



Community Garden

at Community of Christ

990 Meridian Ave., San Jose

Founded 2017

March 2023—Newsletter #29



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

Companion Planting

A garden is like a community.

Some members of that community live quietly next to each other, and others demand their own space. Some will even rob valuable nutrients from nearby neighbors.

Make sure your companion plants happily coexist. Listed below are some beneficial companion plants:

- Tomatoes and basil, carrots, onions, lettuce, spinach
- Peppers and basil, onions, spinach, tomatoes
- Green beans and corn, broccoli, cucumbers, peas, radishes
- Cucumbers and beans, celery, corn lettuce, dill, radishes
- Onions and carrots, beets, lettuce, parsnips, tomatoes
- Summer squash/zucchini and corn, beans, peas, radishes, dill
- Carrots and tomatoes, leeks, rosemary, sage, chive
- Radishes and cucumbers, onions, beets, kale, squash, lettuce
- Corn and green beans, zucchini, melons, peas, cucumbers
- MARIGOLDS are good companions to most every plant!

Below are some Incompatible plant combinations:

- Beans and Onions
- Tomatoes and Corn
- Potatoes and Sunflowers
- Asparagus and Garlic
- Celery and Carrots
- Eggplant and Fennel
- Cucumber and Rosemary
- Lettuce and Garlic
- Parsnips and Carrots
- Pumpkins and Summer Squash

For a more extensive list and additional information, go to www.farmersalmanac.com/companion-planting-guide

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Upcoming Events!

Looking forward to seeing you in your lovely patch of the garden!

Do you have garden questions, newsletter ideas OR have some free time? Check with Collette or Karen about projects that could use your help. please send an email to gratefulgardenssj@gmail.com

Thanks to www.kelloggsgarden.com for much of the information in this month's newsletter.

March - May Vegetable/Herb/Fruit Guide

Sow Seeds	Plant	Harvest					
VEGETABLES							
Plant	Seeds	Plants	MAR	APR	MAY	NOTES	
Artichoke		Transplant					
Arugula	Direct Sow						
Asparagus		Transplant				Dig trench 12-18" wide and 6-8 " deep. Loosen soil deeper for best results.	
Beans	Direct Sow					Direct sow.	
Beets	Direct Sow					Thin to 3" apart, final spacing 5"	
Bell Peppers		Transplant				Ideal Temp 80-90 degrees	
Bell Peppers		Transplant					
Broccoli	Direct Sow	Transplant				Select a variety best suited to your climate that will mature before hot weather begins.	
Brussel Sprouts		Transplant				Long growing season. Flavor improves with light frost.	
Cabbage	Direct Sow	Transplant				Cooler season crop	
Carrots	Direct Sow					Dislikes transplanting	
Cauliflower	Direct Sow	Transplant				Brassica family.	
Celery		Transplant				Thin to 10-12 inches when seedlings have 3-4 true leaves.	
Collards	Direct Sow					Brassica family.	
Corn	Direct Sow					Needs to be planting in rows for pollination.	
Cucumbers	Direct Sow	Transplant				Consider growing vertically on support structures.	
Edamame	Direct Sow					Long growing season. Succession plant for continual harvest.	
Eggplant		Transplant				Transplant to garden or container.	
Endive	Direct Sow					Direct Sow and thin to 6-12 inches apart	
Fava Beans	Direct Sow					Prefers cooler weather.	
Garlic	Direct Sow	Transplant				Planting in Fall yields larger bulbs.	
Gourds	Direct Sow	Transplant				Plant in hills that are well-spaced.	
Green Beans	Direct Sow					Grow on support structure such as teepees.	
Horseradish		Transplant				Plant root cuttings 18 inches apart in trenches 3 to 4 inches deep.	
Kale	Direct Sow	Transplant				Brassica family	
Leeks		Transplant				Onion family	
Lettuce	Direct Sow	Transplant				Plant in succession	
Okra		Transplant				Soak seeds overnight before planting.	
Onions		Transplant					
Parsnips	Direct Sow					Direct sow 1" apart in wide rows. Thin to 3-4".	
Potatoes		Transplant				Give potato seeds a head start by pre-sprouting or chitting them before planting.	
Pumpkins	Direct Sow	Transplant					
Radishes	Direct Sow					Plant in succession.	
Rhubarb		Transplant				Possible to plant from seed, but less successful. Planting rhizomes recommended. Heavy feeders.	
Rutabagas	Direct Sow					Direct sow 1-2" apart in wide rows. Thin to 8 inches	
Shallots	Direct Sow	Transplant				Onion family	

Snap Peas	Direct Sow																			Plant in succession. Use support structure.
Soybean	Direct Sow																			
Spinach	Direct Sow	Transplant																		Plant in succession for continual harvest.
Squash	Direct Sow	Transplant																		Consider growing on support structure.
Sweet Potatoes		Transplant																		Grown from slips, not seeds. 50 Sprouts per slip. Wider spacing produces larger sweet potatoes.
Swiss Chard	Direct Sow	Transplant																		Plant in succession.
Tomatoes		Transplant																		May require staking. Transfer to bed or planter.
Turnips	Direct Sow																			
Zucchini	Direct Sow	Transplant																		Plant 3-4 seeds per mound 4 inches high.
HERBS																				
Basil	Direct Sow	Transplant																		Grown for its leaves which are used as a herb
Catnip	Direct Sow																			Strong scent. Pink or white flowers
Chives	Direct Sow	Transplant																		Onion family. Long hollow leaves. Cut six to eight inches from the top of the plants. This allows vigorous growth throughout the season.
Cilantro (Slow Bolt)	Direct Sow																			Soft leafy herb with small whitish-pink flowers in clusters
Coriander	Direct Sow																			Parsley family. Small green leaves.
Dill	Direct Sow																			Aromatic blueish green plant with feathery leaves.
Fennel	Direct Sow																			Hollow stems and feathery foliage.
Goldenrod	Direct Sow	Transplant																		Plumes of fluffy yellow flowers. Attracts beneficial insects.
Lavender	Direct Sow	Transplant																		Purple flowers. Direct sow spring or summer. Wound and digestive remedies. The herb can be harvested in the summer when just coming into flower (now) and can be dried for later use. The roots can be dug and boiled for a salad as they are starchy with a nutty taste.
Lavender (French - Purple Ribbon)	Direct Sow	Transplant																		Bush - Blue flowers. Mint family, Medicinal anti-viral, attracts pollinators
Lavender Lavandula vera	Direct Sow	Transplant																		Purple/ blue Flowers. Mint family, Medicinal anti-viral, attracts pollinators
Lemon Balm	Direct Sow	Transplant																		Lovely lemon scented leaves
Marjoram		Transplant																		Oval or round leaves on woody stems. Used in cooking and medicinally. Start seeds indoors.
Mint		Transplant																		Aromatic green leaves. Quick to self-propagate
Mustard	Direct Sow																			Produces billows of tiny, four-petaled yellow flowers. Brassica family. Consider staking plants.
Oregano		Transplant																		Aromatic, dark green leaves/white, pink, purple flowers. Mint Family
Parsley	Direct Sow	Transplant																		Aromatic dark green leaves/yellow flowers. Carrot family
Roselle (Red) Hibiscus sabdariffa		Transplant																		Tall, tropical, red, and green shrub/ cranberry taste. Produces when days get shorter
Rosemary		Transplant																		Fragrant, small pine needle-like leaves. Mint Family. Slow to germinate with 30% success rate.
Sage	Direct Sow	Transplant																		Aromatic shrub with silvery leaves and purple flowers. Thin and transplant when 2 true sets of leaves are present.
Stevia	Direct Sow	Transplant																		Aromatic herb used as a natural sweetener
Tarragon	Direct Sow	Transplant																		Tender and leafy, aromatic herb. Start seeds indoors. Low light. Room temperature.

Thyme		Transplant					Small aromatic shrub with woody stems. Mint family. Thinly scatter seeds and sprinkle with soil.
FRUITS							
Apples		Transplant					Plant seeds 12" apart. Transplant to 25' feet apart.
Blackberries		Transplant					Stratify seeds. Once seedlings are 4 inches in height, they can be planted outdoors.
Blueberries		Transplant					Start seeds in trays for later transplant.
Cantaloupes	Direct Sow	Transplant					Direct sow 2-3 seeds per hill.
Cherries		Transplant					Stratify seeds 4-14 weeks.
Currants		Transplant					Stratify seeds. When seedlings germinate, transplant them from seed flat into pots.
Figs		Transplant					Propagate indoors in pots until established.
Grapes		Transplant					Plant seedling vines 6-10 feet apart.
Honeydew	Direct Sow	Transplant					
Peaches		Transplant					Stratify seeds.
Pears		Transplant					
Plums		Transplant					
Raspberries		Transplant					
Strawberries		Transplant					Plant in mounded rows.
Watermelon	Direct Sow	Transplant					Direct sow 2-3 seeds per hill.
Companioning Plant	Seeds	Plants	MAR	APR	MAY		Note
Beans (Scarlet Runner Pole)	Direct Sow						Ornamental edible. Nitrogen-fixing legume.
Borage	Direct Sow						Self-seeding annual. Pair with tomatoes, cabbage, strawberries, and squash to quell worms and caterpillars.
Butterfly Bush		Transplant					Draws beneficial pollinators and robust color.
Calendula	Direct Sow	Transplant					Plant in the vegetable garden to draw beneficial pollinators. Avoid planting with parsnips and potatoes.
Catnip	Direct Sow						Reduces fleas beetles on collards.
Clover	Direct Sow						Nitrogen-fixing legume.
Coneflower		Transplant					Attracts beneficial pollinators and adds visual appeal.
Cosmos	Direct Sow	Transplant					Attracts beneficial pollinators. Pair with tomatoes and squash for a robust yield.
Marigolds	Direct Sow	Transplant					Repels the cabbage worm, unpleasant scent repels nematodes.
Milkweed	Direct Sow	Transplant					Host plant for caterpillars. Nectar source for butterflies
Nasturtium	Direct Sow	Transplant					Edible. Attract hoverflies that feed on aphids. Draws beneficial pollinators. Scent masking for vegetables.
Sweet Pea	Direct Sow						Pair with sweet alyssum, lobelia, lavender, and catmint
Veronica	Direct Sow	Transplant					Pair with coreopsis, daylilies, and yarrow for a vibrant complimentary color palate.
Yarrow	Direct Sow	Transplant					Pair with fruits and vegetables. Attracts aphid eating insects and bees.
Zinnia	Direct Sow	Transplant					Plant with beans as a sacrificial plant to draw Japanese Beetles away. Attracts beneficial pollinators.

Milpitas Food Pantry

EXTRA VEGGIES? If you have extra veggies, consider donating to a food pantry!

Marcia works at Milpitas Food Pantry and can pick up extra produce Monday and Wednesday evenings. If you are interested, she can be reached at the following number 408.892.8924.

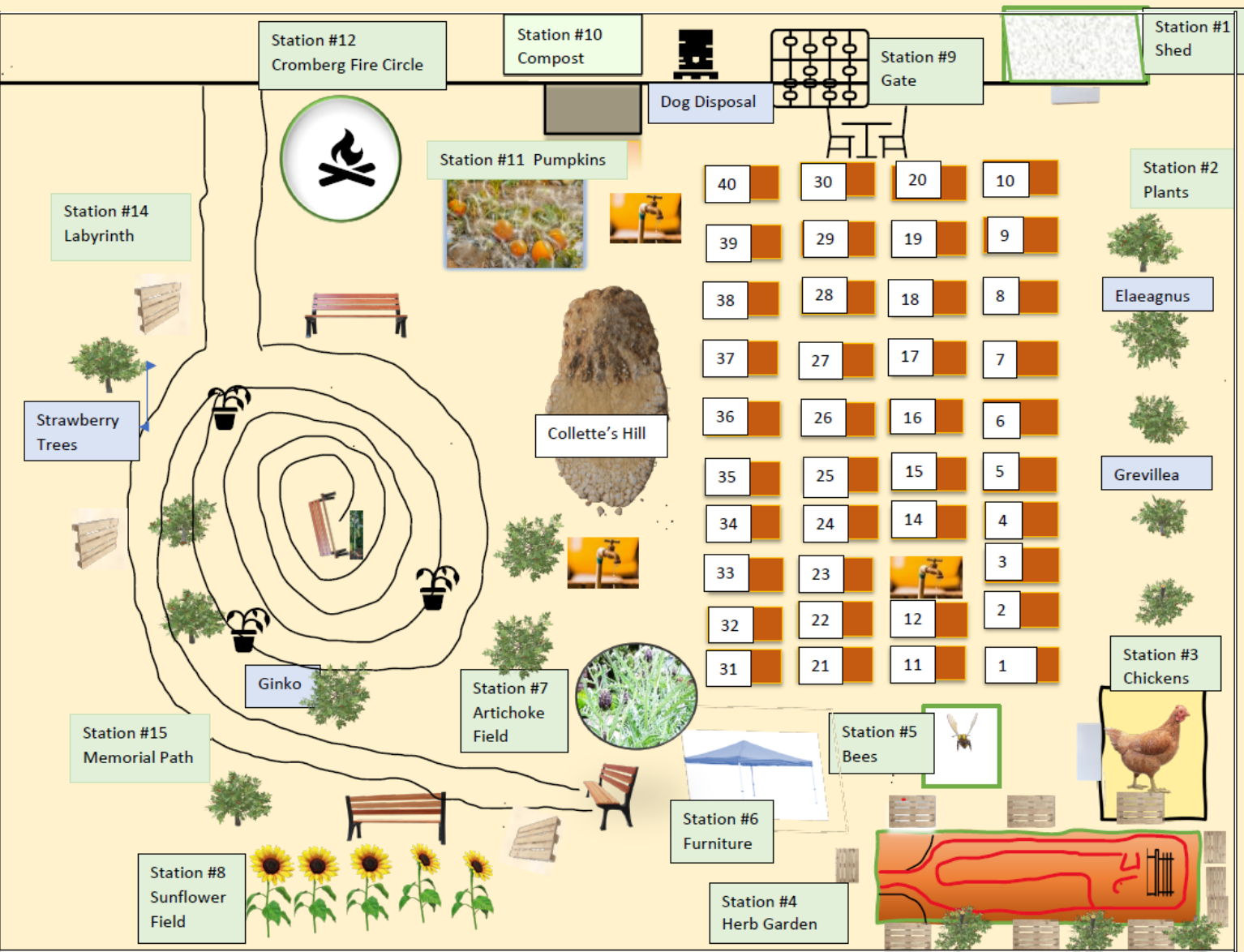


VOLUNTEER OPPORTUNITIES

The garden has many volunteer opportunities. **Following is a map and legend of the stations within the garden.**

The volunteer would adopt the station and maintain the area.

We'll be sharing more detailed information about this on the website.



Grateful Gardens Map Legend

Station 1: Shed and surrounding area – **Time:** 1-2 hours per week

Station 2: Elaeagnus, Grevillea bushes – **Time:** 1-2 hours per week

Station 3: Chickens – **Time:** 5-6 hours per week

Station 4: Herb Garden – **Time:** 2-3 hours per week

Station 5: Bees – Bees need specialized care by knowledgeable staff

Station 6: Furniture, Pop up – **Time:** varies based on project

Station 7: Artichoke Field – **Time:** 2-3 hours per week

Station 8: Sunflower field – **Time:** 2-3 hours per week

Station 9: Gate – **Time:** 2-3 hours per week

Station 10: Compost – **Time:** 4-6 hours per week

Station 11: Pumpkin field – **Time:** 2-3 hours per week

Station 12: Cromberg Fire Circle – **Time:** 2-3 hours per week

Station 14: Labyrinth – **Time:** 3-5 hours per week

Station 15: Memorial Path – **Time:** 1-2 hours per week

