

I MY P-PATCH!



Seattle P-Patch Community
Gardening Program

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Organic Gardening Resources and Tips



ORGANIC SOIL BUILDING is the key to a successful, productive garden. Think of soil building as an on-going process where you feed the soil so it can feed you. The information provided below is only a rough guide. The P-Patch office has more extensive information. We encourage you to get your soil tested: a test for NPK (Nitrogen, Phosphorus, and Potassium) and pH (measure of the soils acidity and is a primary factor in plant growth, different types of plants thrive in different pH) is available from the University of Massachusetts, Soils Lab, Web-page: <http://www.umass.edu/plsoils/soiltest> or soiltesting@hotmail.com or (413) 545-2311.

TECHNIQUES FOR BUILDING THE SOIL - An overview

- **Composting:** The two methods to make compost are Hot and Cold. Hot composting makes efficient use of bins and is the quickest way to garden-ready compost. Cold composting is convenient for those who do not have the time needed for hot composting. Cold composting is an add-as-you-go method that needs to sit for at least a year to form compost. Rewards from adding compost to your garden are rich soil, strong healthy plants, increased pest and disease resistance, fewer weeds, better water retention, slow release nutrients, mychorizzal fungi, flavorful sweet vegetables and beautiful flowers and berries.
- **Cover Crops:** Plants grown then chopped up and turned into soil at least one month prior to planting. They perform a variety of valuable soil building roles including leachate prevention, nitrogen fixation, compete with weed growth, mineral mining, and **"green manure" or increased organic matter**. Fall cover crops include: fava beans, annual rye, annual crimson clover, vetch, field peas, corn salad and summer cover crops include: buckwheat and cow peas.
- **Mulches:** Composted, partially composted or un-composted organic materials applied on top of the soil. Depending on season, mulching is done in many ways for many reasons. Mulches include: leaves, coffee grounds, coffee chaff, and straw.

"Interbay Mulch" Recipe: Sheet composting under damp burlap covers.

-Up to 50% "green" materials (grass clippings, espresso grounds, seaweed, vegetable pulp from a juice bar, any garden debris except seed heads and diseased plants which should be hot composted or disposed of in yard waste off site)

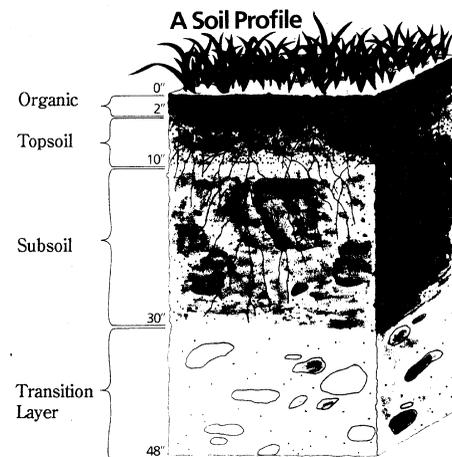
-50-100% "brown" materials (Brown leaves, rotted sawdust or shavings from untreated wood, rotted straw, old pine needles (especially recommended as berry mulch), rotted burlap rotted cotton clothes, dryer lint)

-Mix materials together six to 18 inches deep on top of garden bed

-Cover with damp coffee sacks

-This system works like a worm bin if you want to bury low C:N ratio "greens" into the pile during the winter

-When removing garden material, leave the roots, which are full of sugar to decompose in situ. By spring old roots have become a vast network of underground passageways for oxygen and new roots.



Vegetable	Seeds								Insecticidals					Plants					Gardening Books	Tools				
	Burpee	Ed Hume	Lily Miller	Seeds of Change	Shepherds	Botanical Inter	Renee's Garden	Territorial	Green Manures	Specialties	Safer's Soap	Concern Products	BT	Pyrethrin	Rotenone	Diatomaceous Earth	Spring Veggies	Herbs			Seed Potatoes	Onion Sets	Fall Veggie Starts	
x				x				x									x	x					xc	xc
x						x	x	x			x	xc	x			x	x	x			x		xc	xc
x				x				x				xc					x	x					xc	xc
x	x					x	x		x		x	xc	x		x	x	x	x	xc	x		xc	xc	xc
x	x			x	x	x	x	xc			x	x	x		x	x	x	x	x	x		x	x	x
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?		x	x			x	x		x		x	x	x		?							c		x
o		x							x		x	x	x											x

in stock. For discount, present green Friends of P-Patch membership card. *1 = One time only discount. *2 = Vegetable plants only



also attracted to the beer) or a mix of 1/2 t yeast + 1/2 t sugar + 1 cup warm water.

removed.

apple maggot fly and Codling Moth traps: little tents with pheromones

can use bags of red apples instead of the plastic ones and cover them in tangletrap and achieve the same results for the apple maggot. variations you have.

spray to control insect eggs and 2. A caolin clay spray to coat the fruit which deters the insects boring into the fruit.

Potassium Sources: to help plants resist disease

Granite dust	10 pounds	Greensand	10-15 pounds
Wood ashes	3 pounds	Seaweed (kelp meal)	12 pounds dry
Sunflower Seed Hulls (ground to dust)	0-0-11		

Granite dust, Quiring Monuments, 9608 Aurora N - 522-8400 call 1st - free w/ you own bucket

Wood ashes - caution - use only ashes from wood fires, no treated or painted lumber

Lime: Reduce soil acidity and make nutrients more available 5-10 pounds per 100 sq'.

Lime should be applied in Fall/Winter well before planting time in desired area.

Fertilizer Mix Recipe: (numbers based on 100 square' plot)

To make your own blend use quantities (measured by volume) as follows:

4 parts seed meal (cottonseed, soybean and linseed) or fishmeal

1 part dolomite lime

1 part rock phosphate or 1/2 part bone meal

1/2 part kelp meal

1 part fairy dust

Straw/Hay

-Bothell Feed 425-481-8882

-Nature Boys Organic Feed 17022 Pacific Ave (Hwy 7) Spanaway 253-537-8370

Saw Dust

-Dave Fen 206-292-0286

-SCCC woodshop on 23rd and Jackson talk to Roger 206-587-5460 M-Th. for pick up

-Salmon Bay Lumber, Dave Kirkendahl 206-789-2135

-Interior Environments, cabinet company on Airport Wy. 206-624-4936

-Solid Wood, 60-80lbs 36"/15'long/pick up outside gate (don't enter inside gate) sw side

Thurs-Fri 7am-3pm 3450 16th Ave W

Woodchips

-Action tree Svc. Robert Gandt 206-324-7535

-Scott Selby 206-396-2480, scott.selby2@verizon.net

-4 Seatree Inc 396-2480 Montlake Terrace

-Derrick 425-327-5637

-Ballard Tree Service, Greg 782-4847, pager 510-3671

-Emerald Tree Service 726-0668/ 227-8793

-Seattle Tree Preservation, John Husagen 367-4048, Mobil 399-3262

-Best Tree Service: www.besttreeservicenw.com 425-450-0600

Leaves

-School District grounds supervisor 298-7619

-Parks & Recreation Dept- NW #233-3971, SE #386-1916, DT #684-7258, NC 684-4958, SC #386-1987, CW #386-4280, NE #684-4955, SW #684-7457, CE #684-4750.

-Seattle Department of Transportation- north of Denny #684-0788, Central/South #386-9155 or #233-3770, North #684-4204, West Seattle/South Park #684-7421.

Compost Thermometers 800-58-9595 or info@nascofa.com**Cleavers chop compost materials** Viet Wah@12th Ave S. & S. Jackson**Wasp/Hornet/Yellow Jacket** removal (anti venom lab) Doug 425-485-0103

venomcollect4free@comcast.net

Women in Horticulture Landscape referral services 206-781-7741 or referral line 206-781-3827

Cascadia Biomes, goal to increase public awareness and availability of Pacific NW native plant communities for a full range of gardening, landscaping, and conservation projects. biomes@earthlink.net or 206-322-0528. Plant sale in May, pick up in fall for planting.

Washington Toxics Coalition, Safe alternatives, 206-632-1545

Center for Sustaining Agriculture & Natural Resources WSU Puyallup works to create sustainable agriculture and natural resource systems and developing & implementing interdisciplinary systems oriented research and education. 253-445-4626 or csanr@wsu.edu

WA State Office of Environmental Education, 2800 NE 200th Street Environmental Library Lake Forest Park 206-365-3893.

Cob Building help, Catherine Burke 206-547-2451.

Starflower Foundation, 206-789-0263 Small foundation assists with restoration of NW native landscapes on public lands.

Seattle Audubon Society-gardening for life program 206-523-8243 x14

Environmental Horticulture Program 206-685-2692 Linda Chalker-Scott lindacs@u.washington.edu

Possible help with children's gardens/school property.

Cascade **Harvest Coalition** Building Community Strength through Healthy Food & Farm systems in Western Washington. 525-1098 [mary@oz.net]

Natural Resource Stewardship Network Urban Forestry/Water Quality Grant to enhance urban forests, improve/protect water quality and water dependent habitats, and/or demonstrate benefits of use of reclaimed water and biosolids.

Wiggle Worm Farm, 206-297-7303. Learn hands-on from an experienced professional worm grower how to easily and successfully start and/or maintain a worm bin year-round in Seattle.

Tree Resources

Earthcops-Matches volunteer resources with urban forestry projects, community outreach coordinator Chris LaPointe or chris@earthcorps.org, 322-9296 x217

Seattle Parks Urban Forster-Katie Moller @ Katie.moller@seattle.gov or 206-233-5019

Green Seattle Partnership, Forest Stewards Programs- Joanna Nelson 206-292-5907 x117

City Arborist-684-7649, or e-mail Nolan.Rundquist@seattle.gov

Seattle Tree Stewards- Classes in tree biology& landscape maintenance are available to Seattle neighborhood groups of 15 or more by request. Contact Liz Ellis, 684-5008.

PlantAmnesty proper tree & shrub pruning education <http://www.plantamnesty.org> 783.9813

W. Cascade Tree Fruit Society Seattle Chapter 206-522-2273 or www.wcfs.org/chapters.html

Recycling Resources

King Co. Commission for Marketing Recyclable Materials. www.metrokc.gov/market [check out all the great businesses producing goods made from the waste stream] 296-4439

WA Department of Ecology 800-recycle, recycling hotline

NW Insurance Council-Strong Neighborhood Action Program (SNAP) Community Building Grants www.wiconline.org/partner.htm or 206-624-3330

National

American Community Gardening Association is a national non-profit organization of community garden and open space volunteers and professionals. ACGA promotes community gardening and greening nationwide. For information on membership, email (acganationaloffice@yahoo.com), or website <http://www.communitygarden.org/>. They also run a listserv, to join and talk with community gardeners around the world www.communitygarden.org/listserv/index.html and join. A bi-monthly newsletter, the Multi-logue, and an annual [Community Greening Review](#) are membership benefits.

Community Food Security Coalition is a national non-profit organization dedicated to building strong sustainable local & regional food systems to ensure access to affordable nutritious and culturally appropriate food for all people. P.O.Box 209 Venice, CA 90294 (310) 822-5410 www.foodsecurity.org

INFORMATION & FUNDING RESOURCES

Regional & Local Organizations

P-Patch Trust

Building Gardens, Growing Communities. The PPT champions community gardening as an integral part of Seattle's open spaces and urban development. Work to provide everyone access to community gardening and to create a garden in every neighborhood. Educate Seattle residents on organic garden practices, urban ecology and biodiversity. Promotes awareness of sustainability and encourages others to join us in building and preserving community gardens. PO Box 19748, Seattle, WA 98109 425-329-1601

www.ppatchtrust.org Or email p-patch.trust@ppatchtrust.org.

Lettuce Link Project (Interested in giving some of the organic produce to those in need?) is a service of the Fremont Public Association. Lettuce Link coordinates the donation and delivery of fresh produce from P-Patches to food banks & feeding programs. Call 694-6754 if you can help with growing or delivery.

Noxious Weed lists and tips: <http://dnr.metrokc.gov/wlr/lands/weeds> and noxious.weeds@metrokc.gov or 206-296-0290.

Seattle Tilth inspires people of all ages to deepen their connections to nature in the city through hands-on education about organic gardening, local farms, and sustainable ways of using the world's resources. Tilth's office, excellent reading library, demonstration garden and composting education center is located at the Good Shepherd Center in Wallingford, 4649 Sunnyside Ave N, Rm. 1, southwest side of the grounds. Tilth is a membership organization and provides classes, an excellent monthly newsletter as well as the spring Edible Plant Sale and fall Organic Harvest Fair. For information please call 633-0451; or visit the web site at www.seattletilth.org, main #633-0451.

Natural Lawn & Garden hotline 633-0224.

Seattle Tilth's MASTER Composter/Soil Builder's Training: Learn simple, natural ways to build healthy soil. You'll learn how to compost yard & food wastes, build healthy soils, conserve & protect water, create pest-free landscapes, reduce solid waste, and educate the public. For more information on this program call 633-0097.

Washington State University (WSU) Cooperative Extension-King County

Dial Extension is also a WSU/KC service. Prerecorded tapes are available for gardening information. Touch-tone phones, service 24 hours. Dial 296-DIAL, (296-3425), try #1921 - planting in early spring; or #1963 - organic vegetable gardens, or #123 -slugs! **Master Gardeners** trained through WSU/KC, provide free gardening literature and advice. To become a Master Gardener applications are accepted in October and training is Jan & Feb yearly. Master Gardener volunteer advisors are available to help at p-patches. They also serve at local clinics and fairs, and provide information on gardening. Garden questions & further information can be answered by phone - 296-3900.

King Conservation District- King Conservation District native plant and wetland nurseries. Native plant sales order February pick up March in Renton. 206-764-3325 (SWIM native plant nursery #425-296-8065)

The Center for Urban Horticulture at the University of Washington, 3501 NE 41st St has an excellent reading library open to the public, for a list of classes offered, or to be on the mailing list, please call 685-8033. Plant Clinic Monday's 4-8pm @205-8916

Washington NATIVE PLANT SOCIETY-The WNPS is an organization dedicated to the conservation of the **native** plants of **Washington State** 7400 Sand Point Way NE, Seattle, 98115 527-3210 or 1-888-288-8022 E-mail: wnps@wnps.org. WNPS offers training in native plant identification, ecology, restoration, and public outreach. In turn volunteers give back hours of volunteer time. If you need help with native plantings at your p-patch they can link you up with a Native Plant Steward in your area.

Utilities-Under ground locators...call before you dig 800-424-5555 call two business days prior to digging to a depth of 12" or more.

Seattle Public Utilities-*Water quality and conservation issues* 206-684-5849

South Seattle Community College Horticulture Program 206-764-5391

SEED CATALOGS and SEED SAVING INFORMATION

P-Patch promotes organic gardening, and we encourage you to look for organic seeds. Along with organic, seeds often come with labels: open-pollinated, heirloom, or hybrid. Open-pollinated seed/plants may be classified according to how they are pollinated in either self pollinated or cross pollinated. Self pollinated plants tend to be true to type generation after generation while plants that are cross-pollinated, tend to have variation in successive generations. In order to save open-pollinated seeds you need to be put controls on cross-pollinating plants. Heirlooms seeds are saved and passed down through generations resulting in a variety of flavors, colors shapes, and histories and adaptation to a specific region. A benefit to the heirloom's traits is that the ripening process is staggered, which means you get produce that ripens on an ongoing basis rather than as hybrids which are bred to ripen at the same time. Hybrid plants grown from saved will always vary. Hybrids are a controlled cross of one generation with others that are not predictable. With hybrid seeds you have to buy that same seed again each year if you want the very same type. Check out some of the information sources below for more extensive information.



Seed Saving Information:

The best suited seed is the one that you saved from a plant that has done well previously in your garden, demonstrating its love of your particular microclimate and plant health. Always save seed from your plants that do the best. To find out more information on seed saving try **Seed Savers Exchange (Iowa)** www.seedsavers.org **319-382-5872** or **Abundant Life Seed Foundation:** www.abundantlifeseed.com

Especially suited for northwest gardens:

The next best thing to saving your own seed is to experiment with varieties developed by seed companies that are suited for the NW environment so choosing close to home.
Anioleka Seeds (Grants Pass, OR) seedfest.co.uk
Garlicsmiths (Kettle Falls, WA) 509-738-4470
Filaree Farm, Garlic Specialists (Okanogan, WA) 98840 filareefarm.com 509-422-6940
Horizon Herb (Williams, OR) herbseed@chatlink.com
Nichol's Garden Nursery: (Albany, OR) 1-800-422-3985, www.gardennursery.com

Raintree Nursery: 391 Butts Rd., Morton, WA 98356 360.496.6400www.raintreenursery.com
 Salt Spring Seeds: (BC, Canada), saltspringseeds.com
 Sow Organic Seed: (Oregon) 888-709-7333, organicseed.com
 Steller Seeds (British Columbia, Canada) stellarseeds.com
 Territorial Seed Company: (Cottage Grove, OR) 800-626-0866, territorial-seed.com
 Thyme Garden-Herb Seed Company (Asea, OR) thymegarden.com
 Victory Seed Co: (Oregon) 503-829-3126, victoryseeds.com/index.html
 Wild Garden Seed & Shoulder to Shoulder Farm wildgardenseed.com
 West Coast Seeds (British Columbia, Canada) westcoastseeds.com

Additional Seed/Plant Resources:

Organic Seed Alliance www.seedalliance.org
 Baker Creek Seed Company (Mansfield, MO) rareseeds.com
 Bountiful Gardens, Ecology Action: (Willits, CA) bountifulgardens.org 707-459-6410
 Botanical Interests, Inc (Broomfield, CO) botanicalinterests.com
 Dirt Works (New Haven, VT) dirtworks.net
 Environmental Seed Producers (Lompoc, CA) espseeds.com
 Florida Mycology Research Center (Pensacola, FL) mushroomsfmrc.com
 Gardens Alive (Lawrenceburg, IN) 513-354-1482 gardensalive.com
 Gardener's Supply Catalog (Vermont) gardeners.com 1-888-833-1412
 Garden Medicinals and Culinaries (Earlsville, VA) gardenmedicinals.com
 Golden Harvest (Fort Collins, CO) ghorganics.com
 Granny's Heirloom Seeds (Humansville, MO) grannysheirloomseeds.com
 Grants Plants (Centennial, CO) grantsplants.com
 Harmony Farm Supply/Nursery (Graton, CA) info@harmonyfarm.com &harmonyfarm.com
 Heirloom Seeds (W Elizabeth, PA) heirloomseeds.com
 Heritage Harvest Seed (Manitoba, Canada) heritageharvestseed.com
 John Scheepers Kitchen Garden Seeds (Bantam, CT) kitchengardenseeds.com
 Johnny's Selected Seeds: (Winslow, ME) 877-564-6697, jonnyseeds.com
 Kitazawa Seed Co: (Oakland, Ca.) 510-595-1188, customerservice@kitazawaseed.com
 Ladybug Herbs of Vermont (Wolcott, VT) ladybugherbsofvermont.com
 Native Seed/SEARCH: (Tucson, AZ) 520-327-9123, desert.net/seeds/home.htm
 Natural Gardening Company (Petaluma, CA) naturalgardening.com
 New England Seed Company (Hartford, CT) www.neseed.com
 Peaceful Valley Farm Supply: (Grass Valley, CA) 888-784-1722, groworganic.com
 Richter's Herbs (Ontario, Canada) richters.com
 Redwood City Seed Co. (Redwood City, CA) ecoseeds.com
 Renee's Seed (CA) garden.com/reneesgarden
 Ronniger's Seed Potatoes: (Orting, WA) 877-204-8704, ronnigers.com
 Sand Hill Preservation Center 563-246-2299 sandhillpreservation.com Iowa
 Sourcepoint Organic Seeds (Hotchkiss, CO) 970-250-0951
 Seeds Blum: (Boise, ID) savesseeds.org
 Seed Dreams (Santa Cruz, CA) 831-234-8668
 Seeds of Change: (Santa Fe, NM) seedsofchange.com
 Smith and Hawken: (Florence KY) smith-hawken.com

Terra Edibles (Ontario, Canada) www.terraedibles.ca/
 The Pepper Gal (Ft. Lauderdale, FL) peppergal@mindspring.com
 The Cook's Garden: (Warminster,PA) 800-457-9703, cooksgarden.com
 Thomas Jefferson Center for Historic Plants (Charlottesville, VA) monticello.org/shop
 Underwood Gardens (Woodstock, IL) underwoodgardens.com
 Wood Prairie Farm Organic Seed Potatoes (Bridgewater, ME) woodprarie.com
 Graines Baumaux France http://www.graines-baumaux.fr/

RECOMMENDED READING

Maritime Northwest Garden Guide, Seattle Tilth
 Growing Organic Vegetables West of the Cascades, Steve Solomon
 Gardening When it Counts, Steve Solomon
 Winter Gardening in the Maritime Northwest, Binda Colebrook
 Gardening Under Cover, William Head
 Garden Pests and Diseases, Audrey Brooks and Andrew Halstead
 The Organic Garden Book, Geoff Hamilton
 Color Handbook of Garden Insects, Anna Carr
 Color Dictionary of Flowers and Plants of Home and Garden, Roy Hay & Patrick Synge
 Trees of Seattle, Arthur Lee Jacobson
 Northwest Landscaping, Michael Munro

GARDEN AIDS & TOOLS

- Maritime Northwest Garden Guide, year round organic gardening calendar available through Seattle Tilth #633-0451 **Garden Hotline #206-633-0224**

WATER CONSERVATION:

- Increase spacing between plants, this reduces competition for water and nutrients. This technique can be used on any food crop (summer annuals) but works best for tomatoes, winter squash, pole beans, sunflowers and corn.
- Prepare your soil early (March) or before the water has evaporated from the soil. You should prepare the soil and then mulch until your ready to plant. The mulch is vital since it reduces evaporation that can rob soil of its moisture. Alfalfa hay has little weed seeds and adds nitrogen. See the mulch list for more ideas.
- Water in the morning or late afternoon, not in the midday when water will evaporate and be wasted.
- Water deeply. It is better to give plantings a good soaking once a week than to give 3-4 light surface waterings.
- Water slowly and at the roots. Avoiding spraying your plants from the top where water is lost to evaporation and can promote diseases on some plants, such as tomatoes that don't like wet leaves.
- Mulch bare soil, a layer of mulch and soil with lots of organic matter retains moisture

