

WTCGG



Washington
Township
Community
Garden

NEWSLETTER: The Healthy Gardener

Why do I garden? The rewards are many and are the motivators. There has been much written over the years about the physical and mental benefits of gardening. [Here's an article on the subject.](#)

How does it make me feel younger when the aches and pains of bending and lifting increase as I age? The pains are mostly muscle related and I know that is a good thing. I am getting stronger as my muscles get stronger. I guess I relate strength to youth.

One of the problem issues with aging has always been muscle shrinkage that causes weakness that in turn reduces our balance control. Without balance or strength the chance of falling, dropping objects thusly hurting ourselves increases. Many people become even more sedentary from fear of injury or just the tiredness from everyday efforts. People can build muscle at any age, as tests in nursing homes have proven.

SO GARDEN! It will keep your body and mind young.

-Denise Tedeschi



"Though an old man,
I am but a young gardener."

Thomas Jefferson

AUGUST GARDENING

CHORES: *From the website:*
www.awaytogarden.com

I SOMETIMES THINK THAT AUGUST, not April, is the cruelest month (though T.S. Eliot famously thought otherwise, and spelled it cruellest for good measure). Hazy, hot and humid...and plum tuckered out. But give up we must not. Every weed pulled now is a hundred you don't have to deal with later (well, who knows the precise math of mama weed to baby weed, but you get the idea: prevention). Don't let them go to seed.

WATERING IS another major focus; if you're dry, don't waste water on lawns, which will bounce back from brown in time when cooler, moister days return. Target your offerings to the most precious subjects, particularly recently planted things.

MAKE A PASS through each bed each week, since weeds are not just unsightly but steal moisture, nutrients and light from desired plants. Top up mulch in all garden beds if washed or worn away to help in the plight.

AS AREAS COME EMPTY from harvest, build vegetable-garden soil by sowing cover crops: medium red clover now, or perhaps winter rye if you don't do some areas till mid-fall. These "green manures" will be turned under to improve soil tilth and fertility.

SOW ANOTHER CROP OF PEAS right now for fall harvest (and perhaps freezing for offseason use). Shelled peas from the freezer really make risotto in January taste like summer.

(cont'd page 2)

MORE CHORES TO DO

(cond' from page 1)

KEEP ASPARAGUS well weeded. Let asparagus ferns grow till frost to feed the underlying crowns.

DID YOU HARVEST GARLIC? Save the best heads for replanting this fall, the ones with the biggest cloves (or order more for fall delivery).

ANOTHER SOWING of chard, radishes, arugula, spinach, turnips, beets and lettuce means succulent fall crops. With salad greens, sow small amounts now and again in 10 days.

Direct-sow one more row of bush beans if you don't have later-producing pole beans to rely on for harvest now through fall, but do it fast.

DID YOU START MORE BASIL from seed? Young, fresh plants sown immediately will be better than woody old ones for combining with fall tomatoes. Is there enough fresh dill coming for late pickles? For peak flavor, basil, sage, marjoram and oreganos, mint and tarragon are best harvested just before bloom. Harvest lavender, rosemary and chamomile as they flower, blossoms and all.

I FREEZE MANY HERBS, including parsley, rosemary and chives, or make them into pesto to freeze as well.

DAYLILIES can be dug and divided as they complete their bloom cycle, right into fall, if needed.

PEONIES are best divided and transplanted in late August through September, if they need it. Remember with these fussy guys that "eyes" must not be buried more than an inch or two beneath the soil surface. Want more peonies? Now's the time to order.

MANY POPULAR ANNUALS can be overwintered as young plants if you take and root cuttings now rather than try to nurse along leggy older specimens. Geraniums, coleus, wax begonias, even impatiens (to name just a few common ones), if grown in good light indoors and kept pinched and bushy, will yield another generation of cuttings for next spring's transplants. Probably best to expend this effort and space on things you really treasure, or an unusual form of something, not the garden variety.

MANY PERENNIALS and biennials can still be started from seed if you hurry, then set out in the fall into nursery beds.

DEADHEAD FADED PERENNIALS and summer bulbs unless they have showy seedheads, or you want to collect seed later (non-hybrids only).

ORDER BULBS to get varieties you want. Remember our "early, middle, late" mantra when doing so.

PREPARE NEW beds for fall planting by smothering grass or weeds with layers of recycled corrugated cardboard or thick layers of newspaper, then put mulch on top.

RE-EDGE BEDS to make a clean line and define them, and keep edges clean with regular fine-tuning with grass shears. A clean edge makes a big difference, as does topping up the mulch a bit.

IF YOU ARE IN JAPANESE BEETLE territory, handpick (as with other obvious pests like tomato hornworms) in early morning and drown in a can of water to reduce infestation. Plan to try to reduce grub population with nematodes.

GARDENS NEED an inch of water a week from you or the heavens. Check your rain gauge to make sure they get it, and remember: Soak deeply in the root zone, don't spritz things with a sprayer now and again like you're washing the car. That's a garden no-no. Pots need extra attention, especially smallish ones in sun, and they also need regular feeding. Be alert.

**NO LIFE
IS WITHOUT
DIFFICULTIES
NO GARDEN
IS WITHOUT
WEEDS**

C.L. Fornari

Snyder Farm Open House and Great Tomato Tasting

Wednesday, August 26, 2015 - 3 to 7 p.m.

Clifford E. and Melda C. Snyder Research and Extension Farm

140 Locust Grove Road, Pittstown, NJ (directions)

The Great Tomato Tasting at Snyder Farm, one of the most popular events organized by the New Jersey Agricultural Experiment Station and Rutgers Cooperative Extension, will take place on August 26, 2015 (rain or shine) and will offer more than ever to experience and enjoy.

Starting with the actual tomato tasting, this year there will be more than 60 heirloom and hybrid varieties of beefsteak, plum, cherry, and grape tomatoes to sample. Other produce, as well as varieties of basil and honey, will be available.

Activities will include a chef's cooking demonstration and

tasting, guided educational wagon tours of the farm's research plots, visits to the farm's gardens with opportunities to ask questions and get answers, insect displays, information booths on various foods grown in the Garden State, and much more.

One highlight will be the Melda C. Snyder Teaching Garden which showcases demonstration plots of deer tolerant ornamentals; ethnic greens; blueberries, hazelnuts, dogwoods, and hollies from the Rutgers breeding programs; a turf labyrinth; an "apple wall" featuring the Experiment Station Tree Fruit Breeding Program for home orchards; and fun family farm photo opportunities. New this year will be a "sunflower pyramid," a display of various varieties of sunflowers of different heights and sizes that form a living pyramid.

Rutgers faculty and staff and Rutgers Master Gardeners, whose hard work preparing for this popular event makes it possible, will be on hand to answer gardening questions.

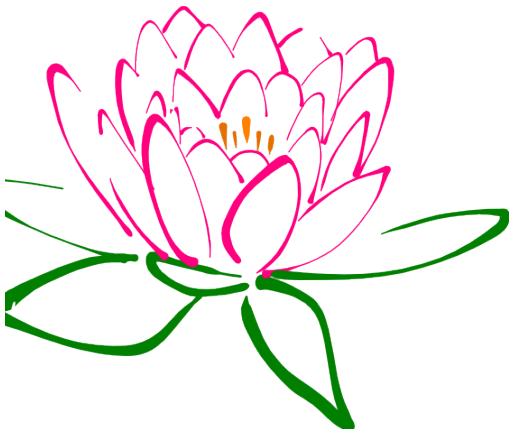
Admission is \$7 for visitors 10 years of age and older, payable at the door (cash or check only). Children under 10 years are free. Service dogs are allowed on the farm grounds, but no other animals, please. For more information, call 908-730-9419, extension 3501. Please be sure to register well in advance.



Green Festival

The Washington Township 3rd Annual Green Festival will take place on Saturday, September 12th at Rock Spring Park from Noon to 4 pm. Volunteers are needed to man our tent and talk about the garden. Believe it or not there are still some folks out there that do not even know we exist! We will also have our colorful tee shirts available for a donation, and perhaps some plants as well. Please email me if you are interested in helping out. You need only commit for an hour or two.

Email: dianemuenzen@comcast.net



Notes from the Chair...

BY DIANE MUENZEN email: dianemuenzen@comcast.net

Many of you have emailed me saying the garden is looking wonderful this year!!! Thank-you! This is due to the care and commitment of so many people. Most of us are diligent gardeners and weeders. Everyone does need to weed, whether you signed up for it or not.....in your plot and around your bed. This really helps us have that neat appearance. On Saturday August 8th, the SLAP workers will join us for a chipping marathon. If you have a wheelbarrow you can bring down, we could use it. PLEASE HELP US BY WEEDING AROUND YOUR BED PRIOR TO SATURDAY. Thanks!!

We are ordering more bluebird houses as there is lots of activity around the ones we have.....watch for them.

A representative from the NRCS will be at the garden to review our drainage issues and perhaps offer us a solution that we can implement to correct it. If you would like to join us and hear what he has to say, or be involved in the solution, you are welcome to join us on Friday, August 7th at 8:30 am. We will meet at the site.

A few new members look as if they have had a tough time getting their gardens going....perhaps they need help from a neighbor? If you see an untended plot near you and want to offer your help, email me for that gardener's contact information.

I have asked for compost to be delivered from Morris County... if available, it should arrive soon in the area where the chips are.

In the fall, we will need volunteers for our pollinator meadow project. Once the meadow is mowed down, we plan to seed the area with plants for next year. If interested in helping out, send me an email.



Hornworms In The Garden!

Likely to be the largest caterpillars you'll see in the vegetable garden, tomato hornworms (3-4 inches long), are green with seven diagonal white strips and a black or red horn projecting from the rear. Adults are large (4-5 inch wingspan), heavy-bodied moths. They are gray or brown in color with white zigzags on the rear wings and orange or brownish spots on the body. Also called a sphinx or hawk moth, they fly quickly and are able to hover like a hummingbird.



Because they are so large hornworms are most often controlled in home gardens by handpicking. Once removed from the plant, they can be destroyed by dropping them into a bucket of soapy water.

Beneficial insects including lacewings, braconoid and trichogramma wasps, and ladybugs attack the eggs. For best results, make releases when pest levels are low to medium.

Note: If you have caterpillars that have parasitic wasp cocoons attached to them, don't destroy them! Collect them instead and allow them to eat unwanted or volunteer tomatoes until the wasps hatch inside. Now you've got an army of free, natural predators to work for you.

Bloomin' Bucks

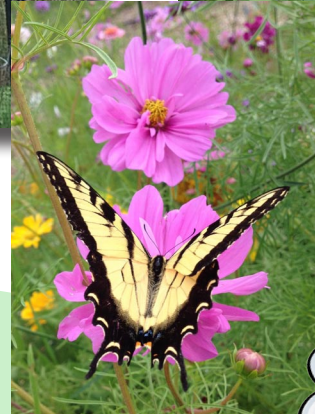
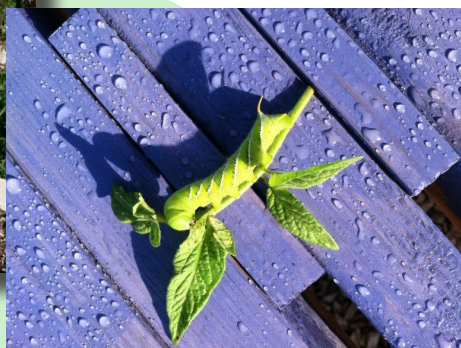
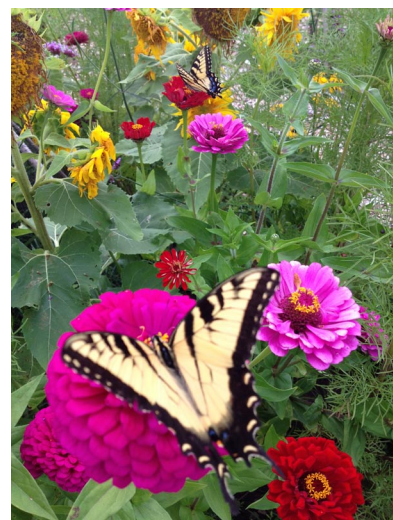
with Brent and Becky's Bulbs

Exciting news!!! You can now order fantastic bulbs and plants from Brent & Becky's AND help the Garden Club raise money. Simply click through [THIS LINK - www.bloominbucks.com](http://www.bloominbucks.com) and choose the Garden Club of Long Valley as your charitable organization. - Thank you, Kathy Smith

Michael Mulvihill happily painting our benches purple. A pic of flowers grown in planters from the Seed Library seeds. A bright green plump hornworm looking cute but not innocent.



Kathy Smith caught a photo of a hawk perched on our back gate.



Lovely butterfly photos contributed by Cindy Whalen



VEGGIES FOR FOOD BANK NEEDED!

Tiago Neto will be collecting produce from our garden to bring to our local food bank/pantry. The cooler is under the umbrella on Sundays.

Diane pulled 4 perfectly good cucumbers out of the compost when she was turning it as well as garlic and a whole squash. There was nothing wrong with these veggies. Go figure. Please think of others and let us know if you want to put something in the cooler but can't get to the garden on that day. Perhaps someone will pick your items and add them for you.



DISEASE in the garden...

Diagnosing and Controlling Fungal Diseases of Tomato in the Home Garden

Peter Nitzsche, Agricultural Agent, Morris County, Andy Wyenandt, Extension Specialist in Vegetable Pathology

Some of the most common fungal diseases that infect tomatoes grown in the home garden include Anthracnose fruit rot, Early blight, Septoria leaf spot, Late blight, and Buckeye rot all which produce distinct symptoms making them easily diagnosable by the home gardener.

Anthracnose fruit rot is a soil-borne disease that affects ripe tomato fruit. Infections go unnoticed on green fruit and as fruit ripens depressed circular water-soaked spots appear on red fruit. These spots may slowly enlarge to about 1/4-inch in diameter and produce black fungal structures (microsclerotia) in the center of the lesion just below the skin surface. Microsclerotia can overwinter in the soil and serve as a source of inoculum for the next growing season.



Early blight can infect tomato foliage and fruit. On tomato foliage, Early blight first appears as circular irregular black or brown spots on the older leaves of the plant. As these lesions enlarge a series of dark concentric rings develop in the center of the spot creating a distinct target pattern. Over time the tissue surrounding the early blight lesions can yellow and cause the leaves to drop. Severe infestations of this disease can cause 100% defoliation of the plant.



Early blight can infect the fruit through the calyx or stem attachment in the immature green or red stage and can produce distinct target-like lesions similar to foliar infection. Defoliation caused by early blight can reduce fruit yield and can leave the fruit open to sunscald injury.

Septoria leaf spot is a soil-borne fungal disease that only infects tomato leaves and stems. The spots enlarge to 1/8-inch in diameter and are distinguished by a dark brown edge with a white or gray center. As the disease develops and more leaf spots develop, the areas surrounding spots will turn yellow causing leaves to wither and die. The disease spreads from the older leaves upward and can totally defoliate a plant in a short period of time. Defoliation can severely inhibit yield and lead to sunscald injury and fruit cracking. If tomato plants become infected with Septoria leaf spot early in the growing season, plants can become 100% defoliated before fruit set.



Late blight is the disease historically associated with potatoes and the Irish potato famine of the mid-1800's. The Late blight fungus can also infect tomato plantings. The disease will first appear as greasy grayish indefinite patches on older leaves and stems. These spots enlarge in moist weather and may produce white fuzzy growth on the underside of infected leaves. The fungus will also attack fruit causing a dark, greasy colored lesion with a slightly sunken, rough surface on green fruit. These lesions may enlarge turning the whole fruit brownish-black. Infected fruit often remain firm. Severe infestations can cause the foliage to brown and shrivel.



(cont'd page 4)

Control Measures for Fungal Diseases in the Home Garden

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There are a number of cultural practices that can be used to help reduce tomato disease in the home garden. The first cultural practice is to remove old plant debris. Fungal spores can overwinter in infected plant debris and on weeds related to tomato, such as horse nettle, ground cherry, and night shade. During the next growing season overwintering fungal spores are splashed from infested tomato or weed debris in the soil on to newly planted tomatoes restarting the disease cycle.

Proper sanitation measures can keep spores from infecting the next crop. At the end of the growing season all tomato refuse should be removed and discarded, composted (if the pile is hot enough to kill the spores) or tilled into the soil. Thoroughly burying the residue will keep the spores below the soil surface and away from tomatoes.

Crop rotation is another means to help reduce disease in tomato plantings. Each year plant tomatoes in a new location away from areas where tomatoes, eggplant, potatoes or peppers have grown in the past. These vegetables all have similar disease problems. A minimum rotation of three years is considered essential to help reduce populations of soil-borne fungi.

A second line of defense against leaf spot diseases is to alter the microclimate surrounding tomato plants. Fungi thrive in moist, humid conditions, in particularly on leaves that remain wet for long periods of time. Tomatoes should be grown in full sun with good air circulation to dry the leaves. Staking or caging tomatoes brings the plants up off the soil and allows more rapid drying of the plant.

Watering should be performed in the morning to allow sufficient drying time. The use of a soaker hose to irrigate completely eliminates regular wetting of the leaves.

Cover crop mulches such as composted leaves or straw mulch can be placed on the soil surface to help reduce soil-borne fungal diseases such as Buckeye rot and Anthracnose fruit rot by keeping developing fruit from coming into direct contact with the soil surface. The soil beneath and surrounding the tomato plant should be covered with at least 6 inches of mulch early in the tomato season. Mulching tomato plantings this way may also reduce weeds and prevent loss of soil moisture during the growing season.

Preventative fungicides can also be used to control fungal diseases in the home garden. Always read and follow directions on the label.



Help Support Our COMMUNITY GARDEN

Please share this page with people in the community that you feel would like to help support our wonderful town garden so it will be here for generations to come. Details and donation forms may be found on our website: www.wtcommunitygarden.jimdo.com

Business & Personal Sponsorships

With your help we will be able to have the basics every garden needs.

For your sponsorship we will plant bulbs, place pavers & stepping stones or plant a fruit tree in your name.



<p>Fruit Tree</p> <p>Large logo featured on website. A Fruit Tree planted in WTCG with dedication plaque.</p> <p>\$500 +</p>	<p>Sponsored by Luigi's Pizza Joe & Maria</p> <p>Stepping Stone</p> <p>Medium logo featured on website. Engraved Bluestone Stepping Stone placed in WTCG.</p> <p>\$250 - \$499</p>	<p>Joe & Maria Santos</p> <p>Brick Paver</p> <p>Small logo featured on website. Engraved Paver placed in WTCG.</p> <p>\$100 - \$249</p>	<p>1 Doz. Bulbs</p> <p>Name featured on website. One dozen bulbs planted in WTCG.</p> <p>\$50</p>
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