way. I hope you and your children will join me! And I would love to hear about your seed-saving experiences. Please contact me at bonnieambrosi@gmail.com.

Finally, here is a very old song about seeds for you to sing with your children. In its longer version, it is a play-party song, but here is just the chorus. I love it,

for it reminds me of the wonderful mystery of seeds. If you don't know the tune, or if you want all the verses, you can find it on the internet.

*Oats, peas, beans and barley grow;
Oats, peas, beans and barley grow;
Can you or I or anyone know
How oats, peas, beans and barley grow?*

Note: For additional detailed information about saving seed from specific flowers and vegetables, consult Suzanne Ashworth's "Seed to Seed" or Marc Rogers' "Saving Seed."

Katie Hanson's Garden Blog

<http://duluthcommunitygarden.wordpress.com/>

Katie says: The purpose of this blog is to follow one community gardener (me, Katie Hanson) through a gardening season here in the Twin Ports. I plan to share the tools that I use to plan my gardening season, as well as sharing the trials and successes that the season brings. I will make weekly postings about what I'm doing in my garden throughout the season with the hopes that new gardeners can learn from my experience and mistakes, and experienced gardeners will contribute their own insight. I hope that readers will engage with this blog in order to illustrate the vast array of gardening strategies, styles, and techniques out there. There is no one way to grow a garden and I have found that my most valuable tools in the garden are my fellow members of the gardening community I've found with the Duluth Community Garden Program! So please see this blog as an interactive tool to foster greater community among gardeners.

Stay tuned, comment often, and happy gardening!

ANNOUNCEMENTS

DCGP Open House and Member Appreciation

**Friday, March 29,
2:00–6:00 pm**

*DCGP Offices in the Damiano Center,
206 W 4th Street Suite 214*

Any excuse for a party—and you're invited! We're refreshed, refurbished, and ready for spring and reconnecting with our friends and members. Stop by for a cup of coffee or pumpkin punch and other treats. It's a great time to visit, swap stories, get some early seeds, and learn about what's in store for this year in the garden program.

4th Annual Spring Fling Community Garden Kick-Off

**Saturday, April 20
10:00 am–2:00 pm**

*Holy Family Catholic Church,
24th Ave W and 3rd Street in Lincoln Park*

Featuring Gardening 101 mini-workshops, seed sales, new community gardener orientation and sign-up, veggie necklaces and other kids activities, OVOC Squash tasting and more! New this year—cooking demonstrations! Join Shannon Szymkowiak of the Whole Foods Coop as she demonstrates simple and delicious ways of cooking healthfully and affordably with whole foods and fresh produce. This event is free, family-friendly, and open to all.

We are also looking for many volunteers for this event. Community gardeners, this is a fun, easy way to get in your service hours! Contact Rheanna at (218) 722-4583 or rheanna@duluthcommunitygarden.org.

DCGP Seed and Transplant Sale

**Friday, May 24, 4:00 pm –8:00 pm
Saturday, May 25, 9:00 am–5:00 pm**

Peace Church, 1111 11th Ave E.

Free and open to all; 10% discount on all sales to DCGP members.

DCGP Fruit Tree and Shrub Sale

**Opening Day
Saturday, May 4,
7:00 am–12:00 noon**

*Duluth Farmer's Market
14th Ave E and Third St.*

Overstock will be available continuing through May (or sell out) on Saturdays (and possibly Wednesdays) at the market.

Pre-ordering by April 15 is recommended for best selection.

See order form and description inserts.



CLASSES

Here's a shout out to all of our wonderful instructors! Connecting knowledgeable folks for shared learning experiences is such an important part of DCGP's community building work around gardening and good food. We couldn't do it without you! Have a skill you'd like to share? Contact the DCGP office to find out more about teaching a class or participating in an on-site skill sharing opportunity!

To Register for classes:

Registration is required for all classes.

To register, contact Janis Kramer, Duluth Community Education (218) 336-8760 or register online at www.duluthcommunityed.org

For questions or to request tuition assistance, contact DCGP (218) 722-4583.

Gardening 101: Planning Your Productive Garden

Tuesday, March 26, 6:00–8:00 pm

*Lincoln Park Middle School
3215 West 3rd Street Duluth, MN
Instructor: Katie Hanson, DCGP
Gardening Educator and
Master Food Preserver
Class fee: \$10 registration*

One of the challenges in a small urban garden is using space effectively to grow what you want to eat. Learn to make the most of your garden with a little clever planning! Urban gardener, food preserver, and mother Katie Hanson will share tips on successful practices such as succession planting, companion planting, and good rotation, as well as charts that help you determine how much to plant. Then we'll put pencil to paper getting started on your plan. Bring your graph paper and pencils, ideas and questions, and a good list of what you like to eat.

Squash for Spring Cooking the 2013 Vegetable of the Year

Thursday, April 25, 6:00–8:00 pm

*Lincoln Park Middle School
3215 West 3rd Street Duluth, MN
Instructor: Francois Medion
Class fee: \$20 (includes food—
come hungry!)*

Wondering what to do with that giant hubbard squash your neighbor gave you? Have no fear! Learn new ways to handle and cook squash with Francois Medion, urban farm manager of the Duluth Grill. Francois's fascination with food culture—growing and preparing fresh food—is contagious. Come enjoy some great food, great stories and new cooking tips to make you feel like a pro in the kitchen.

Gardening 101 Preparing your Garden for Planting

**Saturday, May 4,
10:00 am–12:00 pm**

*Lincoln Park Community Garden
20th Ave W and 4th Street (upper
side), Duluth, MN
Instructor: Katie Hanson, DCGP
Gardening Educator
Class fee: \$10 registration*

Child care and tuition assistance available upon request; contact DCGP office (218) 722-4583.

In the spring, we're all excited to get those first seeds in the ground, but successful gardeners know that a little extra patience and time spent preparing the soil is worth the effort. Make the most

of your gardening experience through good preparation with experienced urban gardener Katie Hanson. Topics include shaping planting beds to prevent soil erosion, building soil fertility, and proper ways to plant young seedlings. This class is on location at the new Lincoln Park Community Garden, so dress for the weather and prepare to get your hands dirty!

Squash for Spring Cooking the 2013 Vegetable of the Year

Tuesday, May 7, 6:00–8:00 pm

*Lincoln Park Middle School
3215 West 3rd Street Duluth, MN
Instructor: Michael Gabler
Class fee: \$20 (includes food – come
hungry!)*

Wondering what to do with that giant hubbard squash your neighbor gave you? Have no fear! Learn new ways to handle and cook squash with Vegetable of the Year Ambassador Michael Gabler. Michael is an avid gardener, soulful cook, and passionate advocate for empowering folks everywhere to bring more fresh vegetables to their table – especially giant squash. This class will feature recipes from some of the best kitchens in Duluth. Be prepared to get involved, sample some great food, and take recipes home.



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2013 Fruit Tree and Shrub Sale



Fruit growing and pruning references at www.duluthcommunitygarden.org

Apple

\$25.00 Honeycrisp Apple *Malus domestica 'Honeycrisp'*

This exceptional variety was developed from a Macoun x Honeygold cross at the University of Minnesota. This crisp, juicy, sweet apple has a rich flavor. Two week harvest window. Stores well. Very winter hardy. Will pollinate all other varieties. **Bloom:** Mid Season, **Rootstock:** EMLA 7, **Maturity Date:** mid-September, **Fruit Color:** Red, **Zone:** 3; **2-year-old bare root;** **Fruit:** in 3–4 years.

\$20.00 Liberty Apple *Malus 'Liberty'*

A medium size, yellow fleshed dessert apple. Tree is vigorous, spreading, and an annual bearer. Resistant to apple scab, cedar apple rust, fire blight, and mildew. A good choice for the home gardener. **Bloom:** Early Season, **Maturity Date:** mid September; **Fruit Color:** Red, **Rootstock:** BUD 118, **Zone:** 4; **2-year-old bare root;** **Fruit:** in 3–4 years.

\$30.00 Wolf River Apple *Malus 'Wolf River'*

An old variety, hardy and long lived. Best known for its large size, up to 5" diameter fruit. Color is pale yellow to green with carmine-red blushes and stripes. Primarily used as a cooking apple. **Height:** varies, **Spread:** varies, **Exposure:** Full Sun, **Zone:** 4, **Bare root,** **Fruit:** in 5–7 years.

Apricot

\$35.00 Pioneer Chinese Apricot *Prunus armeniaca 'Pioneer'*

Late blooming, ideal for higher elevations and climates prone to late spring frosts. Golden-yellow fruits have a reddish blush, and are sweet, firm and juicy. Trees bear young and heavily. Called a "sweet pit apricot" as its pit is edible and tastes of almond. Self-fruitful; however, yields improve with cross-pollination. **Height:** 10–15', **Spread:** 12–20', **Exposure:** Full Sun, **Zone:** 4, **Bare root,** **Fruit:** in 4–5 years.

\$35.00 Scout Apricot *Prunus 'Scout'*

Fruit is bronze gold, blushed with red. Good for canning and jam, fair for eating. Blooms early May. Produces more fruit with a pollinator. **Height:** 10–15', **Spread:** 12–18', **Exposure:** Full Sun, **Zone:** 3, **Bare root,** **Fruit:** in 4–5 years.

Asparagus

\$1.00 Jersey Knight Asparagus *Asparagus officinalis*

All male hybrid variety. Disease resistant. Very vigorous growth. Large spears. **Bare root**

\$1.00 Purple Asparagus *Asparagus officinalis*

Purple color comes from the high levels of anthocyanins (potent antioxidants) in the spears. Fresh purple asparagus is deeply fruit flavored and tender crisp. **Bare root**

Blueberry

They do best with at least two varieties for pollination.

\$12.00 Chippewa blueberry *Vaccinium 'Chippewa'*

Large, dark blue fruit and good blueberry flavor. Glossy, dark green leaves turn bright red in the fall. Attracts butterflies and birds. **Height:** 30–40", **Spread:** 30", **Exposure:** Full Sun, **Zone:** 3, **Size:** 1 gallon

\$12.00 Northblue Blueberry *Vaccinium 'Northblue'*

Fruit is dark blue, large and attractive with a good blueberry flavor. Glossy, dark green leaves turn to a deep bright red in fall. Attracts butterflies and birds. **Height:** 24–36", **Spread:** 30–40", **Exposure:** Full Sun, **Zone:** 3, **Size:** 1 gallon

\$12.00 Polaris blueberry *Vaccinium 'Polaris'*

A very aromatic, firm berry with excellent flavor. Fruit will store up to 6–8 weeks. Attracts butterflies and birds. **Height:** 3–4', **Spread:** 3–4', **Exposure:** Full Sun, **Zone:** 3, **Size:** 1 gallon

\$12.00 Superior blueberry *Vaccinium 'Superior'*

Productive cultivar with firm berries that are light to medium blue. Attracts butterflies and birds. **Height:** 3–5', **Spread:** 3–5', **Shape:** Upright, **Foliage:** Blue-gray, **Fall Foliage:** Maroon, **Exposure:** Full Sun, **Zone:** 3, **Size:** 1 gallon

Cherry

\$35.00 Evans Bali Cherry *Prunus cerasus 'Evans Bali'*

Deep, dark red fruit 1" in diameter, excellent for baking and fresh eating, much sweeter than other sour cherries. Extremely hardy buds. **Height:** 15–20', **Spread:** 10–12', **Exposure:** Full Sun, **Zone:** 3, **Bare root,** **Fruit:** in 1–2 years.

\$20.00 Kristin Cherry *Prunus avium 'Kristin'*

The fruit is dark red, large, and of high quality. The trees are very winter hardy and productive. Should be planted in sets of two or three varieties to allow for cross pollination. (Stella from Summerland British Columbia Canada and Black Gold and White Gold from Geneva, New York varieties will pollinate other sweet cherry varieties and are self fertile if planted alone.) Fruit matures at end of June. **Rootstock:** Gisela ®6, **2-year-old bare root; Fruit:** in 3–4 years.

Currant

\$15.00 Red Lake Currant *Ribes 'Red Lake'*

Clusters of large bright red berries borne on 2–3-year-old wood. Semi-erect and vigorous. Very productive. Fruits are good for jams and jellies. **Height:** 3–6', **Spread:** 3–4', **Exposure:** Full Sun, **Zone:** 3, **Bare root, Fruit:** in 1 year.

Elderberry

\$15.00 Adams Elderberry *Sambucus canadensis 'Adams'*

Native elderberry. Very juicy, purple berries, excellent for juice, jelly, jam, elixirs, pies, syrups, wine, etc. Late ripening and a heavy producer. They are not fussy about soil type and are adapted to most of the United States. Fruit production is increased when planted with 'York' Elderberry. Also, pollinates with other native elderberries. Very large flower heads. **Height:** 6–12'. **Space:** 10' circle, **Exposure:** Sun to part shade, **Zone:** 3. **Size:** #1 gallon, **Fruit:** in 2 years.

\$15.00 York Elderberry *Sambucus canadensis 'York'*

Perhaps the largest fruit and most productive of any cultivar. High in Vitamin C. Fruit set is normally improved when more than one cultivar is used, such as 'Adams'. Excellent for juice, jelly, jam, elixirs, pies, syrups, wine, etc. Attracts butterflies and birds. **Height:** 10–12', **Spread:** 8–12', **Shape:** Broad, rounded, **Foliage:** Bright green, **Exposure:** Sun to part shade, **Zone:** 3. **Size:** #1 gallon, **Fruit:** in 2 years.

Grape

\$14.00 Bluebell Grape *Vitis 'Bluebell'*

Tender skin and great hardiness. Very good table quality. Large blue fruit. Ripens in early to mid-September in Minnesota. **Height:** Varies, **Spread:** Varies, **Exposure:** Full Sun, **Zone:** 4, **Bare root, Fruit:** in 2–3 years.

\$14.00 Edelweiss Grape *Vitis 'Edelweiss'*

Developed by the University of Minnesota. Most disease resistant grape for our region. Vigorous. Green-white with high sugar content, good "grape" taste. Dessert and wine grape. **Height:** Varies, **Spread:** Varies, **Exposure:** Full Sun, **Zone:** 4, **Bare root, Fruit:** in 2–3 years.

\$14.00 Swenson Red Grape *Vitis 'Swenson Red'*

Developed by the University of Minnesota. Red, with high sugar content. A large, round grape with crisp yet tender texture. Vines hardy to -30F. Grows best with minimal winter sun exposure (needs protection). **Height:** Varies, **Spread:** Varies, **Exposure:** Full Sun, **Zone:** 5, **Bare root, Fruit:** in 2–3 years.

Hazelnut

\$12.00 Extra Large Hazelnut *Corylus cornuta (Extra Large)*

Native hazelnut bred for production of large nuts. Good to have in your planting for show, because people are impressed by big nuts. **Zone:** 3
Hazelnut plants will be available in mid-May for pickup.

Honeyberry

\$20.00 Cinderella Honeyberry *Lonicera caerulea kamschatica 'Cinderella'*

Perfect for any backyard or for full orchard, honeyberries are tasty fresh, on ice cream, baked into pies or made into jams or jellies. The flavor is reminiscent of blueberries, blackberries, raspberries or black currants. Excellent source of antioxidants and Vitamin C. Pollinator for 'Tundra' for fruit set. Drought tolerant. **Height:** 3', **Spread:** 3', **Foliage:** Gray-green, **Exposure:** Full Sun, **Zone:** 3, **Size:** #1 gallon, **Fruit:** in 2–3 years.

\$20.00 Tundra Honeyberry *Lonicera caerulea 'Tundra'*

Berries taste like wild blueberries with a hint of black currant. Great for fresh eating or making jams and jellies. Perfect for a backyard or full orchard. Use 'Cinderella' pollinator for fruit set. Drought tolerant. **Height:** 4–5', **Spread:** 4–5', **Foliage:** Gray-green, **Exposure:** Full Sun, **Zone:** 3, **Size:** #1 gallon, **Fruit:** in 2–3 years.

Kiwi Kiwi are separate male and female plants. Plant one male for every 6 to 10 females.

Hardy Kiwi (*Actinidia arguta*)

Skin of the Hardy Kiwi (*A. arguta*) is smooth like a grape, which it resembles in size. Delicious. Vigorous vine grows 6–12 feet a year once established. Space plants 8–10 feet apart. They will fruit in the shade; part sun is ideal. Covers trellises quickly. They need moist, well-drained soil. One vine may produce 100 pounds of fruit a year! If summer is dry, irrigation will be necessary. Do not mulch up to the stem of the plant. Fruits are loaded with vitamin C and minerals. Use in salads, desserts, pie, jam and wine. **First fruits:** in 2 to 5 years.

- \$19.00 Meader** (male) – At least 1 *arguta* male pollinator plant is required for every 6–10 *arguta* female plants. The male plant does not produce fruit. **Zone:** 4.
- \$24.00 74-46** – (female) Large, round, sweet, aromatic fruit in mid-season. Vigorous and productive. **Zone:** 4.
- \$24.00 Ananasnaya (Anna)** – (female) Large, oval, dark green fruit. Pineapple aroma and taste, ripens to burgundy in the sun. **Zone:** 4.
- \$24.00 Dumbarton Oaks** – (female) Sweet, medium-sized fruit on a vigorous vine. **Zone:** 4.
- \$24.00 Geneva** – (female) Very hardy vigorous vine. Large leaves and large fruit (to 1 inch diameter). Later ripening. **Zone:** 4.
- \$24.00 119-40b** – Self fertile selection that will pollinate other females. Vigorous plant with large leaves. **Zone:** 5.
- \$24.00 Cordifolia** – (female) Medium-sized, sweet, round fruits. **Zone:** 5.
- \$24.00 Issai** – (female) Self-fertile plant is more productive when pollinated with a male. Less vigorous. **Zone:** 5.
- \$24.00 Ken's Red** – (female) Flesh turns red when ripe. Very sweet. Vines are very vigorous. **Zone:** 5.
- \$24.00 Michigan State MSU** – (female) Large fruit of very good quality. **Zone:** 5.

\$19.00 Arctic Beauty Kiwi (*Actinidia kolomikta* 'Arctic Beauty') (male)

Vines grow 10 to 18 feet, making them a good choice for confined spaces. They grow best in partial shade. Space 8 feet apart. 'Arctic Beauty' is often grown as an ornamental, as its leaves are trifoliate with pink, white, and green foliage. Native to Russia, 'Arctic Beauty' is very cold hardy (to -40 F). Shoots are sensitive to frost damage. Pollinator for 'Red Beauty'. This is a male plant which produces no fruit. **Zone:** 3.

\$24.00 Red Beauty (*Actinidia kolomikta* 'Red Beauty') (female)

Requires male 'Arctic Beauty' pollinator. Fruits well in shade. Mature vine produces up to 25 pounds of 3/4-inch diameter, smooth-skinned and emerald green fruits. Vitamin C content 20 times higher than citrus. Blooms later than *arguta*. Hardy to -40F, but shoots are sensitive to frost damage. **Zone:** 3.

Peach

\$35.00 Contender Peach *Prunus x 'Contender'*

Freestone, bright yellow flesh. Cold hardy, tolerates spring frosts. Sweet, extra-juicy, absolute delight for fresh eating, canning, baking, and freezing. Self-pollinating. Ripens mid-to late August. **Height:** 12–15', **Spread:** 15–18', **Exposure:** Full Sun, **Zone:** 4, **Bare root, Fruit:** in 4–5 years.

Plum

\$30.00 Mount Royal Plum *Prunus 'Mount Royal'*

Blue European Plum. Good eaten off tree. Excellent for dessert, jam and preserves. Tender, juicy flesh. Considered the best blue cultivar for Wisconsin and Minnesota. Self-pollinating. **Height:** 8–12', **Spread:** 6–10', **Exposure:** Full Sun, **Zone:** 4, **Bare root, Fruit:** in 3 years.

Raspberry

\$5.00 Anne Raspberry *Rubus idaeus 'Anne'*

This is a fall bearing (primocane) variety with tall upright canes which produce large, conical, pale yellow fruit with sweet flavor and texture. Plants will multiply quickly to create a large berry patch in a few years. **Height:** 4'–5', **Spread:** 2'–3', **Exposure:** Full sun, **Harvest:** late August to October, **Zone:** 4, **Bare root**

\$5.00 Polka Raspberry *Rubus idaeus 'Polka'*

Fall bearing (primocane) variety produces a high yield, large, deep-red berries with an exceptionally sweet flavor, outstanding shelf life, firmness, and disease resistance. Ready to harvest from late July through to October. Virtually spine-free. 'Polka' likes weakly acidic soil. Vigorous upright growing habit. **Height:** about 3 ft., **Exposure:** Full sun, **Harvest:** July to October, **Zone:** 4, **Bare root**

\$5.00 Royalty Raspberry *Rubus strigosus 'Royalty'*

Most popular purple raspberry. Very productive. Long thorny canes. Large, sweet fruit. Excellent for fresh eating, jams and jellies. Can be picked slightly immature as a firm red berry. Attracts butterflies. **Exposure:** Full sun, **Harvest:** Late season, **Zone:** 4, **Bare root**

Strawberry

\$.50 Tristar Strawberry *Fragaria 'Tri-star'*

Everbearing, day neutral variety with very firm dark glossy red skin and flesh, excellent flavor, medium–small size. Disease resistant, but susceptible to leaf spot. Moderate runner. Good for containers. **Height:** 6–8", **Spacing:** 12–15", **Exposure:** Full Sun, **Foliage:** Green, **Harvest:** 'Tri-star' produces a heavy early crop, a lighter summer crop, and a good yield again in the fall. Late August is production peak in planting year. You can expect them to be productive for two years. **Zone:** 4, **Bare root**

