

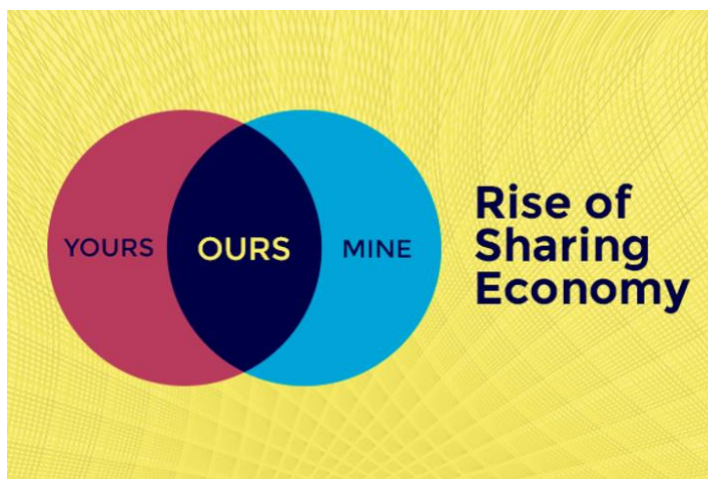


## Nyack Community Garden 2023 Fall Newsletter

# The “Sharing” Issue

The Nyack Community Garden Newsletter Committee is pleased to share with you our fall newsletter, focused on sharing. We have been inspired by the garden’s commitment to sharing time, knowledge, space, and, of course, the fruits of our labor in our garden wares.

Longtime Newsletter Committee member Kathy Schwarz works as an environmental educator, and she teaches her students about the sharing economy. As she puts it: The sharing economy is an economic model that promotes more sustainable living. We are practicing it in our garden and demonstrating how beautiful it can be. Let’s all consider all the other examples of how the sharing economy is already part of our lives and how we might start sharing even more!



In this fall newsletter, we have on offer for you: stories of sharing garden plots, sharing food with hummingbirds, when sharing goes awry, Resource Corner on companion planting, updates on the summer garden activities, and reminders for the remainder of the season.

Photo credits: All photos from newsletter committee member Nancy Jagelka, other than: Ruby-throated Hummingbird and Spotted Lanternfly from Wikimedia

Commons, mature Tree of Heaven from University of Maryland Extension, and Tree of Heaven seedling from Go Native Long Island.

We hope you enjoy this issue, and best wishes for the end of a successful garden season!

Liz Cherry, Newsletter Committee Chair



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## Sharing of Several Plots Yields Lots of Veggies and a Blue Ribbon

Kathy Schwarz and Liz Cherry

Over the past few years, more and more people have begun sharing plots. Looking at this year's plot assignments in comparison to 2020, we now have more than twice the number of people sharing plots! And, this doesn't even include people who might be combining their plots with their neighbors (more on that below). For this article, we're featuring interviews with people who are sharing and combining plots.

Alice Kintisch has been in the garden for about 20 years. Up until this past year, she shared a plot with her husband, but he could no longer physically help out with the plot. She said she thought about moving down to a half a plot, as she couldn't maintain her full plot on her own. Then, she said, she found out her friend Paul was interested in sharing a plot—he, too, had his own full plot. This is



their first year sharing a plot. “We did the prep together, which was wonderful, because for the two of us, it was manageable.” They did most of the planting together, and they share the watering: she covers the garden four days a week, and he does three. Of course, she notes, you don't have to water every day, but this helps ensure the garden is well taken care of. Alice also noted that sharing a plot is so helpful when it comes to traveling: “We cover for each other on vacations, and

this year, it seems like I've been away a lot, and he's been able to cover, which is great."

Alice gave great advice for plot sharing: "I think the most important thing is that we communicate to each other—communication is key." She suggested talking at the beginning of the season about expectations and the sharing of the produce, and she had an innovation: "I like to send him what I call a 'garden report.' After I've been here, I'll go home and write to him things of interest, I'll tell him I cleaned up a little bit, I took this or that, I noticed this and that, and it's worked so far."

When asked if she had any words of encouragement for people hesitant to share a plot, Alice said: "I think it's a great thing, because we harvest so much, and even though I give things to friends, to neighbors, and to Plant-A-Row, and there's still so much, so why not share it among two families, or two people, and then it doesn't go to waste."

Here's another idea for sharing:  
We've had sharing of plots, but Crissie Bertone (45A) and her neighbors Alley Olson (45B) and Elizabeth Turk and Nancy Gray (46) have been sharing 2 full plots altogether, and they won the blue ribbon for the best garden this year. (Plus, Elizabeth Turk takes care of the Nyack Garden Club plot, too.)



Crissie told me that they got together already last November to plan their joint venture. While Nicole and Donna Faustini were planting for hummingbirds, this group was planting for bees. So that included flowers, but they also planted some more unusual veggies: Cucuzza zucchini, green and purple long beans, 2 kinds of Swiss chard, a blight-resistant South Korean hybrid pepper, Malabar spinach, okra, and Chinese eggplant.



They also have an area designated for herbs: sorrel, rue, lavender, oregano, and sage.

Crissie told me it is working out beautifully sharing the responsibilities. They all love to weed, so they all pitch in with that, whenever they come to the garden – sometimes all together, and sometimes separately. Crissie calls herself a “workaholic” and describes Elizabeth as one, too – so they do some of the heavy lifting. Crissie is in charge of the fertilizing (using fish fertilizer and organic compost) and Elizabeth is responsible for the pesticides (using Neem oil and some milk solutions). But they all contribute their passion and their love of gardening. They harvest what they need, and have plenty to donate, too.

Congratulations on being a winner of the garden contest. But also congratulations on being great models for sharing!



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## The Faustinis' Hummingbird Garden

Kathy Schwarz

Donna Faustini and her daughter Nicole Faustini won a blue ribbon for most creative garden! Last year it was the best garden overall. Every year they start out

with a theme. Last year it was Italy, where their roots are. This year the theme was hummingbirds.

We have a special butterfly garden on the south side of our garden and the more general pollinator gardens on the north side. So, it makes logical sense to include a hummingbird garden within the fence. Hummingbirds are often the forgotten pollinators. But the birds themselves are so memorable. To see them in this area is a treat, but they're around. They are so elusive and move so fast that it's not easy to spot them.



What attracts the hummingbirds? The color red. Actually, they are attracted to all colors, but first they have to see red. So red predominates the Faustinis' plot. They have a red walkway. They planted dahlias, petunias, a cigarette plant, some anise hyssop (which is actually purple), and Trailing Abutilon, a native to Brazil, among many others. They even sprinkled a special seed mix of flowers to attract hummingbirds. And they included a special hummingbird feeder, with its red nectar.

There are around 300 different species of hummingbirds, but only one species, the Ruby-throated Hummingbird is home in our area. Who knows, with the changing climate, this could be changing, too.

Donna claims to have seen one this year. Please, everyone in the garden, report back to us if you see one and where! And, maybe for next year, even if the Faustinis

chose a different theme for their garden, we can all share the attractions to the hummingbirds and plant some red flowers! But we can't wait to see what the Faustinis' theme will be for next year!

Meanwhile, for more on the mystique of the hummingbird, check out Sy Montgomery's *The Hummingbirds' Gift: Wonder, Beauty, and Renewal on Wings*, available for sharing at the Nyack Library.

And here's a list of possible flowers (annuals) to plant to attract hummingbirds:

- Texas Sage/ Lady in Red (*Salvia coccinea*)
- Victoria Blue (*Salvia farinacea*) Black and Blue (*Salvia guarantica*)
- Pineapple Sage (*Salvia elegans*)
- Fuschia ( *Fuschia* spp.)
- Lantana (*Lantana camara*)
- Empress of India Nasturtium (*Tropaeolum*)
- Cypress Vine (*Ipomoea quamoclit/coccinea*)
- Zinnias (*Zinnia* spp.)
- Tropical Hibiscus (*Hibiscus rosa-sinensis*)
- Flowering Tobacco (*Nicotiana* spp.)
- Jewelweed/Touch-me-not (*Impatiens capensis*)

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## **When Sharing Isn't Caring: Invasive Species in the Garden**

Lindsey Wahlstrom-Edwards

These days, there seems to be one thing uniting all New Yorkers: The fight against the spotted lanternfly. Everywhere you look, there are spotted lanternflies flying – and hopping – around. While everyone from young children on up seem to have joined the battle, these insects have proven indefatigable against our best squishing efforts.

According to the [New York Department of Environmental Conservation](#), the first spotted lanternfly infestation was detected in Staten Island, New York in 2020. (What a year!) We likely all heard harrowing tales of swarms of lanternflies descending on the rest of the boroughs last year, which makes sense as, according



to the NY DEC, lanternflies are spread to new areas primarily through human activity.

This year, there has been a significant increase in activity in Rockland and Westchester counties. The spotted lanternfly, which is native to parts of Asia, primarily feeds on the sap of fruit, ornamental, and woody trees, with a strong preference for the also invasive Tree of Heaven. Because of the variety of trees they feed upon, the spotted lanternfly is a threat to agriculture, especially grapes, apples, and walnuts, [according to the USDA](#). While their food choices may bode well for the items we typically plant in the garden, their impacts on our ecosystem will likely be significant.



The best way to help prevent a spotted lanternfly infestation is to destroy the insect's egg masses, which appear as one-inch-long smears on trees. At a minimum, please inspect the trees, wood piles, vehicles, and outdoor furniture around our homes and garden plots each fall for egg masses. If you find an egg mass, scrape it off into a bucket of hot soapy water or a baggie containing hand sanitizer.

Each spring, the nymphs emerge from the masses. Nymphs are ¼" long and are black with white spots. They are easily mistaken for ticks. As the nymphs grow, they turn red and can be up to ¾" in length. Adults are 1" long with pinkish gray spotted wings folded over their red backs. If you see nymphs or adult spotted lanternflies, squish them immediately. Cornell has created a great guide to the different lifecycle stages of the spotted lanternfly, including images, and guides of how to fight the species at each stage of life. You can view the guide [here](#). The USDA has also created resources, including activities to help educate children. You can view those resources [at this link](#).

Because Rockland county has a known infestation, be sure to check your vehicles and outdoor gear for any egg masses or tag-along nymphs before leaving for other parts of the state. If you happen to find these insects while visiting an area outside

of New York, Nassau, Westchester, or Rockland county, destroy the insects or egg mass and report the sighting using this [online form](#).

The boon in the spotted lanternfly population is due, at least in part, to the increasing prevalence of another invasive species, the Tree of Heaven. This tree, which is native to China, not only reproduces and grows aggressively, but, according to the [Greenacres Foundation](#), it is also allelopathic, meaning it has the ability to excrete chemicals into the surrounding soil to kill nearby vegetation. This is important to note as we have seen the Tree of Heaven seedlings in the garden this year.



The good news is the Tree of Heaven is easily managed if it is dealt with quickly before the taproot takes hold. While its leaves have a similar appearance to several native species, including sumac, ash, and black walnut, according to [The Nature Conservancy](#), the Tree of Heaven can be distinguished by its “fuzzy, reddish-brown twigs and clusters of light green seed pods”. It also emits a strong odor when it is flowering. Once the taproot of the seedling is established, it is nearly impossible to control, so please check your plots regularly for seedlings.



While in most instances sharing may be caring, your plot neighbors will thank you for helping to keep the spotted lanternfly and Tree of Heaven under control. In this instance, it is best to show your fellow gardeners you care by sharing in the communal responsibility of pest control.



# **We Can Now Compost Kitchen Scraps in Nyack!**

Kathy Schwarz

We compost our garden cuttings using the compost bags we keep in our shed. (And thank you to the Bag Maintenance Committee for keeping us stocked with those bags.) They are picked up by the Department of Public Works and end up in the Orangeburg composting facility on Rte. 303 in West Nyack. But we cannot bring our kitchen compostables to add to those bags. And we haven't wanted to set up a compost system which includes kitchen scraps at the garden due to fear of attracting rodents.

Well, now all people in Nyack can compost their kitchen scraps. Bins have been set up by Rockland Green at our Public Works facility on Catherine Street. From there, the compostables will end up at the county composting facility in Hillburn. What you need to do is pick up compostable bags at Nyack Village Hall and, when you fill the bag, bring it over to Catherine Street and dump it in the bin.

This is the list of acceptable compostables:

- Fruits and Vegetables (remove stickers, bands, and ties)
- Meat and Poultry (bones ok)
- Fish and Shellfish (shells ok)
- Dairy Products
- Bread and Pasta
- Rice and Grains
- Eggshells
- Chips and Snacks
- Beans, Nuts and Seeds
- Leftover and Spoiled Food
- Coffee Grounds and filters
- Tea Bags (no staples)
- Cut Flowers

Once the kitchen compost completes its process of being turned into healthy fertilizer, Rockland Green is selling this, so we cannot complete that cycle and reuse it. But we can use the garden scraps after they decompose in Orangeburg. This is available every spring from Rockland Green's facility.

# Resource Corner: Companion Plants

Kathy Schwarz

Some plants share the soil well, and others do not. Here's a handy guide for companion planting:

COMpanion PLANTING		
IN NATURAL ECOSYSTEMS, PLANTS PERFORM FUNCTIONS THAT CAN EITHER HELP OR PREVENT OTHER PLANTS TO GROW THE SAME IS TRUE IN OUR GARDENS. CERTAIN PLANTS GIVE NUTRIENTS BACK TO THE SOIL, WHILE OTHERS NEED TO TAKE UP NUTRIENTS. PLANT AROMAS AND FLOWERS CAN ATTRACT POLLINATORS OR DETER PESTS. BELOW IS A CHART TO HELP YOU UNDERSTAND WHICH PLANTS GROW WELL TOGETHER AND WHICH TO PLANT FAR APART!		
PLANT	GOOD COMPANIONS	BAD COMPANIONS
BEANS	MAIZE, SUNFLOWERS, LAVENDER, CABBAGE, CUCUMBER, STRAWBERRIES, BRINJAL	ONION, GARLIC, FENNEL
BEETROOT	BEANS, ONIONS, GARLIC, LETTUCE, CABBAGE	
BRINJAL	CALENDULA, MARIGOLDS, MINT, PEAS	
BROCCOLI, CABBAGE, CAULIFLOWER, KALE	AROMATIC PLANTS, DILL, SAGE, ROSEMARY, POTATOES, BEETROOT, CELERY, GARLIC, ONIONS, GERANIUM	TOMATOES, POLE & RUNNER BEANS, PEPPERS
CARROTS	LETTUCE, CHIVES, LEEKS, ROSEMARY, SAGE, PEAS, WOODWOOD	STRAWBERRIES, FENNEL, CABBAGE
LETTUCE	CARROTS, RADISH, STRAWBERRIES, CUCUMBER, BEANS	CELERY, PARSLEY
MAIZE	SUNFLOWERS, AMARANTH, BEANS, PEAS, & OTHER LEGUMES, PUMPKIN, SQUASH, CUCUMBER, MELONS, & OTHER CUCURBITS, PARSLEY	CABBAGE, TOMATO, CELERY
ONION/ GARLIC	CARROTS, BEETROOT, STRAWBERRIES, TOMATOES, LETTUCE, CABBAGE	PEAS, BEANS, PARSLEY, LEEKS
PEAS	LAVENDER, CARROT, TURNIP, RADISH, CUCUMBER, MAIZE, BEANS, GROWS WELL WITH MOST VEGETABLES & HERBS	ONION, GARLIC
PEPPERS	TOMATOES, GERANIUM, BASIL, CARROT, ONION	BEANS, KALE, CABBAGE FAMILY
POTATOES	CORRIANDER, MARIGOLD, BEANS, MAIZE, CABBAGE FAMILY	PUMPKIN, CUCUMBER, SQUASH, MELONS, SUNFLOWERS, TOMATOES
SPINACH	STRAWBERRIES, BROAD BEANS, PEAS	POTATOES, FENNEL, CABBAGE FAMILY
TOMATOES	BASIL, OREGANO, PARSLEY, CHIVES, NASTURTIUM, ONIONS, CARROTS, CELERY, CALENDULA, GERANIUM, BORAGE	GENERAL PEST DETERRANT, PLANT THROUGHOUT GARDEN
CALENDULA	TOMATOES- REPELS TOMATO WORM!	COMPOST ACTIVATOR. USE LEAVES TO MAKE COMFREY TEA FERTILIZER!
COMFREY	FAST-GROWING NUTRIENT ACCUMULATOR. PLANT ALONG EDGES & USE LEAVES FOR MULCH	REPELS CABBAGE MOTH. PLANT ON BORDERS TO KEEP FLYING PESTS AWAY!
CHILE PEPPER	CABBAGE, MAIZE	USE MARIGOLD LEAVES TO MAKE AN ORGANIC GENERAL INSECTICIDE SPRAY!
MARIGOLD	PLANT FREELY THROUGHOUT THE GARDEN - REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES & MANY MORE.	REPELS WHITE FLIES & SPIDER MITES
NASTURTIUM	TOMATOES - IMPROVES FLAVOR!	DETERS CABBAGE WORM
THYME	CABBAGE	DETERS CABBAGE MOTH, BEAN BEETLES & CARROT FLY!
ROSEMARY	CARROTS, CABBAGE, SAGE, BEANS	KEEPS ANIMALS OUT! ALSO REPELS WHITE FLY
WORMWOOD/ ARTEMESIA	AROUND GARDEN EDGES	PLANT NEAR AROMATIC HERBS TO ENHANCE ESSENTIAL OIL PRODUCTION
YARROW	PLANT FREELY THROUGHOUT THE GARDEN. REPELS SOIL NEMATODES, APHIDS, BEAN BEETLES, AND MANY MORE!	

A DIVERSE GARDEN IS AN ABUNDANT GARDEN. HAPPY PLANTING!



For more info on PERMACULTURE contact Afristar Foundation @ P.O.Box 68562, Bryanston, Johannesburg, 2021 \* 011 706 56 14 \* FAX: 086 605 3333 \* email: afristar@telkomsa.net

# Plant-a-Row

Liz Cherry

First, a thank you to everyone who has donated produce to Plant-A-Row. The goal for this year is 800 pounds, and Plant-A-Row Committee Chair Jill Remaly reports that so far, our total this season is 507 pounds. Each week, the committee weighs the donation, and this summer August 20 was our best week of donations at 70 pounds.

What have people been donating? Jill reports it was an awesome year for cucumbers. Eggplants have been especially healthy and productive this year, and we had a fair number of zucchini before the squash borer invaded our garden. There is always at least one baseball bat sized zucchini that hopefully contributed to a family's soup or bread. Jill also reports stellar tomato donations, but tomato season is winding down.



Jill is happy to report that there has been less food waste than in the past. She and her committee have stressed the importance of this over the last couple of years, and it seems to be working. As we roll into winter squash season, Jill and the Plant-A-Row Committee hope gardeners will share their bounty so we can move closer to our goal of 800 pounds. Last year was an exceptional year with 860 pounds donated, and if everyone who grows butternut squash would donate just one, we might reach our goal!

The Plant-A-Row Committee will continue to collect until the garden closes in mid-November. Jill says, "We have a wonderful team who show up every Monday - rain or shine, and I am so grateful for their commitment to providing for the food insecure of our county."

As always, another incredible service this committee provides is that its committee members will harvest items for donation from your plot if you are away on vacation. If you need help while you are away, please reach out to Jill Remaly via email at [jillremaly217@gmail.com](mailto:jillremaly217@gmail.com) or with a message in the Facebook group (don't forget to tag her in your post!).



# Potluck Dinner

Kathy Schwarz

Another example of how we share was our wonderful Potluck Dinner. Everyone contributed to the meal and everyone enjoyed the food and the company. Not all dishes were made from produce grown in the garden, but some of it was – from carrots to green beans, to potatoes. And foods from different cultural backgrounds were shared, too, like the leafy green vegetable calunay, grown and prepared by Lorenzo Tacadema, representing his Filipino background. (It also grows in other tropical environments, such as Jamaica, where they call it callaloo.)

The awards for the garden contest were handed out, as were prizes for the raffle. And most people even shared the task of cleaning up. What a beautiful community we have!

Special thanks to the Potluck committee!



# Garden Contest Winners

The annual Nyack Community Garden Contest was held on July 27. Special thanks go to the judges, including Lindsey Arnell from The Grow Room, Upper Nyack Mayor Karen Tarapata, and Ryan Mulholland of Foliage & Flora.

This year's winners are:

Best Vegetable Garden:

1st Place - #14, Aaris Sherin

2nd Place - #9, Stephanie Salter

Best Flowers and Vegetables:

1st Place - #38, Gayle Sturmer/Eric Rosenberg

2nd Place - #21B, Liz Cherry/ Michelle Morales

Most Creative:

1st Place - #48, Nicole & Donna Faustini

2nd Place - #36, Jayne Stuecklen/David Kiremidjian

Best Over All: #45 & #46

Cristiane Bertone/Glen Holley

Alley Olsen

Nancy Gray/Elizabeth Turk





# Garden Clean-up – October 21

Liz Cherry

A new way we share the work of maintaining the garden is through garden-wide cleanup days. The summer clean-up in July included such tasks as weeding and cleaning the main path and the pollinator pathway gardens around the garden. It is also a nice springboard for gardeners to take the time to clean up something in their own plots, such as the invasive bindweed and tree of heaven weeds that keep sprouting up. Remember, all plots must be fully cleared out by Sunday, November 12.

For this fall's clean-up, the tasks will be decided on an as-needed basis—show up and see how you can get involved! The more we share this work load, the easier it will be to maintain a healthy garden area.

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## Notes from the Board

The Nyack Community Garden Executive Board has a few reminders for garden members as we are finishing up the garden season:

- Please follow up on your committee assignments as committee work is part of being a garden member.
- Make sure to weed your gardens, especially invasive weeds like bindweed and tree of heaven, and remove anything growing on the fence, such as morning glories.
- Please participate in the fall garden cleanup day on Saturday, October 21.

Please notify the Executive Board at [membership@nyackcommunitygarden.info](mailto:membership@nyackcommunitygarden.info) if our garden information has incorrect information for you, such as wrong name spelling, email, phone number, plot number, committee assignment, or address, OR contact us if you change any of these.

While we do not email revised lists every time an update is made to all members, the up-to-date information is always posted on the bulletin board on the door of the shed.



## Nyack Community Garden Executive Board

Jill Remaly (plot 34B)	co-president	<a href="mailto:jillremaly217@gmail.com">jillremaly217@gmail.com</a>
Laura Pakaln (plot 32)	co-president	<a href="mailto:laurapakaln@gmail.com">laurapakaln@gmail.com</a>
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Website: [nyackcommunitygarden.info](http://nyackcommunitygarden.info)

Facebook: <https://www.facebook.com/groups/nyackgarden>

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## 2023 Dates to Remember

**Mondays by 10am** – Plant-A-Row veggies in cooler will be given to food bank

**Saturday, October 21** – Fall Clean-up

**Sunday, November 12** – Garden closes, gardeners must fully clear plots

**Saturday, November 18** – 8:00 AM sharp: Winter prep clean-up

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A message from your newsletter team:

Please send us your garden stories, questions, or tips on what you'd like to hear more about in the newsletter. We'd love to hear from you.

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