

Beds #5 and #6, the 'Iowa' plot, features corn and beans. We are growing soy beans, black beans, Painted Pony beans, Red Stalker decorative corn, sweet corn, strawberry popcorn, and Abbe Hills field corn. Can we make tofu from scratch? Can we grind our field corn to make tortillas? We plan to use an electric fence to keep the raccoons out. Follow our progress on these and other goofy projects at the Smart Alecky Gardener blog at www.newpi.coop

Bed #7 is a big plot of several kinds of garlic, both hard and soft neck. Our worm composting facility is here as well, employing red wiggler worms to eat our compost and make fertile castings for the gardens.



Doug Paul, of Harvest Farm and Preserve, rents the land for the garden to the Co-op for a dollar a year. Gardeners love that Doug supplies water to the garden. Doug's wife Linda Paul had the idea for the garden at this site.



earth source
Gardens

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Welcome!



Garden coordinator Theresa Carbrey, shown here in the Iowa beds (soy and corn), works and plays hard trying to make Earth Source Gardens an educational show place.

New Pioneer Food Co-op created

Earth Source Gardens in conjunction with Harvest Farm and Preserve to show how gardens can contribute significantly to our community's nutrition, sustainability, and enjoyment.

The garden is sited on high ground and boasts fertile soil.

Our second spring at Earth Source Gardens has been alternately hot and rainy. Radishes have come and gone from the Co-op demo beds, but lettuces and peas thrive.

Let's see what each of the seven Co-op demo beds offer.

Bed #1 introduces the fledgling effort nicknamed the 'Full Plate Club.' Growing food for the hungry in our community reminds us that we want everyone to have access to nutritious food. We will share these zucchinis with the Crisis Center & Shelter Home. Bed #1 also contains the 'Preservation' garden, featuring tomatoes suitable for canning, cukes and dill for pickling, and basil for making and freezing pesto.

Bed #2 has 'Sequential' plantings. The lettuces will fade in the summer heat and be replaced by green beans, showing how a plot of land can be used for different crops over the season. Cilantro bolts to seed quickly, requiring successive plantings to keep this delightful herb available.



Cauliflower and broccoli are members of the cabbage family, featured here as part of the Dr. Terry Wahls "deep nutrition" plot.



Steph Catlett picks peas in mid-June. We appreciate Steph's assistance with communications for Earth Source Gardens.



Garlic plants set scapes (curving flower heads) in mid-June. We will dig the garlic in August, and may offer garlic braids as door prizes at the October 29 Co-op Annual Member Meeting at Old Brick.



Co-op Board member Jen Knights admires early pea production. Thank you to the Co-op Board and top management for their support for this community garden.

Bed #3 invites you to grow 'Salsa' ingredients. It features cilantro, onion, tomato, and peppers in various levels of chili heat. Even a melon can be used in salsa, so return July 22 for the next garden tour and sample melon salsa! Edible flowers include pansies, cilantro, nasturtiums, and chives.

Bed #4 shows you can grow colorful vegetables in your garden in accordance with Dr. Terry Wahls' concepts. Dr. Wahls suggests eating three cups of colorful vegetables each day (beets, carrots, winter squash), three cups vegetables from the cole family (kale, broccoli, cauliflower, kohlrabi, red and green cabbage, Brussels sprouts), and three cups of onions and garlic.

Along the back of the garden on the trellis we are growing sugar and snap peas, cucumbers and sunflowers. Hidden in the back are purple potatoes and sunflowers.



ES gardens coordinator Theresa Carbrey picks lettuce, which did well in the wet spring weather.