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# **NYACK COMMUNITY GARDEN**

***July-August 2021***

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## **Garden Pests**

Did you miss your cucumbers and squash last year? Did you wonder why there was a ban on growing them? It was because of this little guy:



Squash Vine Borer Adult

That turned into this more destructive guy:



Squash Vine Borer Larvae

This is their life cycle: The adults emerge in late June or early July, from cocoons in the ground. They then lay their eggs at the base of susceptible squash or cucumber plants. The eggs hatch about a week later and the larvae born start to feed on the stems of those plants, which blocks the flow of water to the rest of the plant. The larvae feed for four to six weeks, then exit the stems and burrow about one to two inches into the soil to pupate, remaining there until the following summer, when the adults emerge again.

If there were any adults emerging last year, they wouldn't have found anything to feast on and they flew away. So the ban seems to have worked. But if you do see any of the adults flying around this year or any of the larvae later on, please report it to the Executive Committee. So far, none have been noted and we will probably enjoy an abundant harvest of our squash and cucumbers!

The squash borer is one of the most destructive of the pests that have been seen in the garden over the years, according to Brian Osborne, a more than 15-year veteran of the garden. He is a keen observer and travels around the garden, at times, looking out for these critters. Overall, we've been lucky that there are not too many.

But here are a couple of others he sees quite commonly:

The flea beetle, which enjoys eating beet and eggplant leaves, arugula, mustards, Chinese cabbage, bok choy and potatoes. They're tiny and hard to see, but Brian pointed out the tiny holes in my eggplant leaves. And now I know why I have never had luck growing eggplant.



Flea Beetles



What you might see on an eggplant leaf

Then there's the bean beetle, which enjoys all bean plants, including edamames. They hide on the underside of the leaves, so they're easily missed. But they don't destroy the beans, so no real worries!



Mexican Bean Beetle

And the white fly which feasts on our kale. They're actually pretty. If you see clouds of white flies in your kale in the fall, you know what they are. They don't really do too much damage, so don't panic. You'll still enjoy your freshly-harvested kale.



White Flies

In Brian's judgment, those 4 are the most common. But you might see others: Japanese beetles on tomatillos and cucumbers (they make big holes in the leaves) and the tomato hornworm.



Japanese Beetle



Tomato Hornworm

There are no strict rules in the garden on the use of insecticides, fungicides, or herbicides – pesticides in general - although we certainly don't encourage their use. Brian says: "first know what you're looking for". Be a keen observer of your plants. Get to know them. You will see if they don't look healthy. Then you can search for a possible reason. If you find bugs, you can pick them off. For the tiny flea beetle, Brian recommends neem oil, neem oil being a plant-based oil that comes from the seeds of the neem tree which is native to India.

There are natural predators of some of these pests – for instance ladybugs, spiders, green lacewing larvae, and dragonflies are a few of many beneficial insects. If you use a pesticide you could be killing these beneficial insects along with the destructive ones! And hummingbirds feast on some of the pests – Has anyone seen a hummingbird in our garden?

At the beginning of the season, if you buy a seedling, inspect it for signs of insect eggs before buying it in the first place. Or if you notice eggs or larvae before planting, take a soapy cloth and wipe them off. Eggs or larvae on your plants when you plant them might be their entrance into the garden, which could eventually effect everyone's plots.

So keep your eyes open. Know your pests, and get to know your plants, too!

References: Brian Osborne's encyclopedic knowledge, and University of Minnesota Extension

*--Kathy Schwarz*



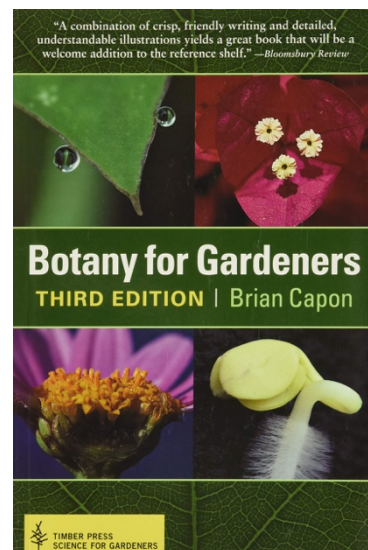
# Book Reviews

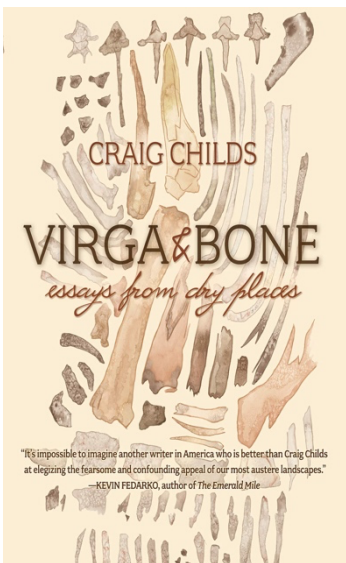
This is my first year with a plot in the Garden. I used to grow some vegetables in my backyard until a groundhog dug herself a tunnel and home beneath the north side of my fence. That first year she ate all the salad greens, much of the kale, and the broccoli just before it looked ready to pick. The following year, five babies emerged from the hole to frolic and enjoy nearly every tasty plant behind the house, minus the squash. They even reduced dozens of emerging sunflowers to sad bare sticks. I surrendered, for the time being, and was happy to be welcomed a few blocks away with a half plot.

I'm not an absolute beginner but close enough. I want to learn more about growing, so, in addition to digging in the dirt and asking questions of the more experienced gardeners in my life, I research, make lists, and dive into books. I'm a lifelong voracious reader, writer and librarian. Gardening, running, walking, biking and hiking, reaching middle age--all brought home how little I know about the plants that surround me. Weeds included. Their names and needs, structures and origins. I made a continuously growing list and am sharing a sliver here. The following titles will not be found in the gardening section--it's easy to see from a cursory glance that my fellow members are set on that end. Instead, I've included essays, memoir, manifesto, a cookbook and botany guide. All can be found in the library's catalog. Enjoy.

## ***Botany for Gardeners* by Brian Capon, 3rd edition**

A compact and wonderfully illustrated introduction for any layperson interested in penetrating the deceptive, outward placidity of the plant kingdom. Capon, who taught botany for over thirty years at CSU, explains the complexity of his subject in engaging, clear language. The book unfolds like a well-made Nature Channel documentary.



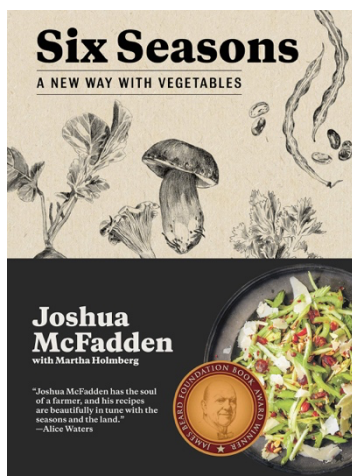
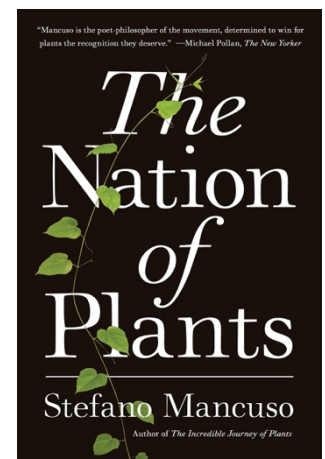


### **Virga & Bone by Craig Childs**

A collection of eight essays about the dry places Childs lives in and adores out west in the four corners region. One word near the end of each piece hooks it into the next, creating a jagged flow. Poetically sparse and precise, Childs' language brings to life a world of rock and ghosts, where rain evaporates before reaching the ground. A short book that deserves a slow, careful, read.

### **The Nation of Plants by Stefano Mancuso**

A playful manifesto by Italian plant neurobiologist created for the most serious, crucial of goals: to save life on planet Earth. Here is the vegetable kingdom's Constitution, consisting of eight articles related by Mancuso, a devoted representative of the most populous nation of all, in a bid to teach humans how to be exemplary citizens of the community of the living before it is too late. I recommend all his books: ***The Revolutionary Genius of Plants***, ***The Invisible Journey of Plants***, & ***Brilliant Green***.

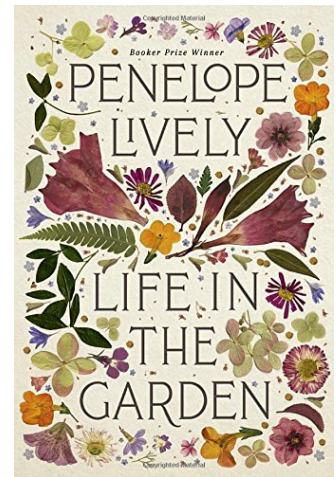


### **Six Seasons: a New Way with Vegetables by Joshua McFadden**

So many beautiful cookbooks, so little time! My latest favorites organize recipes by the seasons. This one goes one helpful step further by dividing summer into three sections. Joshua McFadden has a long, impressive resume, including a time at Four Seasons Farm in Maine that revolutionized his approach to vegetables. Celebrate early Summer with Beet Slaw with Pistachios and Raisins, page 133.

### ***Life in the Garden* by Penelope Lively**

In less than two hundred pages, this award-winning British author gives us a tapestry, woven of memoir, gardening history, and an appreciation of literary gardens and the writers who created them. Lively considers gardens in reality and metaphor, reminding us that these places reflect their stewards' inner lives, memories and hopes for the future.



--Rosemary Farrell

## **Introductions of our Executive Board Members**

Since the pandemic prevented our getting together before the season began in 2020 and 2021, and since the garden added four new Executive Board members during this time, we wanted to give our new gardeners a chance to meet our Executive Board members. The Executive Board volunteers their time to keep the garden running smoothly, and we thank them for their hard work.

Here are their introductions—now, when you see them in the garden, you can say hello!

*Laura Pakaln (plot 32)*

Q: How long have you been gardening with the Nyack Community Garden?

A: I've lost track of time! It's been at least ten years.

Q: What is your favorite item to plant at the garden?

A: Green leafy veggies, carrots and pineapple ground cherries.

Q: What gardening tip would you like to share with the members?

A: Organic is the way to go, and although it's extra work, I plant a cover crop for the winter.

Q: What do you do outside of gardening?

A: Snow shoeing, cross country skiing, reading, knitting, hanging out with my dog, reading, immersing myself in the natural world and watching wild animals (and there's lots more.)





*David Spatz (Plot 5)*

Q: How long have you been gardening with the Nyack Community Garden?

A: Four years.

Q: What is your favorite item to plant at the garden?

A: This year I enjoyed planting exotic tomatoes. They have names like black prince and Golden Jubilee. And I have raised them all from seed. Hopefully I will have a decent crop.

Q: What gardening tip would you like to share with the members?

A: Weeds are always a problem in the garden. I have tried using mulch as well as landscape fabric. I did not enjoy having to cut holes in the landscape fabric to plant my plants. And also they didn't do a great job of preventing weeds. So I am back to gardening with just dirt. What I am trying to do to fight weeds is to plant most of my plants in a very straight line so that I have room for a hoe and also it's easier to tell vegetable from weed.

Q: What do you do outside of gardening?

A: Outside of gardening I have a lot of hobbies but my favorite is art both drawing and painting.

*Yodit De La Cruz (plot 35)*

Q: How long have you been gardening with the Nyack Community Garden?

A: I have been gardening with my husband for the last 5 years at Nyack Community Garden.

Q: What is your favorite item to plant at the garden?

A: I love cherry tomatoes. They're so delicious and are my favorite snacks.

Q: What gardening tip would you like to share with the members?

A: Not to take it seriously, to have fun and try new things. Also it's amazing how much you can learn from your others by simply asking and getting to know them.

Q: What do you do outside of gardening?

A: I enjoy doing yoga and hiking.







*Elvin De La Cruz (plot 35)*

Q: How long have you been gardening with the Nyack Community Garden?

A: I've been at the garden for about 5 wonderful years.

Q: What is your favorite item to plant at the garden?

A: I love planting anything and everything, but I have to say that I found growing garlic extremely fun - especially harvesting them. The suspense almost killed me.

Q: What gardening tip would you like to share with the members?

A: Nature is unpredictable. You can do everything right and still fall short. Just do your best and have fun.

Q: What do you do outside of gardening?

A: I love nature. Whether it's hiking or being at the beach. I find it incredibly therapeutic, and creates a healthy distance from the

hustle and bustle of our daily lives.

*Jill Remaly (plot 30)*

I am a recently retired clinical social worker and while gardening is my primary passion, I also enjoy camping, biking, kayaking, hiking, quilting, and reading.

I especially love my time in the garden surrounded by others who share this passion. There is always an opportunity to learn something new and to share what we have learned.



--Liz Cherry

# Donate Produce to Plant-a-Row

*Please help us fill the cooler near the shed! Pickups Mondays at 10am.*

Plant-a-Row for the Hungry is a national organization founded in 1995 to encourage gardeners to donate produce to local food banks. Our local committee is led by Jill Remaly, and our donations go to the local organization People to People.

Prior to the COVID-19 pandemic, People to People was supplying 1,200 households, or about 3,800 people, with food each month. This year, People to People reports supplying nearly 5,000 Rockland County residents with food each month. Our garden donations help ensure that neighbors in need receive healthy, fresh vegetables. The fresh produce we donate is even more important and useful to families who lack access to healthy foods.

Donations can be placed in the cooler in the garden near the shed. Please read on for more information about how to maximize the usefulness of your donation.

## **What to Donate, What to Avoid**

The best donations are produce that won't wilt quickly after harvesting. Think carrots, onions, beets, tomatoes, peppers, cucumbers, squash, and robust greens like Swiss chard or kale. Please consider donating only what you would eat yourselves. If it's not appealing to you, then it's probably better off going in the compost instead of the donation bin.

Please avoid donating delicate greens like lettuce, which quickly wilts and will not be appropriate for donation by the time it arrives at People to People. Likewise, please remove any excess roots or dirt from your donations.



## **When to Give – Sunday Evenings or Monday Mornings before 10am**

Sunday evenings or Monday mornings are good times to put some veggies in the cooler, because a Plant-a-Row team member will pick up donations around 10am every Monday morning and deliver it straight to the food pantry. If the cooler is full, there is also a crate for overflow.

## **Let's Beat Last Year's Numbers!**

The Nyack Garden Club has an entire plot dedicated to growing food for People to People. It is tended by members of the Garden Club, and we can multiply the plot's good impact by giving some of our extra vegetables to the cause. Jill Remaly said that last year we donated 450 pounds of produce, which is down from previous years, likely due to not having cucumbers, zucchini, and squash to donate. As need has increased, our donations mean even more, so please consider donating and having the Plant-a-Row committee harvest your plot for donation while you are away on vacation.

## **Going on Vacation? Please Email Jill**

If for any reason you cannot make it to the garden for a period of time, please don't let your produce go to waste. The Plant-a-Row committee will harvest and donate for you! If you will be out of town, just send an email to Jill -- [jillremaly217@gmail.com](mailto:jillremaly217@gmail.com) -- with your name, plot number, and the dates

that you will be away. The Plant-a-Row team will be happy to harvest your ready produce so it is not wasted while you are away.



Jill Remaly and the Plant-a-Row team thank you in advance for your generous help in making this effort a healthy success for neighbors in need.

*--Liz Cherry*

## Nyack Community Garden Contest - July 22

The 2021 Garden Contest will take place on Thursday, July 22. 3-5 judges from the community, but not from the garden itself, will look at all plots and make the difficult decisions of which they deem best in these categories:

- Best maintained garden
- Best vegetable and flower garden
- Most creative garden
- Best overall garden

In the past we have awarded first, second and third prizes in these categories. At the time of this writing, it is not certain if we will do the same this year. It may be just blue ribbons for winners in those four categories.

So spiff it up and good luck to all!

But remember that **we are all winners** in that we are all blessed with the opportunity to have a plot in the garden and to grow some of our own food. And the rewards are numerous: connection to the soil, the healthiest and freshest vegetables, the relief of stress that gardening provides, the joy that comes from just walking from one end to the other and seeing the beauty of what our fellow gardeners are growing, the sharing with the food insecure through Plant-a-Row, and the community spirit within this amazing space!

*--Kathy Schwarz*

## From the Bigger Community

The Historical Society of the Nyacks will be doing a program/fundraiser that promises to be fascinating and tasty, too: ***The Taste of Local History***, Sunday, July 25 at 5 PM. Cuisine Historian Lavada Nahan will do a presentation online about foods and food preparation in the early 19<sup>th</sup> century in the Hudson Valley. And Hudson Market on Main will be preparing a meal from that period for you to take out. For more information, check out the website: <http://nyackhistory.org/2021/07/04/tasteofhistory-2>

## 2021 Dates to Remember

- |                              |  |
|------------------------------|--|
| <b>Mondays, around 10am</b>  | Plant A Row veggies in cooler will be given to food bank   |
| <b>Thursday, July 22</b>     | Garden Contest Judging   |
| <b>October (date TBD)</b>    | Pot Luck Dinner with prizes awarded to attending contest winners and free raffle for all attendees |
| <b>Sunday, November 7</b>    | Garden closes, all items removed and plots restored to state as of April 4                         |
| <b>Saturday, November 13</b> | 8:00 AM sharp: Winter prep clean-up  |



# The Nyack Community Garden Goes Organic!



Organic gardening helps to maintain healthy soil by nurturing the life within it. Soil is a living, dynamic ecosystem and not just dirt. Each individual garden plot is connected to all of the other plots in our Garden. Within this linked ecosystem are bacteria and fungi, nematodes, earthworms and insects. Together, they help to break down plant material and convert them to nutrients for your plants. Without them, the soil would be dead and unproductive. And what happens in one Garden plot can affect all of the other plots in the Garden because they are connected by a web of life!

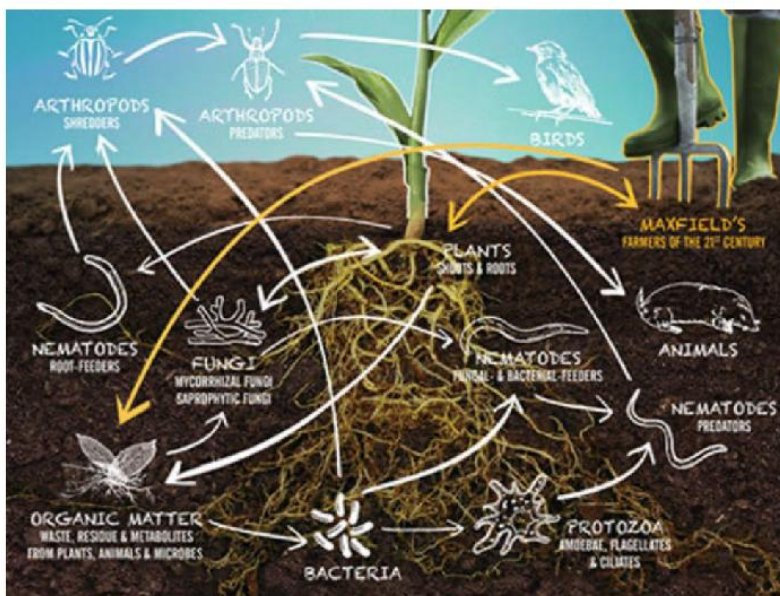
Human-made fertilizers (like the original **Miracle Gro**), pesticides and herbicides (like **Round-up**) will destroy the balance of this living ecosystem over time, eventually making all of the Garden plots less productive.

So, when buying a product to use in the Garden, **be sure it says "Organic" on the label.** Organic solutions to pests, as well as organic fertilizers, are available at every nursery and garden center (and our local hardware store). You can also shop for them online.



It is also helpful to add compost to your soil if you have some. If you don't have compost, find someone who has a compost pile and will give you some! Compost adds nutrients, moisture, and beneficial bacteria that help to prevent plant diseases. There are tons of articles on the Internet to help you learn more about organic gardening, as well as tons of books!

**Remember, what happens in one plot affects all of the other plots in the Garden because of the unique webbed structure of the soil environment. Love the soil in your plot, and it will love you back by producing nutritious and delicious food for you!**



# News you can use!

## Free your fence!

The fence behind your garden must be vine-free. Remember to weed the area around your fence!

## Seeds of Thought:

"Gardens are not made by singing 'Oh, how beautiful,' and sitting in the shade."  
-- Rudyard Kipling

## Coming or going?

Please don't forget to lock the gate.



## Conserve water—and hoses!

Don't forget to turn the hose off after use. Then open the nozzle and drain. Thanks!

## Seeds of Thought:

"To plant a garden is to believe in tomorrow."  
--Audrey Hepburn

## A Message from Your Newsletter Team

It's your newsletter, so please send us your garden story or let us know what you want to read about. We'd love to hear from you.

Liz Cherry [elizcherry@gmail.com](mailto:elizcherry@gmail.com)  
Kathy Schwarz [Katherine.schwarz54@gmail.com](mailto:Katherine.schwarz54@gmail.com)  
Rosemary Farrell [rfarrell414@gmail.com](mailto:rfarrell414@gmail.com)

*Photographs by Nancy Jagelka. Other images sourced via Wikimedia Commons.*

## Notes from the Board:

Please notify us at [nyackcommunitygarden@gmail.com](mailto:nyackcommunitygarden@gmail.com) if our garden information has incorrect information for you such as wrong name spelling, email, phone number, plot number, committee assignment, or address OR 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

John Dunnigan (plot 16)	co-president	<a href="mailto:pickwickbooks@gmail.com">pickwickbooks@gmail.com</a>	358-9126
Jill Remaly (plot 37)	co-president	<a href="mailto:jillremaly217@gmail.com">jillremaly217@gmail.com</a>	358-3427
Marie Dilluvio (plot 15)	treasurer	<a href="mailto:mvenus1220@aol.com">mvenus1220@aol.com</a>	358-5877
Laura Pakaln (plot 32)	member	<a href="mailto:lpakaln@verizon.net">lpakaln@verizon.net</a>	358-0593
Michelle Morales (plot 1)	member	<a href="mailto:mzmichelle@hotmail.com">mzmichelle@hotmail.com</a>	(347) 770-2198
Yodit De La Cruz (plot 35)	member	<a href="mailto:yoditgg@gmail.com">yoditgg@gmail.com</a>	664-0282
Elvin De La Cruz (plot 35)	member	<a href="mailto:ausfall00@gmail.com">ausfall00@gmail.com</a>	270-3792
David Spatz (plot 5)	member	<a href="mailto:davidosco@mac.com">davidosco@mac.com</a>	

NYACK COMMUNITY GARDEN - East side of South Franklin Street - between Hudson & Depew  
Avenues  
PO Box 864, Nyack, NY 10960

Email: [nyackcommunitygarden@gmail.com](mailto:nyackcommunitygarden@gmail.com) - Website: [nyackcommunitygarden.info](http://nyackcommunitygarden.info)