

DIGGING IN

At Troy Community Gardens
Madison, WI

CAC Garden Days

By Jill Schneider

Included in this newsletter is a flyer promoting the first annual CAC Garden Days celebration (see Page 4). Community Action Coalition (CAC) has organized this event in conjunction with National Public Lands Day on September 29. CAC solicited area community gardens to participate in the event and 10 gardens have agreed to feature their gardens the weekend of September 28, 29 and 30. The focus of the event is to celebrate community gardens and the benefits they bring to the neighborhoods around them, with an eye to increasing public awareness of, support of, and involvement in gardens.

Troy Community Gardens is one of the gardens that will be featured that

weekend, and we will have events from 10am - 2pm on Saturday, September 29. We'll have apple pressing with the antique apple press, as well as cooking demos, live music, door prizes, tours and more.

The North/Eastside Senior Coalition's AppleFest is scheduled for the same day, and we hope to get some attendees from their event and vice versa. We will be cross-advertising each other's events.

If you can volunteer to help us showcase our community gardens that day, please contact Martha Worcester at the Community GroundWorks' office (608-240-0409 or martha@troygardens.org).



WORK DAY

SATURDAY

September 15

9 AM - 12 NOON

If it is raining on Sept. 15, the work day will be changed to Sept. 16, 9 a.m.

Hnub ua haujlwm pab dawb yog 9/15/12, 9 a.m. txog 12 teev tavs, yog los nag muab pauv rau 9/16/12 9 a.m.

Día de Trabajo

El Sábado 15 de septiembre 9 a.m. -12 medio día

Si llegara a llover el 15 de septiembre, el día de trabajo será cambiado para el día 16 de septiembre 9 a.m.

September Work Day - Apple Harvest!

The Mendota Mental Health Institute has given Troy Community Gardens permission to maintain its antique apple orchard, a project the Gardens has taken on in its effort to increase the food security of its gardeners. The orchard, which has 29 standard sized trees of unknown varieties, was at one time cared for by MMHI patients but had not been maintained for many years when Troy gardeners and other Madison residents took over care of it in 2004. It is the goal of the project to maintain the orchard using only organic methods.

In return for care of the orchard, we are allowed to harvest apples from the trees each fall. We use a portion of the apples to make juice with an antique apple press, and we'll be doing that again this year at the CAC Garden Days (see above). Most years the apple trees are so productive that extra apples are available for gardeners to take home. **This is one of those years!**

Please join us at our September work day to help pick apples, clean up windfalls and transport apples back to Troy Gardens to share with others. We will also need volunteers to help with regular work day tasks. Please consider joining us if you still haven't completed your volunteer hours for 2012.



Gardening for Good Project a Success

By Jill Schneider

If you were at the gardens this summer on Thursday evenings, you may have run into the Gardening for Good participants working in their garden plot, having a parade in the garden, dancing to live music or learning about the birds at Troy Gardens.

The first season of the Gardening for Good Project recently wrapped up its Thursday night programming with a Harvest



Festival on August 16. There was a huge bounty to enjoy and many attended to celebrate a successful first year.

Rebecca Starke, the mastermind and tireless leader for

this special project, has also found time to keep a blog with postings by participants and volunteers, along with pictures and video.

Marge Pitts, a long-time gardener at Troy and one of the original neighbors who helped Troy Gardens begin its life over

10 years ago, has been volunteering with the Gardening for Good project by encouraging participants to document their experiences over the summer. She will be compiling the stories into a booklet, which will hopefully be available at the CAC Garden Days on September 29. Here is a blog post by Marge inspired by one of the program participants.

Laura The Red Hat Lady

"I thought of her as the Red Hat Lady. Later I learned her name is Laura. A young woman, she wore a red wool hat with a short brim, the kind of tailored hat older ladies wear to church in the winter. She wore it pulled low just above her

eyes and kept her face to her task, planting the seedlings her helper gave her one by one. She barely even looked at her helper. Her hidden face was focused strictly on the plant, to the hole in the soil, to tucking the plant into the hole, and back to her



helper's hands holding the next plant. She didn't chat or look at anyone else, nor did she seem to be listening to the conversations of others in the garden. I only watched her briefly because the red hat told me she would not relinquish her privacy, and I get that. When I'm crawling along my garden rows with my straw hat pulled low, my face in the plants like a grazing rhino, I too am unavailable for conversation; and you can't tell by looking at me whether I'm friendly, or happy, or not.

When we all finished gardening and gathered at the tables in the shade, I was surprised to see Laura with the red hat in her hand. Her cheeks were bright pink and her dark hair was curled with sweat into ringlets across her forehead. She was surveying the scene, looking pooped but self-satisfied, leaning back onto a picnic table next to her helper. Laura the Red Hat Lady laughed at something her helper said to her, and after she laughed a big smile stayed on her face. I could tell by looking at her, in that radiant moment that comes after gardening, that she was friendly, and happy, for real."

The Gardening for Good participants are planning a reunion at the CAC Garden Days at Troy Gardens on September 29. It will be an opportunity to see each other again and to give first-hand accounts of the program's success to visitors that day.

Rebecca and Marge will be working over the winter to secure funding to bring the program back to Troy next summer, and Rebecca hopes to work with CAC on bringing similar programming to other community gardens.

To read more about Gardening for Good, visit the blog at <http://gardeningforgoodmadison.com/>.

Troy Gardens Design Plan Community Input Session

Thursday, September 13, 2012, 6-9 pm

Lakeview Lutheran Church, 4001 Mandrake Road

The Community GroundWorks Site Management Committee has been exploring potential improvements and additions to the Troy Gardens landscape, including placement for a gathering shelter, barn and accessible gardens as well as expanded land use for our Troy Kids' Garden and Troy Community Farm. We need the input of all of our users and neighbors to help ensure that the community's vision for Troy Gardens is honored. Please join us at this meeting to learn about the plans and offer input.

Healthy snacks and beverages will be provided. Contact us at 240-0409 with questions or for more information.



- Jill Jacklitz, Executive Director
Community GroundWorks

Tips from Madison FarmWorks

September is a great time to start clearing out garden beds by harvesting your crops and cutting down plant debris as we head towards frost. The next two weeks are a good window to plant oats and peas as your fall cover crop. The oats will suppress weeds, the peas will fix nitrogen, and they will both die over the winter as the weather gets colder. Madison FarmWorks still has cover crops for sale, so contact us if you'd like to plant some in your garden. Keep your eye on the weather as we get closer to October so that you are not surprised one morning by the first frost. It's nice to be able to harvest those last tomatoes, peppers, eggplants and basil sprigs the day before a predicted frost.

Fall Garden Tasks

- Sow cover crops through late September: oats and peas together or separately.
- Plant crops to overwinter.
- Fall spinach: plant in August, harvest throughout the fall, cover with a thick layer of hay mulch in Nov./Dec., uncover in late March when it begins to warm up.
- Scallions: plant in August, harvest in early spring.
- Garlic: plant in mid-October for next July's harvest.
- Leave some crops in the ground for outside storage until Thanksgiving or when weather starts to dip into the 20's: leeks, kale, beets, carrots.
- Cover sensitive crops with row cover when it starts to frost to prolong the harvest.
- Pull out all plant debris and put in compost pile.
- Add compost to all beds.
- Mulch all beds thickly with hay mulch to protect from winter dessication and erosion.
- If overwintering crops, mulch with hay when hard frosts begin.



Madison FarmWorks

URBAN VEGETABLE GARDENS

We can help you become a better vegetable gardener by teaching you right in your own garden!

ARTISTIC & PRODUCTIVE GARDEN DESIGNS
ONE-ON-ONE INSTRUCTION IN YOUR GARDEN
CUSTOM GARDEN PLANS
PROFESSIONAL INSTALLATIONS




communitygroundworks.org

Gardening for Good



The group in June



Julie, our flower lady

The Garden Parade: "Forty fun folks gaily traipsed through the gardens, and placed certificates of appreciation on our favorite gardens."



Upcoming Events

Troy Gardens Design Plan Community Input Session* (see Page 2)

Thurs., Sept. 13, 6-9 pm

Community Gardens Work Day*

Sat., Sept. 15, 9 am-12 noon

Community Gardens Steering/Leadership Committee Meeting* (all gardeners welcome)

Tues., Sept. 18, 6-8 pm, picnic tables by sheds

CAC Garden Days at Troy Gardens* (see Page 4)

Sat., Sept. 29, 10 am-2 pm

AppleFest at Warner Park Community Recreation Center (see Page 4)

Sat., Sept. 29, 9:30 am-3:30 pm

*For more info about these events, please call the Community GroundWorks office at 240-0409.



Celebrate CAC Garden Days at Troy Gardens Saturday September 29 10 AM - 2 PM

500 Block of Troy Drive (handicap parking next to greenhouse)

Join us at Troy Gardens for the 1st annual CAC Garden Days celebrating community gardens and the benefits they bring to neighborhoods. All events are **free** and open to gardeners and non-gardeners.

Taste of Troy Gardens
Asian & African
Cooking Demos
- free samples -



For the Kids

Scavenger Hunt & meet the
Troy Chickens

Antique Apple Press



Press then
Sample Old-
Fashioned
Apple Juice

Live Music

Door Prizes

Garden Tours

Ask the Gardening Expert



National Public Lands Day



Visit AppleFest the same day at Warner Park

CAC Garden Days

Friday, 9/28

3-5 pm - Glendale School Garden



Saturday, 9/29

- 9-11 am - Divine Savior Pantry Garden
- 9-11 am - Blackhawk School & Community Garden
- 9 am-1 pm - Fitchburg Fields Food Pantry Garden
- 10 am-12 pm - F H King Student Farm & Food Pantry Garden
- 12-2 pm - Truax Community Garden
- 10 am-2 pm - Troy Community Gardens
- 11-4 pm - Marlborough Park Community Garden
- 1-4 pm - Madison Children's Museum Rooftop Ramble

Sunday, 9/30

1-4 pm - Blackhawk Food Pantry Garden

For more information about these other gardens' events visit
<http://www.cacscw.org/events.php>
or contact Michelle Shively: 246-4730 ext 208 and
mshively@cacscw.org

North/Eastside Senior Coalition

AppleFest



Saturday Sept. 29

9:30 AM - 3:30 PM



**Warner Park Community
Recreation Center**

Entrance: Adults \$2, Kids 12 & under FREE

Kids Activities and Games

Entertainment

Raffle & Prize Drawings

Apple Sales

Bake Sale and Mini-Craft Fair

**Used Book Sale: 9/27 4-7 pm, 9/28 9 am-5 pm,
9/29 9:30 am-3:30 pm, (\$5/bag on Saturday!)**

Proceeds benefit the
North/Eastside Senior Coalition

North/Eastside
SENIOR
Coalition