

# STONEARCH WINDHAM COUMMUNITY GARDEN CLUB

## NEWSLETTER

September 14, 2021

*The community garden at StoneArch Windham is tilled and maintained by StoneArch residents interested in growing vegetables and flowers in their own garden bed. It brings neighbors together to share, eat well and create friendship.*

### **2021 COMMUNITY GARDEN**

Contributed by: Connie Hertel

July 2021 is now offically the rainiest July on record in southern New Hamshire. It was indeed plentiful for StoneArch Windham Community Garden. We didn't visit the garden that much during July and we worried if the sun was ever going to come out again. Soon enough the sunny weather was back along with temperatures in 90s. Everyone made sure the plants had a good layer of mulch to keep the soil temperature from fluctuating and the moisture evaporating.

August is when we started to see the summer harvest. It started small but grew day by day. This is when it gets so exciting. For example our pole green beans; it looked like they needed a little more time before harvesting so we gave it one more day. When we came back the next day – surprise!

We picked a bag full of green beans. With happy smiles, this repeated for a month..... such fun.

Speaking of fun, we welcomed two new members this season; Deb Melanson and Cathy Milone. What a joy it is to garden together with neighbors.



All together our nine community garden members are: Christine and Tom Surette, Diane Danley, Suzanne Bizot, Cathy Milone, Rich and Connie Hertel, Dieuwke Fiedler and Deb Melanson .

**Check out our community garden scrapbook pictures starting on page 9!**

## AVAILABLE GARDEN BEDS FOR 2022 - COME JOIN US!

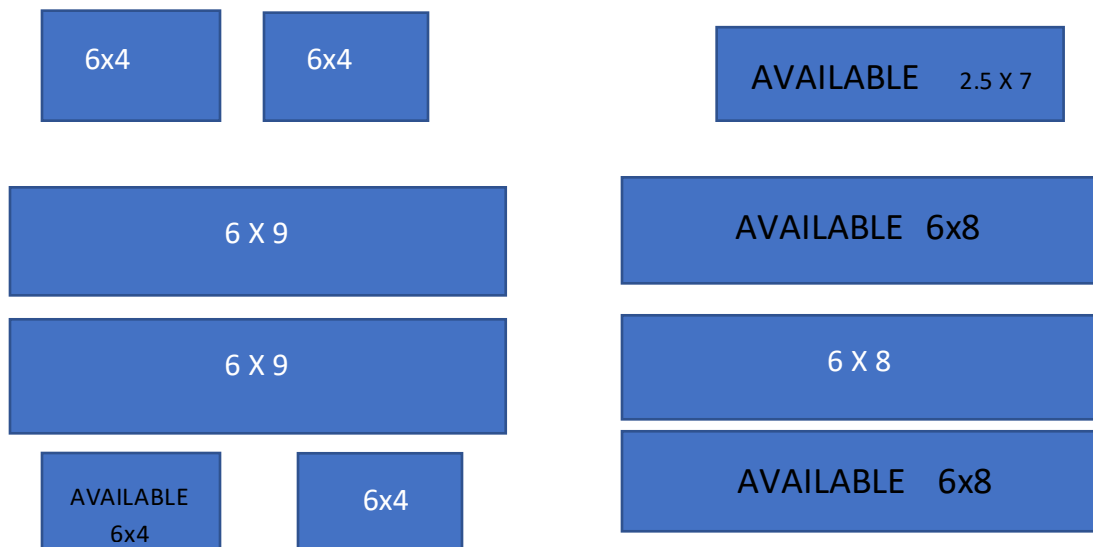
Contributed by: Connie Hertel

The community garden consists of ten garden beds of different sizes. The layout below shows each garden bed size and which beds are available for next year. Keep in mind that everyone helps each other during the season, so even if you've never gardened before, now's the time!

A garden bed can be reserved for one person or several. Next year we would like to try a new approach called: A

*GROUP GARDEN BED.* If several neighbors want to go in together they can reserve a garden bed under this name. The thought is to decide as a group what to grow and split the cost of the plants, amendments, and mulch. The ongoing garden maintenance (watering & weeding) will be shared so plants will be taken care of when you take summer vacation. When the vegetables have matured the group can share the harvest. How exciting!

\*Diagram of garden bed sizes and availability



*Garden beds can be reserved starting November 1, 2021. The garden beds are assigned on a first-come-first-serve basis. Email Connie Hertel to make your garden bed reservations:*

***conniehertel@gmail.com***

# **DEAR MOTHER EARTH**

Contributed by: Dieuwke Fiedler

A letter of Thanks:  
So many things  
Grow in the garden.  
We are standing on it now...

We are breathing it.  
We are sustained by it.  
Like the nose on our face,  
Do we see it?

So many things grow in the garden.....  
friendship, joy,  
open-mindedness.

Kneeling on earth,  
digging in soil,  
planting tiny seeds,  
praying for rain.

The deeper into the season,  
more erupts from the garden plot....  
patience, discernment,  
humility, empathy.

More blooms with the passing of  
sunrise and sunset....  
flexibility of body and mind.  
Common sense, confidence,  
adventurous spirit, humor.

The garden, like yoga,  
is full of life lessons.  
Mother Earth sustains all,  
growing bearing fruit.

Parallel themes emerge  
from soil and heart:  
on the mat  
and in the plot....

The where:  
rectangle of earth,  
sticky yoga mat.....

The who:  
the gardener,  
the practitioner.....

The when:  
daytime for sun salutations....  
evening check-ins for contemplations,  
restoration of mind...  
and maybe watering.

The doing:  
the discernment of choice....  
weed, prune?  
water, wait?  
feed, timing of delivery?

Thank you, Mother Earth,  
for your generosity,  
patience, kindness,  
wisdom, and beauty.



## **GARDEN BED EDGING PROJECT**

Contributed by: Rich Hertel

This year we added wooden edging to most of the garden beds. This project is ongoing and is available to anyone that wants to add this nice touch to their garden beds. I've installed the wood and each garden bed owner paid for the lumber. The border has added a nice

definition and visual appeal. Some have even painted the corners. We've used 2"x 8" Douglas Fir which is non-chemically treated for soil safety. Check it out, we all feel proud of how the community garden is looking.



## **GARDENING ADVENTURES FOR OLD AND YOUNG ALIKE**

Contributed by: Suzanne Bizot

The StoneArch Windham Community Garden has offered the opportunity for individuality, community, experimentation, learning, family, and friendship. The first time gardeners got to experience the excitement of learning what goes into putting food on the table; from preparing the soil, determining what to plant, watching it grow, harvesting the bounty and then sorting through recipes as you run out of ideas to use all the tomatoes, beans, or broccoli.

The more experienced gardeners got to try their hand at growing different crops. Take my attempt to grow corn. This made me feel more like a farmer than a gardener. The process started with a trip

to Lull Farm in Hollis, NH to talk to their farmers to find out when and how to plant the corn. Then there was the whole issue of how it was fertilized. It was a real “birds and bees” revelation that ultimately involved manually assisting the process. Did you know that each silk turns into an individual kernel of corn but only if it is pollinated! Finally, there was the question of when to harvest. Everyone was watching it grow with amazement and asking. YouTube to the rescue. It turns out that there is only a 3-day window for optimal corn picking. Any longer and the kernels don’t “pop” when you bite into them. Next year I won’t leave on vacation just as it is ready to pick!





Finally, the community garden has proven to be a family endeavor. Grandchildren want Nana to take them to the garden to see how the carrot seeds they gave you are growing or to pick the broccoli that Nana and Grampy grew for you because it is the only vegetable you will eat. Or you get to

share a moment with your grown daughter as you wait to pick the eggplant so you can share at an all too rare family gathering imposed by COVID. Most of all we got to watch the sheer joy and wonderment of these bonding experiences that bring our families together.



A visit from Cinderella in the spring



The boys checking out Nana's carrots



Planting broccoli



A visit to Nana & Grampy's garden

Watering the broccoli



## **BUNNY FENCING PROJECT**

Contributed by: Connie Hertel



Did you know there is a NH program designed to increase the rabbit population in southern NH? The program is called the New England Cottontail and Early Successional Habitat Project and you can read all about it at: <https://www.wildlife.state.nh.us/nongame/project-ne-cottontail.html>

In the community garden, we saw the results of this program as the bunnies

easily squeezed through the fencing to feast on our growing vegetables. To keep them and other critters at bay, we worked together to add a Hardware Cloth ½ Gauge Square fence. The new 3 foot tall fence was placed on top of the existing garden fence. Contributions from garden members covered all necessary materials.



## **FRESH FROM THE GARDEN RECIPE**

Contributed by: Diane Danley

Warm sunny days and abundant rain means lots of tomatoes are ripening at once. Several of us have been blanching then freezing our tomatoes to use later in sauce or chili; a great way to enjoy the garden in the winter months to come.

### **Tarte aux Moutarde**

Prep: 10 minutes

Bake: 25 minutes

Serves: 4-6

#### **Ingredients**

- 1 recipe pastry for 9-inch single pie crust (or use Pillsbury All-Ready pie crust)
- 2 Tablespoons Grey Poupon mustard
- 1 Tablespoon Stone Ground Mustard
- 3 large or 6 medium tomatoes, thinly sliced
- 6oz shredded Swiss, Gruyere, Jarlsberg or cheddar cheese
- 1-2 Tablespoons Olive Oil, as needed
- 2 Tablespoons Herbes de Provence, or more per taste

#### **Directions**

1. Preheat oven to 375 degrees F. Fit the pie crust into a 9-inch pie dish. With a fork, poke holes into the bottom of the crust and par-bake approximately 10 minutes.
2. Thinly slice the tomatoes. Lightly salt if desired.
3. In small bowl, mix the mustards together. Spread half the mustard mixture over the bottom of the pie crust in an even layer. Cover the mustard with half the shredded cheese mixture. Arrange slices of tomato, overlapping in a spiral from the edge to the center, covering the cheese. Drizzle with 1 Tablespoon of olive oil and sprinkle with 1 Tablespoon of Herbes de Provence.
4. Make a second layer in the same manner.
5. Bake in preheated oven about 25 minutes or until crust has browned, cheese has melted, and tomatoes are curled at the edges. Allow the pie to rest for 5+ minutes before cutting (first slice may be soupy). Can be served hot or cold.





## **COMMUNITY GARDEN SCRAPBOOK PICTURES 2021**

Contributed by: ALL



Green beans



Tomatoes



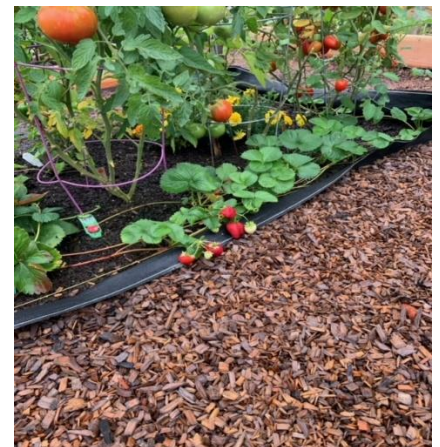
Tomatoes, zucchini, & cucumbers



Zucchini, tomatoes & peppers



Peppers, tomatoes & zucchini



Strawberries & tomatoes



San Marzano tomatoes



Eggplants, tomatoes & strawberries



Pumpkin





Cabbage, tomatoes & peppers



Lettuce



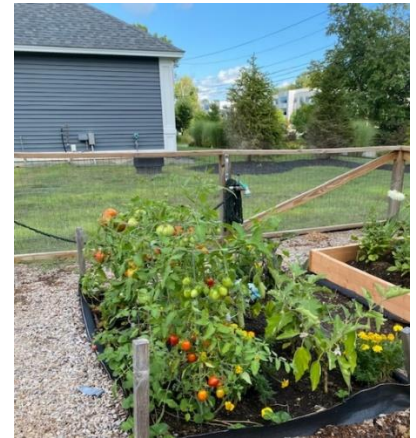
Corn



Broccoli & lettuce in spring



Carrots, eggplants & pumpkins



Tomatoes & eggplants



Zucchini, peppers & tomatoes



Eggplants

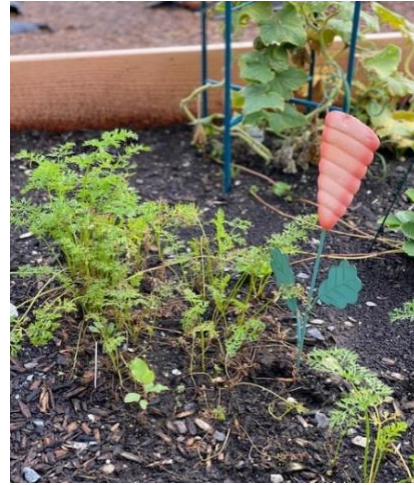


Corn & zucchini





Eggplants



Carrots



Green pole beans



Green bell peppers



Front view of garden



A few of us froze the harvest



The fall crop is ready;

Broccoli

Broccoli Rabe (Rapini)

Beets

Spinach



*FLOWERS WE GREW*  
*THIS*  
*YEAR*

