

# Boston Gardeners' Gazette

Urban & Green

September 2018



## A Message from Vidya Tikku, General Manager



The Trustees Mobile Farmers Market has returned for its second season this summer, continuing to bring fresh, local food from Trustees farms to Boston neighborhoods with limited food access. The number of stops has expanded from five stops last year to seven this year, and we are reaching new Boston neighborhoods and populations. We are continuing to focus on the Roxbury and Dorchester neighborhoods, and are also adding stops at public housing developments and other sites with limited food access in additional Boston neighborhoods. Stops this year include: Roxbury YMCA (Roxbury), Whittier Street Health Center (Roxbury), Dimock Center (Roxbury), Freedom House (Dorchester), Boston Centers for Youth & Family Menino Center (Roslindale), Villa Victoria Housing Development (South End), and Mildred C. Hailey Housing Development (JP).

The Mobile Market launched on Wednesday, July 11th and is operating Wednesdays through Saturdays until Saturday, November 3rd. Staff this year include Mobile Market Manager Phil Messier, Assistant Manager Estela Rosario, and Outreach Assistant Gabriela Marrero, a graduate of our Youth Conservation Corps (YCC) program. In addition to our food access stops, we are also bringing the mobile market to the Seaport on Thursday afternoons, offering a full-service farmers market and CSA pick-up. This stop provides an opportunity for the Trustees to connect with residents of this new neighborhood in Boston, and proceeds from the stop will help support our food access work. The Seaport market and CSA pick-up runs every Thursday afternoon from 2:30-6:30pm through November 8<sup>th</sup>. For more information on the Trustees Mobile Farmers Market and a full schedule of stops visit: [www.thetrustees.org/mobile](http://www.thetrustees.org/mobile). Visitors and volunteers are welcome! Please contact Phil at [pmessier@thetrustees.org](mailto:pmessier@thetrustees.org) if you'd like to stop by, volunteer, or learn more about the market.



Beth Baker from the Garden Club of America; Bridget Curd from Jones Hill Neighborhood Association; Barbara Millen from the Garden Club of America; Sheila Dillon, City of Boston Chief of Housing and Director of Neighborhood Development; Ted Ladd, Trustees Board of Directors; and Alicia Leuba, Trustees Eastern Region Vice President celebrated the opening of Windermere Community Garden with the new gardeners and neighbors in July.



Mayor Walsh joined artists, gardeners, and representatives from TD Bank and the city at Nightingale Community Garden to launch our new *Community Grown* partnership, focused on expanding our community outreach by leveraging artistic creativity and engagement opportunities.

## UPCOMING PROGRAMS & EVENTS

<p><b>Harvest Festival &amp; Plant Sale</b> <b>Saturday, September 8   10AM-2PM</b> <b>City Natives, 30 Edgewater Drive, Mattapan</b> Find harvest-season fun for the whole family, along with a great selection of cold-hardy seedlings and native plants well-suited to fall planting. Cover crop seed, soil amendments, season extension supplies, and advice will be on hand too!</p>	<p><b>Trustees Family Fun at Boston Children's Museum</b> <b>Friday, September 7, 14, 21, 28   4-7PM</b> <b>Boston Children's Museum</b> <b>380 Congress Street, Boston</b> <b>Free &amp; Open to all</b> As part of the museum's \$1 Friday nights, Trustees will be outside doing fun food, farm, and garden activities on Fridays in September.</p>
<p><b>Garden Photography Workshop</b> <b>Saturday, September 15   1-3PM</b> <b>Berkeley Community Garden</b> <b>500 Tremont Street, South End</b> Join award-winning photographer Mark Gardner for a fun-filled photography workshop in the visually striking Berkeley garden. Bring your camera—phones are fine—and learn tips and tricks to improve your outdoor shots. Member \$15; Nonmember \$25.</p>	<p><b>Yoga in the Garden – Mission Hill</b> <b>Saturday, Sept 15   9 – 10AM</b> <b>Mission Hill Community Garden</b> <b>750 Parker Street, Mission Hill</b> <b>Free &amp; Open to all</b> Join Ellen Wells of Mission Hill Yoga for a free gentle yoga class. All levels &amp; ages welcome. BYO mat &amp; water bottle and dress comfortably. This and many other free skill and community-building programs are made possible with support from TD Bank's Ready Commitment.</p>
<p><b>Boston Local Food Festival</b> <b>Sunday, September 16   11AM-5PM</b> <b>Rose Kennedy Greenway, Downtown</b> <b>Free &amp; Open to all</b> Enjoy great local vendors, activities, and exhibits during this annual event hosted by the Sustainable Business Network of Massachusetts. Be sure to stop by our booth in the Family Fun Zone for some farm-based fun!</p>	<p><b>Yoga in the Garden - Nightingale</b> <b>Tuesdays, Sept 18   6:30-7:30PM</b> <b>Free &amp; Open to all</b> Join Theresa Okokon of Legit Yoga for a free gentle yoga class. All levels &amp; ages welcome. Mats are provided; BYO water bottle &amp; dress comfortably. This &amp; many other free skill and community-building programs are made possible with support from TD Bank's Ready Commitment.</p>
<p><b>Garden Potluck &amp; Poetry</b> <b>Saturday, September 22   10:30AM – 12:30 PM</b> <b>Nightingale Community Garden</b> <b>512 Park Street, Dorchester</b> <b>Free &amp; Open to all</b> Celebrate the culmination of the two Nightingale art projects with a morning of participatory poetry, playback theater, and eating. Bring a dish to share if you can, but come even if you can't!</p>	<p><b>Sukkot in the City Potluck</b> <b>Sunday, September 23   4-7PM</b> <b>Chilcott &amp; Granada Community Garden</b> <b>25 Granada Park, JP</b> <b>Free &amp; Open to all</b> Celebrate the start of Sukkot, the biblical harvest holiday, with a vegetarian pot-luck and conversation, hosted in partnership with Beantown Jewish Gardens. Bring a dish to share.</p>

### Garden Mixology – last chance this summer!

**Thursday, September 27 | 6-8PM**

**West Springfield Community Garden | 106 West Springfield Street**

Join Astraluna, a local distiller dedicated to creating award-winning unique rums, vodkas, gins and more, to learn to make your own leafy libations. Explore new and tasty uses for garden veggies and herbs. Come prepared to learn new techniques and sample your creations. Light refreshments will be provided. Register at [thetrustees.org/seedsow](http://thetrustees.org/seedsow).

## Fall Plant Sale

— Jeremy Dick, Stewardship Manager



Autumn is the perfect time to plant trees and shrubs in the Boston area. City Natives has fantastic selections to offer including sourwood (*Oxydendrum arboreum*), spicebush (*Lindera benzoin*), plum leaf azalea (*Rhododendron prunifolium*), and dusty Zenobia (*Zenobia pulverulenta*). Looking for something more showy? We have begun to carry cultivars of

select plants, including oakleaf hydrangea, summersweet clethra, winterberry, trumpet honeysuckle, and sweetshrub.

Looking to plant a pollinator garden, or add interest to an existing planting? We're super excited to offer over 20 new species of herbaceous perennials this fall, including scarlet rosemallow (*Hibiscus coccineus*), sweet coneflower (*Rudbeckia subtomentosa*), goat rue (*Tephrosia virginiana*), and six species of milkweed. In addition, we'll have pollinator garden collections available this fall, in trays of six or twelve quart sized perennials suitable for sunny locations.

Shopping for bargains? All spring ephemeral wildflowers on sale for 20% off, select trees at 33% clearance, and every purchase of \$100 or more receives a free Viburnum, while they last.



## Garden Tips: Season Extension

— Michelle de Lima, Engagement



You don't need any special equipment to extend the short New England growing season—you just need some planning and good plant selection. Here are some of my favorite varieties to plant now for harvesting into December and beyond, as well as some simple ideas for protecting your crops:

- Lettuces like *Winter Marvel*, *Four Seasons* & many others will survive freezing temps.
- Spinach is very cold tolerant and can even survive the winter without protection, providing a nice harvest first

thing in the spring. Try *Winter Giant* or *Space* varieties.

- Arugula is wonderfully cold hardy, especially wild or *Sylvetta* varieties.
- Many Asian greens, including mizuna, senposai, and many other mustards, are very hardy.
- Greens that may be new to you, like cress, mache, and claytonia, can live through extreme cold.
- Fabric row cover will provide a few degrees of frost protection but will not withstand snow.
- Taut plastic on strong metal hoops can withstand snow. It will overheat on warm fall days, so vent as needed.
- Come to our sale on September 8 at City Natives to find seedlings, supplies, and tips for season extension!



## Native Jams & Jellies

— Jordan Takvorian, Steward



When faced with a bumper crop of fruits, jams and jellies are an excellent way to preserve the harvest. However, there are many native options to try other than the more common strawberry, grape, or apple preserves.

Serviceberries are a stalwart favorite with April flowers transforming into dark purple berries come June. With a taste reminiscent of both apples and blueberries, you'll have a complex crowd pleaser for your cupboard. They're delicious fresh off the bush as well.

Huckleberries, delicious fresh or jammed, could easily be mistaken for a blueberry taste-wise. Aronia is another native shrub known for white flowers in spring, bright red fall foliage, and plentiful fruits come August. Sugar may just be Aronia's best friend, and helps this unique tasting fruit really shine.

Prominent along the coast, beach plum is often foraged by beachgoers down the cape come August. Too astringent for fresh eating, it's another great candidate to be jammed or jellied.

All of these plants can be foraged throughout New England, however they're also perfectly suited for your home landscape, providing flowers, fall foliage, and tasty fruit, year after year.



## Celebrating the Harvest Season

— Peter Bowne, Engagement Manager, SELR



Calling all home and community gardeners! On September 8th we are combining our Fall Plant Sale with harvest season fun for the whole family. We are again teaming up with local partners to create a special day devoted to the celebration and enjoyment of

community gardening, backyard growing, and local agriculture. We'll have displays, exhibits, contests, animals, old-time games, and activities for kids. Plans are in the works for exhibits including beekeeping, backyard chickens, mushroom cultivation, cider pressing, and composting just to name a few. Yes, the pie eating contest and the Zucchini 500 are returning!



## Thanks for Your Help!

— Annie Wolf, Volunteer Program Manager

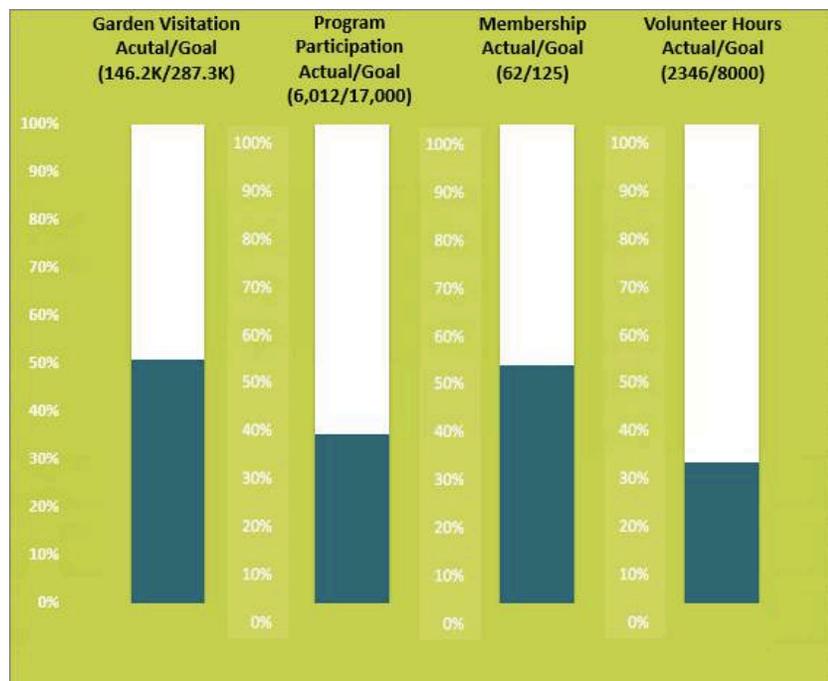


Many thanks to everyone who volunteered for the 1st Annual Jamaica Plain Garden Tour! Volunteers, including many garden owners, were stationed at each of the 26 sites along the Tour to welcome visitors, answer questions, and give directions. With more than 400 attendees, a Tour that spanned two neighborhoods, and lots for people to see, the Tour would not have been possible without such fantastic volunteers. It was great to see some familiar faces, along with some new ones, for the first year of this new annual event. We hope to see you again next year!

*The First Annual Jamaica Plain Garden Tour was a smashing success, due to the generosity of garden owners, sponsors, and volunteers. Thanks to all who contributed, and the more than 400 tour-goers who participated!*



JP Tour photos by Summer Sky Digital



The JP Garden Tour's success kept us rolling toward our annual goals. Please show your support by participating in programs, volunteering, or becoming a member!

**HAVE EBT?**  
Use Boston Double Up Food Bucks to get more **FRESH FRUITS AND VEGGIES**  
For more info ask the cashier

UP TO \$10 PER DAY

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At certain markets around the city, those who qualify can use Double Up Food Bucks to increase your purchasing power. At others, including our mobile market, you can use the HIP program.

# Celebrating WHAT UNITES US!

A program to celebrate the immigrant experience and promote healthy living for aging residents of Boston



Each 1.5 hour session will honor a different part of the world. Participants will meet at the Armenian Heritage Park for a speaking program and walk to the Boston Public Market for a cooking demo and tasting!

**JUNE 27**  
Mexico

**SEPTEMBER 24**  
West Africa

**JULY 25**  
Cape Verde

**OCTOBER 24**  
Eastern Mediterranean

**AUGUST 20**  
Dominican Republic

**NOVEMBER 28**  
East Asia

**DECEMBER 19**  
Haiti

**MEET: ARMENIAN HERITAGE PARK 10:30 AM\***

Rose Kennedy Greenway @  
Atlantic Avenue

**WALK: BOSTON PUBLIC MARKET 11:15 AM**

100 Hanover Street

**TASTE: COOKING DEMO 11:30 AM - 1:00PM**

Seats are limited. RSVP on Eventbrite: <https://goo.gl/ZBGJPK>  
Questions? Contact: [andrea.burns@boston.gov](mailto:andrea.burns@boston.gov) or 617.635.4877

\*In case of inclement weather meet at 10:30AM at the Boston Public Market.



**CITY of BOSTON**



Armenian Heritage Park  
on The Greenway, Boston  
*Coming Together on Common Ground*