

## Gardening Tip of the Month: Weed Right!

They say that April showers bring May flowers, but they forgot to mention that they also bring May weeds! The beautiful sunny weather and weekly rains we've been getting create the perfect conditions for weeds to grow. Follow these simple rules to increase the effectiveness of your weeding and hopefully you'll be spending less time weeding in the future.

- ◆ Pull weeds before they flower so they don't have a chance to spread their seeds around your garden.

- ◆ After you till your garden, leave it alone for a few days to allow the weed seeds that have been waiting underground to grow. Then till it again to chop up the weeds while they are still young and tender.

- ◆ Cover exposed areas of the garden with woodchips and compost. These materials don't have any weed seeds in them and will help you smother the weeds in the soil underneath before they get a chance to grow.

- ◆ When you pull weeds, make sure you get as much of the root as possible. Use a trowel or cultivator to dig around the weed and loosen the root, or weed after a rain when the soil is softer.



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 (easmith@camdenchildrensgarden.org) and we will include it in a future newsletter!

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"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.



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**Come Outside And Play!**

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# The Community Gardener



\*\* Camden Children's Garden is now open Friday, Saturday and Sunday 10 am - 4 pm for the 2010 season, and Thursday by reservation. All existing group reservations will be honored. The Garden offices are open all year round. \*\*

### In this issue:

Family Festivals	2
Food Safety	2
May Club Meeting	2
New Gardeners	2
Fresh Food BBQ	3
Garden Workshop	3
Pea and Spinach Soup Recipe	3
Gardening Tip of the Month	4

## "GROWING GREEN" Garden Party



On Friday, June 11, 2010, from 6pm to 9pm, the Camden Children's Garden will present "GROWING GREEN," our Fifth Annual Garden Party Fundraiser. The Party promises to be a highlight of the spring season - with educational demonstrations during the cocktail hour, a short program honoring the 2010 *Champions of Children*, delicious food, a live and silent auction, and a chance to experience the Garden on a beautiful evening.

The *Champions of Children* Honorees for 2010 are: the Honorable Thomas Kean, chairman of the Robert Wood Johnson Foundation and former New Jersey Governor; the Honorable Dana Redd,

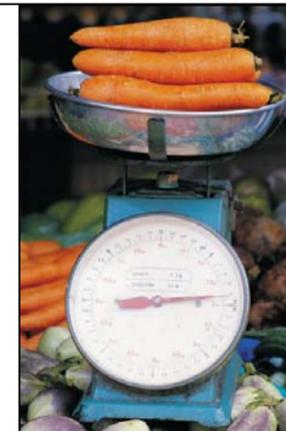
Mayor of the City of Camden; and Joseph Barton, of PSE&G and a civic leader in Camden County.

Our new caterer is *The Tortilla Press* of Collingswood, NJ. Chef and owner Mark Smith is well known for his commitment to local farmers and his cooking demonstrations at the Collingswood Farmers Market.

And YOU CAN HELP by purchasing tickets or donating items for the auction (such as gift cards, new household or garden products, or tickets to a sporting event, performing arts event, or museum). For more info, contact [vfriick@camdenchildrensgarden.org](mailto:vfriick@camdenchildrensgarden.org).

### Plant This Month

- Collards
- Arugula
- Radish
- Carrots
- Beets
- Mustard Greens
- Rutabaga
- Tomato
- Pepper
- Eggplant
- Herbs
- Beans
- Corn
- Cucumber
- Melon
- Squash
- Okra



### Harvest This Month

- Lettuce
- Arugula
- Peas
- Spinach
- Kale
- Broccoli
- Chives
- Radish
- Collards

**NEXT GARDEN CLUB MEETING: MONDAY, May 17, 2010 @ 5:30 pm!**

## Volunteers Needed for Family Festivals

**May 22 and May 23**  
**12 noon to 4pm**

*Fit and Fun*  
*Family Festival.*

The Camden Children's Garden wants you to be healthy! This festival will highlight easy and fun ideas for a healthy lifestyle, with a focus on simple physical activities and nutritious eating. Join us for crafts, a veggie make-n-take planting activity and educational activities that support healthy living.



**June 12 and June 13**  
**12 noon to 4pm**

*StrawBEARy Surprise*  
*& Nature in Art Day*  
*Family Festival.*

This is a celebration of one of summer's sweetest fruits with a special twist to honor Mum Bear, the Garden's mascot, on her 6th birthday. This event will include nature crafts and a planting activity. Families can cool off at the Very Berry Strawberry concession stand.



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

## Food Safety for the Home Gardener

Here are a few tips you can use in your garden to help keep you safe from food-borne illness.

- ◆ Make sure the water you are using in your garden is "potable" (drinkable).
- ◆ Keep dogs and cats out of your garden and make sure to properly clean up after them if they do wander in.
- ◆ Use food-grade containers when harvesting your vegetables, and thoroughly brush off all garden soil before bringing your produce into the kitchen.
- ◆ Do not use animal waste, meat products, or dairy products in your compost bin.



## Welcome New 2010 Garden Club Members!

- ◆ Penny Ashman
- ◆ Luis Caba
- ◆ Agustin Cordero
- ◆ Luz Duran
- ◆ Algiers Holmes
- ◆ Antonio Jimenez
- ◆ David Littlehale
- ◆ Manny Delgado and the Cramer Hill CDC Community Gardeners
- ◆ Shanee Pollitt
- ◆ Peaches Warner
- ◆ Ruben Perez
- ◆ The Leavenhouse Community Gardeners
- ◆ Carmen Perez and the Puerto Rican Unity for Progress Gardeners
- ◆ Aurelio Olivo
- ◆ Carmen Johnson
- ◆ Chris Williams

## May Club Meeting

The next Camden City Garden Club meeting will take place on **Monday, May 17th, 2010, at 5:30pm.**

The topic of discussion will be Super Foods! We will talk about five super-nutritious fruits and vegetables (beans, broccoli, spinach, pumpkin, and tomatoes) and their health benefits. There will also be summer veggie transplants available to take home (like tomatoes, peppers, eggplants, and herbs). **Please feel free to come and get plants seven days a week, ONLY between the hours of 10am and 3pm.**



## Upcoming Faith-Based Fresh Food BBQ

The first Fresh Food BBQ of the season will be held on Sunday, May 16th at the Camden Children's Garden. There are four BBQs scheduled this summer and they are by invitation only. **Please contact your Pastor/Reverend 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. Feel free to bring something from your garden to share, whether it's fresh produce that you've harvested from your garden or a prepared dish! Admission to the Children's Garden for the BBQ is free, but parking is not. Please park in the Waterfront Garage.



Steve and Nancy Tuttle serve food under the big tent at a Fresh Food BBQ at the Camden Children's Garden in the summer of 2009.

## Upcoming Garden Workshop

There's a fun and informative workshop coming up at the Camden Children's Garden this month! All Saturday workshops are **FREE** for Garden Club members.

**Sat. May 22, 2pm** — *Lasagna Mulching and Garden Fitness*

This workshop is held during the Fit and Fun Family Festival; participants will learn how to take care of their gardens through such techniques as lasagna mulching, which reduces the need for strenuous digging. They will also learn and practice garden-specific stretches and exercises to help reduce injury while gardening.



## Chilled Pea and Spinach Soup Recipe



### Ingredients:

- ◆ 1 1/2 cups fresh green peas, shelled
- ◆ 2 cups spinach leaves, packed
- ◆ 1 tsp dried tarragon
- ◆ 1 Tbs sugar
- ◆ 1/2 tsp salt
- ◆ Black pepper to taste
- ◆ 2 cups chicken broth
- ◆ 1 cup ice
- ◆ 2/3 cup plain yogurt

In a saucepan, simmer peas, spinach, tarragon, sugar, salt, and pepper in chicken broth until peas are tender (approx. 15 min). Puree in blender until smooth, then transfer to a bowl. Stir in ice and 1/2 cup yogurt, stirring until ice has melted and soup is chilled. Top with the remaining yogurt and serve.

Recipe from <http://www.epicurious.com/recipes/food/views/Chilled-Pea-and-Spinach-Soup-10517>

Pic from [http://www.millstone.com/recipes/starters\\_sides/?recipeid=1063](http://www.millstone.com/recipes/starters_sides/?recipeid=1063)