



Chichester Garden Club

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CGC Newsletter, March 13, 2014

Words from the President:

What a long bitterly cold winter! So I thought it would be a good opportunity to "share" the light at the end of the tunnel with some good news, information and photos.

The CGC was built upon a community spirit foundation. Everything is connected and everyone is connected in some way. Our Historic Chichester Garden Tour was not accomplished by just one organization. We enlisted the assistance of other groups and made a successful community-wide event happen...CGC being the facilitator. We shared the success with the other organizations and helped give life to another fledgling organization. You should all be proud of our accomplishments.

Since the Photography Club helped us with photos for the Tour PR and during the Tour, it only seemed appropriate for us to donate a floral arrangement for their Jan 11-Feb 28, 2014, "January Blooms" photographic exhibit at the Library, especially when some of the photographs were taken at our Host Sites. To the right is a photo of the springtime garden arrangement we Purchased from Kreative Flowers & Gifts which was donated and raffled at the Jan 18 January Blooms Reception. This donation raised \$30 for the Library.

We had a seven attendees for the Floral Arrangement Design Workshop. All had a great time and brought our lovely creations home to share. Thank you Kristine for sharing your knowledge with us.

Thank you for participating,

Ann Davis



FOOD GARDENING

(This article is long p1-4; if you're not into deep reading at the moment, feel free to skip over to Events on p5)

Best Staple Crops for Building Food Self-Sufficiency - *Fill your pantry and boost your food security by growing these 10 space-efficient, calorie-rich staple crops that return high yields and store easily sans fossil fuels.* By Cindy Conner, June/July 2013, Mother Earth News

To rely on your garden to feed your family, you need to grow staple crops — those foods that are the basis of the human diet. The best staple crops for building food self-sufficiency should be easy to harvest and store, return good yields, and be calorie-dense to provide the food energy from carbohydrates that you need each day. Most of the staples spotlighted here are also rich sources of other nutrients.

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(cont'd from pg 1)

In her book *The Resilient Gardener*, homesteader and seed breeder Carol Deppe provides in-depth information about staple crops, and names potatoes, corn, beans, squash and eggs as the “five crops you need to survive and thrive.” I’ve expanded on that list, adding wheat, sweet potatoes, peanuts, cabbage, collards and kale.

Food storage and preservation qualities are key aspects to consider when selecting staple crops to increase your household’s food security. I love to grow food that doesn’t require fossil fuels to preserve and store it. The puzzle then becomes *where* and *how* to store it. Check your house carefully for good food-storage areas. I’ve found that a bottom kitchen cabinet is often 10 degrees Fahrenheit cooler during winter than the kitchen itself. I store potatoes, sweet potatoes and squash there. You might also have a closet in a spare room that stays cool.

Potatoes and Sweet Potatoes Potatoes (along with grain corn) will give you the most calories for the least space. They are easy to grow — just bury a piece of potato about the size of an egg with a couple of “eyes” on it in the ground in a 4-inch-deep furrow. In climates with cool summers, plant early, mid-season and late varieties two to three weeks before your last spring frost date. Potatoes will be ready to harvest in about 65 to 90 days, depending on the variety.

Sweet potatoes, with their high beta carotene content, are one of the healthiest foods you can eat. They love the heat, but you can grow them as far north as Canada. I’ve found I can keep potatoes in a basket, covered with newspaper, in the house or a shed. In October, I transfer the potatoes to plastic boxes with holes drilled in them for ventilation, and then store the boxes in the crawl space under my house. I store sweet potatoes in baskets in a relatively cool area of the house, or in the plastic boxes under the house. Generally, potatoes do best stored at 40 to 55 degrees, and sweet potatoes do best at 55 to 60 degrees.

Grain Corn Providing grains for your table is satisfying, and growing corn is about as easy as it gets. There are three main types of corn: flint, flour and dent. Flint corn is suited to cooler, wetter climates and is the most difficult to grind. Flour corn, grown by American Indians in the Southwest, is the easiest to grind. Dent corn is characterized by the dent in the top of each kernel. Common field corn is dent corn, and, unfortunately, almost all of it is now genetically engineered.

You can grind all types of corn for cornmeal, but flint corn makes the best polenta, johnnycakes and puddings, and flour corns are best for bread and pancakes. I’ve been growing ‘Bloody Butcher,’ a dent corn, for at least 20 years, and I use it mainly for hot cereal. Deppe has developed her own corn varieties for specific uses, such as ‘Cascade Ruby-Gold’ for johnnycakes and quick-cooking polenta.

The grain corn you grow and process yourself will be more nutritious than what you can buy, and you can harvest roughly 30,000 calories from 100 square feet of planted corn. ‘Floriani Red Flint’ is a variety that originated in North America, was taken to Italy (where it flourished for centuries), and has now been brought back to the States. Tests have shown that ‘Floriani Red Flint’ has higher nutrient values — including almost twice the protein, and more than three times the magnesium and phosphorus — than the degermed yellow cornmeal available in the supermarket. (Look for open-pollinated varieties and save your seeds. If stored carefully, seeds from flint and dent varieties can be saved for five to 10 years or longer.

Homegrown Wheat An interest in heirloom wheat varieties has emerged among growers in recent years, and your garden is the perfect place to try them out. Heirloom varieties tend to grow taller, have

more extensive root systems, and can be higher-yielding in organic systems than modern wheats. Some people who normally have an intolerance to gluten can reportedly eat heirloom wheat varieties. Eli Rogosa, director of the Heritage Wheat Conservancy, has been doing extensive work to make these older varieties more widely available.

Often with heirloom varieties, you pay more for a small amount of seed, and it's then up to you to grow them out to increase your supply. Winter wheat is planted in fall and harvested the following summer. I harvest wheat in June in my Zone 7 garden. In areas with winters too harsh for winter wheat, gardeners can opt to plant spring wheat instead.

To plant wheat, I broadcast seeds into a garden bed and then chop the seeds in with a rake or cultivator to cover them. Come harvest time, I use a Japanese-style sickle to cut the stalks. The initial yield of straw and grain must then be separated, or "threshed," which you can do using a plastic baseball bat or your feet. The wheat then needs to be winnowed to remove the chaff, which you can accomplish by pouring the wheat and chaff from one bucket to another in front of a fan. After you harvest your wheat, the stubble remaining in your garden beds will be loose and the soil will be soft. You can put in your next crop without removing the stubble.

At a yield of 6 pounds of wheat per 100 square feet, you could grow enough wheat in just 800 square feet to keep you supplied with a loaf of fresh bread each week for a year. Store whole grains of wheat in enclosed jars in a cool, dry place, grinding as needed, or grind grains into flour in larger batches and store the flour in your freezer.

Staples Crops: Dry Beans Dry beans, or legumes, are a mainstay of food plans. With an average yield of 3 to 5 pounds per 100 square feet, you won't get rich growing this crop for market, but you *will* richly enhance your food stores. Beans contain more than 1,500 calories per pound, and you can expect about 13 (soybeans) to 17 (favas) servings per pound. Bush varieties have a shorter maturation time than pole varieties do, so grow bush beans if you want a concentrated harvest. Good cool-weather legume crops are peas, favas, garbanzos and lentils. All other beans grow best in warm weather. Stored properly, you can keep bean seeds for several years, but for cooking, they are best if used within a year.

From speckled and oval to tiny and brightly colored, a long list of descriptors could be applied to the plethora of bean varieties out there. Black beans, red beans and limas are a few popular kinds. Experiment until you find a few varieties that grow well in your garden.

Searching for a dry bean crop to grow for my pantry, I tried pinto beans and wasn't successful. Pintos do well in regions with low humidity, hot days and cool nights. When I focused on what does best in my region, however, everything clicked. I found that cowpeas — sometimes known as "Southern peas" or "crowder peas" — are better suited to the hot, humid conditions here in Virginia, and they're not bothered by bean beetles. The average yield in the United States for pinto beans is 4 pounds per 100 square feet. For cowpeas, it's 3 pounds, but my cowpeas generally yield from 3 to 5.5 pounds per 100 square feet, with my top yield being 6.3 pounds.

For her garden in Oregon's Willamette Valley, Deppe has bred 'Fast Lady Northern Southern Pea,' an early, northern-adapted cowpea. Tepary beans, a drought-resistant species, do well in the hot, dry climate of the Southwest.

Harvest beans when the pods are dry, and store the pods in sacks you can then hang in a shed (old pil-

lowcases work well). You can thresh your harvest by hitting the sacks with a stick to separate beans from pods. Store the cleaned beans in jars in the pantry alongside your corn and wheat.

Winter Squash Winter squash, rich in fiber and vitamins A and C, include several species: *Cucurbita maxima*, *C. mixta*, *C. moschata* and *C. pepo*. Here in Virginia, I grow 'Waltham Butternut,' a *moschata*, and have kept some for as long as a year before eating. The *moschata* types are more resistant to vine borers and disease, but they usually need a longer, warmer season than do *maxima* and *pepo* squash. During the cool summers in Oregon, Deppe is fond of growing 'Sweet Meat — Oregon Homestead,' a *maxima* variety that reaches 16 to 24 pounds.

Winter squash yields 50 to 91 pounds per 100 square feet, on average. I plant butternut squash at the base of a compost pile so that the vines grow over it, discouraging weeds. My best yield using that method was 177 pounds per 100 square feet! You can store winter squash in a shed until frost, eventually moving them to a frost-free location by the time the weather turns cold. If you're short on squash-stashing spaces, simply use them to make a colorful fall or winter display right in your kitchen. Check your squash — along with your potatoes and sweet potatoes — every couple of weeks, and use or remove any that are starting to turn bad.

Cabbage, Collards and Kale Cold hardiness and health-giving qualities are why cabbage makes this list. It can stay in the garden late into fall and store in a root cellar or cold greenhouse. Sauerkraut, a fermented food rich in vitamins and probiotics, is a traditional means of preserving cabbage, and your kraut can keep in a crock for months.

Collards and kale — members of the cabbage family — are cut-and-come-again crops, and with a little safeguarding, depending on where you live, you can harvest these crops all through winter. In a sense, the winter garden can "store" these crops for you thanks to their cold hardiness — and having fresh greens on hand even in the dead of winter rounds out a staple-crop plan nicely.

Collards and kale are nutritional standouts because of their impressive calcium content. The recommended daily intake of calcium for adults is 1,000 milligrams (mg), and many of us don't get that much. One cup of cooked-from-raw collards provides 266 mg of calcium, or about 26 percent of your recommended daily dose, which is about the same amount of calcium as one cup of whole cow's milk. One cup of cooked-from-raw kale has 93.6 mg of calcium, or about 9 percent of the recommended daily amount.

- Cindy Conner researches and reports on how to grow a well-rounded, sustainable diet in the least amount of space. Learn more at [Homeplace Earth](#). Her new book, [Grow a Sustainable Diet](#), is now available.

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ANNOUNCEMENTS & EVENTS

CGC 2014 Meetings:

**Mar 26 (speaker), Apr 23 (speaker), May 28 (speaker), Jun 25 (speaker);
Jul 23, Aug 27, Sep 24, Oct 22; there will be no Nov & Dec meetings due to busy Holiday Season
schedules and anticipated weather conditions.**

Other Events:



The New Hampshire Federation of Garden Clubs is having a Standard Flower Show entitled "*Out of this World*", to be held on Friday, June 20th and Saturday, June 21st, 2014 at the McAuliffe-Shepard Discovery Center in Concord. This state flower show is open to all members of NHFGC, the NH Judges' Council and the NH Designers' Guild. (The only exceptions are specific sections in the Special Exhibits Division for Youth and Invitational Exhibits).

The attached "Working Schedule" and encourage everyone to participate in some way. Being a state flower show, our goal

is to have all clubs involved in some way, with at least one member from every club contributing to this state garden club project. Suggestions are, but are not limited to: Individuals entering in the Horticulture, Design and/or Special Exhibits Divisions, and/or volunteering to serve on one of the committees (please refer to the schedule). Member garden clubs and/or individual members can also help out by contributing to "The Friends of the Flower Show Fund".

Entries will be accepted and set-up time will be on Thursday, June 19th between 1 and 5 PM. Judging will take place on Friday, June 20th at 10 AM. The flower show will be open to the public on Friday, June 20th from 1 to 5 PM. and Saturday, June 21st, 2014 from 10 to 4 PM.

Members have until April 15, 2014, to enter their floral designs with the Design Entries Chairman.

Please review the attached "Working Schedule" and consider entering one of the Divisions. In regard to Horticulture, you may wish to review the plant and seed catalogs you receive this winter to help you determine which horticulture class/classes you may wish to enter in the flower show this summer: Perennials/Annuals that can be entered are: Hosta; branches, bulbs, tubers, rhizomes, corms; Containers grown for foliage; Flowering or fruiting branches; Containers; Vegetables. See the schedule for additional information on entering horticulture, such as quantity, size, length, number of items, etc.



Design Consultant: Catherine Schwenk, 603-878-3081 Email: gschwenk@earthlink.net

Horticulture Consultant: Eleanor Morrison, 603-744-8271 Email: emorrison2@metrocast.net

This flower show schedule is also posted on the NHFGC website. Visit www.nhfgc.org. User name: *nhfgc*; Password: *peony* - "Calendar of Events".

Again, please share this information with all your club members. 100% participation by all our member clubs will help ensure the success of the "*Out of This World*" state flower show in 2014 -- one that we can all be proud of. Thank you.

Susan L. Johnson, General Chairman

The Chichester Garden Club has partnered with the Chichester Agricultural Commission to present a "Backyard Farming" lecture series beginning March 26, 2014, to be held 7pm, Chichester Town Library downstairs meeting room.

March 26: John Carroll, speaking on "The Real Dirt: Toward Food Sufficiency and Farm Sustainability in New England."

The 2011 book *The Real Dirt*, "Toward Food Sufficiency and Farm Sustainability in New England," by John E. Carroll, Professor of Environmental Conservation at the University of New Hampshire argues that a whole new smaller scale agriculture is evolving to replace New England's commodity agriculture based on selling to wholesale markets. He contends that a "new agriculture smaller in scale, directly marketed, sometimes organic, increasingly grass-based, biodiverse, governed by biological and ecological principles and sustainable in theory and practice is fast rising across all of New England.

Part I of *The Real Dirt* addresses energy issues, the emerging role of town agricultural commissions, the importance of local gardens in food security and offers Burlington, Vermont, "the capital of Localvores" as an example. Part II focuses on the region's land grant universities and the potential of the university farms for supporting food security and sufficiency in New England.

The Real Dirt completes a trilogy and further develops themes from the first two books by John E. Carroll: *The Wisdom of Small Farms and Local Food: "Aldo Leopold's Land Ethic and Sustainable Agriculture"* followed by *Local Foods and Pastures of Plenty: "The Future of Food, Agriculture and Environmental Conservation in New England"*.

John E. Carroll has been a professor at UNH since 1974, has directed and taught in the university's undergraduate natural resources and environmental degree programs for many years, and has guided numerous graduate degree students (Masters and Ph.D) in natural resources and environmental research. For four decades he has taught and done research on national and international environmental policy, diplomacy, ethics and values as they pertain to sustainable agriculture and food systems. He holds the Ph.D in Resource Development from Michigan State University and lives in Durham, New Hampshire.

"Sustainable agricultural practices in New England concern us all, from farmers to backyard gardeners to food consumers," says Dr. John E. Carroll, Professor of Environmental Conservation at the University of New Hampshire. "Agriculture in New England is dying. Quite true. Agriculture in New England is being born. Equally true. Two different agricultures."

There will be ample time for your questions at the conclusion of the program. Copies of Dr. Carroll's books will be available for purchase. The program is offered at no charge.

April 23, will be Donna Miller, also from the NH Speakers' Bureau who will talk about "A Garden for Wildlife: Natural Landscaping for a Backyard." (Speaker bio to be announced at a later date)

*Because the two groups have similar goals, to promote gardening and farming in Chichester and educate the two groups agreed to partner for the purpose of this **Backyard Farming** lecture series.*

The Chichester Garden Club's objective is to encourage more flower and vegetable gardens in Chichester, to promote



the love of gardening, civic beautification and environmental responsibility through education and example. The purpose of an agricultural commission is to protect farmland, support the local agricultural economy, preserve rural character and promote local agriculture to community members and visitors. As ambassadors of the farming community, agricultural commissions act as educators, advisers and promoters





*New Hampshire Federation
of Garden Clubs, Inc.
81st ANNUAL CONFERENCE*



"Fruit of The Vine"

Wednesday, May 28, 2014

ZORVINO VINEYARD

AND WINERY

226 Main St. (Route 121-A), Sandown, NH 03873

603-887-8463

Directions to Zorvino: From North or South, take I-93 to Exit 3, Route 111 (Windham/Salem) and head east for 8.5 miles to the intersection with 121-A. Turn left onto 121-A. Zorvino will be on your left about 5 minutes north of the intersection of Rte. 111 & 121-A.

Program:

"Fruit of the Vine - A History of Zorvino Vineyards"

8:30 a.m. Registration and Morning Buffet

9:15 - 11:15 Business Meeting and Awards

11:15-12:00 Social Time

12 noon Plated Luncheon

1:00-1:30 Speaker

1:30-2:15 Raffles and Adjournment

2:15 Tour of Winery, Gift Shop and Grounds

***** MEETING REGISTRATION FORM *****
New Hampshire Federation of Garden Clubs, Inc.
81st ANNUAL CONFERENCE



Registration is due by May 13, 2014
Reservation Cost is \$35.00 per person

Morning Buffet includes coffees, teas, juices and assorted pastries.

Plated Luncheon is your choice of two entrees:

Chicken Mounier: Sauteed Boneless Breast of Chicken with a White Wine, Lemon Butter and Parsley Sauce.

Pan Seared Haddock: Pan Seared Citrus and Herb Infused Filet of Haddock

Both entrees include Fresh Tossed Garden Salad, Fresh Baked Foccacia Bread, Whipped Butter and Chef's Creation of Starch and Vegetable

Dessert: Tiramisu Martini with Coffee or Tea

Please register as a club through your Treasurer, making your check payable to your club.

If you need to register individually, make your check payable to NHFGC, Inc. Thank you.

NAME: _____

CLUB: _____

PHONE: _____

Number attending: _____ Check Amount _____

Chicken ___ Haddock ___ Specials ___

Special Food Needs: _____

Mail to: Catherine Persson, P. O. Box 512, Hampstead, NH 03841-0512