

# The Wild Iris

## PRESIDENTS MESSAGE....

Permaculture Principle # 6

“Produce No Waste”

Quotes from permacultureprinciples.com describe ‘produce no waste’, with “A stitch in time saves nine.” and “Waste not, want not.” I’ve mentioned a few times in these articles that there really isn’t anything terribly new about these theories.

So clearly I remember these words from my grandmother and then echoed again and again any time she thought something wasteful was about to happen. The ‘what’ didn’t matter; a pair of tattered jeans, broken handle on a tool, just about anything you could think of could be repaired, mended or fixed. And if it wasn’t saved *to be* fixed, it was saved *for* the fix. It seemed nothing was disposable; it was not yet the era of so many plastic non-fixable things. No small electric gadgets, and what few appliances we had, could all be taken to a repair shop of some sort and for a small fee, would be, or could be ‘good as new’ in a short time.

There was no such thing as food left on a plate, just wasn’t tolerated. What with “all those starving children in China”! If you were born in the 50’s or earlier, chances are you heard that tune, in some form or another. We had relatives who did without, or went without because of the “Great Depression”. Hard learned, first hand lessons in conser-

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## FEBRUARY 9, 2010 MEETING & PROGRAM

**“Pesticide Education” Sandra Mc Donald, formerly with CSU Pesticide Education. Will discuss what pesticides are and how they should always be used safely and judiciously. She will also discuss the differences between organic and non-organic products.**

Meet at the Fire & Rescue Station on Bergen Parkway at 9:15 am. Remember to bring your plants, cuttings, pots etc for the World Gardening Table... And in keeping with being green, your own coffee mug.



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### 2009-2010 OFFICERS

- President—Tina Kellogg
- Vice President—Diana Aldridge
- Secretary—Stan & Liz Barrett
- Treasurer—Dwight Gilliland
- Past President—Karla Briggs
- Member Emeritus—Louise Mounsey

## NEW MEMBERS

No new members

## FEBRUARY BIRTHDAYS

2/3 FRANCES

SORSENSEN

2/24 MARY PINDER



## PRESIDENTS MESSAGE CONT....

*(Continued from page 1)*

vation of resources came from this period.

Even though these currant times don't seem quite as tragic or 'depressing' everyone is trying to conserve. Whether it's energy in the form of heating bills, or gas mileage, land to be set aside undeveloped, or least without building; Things we used to consider necessities, seemingly just aren't as important as we once thought when it comes to conserving money.

Conservation helps. It does make an impact, recycling and composting all help the planet and thus mankind.

But not producing waste to begin with, that's key!

I've noted now on lots of emails a "think before you print" at the bottom.

Remember the big selling point on computers; they were *supposed* to save so much paper. Yet the tech industry has produced all this minutia, and components for, but thoughts of how their products could be recycled are always second hand.

They're simply not made to be repaired, or cost far less to replace than fix.

Convenience foods all individually packaged, yes in recyclable plastics, but what's wrong with the little four by four paper carton? You add the water...use the glass bowl to mix and store... How many little individual containers has that saved? We have to look differently at what really is convenient. Wash the bowl, or deal with thousands of individual containers. Just how many products do we buy that are packaged for "convenience"? Who is it convenient for anyway?

Ounce for ounce, it seems the contents is always more expensive.

Again, as consumers we have the purchasing power to say "NO, I won't buy that." But sadly it's the slow way to get the manufactures attention. In a perfect world we'd have some kind of law that prohibits the manufacture from producing a product *before* they've taken into account how much energy it will take to dispose of it. "By valuing and making use of all the resources available to us, nothing goes to waste."



### 6. Produce no waste

"A stitch in time saves nine"  
"Waste not, Want not"

### Icon & Proverb

*The icon of the worm represents one of the most effective recyclers of organic materials, consuming plant and animal 'waste' into valuable plant food. The proverb "a stitch in time saves nine" reminds us that timely maintenance prevents waste, while "waste not, want not" reminds us that it's easy to be wasteful in times of abundance, but this waste can be a cause of hardship later.*

## MEETING PHOTOS —JANUARY 12, 2010

**Speaker: Tim Sandsmark, Administrator of the Lookout Mountain Nature Center, talks about "Using Cameras for Wildlife Research, Management, Education in Jefferson County Open Space Parks"**



**Irma Wolf & Ruth Alford**

**Bill & Louise Mounsey**



***THANKS! To member & Historian Susan Blake for many of the great photos in this issue!***

# MY NEW YEAR'S GARDEN

Submitted by Jean Todd



## THE WEEDER'S READER

As we grow older, New Year's Resolutions are apt to become more important to us. The accumulating years begin to press down upon us, bringing acute awareness of our mortality. So we reflect on the previous year's disappointments, consider those things that we have put off, and

contemplate new possibilities—especially if we're gardeners. Indeed, once the Christmas decorations have been stored away and the seed catalogs start to arrive, I find myself starting

to ponder . . . I planted too much *anger* and *resentment* last year, so this year I will replace them with some *tolerance* and *patience*. I really could have used some more *enthusiasm*, too, so I will add a little extra this time and plant it next to the *hope*. I have always wanted to cultivate *laughter*, and I have the perfect spot right next to the *lighthearted expressions*.

Perhaps I should thin out the *tears*. I really don't need very many of those. And, you know, I never really liked the *frustration*—it's so invasive. I think I will replace it with *harmony*. I didn't care for that variety of *judgment*, either. It's casting a shadow over the *kindness*. It does complement the *blame*, but the other plants that are near it are not doing well. I will move them both to that far corner, and be sure to keep them pruned back. I should probably move the *criticism* back there, as well. A person could never have too much *peace*, so I will order twice as much this year. I will add a couple more varieties of *love* and put them right here in the front, so that I can smell their fragrance whenever I walk past them. There. Now I can place my orders. This catalog says that if I place an order of \$20 or more, they will send me a free *good will* bush. It would look so pretty, tucked in between the *peace* and the *harmony*. Now if spring will just hurry up and arrive. I'd better not wait, though. I will start these seeds right away.

I'll begin them inside, to give them—and myself—a good start on the New Year.

❖ ILLUSTRATIONS BY JENNIFER B LUME Weeder'sReaderNew.indd 3 3/10/09 10:39:50 PM

# HIGH ALTITUDE VEGETABLE GARDEN

By Karla Briggs

Once those seed catalogs start arriving in the mail, a gardener's fancy turns toward vegetable gardening. For high altitude gardeners, planning, creating and caring for a vegetable garden requires some additional thought and work.

The first thing to consider is that a vegetable garden needs a good deal of attention, space, preparation and water. Some questions to ask yourself are: Do I have a good location--relatively flat, sunny exposure, easily accessible? What is the soil type--rocky, compacted, dry, wet, poor drainage or decomposed granite? What are the frost dates for the area? How long is the growing season? What vegetables will grow well under those conditions? Is there water available? Is it possible to fence the garden to protect the plants from the deer and elk?

Over the next few months I will share some of my ideas, knowledge and experience about high altitude vegetable gardening. My vegetable garden is at 8,000 ft., the soil was initially rocky and shallow, I have a domestic use well permit that allows me to legally water and I learned the hard way that only an eight foot fence will protect the crops. The garden bed is a 20x20 fairly level space with sunny exposure. Over the last twenty years I have incorporated tons of organic matter in the form of composted garden waste and horse/chicken manure into the soil. I had a gardening mentor and friend, Irving Antweiler, who lovingly answered my questions and shared his plants, seeds and knowledge. Through trial and error I have learned what will grow, how to extend our short growing season and how to conserve water. So here we go!

The first step in vegetable gardening is preparing the site. Most of us have very little topsoil and a lot of rocks. It is possible to hand-till the bed, but a lot easier to use a roto-tiller for the first few times to remove the rocks and incorporate organic matter to a depth of 6-8 inches. Organic matter or soil amendment is any material mixed into the soil to improve its *tilth*. Tilth is "the physical condition of the soil as related to its ease of tillage, fitness of seedbed, and impedance to seeding emergence and root penetration".

Composted organic matter made from manure or biosolids may have a high salt content whether it is commercial or home grown. Be sure to check the label or with the provider about the salt content. Use aged, not fresh, manure in a vegetable garden to prevent *E coli* contamination. Fresh manure may also have a high ammonia content that will burn plants' roots and leaves. Both aged and fresh manure can be the source of weed seeds, although well-aged, composted manure will have less viable seed. The best way to test the age of manure compost is to smell it --it should smell like dirt, not poop, and it should feel like broken-down particles, not clumps. CSU Master Gardener Extension recommends adding 1 inch of composted manure or biosolids to a depth of 6-8 inches to the garden for the first four years and ½ inch of compost to a depth of 3-4 inches every year after.

Composted organic matter made from garden waste (grass clippings, leaves) is pretty much free of salt content. Do not use grass clippings or leaves that have been treated with herbicides or pesticides within the past month. The CSU Master Gardener Extension recommends adding 1-2 inches of plant-based compost to a depth of 6-8 inches in the first four years and 1 inch of compost to a depth of 3-4 inches every year after.

The addition of organic soil amendments will improve the soil by breaking up the tiny soil particles in clay soil and filling up the spaces between the large particles in sandy soil. Amended garden soil has better balance of oxygen, drainage and moisture retention. It allows plants' roots to go deeper and reach a larger supply of water and nutrients.

Organic soil amendments add a small amount of plant nutrients that feed the microorganisms in the soil that, in turn, convert nutrients into plant usable forms. However, vegetable plants are heavy feeders and additional fertilizer is required. Manufactured fertilizers contain either a single nutrient or combination of nutrients. The combination is most often nitrogen, phosphate and potash.

(Continued on page 7)

## MINUTES JANUARY 12, 2010

President Tina Kellogg called the meeting to order at 9:35am and welcomed several guests.

There were 35 members present, which is less than the minimum requirement for a quorum. This meant that no official EGC business involving a vote by the membership could be transacted in the meeting. Tina indicated that she would find out the best way to reduce the quorum requirement to a more practicable percentage of the total membership, since this was the second meeting in which the attendance had failed to achieve a quorum.

### REPORTS FROM BOARD MEMBERS

**Secretary's Report** Stan Barrett asked if there were any comments or corrections relating to the published minutes of the two previous General Membership meetings, held on November 10, 2009 and December 14, 2009. No comments or corrections were offered but because of the lack of a quorum it was not possible for a formal motion of approval to be made.

**Treasurer's Report** Dwight Gilliland presented a summary of the banking activity for the period December 31, 2009 through January 11, 2010. The balance in the checking account was \$1,337.40 and in the savings account was \$10,126.00. He provided a copy of the cash flow details for the period September 1, 2009 through January 11, 2010 to be filed with these minutes. Dwight also passed out copies of the updated Proposed Budget for the upcoming fiscal year, containing estimates of some items which had been missing from the Proposed Budget discussed in the December meeting. He explained various elements of the Budget and emphasized that all "proposed" items are "best estimates" which are subject to corrections and improvements as the fiscal year progresses.

### REPORTS FROM COMMITTEE CHAIRS

Irma Wolf (Garden Tour Chair) gave some details of the 2010 Garden Tour. It is scheduled for Saturday July 26th, from 10am to 3pm. Tickets will cost \$15 per person. The tour will visit six gardens, all in Evergreen, which were selected from twelve candidate gardens after being reviewed by the Garden Tour Committee last summer. She asked for volunteers to help on the various subcommittees. Tina thanked Irma for the long hours of hard work she had put into the project already.

Sandy Swan (Sculpture Feasibility Committee Chair) presented the following conclusions reached by the Committee: The sculpture is a feasible project for the EGC to undertake. The project will be a 3 to 5 year process and it could take up to 2 years to find an appropriate location. All fundraising efforts will be autonomous and will not encroach on other EGC fundraising.

The monies currently in the Memorial Fund could be donated to the sculpture project if the Memorial Committee concurred. Any future transfer of monies from the Memorial Fund to the sculpture project would first have to be approved by the donors or their families. \$5,000 has already been donated towards the sculpture project.

The committee intends to offer a motion indicating that the sculpture project is feasible and proposing that the EGC include it in future planning.

There being no further business, the President adjourned the meeting at approximately 11:50am.

The guest speaker was Tim Sandsmark, who gave a talk entitled "Wildlife in Parks."

These Minutes respectfully submitted by the Co-secretaries, Liz & Stan Barrett.

## GREEN NEWS—

The Evergreen Garden Club currently is responsible for eight community gardens. During the last year it was a struggle for the current membership to keep the gardens maintained. We need to address this problem, and come up with a plan for Spring/Summer 2010. A group of members will be meeting in March and April to do this. Please contact Karen MacFarquhar [gkmacf@aol.com](mailto:gkmacf@aol.com). if you are interested in helping out. Input from all garden leaders would be greatly appreciated.

*(Continued from High Altitude Garden page 5)*

Nitrogen is the nutrient needed most by plants, but it is possible to apply too much and adversely affect plant growth. Most Colorado soils have a sufficient level of phosphate and potash, and regular applications of manure or plant compost will maintain those levels. The most accurate way to determine nutrient content in soil is with a soil test. The CSU Jeffco Extension office can, for a fee, test a soil sample. Fertilizer can be applied in the fall or in the spring before planting. It should be tilled into the soil or used as a side dressing and not applied directly on the plants. Always follow the application directions of the label of any product.

Plants have different nutrient needs. For example, beans, peas, tomatoes and vine crops don't need as much nitrogen as potatoes, corn and cole crops. Too much nitrogen can inhibit fruiting in some plants and too little nitrogen can leave some plants susceptible to disease. Read the information on the seed package or ask someone at the nursery when you purchase starts of vegetable plants to learn about nutrient requirements. The CSU Master Gardener Extension website, [www.cmg.colostate.edu](http://www.cmg.colostate.edu) is a great source for information on both fertilizer and soil amending.

Well, we are in it now! We have a level, sunny, accessible and fenced garden site with beautifully amended soil. Next month, we will chose vegetable plants that will grow well at our altitude and discuss watering and mulching the garden. ~ Karla

## HOSPITALITY BITES

**T**he hospitality team for February 2010 is as follows:

Chris Gray, Ruth Alford, Linda Ringrose, Lorna Lind,  
Cathi Edmund, Joy Young, Arlene Fitterer.

Please would you arrive between 8:45 & 9:00 am to help set up the room and be prepared to stay after the meeting for clean-up. THANKS!

## 2009—2010 OFFICERS & BOARD MEMBERS

### **President:**

Tina Marie Kellogg  
303-679-9921  
c-303-476-3560  
[tina@GivenTrees.com](mailto:tina@GivenTrees.com)

### **Vice President:**

Diana Aldridge  
3/945-4559  
[dianaaldrige@comcast.net](mailto:dianaaldrige@comcast.net)

### **Secretary:**

Stan & Liz Barrett  
3/816-1092  
[SLB72057@att.net](mailto:SLB72057@att.net)

### **Treasurer:**

Dwight Gilliland  
3/679-1846  
c-720-837-5237  
[danville67@aol.com](mailto:danville67@aol.com)

### **Past President:**

Karla Briggs  
3/674-3685  
c-720-272-7720  
[Karla@Tuppersteam.com](mailto:Karla@Tuppersteam.com)

### **Member Emeritus:**

Louise Mounsey  
3/674-4695

**EVERGREEN GARDEN CLUB**

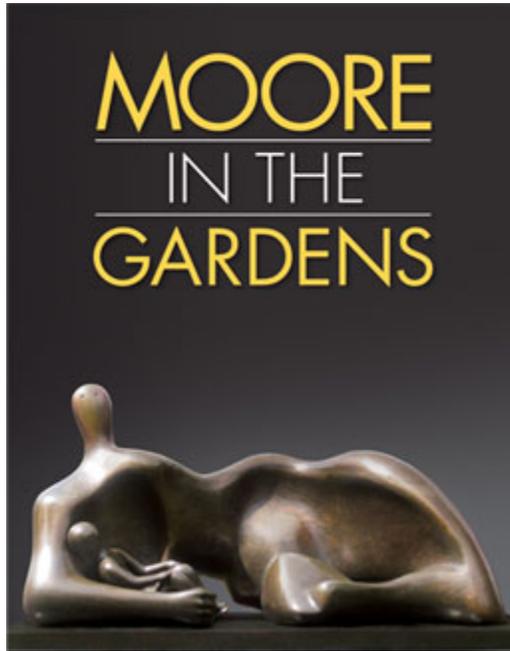
The Wild Iris is a free monthly publication for members of the Evergreen Garden Club.

Meetings are held on the second Tuesday of the month from Sept. to June at Fire & Rescue Station on Bergen Parkway at 9:15 am. All are welcome.

For membership information please contact Dwight Gilliland at (303) 679-1846 or Mem-bers@EvergreenGardenClub.org

Newsletter Contributions are due by the 20th of each month to Editor@EvergreenGardenClub.com

Newsletter Editor & Website  
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