

Heavy rains have leached nitrogen from the soil, causing the corn to be a pale green. Side dressings of compost should help. The earliest of our sweet corn is tasseling, so is the decorative 'Indian' corn. The close proximity of these two varieties may play havoc with both. Will we see colorful 'Indian' corn kernels in our sweet corn? In an effort to protect the corn from raccoons, we will establish an electric fence. Thank you to Loren Leach and Gary Wolf of the ESG Working Group for their help with this project! Our Earth Source Gardens Co-op demo bed soybeans have a future: look for a 'Tofu from Iowa Soybeans' class September 28 in the fall line-up of Co-op classes.

### Plot #7

Garlic is planted in October and harvested in July. Fresh or "green" garlic is quite pungent and hot. 'Curing' (a short aging period) tempers the garlic flavor. Come see how garlic lover Roxane Mitten creates garlic braids from soft neck garlic. Our worm composting facility is here as well, employing red wiggler worms to eat our compost and make fertile castings and "worm tea" for the gardens.



Roxane Mitten, holding a leek, has played a key role in Co-op demo work, both planning and maintaining beds. Rox grows onions and leeks from seed.



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Working Group member Brenda Pearson admires early beans.

Welcome!



Garden coordinator Theresa Carbrey, shown here examining the red pollen of decorative corn, dreams of making hominy from scratch.

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.

### First the bad news:

Relentless rain in June and July caused flooding in the eastern end of the Earth Source Gardens. Even at the top of this hill, saturated soil pooled to drown plant roots. Several beds were replanted entirely. Beds at the western end with less clay in the soil seemed to fare better.

### Now the good news:

Drier days and high temps delighted the peppers and tomatoes even as lettuce and peas faded from view. Onions loved the moisture, and the weeds went crazy!

We hope to share helpful gardening approaches in our seven Co-op demonstration plots:

**Plot #1** Zucchini, in various styles, and yellow crookneck squash produce generously for the Full Plate Club, the informal moniker for vegetables grown to be donated to the hungry. The "Preservation Corner" in the back offers paste tomatoes for canned sauces, basil for pesto, and dill for pickling. Note the giant horseradish, which threatens to overtake the herb plot.



Zucchini and kin go wild with abundant rain.

**Plot #2** Edible flowers, and flowers which may be dried, share the front of this bed with eggplant. (Roast and peel eggplant, then mash with tahini and lemon to make the delicious Middle Eastern spread Babbaganoush.) Green beans, onions, carrots, and red and yellow beets fill orderly rows along the back of the bed. This traditional row method allows beginning gardeners to recognize seedlings easily, and to hoe accurately along a straight line.

**Plot #3** The popular Mexican herb cilantro "always" goes to seed, no doubt inspired by the summer heat. Keep a steady supply of this fragrant herb on hand with sequential plantings. In these beds you may observe young cilantro, ready to eat

Heirloom tomatoes, peppers, onions, and eggplant can be made into great salsa and ratatouille.



Working group members Loren and Joanne Leach teach garden classes and maintain charming beds.



cilantro, blooming cilantro, and 'over-the-hill' cilantro. Cilantro is a popular ingredient in salsa fresca, or fresh (uncooked) salsa. Other key ingredients seen in this bed include tomatoes, onions, and peppers (both hot and bell).

### Plot #4

Plants from the cole family (kale, broccoli, cauliflower, kohlrabi, red and green cabbage, Brussels sprouts) and other colorful veggies star in the healing diet suggested by Dr. Terry Wahls. The broccoli tried repeatedly to bloom, but we ate the tender buds so it continues to produce. Cabbages are ready now, as beautiful as giant flowers. The cauliflower, now gone, was a bit tough and green as we did not wrap it up in its leaves to blanch it, alas. Beets, carrots, winter squash, and onions continue to grow strong in fertile soil with abundant rain. Time to eat the thinnings!

### Plots #5 and #6

The 'Iowa' bed features corn and beans. Here we are growing soy beans, black beans, Painted Pony beans, Red Stalker decorative corn, sweet corn, strawberry popcorn, and Abbe Hills field corn.



Coleslaw anyone? Cabbage is a generous and nutritious vegetable.