

# Many Hands

Occasional Newsletter of the Port Royal Community Garden

September 2006

## Community Garden Calendar:

- **Urban Farmers Fall Fair** Sunday, September 24<sup>th</sup> 10 am to 4 pm
- **Community Garden Meeting** Tuesday, January 30, 2007 - 7:00 pm, Queensborough Community Centre



## What are you going to do with all that zucchini!?!?

### Zucchini and Sausage Burgoo

- 1 lb pork sausage
- 1 onion, chopped
- 1 green or red pepper, chopped
- 2 celery stalks, chopped
- 1 can stewed tomatoes, slightly chopped
- 1 tsp salt
- pinch of cayenne (hot red) pepper
- pinch of pepper
- pinch of paprika
- 1 zucchini, thinly sliced



Chop sausage into bite-size pieces and brown. Add onion, pepper and celery and cook for a minute or so. Add tomatoes and spices. Simmer until slightly thickened, about 1/2 hour. Add zucchini slices and mix in; cook an additional 10 to 15 minutes. Serve over rice.

## Calling all Composters...

It appears that again we are in need of people willing to help with the Community Garden composting program. If you're interested, please come prepared to discuss it at the January meeting.

## Cardoon Contest

Earlier this summer, community garden member **Marilyn Pitt** kindly and generously sponsored and organized a contest for the kids of Port Royal – to draw a picture of the monstrous cardoon plant growing in Plot #2, and to give it a name. Several fabulous entries were received, and the growers of the cardoon had the difficult task of judging.

The colourful creations were on display on the garden notice board – did you happen to see them? Thanks to Marilyn for this great idea, and for giving of her time and energy in fostering this community activity centred around the garden!

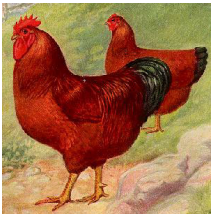


## Plot Clean-Up

It's been a good growing season. Many of the garden plots are overflowing with flowers and produce, and, well, overflowing! So, as September wanes, it's time to do a bit of tidying. We've given ourselves until Thanksgiving weekend (October 7-9) to have plots looking good for the winter. Thanks, everyone! As noted at the Sept 12<sup>th</sup> meeting, "we are on display"!

## Urban Farmers Fall Fair – Don't Chicken Out!

Sunday, September 24<sup>th</sup> from 10 am to 4 pm. The theme is chickens. Thanks to **Morena Zanotto** for organizing the Port Royal Community Garden table for the fair. If Morena has not already contacted you, and you would be available to sit a one-hour stint at the table that day, please call her at:



Home: 604 515 1182  
Work: 604 291 9900 ext. 237  
Mobile: 604 619 2938

## In Our Next Issue...

- ❖ Feeding your garden
- ❖ Early vegetables
- ❖ Organic weed control ... and more!

## Contact Us

If you'd like us to include anything in the next newsletter, please call us at 604 522 8144 or contact Karen at [karenjustice@shaw.ca](mailto:karenjustice@shaw.ca) or Douglas at [douglas.justice@ubc.ca](mailto:douglas.justice@ubc.ca).

## Port Royal Community Garden Web Site

Have you seen our web site? You can find it at <http://garden.myteam.ca/>. Please note that a PDF version of the *Many Hands* newsletter will be posted for downloading on the site. Thanks to webmaster and community garden member **Jamie Meades** for providing this service.

## Thanks!

Big thank you to **Jamie** and **Liane** for all their help with the community garden barbecue on July 9<sup>th</sup>! This event was greatly enjoyed by all who were able to attend.



DANDELION  
*Lactuca taraxacum* L.  
CICHORY FAMILY

## Weed Alert

Mild weather means continuous weed growth. Remove weeds from your garden plot before they flower and set seeds. This will make next year's weeding significantly easier. Make sure that you remove the whole plant, including roots. Weeds in the joints between paving stones are easily removed with a long flat-head screwdriver.

## Got Aphids?



Aphids are probably the most common and most visible of all pests in the vegetable garden, and there are lots of different kinds. Some are specific to a single plant species or group of species, but most aphids in the vegetable garden

are generalists, feeding on a variety of crops and ornamentals.

Aphids are insects that feed on plant sap by inserting their siphon-shaped mouthparts into the veins of actively growing tissues. This generally causes a slowing of growth (the aphid is stealing food produced by the plant). On developing tissues, such as expanding leaves, or fruits, this feeding can cause permanent distortion. Because plant sap is sugary and under pressure, aphids obtain nourishment, but excrete what their bodies cannot assimilate (otherwise, they'd explode). The excess sap creates a sticky mess, which often attracts ants. Ants are known to "farm" aphids, moving them to fresh feeding sites and protecting them from predators.

Controlling most aphids can be challenging, not just because they are ubiquitous, moving easily from crop to crop (when food starts to run low, winged offspring are produced), but also because their numbers build quickly when conditions are good. Luckily,

aphids have soft bodies and are greedily eaten by a huge number of animals, including insects such as ladybird beetles and green lacewing and hoverfly larvae. Aphids are clearly the "salad bar" of the animal world. Obviously, we need to encourage such beneficials in our gardens, but aphids can often cause significant damage before beneficials become established.

On a small scale, aphids may be easily dislodged with a strong spray of water from the hose. Repeated blasts, a few days apart, can work well. An application of soapy water is also extremely effective on aphids (and many other soft-bodied insect pests). Commercial insecticidal soaps are formulated either with pyrethrums (a plant-based insecticide) or alone and are the most effective and quickest way to dispatch an aphid infestation. The most important thing to remember is to check your plants on a regular basis. If you see pests, don't wait for them to build up to damaging proportions.