



Garden is located at Zion Lutheran Church, 1000 Washington Ave .



Carlton Farmer's Market:

Hours: Saturdays 9am-12pm at the Cloquet location: 904 Hwy 33 south (in front of Premiere Theatres)

Tuesdays 4-6pm at the Carlton location: 4 Seasons Sports Complex

Stop by the Carlton Farmer's Market for a wide selection of fruit, vegetables, bread, and other treats. The Saturday Market also has children's activities and features weekly demonstrations!

Everything sold at the Carlton Farmer's Market has been grown, created, or produced within 50 miles of the Cloquet/Carlton area, making it the perfect way to support local agriculture.



Garden Education: Soil Enrichment

By: Tom Richards, CCG Volunteer

Since sampling the soil and receiving a soil test report back from the U of M in the fall of 2015, volunteers with the CCG have been working to improve the soil for this year's crops. Last year, lime was incorporated into the soil to adjust the pH (level of acidity), and buckwheat and cereal rye were grown as soil organic-matter builders. This spring, rock phosphate (for phosphorous) has been worked into most of the beds and langbeinite (mainly for potassium) has been applied to all of the beds. In addition, some beds have received some alfalfa and soybean meal to boost the levels of available nitrogen, even though probably most of the beds will likely need no additional nitrogen this growing season because of all of the decomposed and decomposing organic matter in the soil.

What all of this means is that the soil should be in very good shape in terms of fertility for this year, and there should be a good foundation for

Garden Gossip

A group of 6 volunteers got together on June 15th to lay the remaining pavers for the community garden. The pavers provide a stable surface for walking and additional soil control. Thank you to everyone who helped out with this heavy job!

As of the end of June, most of the garden plats have been reserved. The plots that were not reserved have

next year to build on. The only nutrient that some gardeners might want to boost would be nitrogen but that probably can wait for now.

As important as good soil fertility is, research and practice have shown that compacted or constantly wet soil can have a greater adverse effect on plant health and productivity than fertility deficits or imbalances.

Overwatering puts extra weight on the soil, forcing air out of pore spaces and replacing it with excess water, and even reducing pore space volume altogether--both harmful to soil structure and the health of soil organisms and plants. So if the soil in your garden bed seems compacted or too wet (pale or yellowing plant leaves are but one indicator), consider loosening it up with a fork, hoe or (hand) cultivator--being careful, of course, not to disturb plant roots. Just by periodically breaking up a crusted soil surface, you will help the soil breath and also get ready for the next rainfall.

been designated community plots and have been planted with various vegetables and flowers to be donated to local food shelves.

Just a reminder- the 2nd Thursday of every month is CCG Work Day from 3-6pm. There will be a CCG volunteer on hand to provide direction and answer questions. Please join us if you can!

A Warm Welcome from the Garden Coordinator

By: Ruth Jorgenson

Hi! I have the title of "garden coordinator". I'm not sure what all that title entails, but I was bestowed the title by the CCG planning group. The idea for a community garden started in earnest two years ago. A survey of community persons said, "yes, we need and want a community garden." A call went out for interested parties to establish a core group of dedicated people to develop said garden. After a year of meetings to acquire ideas, desires and needs, we put those dreams to work. Summer of 2016 found us working the soil. One of the most important aspect of

gardening is the soil. We wanted to have CCG be a successful endeavor. We believed the time and effort into preparing the soil for garden plots would pay greater rewards in the long run. Fast forward to 2017 and the ground is ready for individuals to plant their garden! Enjoy your time in the garden! I look forward to meeting you and sharing ideas. The CCG Committee meets the first Thursday of every month at 1:30pm at Zion Lutheran Church. Please join us! If you have any questions, you can call me at 218 -384-4202. Happy Gardening!



Why plant buckwheat?

To prepare the soil for the 2017 garden season, CCG volunteers planted two rounds of buckwheat last summer. Planting buckwheat helps aerate the soil, improves soil structure, promotes microbial growth, and helps retain soil moisture. Volunteers also planted rye in the fall to help discourage weeds and provide additional nutrients for optimal soil health.



Did you know?

By: Tom Richards, CCG Volunteer

We all know water is heavy--about 8 lbs. per gal. But we may not really know how many gallons of water are needed to apply 1" of water (a usual amount recommended for a deep watering) to 1 sq.ft. of soil surface. It's about 6/10 gals. So to cover 5 sq. ft., we need about 3 gals. and 50 sq.ft., then, requires just over 30 gals.--almost 1/3 of the water in one of our 100 gal. stock tanks collecting rainwater off of the church roof!

Tip: If and when you choose to water your garden bed, know how much you need, so as to water efficiently, effectively and responsibly. Rain falling directly on the garden should provide most of what's needed--as it has thus far this growing season.

Something to Smile About

Mounting evidence shows that a number of health and behavior problems, including anxiety and depression, are directly linked to the amount of time you spend outside. For children, especially, this can constitute a "nature-deficit disorder." Gardening staves off blues, provides an outlet for creativity, and nurtures a sense of pride and accomplishment when you harvest those juicy red tomatoes.

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Chopped Caprese Salad

Ingredients:

- 10oz cherry tomatoes, chopped in half
- 8 oz whole milk mozzarella, cut into 1/2 inch pieces
- 1/4 cup fresh basil, chopped
- 2-3 Tbsp balsamic vinegar
- Salt and pepper to taste

Directions:

Toss all ingredients in large bowl. Refrigerate until ready to serve. Enjoy!

