



The Express

VOLUME IV ISSUE II

Spring 2007

Our Mission

The mission of the Olympus Garden Club is to promote and support the love of gardening, floral arranging, landscape design, horticulture, plant research and environmental improvement by providing education, resources, networking and leadership opportunities to our members and the community.

Inside This Issue

- President's Message, Word Scramble, Awards 2
- Starting Seed Indoors, Community Outreach, Tip Time 3
- OK, so I have an addiction, Meeting Calendar, Word Scramble Answer, Garden links 4

Moon Planting Dates

So now you want to plant, but you just don't know when. Don't worry; take a hint from our ancient ancestors and plant by the moon. Listed below are the moon planting dates for the growing season from April to October 2007. Just remember: "Between the new to the full; time to sow. Between the full to the new; time to hoe."

April

- Plant above ground crops: 18, 19, 22, 23, 29, & 30
- Plant root crops: 2-6
- Plant annuals: 18, 19, 22, & 23
- Plant perennials and biennials: 2-6

STEPPING INTO A BRAND NEW GARDEN STEP ONE THE PLAN

I am collecting newspapers, and I called the Brooklyn Botanic Garden composting project and asked them to put my name on the mailing list. I will be one of the first on line to collect the composting material they will be giving away. Next I will visit the nurseries and see what dwarf fruit trees are available for this region. I put a notice up in my house asking my neighbors to save the fruit and vegetable cuttings for me.

I plan to use the "Lasagna Gardening" technique, this

'I want more than the space will allow'

season. This is a layered system explained by Patricia Lanza in her award-winning book, *Lasagna Gardening* (Rodale Organic Gardening Books, 1998).

Look forward to my questions at the OGC meetings regarding the start up garden.

As a novice backyard gardener, there are many things that I need to learn. I have subscribed to *Backyard Living*, and I am now reading the article: *Jumpstart your garden* (Jan/Feb. issue, page 8) as it lists in

chronological order 10 things you can do that will put you ahead of the game. "Pace yourself", Teri Dunn, says "... a little work now will save you time and effort later".

I spend a lot of time thinking about what the layout of my brand new garden will look like. I want more than the space will allow. Maybe I should make a list of what I want, then plant what the garden will allow, time in the sun, space around plant, etc. and wait and see what happens - that is the logical way to go. What do you think?

R. Raysor

Plant berries, shrubs, trees, and vines: 2-6

Transplant: 18, 19, 22, 23, 29, & 30

May

Plant above ground crops: 1, 16, 17, 20, 21, & 27-31

Plant root crops: 2, 3, 7, & 8

Plant annuals: 16, 17, 20, & 21

Plant perennials and biennials: 2, 3, 7, & 8

Plant berries, shrubs, trees, and vines: 2, 3, 7, & 8

Transplant: 1, 27-31

June
Plant above ground crops:

16, 17, 23-27, & 30

Plant root crops: 3, 4, & 30

Plant annuals: 16, 17

Plant perennials and biennials: 3, 4, & 30

Plant berries, shrubs, trees, and vines: 3, 4, & 30

Transplant: 23-27, 30

July

Plant above ground crops: 14, 15, 20-24, 28, & 29

Plant root crops: 1, 2, 5, 6, & 29

Plant annuals: 14, 15, & 20-22

Plant perennials and biennials: 1, 2, 5, 6, & 29

Plant berries, shrubs, trees, and vines: 1, 2, 5, 6, & 29

Transplant: 22-24, 28, & 29

August

Plant above ground crops: 17-21, 24, & 25

Plant root crops: 1, 2, 29, & 30

Plant annuals: 17-20

Plant perennials and biennials: 1, 2, 29, & 30

Plant berries, shrubs, trees, and vines: 1, 2, 29, & 30

Transplant: 20, 21, 24, & 25

September

Plant above ground crops: 13-

(Continued on page 2)

President's Message

As gardeners we are continuously exposed to lessons, which may be applied to the greater human experience. Most importantly the lesson of doing by imitating nature's own processes stands out.

In the domain of agriculture as well as horticulture, solutions have been derived from a narrow understanding of plants' life processes in order to achieve a quick result. This philosophy is illustrated by the use of pesticides and mineral fertilizers in gardening or the worldwide use of monocultures in agriculture. The short-term benefit still seems to hold sway, even as we see disas-

trous effects from these practices—the initially amazing results from the application of fertilizers derived from minerals (a scientific triumph since before the twentieth century), the use of DDT and the many other chemicals hailed, as certain pests and diseases were seemingly eliminated, are examples.

We know what happened when monocultures such as the one variety of potato used in Ireland became blighted, millions starved.. People in Peru, the original home of that plant, grew hundreds of different varieties and all had potatoes. Now, pest in-

sects have quickly evolved to defeat our insecticides. Our ground water is becoming contaminated with nitrogen and other fertilizer products.

By paying more attention to the life cycles and ecosystems of living things we as a species would do well to learn the serious lessons that other living things know and what human beings once knew: how to understand and become integrated into the larger system.



Robert Florin, President

Awards

We are always thankful and pleased when we can tell you that this newsletter continues to be supported by grants awarded in 2007 by Citizens for NYC and Councilmember Charles Barron.

Olympus Word Scramble - Bodies of Water

- Bay
- Bayou
- Brook
- Canal
- Channel
- Cove
- Creek
- Gulf
- Kill
- Lake
- Ocean
- Pond
- River
- Sea
- Spring
- Stream
- Swamp
- Waterfall

V C S N V V S X T Y T X P R N N M N L C
 C D Z N N R L L Y L L X R R R R W L V T
 C C X X X N S W S L L L L C W W I R N T
 G G G C G V K J W L Z C R X S K R R J J
 H Z P R N G L M S H I V Y P C E N T M C
 P Z X D H P Y A B Q G R E P N E C G S Z
 P Y R A A P J E Z D U J K O O R B S S U
 Z Z N R S S S R J J L N A L B C L P Z Q
 S Z T Q Q W A T E R F A L L D L O L S J
 Z Q N Z L A X S J I R T D D D X X V S K
 N W T F L M Z M L V C K X D D C D D E D
 N V B R L P D V V E W T T T S S S K K S
 F G B A L S A S P R I N G H I K R L T P
 P G Q S R Z Z L O L I A S M T K L L F Z
 P I N X S N Z L N K A E S K K G P P Q Z
 T V T R H D D U D L A C F C R Z P P G G
 T J L F H R F V R T U O Y A B H G D D D
 X L M I H H R B X R V I T N T J X X L V
 X B B R T C Q H X P V P L A T J X W G G
 J Z Z Z Q K J C H A N N E L L H H D H P

(Continued from page 1)
 17, 20-22, 25, & 26
 Plant root crops: 2, 26, 29, & 30
 Plant annuals: 13-17
 Plant perennials and biennials: 2, 26, 29, & 30
 Plant berries, shrubs, trees, and vines: 2, 26, 29, & 30
 Transplant: 20-22, 25, & 26

October
 Plant above ground crops: 11-14, 18, 19, & 22-24
 Plant root crops: 27, 28, & 31
 Plant annuals: 11-14, & 18
 Plant perennials and biennials: 27, 28, & 31
 Plant berries, shrubs, trees, and vines: 27, 28, & 31
 Transplant: 11-14, 18, 19, & 22-24

Planting dates provided by the Farmer's Almanac.

E. Cornier



Ans. on pg. 4
 R. Murray

Seed Starting Indoors

Starting seeds indoors can be of great benefit to any gardener especially if gardening is done outdoors. It allows you to get a jump on spring and you might grow a world of unusual plants not available at the local garden center.

Starting with a clean container, all you will need is a sterile, soil less medium, moisture, drainage and warmth. First, fill a tray with moistened starting mix. Scatter seeds on top of the mix and lightly cover them with plastic wrap or a plastic bag until the seeds germinate. Seeds need heat to sprout, you might place them on top of a refrigerator or even a furnace or water heater, but it is best to buy a special heating mat made for seed trays. These maintain a steady temperature and the trays won't get too hot or too cold.

Once the seedlings emerge they will need light, and lots of it. You will need to remove the heating mat. Use a shop

light with fluorescent bulbs as your light source. These fixtures work well because you can adjust the distance between the light and your seedlings.

When plants are small, keep the light source no more than 2 or 3 inches from the plants. Set a timer to allow the plants 16-18 hours of light a day. It is also important to keep the seedling area well ventilated to prevent disease. A small fan works well. The air movement also helps to toughen them up.

Do not fertilize until they show their "true" leaves. These appear after the first set of seed leaves appear. Thereafter, you can start fertilizing with half-strength water-soluble fertilizer. To harden them off, getting them ready for life outside, place them outdoors in shade for about one hour the first day. Increase the time each day until you are ready to plant them where you want them after the last frost date in your area. For New York City, the last frost date is May 15.

This whole process can begin in mid-winter, but it may be done well into spring.

R. Florin

Community Outreach

The seniors at the Christopher Blenman Senior Center on East New York Ave in Brooklyn enjoyed sampling the bean sprouts and salad greens with Robert's homemade dressings during our seed sprouting demonstration on Tuesday, February 13, 2007 at the senior health conference held at the center.

Johanna was there with her famous paper hat helping to distribute the health and recipe booklets we brought for the seniors.

S. Stephens



Tip Time



Add 3-4 inches of compost to your beds. Use it as a top layer for your permanent plantings and turn it into your vegetable and annual plantings.

With the right pH range in your soil you can grow healthy plants. Get to know the needs of your plants. Start with knowing their pH range. Test the pH of your soil. Adding lime makes the soil more neutral. Adding sulphur makes it more acidic..

Lettuce, carrots, radishes, spinach, peas, beans, pansies, and primroses can be planted outside now.

Plant your bare root roses now. Remove protective mulch from around the roses that over wintered and prune out dead stems.

You can divide the plants now that you did not divide last fall.

Spray your fruit trees to help control diseases and insect pests now.

Cut back the plants now that you left for winter interest and food for wildlife.

May 15 is the last frost in NYC but I think it is more prudent to plant Memorial weekend.

Fertilize your spring blooming bulbs and remember to leave the foliage to feed the bulbs for next year.

Don't be afraid to pinch your plants. Pinching back the growing tips of your plants encourages branching. This gives you more flowers, fruits, or leaves to harvest.

Remember to prune your azaleas and rhododendrons just after flowering. If you wait you will be cutting off next years flowers.

It is important to cut off the flowers from your transplants. Don't cry about it, just do it. This allows the roots to grow into the soil so that you can grow strong healthy plants.

Mixed plantings discourage pest insects from attacking all of your plants. Try to avoid an entire bed of the same plant. Plant herbs, vegetables and flowers together.

Mulch to control weeds & disease and to conserve water.

All new plantings should be watered regularly until they become established, especially the trees. They need to be watered regularly for the first 2-3 years.

'Get to know the needs of your plants'

OK, so I have an addiction

Ok, so I have an addiction. That's why they created reruns. I'm addicted to gardening shows; any gardening show. Whether it's The Victory Garden or P. Allen Smith, I'm there in front of my TV set with paper and pencil in hand. Let's face it; I can't get enough of them. At times, I even plan my whole day around a show.

Let's see, I get out of work at 3:00; Rebecca's Garden starts at 3:30. That gives me a half hour to get to my house, take off my coat, make a cup of tea, and set myself down. Of course I'm taking notes like mad; writing the exotic plant names I can't even pronounce: Tillandsias bulbosa gigantea, Nepenthes burbidgeae, and Cyphostemma elephantopus.

Then when that show is over, there's the City Gardener, Ground Breakers, Outer Spaces and the Garden Police. Gardening police? What? Do they give out tickets if a plant is out of place? And I never worry if I miss a show.

Here's a project straight from the Victory Garden.

Handmade Stone-like Trough

What you'll need:

- 2 parts sand
- 1 part peat moss
- 1 part Portland cement or Quick Crete
- Plastic or other mold (We used a plastic window box on The Victory Garden, available from any home center or hardware store, but almost anything will work - use your imagination!)
- 2 wooden dowels, 1/2-inch thick in diameter
- Rubber gloves and a protective mask
- Plastic to cover the planter
- Wire brush

Procedure:

1. Mix the sand and peat moss thoroughly. Then, wearing a mask so as not to inhale cement dust, add

the cement to the mixture and mix it again.

2. Slowly add water — it's important to add it a little at a time, mixing it in well with each addition. This will help avoid over-saturation. Add just enough to achieve a stiff consistency.

3. Wearing gloves, apply the mixture to the bottom of the mold and press firmly. The base should be about 2 inches thick. Then apply the mixture to the sides of the mold. The sides should be about 1 inch thick.

4. To make drainage holes, firmly insert the two dowels into the base of the mold, screwing them in until they reach the bottom. Leave the dowels in the mold and cover the entire planter with plastic (grocery store plastic bags work well). Let the planter dry for 24 hours.

5. To unmold the planter, remove the dowels and turn the mold over. The planter should slide out easily. Clear out the drainage holes and smooth the edges of the planter to your liking with a wire brush.

6. Finally, cover the planter again with plastic and place it in a shady spot for one month. Before using, flush it well with water.

So there you have it — a very attractive "old" planter that looks like stone, perfect for alpine plants, small evergreens and more. And best of all, it's handmade!

E. Cornier

Gardening links

USDA Hardiness Zone Map: <http://www.usna.usda.gov/Hardzone/ushzmap.html>

USDA Plants Database: <http://plants.usda.gov/>

The Ohio State University Plant Dictionary: <http://www.hcs.ohio-state.edu/plants.html>

Virginia Tech: <http://www.ppws.vt.edu/extension.html>

Vegetable Problems: <http://www.nysaes.cornell.edu/pubs/ask/vegdr.html>

Our Monthly Meeting Schedule

May 28, 2007

Garden Craft— w/Johanna Willins - bring large bleach or wine bottle

June 25, 2007

Seed Starting w/L. Hodges

July 23, 2007

Movie: An Inconvenient Truth

Please check our website for last minute changes or cancellations.

Olympus Garden Club
 Federated Garden Club of NYS, District II
 P.O. Box 21808
 Brooklyn, NY 11202-1808

Website: <http://www.olympusgardenclub.org>
 Contact us: info@olympusgardenclub.org

Editor: S. Stephens
 Assistant Editor: A. Cushion

Word Scramble Answer

V C S N V V S X T Y T X P R R N N M N C
 C D Z N N R L L Y L L X R R R R W W V T T
 C C X X X N S W L L L L C R X S W R R J J
 G G G C G V K J W L Z C R X S W R R J J
 H Z P R N G L T S H I V Y P P C E E E E E
 P Y X R A A P J E E Z Q D G E J R J E P P
 Z Z N R S E S F E J J J J J J J J J J J J
 S Z T Q N Q L F X M L V E W T T H I K L L
 N W T F L L Z S M L V E W T T H I K L L
 N V B R L S A L V E W T T H I K L L T F Z
 F G B A L S A L V E W T T H I K L L T F Z
 P G Q S R Z Z L L L L L L L L L L L L L
 P I N X S N Z Z L L L L L L L L L L L L
 T V T R H D D U V R T E E E E E E E E
 T J L F H H R F B X R V I T T T T T T T
 X L M I H H R F B X R V I T T T T T T T
 X B B R T C Q H X P V P L L L L L L L
 J Z Z Z Q K J E E E E E E E E E E E E