



WEEKLY WEEDER

June 22, 2023

1. Successful 'Show and Taste' Event with Recipes
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4. Notes from the Education Committee by Ila Falvey
5. Sunshine Notes from Marsha Riti

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Photo by Iris Slevin

Successful 'Show & Taste' Event!

The Show and Taste Event was informative and fun. The winner for the best tasting tomato was "Black" grown with seeds from Territorial Seed Company by Jim Willmann.

Delicious salads using Sunshine-grown produce were provided by Cathy Camp, Val Harris (wife of Walter Kuhl), and Carol Limaye.

Cathy Camp's recipe

Lentil Salad

Cathy made this salad with Trader Joe's Bruschetta Topping instead of the homemade salsa Deb calls for: <https://smittenkitchen.com/2022/01/my-favorite-lentil-salad/>

Val Harris' recipe

Simple Tomato Salad Lemon Vinaigrette Dressing

1/2 cup EVOO

3 Tbsp fresh-squeezed lemon juice

1 tsp anchovy paste

1 Tbsp Dijon mustard

1 large garlic clove, crushed

1/4 cup water 1 tsp freshly ground pepper

1 tsp kosher salt

Whisk together olive oil, lemon juice, anchovy paste, and mustard. Squeeze garlic clove through a press into the mixture. Whisk in water, pepper, salt. Set dressing aside. Tomatoes: 2 pounds of cherry or grape tomatoes. Cut tomatoes in half vertically. Combine with dressing in a large non-reactive bowl and cover. Stir occasionally before serving.

Note: We often make the dressing and simply pour over small amounts of tomatoes as needed, rather than make a larger batch of salad.

Carol Limaye's recipe

Cucumber salad will be in a future Weeder.

Finally, I made tomato jam - very tasty, easy, and a good use for Juliet tomatoes (or any other kind).

Chop 1.5 lbs of plum tomatoes (or others but they will have more water) and spread them on a cookie sheet with a lip.

3/4 cup sugar

! TBSP Kosher Salt

1/4 tsp cinnamon

1/4 tsp red pepper flakes

1/4 c. apple cider vinegar

Mix all ingredients together on the cookie sheet and spread evenly. Bake at 375 F for about 1 hour. But check and stir every half hour. It might take longer or shorter depending on the water content of the tomatoes.

After an hour check frequently. The jam will be ready when it starts looking jam/jelly-like

Watch it so that it doesn't burn

You can store it in the refrigerator for weeks.

— Submitted by Ila Falvey



Tomato Info Needed

Calling all gardeners! While it is still fresh in your mind, please let me know (jartdaht@gmail.com) which varieties of tomatoes, peppers and eggplants stood out in your garden. It helps refine the plant sale list and adds to Sunshine's community knowledge. Thank you! — Submitted by Randy Thompson



Purple Martin Shades

Happy Solstice to all!

At the gardens today, I crossed paths with two birder friends, Andy and Julia, who were there to help Dana, a Sunshine gardener who manages the martin houses. They were there to affix old yard signs as shade to a few of the martin houses that still have nesting pairs. Andy said they have done this for a few years when it's extra hot and the martins nest into late June and early July. — *Submitted by Susan Van Haitsma*

Garden Education by Ila Falvey

The weather was bearable at the beginning of June but it has been difficult to deal with for several weeks. Gardening is NOT enjoyable in this hot and humid weather but there are gardening tasks that you have to do to protect the soil (mulch) and reduce disease and insect infestation (don't let fruit rot on the vine).

I suggest pulling up your tomato plants if they are mostly dead. Eggplant and peppers will make it through the summer if watered and mulched and will

probably produce again in the fall.

For this time in the garden, you should do the following [as suggested by Paula Wolfel, TCMG](#) (text below copied from Paula's blog post)

1. Watch out for pests:

- [Conchuela stink bugs](#) (*Chlorochroa ligata*) and [squash bugs](#) (*Anasa tristis*): pick by hand and squish or drown in soapy water, or use a handheld vacuum and suck them up.
- Striped cucumber beetles ([Acalymma vittatum](#)) and spotted cucumber beetles—they look like yellow lady bugs ([Diabrotica undecimpunctata](#))- remove them by hand and squish or drown in soapy water.
- Aphids: the best defense is lady bugs and they should arrive naturally. You can also spray with a hose, spray soapy water on the plant, or remove with tape.
- Snails and slugs, pill bugs, cabbage loopers, and caterpillars: remove by hand or place half-full, shallow containers of beer into the ground in shady areas as traps.
- And coming soon will be my least favorite: the squash vine borer. There really isn't any treatment or prevention for these pests. You can place insect screens or plant netting on top of the plant from its earliest stages and hand pollinate. Otherwise, the only thing that can be done is simply buying time to get some harvest. Every morning and evening, bring tape to the garden and search the leaves (both sides) and the stalk and have the tape pull the eggs off of the plants.
- What to do:
 - Encourage [beneficial insects](#) such as spiders, lady bugs, praying mantis, lacewings, wasps to come to your garden. Birds, lizards, and snakes also help.
 - [Powdery Mildew](#) is the main disease to watch for this month. It's a fungal disease that affects many plants in the garden and is prevalent during times of high humidity.

2. Maintenance

- Always keep up with the weeds so they don't have the opportunity to set seed.
 - Keep up with your harvest to limit damage from critters and insects.
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The lovely icons for this section were created by Marsha Riti



Heat Advisory

Summer is here so please take caution when working in the garden. Stay hydrated, wear sunscreen, and a hat. Also, remember we have a "cool room" in the trailer where the AC is running, and there are popsicles in the freezer. Please read this article from the CDC about [Heat Stress Related Illness](#).



Service Hours are Due

Sunshine Community Garden and TSVBI service hours are due at the end of this month. If you are unsure how many hours you have left to work please check the [Green Binder](#).



General Workday

Need service hours? There will be an evening general workday Monday, June 26 (6:00-8:00pm) hosted by Marsha Riti.



Beautification Committee Workday

Need service hours? There is always a workday every Sunday (9-12pm) in the flower beds around the trailer. Hosted by Matthew Johnston.



Kid's Garden!

Thanks to the volunteerism of Sunshine gardeners, Sunshine is ready to get young members of the community gardening. While there is more to come, in terms of tools for the kids and shade areas, the beds are ready for the kids to start planting!

Gardeners who made contact about sponsoring a child aged 5-11 will be contacted soon by the Children's Garden Zone Coordinator, Pam Kirby. We still have some available beds for children. If you are a garden member in good standing and wish to sponsor a child who would enjoy gardening in his or her own 3x3 bed, contact [Pam](#) for further information.



OMG, Cars, slow down!

Please drive slowly (3 MPH) in the garden. There are cats, kids, and gardeners who use this space, and we need it to be safe for everyone.



Mowers and Weed Whackers

Don't know how to use the gas or electric grass cutting equipment? Please contact:

[Steve Camp](#) (electric mowers / weed wackers)

Ray Porter (gas mowers)



More grass than garden?

Please clean up your plot. If you have health issues that are keeping you from working on your plot contact your Zone Coordinator or the Vice President for assistance. Also, if you'd like to fallow your plot for the rest of the summer, posted below is how to do that (taken from page 28 of the Handbook). Please make sure your Zone Coordinator or Vice President knows you are fallowing your plot.

Fallow Season or Cover Crop

Occasionally, members may choose to leave a plot fallow for a season. This is a good practice to provide the soil a break. Fallow plots should be cleared of plants and weeds, then covered completely with compost and then cardboard, a thick layer of leaves, or other material that allows water to permeate. Avoid using plastic as it creates a good environment for fire ants underneath, and water pools on top. An alternative to a fallow season is to plant a cover crop to serve as green manure; this can be turned under at the end of the season to condition the soil. Consult the literature or local garden center for details on this technique for soil improvement.

Contact both [Kristin Phillips](#) & [Maria Beach](#) to contribute the Weekly Weeder.



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