

Planting Through the Seasons

COOL WEATHER CROPS

Early Spring/Early Fall
arugula
asparagus
beets
broccoli
brussels sprouts
cabbage
carrots
cauliflower
celery
collards
kale
leeks

WARM WEATHER CROPS

Late Spring/Summer
lettuce
onions
parsnips
peas
potatoes
radicchio
radishes
swiss chard
shallots
spinach
turnips

SHORT SEASON CROPS

For succession planting
arugula
bush beans
beets
cabbage
carrots
lettuce

LEAST SPACE-CONSUMING

For raised beds
onions
peas
radishes
scallions
turnips

TRANSPLANTS

No direct-seeding

tomatoes
peppers
eggplant
broccoli

COLD WEATHER CROPS

Early frost hardy
beets
brussels sprouts
cabbages
carrots
cauliflower
collards

SHALLOW ROOTS

Can handle less water

legumes
crucifers
lettuces

GREENWICH COMMUNITY GARDENS

P.O. Box 4743, Greenwich, CT 06831
www.greenwichcommunitygardens.org
info@greenwichcommunitygardens.org

GROWING A HEALTHY COMMUNITY SINCE 2009!



2019 Armstrong Court Community Garden Handbook

WELCOME to our ELEVENTH year as a community of gardeners! Our organic community gardens continue to produce more and more fresh food, great opportunities for exercise, good times and wonderful gardening friends.

All gardeners are required to attend one of the GARDEN SIGN-UP MEETINGS listed below in order to register garden plots for the season. Members of the Armstrong Court and Bible Street Garden Steering Committees will be on hand to answer your questions and talk to you about your garden concerns and ideas.

This Handbook is an important guide for new and returning gardeners. Please keep it handy and refer to it throughout the year. All gardeners are asked to read the Handbook thoroughly before signing the garden registration form, contract and waivers, and remitting their payment (*checks & credit cards only - no cash*) for garden membership for the season.

2019 GARDEN SIGN-UP MEETINGS

Cos Cob Fire House / 2nd FL Meeting Room
200 East Putnam Avenue, Cos Cob

Saturday, March 16th, 10:00AM – 2:00PM
Sunday, March 17th, 1:00PM – 4:00PM

ABOUT US

Celebrating our 11th anniversary in 2019, Greenwich Community Gardens offers town residents an opportunity to create sustainable gardens, promote garden education, build community, and demonstrate diversity.

We are stewards of two thriving gardens with the active participation of members who are dedicated to organic gardening, sustainable living and the belief that community gardens can change the health, wellness and quality of life of the gardeners they serve. Garden classes, films and other educational events are offered throughout the year for both gardeners and local residents.



*The Armstrong Court
Community Garden*

Both gardens are supplied with organic soil, composting bins and sheds filled with ample garden tools, gloves and wheelbarrows. Organic seeds and seedlings are often provided by local nurseries, individual donors, seed companies and volunteers working in our own greenhouse.

Greenwich Community Garden's "Neighborly Harvest Program" produces hundreds of pounds of fresh produce annually for our Neighbor to Neighbor food pantry in Greenwich.



The Bible Street Community Garden

GROWING TOGETHER IN GREENWICH

Gardening in a community can be a truly wonderful experience with myriad benefits that nourish the body, mind and spirit. As gardeners we know the story of our food because we are writing it—from seed, to harvest, to table—and can be secure in the knowledge that our food is healthy. As an added benefit, some of the best friendships can grow amongst the garden beds!

Tending a garden takes commitment but most gardeners will tell you that the rewards far outweigh the effort. We believe it all starts from the ground up—with healthy soil—and so we remain committed to organic practices and the use of organic seeds, seedlings amendments, herbicides or pesticides.

Consistent maintenance and vigilance are key to a healthy organic garden—for your plot and for your neighbors' gardens as well. Weeds that go to seed or release toxins into the soil can affect everyone. An unkempt garden is the perfect environment for unwanted pests and small animals.

Please read the Garden Guidelines on pages 6-7 carefully and contact us if you have any questions.

If you are new to organic gardening, keep an eye out for our classes. Seasoned mentors can also be identified to help you get started. Members often learn the most from one another. Both of our gardens have shared areas where gardeners can take a quiet break or share their experiences with others. We also host garden get-togethers, potlucks and other events throughout the season.

We look forward to seeing you in the garden!

Dear Gardeners,

There are so many benefits to growing your own food and we hope you discover many of them in the community garden this year.

*We would love to hear about your experience at the Armstrong Court Community Garden so that we can share it with others!
Email your comments to: info@greenwichcommunitygardens.org*

Patty Sechi, president emeritus and founder



COMMUNITY GARDENING GUIDELINES

PLEASE READ THIS SECTION VERY CAREFULLY!

GENERAL GARDEN MAINTENANCE

As an all-volunteer organization, we rely on the efforts of all our garden members to maintain the public spaces in the garden and contribute to the operations that sustain it.

- All gardeners are required to help maintain the garden at-large, for a minimum of **10 hours** between February and November, through organized service days (garden opening & closing days), working with your team, volunteering for special projects, etc.
- Community work is to be documented in the logbook at the kiosk or online at our website.
- Both hot and cold composting systems are employed in order to create a horticulturally zero-waste site. Sessions on composting and garden specific procedures will be offered at 4 different times early in the season. All gardeners are required to attend at least one of these sessions.
- If you see a garden that is not being cared for, please contact the Garden Director right away.

YOUR GARDEN PLOTS

- Preparation and planting of gardens **must** start by May 19.
- **Only organic** seeds and plants may be used. **NO** chemical products are allowed (*fertilizers, herbicides, pesticides*).
- Gardens and connecting wood-chip pathways must be regularly maintained throughout season as follows: keep free of weeds and debris, equipment/tools, non-garden materials and garbage bags at all times. All non-compostable material must be discarded in the dumpsters (trash and recyclables) in parking area.
- Compostable garden debris must be taken to compost bins.
(Please no weeds, vines, sick or insect-infested plants, etc.)
- **Do not** throw any debris or garbage over chain-link fences.
- Nothing may be grown on the chain-link fences.
- **NO** fencing/structures may be installed outside of raised beds, in pathways, or be over 6 feet tall.
- **NO** crops may be grown that could shade a neighbor's plot(s) including corn, hops, Jerusalem (*sun*) artichokes.
- **NO** rapidly spreading plants like *mint* and *huacatay* are allowed. **Never** plant these in your plots or anywhere in garden.
- All warnings from your *Garden Director, Jason Grippo*, about your plot(s) and surrounding area **MUST** be addressed within 1 week. Not abiding by these rules may result in forfeiture of your garden.

WHY GROW ORGANIC?

- for safe & healthy food
- for a clean & sustainable environment
- to make a personal contribution to the health of the planet



GARDEN PROPERTY

- All garden gates must be kept shut while you are in garden and locked if you are the last one out. **Always** check to make sure before you lock the gates.
- Please do not take any plants or produce from other garden beds. Your opinion that something needs to be picked does not make it ok to take anything from a plot that is not your responsibility.
- Bathroom keys must be returned to the shed after each use.
- Clean and return our garden tools to sheds after each use and lock sheds if no one else is using tools. **Do not** use other gardeners tools/equipment without permission.
- Please be sure the water is turned off when you finish watering and if a full-length hose is used, be sure to rewind the hose. **No** nozzles/sprayers are provided so bring one for your personal use if you wish.
- Report any sighting of woodchucks, rabbits or other animals in the garden immediately by calling or texting the garden director. See page 9 for our contact list.

GARDEN SAFETY

- Please keep your cell phone with you at all times in case of medical or other emergencies.
- **No** guests are allowed in the garden alone and when with you, they must abide by all garden rules. **Do not** give the gate combination to any non-member.
- **Do not** use rebar or other potentially hazardous materials such as sharp wood stakes in and around your raised beds.
- There is **NO SMOKING** in the garden.
- Pets are not allowed on the Greenwich Housing Authority property or in the garden.

IF ANY OF THESE GUIDELINES ARE UNCLEAR,
PLEASE ASK BEFORE YOU SIGN UP FOR YOUR PLOT!

GENERAL INFORMATION

INFORMATION ON PLOTS

- Raised bed gardens are available on a first-come, first-reserved basis to new gardeners. Returning gardeners in good standing must renew their membership annually.
- Garden assignments and garden gate lock combinations will be given on opening day.
- All gardeners are subject to **ALL** Garden Rules.
- Pathways between gardens are **shared** space to be weeded and maintained by the gardeners who **share** them. Wood chips are periodically delivered for communal use by all the gardeners to spread on their paths. **Do not** plant in any pathways!
- All returning gardeners may request additional raised beds and requests will be considered by the Garden Steering Committee and granted based on availability and past garden performance.
- Eligibility for adopting a plot for the following season will be directly influenced by ability to follow the Garden Guidelines.
- Plot location & gate combination - emailed to you by end of March.
- Use of rainwater system should be prioritized when watering plots.

VACATIONS & TIME AWAY FROM YOUR GARDEN

If you will be away from your garden for more than a few days, please ask a garden buddy to water and harvest your plot as needed. If you need help finding someone to water, care for or harvest your garden while you're away, please notify the Garden Director. Should you prefer to have a non-member maintain your garden while you are away, you must get approval from the Garden Director in advance. Non-members must sign a waiver and be pre-approved for access to the garden in your absence. Please allow extra time for this paperwork to be approved.

ANNUAL MEMBERSHIP FEES

RAISED BEDS 4' x 8', filled with organic soil and compost

• **GENERAL PUBLIC** \$25.00 per bed

• **GREENWICH HOUSING RESIDENT** \$20.00 per bed

We will not turn anyone away due to financial constraints. Alternative arrangements may be made on a case-by-case basis and installment payment arrangements are available. All matters of this nature are strictly confidential. Please contact your Garden Director.

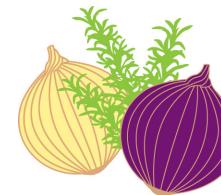
IMPORTANT CONTACT INFORMATION

GENERAL CONTACT INFORMATION

EMAIL: info@greenwichcommunitygardens.org

WEBSITE: www.greenwichcommunitygardens.org

FACEBOOK: [https://www.facebook.com/
GreenwichCommunityGardens/](https://www.facebook.com/GreenwichCommunityGardens/)



GARDEN STEERING COMMITTEE

GARDEN DIRECTOR

Jason Grippo, 914-512-1956
accg@greenwichcommunitygardens.org

COMMITTEE MEMBERS

Clare Bolduc, cbolduc0729@gmail.com
Ann Shifman-Deibler, als9343@aol.com
Geoff Lazlo, glazlo@gmail.com
LuAnn Pasciak, LPasciak@icon-intl.com
Maria Popp, poppmaria@gmail.com
Kenny Romanello, kennyromes@gmail.com
Betty Shopovick, shopovick@aol.com
Trisha Tozzi, trisha.tozzi@gmail.com

NEIGHBORLY HARVEST PROGRAM

Greenwich Community Gardens actively supports the Neighbor to Neighbor (N2N) food pantry by annually providing hundreds of pounds of fresh, organic produce for our neighbors in need. We encourage all members to help by donating from your garden or by helping the Neighborly Harvest team grow food. With your permission, we can harvest extra produce while you're on vacation so it does not go to waste. Please speak with your Neighborly Harvest team leader, Ann Shifman-Deibler.

ACCG COMPOST PROGRAM

At the Armstrong Court Community Garden we have installed a composting system, so that we can recycle some of our garden and kitchen waste to create high-quality, **free** fertilizer called **compost**. If you did not participate in a compost training session last year, we will be offering free training sessions again this year to make sure that all of our gardeners understand the basic principals of composting.

Composting accelerates the natural process of decaying organic matter and serves as a food source for beneficial organisms such as microscopic bacteria and fungi and larger organisms like earthworms. These organisms break down the green and brown materials we add to the pile and do the work of creating the compost. When compost is added to the garden, it can improve soil structure by adding biological matter, which helps to retain moisture and improve the health of your soil and your plants.

There are basically two kinds of compost we can make in the garden—**hot compost** and **cold compost**. “Hot” compost requires considerable interaction and vigilance to help the pile reach and maintain a temperature of 138 degrees for several days and then cool. All plant material, cut up into small pieces, can be introduced into a hot pile because the extended heat will destroy any pathogens. A great advantage of a hot pile is that it can take only a few weeks from start to finish. “Cold” compost can take many months to become viable, but in the end will produce equally beneficial material that will greatly improve the health of your garden soil. A cold compost pile has a harder time breaking down material, so weeds or ailing plants should not be added and all plant material should be cut up into small pieces.

For a basic list of what to compost, please see the chart on page 11.

NOTE: You may want to do a soil test before you add compost or any other amendments to your garden plot. Instructions on how to collect soil samples and where to send them can be found at: www.soiltest.uconn.edu. Click on the “Soil Testing” tab and download the pdfs for “*Homegrounds/Lawns & Landscapes Submission Form*” and “*Sampling Instructions for Homegrounds/Lawns/Landscapes*”.

What Can I Compost?

YES
Greens
fresh, moist, nitrogen-rich

FROM THE GARDEN
green plants
garden trimmings
fresh leaves & flowers
grass clippings (moderation)
blood meal

FROM YOUR HOME
vegetable scraps
fruit scraps
coffee grounds
tea bags
dryer lint
egg shells
houseplant trimmings



NO!
NEVER COMPOST

anything treated with pesticides
diseased or pest-infested plants
invasive weeds, especially with seeds
poison ivy (native)
large branches
sand or construction debris
meat, fish, dairy products, fats
coal or charcoal ashes

YES
Browns
dead, dry, carbon-rich



FROM THE GARDEN
fall leaves
small twigs
woody prunings
dry plant material
straw
wood ashes (moderation)
compost and soil

FROM YOUR HOME
egg shells
towel & toilet paper rolls
paper egg cartons (small pieces)
nut shells

