

Jack Johnson is performing at Camden Susquehanna Bank Center in Camden on July 11, 2010. The tour is collaborating with community groups including the Camden City Garden Club working in the realms of plastic waste reduction, sustainable food systems, climate change, watersheds, environmental education, and more.

Visit the Village Green to engage with *All At Once* non-profits doing good work in your community. To learn about the specific groups coming to your show visit AllAtOnce.org. The Johnson Ohana Charitable Foundation will match every dollar donated to the local non-profits at the show, up to \$2,500 per group.

THIS MONTH

July 21 Camden Children's Garden

Adult & Child Workshop: "A Taste of Peter Rabbit's Garden" - Every child knows about Peter Rabbit and his garden! At this workshop, children and their parents will try some tasty tidbits from Peter's garden as they listen to the much-loved story by Beatrix Potter about Peter and his pals. How about cucumber tea sandwiches, or watermelon squares on a stick? They'll learn from Lorraine Kiefer how they can grow Peter's plants at home, too. Children will take home a plant to help get their gardens growing. Chamomile tea, anyone?

XPoNential Music Festival
July 16, 17, 18 on the Camden Waterfront and in the Camden Children's Garden
KIDS CORNER
Sat July 17 and Sun July 18
Noon to 6 pm
[Kids Corner Garden](#)

As part of the 4-acre Camden Children's Garden, join host Kathy O'Connell as Kids Corner offers family friendly music and exhibits, exciting amusement rides, themed gardens and nature walks with author Jane Kirkland.

Learn about sustainable products and eco-friendly offerings from companies who are leading the way in "green" products and services throughout the Delaware Valley.

If you have an announcement, anecdote, recipe or story that you want to share with other gardeners, please feel free to call or email the garden (vfrick@camdenchildrensgarden.org) and we will include it in a future newsletter!

Support for this newsletter was provided by grants from the Robert Wood Johnson Foundation and the William Penn Foundation.

"The Community Gardener" is a publication of the Camden City Garden Club, a 501 (c)(3) private, non-profit organization, registered in New Jersey and Pennsylvania. The Camden City Garden Club is the operator of the Camden Children's Garden on the Camden Waterfront.

Camden City Garden Club, Inc.
3 Riverside Drive
Camden, NJ 08103
(856) 365 8733
www.CamdenChildrensGarden.org



- President**
Mike Devlin
- Vice President**
Gloria Bivens
- Treasurer**
Valerie Frick
- Secretary**
Gladis Zambrana
- Sergeant at Arms**
Sam Moton

Come Outside And Play!

Camden City Garden Club, Inc.
3 Riverside Drive
Camden, NJ 08103
(856) 365 8733

The Community Gardener

Volume 2 Issue 7

www.CamdenChildrensGarden.org

July 2010



Camden Children's Garden is now open Friday, Saturday and Sunday 10 am - 4 pm for the 2010 season, and Thursday by group reservation.

In this issue:

- Family Festivals 2
- July Club Meeting 2
- Gardening in July 2
- Keeping Fit 3
- Faith-Based BBQ 3
- Recipe 3
- This Month 4

Gardening News!

There will be a meeting of the Faith Based Community Gardening Council on Wednesday August 11 from 4-6 pm at the Camden Children's Garden. The purpose will be to hear suggestions from each faith based leader. Members will be contacted.

Mayor Dana Redd is about to announce her selection for the Camden City Food Security Advisory Board. Once her selection is finalized in July, we will hold the first meeting of this Board at the Camden Children's Garden in August.

If you have been with us for a while, you probably remember Jose Class. He worked with us at age 14, helping his classmates from Camden County Technical School Carpentry Program build the Potting Shed. Soon he

became a youth employee, working on the installation of the Carousel Train Garden and the Philadelphia Eagles Butterfly House. Jose just graduated from the Camden Police Academy. Jose is the second youth to join law enforcement. Jorge Rivera is a member of the NJ State Police. Congratulations to Jose and Jorge!



Camden City Garden Club is featured in the new book, "A White House Garden Cookbook, Health Ideas From The First Family For Your Family." A limited number of books will be on sale at the next Garden Club meeting.

Plant This Month

- Beans
- Beets
- Broccoli
- Carrots
- Cucumbers
- Kale
- Peas
- Summer Squash

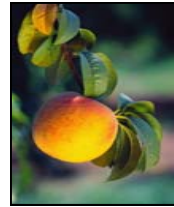


Harvest This Month

- Beans
- Beets
- Carrots
- Celery
- Cucumbers
- Peppers
- Tomatoes

NEXT GARDEN CLUB MEETING: MONDAY, July 19, 2010 @ 5:30 pm!

Volunteers Needed for Family Festivals



July 24 and 25
12 noon to 4 pm

Storybook Celebration Family Festival

The Storybook Gardens come alive inside the many fairytale-themed exhibits at the Camden Children's Garden. Join us for book crafts and of course a reading of children's classics. Visit the Giant's Garden and plant your own magic beans to take home.

Cool off at the concession stand.

As a volunteer, you will interact with children and their parents at the education and craft stations positioned around the garden.

August 14 and 15
12 noon to 4 pm

Peach, Princess and Pirate Party

Join the party for NJ's favorite summer fruit with crafts, a planting activity, and a treasure hunt. Children are encouraged to dress in their favorite Princess or Pirate costume and participate in some themed crafts.

Enjoy Jersey Peaches and peach products at the Peachy Concession Stand.



July Club Meeting

The next Camden City Garden Club meeting will take place on Monday, July 19th, 2010, at 5:30pm.

The topic of discussion will be making a summer fruit salad. Produce for sale: blueberries, tomatoes, corn, peaches, melons. **Feel free to get plants seven days a week, ONLY between the hours of 10am and 3pm. The best days are Wed-Sun.**

GARDENING IN JULY!

JULY means hot air and warm soil! Your crops are probably in high gear this time of year. You can harvest about a dozen crops in July. With this heat though, do your gardening chores early in the morning if possible. Watering, weeding and thinning can be tough tasks in the heat of the day. Drink plenty of fluids as you garden and take frequent breaks.

Since your soil has been working hard now for several months, it would not hurt to give your crops a side dressing of compost. If you harvest an entire bed, be sure to rejuvenate the soil by adding plenty of compost. Work it into the top six inches of the soil.

You might be noticing a rather large (and fat) caterpillar on your tomato plants. You are probably seeing the tomato hornworm. They usually consume entire leaves. Because they grow to such a large size, they are capable of high levels of defoliation. Their coloring makes them blend in with the foliage so they are not easy to detect. They often are not observed until they cause damage at the end of the larval period; then they turn into large moths.

We don't recommend spraying. Check your plants carefully. Caterpillars can be removed by hand or by snipping the leaf or stem on which they are hiding.

Keeping Fit

Did you know that another benefit of gardening, in addition to growing fresh and nutritious produce, is that gardening burns calories?

It's true. Watching television burns about 60 calories per hour but even watering your garden can burn 90 calories per hour. Other gardening activities can burn up to 385 calories.

If you weigh about 140 pounds and you garden for about two

Hours, you might burn up to 2 calories per pound per hour, or about 280 calories.

Approximate Values	
Gardening Activity	Calories per hour
Watering your garden	90
Planting seedlings	260
Raking	260
Weeding	290
Spreading Soil with Shovel	325
Gardening with heavy equipment	385

Some things to keep in mind...

- ◆ Garden in the early morning or later in the day to avoid the heat of mid-day
- ◆ Warm up by doing some stretching activities
- ◆ Pace yourself in the heat
- ◆ Wait for 2 hours after eating a meal
- ◆ Wear sunscreen and a hat
- ◆ Drink plenty of water
- ◆ Know when to stop

Information taken from: Garden Your Way to Health and Fitness by Bunny Guinness and Jacqueline Knox.

Upcoming Faith-Based Fresh Food BBQ

The third Faith-Based Fresh Food BBQ of the season will be held on Sunday, August 22nd at the Camden Children's Garden. There are four BBQs scheduled this summer and they are by invitation only. **Please contact your Pastor to see which BBQ of the season your congregation will be attending.**

Children's Garden staff will prepare and grill seasonal vegetables, among other dishes. Admission to the Children's Garden and to the BBQ is free, and each child will get one free ride token. Participants must pay for their own parking (park in the Waterfront Garage).



Recipe of the Month: SUMMER SQUASH

Ingredients:

2 lbs squash or zucchini, peeled and sliced
1 green bell pepper, seeds removed, sliced
2 smallish tomatoes or one large tomato, peeled and cut into wedges
1/2 yellow onion, peeled and sliced
1 clove of garlic, chopped, Olive oil
Basil, dry or chopped fresh, Salt and pepper



Directions:

1 Put onion, garlic, squash, bell pepper into a large saucepan with a couple of tablespoons

of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle basil on the vegetables. When vegetables are slightly browned, remove from heat and cover pan. 2 In a separate non-stick fry pan, cook the tomatoes at medium high heat for about 5 minutes, stirring occasionally. You want to let some of the juice from the tomatoes evaporate. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste.

http://simplyrecipes.com/recipes/moms_summer_squash/