

Franklin Community Gardens

2013 Handbook

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WELCOME.....

The Town of Franklin, the Franklin Community Garden Committee, and the Friends of Franklin Community Gardens, Inc. have worked hard to ensure that your raised bed is ready for a successful growing season. We've only used natural organic components to produce the beds, and have obtained top quality soil components to ensure your plants have what they need to grow up strong.

Thank you for your cooperation in making the King St. Garden safe and healthy for all participants. These are basic guidelines. For more detailed information on gardening organically in a community setting please contact the Garden Coordinator at (508) 942-6970 or franklincommunitygardens@gmail.com.

Franklin Community Garden 2013 Handbook

Garden Etiquette

A major goal of the community garden is to build a stronger community. Introduce yourself and get to know your fellow gardeners. If you're curious about what someone is growing then ask them about it. If you see a curious non-gardener then fill them in on the garden. Here are some basic guidelines to promote a friendly gardening space.

- If planting tall crops, do so where they won't shade other garden plots and create supports that keep them from climbing too high.
- Weed and maintain your garden regularly as weed seeds quickly spread and make more work for other gardeners.
- Remove pests and diseased plants often as they also quickly spread.
- Never borrow tools from another gardener without permission.
- Do not pick any planting from another plot even if you think that plot has been abandoned or neglected.
- Children are welcome at the Community Garden; however please watch them and monitor their activities so that they do not disturb fellow gardeners or their plots.
- Use personal music players instead of radios in the garden and please no loud cell phone use.
- Do not bring pets to the gardening area.
- If you have a concern or issue with a gardening neighbor please address it with him/her in a neighborly manner. If the issue cannot be resolved, please contact the Garden Coordinator to aid in the matter.

Organic Guidelines

The National Organic Standards Board defines organic gardening as "an ecological production management system that promotes and enhances biodiversity, biological cycles, and soil biological activity. It is based on minimal use of off-farm inputs and on management practices that restore, maintain and enhance ecological harmony."

Organic gardening emphasizes working with nature, soil building, preventing problems before they occur, and using only natural, non-toxic or minimally toxic substances if intervention is required.

FERTILIZERS

The best fertilizer money can buy is already in your raised bed, and we'll be making more of it on site throughout the year. Organic compost is truly a revitalizing and magical gardening mixture. It provides nitrogen, phosphorus, and potassium, as well as other elements (calcium, magnesium, sulfur, and micronutrients).

Furthermore, compost aerates soil, breaks up clay, binds together sand, improves

drainage, prevents erosion, neutralizes toxins, holds precious moisture, releases essential nutrients, and feeds the microbiotic life of the soil. No chemical or additive comes close to providing so many benefits.

Below are recommended fertilizers (followed by N-nitrogen, P-phosphorus, or K-potassium representing the three major plant nutrients provided by each fertilizer) that may be used; followed by prohibited fertilizers. It is important to note that with the mix of fresh compost and loam combined with the deep soil of your raised bed additional fertilizers shouldn't be required to grow healthy plants. You may use the recommend fertilizers if you wish, but they aren't necessary.

Recommended

Compost from the garden (N, P, K), Animal manures (ideally composted or aged before use) (N), Alfalfa meal (N), Blood meal (N), Hoof and horn meal (N), Kelp or seaweed (liquid or powder) (N), Fish emulsion (N, P), Rock phosphate (P), Soft phosphate (colloidal) (P), Bone meal (P), Wood ashes (K), Granite or feldspar dust (K), and Greensand (K).

Prohibited

Synthetic fertilizers of any kind (e.g. Miracle Gro), Any formulations containing sewage sludge (e.g. Milorganite), DAP and MAP (ammonium phosphates), Chilean Nitrate, Superphosphate (acidulated phosphates), Chilean Nitrate of Potash 15-0-14), Muriate of Potash, KCl, (0-0-60), Charcoal ashes (from BBQ, stove, etc.) and Cigarette ashes

PESTICIDES

Organic methods promote a healthy ecosystem where birds, insects, plants, microorganisms, and people all reach a natural balance that is beneficial for all. The first line of pest control for the organic grower should be a careful evaluation and maximization of the soil and nutrients for a plant. Good compost and loose, rich soil are often the best solutions for pests. Make sure plants receive enough water and sunlight, choose plants that grow well in this part of the world, utilize companion plantings and rotate crops. All of these considerations can help prevent insect problems.

Below are recommended and not recommended (but permitted, with caution) pest controls that may be used when there are still problems despite trying the methods listed above; followed by prohibited pest control substances.

Recommended

Beneficial insects (ladybugs, praying mantids, trichogramma wasps, lacewings, tachinid and syrphid flies, etc.), Hand-picking Traps (pheromone, sticky, water, food, etc.), Row covers, Spraying with garlic, onion or vegetable oil, and pepper sprays, Insecticidal soaps (preferably biodegradable soap solutions), BT (bacillus thuringiensis), Chitin, Diatomaceous earth Bicarbonates (sodium bicarbonate – baking soda, and potassium bicarbonate), Sulfur, Isopropyl alcohol, and Hydrogen

Peroxide

Not Recommended

Neem, Pyrethrum, Quassia, Ryania, Sabadilla

Prohibited

Synthetic pesticides, insecticides or fungicides of any kind (Bug B Gon, Captan, Diazinon, Insectagon, Kelthane, Lindane, Malathion, Permethrin, Sevin, Thuricide, etc.), Nicotine in any form, Formulations containing copper (e.g., Bordeaux Mix) Rotenone, Pyrethroids (synthetic pyrethrum), Synthetic herbicides of any kind are prohibited (Preen 'n Green, Roundup, Weed-B-Gon, etc.)

A big thanks to the Bloomington Community Gardens for the use of their organic guidelines.

Growing Guide

Your raised bed is aligned to allow for full sun throughout the growing season and is the perfect medium for a number of plants. At the same time there is produce that is not appropriate to a community garden setting and should be avoided. This list is designed to give you the best results for your growing season. This list is focused on vegetable gardening. Ornamental flowering plants are welcome in the community garden as well, though we have no specific recommendations at this time.

Recommended

Bush Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chinese Cabbage, Bush Cucumbers, Eggplant, Greens (Arugula, Endive, Escarole, Mustard, Radicchio, Spinach, Lettuce, etc.), Herbs (Basil, Chives, Cilantro, Dill, Fennel, Marjoram, Oregano, Parsley, Sage, Tarragon), Kale, Kohlrabi, Leeks, Okra, Onions, Bush Peas, Peppers, Potatoes, Radishes, Rutabaga, Spinach, Bush Summer Squash, Swiss Chard, Tomatillos, Determinate Tomatoes, and Turnips

Not Recommend

(These are perennial plants that will need to over-winter and require a multi-year commitment) Asparagus, Strawberries, Rhubarb, Garlic, Parsnips

(These plants have the potential to grow too high or escape your bed if not properly trained) Pole Beans, Vining Cucumbers, Pole Peas, Sweet Potatoes, and Indeterminate Tomatoes

Prohibited

(Will either be invasive, will grow for miles!, are a perennial and difficult to remove from a bed, or grows too high)

Peanuts, Melons, Corn, Gourds, certain Herbs (Mint, Horseradish), Vining Summer Squash, Raspberries, Sunflowers, and Winter Squash and Pumpkins

Mulches

Organic mulches allow for better water absorption and water retention in your bed,

while also helping to suppress weed growth. Mulches can also increase or decrease the temperature of your soil, so be sure you're using the correct mulch for your plant types.

Recommended

Straw, Hay, Compost

Not Recommend

(These contain in-organics and must be removed each year. They add nothing to the soil, and can reduce water absorption.)

Black plastic, Clear plastic, and Red plastic.

Watering Guide

Water is available on site through three spigots that operate from late spring through October. Water is shut off seasonally so the pipes do not freeze.

New for 2013: Rain Barrels! These collect rainwater from our shed roof. Please be gentle with the rain barrel spigots.

All watering will be done by hand using watering cans unless otherwise noted. If you need assistance watering your bed for any reason please contact the Garden Coordinator.

One of the great advantages of deep soil is it retains water better than shallow soil. Even if the top few inches are dry the plant's roots can still access water reserves deeper down. The way you water can have a large impact on how your plants grow, so follow these simple guidelines to success.

Your raised bed needs an average of 25 gallons of water on any given week. It can obtain that through rain or through hand watering. When plants are young it is best to water frequently to help seeds germinate and to allow transplants to get established. As your plants mature, however, it is better to water less often more deeply. If you water mature plants deeply once or twice a week they are encouraged to send roots deeper into the soil which increases their access to nutrients and water in the deeper parts of your bed. Help your schedule and your plants out by watering deeply once or twice a week.

Companion Planting

One of the ways to optimise a growing space is to use companion planting. With companion planting multiple types of plants are put into a single space instead of the traditional mono-culture row style of planting. This optimises the growing space, and can provide other benefits such as pest deterrence and water retention. If you would like help planning your bed feel free to contact the garden coordinator for assistance.

Here are a few popular garden plants and their best companions, as well as plants to specifically avoid planting with them.

Tomatoes

Good Companions: Basil, Bush Beans, Carrot, Celery, Cabbage Family, Chives, Cucumbers, Garlic, Head Lettuce, Marigold, Nasturtium, Onion, Parsley, Pepper.

Bad Companions: Pole Beans, Dill, Fennel, Potatoes

Example Arrangement: Two rows of tomatoes down the center of the bed with basil in between the tomatoes. Then planting bush beans along the edges and ends of the bed. Any of the good companions can be used to replace the space the bush beans would be planted in. As a note I have read that bush beans and basil aren't good companions, but haven't had any issues with the pairing myself.

Bush Beans

Good Companions: Beet, Cabbage, Carrot, Cauliflower, Celery, Swiss Chard, Bush Cucumber, Eggplant, Leek, Marigold, Parsnip, Pea, Potato, Radish, Rosemary, Sunflower, Tomatoes

Bad Companions: Basil, Fennel, Kohlrabi, Onion

Example Arrangement: Swiss Chard or Carrots down the center of the bed with multiple rows of bush beans on either side.

SEE SEPARATE HANDOUT IN THIS PACKET ON "VEGETABLE COMPANION PLANTING" INCLUDING HERBS AND FLOWERS