

APS School Garden Network Monthly Meeting

February 16, 2022

PLOT
AGAINST
HUNGER





Growing together: Let's Dig in!

Introduction - Welcome commonalities and relationships

Creating a February To-do List

Getting a plan of work laid out for the annual year - very location specific!

Planting calendar- Tips for step-by-step gardening actions. *Paula & Kirsten*

Planning the garden to be pest-resistant. *Kirsten*

Making the most of spring planting for the entire school year. *Anne & Elizabeth*

FOUA's Spring Garden Kickoff on March 12th *Anne*

Time for Questions, Sharing Successes and Conversation



February-March Action List:

Garden Tasks:

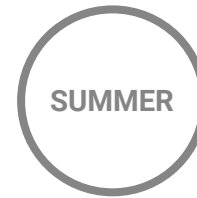
- Winter cleanout of beds
- Pruning fruit trees
- Soil tests / amendments
- Infrastructure repair
- Tools care
- Starting seeds

Garden Committee Tasks:

- Form Committee
- School Staff engagement
- PTA presentation for volunteers
- Determine budget
- Setting goals
- Community workday
- Fundraiser planning



Milestones for the year ahead



Getting Started

- PTA presentation
- Staff engagement
- Team building
- Workdays
- Soil test / Fertility
- Spring Planting
- First Harvest

Building Community

- Regular workdays
- Harvest donations
- Classroom activities
- Garden visits
- Summer planting
- End of school year

Keeping It Going

- Summer workdays
- Watering schedule
- Harvest donations
- Community visits
- Summer Camps
- Team planning
- Fall planting

Back to School

- PTA Presentations
- Garden Coordinator Recruitment
- School Projects
- Fall Harvest Festival
- Urban Ag Month
- New infrastructure

Annual Vegetable Gardening Calendar Arlington County

Activity	Month ->	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Order seed catalogues / decide what to grow														
Map the garden: crops, companions, succession, rotation														
Build a planning calendar (See Reverse)														
Check viability and test germination of seeds on hand														
Order / buy seeds														
Till or pull cover crops 2 weeks before planting next crop					x	x	x							
Start hardy vegetables indoors														
Transplant into the garden														
Start tender summer annuals indoors														
Plant (direct sow or transplant) tender summer annuals														
Plant summer catch crop (e.g. buckwheat) as needed														
Plant (direct sow or transplant) fall vegetables														
Plant winter cover crops (e.g., rye, wheat, hairy vetch, fava beans, Austrian winter peas)														
Extend seasons: floating row covers, cold frames, cloches														
Save seeds from open-pollinated annuals at harvest														
Plant garlic for harvest the following June														
Harvest all tender annuals before first frost														
Compost, incorporate, till or remove residue														
Remove and discard any diseased material														
Mulch (8") overwintering vegetables (e.g., carrot, parsnip)														
All beds should be planted, composted or mulched														
Cleanup, maintain and store garden tools and equipment														
Rest, write your wish list for garden gifts														

Notes on starting plants indoors

See individual instructions with seeds

Cabbage, Cauliflower, Brussels Sprouts, Broccoli

Start in flats 4 to 6 weeks before planting out

Tomato, Eggplant, Pepper

Start in flats 6 to 8 weeks before planting out and transplant into deeper flats (6 in) or pots midway

Many other plants can be started in flats to save space in the garden, such as corn, wheat, melon, herbs, etc.

Recommended Sustainable Gardening Practices

- Periodically test and amend the soil with minerals, nutrients
- Build & maintain soil organic matter with compost and cover crops.
200 lbs/100sq ft for development -- 50 -100 lbs/sq ft to maintain
- Use French intensive method – deeply dig with hand tools (24 in)
- Rotate crops; companion plant; interplant; “right plant, right place”
- Irrigate as needed to maintain moisture
- Keep the garden covered: succession, mulches, cover crops
- Till and aerate properly; use permanent paths; avoid compression

USDA Hardiness Zone 7b
Avg last killing frost: 4/1-4/10
Avg first killing frost: 11/1-11/10

[illegible]

Planning: Disease Prevention

- Know your plants. Learn which diseases are common.
- Improve cultural conditions- to reduce plant disease.
- Remove diseased or dying fruit, leaves, stems.
- Reduce evening leaf wetness.
- Discourage excessive Nitrogen use
- Reduce crowding- encourage air and light circulation.
- Maintain healthier plants- meet pH and watering needs.
- Monitor plants in the garden regularly.
- Select resistant cultivars of local plants and seeds.



Trellising the peas.... And the tomatoes, the beans, the melons, cucumbers, and squash and more.

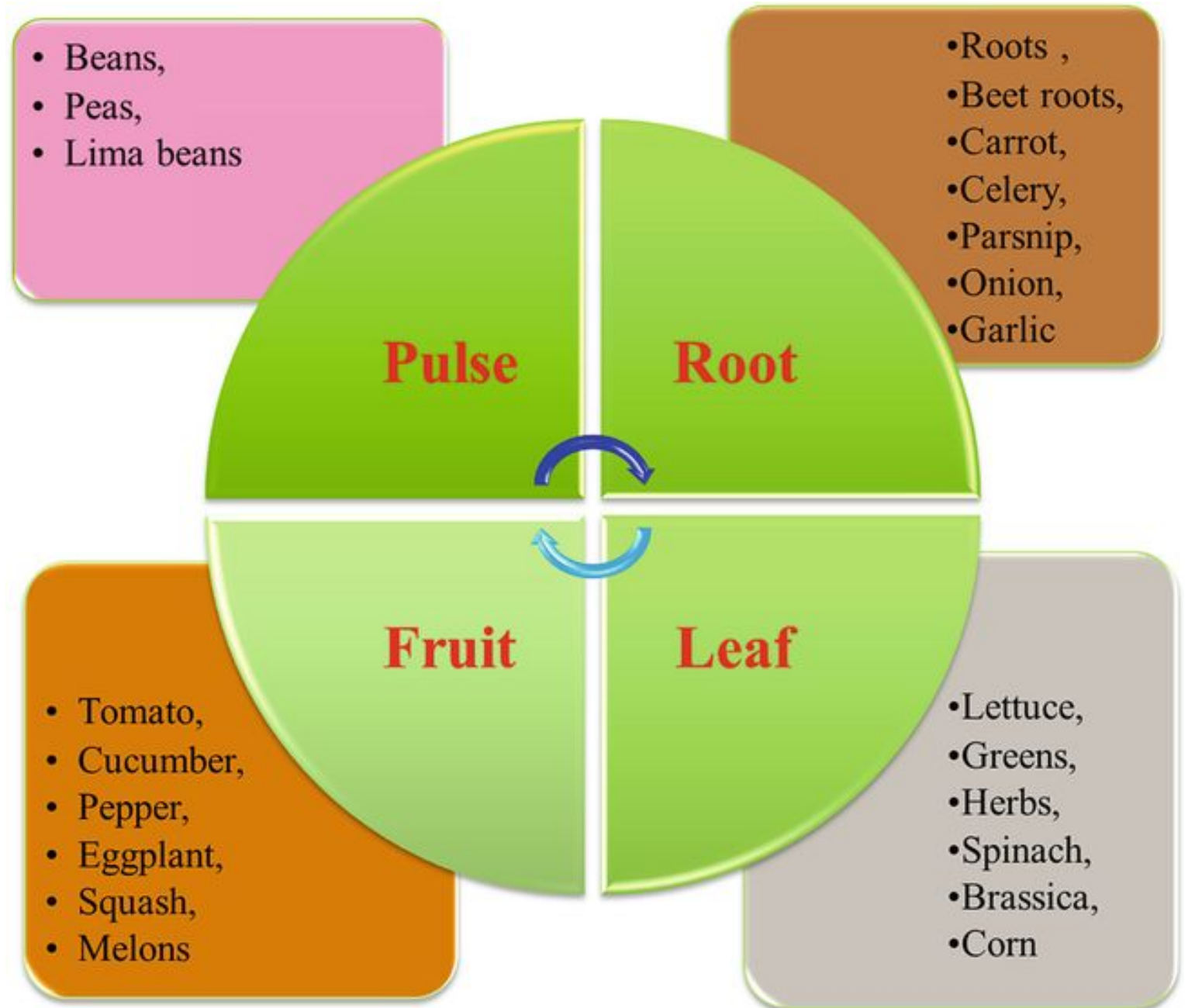
Planning: Insect Prevention

- Maintain healthier plants!
- Learn crop specific pests that attack your farm/garden's plants.
- Utilize companion planting/intercropping to attract beneficial insects and to take advantage of symbiotic biochemical and cultural benefits.
- Do regular scouting
- Time your plantings
- Row covers
- Till the soil
- Reduce excessive N fertilizer
- Encourage bird and reptile presence
- Plant trap crops



Planning: 'Crop' Rotation

- *Insect mgt.
- *Weed mgt.
- *Disease mgt.
- *Soil nutrients
- *Improved soil
- *Nitrogen fixing
- *Microbe action improved



Planning: Intercropping Companions

Crops

Beans

Egg Plant

Celery

Corn

Cucumbers

Cabbage, cauliflower, broccoli

Lettuce

Peas

Companion Plants

Cucumbers, cauliflower, cabbage

Beans

Tomato, cauliflower, cabbage

Peas, beans, cucumber, squash

Beans, corn, peas

Celery, dill, rosemary, beet

Radish, cucumber

Radish, cucumber, corn, beans



Figure 1. A mixed intercropping of peanuts, watermelons, and okra.



HERB COMPANIONS

Herb	Companions	Pests Repelled
Angelica	Avoid Dill	
Basil	Tomatoes Dislikes Rue	Flies, Mosquitoes
Borage	Tomatoes, Squash, Strawberries	Tomato Worm
Caraway	Plant throughout the garden to loosen the soil. Avoid Dill	
Catnip	Eggplant	Flea Beetle, Ants
Chamomile	Cabbage, Onion	
Coriander		Aphids
Chervil	Radish	
Chives	Carrots	
Dead Nettle	Potatoes	Potato Bug
Dill	Cabbage Dislikes Carrots and Caraway	
Fennel	Most plants dislike this herb	
Feverfew	roses	attracts aphids away from roses
Flax	Carrots, Potatoes	Potato Bug
Garlic	Roses, Raspberries	Japanese Beetle, Aphids
Horseradish	Potatoes	Potato Bug
Henbit		General Insect Repellent
Hyssop	Cabbage, Grapes Dislikes Radishes	Cabbage Moth
Lavender		Moths -- combine with southernwood, wormwood and rosemary in an anti-moth sachet
Marigolds	Plant throughout the garden	Mexican Bean Beetles, Nematodes, others
Mint	Cabbage, Tomatoes	White Cabbage Moth, aphids, flea beetles

Planning: Other Considerations

Row vs Broadcast

Avoid bare ground

Consider a spring and fall garden plus a summer cover crop

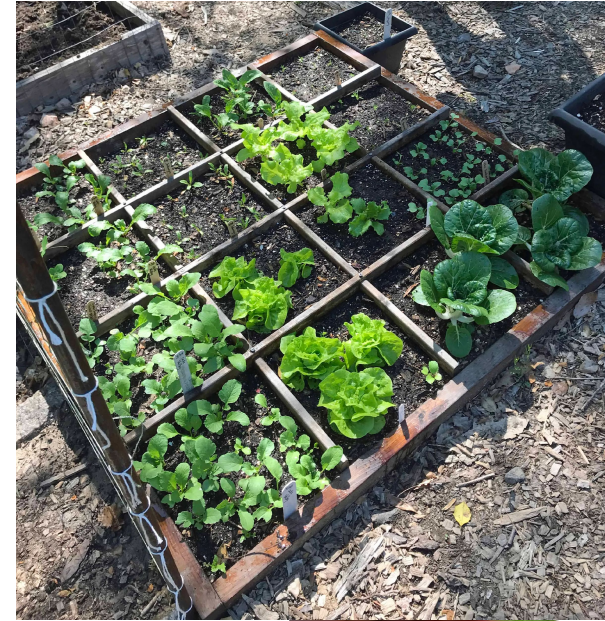
Locations of trellising and tall plants

Watering and cultivation schedule

Work day labor sources

Soil testing and nutrient sources

Whose garden is it and is everyone's voice heard?



Square foot garden at Organic Veg Demo Garden



How to Start a School Garden

School gardens help children to:

- learn about the environment
- connect with nature
- be a part of community
- stay active
- develop healthy eating habits



5 key steps for school gardens:

1. Form a Garden Committee
2. Determine Goals for Your Garden
3. Find Your Site
4. Plan and Design Your Site
5. Consider Materials

What are your key steps?

Need to get up to speed quickly?

Visit <https://mgnv.org/mg-virtual-classroom/>
for information on composting, seed
starting, winter vegetable gardening, edible
landscaping, fruit trees in urban
environments, and everything in between!



More VCE Resources for Gardeners

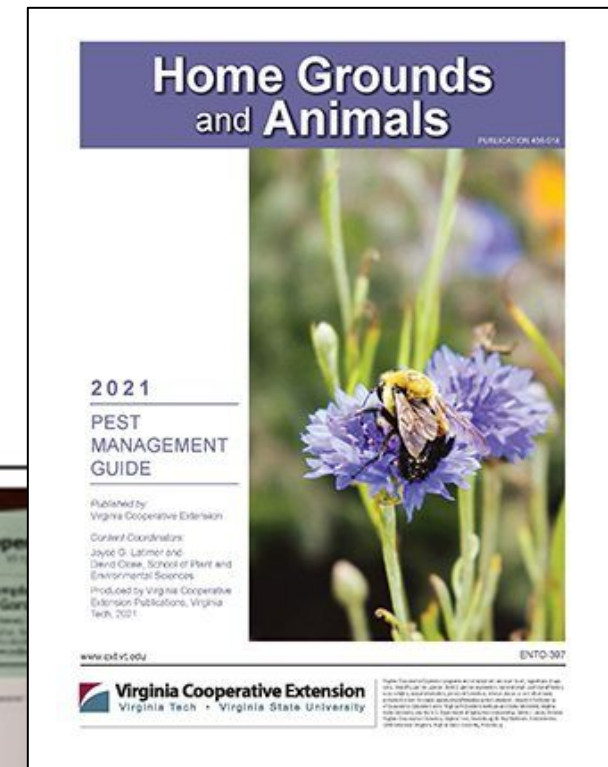
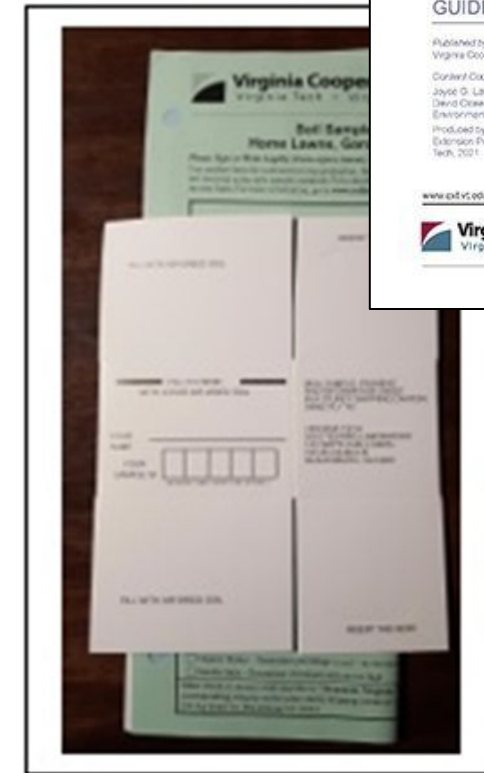
Call or email the Extension Help Desk at 703 228 6414 or mgarlalex@gmail.com

Found at Master Gardeners of Northern Virginia
<http://mgnv.org>

Virtual Classroom- Recorded public education presentations

Between the Rows Monthly; Pest of the month and Things to do

Soil Test Kit Locations



Plot Against Hunger's 2022 Spring Garden Kickoff

Growing Together: Let's Dig In!



Indoor & outdoor activities! Free veggie seeds, tool clinic, native plants tour, expert panel on growing in climate change, & more

Saturday, March 12, 10 am - 2 pm
Arlington Central Library
1015 N. Quincy Street

**Visit www.arlingtonurbanag.org for
schedule & registration information.**

Presented by:



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Local food pantries
& your gardening
neighbors



A Peek at Next Month

Join us March 12th for FOUA's Spring Garden Kickoff

AND THEN:

Join the Monthly Garden Coordinator Call on March 16 @ 7:30PM

TOPIC: *Planning your garden.*

- soil health, soil testing and soil conditioning .
- growing community: using the school garden to expand networks and build bridges.

See you next month! Questions? schoolgardens@arlingtonurbanag.org

“To plant a garden is to believe in tomorrow”

- Audrey Hepburn

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