

ORGANIC

# Gardening®

*"Gardens are where people and the land come together in the most inspiring way." —Robert Rodale*

## GARDEN FRESH

### ALL WINTER LONG

**NEW BULBS  
TO PLANT NOW**  
Carefree & Tough

**20 DROUGHT-PROOF  
DESIGN HINTS**

**BEST PLANTS FOR FALL COLOR**



Grow Food  
Inside

Build a Better  
Composter

Boost Your Yields

NOV-JAN 2008/09 PM40063752

\$3.99US



0 71486 02566 5 01

# Your family's health is precious. Keep it safe.

Take organic living one step further with USDA certified organic supplements.

## Why Choose Organics?

- Going organic is about...
  - Purity**—no pesticides or harmful chemicals
  - Sustainability** and respect for the earth
  - Making better choices**... for yourself, your family and the planet
- As exposure to environmental toxins continues to rise, Certified Organic products provide a welcome peace of mind for your family's health and well being.
- Selecting **Enzymatic Therapy® True Organics™** helps you stay true to your philosophy, deeply rooted in nature.

## The Seal Makes It Real.

- Many products claim to be *Organic* or *Made with Organic Ingredients*, but unless the package displays the **USDA Certified Organic seal**, it's not as "real" as you would expect—possibly only 70% (or even less) of the product may actually be organic.
- Having the USDA seal on True Organics means **95% or more** of each product has been organically produced under tight regulations, without the use of pesticides or harmful chemicals.
- We've made certain that each organic ingredient featured in True Organics helps to nourish your health with the wholesome goodness intended by nature.



**TRUE ORGANICS™**

Trust What's True™





**Your family deserves less.**

**Less is more with True Organics™!**

Help lessen your family's daily exposure to hidden toxins, dangerous chemicals and pesticides by choosing True Organics—the first line of **USDA Certified Organic supplements**. Feel confident that you're doing the very best for your family's health because the USDA seal makes True Organics real. Displaying the seal means 95% or more of each product has been organically produced according to the strictest standards. For the first time, it's good to expect less from your daily supplements. *Trust What's True™*.



[organics.enzy.com](http://organics.enzy.com) / 800-225-9245



\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. \*THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASES.



**ORGANIC**  
CEREALS & SNACKS

**DELICIOUSLY ORGANIC**

*for Three Generations*

[www.naturespath.com](http://www.naturespath.com)



*Founder Arran Stephens  
always dreamed of creating  
delicious, organic foods.*



*Gwen Stephens,  
Pioneering Organic  
Farmer & Mother  
of Nature's Path  
Founder Arran.*



# Committed to an organic future.

Nature's Path® has always sought to minimize our impact upon the earth, while maximizing our ability to deliver the earth's nutritional bounty to our customers. Just like you, we produce delicious organic food without synthetic pesticides, herbicides or fungicides; chemicals that find their way into the soil, water, air and eventually our bodies. Imagine your organic garden on a global scale. It's a dream we have actively pursued and invested in for three generations; one that grows more fulfilling each year as we continually add more delicious organic products.



*Nurturing People, Nature & Spirit.*

[www.naturespath.com](http://www.naturespath.com)

Visit our website for a full line of products, online shopping or to find the store nearest you. You'll find us at select grocery and natural food stores nationwide.



*Both people and the planet profit from an organic lifestyle.*

This One



Материал, защищенный авторским правом UYRJ-AXL-Y8E9



Life's  
Simplest  
Pleasures  
Happen  
Organically.



[www.scojuice.com](http://www.scojuice.com) • 888-569-6994



100% of the electricity used to make Santa Cruz Organic® products is offset with renewable energy certificates.  
[www.green-e.org](http://www.green-e.org)

GROWER CERTIFIED  
FACILITY CERTIFIED  
PRODUCT CERTIFIED  
**Santa Cruz**  
**ORGANIC**  
An Organic Original

Материал, защищенный авторским правом

# CONTENTS



## Brighter Bulbs\*

This season, ditch the dull daffodils and tulips and plant stunning native varieties instead. By Carole Ottesen

# 58

## Features

\* = COVER STORIES

 ON THE COVER Onions, like these from the Rodale family farm, let you eat from your garden when the growing season is over. Photograph by Christa Neu

### 48 Onions for Keeps\*

Grow storage varieties of the pungent bulb and enjoy homegrown flavor all winter. By Susan Brackney

### 52 Desert Bloom\*

An expert shares her secrets for creating a beautiful, low-maintenance landscape that thrives in drought conditions. By Therese Ciesinski

### 66 Fall for Grasses\*

Tall or small, in colors from blue to yellow, ornamental grasses are care-free, shine in autumn, and nurture wildlife year-round. By Barbara Ellis

### 70 Organic + GMO?

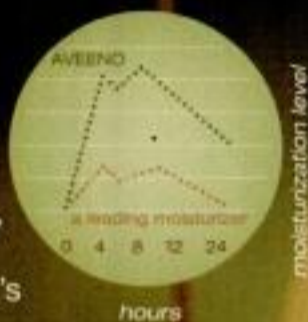
An argument for applying biotech tools to the goals of sustainable agriculture. By Pamela C. Arnold and Raoul W. Adamchak

### EXTRAS AT ORGANICGARDENING.COM

- **Regional Reports:** Our nationwide network of test gardeners share their results and secrets in a blog that's updated weekly.
- **Recipe Exchange:** Click on Discussions to share your favorite garden-fresh dishes or to find new ways to enjoy your harvest.
- **Wildlife Management:** Learn more about the birds and critters that visit your backyard and how to make them feel at home.

DISCOVER THE BEAUTY  
OF  
nature +  
science

This exclusive natural oatmeal formula goes beyond 24 hour moisture – scientists have proven that it actually improves skin's health in one day with significant improvement in just 2 weeks.



It's this powerful combination of the best of nature and the proof of science that we call ACTIVE NATURALS®. Only from the brand trusted most by dermatologists for the use of natural ingredients. Visit [aveeno.com](http://aveeno.com) to discover more.

**Aveeno**

© Johnson & Johnson Consumer Companies, Inc. 2008



34



29

## In Every Issue

**\* = COVER STORIES**

**8 IN SEASON**

**12 LETTERS**

**16 ASK OG**

Protect your tools, conserve water, and handle waste with care.

**18 NEWS\***

A cool way to control pests, plants that build fertility, and why composting is hot.

**24 SOIL\***

How to make and use your own ultra-efficient composting system.

**28 LANDSCAPE**

Bringing the woodland closer to your backyard, simple design principles, and a fresh face for a familiar plant.

**34 FOOD**

Plant garlic now, grow a tasty crop of Brussels sprouts, and discover what's to love about lovage.

**38 PEOPLE**

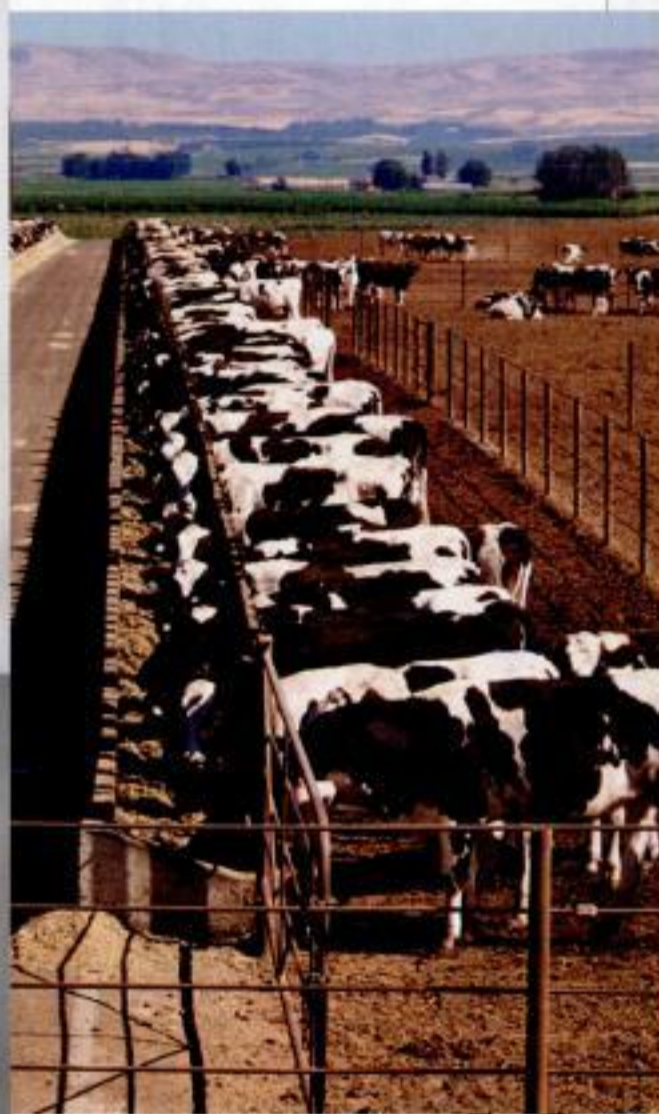
A scientist transforms a brownfield into a meadow and an OG reader shows how to make natural birdhouses.

**42 GREENHOUSE**

The green way to go, the impact of your food choices, and the value of gardens.

**76 CLOSER LOOK\***

Want to eat fresh-picked food all year, in any climate? Grow delicious and nutritious sprouts.



43

ORGANIC GARDENING (ISSN 1536-108X; vol. 56, no. 1) is published 6 times per year (February/March, April, May, June/July, August–October, and November–January) by Rodale Inc., 33 E. Minor St., Emmaus, PA 18098. Copyright 2008 by Rodale Inc. Periodicals postage paid at Emmaus, PA 18049 and at additional mailing offices. POSTMASTER: SEND ADDRESS CHANGES TO ORGANIC GARDENING, BOX 7320, RED OAK, IA 51591-0320. IN CANADA, postage is paid at Gateway, Mississauga, Ontario. Publications Agreement No. 40063752. RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: ORGANIC GARDENING, 2880 14TH AVE., MARKHAM, ONTARIO L3R 5Z8. GST#R122088671. Subscribers: If postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within 18 months.

CLOCKWISE FROM TOP LEFT: THOMAS MACDONALD; B. LARUE/ALAMY; S. MELZER/PHOTOLINK/PHOTODISC/GETTY IMAGES

Материал, защищенный авторским правом



© Johnson & Johnson Consumer Companies, Inc. 2008

Discover the power to  
create healthy, beautiful skin  
that can last a lifetime.

THE JOURNEY TO  
**healthy**  
BEAUTY STARTS WITH HEALTHY SKIN.

**Aveeno**  
DISCOVER NATURE'S SECRET

**Aveeno**  
ACTIVE NATURALS®  
**Daily Moisturizing**  
LOTION

Материал, защищенный авторским правом

## IN SEASON

By Scott Meyer

## Looking Forward

The organic approach is as old as dirt (literally), but it is not mired in the past. Our methods are built on the wisdom farmers and gardeners have gleaned from centuries of experience observing nature and using their resources efficiently. Researchers, however, continually uncover the scientific basis for how and why the organic approach works. And organic farmers and gardeners are benefiting from new tools and technologies that help us build healthy soil and protect plants from destructive pests without disrupting the balance of nature.

Critics of organic farming—really, defenders of industrial agriculture—claim that we are antiscience and antiprogress, that we trust only in folklore and mystical woo-woo. Yet the Rodale Institute's research, and other sources, consistently show that organic methods are the only way to build a sustainable food system that can feed the world.

As you read each issue of *Organic Gardening*, notice that nearly every article is built with input from scientists. We don't rely solely on personal anecdotes—they can be interesting and useful, but also flawed and misleading. You also will see in this issue an excerpt from a provocative new book written by a scientist and an organic farmer, who assert that the tools of biotechnology could be useful to sustainable agriculture. This premise may be viewed as heresy by many in the organic movement. But when I read the book, I was reminded of the words of our visionary editor, Robert Rodale, from our January 1989 issue. "Biotech will have to be a part of that environmental solution," Rodale stated. "And it will have to blend into a whole landscape of farm and garden methods that will be asked to regenerate instead of degrade the environment. What I call the tricky biotech of today—the search for ways to fool plants and animals into doing more—will evolve into a much more sensible and high-quality way to improve plants in the more distant future."

The vast majority of genetically engineered plants so far fall into the category of degrading the environment—particularly crops that survive dousing with herbicides. And organic farmers already produce high yields and ward off pests without GE varieties.

So why give these advocates for genetic engineering a chance to state their case in the pages of OG? Because a scientific approach demands reasoned, informed debate, not dogmatic rejection. Because if our organic principles are sound, they can hold up to debate. You don't stand up for centuries if you don't have sturdy legs.

I expect many will disagree with this position, so I'm inviting all of you to join me for an online discussion about the topic (see page 71 for the date and time). I'll meet you there in a few weeks and right here when the 2009 growing season is starting up again.

Scott



## 3 Things I Learned from This Issue

## Young Sprouts

Brussels sprouts, unlike wine and gardeners, do not improve with age. Eat them soon after harvesting for the sweetest flavor. They're at their best in recipes like those on page 35.

## Food Choices

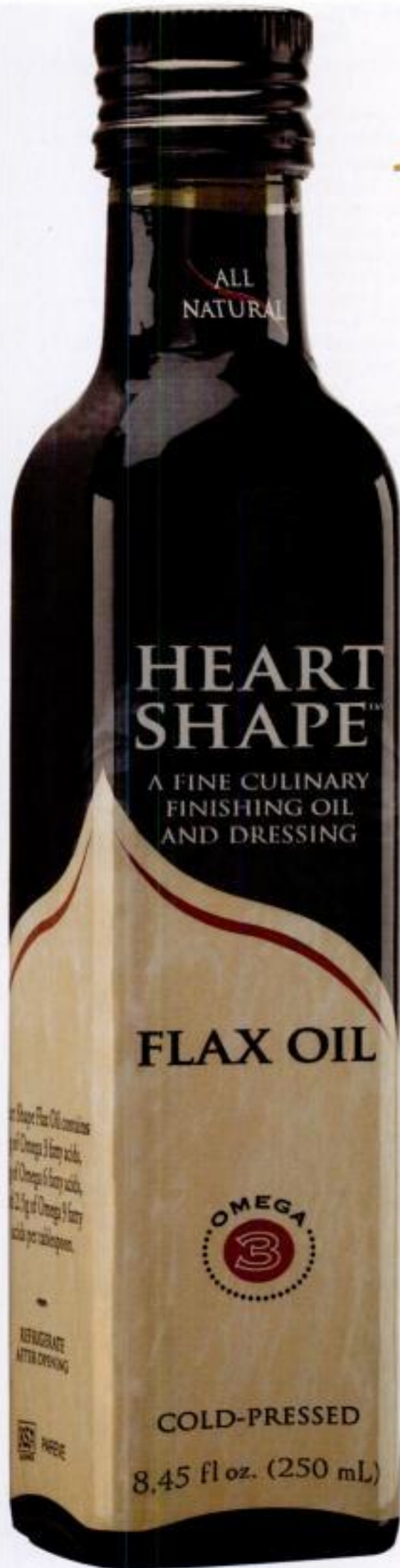
What you eat has a bigger impact on the environment than where you shop for your food. See the numbers on page 43.

## Farewell, Tulips

Bulbs native to our continent can give you the same jolt of spring color as fancy hybrids from Holland, but the natives on pages 58 through 61 come back every spring even in tough conditions.

**NEW: In the Olive Oil Section!**

*Pour on the*  
**Health**



**HEART SHAPE™  
FLAX OIL**



**#1 in Omega-3 ALA**

Heart Shape Flax Oil is nature's richest source of plant-based omega-3 ALA. Just use Heart Shape Flax Oil and Flax Oil Blends where you'd normally use olive, sunflower or canola oil. It's the easiest way to add omega-3 to your diet!

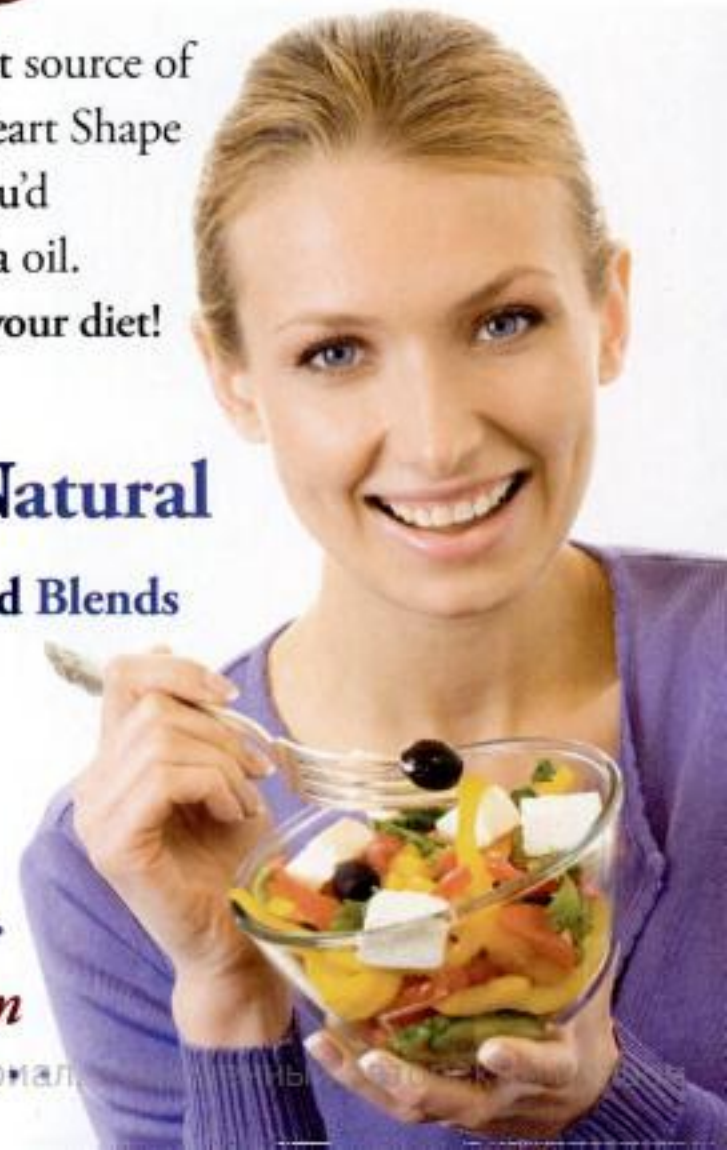
**100% Pure • 100% Natural**

Look for Heart Shape Flax Oil and Blends in the Olive Oil section.

shape  foods™

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent disease.

Get recipes and health information at [ShapeFoods.com](http://ShapeFoods.com)



Материал предоставлен Shape Foods

DISCOVER THE BEAUTY  
OF ACTIVE  
NATURALS®

Soothing feverfew, the powerful yet gentle ingredient in this exclusive formula, helps manage sensitive, irritated skin so it looks and feels healthier. In fact, in a clinical study,

**90%** of participants showed visibly reduced redness or irritation in as little as one week.

It's this powerful combination of the best of nature and the proof of science that we call ACTIVE NATURALS®. Only from the brand trusted most by dermatologists for the use of natural ingredients. Visit [aveeno.com](http://aveeno.com) to discover more.

**Aveeno**

DISCOVER NATURE'S SECRET

© Johnson & Johnson Consumer Companies, Inc. 2008

# ORGANIC Gardening

EDITOR Scott Meyer

PUBLISHER Christopher Lambiase, 212-808-0298

## EDITORIAL AND DESIGN

ART DIRECTOR Gavin Robinson

SENIOR EDITOR Therese Ciesinski

PHOTOGRAPHY DIRECTOR Christa Neu

WEST COAST CONTRIBUTING EDITOR Willi Evans Galloway

EDITORIAL PRODUCTION MANAGER Nancy Rutman

RESEARCH EDITOR/TEST GARDEN MANAGER Pamela Ruch

DESIGNER Tara Long

CONTRIBUTING EDITOR Beth Huxta

ASSOCIATE PRODUCER, [ORGANICGARDENING.COM](http://ORGANICGARDENING.COM)

Abigail Poulette

ADMINISTRATIVE ASSISTANT Ginger Horsford

BRAND COMMUNICATIONS COORDINATOR Ellie Prezant

## SALES AND MARKETING

NATIONAL ADVERTISING DIRECTOR Jeff Tkach, 610-967-8583

MARKETING MANAGER Tammy Hobar, 610-967-7943

ADVERTISING BUSINESS MANAGER Susan G. Snyder

MIDWEST REPRESENTATIVE Cheryl Kogut,  
312-494-1919, ext. 306

WEST COAST REPRESENTATIVES Nicholas Freedman,  
707-775-3376 David McRobie, 707-775-2496

ACCOUNT REPRESENTATIVE Ashley McEwan, Media People  
Inc., 212-779-7172, ext. 232

DETROIT REPRESENTATIVE Susan Hunyor, 248-637-1357

MARKETING INTERN Morgan Ernst

## PRODUCTION

MAGAZINE PRODUCTION MANAGER Karen J. Stinner

ADVERTISING PRODUCTION SPECIALIST Lynn Laudenslager

## CIRCULATION

ASSOCIATE VICE PRESIDENT, CONSUMER MARKETING  
John Phelan

ASSOCIATE DIRECTOR PRODUCT MARKETING  
Katrina Cwitkowitz

SUBSCRIPTION DIRECTOR Lori Beneyton

SENIOR CONSUMER MARKETING MANAGER Kimberly Draves

CONSUMER MARKETING MANAGER Suzanne Smith

ASSISTANT CONSUMER MARKETING MANAGER Josh Moyer

SUBSCRIPTION SERVICES MANAGER Joyce Smith

## SUBSCRIPTIONS

For questions about your subscription, visit [OrganicGardening.com](http://OrganicGardening.com) and click on Customer Service; e-mail [OGDcustserv@rodale.com](mailto:OGDcustserv@rodale.com); call 800-666-2206; or write to [OrganicGardening](mailto:OrganicGardening), PO Box 7320, Red Oak, IA 51591.

## READER PREFERENCE SERVICE

We occasionally make subscribers' names available to companies whose products or services may be of interest to *Organic Gardening* readers. If you'd prefer not to be included, you may request that your name be removed from promotion lists. Write to *Organic Gardening*, 33 E. Minor St., Emmaus, PA 18098.

*Organic Gardening* is available at a discount to retail sales outlets. Contact Direct Sales at 800-845-8050, option 2, and ask for Andrea DeFanti.

*Organic Gardening* does not accept advertising for chemical-based pesticides or fertilizers.

It is printed on locally sourced paper from forests that are maintained according to strict sustainability standards. Printed in the USA



**J.I. Rodale**

Founder, 1942-1971

**Robert Rodale**

Chairman of the Board and CEO, 1971-1990

**Maria Rodale**

Chairman of the Board

**Ardath Rodale**

Chief Inspiration Officer

**Steven Pleshette Murphy**

President and Chief Executive Officer

**MaryAnn Bekkedahl** EVP, Group Publisher

**Gregg Michaelson** EVP, Customer Marketing

**Michael Bruno** EVP, Chief Administrative Officer

**Karen Rinaldi** SVP, General Manager and Publishing Director, Rodale Books

**Eric deCavaignac** SVP, Finance and Strategic Planning

**Jim Berra** SVP, General Manager, Rodale Online

**Mia Carbonell** SVP, Corporate Communications

**Howard Weill** SVP, Finance and Operations

**Thomas A. Pogash** SVP, Chief Accounting Officer

**Kenneth Citron** SVP, Chief Technology Officer

**Robin Shallow** VP, Brand Communications and Public Relations

We inspire and enable people to improve their lives and the world around them.

Rodale Inc. 33 E Minor St. Emmaus, PA 18098 610-967-5171 [rodale.com](http://rodale.com)

© Johnson & Johnson Consumer Companies, Inc. 2008

Soothe redness  
and irritation, and  
finally be at peace  
with your skin.

DISCOVER A NEW

# calm

FOR YOUR SENSITIVE SKIN.

**Aveeno**

DISCOVER NATURE'S SECRET



**Aveeno**  
ACTIVE NATURALS®

**Ultra-Calming**  
DAILY MOISTURIZER

SPF 15

Максимально защищенный авторским правом

## LETTERS



## Personal Pepper Pick

I enjoyed Willi Evans Galloway's excellent article about sweet peppers [August/September/October] and found useful tips even though I have been growing peppers for 30 years. But I want to put in a plug for my favorite sweet pepper, not listed in the article: 'Gypsy'. In my garden, 'Gypsy' grows more vigorously and ripens faster than any other. It also produces more and larger peppers than 'Lipstick', and tastes great. I do not understand why it is not more popular. In the last few years, I have had to search for a source: This year I ordered it from Territorial Seed Company. I worry that 'Gypsy' will disappear altogether. Can OG readers help save it?

Sandra Henderson, *La Porte, Indiana*

## Patience Pays Off

I was very glad to see the directions for tomato-leaf spray [News, June/July], which stated that "the alkaloids found in tomato leaves are toxic to soft-bodied pests such as aphids." We followed the directions precisely to make the spray because my heliopsis plant was overrun with aphids. Unfortunately, the spray had absolutely no effect. In fact, the aphids seem to be thriving. I am very close to buying over-the-counter aphid spray to rescue my plant.

Melanie Bonnevie  
*Cumberland, Maine*

Please disregard my prior letter regarding the ineffectiveness of the tomato-leaf spray on my aphids. I am happy to say that the aphids have now almost completely gone from my heliopsis plant. I guess it just took some time before seeing results, especially compared to the almost instant results from nonorganic poisons, which is what I expected from this spray.

Melanie Bonnevie  
*Cumberland, Maine*

## Aphid Accounting

I saw the fascinating bit of information about how many descendents an aphid would have that lived for 21 birth-giving days and had three offspring daily [News, June/July]. The total stated was "a number with 25 zeros." In fact, the true number of aphid descendents an aphid could expect to have when she died (if everyone survived and reproduced daily) is "only" 1 trillion, or to be exact, after 21 days this first aphid would die leaving behind 1,099,511,627,775 offspring! That's still a handful when they are on your trees.

Pinny Lew  
*Brooklyn, New York*

*We didn't stop counting descendents when mama aphid died, because her legacy lives on in our gardens. I don't know how big your hands are, Pinny, but a trillion aphids are more than a handful for me. —Editor*

## Preservation Hints

For years I have been preserving my herbs [Ask OG, August/September/October]

in brown paper bags. During the summer months, I cut whole plants of herbs, slip them loosely into a paper grocery bag (lunch bags work for smaller bunches), fold over the top, and staple it shut in a couple of places.

I set the bags in my pantry, where it's cool and dry, and forget about them. In the colder months when I need them, I pop open a bag and reach in, crush

them enough to loosen the leaves from the stalks, toss the stalks, and store the rest in a jar. Even basil dries dark green and fragrant this way.

Janet Buffington  
*Wheatland, Wyoming*

## The Poop on Poop

Help! In the May issue [Ask OG], you said gardeners should absolutely never put dog poop in compost. In the next issue [Letters, June/July], a reader wrote in about composting dog poop in a trash can with red worms and using it only around ornamentals. Do the red worms

**“The aphids have now almost completely gone from my plant.”**

# Green Gift Guide 2009

THIS HOLIDAY SEASON, show your love for family and friends, and the world we all share, by giving gifts that celebrate organic values. Shop with these merchants and support their commitment to sustainability.

## VITA-MIX® 5200

The perfect gift for every "green" kitchen!

- Delicious meals made from **WHOLE** fruits or vegetables – **no waste, more fiber and more nutrition**
- Steaming hot vegetable soups made **without a stove – use less energy**
- **Natural garden compost from leftovers** is easy to make in an extra container
- Dependability personified—complete with a **7-year warranty**
- **American made and serviced** – for a lifetime of healthy eating



Call and ask about our 30-day **RISK-FREE** home trial and get a **FREE BOOK** of Vita-Mix Green Smoothie Recipes. *It's our holiday gift to you!*

**1-800-VITAMIX**  
(1-800-848-2649)

**Vita-Mix**

04-0217-0298

[www.vitamix.com/ad8/greensog](http://www.vitamix.com/ad8/greensog)

## 'Tis the season to be stressed!

Whatever the stressful holiday situation, Rescue Remedy provides natural stress relief anytime, anywhere.

Trusted world-wide for over 70 years, Rescue Remedy is your inner calm, on call.



Available at Whole Foods and GNC.

For holiday coupon savings visit [www.rescuerecure.com/coupon](http://www.rescuerecure.com/coupon)



No Sulfites Added & Vegan Friendly!

## FREY VINEYARDS

*Frey* Organic Wine from America's Oldest Organic Winery. Always Family-Owned and Operated.

Share a bottle this holiday season. Specials at [FreyWine.com/specials](http://FreyWine.com/specials)  
Produced in GMO-Free Mendocino County, California

info@freywine.com  
800.760.3739



Since 1980




New! Original Wreath Hangers

## North Country Wind Bells®

"Haunting Sounds & Magic Memories"

Holiday Special Flat Rate shipping \$4.95  
Affordable & memorable Gifts from Maine!

Inspired by the beauty surrounding us with wilderness & rugged coastline, we reflect our passion in our designs and proudly being a Green Company!

Toll Free (877) 930-5435~free catalog  
[www.northcountrywindbells.com](http://www.northcountrywindbells.com)

get inspired naturally  
inspired design by RADIUS

HOLIDAY SPECIAL  
Free Shipping on all orders  
Offer valid online only at  
[radius toothbrush.com](http://radius toothbrush.com)  
Must Use Code: GDNXB  
Offer Expires December 24, 2009

the perfect stocking stuffers



Visit our STORE LOCATOR  
Go to [radius toothbrush.com](http://radius toothbrush.com)  
800.424.4223

natural toothbrushes for natural smiles

RADIUS

[radius toothbrush.com](http://radius toothbrush.com)



## Local, organic, and farmer-owned. As good as it gets.

This year marks twenty years of organic dedication for Organic Valley Family of Farms, producing wholesome milk without antibiotics, synthetic hormones, pesticides or fertilizers. Twenty years later, thanks to you, our partners in the organic movement, our cooperative is thriving and our journey ongoing. Which is exactly what we had in mind. [www.organicvalley.coop](http://www.organicvalley.coop)

**1205 FARM FAMILIES STRONG**



ORGANIC DAIRY SOY JUICE EGGS PRODUCE

## LETTERS

make a difference? Does it matter if you only use this doggy compost on flowers? I need an explanation.

Jeanne Baze  
Lawrence, Kansas

*Composting dog waste is not a problem, and you don't need red worms to do it. But handling compost made with waste from carnivorous pets may pose health risks. They can carry parasites and pathogens that are not neutralized by the composting process and that may harm you or your family. We'll stick with our recommendation that you use a special dog waste digester or at least a buried container (like a trashcan) away from your garden and that you leave the decomposing waste to drain into the surrounding soil.*

### Shear Smarts

When I finish using my cordless grass shears, I fill a cottage cheese container with water and dishwashing soap. Then I dip the end of the shears in the container and let it run for a few seconds. Presto! I have a clean blade ready for use. I really feel that it prolongs the life of my grass shears and keeps the blade sharp.

Lanny Burke  
Eureka, Illinois

### Small Space Saga

I just enjoyed reading again the article "The Postage Stamp Garden" in the May 2008 issue. While my wife and I grow a few flowers on our 50-by-20-foot city lot, most of the garden space is devoted to fruits (grapes, raspberries, and strawberries) and about 20 kinds of vegetables. We do have a conventional front lawn facing one of Milwaukee's broad boulevards and a tiny backyard lawn (the latter is surrounded by raised garden beds). Since I have run out of space to plant, I have expanded to pots on the patio. Last year I added strawberry pots, and this year I added three large pots with cherry tomato plants.

I enjoyed reading the article because I have done many of the same things as Cheryl Gangl (the gardener profiled in the article), only with vegetables. It shows

what can be done in small spaces. Many of your articles feature either suburban or ex-urban gardens that cover a lot of space (which I don't have). I have just started advertising in our neighborhood association newsletter as a "gardening coach." I would like to show newcomers to the neighborhood how they too can have productive kitchen gardens on their small city lots. My garden is often the "different one" when we have a neighborhood association sponsored garden tour.

H. William Dummer  
Milwaukee, Wisconsin

*I understand, William, about being the "different one." That's how my neighbors refer to my yard. At least that's all they say when I'm within earshot.*

### The Rain on the Plains

I am puzzled by the article on the community garden in Denver [People, June/July], which said that Colorado law prohibits its citizens from collecting rainwater. Please elaborate on this odd policy.

Harriet Ottaviano  
Seal Beach, California

*It puzzled us, too, Harriet, but ownership of water rights is enshrined in the state's constitution. All water arriving in the state has been allocated to "senior water right holders" since the 1850s, so rainwater prevented from running downstream may not be available to its lawful owner. That's why we were not able to donate a rainwater-harvesting system to the community garden in Denver as we have in 30 other cities through our WaterWorks project.*

### Fruit or Vegetable?

As any true gardener or gourmand knows, a tomato is a fruit, notwithstanding how it is used (in salads, etc.) or how the general public refers to it. I expect you would list tomato under "fruits" rather than "vegetables" on your Web site. The public should be educated—not pampered in its ignorance! Other than that, you have good information.

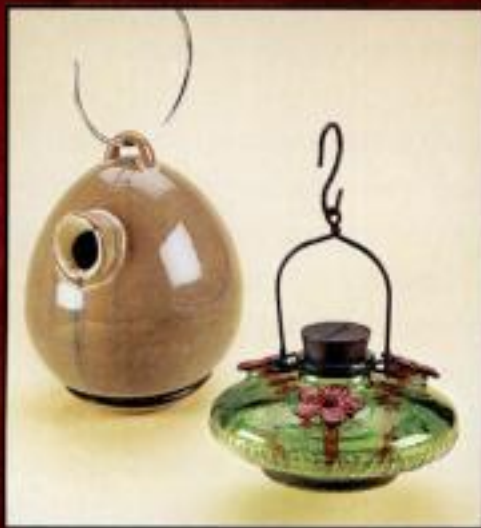
Barry Herman  
Manassas, Virginia





# Making Spirits Bright

*Holiday Shopping  
Made Easy*



*While we are well known for our gardening and woodworking catalogs, we also have a soft spot for traditional toys and practical paraphernalia. Our holiday gift catalog is packed with unique and hard-to-find gift ideas and stocking stuffers that are sure to make the season brighter for everyone on your list, including the gardener, the woodworker, the chef, the musician, the child, the outdoor enthusiast, the homeowner, and the bookworm.*

*You can call 1-800-683-8170 for a free copy of our holiday catalog, or shop online at [www.leevalley.com](http://www.leevalley.com).*



## Holly Help

I'm planting a hedgerow of hollies and want to ensure they produce berries. What do you advise?

Mary Fletcher  
Florence, Alabama

**In a nutshell:** Female holly plants produce berries only if they are pollinated with pollen from a male plant.

**The whole story:** Plants in the holly (*Ilex*) family are *dioecious*, which means that they have male and female plants. A few cultivars are self-fertile, but in most cases you must plant both male and female plants to ensure that your hollies produce berries. "Hollies are bee-pollinated, and you'll need about one male for every 10 female plants," says Anthony Aiello, curator and director of horticulture at the Morris Arboretum in Philadelphia. "Choose a male selection within the same species as the female. 'Jersey Knight' is a good male selection for American holly."

Prior to planting, check with your local university cooperative extension about any holly species that may be invasive in your area (English holly is often invasive in warmer zones) and spend a little time researching the type of holly you want (there are more than 400 species) and compatible male cultivars. *Hollies for Gardeners*, by Christopher Bailes, "is a nice, straightforward guide," notes Aiello.



ONLINE AND IN PRINT

## Out with the Old

In my shed, I found some old, half-used boxes of chemical fertilizer that I no longer use. What is the proper way to dispose of them?

Corbinmom

### OrganicGardening.com members say:

► Call your public-works department and ask if there is a venue to dispose of hazardous waste.

—Gardenz

► Put some on your compost pile. It will aid the decomposition process and be converted into slow-release nutrients.

—Mt. Shasta Garden

► If you don't want it, find someone to give it to. That way you're not throwing it out.

—Ericah

### OG editors suggest:

The best way to get rid of unwanted garden chemicals is to take them to a household hazardous waste facility.

Dumping the unwanted fertilizer onto your compost pile will add a dose of nitrogen, but it is not the best option, because you will ultimately be adding a synthetic fertilizer to your garden via the compost.

As for giving the fertilizer away, we certainly value the ethic of not wanting to waste a material, but we think that a more useful gift is to offer advice on how to become an organic gardener.



## DR® LEAF AND LAWN VACUUM

### LEAVES NOTHING IN ITS PATH. EXCEPT THE COMPETITION.

Put an end to fall cleanup hassle with a DR® LEAF and LAWN VACUUM. No other is built stronger or lasts longer.

**UNSTOPPABLE POWER** Collect and shred acres of leaves, pine cones, pine needles, grass clippings, nuts.

**HUGE CAPACITY** Exclusive shredding action reduces debris 10:1, for more vacuuming and less unloading.

**BUILT TO LAST** Beefy steel frame, large hoses, hard shell collector, commercial engine options.



#### 6-MONTH RISK-FREE TRIAL

Try it at home and then decide.



Find out more. See it in action. GET A FREE CATALOG & DVD!

Call Toll-Free

1-888-206-4565

Go Online

DRleafvac.com

## ASK OG

**Gray Water Defined**

I've heard that gray water can be an ecofriendly solution to irrigating my garden during water shortages. What is it, and can I use it?

Anne Bonds  
Milwaukee, Wisconsin

**In a nutshell:** *Gray water* is residential wastewater that does not come from a toilet.

**The whole story:** There are two categories of residential wastewater: *black water*, which is flush water from toilets or urinals and water discharged from food-preparation sinks, and *gray water*, which includes wastewater from bathtubs, sinks, showers, and washing machines. Black water must be treated before it can be safely reused. Gray water may also contain some impurities, including soap, oils, bleach, bacteria, and even household chemicals, but using biodegradable soaps and detergents and avoiding chemical cleaning products and bleach can improve the quality of gray water.

Diverting gray water from the wastewater system in your home and reusing it to irrigate landscapes has many potential benefits. It conserves resources, recycles water on site, and reduces the volume of water entering wastewater treatment facilities.

Due to potential health hazards from contamination and complex water-rights legislation, many states outlaw the use of gray water.

However, in recognition of diminishing freshwater supplies, some states are revising gray water rules and allowing for its reuse in the landscape if specific collection and distribution guidelines are followed. Before you irrigate with gray water, check with your local water utility about any rules that apply.

**Using gray water in gardens can conserve freshwater resources.**



## TECHNIQUE

**Tool Time**

How do I keep my shovel in good shape? It got a little rusty over the summer.

Lily Chow  
Augusta, Georgia

**1** Dip a soft cotton cloth in linseed oil and then coat the rusty sections of your shovel with a thin layer of the oil. Scrub off the rust with steel wool or a wire brush with stiff bristles. Apply firm pressure and use downward brushstrokes as you scrub. Be sure to wear gloves. Remove the rusty residue with a soft cloth. Then clean the blade in soapy water and dry it.

**2** To sharpen the blade, use a flat metal file. This is easiest if you use a bench vise or C-clamps to hold the shovel steady while you file. Clamp the shovel to the workbench with

its blade facing up. Position the file at a 45-degree angle to the blade, placing pressure on the outer edge of the blade. Begin filing at the bottom of the blade by drawing the file toward the handle using a firm, steady stroke. Draw the file in only one direction. Check the sharpness after each stroke with the file.

**3** If your shovel has a wooden handle, sand it with a piece of fine sandpaper to smooth out splinters and rough sections. Clean off the sawdust with a cloth and then coat the handle with linseed oil to nourish the wood.

# NEWS



10



31



4



15



1



1

Edited by Beth Huxta

**EVENTS**

**NOVEMBER**

**1 Good Nutrition Month** Eat organic! Studies show that organically grown food may offer more vitamin C, iron, magnesium, and phosphorus.

**15 America Recycles Day** Place water-filled milk jugs around the edges of row covers to keep

them from blowing away. In spring, use the water on thirsty plants.

**27 Thanksgiving** Eat the sweetest sweet potatoes by storing them at 55 to 60°F for six to eight weeks after harvest. Proper storage promotes conversion of starches to sugars.

**DECEMBER**

**1 Eat a Red Apple Day** Why? Red apples contain pectin, a soluble fiber that can lower cholesterol.

**4 Snowbound** On this date in 1913, 63 inches of powder fell on Georgetown, Colorado, the heaviest snowfall ever recorded in a 24-hour period.

**15** Give strawberries extra insulation with a mulch layer when temperatures drop to 20°F.

**30** To keep houseplants from drying out, place them in a tray of water filled with pebbles to raise humidity.

**JANUARY**

**1 Mail-Order Gardening Month** Catalogs often have a wider seed selection than your garden center, with more heirlooms, and varieties with good disease-resistance.

**10 Pull Parsnips** After hard frost, parsnips are sweetest.

**26 Chinese New Year** Decorate with daffodils, a symbol of good fortune for the new Year of the Ox.

**31 Hot Tea Month** Brew a cup of herbal tea and curl up with the newly arriving seed catalogs to plan for spring.



Sorry, Bambi:  
No food for you!

**Winter tip** Deter deer: Next season, substitute plants they don't want to eat, like snapdragons, wax begonias, peonies, and foxgloves.

**TOP 10**

## Clever Compostables

- 1 Aquarium water, algae, and plants
- 2 Faded bouquets
- 3 Lint from behind the refrigerator
- 4 Wood ash (in small quantities)
- 5 Sawdust
- 6 Tea bags and coffee grounds
- 7 Pet rabbit and hamster droppings

- 8 Eggshells
- 9 Your decade-old spices
- 10 Hair (in small quantities)



**FUN FACT** On January 28, 1887, at Fort Keogh, Montana, the largest snowflake in U.S. history was reportedly measured at 15 inches wide and 8 inches thick.

EVENTS: FROM LEFT: DAVID PRINCE/FOODPIX/JUPITER IMAGES; KAI SCHWABE/STOCKFOOD MUNCH/FOODCOLLECTION; STEPHANIE GOBIN/JUPITER IMAGES; MARK THOMAS/FOODPIX/JUPITER IMAGES; EMILY BROOKE SANDOZ/FOODPIX/JUPITER IMAGES; POUSETTE/STOCKFOOD MUNCH; WINNIE/STOCKFOOD MUNCH; RADIUS IMAGES/JUPITER IMAGES; TOP 10: BON APPETIT/JALAY

SCIENCE OF LIVING

# Skin Deep

YOU CAN JUDGE A TREE BY ITS BARK, ESPECIALLY IN WINTER.

There is tremendous variety in texture, color, and even chemistry of the bark of different trees. Why? Often a tree's habitat determines its characteristics. In the desert, where trees remain leafless for much of the year, green bark takes on the function of photosynthesis. In regions where fire is a regular occurrence, trees are equipped with a thick, corky, fireproof outer skin. Other trees secrete latex, or even hallucinogenic compounds, in their bark as a defense against chewing insects. Tannins used for curing leather, and medicines such as quinine, a malaria treatment, and curarine, a muscle relaxant, are made from defensive bark chemicals. As a tree grows from the inside out, it continually produces new cells and adds girth. Outer layers of dead cells get stretched to the limit and can flake off, enabling the tree to shed lichens and other freeloaders. Look closely into the deep furrows of black oak or the rough scales of dogwood bark, and you may see a camouflaged moth or lizard.

**Hidden in plain view:** Tree bark protects insects and other wildlife from predators.



RESEARCH REPORT.01

## Plagued by Mealybugs? Just Chill!

**Put mealies on ice to save greenhouse plants.**

**Findings:** Mealybugs can be a persistent problem in a greenhouse. Casey Sclar, Ph.D., and the Integrated Pest Management team at Longwood Gardens in Kennett Square, Pennsylvania, discovered a simple answer: refrigeration. Chilling plants for two days at 36°F diminished mealybugs for two full months without impacting plant quality. The chilling solution was found to be effective on many greenhouse plants, including fuchsias, citrus, camellias, and gardenias. It also worked well on cuttings of plants such as coleus and chrysanthemum taken for propagation.

**Our advice:** Mealybugs can live for more than two weeks on pots or other surfaces, and their eggs can hatch five weeks after that. Try the chilling treatment, but remember to focus not only on the plants but also on the space around them. Thoroughly inspect and clean the whole area of white cottony egg masses and tiny orange eggs.

SCIENCE OF LIVING: ROLF NUSSBAUMER/WINDEN PICTURES; RESEARCH REPORT: A. RICHARD ALLEN



# source TOOTHBRUSH

FREE SAMPLE OFFER  
see details below

right hand shown  
reverse head for  
left hand use

recycled wood



Lightweight replaceable heads save 91% of the material wasted in ordinary toothbrush handles. Our beautiful long lasting handle is made from recycled wood bio-plastic

available at fine natural products stores and at:



[radiustoothbrush.com](http://radiustoothbrush.com)

For a free sample SOURCE Toothbrush send \$4.95 Shipping & Handling with this ad to: RADIUS Toothbrush 207 Railroad St. Kutztown PA 19530 offer available only in USA - effective till 10.31.2008

**Piling it on:** Municipal composting cuts waste and saves money.

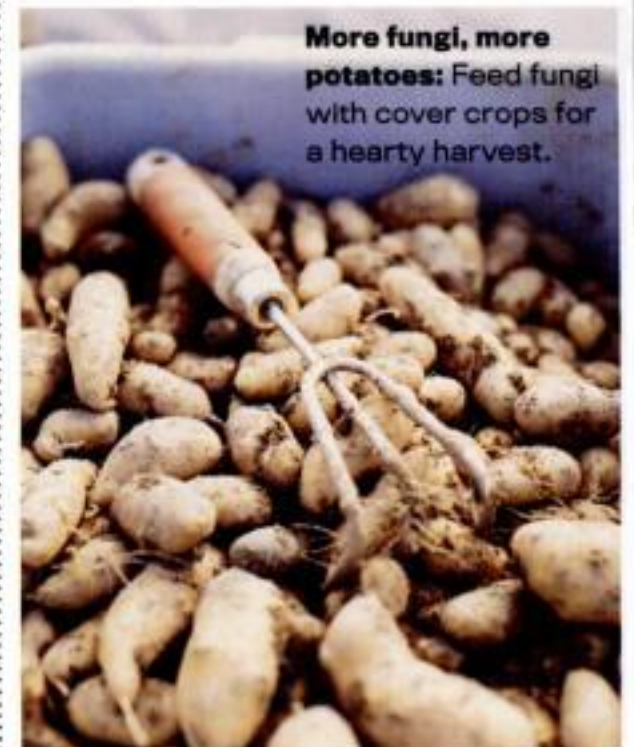
RESEARCH REPORT.02

# Fungi Boost Yields

**Happy fungi leads to healthy soil.**

**Findings:** USDA soil microbiologist David Douds has been studying arbuscular mycorrhizal (AM) fungi at the Rodale Institute for more than 15 years. The fungi act as extensions of plants' root systems, helping them to take up phosphorus and other nutrients while receiving the carbohydrates they need to survive. Douds' field trials have shown that potato and pepper yields can be boosted as much as 45 percent when naturally occurring populations of fungi are enhanced by inoculating the soil with mycorrhizal fungi. Gardeners can boost soil populations of AM fungi simply by using mycorrhiza-friendly gardening practices, says Douds. Keeping fungi active means feeding them; they must have growing roots to colonize all year long or they will decline in numbers. "Overwintering cover crops are very beneficial to mycorrhizal fungi," Douds notes.

**Our advice:** Nurture the beneficial fungi population in your garden by growing rye or vetch over the winter. Soil structure and drainage will improve when you turn it under in spring.



**More fungi, more potatoes:** Feed fungi with cover crops for a hearty harvest.



THEN & NOW

## More Rottin' Than Ever

**THEN** OG founder J.I. Rodale was a fervent advocate of composting, and in fact published a 1,000-page book on the subject in 1960, but this did not stop him from printing this declaration from the frequent and opinion-

**NOW** Composting doesn't have to happen in piles—"sheet composting" is an easy way to use organic matter without the work. But composting in piles is becoming a major part of waste disposal. The New York Department

### Yard trimmings composted in municipal facilities in 1990: 4 MILLION TONS; in 2006: 20 MILLION TONS

ated contributor Ruth Stout in December of that same year: "I no doubt made some more mistakes this year, but here is one I have never been guilty of—that is, going through all that business of building a compost pile. If anyone ever catches me at it, I hope he will pick me up and drive me to the institution for the not-so-bright, and see that I am kept there."

of Corrections saved more than \$2 million in 2006 by diverting food and wood from the dump to the compost pile; Middlebury College in Vermont uses the compost made from more than 20 percent of its waste in campus landscaping projects; the town of Dubuque, Iowa, collected 35 tons of food scraps curbside in 2007. Even the U.S House of Representatives makes compost, using leftovers from 240,000 meals served monthly.

# Just what the world needs, another dishwashing liquid.

It's made from plants, but cleans with the power you expect from Clorox.<sup>®</sup>

Actually, it's exactly what the world needs.



naturally.

Is this white  
or brown rice?



(Actually,  
it's both).

At Lundberg Family Farms® we grow both brown and white rice. They come from the same plant, but the white rice has the bran and germ removed by a gentle milling process. We grow over 17 varieties of rice to give you a choice in flavors, textures, aromas and colors.



For more of the story,  
go to [www.lundberg.com](http://www.lundberg.com)



Growing great taste  
for generations™

## NEWS

### TECHNIQUE

# Barrow Booster

EVEN THE LARGEST WHEELBARROW (10 cubic feet) is easy to fill to capacity when you are loading it with fall leaves headed for your garden beds or compost pile. With these simple plans, you can easily turn any wheelbarrow into a leaf-hauling truck.

### WHAT YOU NEED

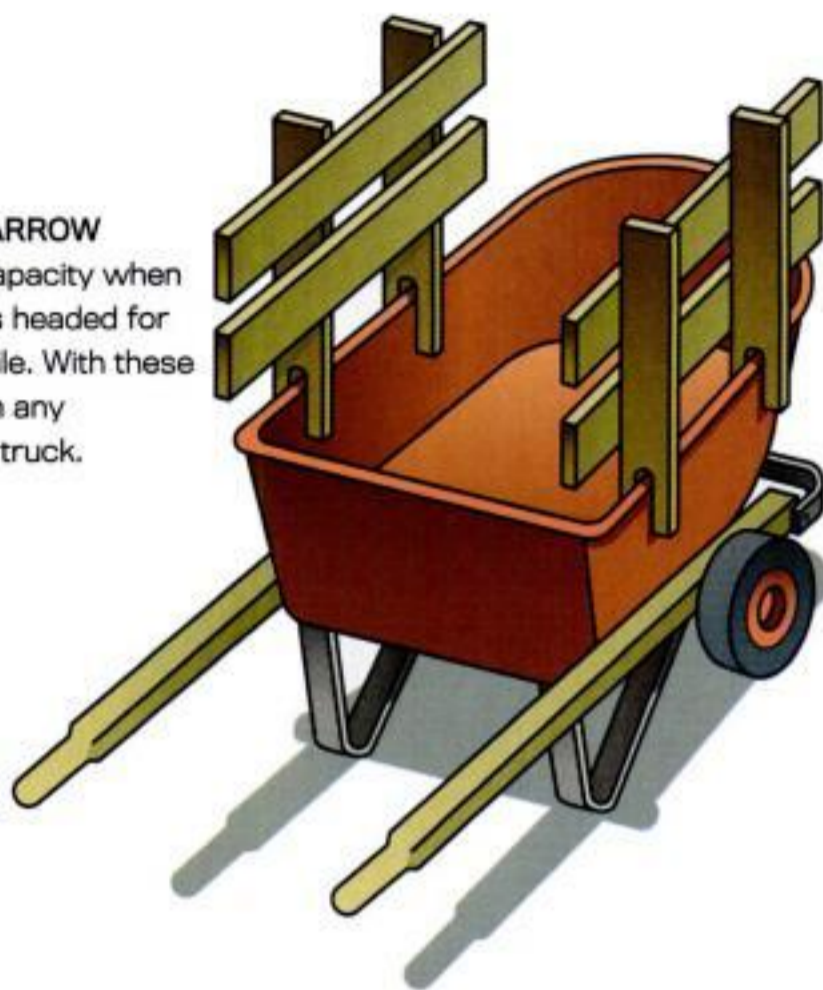
- 4 pieces 2 X 4 pine lumber, 18" each
- 4 pieces 1 X 4 pine lumber, 32" each
- ¾" galvanized wood screws

### WHAT YOU DO

**1** Saw a 7-inch-long opening in the 4-inch side of each of the 2 X 4s. The openings should be just wide enough so that the lengths fit very snugly over the side edges of the wheelbarrow. A snug fit is critical, because you don't want the sides to slide when you lift and tilt the wheelbarrow.

**2** Lay two of the 2 X 4s on a level surface, 2-inch side down, spaced 15 inches apart on center. Using wood screws, attach two 1 X 4 railings, one flush (or nearly flush) with the top, the second 6 inches down (so that there is a 2½-inch gap between the railings). Repeat for the other side.

**3** Slip the assembled rails on both sides of the wheelbarrow. Load it up with a mound of leaves and carry it to the nearest garden bed or compost pile. Repeat. Repeat. Repeat. Repeat until the leaves or you are exhausted.



### AUTUMN TIP

#### Not Too late

Plant pansies in November—that's right, in November. Mulch them deeply when the ground freezes, and they'll bloom as soon as the temperatures warm up in spring.



## SOIL

SOIL HEALTH

By Beth Huxia  
**The Ultimate Compost Bin**

Successful organic gardeners rely on compost to improve soil's fertility and moisture management, nourish helpful soil microbes, and inoculate against destructive ones. This three-bin system is a compost factory that efficiently pumps out heaps of finished black gold in just weeks, rather than the months you wait for the hands-off approach to work. Made from rot-resistant cedar, our ultimate compost bin features removable front planks, and a clean look that allows for good air movement. You can build it in just a few hours.

## WHAT YOU NEED

- Saw
- Drill
- Measuring tape
- 2 boxes of wood screws (2" and 2½")
- Mallet or sledgehammer
- 4 4' metal fence posts with screw holes
- Staple gun and staples
- 36' × 3' wire netting (chicken wire or a stronger material with similar-size openings)

## ● Wood:

Dimensions	Quantity
1" × 6" × 12'	7
1" × 6" × 10'	9
1" × 2" × 10'	2
2" × 6" × 10'	2
2" × 6" × 12'	2
2" × 4" × 12'	2

## CUT LIST FOR WOOD

**Removable planks:** Cut 4 of the 1 × 6 × 12s into 12 pieces, 3'7½" each

**Uprights (for end and middle panels):** Cut the 2 × 4 × 12s into 8 pieces, 2'10½" each

**Side slats:** Cut the 1 × 6 × 10s into 18 pieces, 4'6" each

**Front and back supports:** Cut the 2 × 6 × 12s into 8 pieces, 2'10½" each

**Bottom pieces:** Cut the 2 × 6 × 10s into 4 pieces, 4'9" each

**Plank supports:** Cut the 1 × 2 × 10s into 6 pieces, 2'10½" each

**Back slats:** Use the 3 remaining uncut 1 × 6 × 12s

## END PANELS (PART ONE)



1. On a flat surface, place two side slats on top of two uprights. To avoid splitting the wood, drill guide holes first. Attach.



2. Attach third side slat, spaced evenly, to make one side panel.



3. Position front and back supports as shown, placing the assembly on a hard surface (we used one of the planks).



4. Attach them, screwing into the side slats (above) and also into uprights (see finished photo).



**Pretty in green:** Adult beetles are colorful, but their larvae kill trees.

RESEARCH REPORT.03

## Save Your Ash!

**Emerald ash borer is one picky but destructive eater.**

**Findings:** In the six years since the pesky emerald ash borer was discovered, more than 30 million ash trees have been lost in Michigan alone. The adult beetles are metallic green and about a half-inch long, and do little damage. The beetles' larvae, on the other hand, chew on the inner bark, causing the tree to die from the top down. There is a spot of good news: Researchers at Michigan State University have found that the destructive

larvae are not able to survive on other tree species, including the walnuts and hickories the researchers had suspected might be alternative hosts to the beetle. The U.S. Natural Resources

**Destructive borer larvae are not able to survive on walnut and hickory trees.**

Conservation Service (NRCS) is taking steps to ensure that ash trees don't disappear from our landscape like the American chestnut, including managing a program to collect seed from healthy ash trees around the country.

**Our advice:** Visit [emeraldashborer.info](http://emeraldashborer.info) for detailed instructions on how to save ash trees by identifying and collecting healthy ash seed for the NRCS. Heavy woodpecker damage on an ash tree may be a sign that it is infested.

# His daughter told him his farm was for the birds



Growing great taste for generations™



Eldon, Wendell, Harlan, and Homer Lundberg

One day, when Wendell Lundberg was out driving his daughter Jessica around his rice fields, she told him something that changed his life forever. She pointed out that the land he was farming was originally for the birds, not for rice. That started him thinking. So much so, that he started farming with bird habitats in mind. Today, Jessica is the Chair of the Board. Pretty smart kid.

Wendell and his three brothers Eldon, Harlan and Homer have been growing rice sustainably in Richvale, California since they were kids. Their father, Albert Lundberg, taught them a simple lesson: leave the land better than when you first arrived.

Since 1937, the Lundberg family has been farming delicious rice while respecting and sustaining the earth. Today, the third generation carries on the family heritage. We continue to use eco-positive farming methods that produce wholesome, healthful rice products, while protecting and improving the environment for future generations.



For more of the story go to [www.lundberg.com](http://www.lundberg.com).

## END PANELS (PART TWO)



5. Flipping panels upside down, attach bottom pieces as shown using 2½" screws.



6. Repeats steps 1 through 5 to build the other end panel.



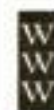
7. To make grooves for removable planks, lay panels flat. Allow one plank's thickness



(plus a little), and attach plank supports to side slots, leaving plank in place as a guide.

## How to work the three-bin system:

Fill bin #1, then turn the contents from the full to the empty bin (#2) every few days (the more often, the faster the decomposition). Begin filling the other empty bin (#3) with fresh materials. When bin #3 is full, bin #1 is "finished," and you have an empty bin to start the process over.



For more photos of this project and details on what to put in your compost, visit [OrganicGardening.com](http://OrganicGardening.com).

## MIDDLE PANELS (BUILD THESE PANELS AS YOU DID THE END PANELS, WITH A FEW EXCEPTIONS.)



1. Repeat steps 1 and 2.  
2. Flip panels and fasten three more side slats on the other side of both middle panels.



3. Front and back supports must be centered perpendicular to the uprights.



4. Attach bottom pieces, being careful to screw into the side slats. Use 2½" screws.



5. As with side panels, create grooves for planks by attaching plank supports to uprights.



Do this on both faces of the two middle panels, as shown.

## PUTTING IT ALL TOGETHER



1. Balance panels on their front supports. Attach the 3 12' back slats to both end panel back supports.  
2. Measure 49" from each end to mark where middle panels will go. Attach middle panels with screws, centering marks on back supports.



3. Place bin with bottom pieces on soil and slide four removable planks into each bin to evenly space front supports.



4. Remove planks and pound in metal fence posts.



5. Attach posts.



6. Staple wire netting to insides of each bin.  
7. Replace removable planks and you're done!



**waterworks**  
ORGANIC GARDENING

Organic Gardening and sponsors AVEENO®, Nature's Path, Echo and Seeds of Change celebrate community gardening with the WaterWorks program. In an effort to provide sustainable water solutions for community gardens, the WaterWorks program has supplied water catchment systems to 15 gardens in North America this year, and a total of 35 gardens in 2 years. In addition, through a very generous grant from AVEENO®, Organic Gardening facilitated \$150,000 in beautification in these gardens, for plants, walkways, structures, educational programs and much more.

ACGA



AMERICAN  
COMMUNITY  
GARDENING  
ASSOCIATION

**Aveeno**®  
INSPIRES

active gardens





# Thank you!

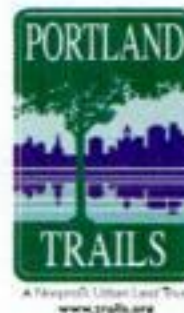
WaterWorks would not be possible without the generous sponsorship of AVEENO®, Nature's Path, Seeds of Change and Echo. Throughout this year's program, many partners have gone beyond the call of duty to provide services, time and inspiration to the gardens, and we wish to thank them for their support.

Working with WaterWorks gardens has confirmed for us that community gardens cultivate communities wherever they grow. They create much needed greenspace where none exists; they provide access to fresh food where access is often limited; they help families cultivate healthy eating habits in their children; and they provide a place for communities of diverse cultures to congregate – for classes, youth programs, social events and more. Organic Gardening and our program sponsors are proud to support community gardening through the WaterWorks program.



**PORTLAND PARKS & RECREATION**

Healthy Parks, Healthy Portland



The Horticultural Society of New York



**GREENBUILDING INSTITUTE**



science. peace. empowerment.



tulane city center



**100% CERTIFIED ORGANIC**

Classic Landscape, Ltd • [classicroetroit.net](http://classicroetroit.net)

Bob Silver Foundation

City Gardens Club of New York City

# LANDSCAPE

Edited by Therese Ciesinski



## STEAL FROM A PRO

**EXPERT:** Keith Wagner, H. Keith Wagner Partnership, Burlington, Vermont

**IDEA:** Borrow from Nature

If you want your garden to fit in environmentally but stand apart visually, skip the trip to the garden center and look with fresh eyes at what's growing right outside your door. Landscape architect Keith Wagner took his inspiration for the design of this Vermont front entrance garden from nearby nature.

Walking through the surrounding hardwood forest, Wagner identified native plants to repeat in the garden: moss, ferns, maple, and birch. Moss creates an open space around the house, a carpet of green that doesn't require mowing. Ferns and moss are planted in multiples to emphasize form and color. A perfect line of maples and birches marks the entryway and provides requisite autumn color. Already adapted to New England conditions, these native species require less care than other ornamentals.

By using only four plants, Wagner captured the essence of the native Vermont landscape while creating something unique. Repeating each plant lets you see it as if for the first time, emphasizing details that get lost in the jumble of a forest. A low wall built of local stone defines the garden edge while recalling the old stone rows of forgotten farmland.

—Lori Ball

### MORE IDEAS FROM THE PRO:

**1** Don't try to mimic nature

Instead, organize plants so they contrast with its inherent "messiness." Select a few native species and plant en masse or in a formal arrangement—your landscape will then both contrast with and connect to the neighboring woods and meadows.

**2** Protect what's there

When planting, protect trees and existing vegetation. Fencing around trees kept roots safe during construction. A layer of shredded leaf mulch and daily watering kept moss from drying out.

**3** Look locally for materials

Wagner used stone culled from the property. Choosing materials from nearby saves on transport costs and environmental impacts. And locally quarried stone always "looks right" in a native garden.

# Blue Jay

**BLUE JAYS GET A BAD RAP.** Bright, brash, aggressive, they stand out in a crowd, and they pay for it. Mark Twain once wrote: "A jay hasn't got any more principle than a Congressman. A jay will lie, a jay will steal, a jay will deceive, a jay will betray; and, four times out of five, a jay will go back on his solemnest promise. Now, on top of all this, there's another thing: a jay can out-swear any gentleman in the mines." In the jay's defense, while its bullying ways can clear a backyard feeder in short order, its coarse call also serves as a sharp warning to smaller neighbors when predators threaten.

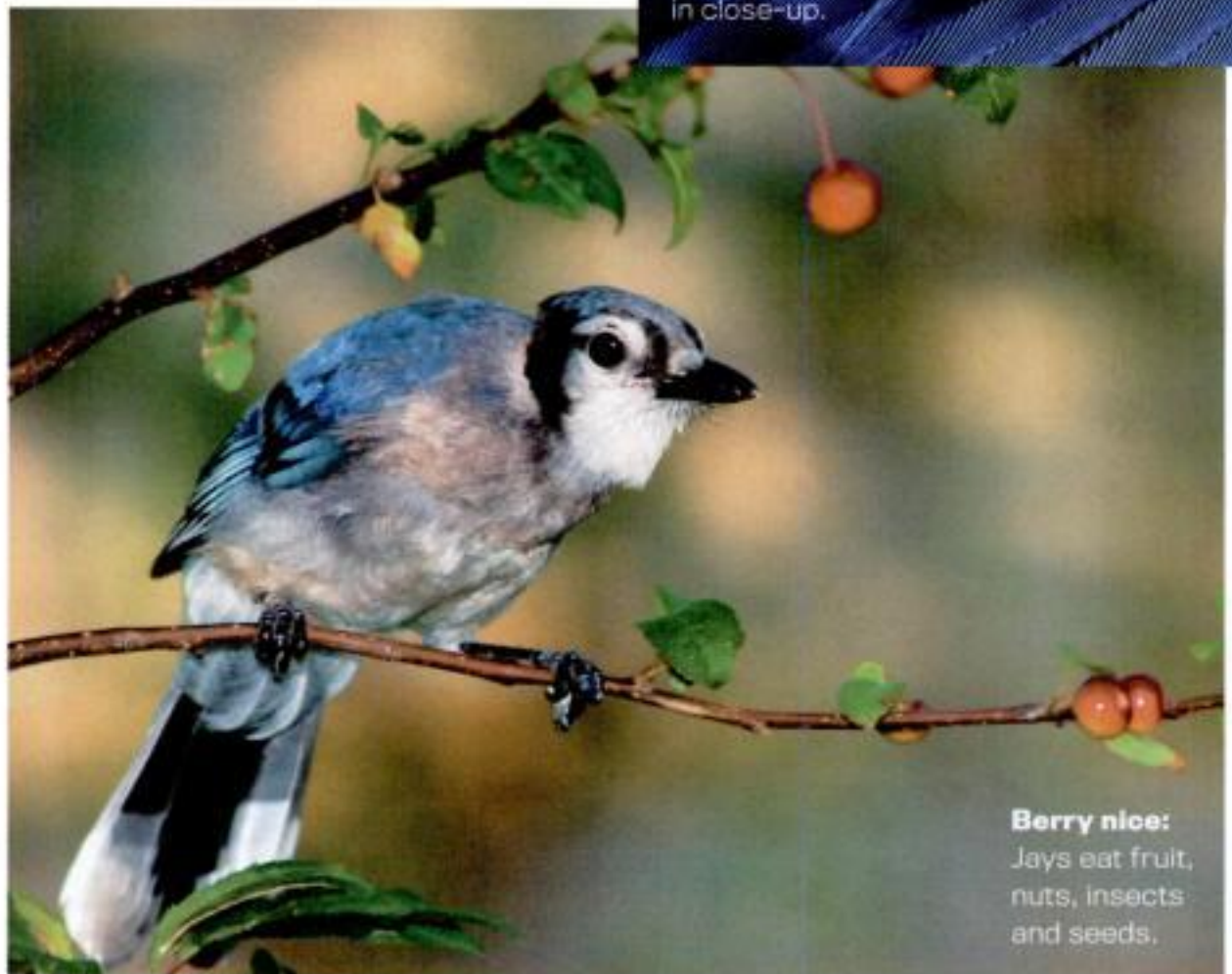
—Sharon Tregaskis

## Just the Facts

- *Cyanocitta cristata*, literally "the crested blue chattering bird," stands nearly a foot tall, weighs less than a stick of butter, and boasts a wingspan up to 17 inches. It's ubiquitous east of the Rockies, from southern Canada to Florida and Texas.
- Rumor has it that these cousins of the magpie prey on eggs and fledglings. While their diet comprises insects, nuts, seeds, fruits, and small vertebrates, Cornell University ornithologists found that only 1 percent of jays had stomach contents including parts of other birds.

**A blue jay weighs less than a stick of butter.**

- Johnny Appleseed had nothing on the jay, credited with speeding North America's nut tree resurgence in the wake of the Pleistocene



**Berry nice:** Jays eat fruit, nuts, insects and seeds.

glaciers. The birds cache far more than they can eat, and their hiding spots—under leaf litter at the edges of open land—provide ideal conditions for oak saplings. Helps that these birds know how to pick 'em. In one study, beechnuts stashed by jays had an 88 percent germination rate.

- Look again. The jay at your feeder this winter may be a native, or it

might be a northern neighbor, filling in during the local birds' southern migration. No one knows why some jays stay and others go; even individual behavior varies year to year.

- Naked as a jaybird? Etymologists dispute the origins of the phrase, first documented here during the Second World War, but it's certain these babies don't hatch with their

parents' good looks. Ma and Pa mate for life; he often helps incubate a clutch ranging from two to seven eggs, and both parents feed the nestlings.

- Blue jays' iconic vocalizations include a raucous jeer like the crow's, as well as whistles, gurgles, rattling, and even a spot-on mimic of a red-shouldered hawk. The weirdest? A rusty pump handle.



**Am I blue?** A jay's feathers in close-up.



ORGANIC SOLUTIONS

**Balancing act:** The width of a burgundy phormium balances the height of the two junipers in this front yard.

## All Together Now

TRANSFORM YOUR BEDS AND BORDERS INTO A WELL-DESIGNED LANDSCAPE WITH THESE THREE PRINCIPLES.

If you've ever admired a professionally designed landscape and wondered, "What does this garden have (besides buckets of cash and a full-time staff) that mine doesn't?" The answer might be unity. Unity is the vision you have for your garden that ties the entire landscape together.

**Repeating elements help make order out of chaos in your garden.**

Plants and hardscaping function sensibly, complement the surroundings, and please the eye. You don't need to be (or to hire)

a designer to create a unified garden. Whether you know it or not, it's unity you're aiming for when you place the bench here, and plant the tree there.

Winter is the time to look

at your landscape. With fewer visual distractions, you can focus on its design and decide what works and what doesn't. Then consider these elements that help unify a garden.

**Repetition.** To bring order to variety's chaos, repeat species and combinations. Plant a group of blue-black 'May

Night' salvias instead of just one. Repeat it in a few places to multiply its effect. You can also repeat plant combinations: Group several catmints with a half-dozen purple-leaved coral bells, and 'Hameln' fountain grass. Then repeat the combination, or one similar in color and texture, elsewhere.

## 4 Great Architectural Plants

Architectural plants—plants whose oversized or striking shape, size, or foliage makes them stand out in a landscape—can turn a good-looking garden into a great-looking one. Treat these plants as the "bones" of a landscape.

**Yucca** (*Yucca filamentosa*). Stiff swordlike leaves and a candelabra of creamy flowers.

**Ostrich fern** (*Matteuccia struthiopteris*). Grand, upright fern growing 3 to 6 feet tall in moist shade.

**Southern magnolia** (*Magnolia grandiflora*). Fragrant white flowers, red seeds, and big shiny green leaves on an elegant tree.



**Live oak** (*Quercus virginiana*), above. The wide spreading habit of this nearly evergreen oak looks majestic in the landscape.

**Balance.** When the visual weight on one side of an axis or imaginary reference line is the same or equivalent to the weight on the other side, you get balance. A formal garden layout is symmetrical—the plantings on each side of the central axis are mirror images. Asymmetry—objects on each side of an axis that are similar in weight but different in composition—creates an informal, but still balanced look.

**Scale.** The relationship of one item to another in the same garden produces a sense of proportion. The scale of a particular plant makes no sense except in relation to the plants and objects nearby.

Scale also refers to size and measurements. To see all the plants in a border, grow the tallest at the back, medium-size plants in the middle, and short ones in front. However, a bold architectural plant towards the front of a bed makes a strong focal point.

—Penelope O'Sullivan

Penelope O'Sullivan is the author of *The Homeowner's Complete Tree & Shrub Handbook*.



With Bradfield Organics® fertilizers,  
you'll soon find out just how beautiful  
*life can be.*



The secret to lush lawns and vibrant plants is fertilizer that feeds the soil naturally. You feed the soil and the soil feeds your plants, just the way nature intended. Bradfield Organics® fertilizers are safe for your seedlings and children and pets too. Remember, the longer you use Bradfield Organics® fertilizers, the more beautiful life becomes.

**Working with Nature, Not Against it.**

**[www.bradfieldorganics.com](http://www.bradfieldorganics.com) | 800.551.9564**

PLANT WORTH HAVING

# Cybister Amaryllis

*Hippeastrum cybister*

**Why grow it:** For an exotic, tropical spin on an easy-to-grow winter favorite. Thin, spidery petals and slashes of bright color make up this decidedly un-amaryllis-looking amaryllis.

**Vital statistics:** Grow indoors in USDA Plant Hardiness Zones 3 to 8, or outdoors in Zones 9 to 11. Cybister grows no more than 20 inches tall. Once planted, it blooms in 8 to 12 weeks. Varieties include 'La Paz', which blooms in shades of coral; 'Ruby Meyer', scarlet with yellow veining; and 'Emerald', a green heart with red and white stripes. Cybister leaves are evergreen; they don't die back as traditional amaryllises' do.

**What it needs:** Grow cybister the same way you'd grow a regular amaryllis: Plant the bulb so that its "shoulders" are clear of the potting mix, and the "nose" of the bulb is above the rim of the pot. Put it in a bright place and don't overwater. Turn the pot to keep the stalk from leaning into the light. Once it blooms, keep it well watered and out of direct sun.



**Sister who?** Cybisters, such as 'La Paz', are new to the amaryllis scene.

**SOURCES**

**Brent and Becky's Bulbs**, 877-661-2852, [brentandbeckysbulbs.com](http://brentandbeckysbulbs.com)

**McClure & Zimmerman**, 800-546-4053, [mzbulbfall.com](http://mzbulbfall.com)

**John Scheepers**, 860-567-0838, [johnscheepers.com](http://johnscheepers.com)

JOHNSCHEEPERS.COM

Never miss another shot—whether you're home or not...

# BirdCam™

Motion-Activated Digital Wildlife Camera



Rediscover the birds you already know, and see new birds and behaviors for the first time...

Capture beautiful, crisp digital photos and video clips of your birds with our high-tech BirdCam! Weatherproof, motion-activated, and easy to use...this revolutionary tool will forever enhance how you observe, enjoy, and learn about wildlife. A great gift for birders of all ages!

You'll have a new vantage point

The BirdCam works automatically to record all the backyard action that takes place while you're not looking. Enjoy intimate glimpses of your birds like you've never seen before! Catch images of birds on perches, nests, bird baths...anywhere birds land!

Enjoy and share your images

View your images on your computer or TV on your own time. You can Pause, Rewind, Zoom, and Send—all with the click of a button. With BirdCam's digital files, you're ready to create your own beautiful prints or email your images and video clips to other bird lovers!

Call today and start capturing ALL the action in your back-yard! You'll love this exciting, fun and easy way to see and share your birds! Get your BirdCam today!

Easy to use... right out of the box!

- No wiring or tools
- 5 minute set-up
- Connect to any TV or computer
- Quick-start easy User Guide



Get a FREE Memory Card... a \$19.99 value, YOUR GIFT from Wingscapes & DROLL YANKEES®  
 Details inside Droll Yankees' line of squirrel-proof bird feeders or visit [www.wingscapes.com/yankee](http://www.wingscapes.com/yankee)

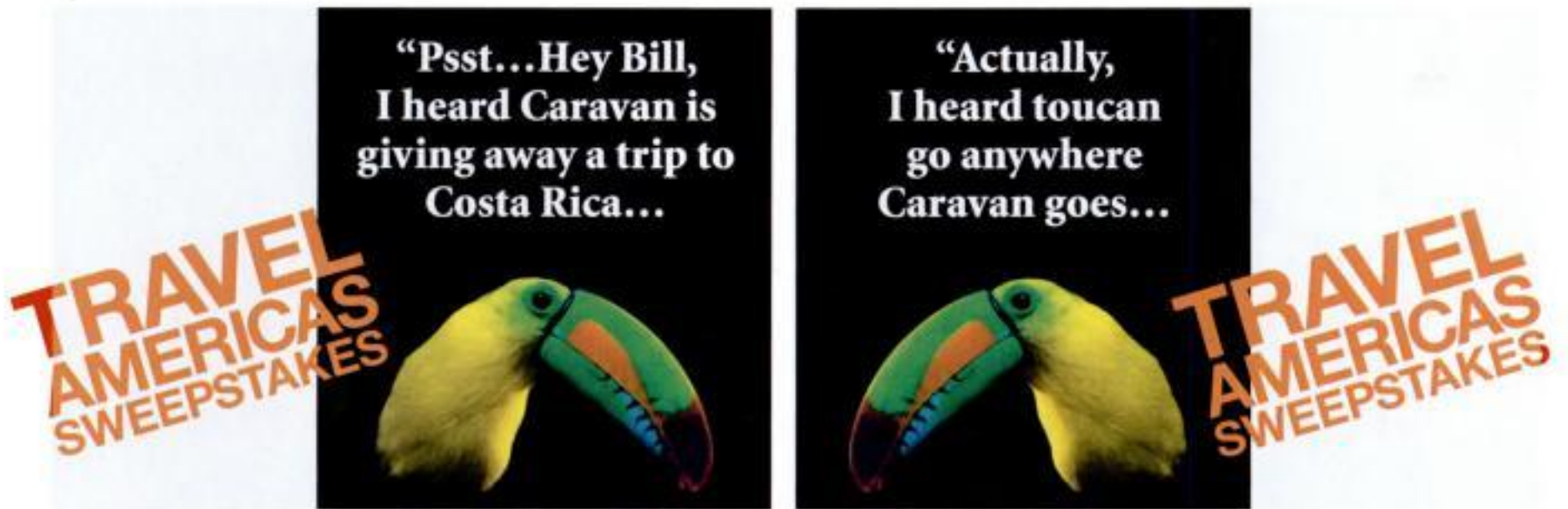


Call for your FREE Info Kit with FREE DVD  
**888-811-9464**

It's a toll-free call! Order today to take advantage of FREE SHIPPING and FREE Remote Control offer! When you call use **Promo Code: ORG-NOV**

Call or visit us online at [wingscapes.com](http://wingscapes.com) to request your FREE Info Kit, place an order, or locate a retail store near you!

**CARAVAN.COM PRESENTS  
 'TRAVEL AMERICAS SWEEPSTAKES.'  
 A SPECIAL OFFER FOR ORGANIC GARDENING READERS.**



**Travel America's Sweepstakes. Tour for Two.**

But if you can't wait to experience the thrill of a Caravan escorted tour, you'll find the trip of your dreams priced at \$995 to \$1195. So you can choose the awe inspiring sight of the 7th natural wonder of the world—the Grand Canyon. Or stand in the immense shadow of Mt. Rushmore. See the stunning colors of Fall in New England. Or venture farther afield to the Canadian Rockies, historic Nova Scotia or south to the wonders of Mexico's Copper Canyon or Guatemala's Tikal and Copan.

And if you long for the truly natural, the incredibly lovely and the most exotic of all Caravan escorted tours, then choose a trip to Costa Rica, the earth's natural paradise. Book your favorite now—and enter our Travel America Sweepstakes at [caravan.com/organic](http://caravan.com/organic). After all, who says you can't have two trips of a lifetime?

**How You Can Win.**

Visit [caravan.com/organic](http://caravan.com/organic) and enter your name, email and Code Line (see below). Winner gets two tours on any Caravan.com departure in 2009. (You choose the tour and date of departure!) Airfare not included. **No purchase is necessary to enter contest.** Winner chosen by random drawing on January 15th, 2009. We will notify the winner on January 16th, 2009 via email. Official Rules available at [caravan.com/organic](http://caravan.com/organic)  
 Enter Code Line:  
**toucanbilly**

**Caravan.com  
 Escorted Tours.  
 \$995 to \$1195,  
 Plus Taxes/Fees.  
 All Tours 8 to 11 Days.**

- Canadian Rockies & Glacier Park*
- Nova Scotia and Prince Edward Island*
- Grand Canyon, Zion and Bryce*
- Mt. Rushmore, Yellowstone, The Tetons*
- California Coast and Yosemite Park*
- New England Fall Colors*
- Mexico's Ancient Cultures*
- Mexico's Copper Canyon by Train*
- Costa Rica Natural Paradise*
- Guatemala with Tikal and Copan*

*Go places and do things all over the US, Canada, Mexico, Guatemala and Costa Rica—with Caravan.com*



Your Caravan Latin America tours includes all meals (North America tours are most meals), all activities, all hotels, all airport transfers, and all transportation during tour. Join smart shoppers and experienced travelers.

**Caravan**  
 Visit our website, or call  
 1.800.CARAVAN.**.com**

Call for free guide on fully escorted tours of the Americas priced at \$995 to \$1195. #1 in value.

## FOOD

Edited by Willi Evans Galloway



**Bite-size cabbages:** For the sweetest flavor, harvest Brussels sprouts when they are small and still tightly wrapped.

HOMEGROWN FAVORITE

## Brussels Sprouts

I must confess I haven't always appreciated Brussels sprouts. These cold-hardy vegetables have a long shelf life before they spoil, but their flavor deteriorates rapidly after harvest, becoming stronger and unappetizing. When I grew sprouts in my own garden and ate them fresh, I discovered what a bright, robust, and downright pleasing flavor these undeniably cute little cabbages have. —*Barbara Wilde*

### Growing Guide

Brussels sprouts are in the Brassica (cabbage) family and are believed to have originated as a mutation from Savoy cabbage. The "sprouts" we eat are actually axillary buds, which, if the plant overwinters, shoot up into flowers and seeds in the spring.

**Planting.** Brussels sprouts mature in 75 to 160 days, depending on the variety and climate. Time your planting so the sprouts are ready to pick after the first frost. To determine when to plant seedlings, count back 12 to 16 weeks from your average first fall frost date.

Prevent disease problems by planting the seedlings in a bed where you have not grown other cabbage family members for at least three years. Prepare the soil by digging in 2 inches of compost. Space the seedlings 18 inches apart in rows 30 inches apart and set the plants rather deeply, burying the stems up to the first pair of leaves. Water thoroughly and be sure to keep the ground moist as the



**Master's tip** When growing open-pollinated varieties, such as 'Rubine' or 'Long Island Improved', cut off the top 4 to 6 inches of the plants when the sprouts begin to form. This helps the sprouts mature at the same time. Topping is not necessary with F1 hybrids.

THIS PAGE: CHRISTA NEU, OPPOSITE: PHOTOGRAPH AND STYLING BY ROBYN LEHR

plants establish. A dozen plants should provide a family of four with plenty of sprouts for fresh eating.

**Growing.** Brussels sprouts do best with regular, deep watering—at least an inch a week. Hill soil around the stems as they grow to help keep the top-heavy plants from toppling over. Brussels sprouts respond well to foliar feeding every couple of weeks with dilute fish and seaweed fertilizer.

**Harvesting.** You can begin harvesting your sprouts when they are between  $\frac{1}{2}$  and 1 inch in diameter. Small sprouts have sweeter flavor and are easier to cook. Harvest from the bottom of the stem upward. Simply twist the sprouts off the stem or use a small paring knife to sever them.

**Troubleshooting.** Foil early attacks of flea beetles, cabbage root flies, and cabbageworms by draping a row cover over your seedlings. When the plants outgrow the row cover, patrol them often and handpick the yellow eggs and green larvae of cabbage butterflies. Once the sprouts begin to form and the weather cools, watch out for mealy aphids. If you see an infestation, use insecticidal soap spray to control the aphids.

### Best Varieties

**'Tasty Nuggets'.** 78 days. A quick-maturing hybrid that grows to about 4 feet tall, with good disease-resistance.

**'Diablo'.** 110 days. Medium height hybrid (grows to 4 feet) producing top-quality sprouts that are more widely spaced on the stem, which makes harvesting easier and minimizes aphid attacks.

**'Rubine'.** 85 days. This short heirloom features purplish red sprouts with a rich flavor. Plant early for best results.

Barbara Wilde writes about cooking and gardening in France on her Web site, [frenchgardening.com](http://frenchgardening.com).



### HOMEMADE FLAVOR

## Simple Side Dishes

THE KEY TO AVOIDING DULL BRUSSELS SPROUTS is to not cook them too long. Small sprouts work best for quick cooking. Try this duo of upbeat recipes for sprouts that taste bright, vibrant, and delicious.

**Basic skillet-roasted sprouts.** Trim the sprouts and cut them in half lengthwise. Heat 1 tablespoon olive oil in a heavy skillet over medium heat. Place the sprouts cut-side down in the skillet, sprinkle with sea salt, and cover. Shake the pan occasionally, uncover, and move the sprouts around with a spatula. Add a tablespoon of water if necessary. When the sprouts are caramelized on the bottom, turn them, cover, and cook 3 more minutes. Adjust the salt and toss with a few drops of fresh lemon juice. Serve immediately with a dusting of grated Pecorino cheese.



**Stir-fried sprouts with shiitake mushrooms.** Trim and cut the sprouts lengthwise into quarters and slice the mushrooms. (Use 1 cup of sprouts and  $\frac{1}{4}$  cup of mushrooms per person.) Heat 1 tablespoon safflower oil in a wok. Stir-fry the sprouts and mushrooms with a pinch of salt. Add 1 minced clove of garlic after about 5 minutes. When the vegetables are tender and starting to brown, remove from heat. Stir in soy sauce to taste and sprinkle with toasted sesame seeds and a few drops of sesame oil.

**A  $\frac{1}{2}$ -cup serving of cooked Brussels sprouts contains only 28 calories and is rich in dietary fiber. Sprouts are an outstanding source of vitamins C and K and a good source of vitamin A and iron, and are surprisingly high in protein.**

**Newbie hint** Cook Brussels sprouts immediately after harvesting, just as you would sweet corn. Refrigerated sprouts will last for weeks, but their garden-fresh flavor deteriorates quickly into a strong, sulfurous taste (which is why store-bought sprouts never taste good).

## TECHNIQUE

# How to Plant Garlic

**A SIMPLE WAY TO KEEP YOUR GARDEN PRODUCTIVE** all winter long is to plant garlic in the fall. Garlic practically takes care of itself, and growing your own gives you the opportunity to try a remarkable array of varieties that are rarely available in the supermarket, including ones with purplish pink, red, pearly white, or silvery skins.

**1** Plant garlic from mid-September through mid-October. Break a garlic bulb apart into individual cloves, being careful to keep the papery skins covering each clove intact. Then fill a quart jar with water and mix in one tablespoon of baking soda and one tablespoon of liquid seaweed. Soak the cloves in this mixture for two hours prior to planting to prevent fungal disease and encourage vigorous growth.



**2** In the meantime, prepare your bed for planting. Garlic grows best in rich, well-drained soil that is free of weeds. Dig a furrow about 3 inches deep. Place the presoaked cloves into the furrow, spacing them 6 to 8 inches apart. Be sure the flat root end is down and the pointy end is up.

**3** Cover the cloves with 2 inches of soil and sidedress the furrow with compost or scratch in granulated organic fertilizer. Water the bed in well and cover it with 6 to 8 inches of straw mulch. You should see shoots poking through the mulch in four to six weeks. The garlic stops growing in the winter months and resumes in spring.

For more information on garlic, including spring care instructions and harvesting information, visit [OrganicGardening.com](http://OrganicGardening.com).

## HERBS FOR COOKING

## Lovage

The ancient culinary herb lovage (*Levisticum officinale*) tends to draw fawning descriptions from its admirers, and just one glimpse of it in the garden will tell you why. Lovage's glossy green foliage makes a considerable statement—topping out at nearly 5 feet tall—and its celery-flavored leaves, stems, and seeds are used to flavor everything from chowder to candy to cocktails.

## GROW IT

**Size:** 3 to 5 feet tall and about 2 feet wide

**Hardiness:** Perennial, hardy in Zones 3 to 11

**Site:** Full sun; moist but well-draining soil

**When to plant:** Mid-spring

**Growing:** Plant from seed or divisions. Keep

the soil consistently moist. Topdress with an inch of compost in fall and spring.

**Harvesting:** Snip the leaves as needed. To harvest the seed, remove the flower heads just as the seeds begin to turn brown. Secure cheesecloth around each head and hang them upside

down until the seeds completely ripen. Shake the seeds out of the heads and store them in an airtight container.

**Comments:** This herb's umbrella-shaped flowers attract bees and beneficial insects.

## USE IT

Lovage's wide, hollow stems make unique, edible straws for Bloody Mary cocktails. To make a straw, cut off an 8- to 10-inch-long stem of lovage. Snip off the leaves and the tips of the stem and stick the straw (wide end down) into the drink.



*People love snacks.*

*So we made snacks that love people back.*



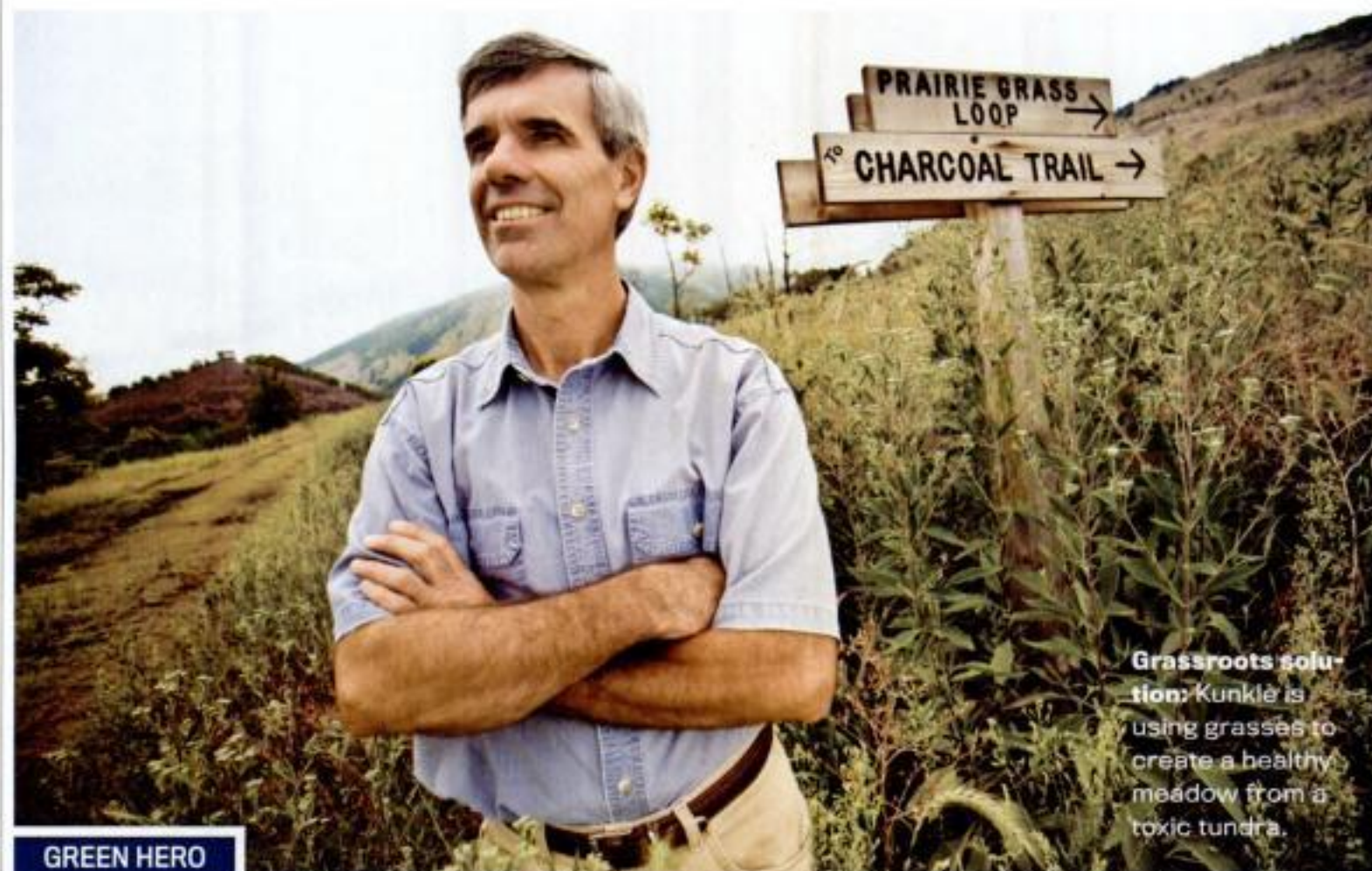
*7 whole grains on a mission™*

*All natural cereals, snacks and entrées.*

*More info at [Kashi.com](http://Kashi.com)*

## PEOPLE

By Beth Huxia



**Grassroots solution:** Kunkle is using grasses to create a healthy meadow from a toxic tundra.

## Meadow Picks

Dan Kunkle uses the same grasses at home as ornamentals to restore weedy, poor-soil beds, to attract beneficial insects, birds, and other wildlife, and for fall color and winter interest. Some of his favorites:

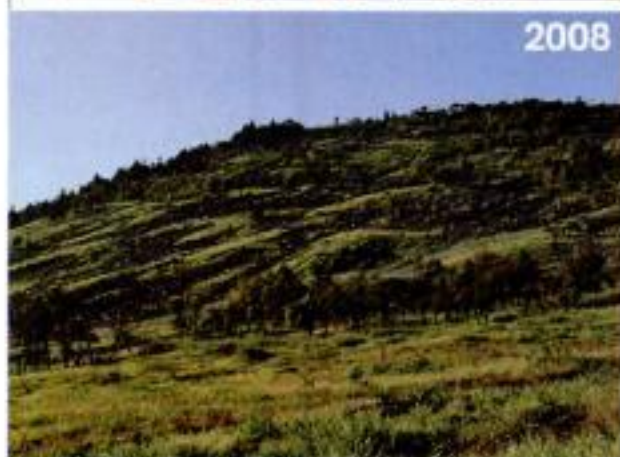
**Big bluestem** (*Andropogon gerardii*). Pretty seedheads; easy to grow.

**Little bluestem** (*Schizachyrium scoparium*). Beautiful in fall; flourishes in dry, sunny conditions.  
**Indiangrass** (*Sorghastrum nutans*). Huge seedheads produce many seeds; dead stems are interesting all winter.

GREEN HERO

## From Dead Zone to Habitat

For more than 80 years, a zinc company churned thousands of tons of heavy metals and sulfur dioxide into the air and soil in Palmerton, Pennsylvania, creating a toxic, plantless lunarlike landscape.



The "dead zone" eventually spread across thousands of acres in northeastern Pennsylvania. When the plant closed in 1980, it left behind one of the largest Superfund sites east of the Mississippi.

Visit this former toxic waste dump today, and you'll see a thriving meadow. Beginning in 2003, Dan Kunkle, executive director of the Lehigh Gap Nature Center, and his staff planted more than 400 acres with soil-building, native warm-season grasses, which now are flourishing. "As the new native grasses die each year, a humus layer is formed, capping off the harmful metals in the mineral soil," Kunkle says. "We're slowly replacing the 2½ feet of topsoil that eroded into the Aquashicola Creek and Lehigh River."

As the new soil layer forms, the nature center is working to establish wildflowers like black-eyed Susans, wild sunflowers, asters, and coneflowers, as well as nitrogen-fixing legumes, with the goal of creating a diverse prairie ecosystem. The food chain is being restored, too, as wildlife returns. "We knew that in time, nature would reclaim the site," Kunkle says. "Our goal is to give her a helping hand."



# INTRODUCING

RAW - Uncooked, Untreated, Unadulterated

RAW - Live Enzymes & Probiotics

RAW - 100% Active Ingredients

RAW - No Binders or Fillers

Vegan

Gluten Free

Dairy Free

No Soy Allergens



Individual Nutrient Creation  
for Maximized Potency

RAW Food-Created Nutrients™  
for Targeted Delivery

Highest Quality Standards to  
Preserve Raw Nutrients

Dual Process Cultivation for  
Creation of Wide Array of  
Vitamin & Mineral Co-Factors

“Body Ready” RAW Living  
Nutrients as Nature Intended



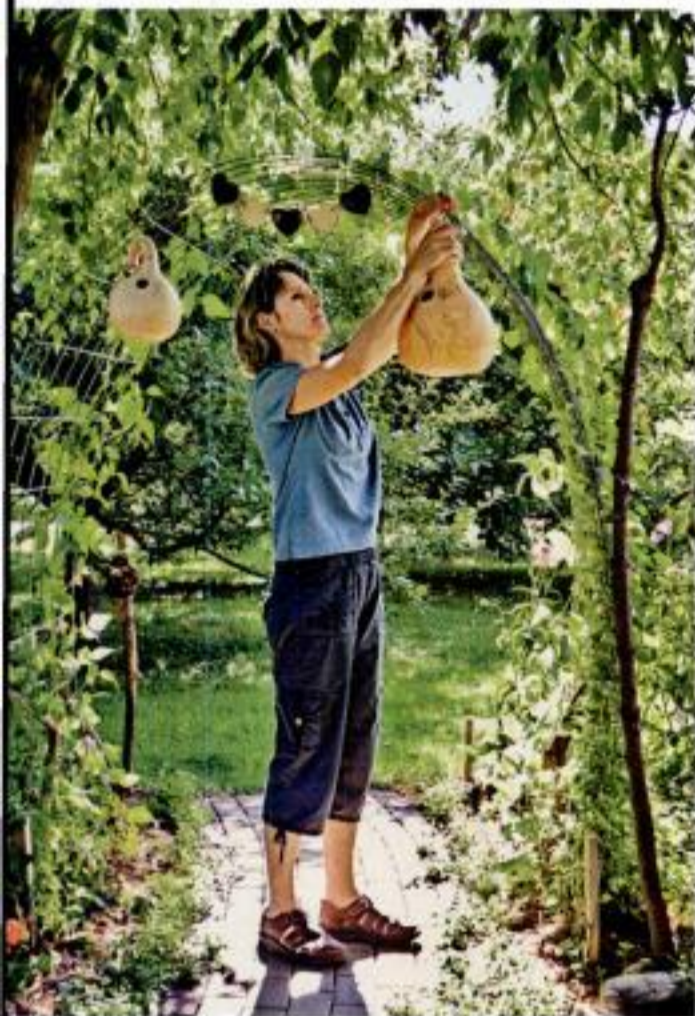
## THE VITAMIN CODE™

### Beyond Vitamins & Minerals



When You Want the Best, Ask for Garden of Life.

© 2011 Garden of Life. All rights reserved. Авторское право.



## MEET AN OG READER

# Gourd Houses

"I GROW ALL KINDS OF GOURDS IN MY GARDEN, and I love birds," says Pam Stotts, or "Pogo," as this creative, life-long gardener is known in the forums at *OrganicGardening.com*. "So I wanted to make a natural home for birds that they would actually use, unlike more synthetic houses." The Lisbon, North Dakota, resident believes the gourd's lining provides birds with extra insulation on chilly nights. Turning your homegrown gourds into birdhouses is easy with Stotts' directions.

### How to do it

1. Dry the gourd in a sheltered place outdoors. This can take two to six months, depending on the size of the gourd.
2. Once the gourd is dry, trace the outline of the jar lid onto the back of the gourd, near the bottom. Use the knife or jigsaw to cut the hole. Clean out seeds.
3. Remove the lid of the jar and save. Slice off the top inch or so of the jar (the part with the grooves for the lid). To start the cut, make a slash across the jar with the utility knife; then use the shears or hacksaw to continue the cut all the way around. Discard the bottom of the jar.
4. Insert the grooved part of the jar into the hole and caulk to seal. Let dry.
5. Screw on the lid and paint it with earth tones to camouflage the cap.
6. Cut an entrance hole near the top of the gourd. Make sure the size of the hole and its height from the bottom of the gourd corresponds to the type of bird you want to attract. Visit *wild-bird-watching.com* for a size-height chart.
7. Drill holes in the bottom of the gourd for drainage.
8. Drill a small hole all the way through the top of the gourd to thread the wire. Tie the ends together to make a loop.
9. Hang the house in a tree.
10. Wait for a family of birds to roost in your own "gourd house."
11. After the birds leave at the end of the season, unscrew the lid and clean out the house for the next lucky lovebirds.

### You will need:

- 1 large hard-shell gourd (*Lagenaria*)
- 1 large peanut butter jar, with lid
- Utility knife with serrated blade, or small jigsaw
- Shears or hacksaw
- 1 tube of caulk
- Small-bit drill
- Bendable wire



# ORGANIC Gardening

SUBSCRIBER SERVICE INFORMATION

### YOUR ABSOLUTE SATISFACTION IS GUARANTEED

Your satisfaction is important to us. If your subscription ever requires our attention in any way, please let us know immediately and we'll take care of it.

### Concerned about the environmental impact of your print subscription?

Switch to our digital edition and receive future issues online. You'll get the exact issue you'd receive in the mail, while saving resources spent on paper, printing, and shipping. Give it a try and get a FREE gift!

[organicgardening.com/gogreen](http://organicgardening.com/gogreen)

## ONLINE CUSTOMER SERVICE

- Pay for/renew your subscription
- Request preferred customer service
- Check your subscription status
- Change your address/e-mail
- Report a missing or damaged issue
- Send us an e-mail message
- Sign up for our FREE *Organic Gardening* Newsletter

### ORGANICGARDENING.COM

OR CALL TOLL-FREE

800-666-2206

E-mail: [OGDcustserv@rodale.com](mailto:OGDcustserv@rodale.com)

Outside U.S. and Canada:

Fax: (712) 623-5545

### If you receive a bill after you've paid

Please disregard any bill or renewal notice received soon after mailing your payment or order. Our letters probably crossed in the mail. If you want to check your account status, visit Online Customer Service or give us a call.

### If your issue is damaged or missing

Contact us by calling the toll-free number above. We'll replace the damaged/missing issue or extend your subscription, whichever you prefer. (Remember, *Organic Gardening* magazine prints 6 issues yearly: February/March, April, May, June/July, August/September/October, and November/December/January.)

### To change your address

Contact us with your new address 6 to 8 weeks before you move. Remember, the post office will forward mail for only 60 days following notification.

### To screen mailing lists

If you do not want to receive mailings or e-mails from other companies besides *Organic Gardening* and Rodale, please let us know by calling the toll-free number above.

### To know when your subscription expires

Check your account status via Online Customer Service. Also, your printed address label on every issue includes the date your subscription will expire. This date appears as a month and year. (Issues with renewal offers attached have this information listed near your name and address.)

201044901

# IS YOUR MULTI **RAW** ?

Imagine yourself 100 years ago telling friends about the latest movement in health - the "RAW" food movement. RAW foods are natural, living foods that are rich in enzymes and live probiotics. Whole foods that are:

- UNCOOKED
- UNTREATED
- UNADULTERATED

Right after you finished telling your friends about this great new way to eat, they would stare at you, not sure what you're driving at. After all, what you've described is what they eat every single day. How things have changed in a century. What is now considered unique and advanced was for our ancestors the norm.

Today, an ever-growing number of people are jumping on the "raw food" bandwagon because modern farming and food processing methods have robbed much of our food of the nutritive qualities vital to our health. In today's modern system of agriculture, the use of pesticides, herbicides, fungicides and chemical fertilizers allow the average farm to yield more food per acre, but at a steep price. A comparison of USDA food composition tables from the 1960s and 1970s to the present day confirm that nutrient levels in food are declining at an alarming rate.

Our food is less nutritious coming off the farm and in the name of commerce and convenience we subject that food to processing such as irradiation, chemical preservation, heating and treating, in order to deliver the food to market. In one of the most privileged nations in the world today, it is ironic that we are overfed and undernourished.

In order to combat the lack of nutrients in our food supply, a billion-dollar industry has emerged to "bridge the nutritional gap." Unfortunately, the vitamin supplements consumed by the truckload every day have little resemblance or connection to the foods they intend to complement. The vast majority are chemically isolated, synthetic derivatives of the vitamins and minerals found in food.

Until the Vitamin Code™, there have been few options available for those who wish to supplement with a raw, whole food multivitamin. The Vitamin Code represents a breakthrough discovery that will change the way you take vitamins forever.

## The **RAW** Factor

The power of RAW food is truly found in its simplicity. When you eat a food that is uncooked, untreated, and unadulterated, you are eating that food in harmony with nature's intention and your body's design. RAW food enthusiasts will tell you that there are many benefits derived from eating RAW.

When you consume RAW foods you are consuming all of the vitamins, minerals, enzymes, and phytonutrients contained therein. Simply heating foods can result in the loss of many these important co-factors.



EMPOWERING EXTRAORDINARY HEALTH™

For More Information or to find a local store near you please visit [www.RawVitamins.com](http://www.RawVitamins.com)

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

While all foods provide some nutrition, RAW foods provide higher levels of the 45 nutrients we need to supply our bodies everyday to achieve extraordinary health. Our bodies are designed to take in food and then break it down in order to glean nutrition from that food. The probiotics and enzymes present in RAW foods aid the digestive process, allowing the body to digest and assimilate the nutrients into the bloodstream. Nature provides the complete package of vitamins, minerals and co-factors necessary for the body to maximize the nutrient potential of RAW food.

No supplement can compare to the benefits associated with consuming RAW foods. However, if you are going to supplement, you should seek out a RAW, Whole-Food multivitamin. The Vitamin Code is an innovative multivitamin that was developed to provide nutrients in their raw food-created form. At no point during the cultivation process are any of the nutrients treated, adulterated or cooked. More importantly is what you won't find on the label — no binders or fillers. The Vitamin Code nutrients are 100% active, meaning that every ingredient contained within them has nutritional value and purpose.

## Beyond Organic

Each vitamin and mineral contained in The Vitamin Code formulas is created based on a process that happens everyday in healthy soil. In nature, single cell organisms in the soil convert inorganic mineral salts and allow them to be absorbed by the roots of the plant. Sunlight then transforms these elemental compounds into useable and organic nutrients. Every living thing on this planet is dependent upon this wonderful synergy that exists between soil, plants, and the sun. This is the inspiration for Vitamin Code's RAW Food-Created Nutrients™ - body ready nutrients as nature intended.

"I have been involved in the health food movement literally from the day I was born. At that time in the 1970s, raw, living foods were at the forefront. In the first half of 2008 alone, I have visited over 150 health food stores across this nation. I can tell you without doubt that what the pioneers of natural health believed, is now coming to pass. RAW is finally the next big thing! RAW is beyond organic and those looking to experience extraordinary health are getting turned on to the benefits of incorporating RAW foods and RAW supplements into their diet and life."

-Jordan Rubin



MANUFACTURER'S COUPON EXPIRES 3/31/2009 0608

**\$5.00 OFF**  
ANY 1 BOX OF  
**VITAMIN CODE™**

**CANNOT BE COMBINED WITH ANY OTHER COUPON**  
Retailer: Garden of Life USA, Inc. will reimburse you the face value of this coupon plus 8 cents handling for coupons redeemed in accordance with this offer. Invoices proving purchase of sufficient stock must be provided upon request. Consumers are limited to one coupon per purchase and are responsible for all taxes. Cash value is .0001 cents. Send all coupons to: Garden of Life, MPS Dept. No. 432, P.O. Box 3250, Cleniston, NJ 08027. EXPIRES: 3/31/09

5 58010 51074 8 8100671016

## GREENHOUSE

Edited by Abigail Poulette



## ECOTREND

## The Green Way to Go

Honey Creek Woodlands Preserve is a 70-acre site 25 miles southeast of downtown Atlanta. Though its name suggests it's a park, Honey Creek is a cemetery. But a new kind of cemetery. The caretaker, Joe Whittaker, digs each grave by hand, then lines it with pine boughs. After a burial, he returns the earth in reverse order: first red Georgia clay, then topsoil, and finally leaf litter. Often, family members pitch in with the last detail: planting native grasses and saplings to mark the site. "It gives a pleasant memory," says Whittaker, who thinks of the preserve as a place less for the dead than the living—nature lovers, picnickers, the more than 180 species of birds and myriad butterflies that thrive here.

"The green burial movement acknowledges that the natural end of all life is decay," says Mark Harris, who documents natural cemeteries in the newest version of his book *Grave Matters: A Journey Through the Modern Funeral Industry to a Natural Way of Burial*. "The goal is to return the remains to the elements in as simple and natural a way as possible."

"In your final act, you heal a little piece of earth," says Billy Campbell, a family physician whose imagi-

nation was sparked by reports in the 1970s crediting pioneer graveyards in the Midwest with protecting scarce prairie grasses. Campbell founded Honey Creek and the nation's first conservation burial ground, South Carolina's Ramsey Creek Nature Preserve, which he established in 1998.

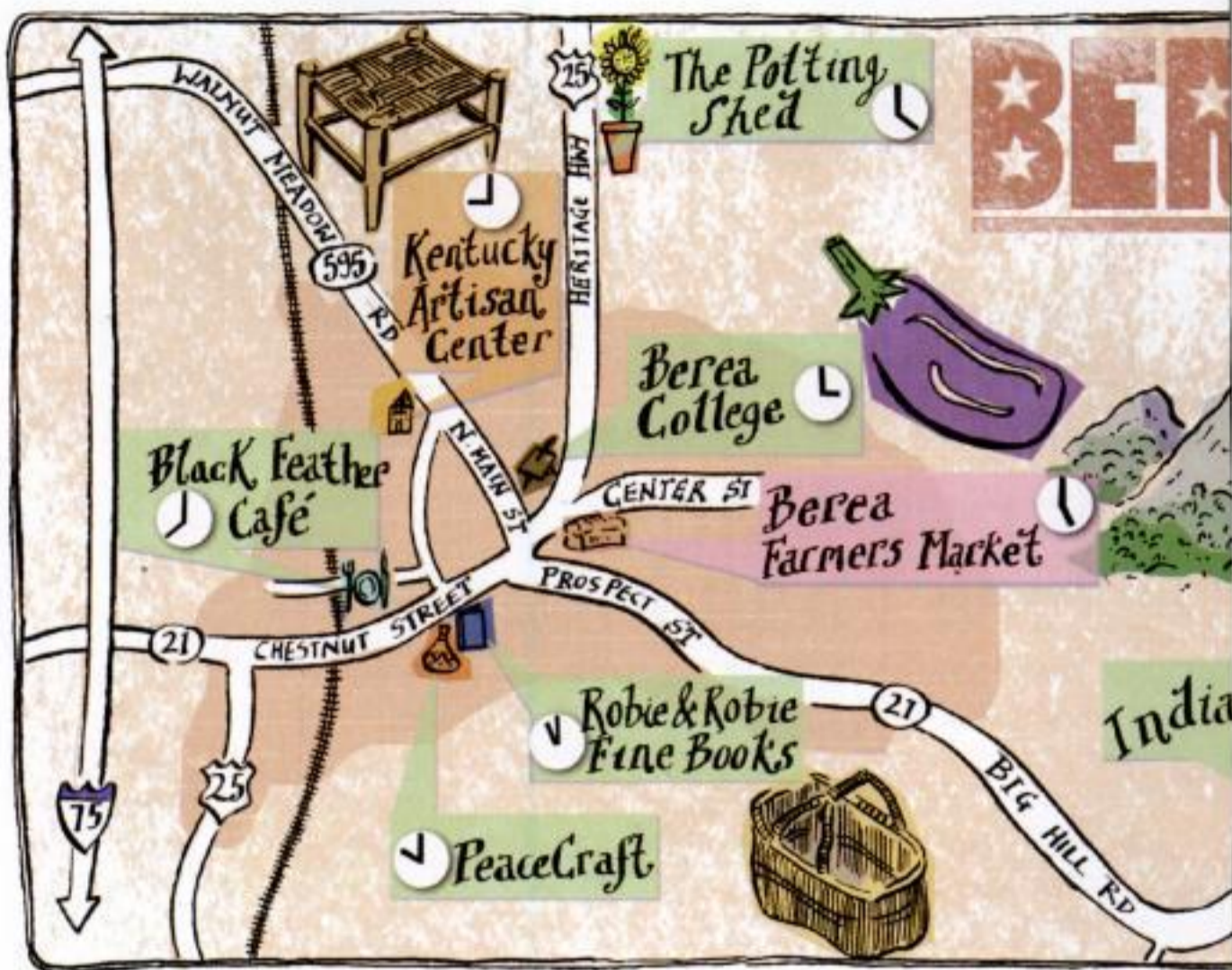
At both Ramsey Creek and Honey Creek, much of the landscape bears the scars of cotton plantations and intensive logging, and restoration efforts focus on eradicating invasive species and transplanting and protecting native vegetation. There are none of the hermetically sealed caskets, concrete vaults, and toxic embalming chemicals common in most conventional cemeteries. Instead, biodegradable coffins, shrouds, even family quilts cushion the dead.

You will find green cemeteries in a range of hues—from those with deed restrictions and conservation easements to conventional cemeteries that reduce storm-water runoff or allow families to opt out of embalming. "There are shades of green," says Joe Sehee, founder of the nonprofit Green Burial Council. "Anything that reduces waste and the use of toxins is a good thing." —Sharon Tregaskis

## GREAT GARDEN TOWN

### Small Town, Big Effort

Berea is known as the folk arts and crafts capital of Kentucky, but stop by this small town in the midst of rural Appalachia, and you'll discover an enclave of progressiveness and a cluster of worthy destinations—most within walking distance of each other. The residents of Berea are impassioned advocates of sustainable living. Mingle at the farmers' market with college students, craftspeople, and families, and you're sure to gain new friends along with your organic goodies.



# GO GREEN for the holidays.

## Start with your Organic Smoothie.

Smoothies can be an interesting alternative to high calorie holiday drinks. Sun-kissed berries blend beautifully with organic grapes and fresh pineapple—or do they? For a perfect smoothie, bursting with flavor and silky-smooth from start to finish, you need more than the right organic ingredients.

**You need a Vita-Mix® 5200.**

The combined talents of a 2+ peak horsepower motor, precision-cut stainless-steel blades and a specially-designed

container make all the difference in the world. **Use the skin, seeds, peel and all**—the entire fruit or vegetable!

A Vita-Mix "green smoothie" blends organic spinach or broccoli with fruits like grapes, pineapple or banana. What you get is **smooth and sweet, and loaded with antioxidant-rich leafy greens.** Different, yet surprisingly delicious.

Why settle for anything less than the perfect organic green smoothie—every time? With the Vita-Mix 5200, you can count on it!

Taste the difference for yourself! Call about our **30-DAY RISK FREE** home trial and get a **FREE BOOK** of Green Smoothie Recipes!

# 1-800-VITAMIX

1-800-848-2649

[www.vitamix.com/ad8/smoothieog](http://www.vitamix.com/ad8/smoothieog)

Get up to **5 FREE GIFTS** with savings code: **04-0217-0296**



Vita-Mix



MICHAEL HILL

Before you plan your trip, check [sustainablebera.org](http://sustainablebera.org) for any upcoming events.

**Friday p.m. The Berea Farmers Market.** This social hub operates year-round and features baked goods, plants, preserves, and teas in addition to local produce, meats, and cheeses. Plan ahead and grab some snacks for a Saturday afternoon picnic. Hours: Tuesday and Friday 4:30 to 7 p.m. [bera.com](http://bera.com)

**Saturday a.m. shopping: PeaceCraft.** Bring home a souvenir and support a greater cause. This fair-trade boutique boasts a wide selection of handmade crafts produced by and benefiting low-income international artisans. [peacecraftinbera.org](http://peacecraftinbera.org)

**Robie & Robie: Fine Books.** Neighboring Peace-

Craft, this bookstore offers a large section of gardening books perfect for the ride home.

**Saturday afternoon: Indian Fort Theater.** Just outside of town, a well-established hiking trail winds its way up to a fabulous lookout atop a large mountain. Stop for a picnic at the base of the trail or take it all the way to the top. [kaht.net/multiple/indianfort.htm](http://kaht.net/multiple/indianfort.htm)

**Berea College.** Tour the beautiful, historic campus and observe the harmony between college and town. From the "EcoVillage" apartments to working in the college gardens and greenhouses, students are encouraged to live thoughtfully. [bera.edu](http://bera.edu)

**The Potting Shed.** A local favorite, this nursery offers pots and gardening supplies in addition to a diverse selection of plants and custom container plantings.

**Saturday dinner: Black Feather Café.** Enjoy seasonal favorites prepared with locally grown meats and produce and savor fair-trade coffee or enjoy an organic gelato for dessert in this stylish eatery. [blackfeathercafe.com](http://blackfeathercafe.com)

**Sunday morning: Kentucky Artisan Center.** Sample regional fare for breakfast or brunch; then discover the work of local artisans or shop for Kentucky-made products. [kentuckyartisancenter.ky.gov](http://kentuckyartisancenter.ky.gov)

Live your life, Love your bath tub.

As seen on TV!



Put the smile back into bathing with a Premier Walk-In Tub.

If you struggle taking your bath, talk to us at Premier about our extensive range of walk-in tubs.

- Enjoy a relaxing bath again, without the fear of slipping or falling.
- The walk-in door feature allows easy access and exiting at all times when taking a bath.
- Hydrotherapy jets option to soothe aches and pains.



Premier Care in Bathing



- Ed McMahon

Premier Care in Bathing

CALL NOW  
TOLL FREE  
**1-800-578-2899**  
SOURCE CODE 131118

Please send me a FREE Premier brochure today!

Name \_\_\_\_\_  
Telephone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: Premier Bathrooms Inc, 2330 South Nova Rd South Daytona, Florida 32119

CODE 131118

Gardening With Solar Energy



We're right at home in your garden.

RADIANTEC SOLAR RADIANT HEAT AND HOT WATER SYSTEMS are the leading choice in underfloor radiant heating for the home, but they're also ideal for your garden or greenhouse. Whether stand-alone or as part of your home system, solar radiant heating has enormous benefits for any gardener.

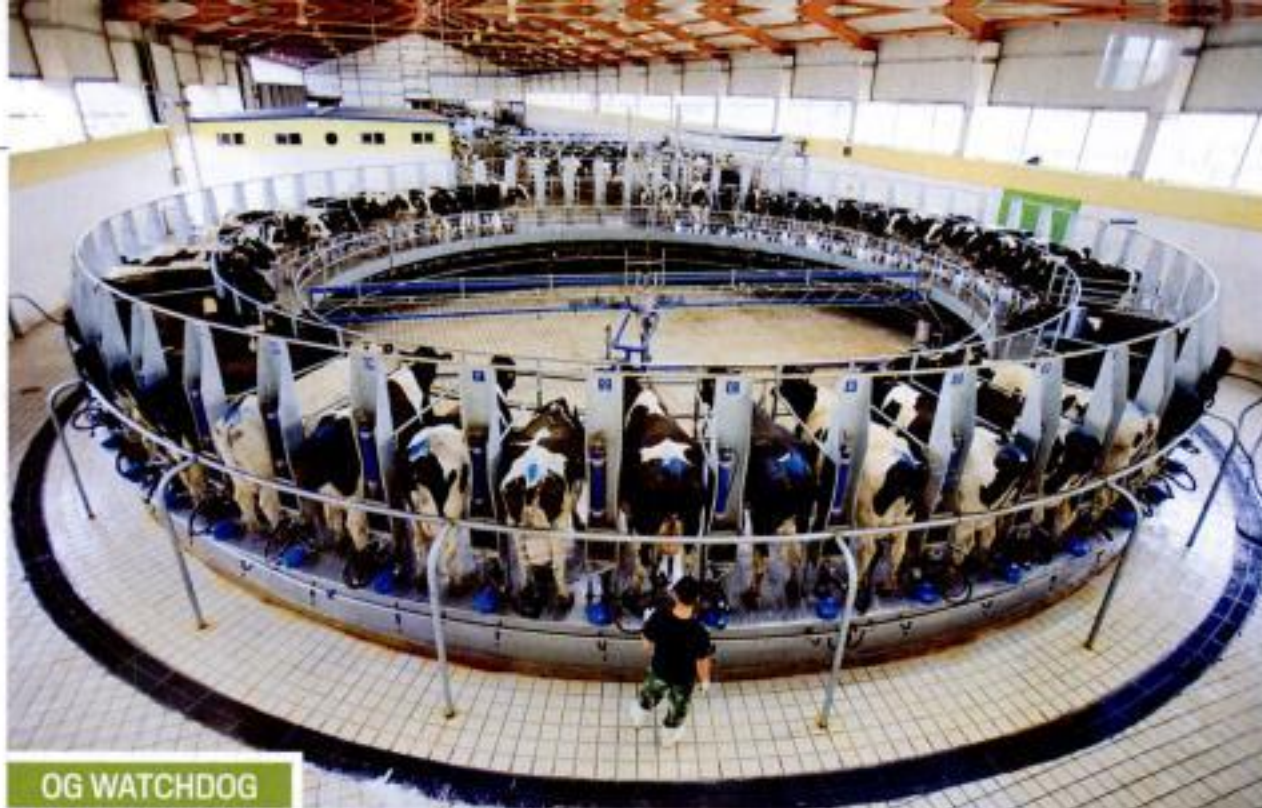
- EXTENDS YOUR GROWING SEASON
- ROOT ZONE HEATING STIMULATES HEALTHIER, BIGGER PLANTS
- BETTER BACTERIAL ACTION IMPROVES SOIL
- FASTER COMPOSTING
- BETTER YIELDS FROM FRUIT AND VEGETABLES



To discover how Radiantec Solar Energy Systems can improve your garden, melt snow from your driveway, preheat pool water and much more, call or visit online.



[www.radiantsolar.com/garden](http://www.radiantsolar.com/garden) Toll-free 800.451.7593



OG WATCHDOG

# Menus Matter More Than Miles

PUT DOWN 2008 AS THE YEAR THE WORD *LOCAVORE* entered the popular lexicon. More and more consumers are actively seeking out locally grown foods in an effort to reduce their impact on the environment. But a recent study conducted at Carnegie Mellon University in Pittsburgh, Pennsylvania, suggests that what we eat may impact our ecological footprint more than where our food comes from.

The typical American family's consumption of roughly 10 pounds of food each day contributes about 8.1 metric tons of greenhouse gases to the atmosphere every year. Researchers Christopher Weber and Scott Matthews examined the total life cycle associated with producing and shipping food, and found out that moving food from farm to table generated only about 11 percent of the total greenhouse-gas emissions, while food production accounted for 83 percent. Focusing on individual food

**The average American consumes 8 ounces of meat per day, twice the global average.**

categories such as red meat, dairy products, and produce, the researchers discovered that the production of red meat and dairy products generated the highest greenhouse gas emissions. They found that far more energy is used to transport grain to cattle on feedlots than to ship food

to the grocery store. The authors concluded that eating just 13 to 15 percent less red meat and dairy products would reduce an individual's output of greenhouse gases as much as eating a diet comprised entirely of locally produced foods.

So does organic gardening reduce global warming? "The conditions are extremely variable, and a lot depends upon the local chemistry and soil conditions," says Weber. "However, it's fair to say that growing your own organic food using compost and cover crops is the most sustainable way to feed yourself." —Diana Erney

BEFORE



AFTER

## COMMUNITY GARDENS' VALUE

Cities have a new reason to choose greenery over concrete: Gardens improve property values, which in turn generates increased tax revenues. A study recently published in *Real Estate Economics* looked at housing values in a 1,000-foot ring around new community garden projects. In poor neighborhoods where housing prices were significantly lower than in surrounding vicinities, values increased as much as 9.4 percent over the five-year period following a community garden's opening. Immediate neighbors benefited the most, but even homes 1,000 feet away from the garden gained value. The researchers found that gardens had the greatest impact in disadvantaged neighborhoods far from city parks. No matter where the gardens were located, well-maintained gardens had the most significant financial impacts.

## MONSANTO DUMPS GROWTH HORMONE

After a year-long strategic effort to force consumers to accept milk from cows raised with synthetic growth hormone (see our May 2008 issue), Monsanto announced plans to sell off Posilac, its market-leading product. Since 2007, Monsanto has worked behind the scenes in Pennsylvania, New Jersey, Indiana, Kansas, Utah, Missouri, Vermont, and Ohio to change milk labeling laws. Those efforts spurred a backlash that resulted in more precise labeling in Pennsylvania and a lawsuit against the Ohio Director of Agriculture. Meanwhile, Wal-Mart, Kroger, and other retailers bowed to pressure from customers and declined to sell house-brand milk from treated cows, and Kraft announced plans to introduce hormone-free cheeses. Monsanto claims the Posilac business is still viable, but that it's focusing on its seed business instead.



## GREEN GOODS

### Choosy About Chow

You've made the switch to organic foods; now it's time to upgrade the dog's and cat's dish. Recent recalls have forced pet owners to look more seriously at what they're serving Fido and Felix.

Label monitoring is especially important, since products marketed as "gourmet" or "premium" have been found to contain the same ingredients as the bargain brands. To find the best brand for your pet, look for animal protein in the top two or three ingredients and steer clear of animal by-products. As with human food, the less processed, the better.

We enlisted the pets of OG staffers, friends, and family to taste-test five brands of pet food. We are recommending these because the pets ate them (though none filled out the detailed forms we use in other product evaluations) and because they meet their owners' demands for organic quality.

**"Looked so good I almost tasted it!" says one tester about the Castor and Pollux canned dog food.**

### » GOOD

Choosy pet parents like **Castor and Pollux** best for its balanced organic formula.



### » BETTER

Quality ingredients and modest prices win **Whole Foods 365 Organic** pet food line this blue ribbon.



### » BEST

Nary a nose turned down a helping of **Newman's Own** at dinnertime.



## Tomato Growers Supply Company



**1-888-478-7333**

[www.tomatogrowers.com](http://www.tomatogrowers.com)

**FREE CATALOG**



The best selection of tomato, pepper, and eggplant seeds.



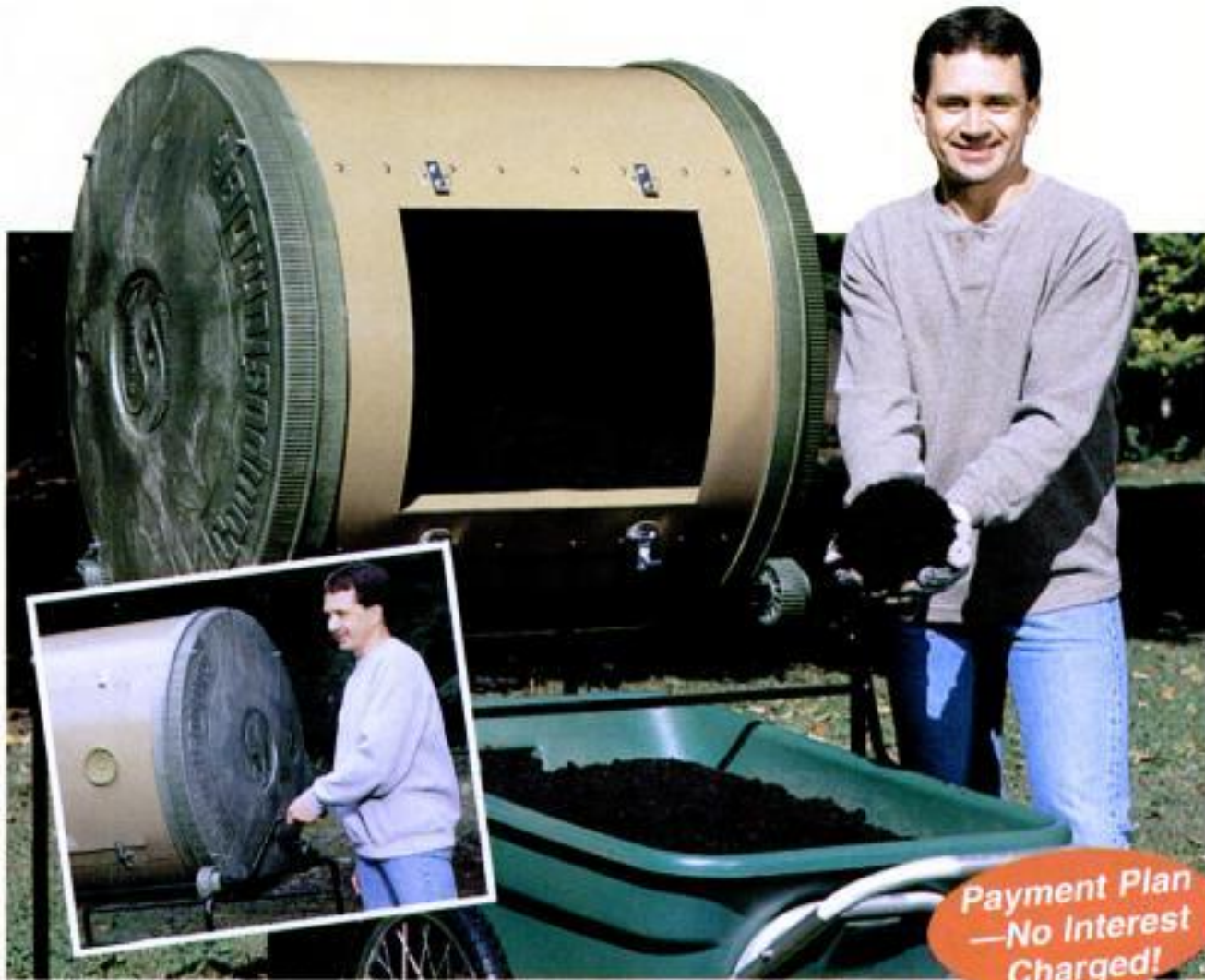
P.O. Box 60015, Ft. Myers, FL 33906



**SPECIAL SALE!**

**New ComposTumblers at the Sale price!**

# Why wait ten months?



**Payment Plan  
—No Interest  
Charged!**

*Let this be the year you have an abundance of nature's finest fertilizer and soil-builder—to create your best gardens ever.*

## 14-Day Compost

With the amazing ComposTumbler, you'll have bushels and bushels of crumbly, ready-to-use compost—in just 14 days! (And, in the ten months it takes to make compost the old way, your ComposTumbler can produce *hundreds of pounds* of rich food for your garden!)

Say good-bye to that messy, open compost pile (and the flies, pests, and odors that come along with it)! Get rid of the frustration of trying to turn compost in stationary containers. Bid a happy farewell to the strain of trying to turn heavy, wet piles with a pitchfork. The ComposTumbler is truly a joy to use!

## The Better Way

Compost-making with the ComposTumbler is neat, quick, and easy!

Gather up leaves, old weeds, kitchen scraps, lawn clippings, etc. and toss them into the roomy drum. Then, once each day, give the handle a few easy spins.

## The ComposTumbler's Magic

Inside the ComposTumbler, carefully positioned mixing fins push fresh mixture to the core where the temperatures are up to 160°F.

After just 14 days, you'll find an abundance of dark, sweet smelling "garden gold"!

**Now you  
can have  
rich, dark  
compost  
in just  
14 days!**

## Now in 2 Sizes

**Original size**  
holds 18  
bushels →

**Compact size**  
holds 9-1/2  
bushels →



## Risk-Free 30-Day Home Trial

[www.composttumbler.com](http://www.composttumbler.com)

**CALL TOLL FREE  
1-800-880-2345**

**ComposTumbler®**

1834 Freedom Road, Dept. 11118C, Lancaster, PA 17601

Yes! Please rush FREE information about the ComposTumbler, the Special Sale and 30-Day Trial.

Name \_\_\_\_\_

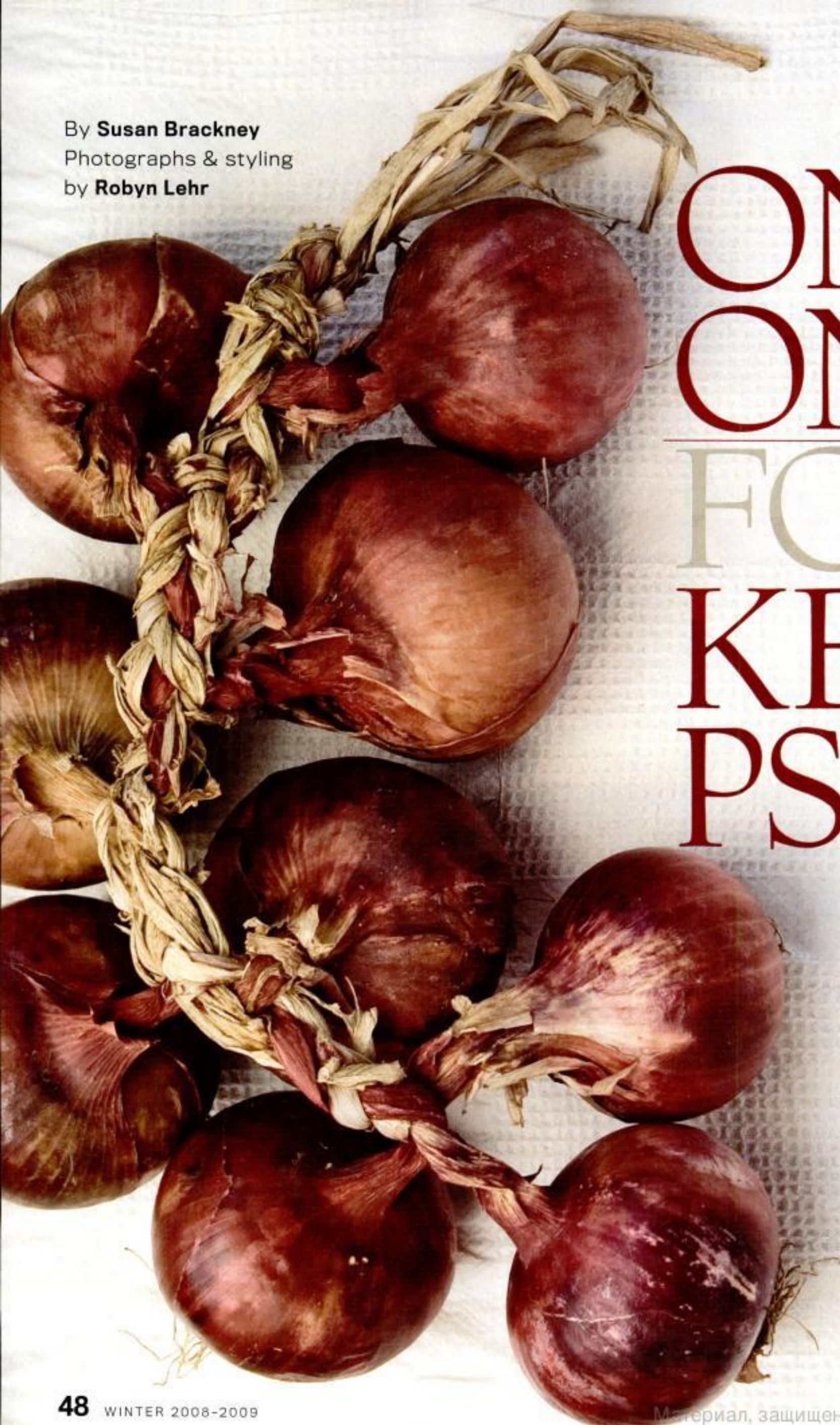
Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

**The Choice of More Than  
250,000 Gardeners!**

© 2008 PBM Group



By **Susan Brackney**  
Photographs & styling  
by **Robyn Lehr**

# ONIONS FOR KEEP

**PS** CHOOSE THE  
RIGHT VARIETIES  
FOR YOUR  
CONDITIONS,  
GIVE THE CROP  
PROPER CARE  
AFTER HARVEST,  
AND YOU'LL  
BE SAVORING  
HOMEGROWN  
FLAVOR UNTIL  
SPRING COMES  
AGAIN.

Onions are rich in compounds called flavonols, which reduce the risk of several types of cancer and even improve memory.



**Harvest time:** Dig up onions two weeks after the tops fall over. Let the bulbs dry well before storing them.



around the plants, creating a humid environment that can be a breeding ground for fungal diseases.

#### Problem Prevention

Onions can be affected by bacteria, viruses, and harmful nematodes, but most problems are caused by fungi, says Karen L. Snover-Clift, director of the Plant Disease Diagnostic Clinic at Cornell University.

each onion plant is at least one width of a cultivator apart from all other plants. We just pull the cultivator through in one direction, and then the other, which makes the bed quick and easy to weed," she explains.

You can also help suppress weeds with corn-gluten meal, a safe, natural by-product of corn processing that prevents seeds from germinating. Spread it around well-established onion plants (well away from any other seeds you've sown) and then mulch with a couple of inches of clean, seed-free straw.

Plastic mulch isn't an ideal component of an organic garden, but many onion growers rely on it to prevent weeds in their beds. Bruce Frasier, a long-time onion grower and president of Dixondale Farms in Carrizo Springs, Texas, swears by black plastic. "An advantage of plastic is that it heats the soil up, so the onions grow quicker." But, he warns, plastic mulch traps moisture

Fungi cause root and neck rot, downy mildew, and other common diseases. Prevent these nasty plant diseases by keeping onion leaves dry and ensuring that the soil drains well. Use soaker hoses or even drip irrigation systems to deliver water straight to plant roots rather than leaves. If you don't have those available to you and you must water from overhead with a sprinkler, watering can, or hose, do so in the morning or late afternoon, when the leaves will dry out quickly. You can also mitigate disease risk by planting varieties resistant to culprits such as botrytis fungi or bacteria that cause leaf blights. Also, spray foliage every couple of weeks with a light coating of fish emulsion, Frasier suggests. "That prevents rain droplets and the [fungal] spores from attaching to the leaves," he says.

Insect pests such as onion maggots and thrips can also affect onion crops. "Onion maggots go in right at the neck and get inside the onion, causing soft, darkened areas that spoil and spread," Jones notes. Cream-colored, flealike thrips do their damage by sucking on onion leaves, thereby making your onions more susceptible to fungi. Good news: You can keep these and other pests to a minimum with smart

#### SOURCES

Onion sets are available at most garden centers. Plant and seed sources: **Dixondale Farms**, Carrizo Springs, TX; 877-367-1015, [dixondalefarms.com](http://dixondalefarms.com) **Johnny's Selected Seeds**, Winslow, ME; 877-564-6697, [johnnyseeds.com](http://johnnyseeds.com) **Steele Plant Company**, Gleason, TN; 731-648-5476, [sweetpotatoplant.com](http://sweetpotatoplant.com) **Territorial Seed**, Cottage Grove, OR; 800-626-0866, [territorialseed.com](http://territorialseed.com)



A photograph of a lush desert garden in New Mexico. The foreground is filled with various green plants, including tall grasses and leafy shrubs. In the background, there are rolling mountains under a clear blue sky. The overall scene is vibrant and green, contrasting with the typical arid desert environment.

# DESERT BLOOM

A GARDEN IN NEW MEXICO GROWS LUSHLY,  
YET DRINKS RESPONSIBLY.

By **Therese Ciesinski** Photographs by **Saxon Holt**

Ten miles outside of Santa Fe and 7,000 feet above sea level, the wind drowns out most other sounds. The sky is sharply blue, the sun high, brilliant, and hot. The few houses around are red, like the dirt, and fade into the hillsides.

I'm standing outside a new-but-looks-old adobe house in Tesuque, visiting a garden with an underground secret. In an area that gets less than 15 inches of rain a year, its plants—from trees to groundcovers—are remarkably verdant and healthy.

Suddenly, I hear the roar of a motorcycle headed straight at me—which is suicide, since I'm standing in front of an adobe wall. But it's not a Harley; it's a hummingbird—the largest I've ever seen—zooming in on the honeysuckle behind my head.

Gardening in New Mexico means gardening in country that is both awe-inspiring and unforgiving. Gardens here must compete with some of the most magnificent scenery imaginable, while battling heat, wind, scant rain, and winters with little insulating snow cover and temperatures that can go below zero. Not to mention kamikaze hummingbirds.

### Design With Nature

Donna Bone knows this. As the landscape architect who designed this garden, these challenges aren't just all *in* a day's work; they *are* her day's work. For 14 years, her Santa Fe firm, Design With Nature, has created gardens that don't try to one-up the landscape, while being sustainable, drought-tolerant, and welcoming to wildlife.

Before she started designing the outdoor areas on this property, Bone listened. First to the owners, to discover their needs and wants. Then to the site: to learn its physical proper-

ties, of course, but also to understand what makes these 5 acres unique—the spirit of place—in order to come up with a design that delights its owners and does justice to the land.

The homeowners love colorful gardens but wanted theirs to be as sustainable and as easy to care for as their ecoconscious house. Bone gave them their wish by designing the garden in zones.

The plan is shaped like a target, with the thirstiest plants in the courtyard at its center. Xeric plants—some native, some not—ring the outside walls and patios. They need little supplemental water once they're established. Tough natives make up the widest ring, planted farthest from the building. There, only the drought-tolerant survive. As the gardens spread away from the house, they become less formal until, seamlessly, the planned spaces merge with the wild.

### The Garden's Secret Weapon

The secret of this garden's abundance is a 35,000-gallon concrete cistern, an "underground swimming pool," Bone calls it, which captures every drop of rain that falls on the house. Funneled through *canales*—metal gutters made deliberately wide to channel desert downpours—the rainwater drains into pipes that send the



water into the cistern. Fourteen inches of annual rainfall may not sound like much, but it's enough to fill the cistern and water the entire garden without turning on a tap.

And none of this water is wasted; it's pumped back out directly to the root zones of the plants via a drip irrigation system. Even the container plantings, mixes of vegetables, herbs, and flowers, are on drip emitters. The garden is just three years old, so most of the perennials are only now maturing and becoming weaned from the extra water needed to establish them.

### The Heart of the Garden: The Courtyard

When the wooden doors of the Tesuque house open, I enter a shady courtyard. It's filled with vibrantly green plants and anchored by a millstone fountain. The air is a good 10 degrees cooler on this side of the door, and fragrant.

"In Santa Fe, central courtyards are the most cultivated parts of gardens," says Bone. Historically, this is where settlers planted the lilacs, hollyhocks, grapevines, and other treasures brought from back home, plants too thirsty or fragile to survive full exposure in the landscape. Here they get all the water and attention they need.

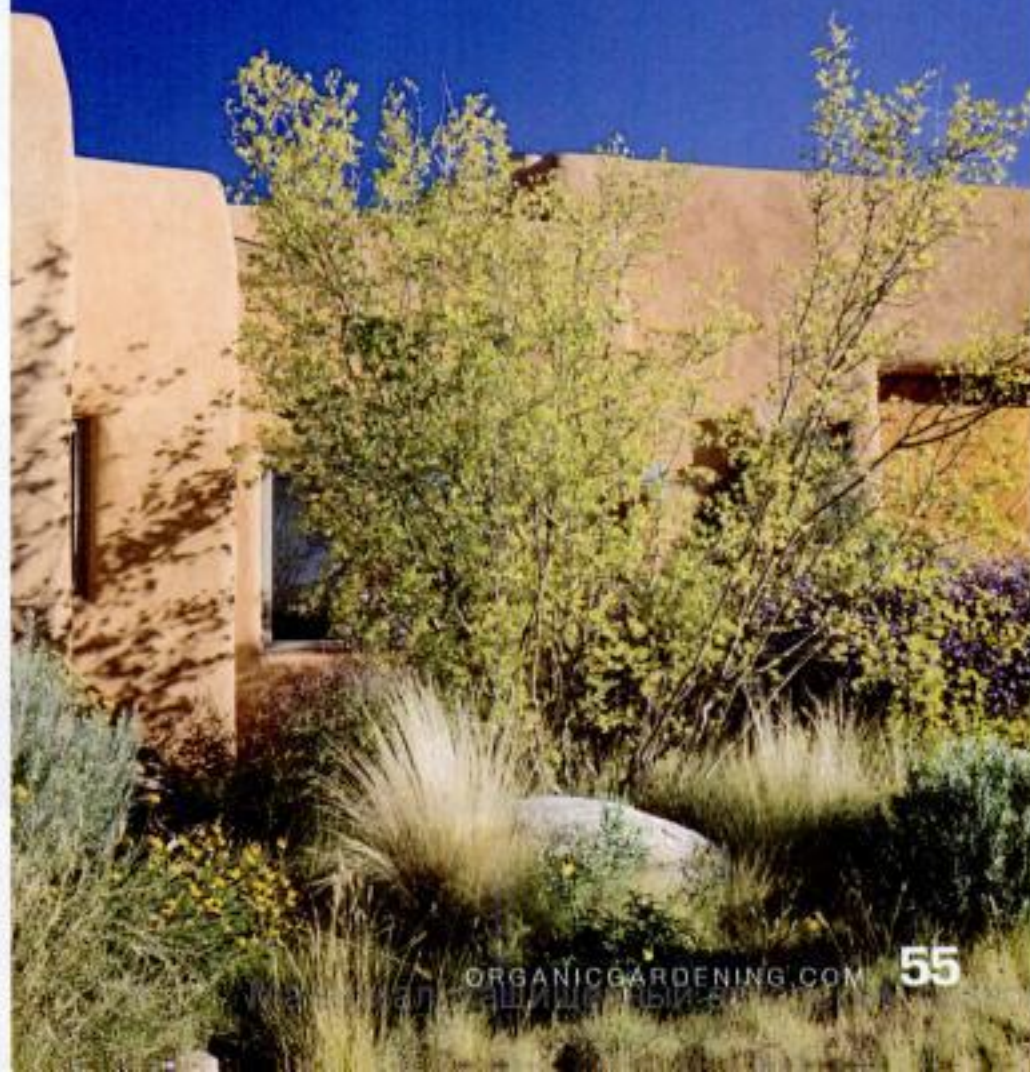


## Smart Water Use Basics

- Put the right plant in the right place.
- Group plants with similar water needs together.
- Harvest rainwater using rain barrels or cisterns.
- Water deeply at the root zone.
- Install drip irrigation, including in containers.



**Ring of fire:** The garden is planted in concentric circles, with the thirstiest plants at the center. Wisteria (on the pergola) and Jupiter's beard, both opposite page, are on a drip system. Bottom left: rugosa roses are amazingly tough. Further from an irrigation source live the plants, such as grasses and aspens, left and below, that can handle New Mexico's heat.



A photograph of a courtyard with a stone fire pit, a wooden door, and a house in the background. The scene is viewed through an arched opening in a wall. The courtyard features a stone fire pit in the center, a wooden door with a metal handle, and a house with a white facade and a wooden door in the background. The lighting is warm and ambient.

## Tips from Tesuque

While most of us (thankfully) don't encounter the kinds of challenging conditions that Donna Bone does in New Mexico, we can learn from her experience. Here are some tips that can work in any garden.

**Put the brightest colors in your hottest places.** At high altitudes, the UV rays quickly bleach the color from flower petals. On the south and west sides of a property, use stronger colors; on the north and east sides, softer colors.

**Find and exploit your microclimates.** These are places next to walls, in corners, or in the high or low spots in your garden that are warmer or cooler than average. Here you can put plants

that prefer these conditions, and perhaps grow something that otherwise wouldn't be hardy in your zone.

**Grow plants right where you'll use them.** You're much more likely to use—and enjoy—herbs in your cooking if you grow them near where you have your grill. Grow mints near a hot tub or patio so you can grab a few leaves to crush and rub on your skin to repel mosquitoes and flies.





Bone deliberately put fragrant plants in this enclosed square. Yellow climbing roses, lavender, and 'Casa Blanca' lilies flourish under the shade of young aspens. "Fragrance dissipates easily in Santa Fe's arid climate, so I concentrate it in small spaces," she notes. More color comes from columbines, delphiniums, and coral bells, and is set off by plants with blue foliage: frosty hostas, Montgomery spruce, and blue oat grass. Compared to the dusty, wind-whipped scrub that dots the hills in every direction, this sheltered vegetation appears almost unnaturally fresh and well-rested, more pets than plants.

### Bright Makes Right: Around the House

Unlike their pastel brethren in the courtyard, the colors of the flowers outside the house are vivid: oranges, reds, purples, with shots of pink—colors that hold up to the harsh sun. Out here, the plants acting as foils for all that color have silver foliage instead of blue; it handles the heat better because it reflects light rather than absorbs it.

Bone uses locally adapted plants but doesn't insist solely on natives. She looks for noninvasive plants appropriate to the climate. "Plants, like people, like to live in a lot of other places as well," she says. As living examples, Tracy Neal, Design With Nature's horticulturist, points to the fruit trees dotted around the property. He adds fruit trees for the historic connection—the settlers brought them, too—and for their edible and ornamental value. But some show up on their own.

"Apples are the most reliable here because they're the last to bloom—they miss the late frosts," he notes, "but apricots have adapted so well that they've naturalized."

### Where Cultivated Meets Wild: The Grounds

The farther from the house I walk, the less manicured the plants are, with fewer blossoms, and foliage in desert greens and grays. Most are natives. Bone's favorites include apache plume, sages ("heat and rain bring out their scent"), piñon pines, and Rocky Mountain junipers. Some low spots were reseeded with native grasses, and now birds and jackrabbits nest there. Nothing gets watered.

It's no surprise that a driving passion of a firm that calls itself Design With Nature is creating gardens "in tune with nature." Key to this, Neal says, is putting "plants that work in places that work." My footsteps startle a bird hiding in some low brush. Its flight releases the scent, sharply herbal, of a silver sage. I wonder who put it there. Mother Nature did, I think, but I can't be completely sure. 🐦

**Gimme shelter:** The courtyard offers a shady retreat from the sun (opposite). A copper *canale* channels heavy rain (above). Against ruddy brick paths, the plants in the courtyard look succulent and cool (left).





# Brighter bulbs

THIS FALL, PLANT NATIVE VARIETIES THAT THRIVE IN YOUR CONDITIONS, ATTRACT POLLINATORS, AND REBLOOM SEASON AFTER SEASON.

By **Carole Ottesen**

For a brilliant display of flowers early next spring, you have to plant bulbs now. Daffodils and tulips are lovely, for sure, but you see them everywhere. This fall, plant native bulbs and give your organic landscape a unique look that's also sustainable, without compromising on ease and beauty. Native bulbs naturalize, increasing their numbers, and attract pollinators (unlike many hybrid bulbs). And they don't just bloom in spring; there are bulbs for almost every season.

4

## EARLY SUMMER

### YOU HAVE: DEER

**The bulb:** ⑤ Oneleaf onion (*Allium unifolium*)

**The scoop:** Deer don't normally munch on this early-summer-blooming ornamental onion. With clusters of tiny pink flowers swaying on 12- to 18-inch stalks, "it's not so small that it gets lost in the garden, nor so big that it needs its own special spot. Use it in your borders as you would iris—as a good midheight plant," advises Becky Heath of Brent and Becky's Bulbs in Gloucester, Virginia.

**Preferences:** Like most bulbs, oneleaf onion needs good drainage. Zones 5 to 8.

**Good to know:** Oneleaf onion has a tendency to flop in full or part shade, so be sure to give this one full sun.

### YOU HAVE: A GARDEN IN THE SOUTH, WHERE MANY BULBS WON'T FLOWER

**The bulb:** Swamp lily (*Crinum americanum*)

**The scoop:** "Crinums' pristine beauty is balanced by incredible toughness," says Florida nurseryman and garden columnist John Starnes. "Disease-resistant, salt-tolerant," crinums' white summer flowers attract hummingbirds. Bold 2- to 6-foot-tall, structural clumps invite tiny tree frogs.

**Preferences:** Plant bulbs with the neck at ground level in sun or shade, boggy or medium soil, and stand back! Fertilize monthly with fish emulsion or homemade compost. Zones 8 to 11.

**Good to know:** Fontenot favors a Louisiana iris-crinum combo: "Iris bloom in spring, are dormant in summer. Crinum blooms in summer—a perfect match!"

### YOU HAVE: A CUTTING GARDEN

**The bulb:** ⑥ Pretty face (*Triteleia*)

**The scoop:** In early summer, these bell-shaped flowers turn upward in succession, extending their show and their supply of fragrant cut flowers. The 18-inch stems grow in clusters, making a clump look like a tiny nosegay. Buy plenty of these inexpensive bulbs!

**Preferences:** Pretty face tolerates light shade in spring, and summer-dry soil. Incorporate humus and chicken grit for better drainage. Zones 5 to 9.

**Good to know:** Some catalogs list *Triteleia* as *Brodiaea*.

## LATE SUMMER

### YOU HAVE: A PASSION FOR HUMMINGBIRDS

**The bulb:** ⑦ Leopard lily (*Lilium pardalinum*)

**The scoop:** A hummingbird magnet, Turk's cap-shaped summer flowers are a sunset of red, orange, and gold, freckled with maroon, on a 6-foot stalk. The regal leopard lily multiplies slowly into colonies.

**Preferences:** From the wet meadows and stream banks of the northwest, leopard lily grows to perfection in "clematis conditions"—moist, well-drained soil at its feet and sunlight on top. Zones 5 to 9.

**Good to know:** Established plants tolerate an occasional flooding. 🐾

Carole Ottesen gardens organically on two acres in Maryland. She is the author of *The Native Plant Primer*.

**W** You can find mail-order sources for these and other hard-to-find native bulbs at [OrganicGardening.com](http://OrganicGardening.com).



## How to Plant Native Bulbs

**Light.** Site bulbs according to sun or shade preferences. Spring-flowering bulbs that grow and flower before the trees fully leaf out generally thrive under shade trees.

**Soil.** No matter the soil, organic matter (such as compost or well-rotted manure) will make it better.

**Fertilizer.** Mix in phosphorus-rich fertilizer (such as bonemeal)

under the bulbs when planting to encourage root development.

**Moisture.** Water when in active growth. Provide good drainage.

**After-bloom care.** Wait until the bulbs' foliage withers before removing it. Take care when digging around bulbs so as not to slice them into pieces.

## EARLY SPRING

### YOU HAVE: TALL TREES, AND THEREFORE SHADE

**The bulb:** Trout lily, also called dog-tooth violet (*Erythronium*)

**The scoop:** These miniature lilies—only 9 inches tall—make the floor of a wooded garden sparkle. Creamy white petals curl back to show off yellow throats. The leaves are mottled like a trout's back, giving rise to one common name. The other arose from the bulb's shape—similar to a dog's canine tooth. With no work from you, prolific trout lily soon spreads into a colony.

**Preferences:** "Trout lily is best under deciduous trees with four to eight hours of spring sun, but then shade as the trees leaf out," says Bill Cullina, director of horticultural research for the New England Wild Flower Society. Plant these bulbs, pointed end up, 3 to 6 inches deep in well-drained soil. Trout lily survives the winter in USDA Plant Hardiness Zones 3 to 8.

**Good to know:** Keep the bulbs from drying out. Removing spent flowers encourages the bulbs to reproduce.

### YOU HAVE: WATERLOGGED SOIL

**The bulb:** ① Spider lily (*Hymenocallis liriosome*)

**The scoop:** "In boggy areas in the Gulf rim states," says Lafayette, Louisiana, nurseryman Bill Fontenot, spider lily is "evergreen, good in sun, dramatic in shade—even heavy shade." Great big—up to 7 inches across—white spidery blooms open en masse in early spring, and on and off until fall, exuding an exotic fragrance. Its 2-foot long, strappy foliage provides bold texture.

**Preferences:** Set bulbs 2 feet apart an inch below the soil surface in a bed enriched with organic matter. The more sun they receive, Fontenot says, the more water they'll need. Zones 8 to 11.

**Good to know:** In colder climates, grow spider lily as a houseplant, or dig up the bulbs and overwinter them in a cool, dry place.

## LATE SPRING

### YOU HAVE: COLD, WET CLAY SOIL

**The bulb:** ② Camassia, also called camas or quamash (*Camassia quamash*)

**The scoop:** Tough camassias hail from western meadows where their spiky flowers bloom in great rivers of blue. "They do fine in a spot that is flooded in winter and spring but that dries out in summer," says Cullina.

**Preferences:** Camassia grows in ordinary garden soil but tolerates cold clay. Set the bulbs 3 to 5 inches deep in sun or light shade. Zones 3 to 8.

**Good to know:** Camassias don't often survive being moved.

### YOU HAVE: A SPOT THAT'S WET IN WINTER, DRY IN SUMMER

**The bulb:** ③ Mariposa lily, also called butterfly lily (*Calochortus*)

**The scoop:** Mariposa lilies are a more laid-back version of their tulip cousins. *Mariposa* means "butterfly" in Spanish, and when they sway on willowy 18-inch stems, you may mistake them for butterflies hovering over a meadow.

**Preferences:** Set the bulbs 3 to 4 inches deep in a sunny, very well-drained spot, moist in winter and spring but dry in summer. Zones 4 to 8.

**Good to know:** Mariposa lilies make great cut flowers.

### YOU HAVE: DRY SOIL


**The bulb:** ④ Firecracker flower (*Dichelostemma ida-maia*)

**The scoop:** In late spring, unique bright pink or fire-engine-red tubular flowers dangle on 2-foot stems. Firecracker flower is visited by butterflies, but deer don't like it.

**Preferences:** Plant the bulblike corms 3 to 5 inches deep in sun or part shade with good drainage. Keep the soil moist during active growth but bone dry when dormant. Zones 5 to 8.

**Good to know:** If your soil is wet, you can grow firecracker flower in a container that can be whisked into a warm, dry place after bloom.





**NEWBIE HINT** Bulbs, raised under ideal conditions by a grower, are little packages of potential, ready to burst into flower. After flowering, help them put their energy into future bloom by removing spent flowers before they set seed and letting foliage grow until it withers.

**MASTER'S TIP** Increase your stock of native bulbs by division. After bloom, lift established clumps with a garden fork, shake off soil, and remove only the smaller, "daughter" bulbs that come off easily. Separate the larger bulbs and replant immediately. Grow daughter bulbs in a nursery bed or compost them.

# Garden Planning Center

Get started on your 2009 garden now with these sources for supplies that make growing the organic way easier and more rewarding. Buy high-quality products that last for years and eliminate the waste that results from replacing lesser items every season.

## MIGHTY MAC

**GO GREEN!  
GO ORGANIC!  
GO MIGHTY MAC®!**

### Mackissic INC

P.O. Box 111 Parker Ford PA 19457-0111  
Phone: 800-348-1117 Fax: 610-495-5951  
E-Mail: info@mackissic.com  
Web: www.mackissic.com



**Shredder Chippers  
12PT**



**TPH122**

**MADE IN U.S.A.**

## Easy-Spin Compost Bin

Try the *Tumbleweed*  
Risk-Free for 60 Days

- Garden chemical-free
- 4x faster than traditional methods
- Holds 60 gallons

Clean Air GARDENING



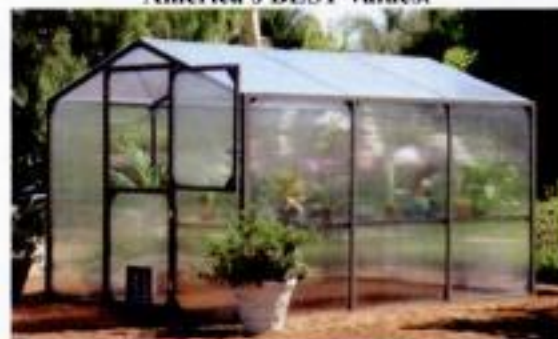
Only \$199

**888-439-9101**

[cleanairgardening.us/compost](http://cleanairgardening.us/compost)

## REDWOOD and ALUMINUM GREENHOUSES

America's BEST Values!



Catalog: 800.544.5276 / website: [sbgreenhouse.com](http://sbgreenhouse.com)

**SANTA BARBARA GREENHOUSES**

721 Richmond Ave. #OG Oxnard, CA 93030

## PROTECT YOUR PLANTS

the environmentally responsible way.



**HOT PEPPER WAX**

Hard-working Insect and Animal Repellents that also provide moisture loss protection.



800 627 6840 [hotpepperwax.com](http://hotpepperwax.com)

## Enjoy gardening every month of the year...



with a **Solexx Greenhouse!**

- Grow lush flowers, juicy tomatoes, and fragrant herbs to share with your friends and family.
- Accelerate plant growth with diffused light - the optimal light for plants
- Strong composite framing holds up in severe winds
- Huge selection of greenhouses and accessories.
- **FREE shipping on all greenhouses!** (in the contiguous 48 states)

Call 1-800-825-1925 for a FREE catalog and panel sample.

**The Greenhouse Catalog**

3740 OG Brooklake Rd NE Salem, OR 97303

[www.greenhousecatalog.com](http://www.greenhousecatalog.com)



Advanced twin-wall greenhouse covering

## OMRI Makes it Easy to Grow Organic



Products displaying the OMRI seal have undergone and passed strict, independent evaluation to ensure they comply with USDA organic standards. When a product

is OMRI Listed, you can trust it is allowed in USDA certified organic farming and gardening, and tests below the allowed levels of pathogens and heavy metals. OMRI Listed products are better for your environment.

**OMRI Listed**

Visit [www.omri.org/og](http://www.omri.org/og) today for a list of products for organic farming & gardening.  
info@omri.org • call 541.343.7600

**OMRI Listed – Naturally Trusted**

**WANT TO BE A REAL "GREEN" GODDESS?**  
**Grow Your Own Food**



Also with Long Handle

**CobraHead**  
 Tools Make Gardening Easy



866-962-6272 www.CobraHead.com

**World Famous Doyle's Thornless Blackberry**  
 Look what you can get from one plant

Totally thornless and does not sucker  
 Yields 10-20 gallons per plant!  
 Proven producer since 1975!  
 Grows from Alaska to Florida  
 ALL 50 states and Canada  
 Just one Doyle Thornless Blackberry  
 yields more than 30 ordinary plants!  
**Large, Sweet, Juicy Berries—sooo good!**  
 Blackberry plants have a one year warranty.  
 Adapts to patios and small yards—a big plus



No other blackberry  
 compares to the Doyle!  
 Great for commercial  
 growers

THOMAS E. DOYLE  
 (6/26/1900-1/13/01)



\$5.00 at the market or  
 50¢ from your backyard!

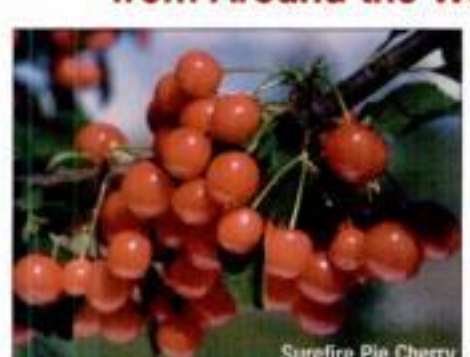
**DOYLE'S THORNLESS BLACKBERRY INC.**

1600 Bedford Road • Washington, Indiana 47501  
 fax 812-254-2655 • Tom Doyle 812-254-2654  
 tomdoyle@fruitsandberries.com  
**www.fruitsandberries.com**

Now selling Neptune's Harvest and Liquid Fence organic growth stimulants

Add our 96 page  
 catalog-edible landscaping  
 guidebook to your reference library

**Disease Resistant  
 Fruit Trees & Berries  
 from Around the World**



Surefire Pie Cherry


- Many Unusual Fruits, Nuts & Berries New to American Gardeners.
- Meeting Organic Backyard Growers Needs for 35 Years!
- The best Apples, Plums, Cherries, Persimmons, Paw Paws, Blueberries, Raspberries, Goji berries, Strawberries, Grapes, Gooseberries, Aronias, Lingonberries, Bamboos, Rootstocks, Nut Trees, Ornamentals, Mulberries and much more!

**Raintree Nursery**

898411 Butts Road  
 Morton, WA 98356


**360-496-6400**

Get catalog or order online at  
 RaintreeNursery.com




**Johnny's**  
 Selected Seeds  
 An employee-owned company


**At Johnny's we continue  
 to expand our organic  
 varieties. Find the latest  
 in our 2009 catalog.**



NEW  
 Organic  
 'Mrs. Burns' Lemon'  
 Basil



NEW  
 Organic  
 'Famosa' (F1)  
 Savoy Cabbage



NEW  
 Organic  
 'Merlin'  
 Small, round  
 red Beet

- Over 230 organic seeds and products.
- Unique, specialty varieties.
- Exceptional products and service for 35 years.

**Order online at Johnnyseeds.com or  
 call 1-877-Johnnys (564-6697).**

Winslow, Maine U.S.A. #2969



## Constant Compost!

With the Mantis Compost-Twin two-bin compost tumbler, there's always a place to throw your kitchen scraps, leaves and grass clippings, while having a constant supply of the rich, nutrient-filled compost your garden loves!

- ✓ TWO 10 bushel bins in ONE machine
- ✓ Tubular steel frame and galvanized drum
- ✓ No Pests: Sits 32" off the ground
- ✓ ONE YEAR RISK-FREE Home Trial

For more information and to find out how you can receive absolutely **FREE** shipping direct to your door **AND** a **FREE** gift

Call **1-800-366-6268** or visit [www.compost-twin.com](http://www.compost-twin.com)

©2008 Mantis Div. of Schiller Pfeiffer, Inc.

DEPT CM080005



[www.cartsvermont.com](http://www.cartsvermont.com)

phone: 1-802-626-4178  
fax: 1-802-626-6191

Box 64  
Lyndonville, VT 05851  
1-800-732-7417

Proudly made in Vermont. We have a cart to suit all of your gardening needs. Our carts use 1/2" exterior grade plywood, "T" nut construction, galvanized steel and heavy duty wheels. Order by phone 1-800-732-7417 or on line at [www.cartsvermont.com](http://www.cartsvermont.com)



Use discount code **OG WINTER** and save an additional **10% off** your cart when you order.

\*not valid with any other offers, valid with shipments through 1/31/09

Buy Direct From The Manufacturer And **SAVE!**

When quality matters,  
plant Territorial Seed.



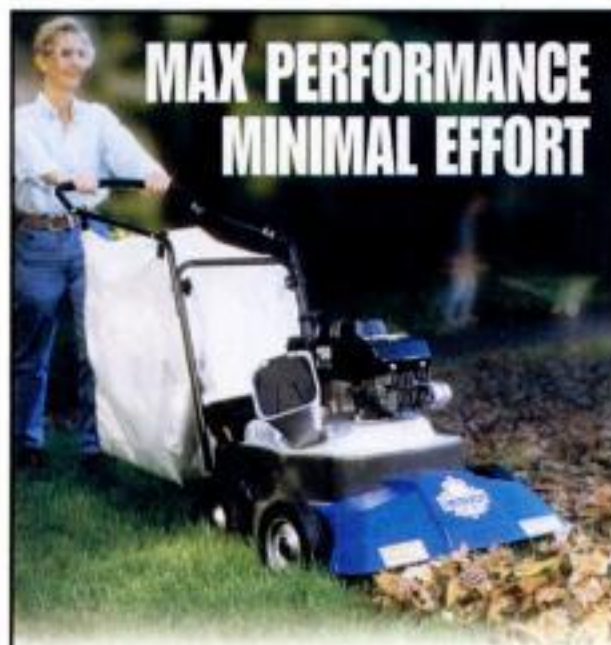
Vegetables • Flowers • Herbs  
Plants • Garlic • Accessories

Request your **FREE**  
2009 catalog now!

## Territorial Seed Company

[www.territorialseed.com](http://www.territorialseed.com)

Phone: 800-626-0866 • Fax: 541-942-2614  
P.O. Box 158 • Cottage Grove, OR 97424



## MAX PERFORMANCE MINIMAL EFFORT

Meet the Patriot Chipper - Blower - Vac.

- **Great versatility** - A 3 in 1 machine - vacuums and shreds leaves, blows and chips
  - **High productivity** - Reduces debris by a factor of 12 to 1 into large 4 bushel collection bag
  - **Impressive work capabilities** 24" Vac-Shredder, 2" Chipper, 140 MPH Blower
- Plus it can effectively clean hard surface driveways, parking lots and garages.

Check it out. Call **800/798-2447** or see it at [www.patriot-products-inc.com](http://www.patriot-products-inc.com)

**PATRIOT**  
PATRIOT PRODUCTS, INC.



Since 1932

## The Best Berry Plants

- Strawberries, raspberries, blueberries, and more!
- Where the pros go for plans and plants.
- Call for a free catalog and planting guide!

**75 YEARS**

## NOURSE

41 River Road, South Deerfield, Massachusetts 01373  
[www.noursefarms.com](http://www.noursefarms.com)  
413.665.2658

## Jersey Asparagus Farms, Inc.

Suppliers of Goji, Asparagus, Strawberry, Raspberry, Blueberry, Horseradish and Rhubarb Plants

[www.jerseyasparagus.com](http://www.jerseyasparagus.com)  
856-358-2548

*Fourth Generation Family Business*

Years of Experience to  
Pass On to Our Customers

105 Porchtown Road  
Pittsgrove, NJ 08318

**miller  
NURSERIES**

2009 catalog

*Brings you more choices  
& best selections including:*

- Dozens of strawberries and raspberries, fruit, nut and shade trees, ornamental plants
- Over 60 varieties of apples, many old-fashioned "heirloom" apples
- Winter hardy blueberries
- 39 varieties of grapes, including wine making varieties
- Unique fruits such as Pawpaw, Persimmon, Kiwi, Honeyberry, Asian Pears, Cranberries and more
- Hardy sub-zero plants
- Garden aids and supplies

Send today to the address below for your...  
**FREE 2009 Catalog**  
Still Family Owned and Operated  
J.E. Miller, Dept. 4190  
5060 West Lake Road • Canandaigua, NY 14424



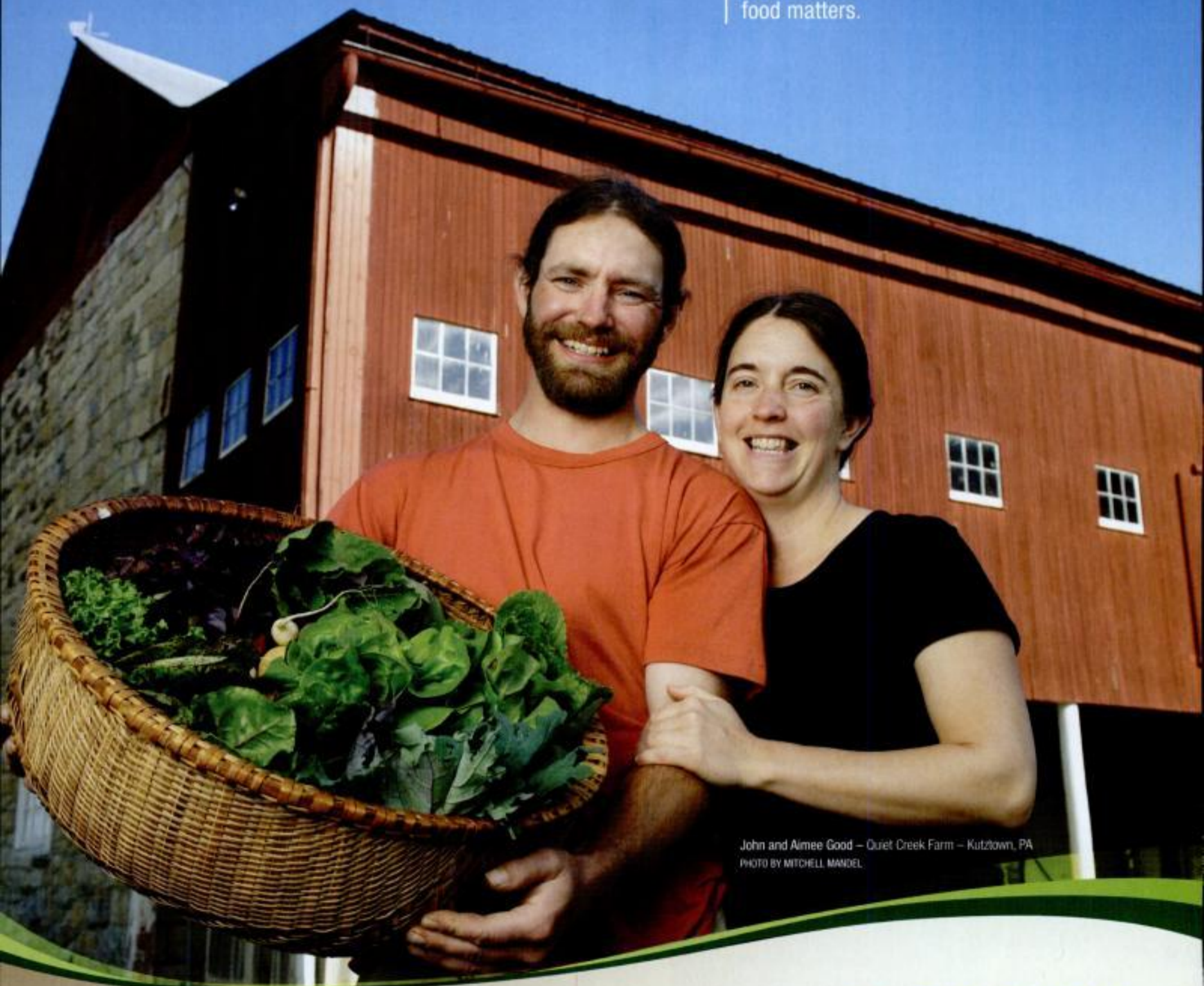
# FARMERS CAN BE HEROES

PROTECTING OUR HEALTH, HEALING OUR EARTH

Farmers have always been our heroes –  
feeding our country in good times and bad.

Now organic farmers can be our heroes  
in the fight against global warming.

You can be a hero too. Buy organic food.  
Support local farmers. Tell your elected  
officials that the way we grow our  
food matters.



John and Aimee Good – Quiet Creek Farm – Kutztown, PA  
PHOTO BY MITCHELL MANDEL

Find out more:  
[www.rodaleinstitute.org](http://www.rodaleinstitute.org)



Материал, защищенный авторским правом

when and how to give the plants their annual haircuts (see “Grass Maintenance 101” on page 68 for specifics).

When adding grasses to your garden, also pay attention to growth habit, since grasses can be well-behaved clump-formers that stay put, or they can spread via rhizomes, either slowly or very swiftly. Although clumpers like blue oat grass (*Helictotrichon sempervirens*) and blue fescues increase in size annually and eventually need dividing, they won't get out of hand. Well-behaved, slow creepers like golden hakone grass (*Hakonechloa macra* 'Aureola') also aren't a problem.

### Watch Out for Invasives

If you've ever battled the green-and-white-striped leaves of gardener's garters (*Phalaris arundinacea* 'Picta'), you'll know some spreading grasses can be invasive headaches.

*Miscanthus sinensis* is another popular grass that has become a pest, especially in wetland areas. This statuesque grass and many of its cultivars spread by self-sowing. While individual cultivars are typically self-infertile, they can set seed once pollen from another cultivar is available. If you would like to grow miscanthus but don't want to risk planting an invasive, watch for cultivars introduced by North Carolina State University, where Darren Touchell, Ph.D., and Thomas Ranney, Ph.D., are working to develop seedless options for the nursery trade.

Seedless miscanthus cultivars featuring variegated foliage patterns and other ornamental features should be available to home gardeners in two to three years, Ranney reports. In the meantime, avoid planting more than one cultivar and grow only late-blooming ones, such as 'Gracillimus', 'Morning Light', and 'Cosmopolitan', which are less likely to self-sow. (See “Fast Company” at right for a list of other invasive grasses.)

### Planting Choices

While you can start some ornamental grasses from seed, many forms that feature



**Eye candy:** Orange New Zealand sedge and golden hakone grass add big color and texture to borders.

variegated leaves or compact size must be propagated by division, and this means starting with container-grown or bareroot plants, or divisions. Container-grown plants establish quickly. Just plant them as you would any perennial by setting them at the same depth they were growing in the pot. Bareroot plants are another option, provided you don't allow the roots to dry out before you get them in the ground.

“Plant all grasses about as far apart as the mature height of their foliage—roughly 1 to 2 feet for the lower-growers and 4 to 5 feet for the tallest ones,” recommends Nancy J. Ondra, the author of *Grasses: Versatile Partners for Uncommon Garden Design*. Be sure to water newly planted grasses regularly their first growing season.

### Easy Care

The main attention ornamental grasses require is an annual haircut, and for this chore you'll need anything from hand pruners to hedge trimmers, depending on the size of the grass. When trimming grasses, use twine to bind the leaves tightly together into a sheaf before chopping them off.

Rich soil or too much fertilizer causes grasses to flop over, so don't feed them. Instead, mulch them once a year with 2 inches of compost. Most grasses are also



**Accent piece:** 'Cosmopolitan' miscanthus acts as a cool colored foil for hot pink roses.

## Fast Company

These invasive grasses are among the worst offenders.

**Gardener's garters** (*Phalaris arundinacea*). Includes the cultivars 'Luteo-Picta', 'Feeseys Form', 'Picta', and 'Tricolor'.

**Silver banner grass** (*Miscanthus sacchariflorus*). Spreads rapidly in moist soil.

**Miscanthus** (*Miscanthus sinensis*). Self-sows; late-blooming cultivars such as 'Gracillimus' are less likely to set seed.

**Lyme grass** (*Leymus arenarius*).

Spreads by rhizomes in moist soils.

**Fountain grass** (*Pennisetum alopecuroides*). Avoid the species plant and the cultivars 'Moudry' and 'National Arboretum'.



**Good form** (from top): Upright feather reed grass, flowy golden hakone, and fall-blooming miscanthus add structure to gardens.

# FALL FOR GRASSES

Extend your garden's show well into fall and winter by using ornamental grasses to add bold texture and color—and wildlife habitat—to your landscape.

By **Barbara Ellis**

In the perennial border, ornamental grasses often appear as horticultural backup singers, because they provide the perfect, low-key accompaniment to showy flowers. But grasses deserve much more than a perennial spot in the choir. Why? For starters, all contribute graceful texture and gentle movement to plantings, they ply their garden magic nearly year-round, and depending on which ones you choose—and there are hundreds to choose from—grasses can also bring variegated leaves, handsome flowers, evergreen foliage, and bright autumn color to gardens.

The delicate textures these handsome plants bring to a garden belie their tough, no-nonsense constitutions. Few plants are easier to grow; they rarely, if ever, experience disease or insect problems. Grasses also provide important habitat and food for birds and many beneficial insects. Plus, some of the best grasses are native to North America, so they make excellent choices for wildflower gardens.

## Getting to Know Grasses

The vast ornamental grass tribe can be divided into two basic categories: warm-season grasses, such as pink muhly (*Muhlenbergia capillaris*), which thrive in hot summertime weather, and cool-season ones, including blue fescues (*Festuca* species), which prefer cooler temperatures. These growth cycles dictate the best time for tackling gardening chores like planting and dividing, and they also determine

FROM TOP: ROB CARBILLO; SAXON HOLT (2)

## Grass Maintenance 101

Use the following guidelines to schedule regular care for your ornamental grasses.

### Cool-Season Grasses

These grow best in temperatures from freezing to about 75°F. They begin growing in late winter or early spring and flower anytime from then until early summer. Growth slows down or plants go dormant once hot summer weather arrives.

**Growing basics.** Plant, transplant, and divide cool-season grasses from late winter to early spring or late summer to fall. Avoid disturbing them when dormant in summer. To reduce stress caused by summertime heat, intense light, and drought, site plants in partial shade.

**Annual cleanup.** "Clear out unattractive foliage in late winter or early spring by raking or pulling out damaged leaves with your fingers, or shear back the whole plant to about 2 inches above the crown for a more complete cleanup," says author and expert gardener Nancy J. Ondra. "New leaves appear quickly, and they may even be blooming by late spring."

### Warm-Season Grasses

These thrive when temperatures are above 80°F, and they normally flower in fall. Plants are dormant in winter.

**Growing basics.** Plant, dig plants for transplanting, and divide warm-season grasses from late spring through early summer. Avoid disturbing warm-season grasses in late summer to fall when they are blooming.

**Annual cleanup.** Cut plants back from late winter to late spring to a height of 4 to 6 inches, ideally before growth begins.

quite drought-tolerant, making them a good choice for gardeners in drier climates.

### Making More Plants

With time, all grasses need dividing, either because clumps die out in the center, begin flopping over, or spread. To divide, dig the grasses up, discard any old, woody parts, and replant the young growth. Dividing heavy, woody clumps of established larger grasses like miscanthus can be challenging. Attack this task just after you've cut back the foliage, so you can see where your shovel is going, and dig first around the outside of the clump. Then, I've found it's easiest to chop the clumps into pieces with an ax while the plant is still in the ground. After I've got manageable-size pieces, I wrestle them out of the hole.

### Designing with Grasses

You can choose from a vast array of grasses for use in a wide variety of situations, since they come in sizes and habits from ground-hugging to shrublike. Use ornamental grasses to add soft texture to a flowerbed, accent a set of steps, edge a clump of trees and shrubs, or replace a thirsty lawn. Many also make handsome specimen plants, so try using a clump of grasses to highlight the beginning of a pathway or a garden ornament (see "Great Grasses" on the next page for some of the best choices for gardens).

### Going Native

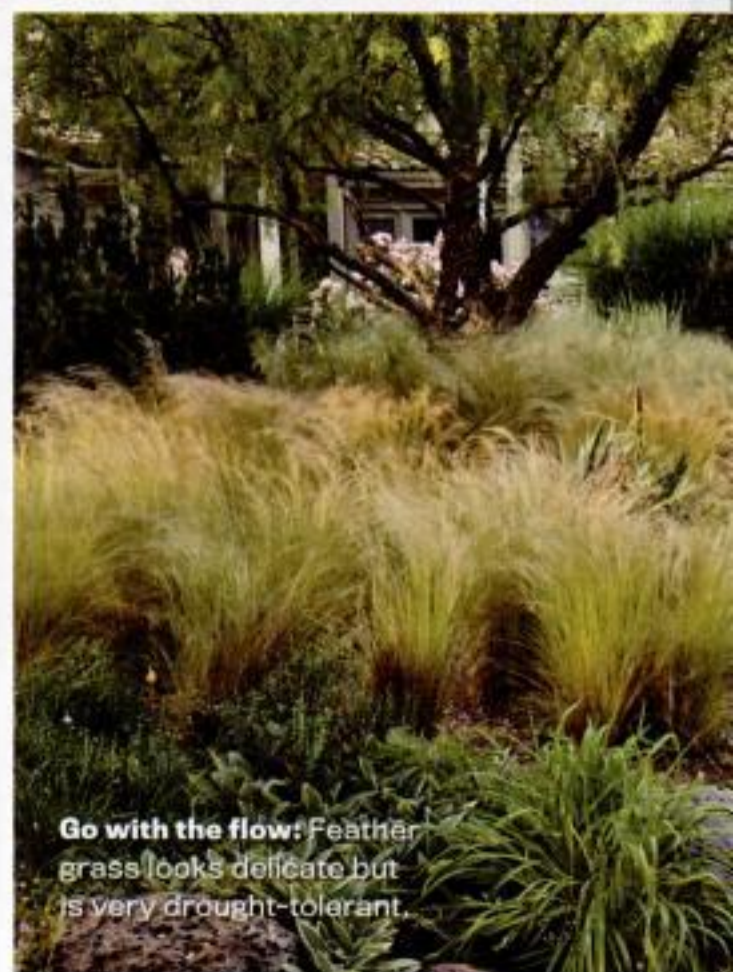
In my own wildlife-friendly garden, ornamental grasses—especially native ones—have proven to be important sources of nesting sites, cover, and



**Make a statement:** Tufted hair grass shines as a specimen plant.



**Afternoon glow:** Blue oat grass lights up a quiet patio.



**Go with the flow:** Feather grass looks delicate but is very drought-tolerant.

food for birds and other wildlife. Native-grass expert Neil Diboll, owner of Prairie Nursery in Westfield, Wisconsin, has two favorite natives suitable for conventional gardens that also make handsome additions to prairie and meadow gardens: prairie dropseed (*Sporobolus heterolepis*) and little bluestem (*Schizachyrium scoparium*). Both are lower-growing, clump-forming grasses that tend to behave themselves. "Prairie dropseed is the most conservative of the two and tends not to spread very rapidly by seed, although it will volunteer here and there," Diboll explains. "Little bluestem tends to get around a bit more but can be controlled with a little timely removal when small." He especially likes using the refined-looking clumps of prairie dropseed in curvilinear rows to create a transitional border between the lawn and the prairie garden.

Nancy Ondra, another fan of little bluestem, also loves pink muhly grass (*Muhlenbergia capillaris*) and 'Dallas Blues' switchgrass (*Panicum virgatum*). "The pink muhly is primarily a textural feature



for most of the growing season, but its clouds of pink flowers and seedheads in October and November are worth waiting for," Ondra says. "On 'Dallas Blues', the extra-wide, powder blue foliage is eye-catching for both color and texture; the pinkish late-summer and fall plumes are a great complement to the foliage; and both the leaves and plumes hold their form well through much of the winter."

### Colorful Grasses

In addition to native grasses, I love the ones that bring color to the garden. Blue oat grass (*Helictotrichon sempervirens*), a cool-season, evergreen grass that forms 2-foot-wide clumps, makes a bold addition to the front of a perennial border. Some of the most colorful foliage in my garden comes from sedges (a group of

grasslike plants). The best variegated selections include *Carex morrowii* 'Gold Band' and 'Variegata', along with *C. siderostica* 'Variegata'. Both *C. elata* 'Bowles Golden' and *C. hachijoensis* 'Evergold' feature chartreuse leaves that light up shady spots.

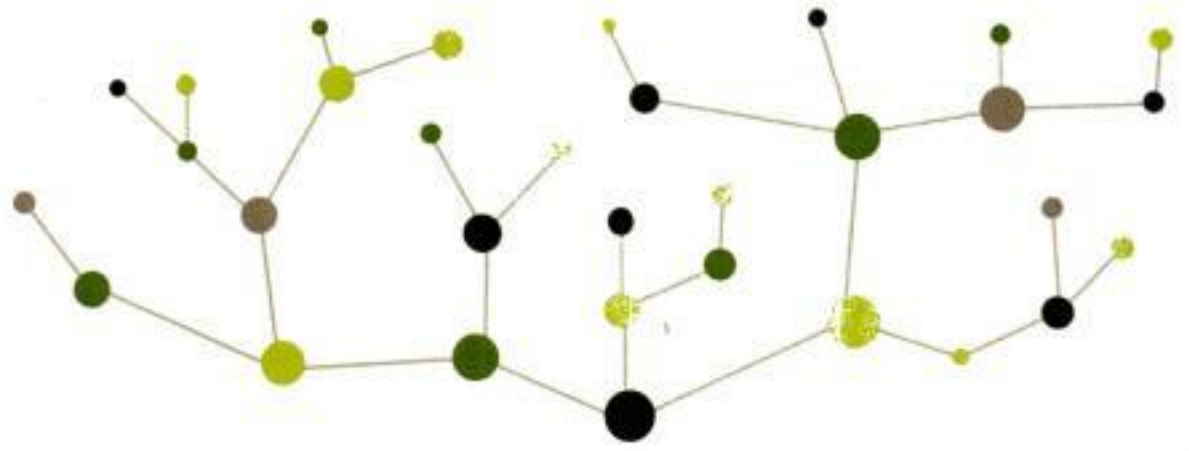
As you can see, grasses deserve to be more than a just backdrop to showy summer flowers. Cast these versatile plants in a wide range of roles in the garden—as specimens, edgers, and accents—and you'll create perennial beds worthy of a standing ovation. 🌿

Barbara Ellis lives in Maryland, where she grows grasses in ornamental borders and in a wildflower meadow.

## Great Grasses

There are hundreds of ornamental grasses to choose from—we've listed a few of the best. All thrive in full sun and average, well-drained soil. In southern gardens, they will also grow in partial shade.

Name	Type	Comment
<b>Native Grasses</b>		
<b>Northern sea oats</b> ( <i>Chasmanthium latifolium</i> )	Warm	Sun or shade. Can self-sow excessively. Zones 5 to 9
<b>Pink muhly</b> ( <i>Muhlenbergia capillaris</i> )	Warm	Foliage to 2 feet, pink flowers from 3 to 4 feet. Zones 6 to 9
<b>Sideoats grama grass</b> ( <i>Bouteloua curtipendula</i> )	Warm	Arching seedheads to 3 feet tall in summer. Good fall color. Zones 4 to 9
<b>Switchgrass</b> ( <i>Panicum virgatum</i> )	Warm	May spread moderately. Clumps are 4 to 8 feet in bloom. Zones 4 or 5 to 9
<b>Nonnative Grasses</b>		
<b>Blue fescue</b> ( <i>Festuca glauca</i> )	Cool	Low-grower. 'Elijah Blue' has 8-inch-tall silver-blue leaves. Zones 4 to 8
<b>Feather reed grass</b> ( <i>Calamagrostis</i> × <i>acutiflora</i> )	Cool	'Karl Foerster' reaches 6 feet in bloom. 'Overdam' bears variegated leaves. Zones 5 to 9
<b>Oriental fountain grass</b> ( <i>Pennisetum orientale</i> )	Warm	Pink-flowered, 2-foot-tall clumps. Seldom self-sows. Zones 6 to 9
<b>Tufted hair grass</b> ( <i>Deschampsia cespitosa</i> )	Cool	Fine-textured flowers from 3 to 5 feet tall. Cool, moist, well-drained soil. Zones 4 to 9



# ORGANIC+

The authors of a new book—**she's a plant geneticist, he's an organic farmer**—assert that biotechnology is a tool that can benefit organic farms and the environment.

By **Pamela C. Ronald** and **Raoul W. Adamchak** Photographs by **Florence Low**

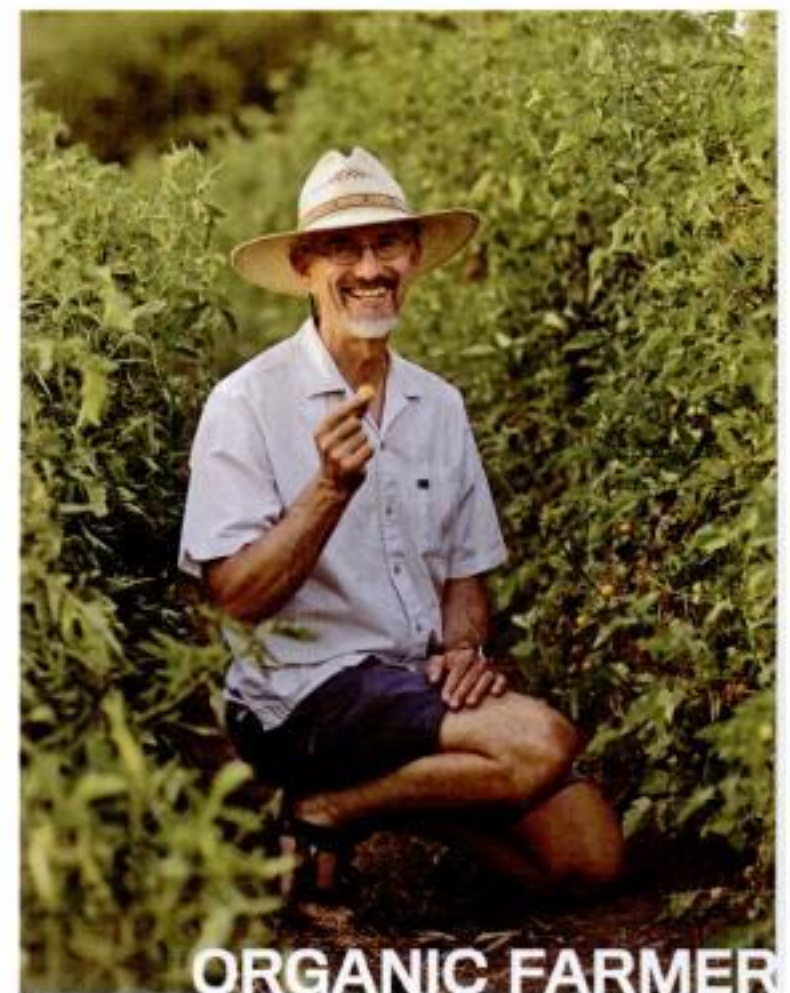
**W**hen the USDA announced in 1998 its proposed rules for the National Organic Program, Organic Gardening campaigned (along with other defenders of organic principles) to prohibit genetically engineered crops from being approved for use in certified organic foods. As a result of the public outcry, the USDA banned them from organic food. In the meantime, what are now called GMOs (genetically modified organisms) have become widely used in industrial agriculture, primarily as crops designed to survive dousing with the herbicide Roundup.

Now, in a provocative new book, *Tomorrow's Table*, Pamela C. Ronald and Raoul W. Adamchak argue that the tools of genetic engineering can be an important component of sustainable agriculture and they respond to many of the concerns about the technology. While we found the book insightful and well-documented, we trust the research that consistently shows organic farmers can produce high yields of nutritious, tasty food without genetically engineered (GE) varieties. We are publishing this excerpt because biotechnology is impacting our food system and we believe organic principles can be protected where it matters most only by understanding the nuances of scientific opinion.

## Pest Control

**Geneticist:** I saved some 'Santa Rosa' plums last summer and froze them. We are lucky to have an orchard with plenty of "stone" fruits such as apricots and peaches, and I hope that they will always thrive here, but I am not sure. Stone fruits are susceptible to plum pox virus (PPV), which has been a devastating disease in Europe since the early 1900s. In 1992, PPV was reported for the first time in Chile, and in 1998 it was found in an Adams County, Pennsylvania, orchard. The only known method of control in case of

an outbreak is to pull up and bulldoze the trees before the disease spreads. Because of this threat, the USDA developed a GE plum variety that is resistant. The GE trees look like their non-GE female parent—'Bluebyrd'—a commercial cultivar developed through traditional breeding. And their fruit tastes the same. **Organic farmer:** The genetic approach of introducing disease-resistance genes into cultivated crops has been the mainstay of agriculture for the last



# GMO?

100 years . . . In the same way that the introduction of genes from wild species through breeding revolutionized farmers' management of pests, so can the introduction of genes through GE revolutionize control of diseases, insects, and nematodes for which there is presently no organic solution.

## Health Risks

**Geneticist:** Unlike fluoride or some types of organic pesticides such as rotenone, which are unquestionably lethal to animals at high concentrations, GE traits are composed of the same chemical building blocks that we eat every day. . . . Within one hour, 98 percent of the DNA in foods is digested completely. In other words, the fluoridated toothpaste on your toothbrush or the soft drinks in your refrigerator likely present greater risks to your health than the genetically engineered papaya you had for breakfast.

## Contamination

**Organic farmer:** There has been much concern about the spread of pollen from GE plants and how this movement could affect non-GE crops and native plants. There is also the concern that GE traits could be transferred and persist in wild plants in such a way as to disrupt the natural ecology. GE pollen behaves no differently than its non-GE counterpart. Gene flow between wild and domesticated species can occur, but so far it has only created problems for the domesticated crop, not for the environment.

**Geneticist:** Curiously, while some consumers oppose even trace amounts of transgenes, they accept a small amount of pesticide drift on organic crops, even though some types of pesticides poison thousands of people each year. Despite these risks, we can sell our produce as certified organic even if a limited amount of pesticide drifts onto our fields. The USDA also permits selling crops as certified organic if there is inadvertent pollen drift from GE crops.

## Ownership of Seeds

**Organic farmer:** It is distressing to think that something as magical as seed will cost a lot of money and can no longer be propagated by the farmer, but that exactly describes hybrid seed as well as some GE seed.

## Sensible Use?

**Organic farmer:** What if a tomato plant is genetically engineered with another tomato gene? The advantage of GE instead of traditional plant breeding would be that only one gene would be introduced—the gene that expresses the desired trait—and it could be done in less time. If, for example, you wanted a 'Brandywine' tomato to be resistant to nematodes, you could put the nematode-resistant gene from 'Red Sun' tomato into 'Brandywine'.

**Geneticist:** Genetic engineering is not a panacea for poverty, yet it is a valuable tool that farmers can use to address real agricultural problems such as pests, diseases, weeds, stresses, and native habitat destruction. Like any tool, GE can be manipulated by a host of social, economic, and political forces to generate positive or negative social results. The question is not whether we should use GE, but more pressingly, *how* should we use it—to what responsible purpose? 🍅

Pamela C. Ronald is chair of the plant genomics program at the University of California, Davis. Her husband, Raoul W. Adamchak, manages the certified-organic market garden at the University of California, Davis. This article is adapted from *Tomorrow's Table*, copyright 2008 by Oxford University Press, Inc.

**W W W** Agree? Disagree? Join an online discussion with editor Scott Meyer on November 13 from 9-11 p.m. ET. Click on Discussions at [OrganicGardening.com](http://OrganicGardening.com).



**One billion acres of GE crops have been grown; hundreds of millions of people have eaten GE food for more than a decade.**



# Hand Picked

*Just for you*

## Gravely WAW 1034®

The Gravely WAW 1034 offers a new way to mow your lawn! With 10 HP of get up and go and a 34" cutting path you'll zip through your lawn in no time at all, while saving time and reducing fuel consumption.

To learn more visit [www.WhyWalk.Gravely.com](http://www.WhyWalk.Gravely.com)



## Mary's Harvest Thyme Aprons

Unique solution for gardeners, cooks and artists! This deep-pouch harvesting apron makes it easy to gather garden treasures while keeping your hands free for picking. Add in the protective molded liner for delicate fruits like tomatoes, berries and herbs.

Visit [www.apronthyme.com](http://www.apronthyme.com) or call (505) 663-1328



## Wingscapes BirdCam

Take up-close and personal photos and videos of your backyard birds with the Wingscapes BirdCam! Weatherproof, motion-activated, and easy-to-use, no tools or wires needed, the BirdCam mounts anywhere and allows you to view images on computer or television.

For a free DVD info kit go to [www.wingscapes.com](http://www.wingscapes.com) or call (888) 811-9464



## Amazoy Zoysia Grass

Amazoy grows in so thick and deep it simply stops crabgrass and weeds from germinating. Even in the heat of summer, Amazoy Zoysia Grass stays naturally green and weed free. You'll never need dangerous chemicals, weed killers or pesticides again. Amazoy; environmentally green year 'round!

For details visit [www.zoysiafarms.com](http://www.zoysiafarms.com)







# Costa Rica

**\$995** 10 Day Tour  
Call for Choice Dates

Caravan makes it so easy - and affordable - for you and your family to explore the rainforests, beaches and volcanoes of Costa Rica. Your Caravan Costa Rica tour includes all meals, all activities, all hotels, and all transportation within Costa Rica.

### Choose Your Tour—Only \$995

- 8 days Canadian Rockies
- 8 days Nova Scotia, Prince Edward Isl.
- 8 days Grand Canyon, Zion, Bryce
- 8 days Mount Rushmore, Yellowstone
- 8 days California Coast and Yosemite
- 8 days Mexico's Copper Canyon Train
- 8 days Mexico's Ancient Civilizations
- 10 days Costa Rica
- 11 days Guatemala and Honduras

FREE Info Guide

Fully Escorted Tours Since 1952

# Caravan

Caravan.com 1-800-Caravan  
Most Caravan tours are \$995 pp. dbl. occ., plus taxes and fees

DIVISION Farmtek  
**Growers supply**

## DESIGNED FOR THE DEDICATED GROWER

"Thank you for a superior high tunnel which we highly recommend to any grower."  
-Susan Hall, Cherry Creek Farm, Larkspur, CO

Call today...  
...for your free master catalog 1.800.476.9715 or shop online at [www.GrowersSupply.com](http://www.GrowersSupply.com). Please mention code GA0806.

EARN EXTRA INCOME  
Quality produce is in high demand

( ) ( ) ( ) ( ) ( ) ( )

A simple recipe to save the world

# One Man, One Cow, One Planet

[www.howtosavetheworld.co.nz](http://www.howtosavetheworld.co.nz)

## FREE Report

**\$100 Value**

# H<sub>2</sub>O Scams Exposed

Facts about:  
alkalized, energized, purified...

Truth revealed:  
mineral, spring, bottled, filtered, distilled...

FREE ( \$100 VALUE )  
REPORT & CATALOG

1-800-874-9028  
[www.waterwise.com](http://www.waterwise.com)

© 2007 Waterwise Inc

# Wood Heat

- Furnace Heats in "Power Outages"
- Heats Entire Home
- Oil & Gas Backup
- 20-Year Warranty
- Super Efficient
- Free Domestic Hot Water

SINCE 1972

Call or write for factory direct catalog

# Charmaster™

2307 Highway 2 West  
Grand Rapids, Minnesota 55744  
**218-326-6786**  
[www.charmaster.com](http://www.charmaster.com)

# Swim at Home™

Finally a Pool That Makes Sense

Now you can swim for miles without moving an inch. Ideal for swimming, water aerobics, training, rehabilitation and fun.

The 8' x 15' Endless Pool® fits into existing spaces such as basements, garages, decks and patios. No crowded pools, no heavy chlorine, no flip-turns.

Already own a pool? Ask about the **FASTLANE™**

Call for a FREE DVD or Video:  
800.233.0741 ext. 5960  
[www.endlesspools.com/5960](http://www.endlesspools.com/5960)

200 E Dutton Mill Road  
Aston, PA 19014

# Weed Dragon

The **FUN, EASY** and **CHEMICAL FREE** way to **KILL WEEDS!**

PROPANE TORCH KIT

MEMBER YES TO LIFE NATIONAL HOME GARDENING CO. LOCALITY

Fully Assembled • CSA Certified • Made in USA

Flaming with a Weed Dragon Torch Kit is safe & proven effective. Just hook up to any refillable propane cylinder & you're ready to flame! A gas grill cylinder works great!

- Flame Weeds
- Melt Snow & Ice
- Burn Brush & Stumps
- Start Camp Fires • Thaw Frozen Pipes
- Sterilize Confinement Areas and MORE!

100,000 BTU

We also manufacture many other models of torch kits. One is just right for you!

Buy With Confidence!

"Love it! Love it! Love it! I'm an organic gardener and live on a beautiful, pristine lake, so chemicals are not an option for weed killing. This cuts weeding time by 90%."  
A.M. - Panama City, FL

**FIND OUT MORE TODAY!**  
1-800-255-2469  
[www.FlameEngineering.com](http://www.FlameEngineering.com)

**Commercial quality aluminum landscape edging!**



- Fast & Easy to Install
- Stays Put
- Lasts a Lifetime

**YardEdge**  
ALUMINUM LANDSCAPE EDGING

866.4EDGING • YARDEGE.COM

**CIDER PRESSES THAT WORK AND LAST A LIFETIME**



**4 MODELS TO CHOOSE FROM**  
**60% MORE JUICE**

- Our secret is the "APPLE EATER" Grinder designed to grind a bushel of apples in five (5) minutes.
- Heavy duty Cast Iron Cross-Arm and 1-1/2 inch Acme Screw for more juice.
- Hardwood construction for strength and beauty.
- Press your own apples for more taste and fun the whole family can enjoy.
- 3 year guarantee on all parts.

Go online, call or write for FREE catalog:

**Happy Valley Ranch**

16577 W. 327th St.  
Paola, KS 66071  
913-849-3103  
og.happyvalleyranch.com



**Discover Radiant Soapstone Warmth**



**WOOD or GAS**

**5 reasons soapstone is better!**

- Soapstone holds twice as much heat as metal.
- Soapstone heat is steady, even and comfortable.
- Soapstone has a proven record of durability.
- It has beautiful color, texture and marbling.
- Variations in the stone make each stove unique.

Plus, no power is required, so you can enjoy radiant warmth regardless of the weather!

**FREE COLOR CATALOG**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

Woodstock Soapstone Co., Inc  
266 Airpark Rd., Dept. 3276, West Lebanon, NH

**www.woodstove.com**  
**1-888-664-8188**

**WALKER MOWERS**

*Beautiful Mowing for Beautiful Places*



- Zero turn radius
- Internal vacuum system
- 13 to 31-hp engine options
- 36" to 74" deck widths
- Tilt-Up Deck & Body

(970) 221-5614  
www.walkermowers.com

STATEMENT OF THE OWNERSHIP, MANAGEMENT AND CIRCULATION OF Organic Gardening REQUIRED BY ACT OF OCTOBER 23, 1962: SECTION 4369, TITLE 39, UNITED STATES CODE, FILED, October 1, 2008

Organic Gardening is published 6 times a year at 33 East Minor Street, Emmaus PA, 18098, publication and general business offices.

1. The names and addresses of the publisher, editor and managing editor are: Publisher: Christopher Lambiase, 733 Third Avenue, 15th Floor, New York, NY 10017 Editor: Scott Meyer, 400 South 10th Street, Emmaus, PA 18098

2. The owner is: Rodale, Inc., 33 E. Minor Street, Emmaus, PA, 18098. The stockholders thereof being: Maria Rodale

3. The known bond holders, mortgagees, and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages, or other securities: None

	Average no. of copies each issue during preceding 12 mos.	AUG 2008 Single Issue nearest to filing date
A. TOTAL NO. COPIES (Net Press Run)	308,091	331,840
B. PAID CIRCULATION		
1. Mailed Paid Subscriptions	233,596	270,792
3. Sales through dealers and carriers, street vendors, counter sales, and other paid	10,929	13,566
C. TOTAL PAID CIRCULATION (Sum of B1 and B3)	244,524	284,358
D1.E. FREE OR NOMINAL RATE DISTRIBUTION	35,375	21,101
F. TOTAL DISTRIBUTION (Sum of C and E)	279,899	305,459
G. COPIES NOT DISTRIBUTED		
SINGLE COPY NOT DISTRIBUTED	23,584	24,379
OTHER NOT DISTRIBUTED	4,610	2,002
H. TOTAL (Sum of F, and G)	308,092	331,840
I. PERCENT PAID	87.36%	93.09%

Publication of the Statement of Ownership is required. Will be printed in the Winter issue of this publication.

Kathy Zaborowski, VP - Direct Marketing, 9/28/2008


**USA Made Since 1941**

Handles like a machete, delivers the powerful cutting performance of an axe!  
Lightweight (23 oz.); compact (17"). Tempered steel blade and unique sickle hook.

An ideal companion for all types of outdoorsmen

- Split kindling
- Prune landscape
- Blaze trails
- Open walking paths
- Hiking • Gardening
- Clear brush

Order yours now! (M-F/9-5)  
**1-800-708-5191**  
www.woodmanspal.com



100% hand-made in America. Satisfaction Guaranteed.

— Since 1941 —  
**THE ORIGINAL WOODMAN'S PAL**  
BOYERTOWN, PENNSYLVANIA

CUSTOM ENGRAVING MAKES A GREAT GIFT

OG Order secure online. Dealers welcome. Manufactured by hand exclusively by Pro Tool Industries, Inc.

### ASPARAGUS & STRAWBERRY PLANTS

**GOJI BERRY, ASPARAGUS, STRAWBERRY, RASPBERRY, BLUEBERRY, RHUBARB, HORSE RADISH** plants. Jersey Asparagus Farms, 105 Porchtown Road, Pittsgrove, NJ 08318. 856-358-2548 [www.jerseyasparagus.com](http://www.jerseyasparagus.com)

### BEES & SUPPLIES



**OVER 1000 ITEMS FOR BEEKEEPERS**  
Free 88 Pg Catalog  
**1-800-BEESWAX**  
[www.brushymountainbeefarm.com](http://www.brushymountainbeefarm.com)

### Free Catalog! Free Gift!

Raise honey bees. Harvest your own honey. Pollinate your garden naturally. Call now toll-free 1-800-632-3379 and mention code OG2008. [www.betterbee.com/og2008](http://www.betterbee.com/og2008)



### BOOKS & PERIODICALS

Experience the tranquility of an organic lifestyle.

What successful organic gardening requires and even how to put your pet on an organic lifestyle are revealed in this comprehensive book!

"I put my entire family on an organic lifestyle - and it was quite simply the very best decision I have ever made."

FREE BONUS REPORTS at [www.organiclifecchange.com](http://www.organiclifecchange.com)

**MAKE A LIVING ORGANIC FARMING.** Practical advice. Magazine, hundreds of books. Free sample/catalog. [www.acresusa.com](http://www.acresusa.com) or 1-800-355-5313

### BUSINESS OPPORTUNITY

**HOWARD FARM. LIVE AND WORK ON AN ORGANIC BLUEBERRY FARM** in Southern Oregon as caretakers. References required. 541-832-2480.

**WANT MORE TIME IN THE GARDEN?** Earn CEO income from home. Don't believe it? Don't call. [www.LifeByTheTail.com](http://www.LifeByTheTail.com) 888-760-2148

### CERTIFIED ORGANIC WINE

**FREY VINEYARDS.** Certified Organic and Biodynamic Wines. No Added Sulfites. Northern California, GMO-Free Mendocino. 800-760-3739 [www.freywine.com](http://www.freywine.com)

### DEER PROBLEMS



**DEER BUSTERS**  
THE MOST TRUSTED RESOURCE FOR DEER FENCING

- Over 25 years expertise • Free Samples
- MAXIMUM STRENGTH Poly Deer Fence 1.888.422.3337
- Free Shipping [deerbusters.com](http://deerbusters.com)

### DOMES

**DOME HOMES** - Think outside the box. Healthy, Environmentally Green, Extremely Energy Efficient, Hurricane/Tornado Resistant, Affordable. [www.naturalspacesdomes.com](http://www.naturalspacesdomes.com) 800-733-7107

### EARTHWORMS

**"THE BEST OF THE EARTHWORM BOOKS."** Free Catalog. NEW EARTHWORM BUYER'S GUIDE, \$6.00 postpaid. SHIELDS PUBLICATIONS, P.O. Box 669-C, Eagle River, WI 54521-0669. [www.wormbooks.com](http://www.wormbooks.com)

**REDWORMS \$24.00/LB.** Postpaid. We also have worm bins. WILSON'S WORMS, PO Box 2926, Norris, MT 59745. (406) 685-3551. [www.wilsonsworms.com](http://www.wilsonsworms.com)

### FERTILIZER

**NEPTUNE'S HARVEST.** Commercially proven. Outperforms chemicals. Also, Deer/Insect Repellents. "Our Products Work!" Wholesale/Retail/Farm. (800)259-4769. [www.neptuneharvest.com](http://www.neptuneharvest.com)

### FOOD PRESERVATION

**GREAT GIFTS FOR WORKING IN THE GARDEN OR KITCHEN.** Kitchen gardens, garlic roasters, herb scissors, and many more new products. Mini greenhouses, log carts, gardening seats, and much more. 800-649-9147. [www.homesteadhelpers.com](http://www.homesteadhelpers.com)

### GARDEN/LAWN-SUPPLIES & EQUIPMENT

**MAINLINE OF NORTH AMERICA,** Mainline Tillers, SEP, BCS, & Goldoni Tillers, Lombardini Engines, Acme Engines, 740-852-9733. [www.needlawnmowerparts.com](http://www.needlawnmowerparts.com)

### GARLIC

**CERTIFIED ORGANIC SEED GARLIC.** Oregon Grown. Farm Direct. Oregon Tilth Certified Organic. Gourmet Hardneck/Softneck Varieties. 541-386-1220 [www.hoodrivergarlic.com](http://www.hoodrivergarlic.com)

**GROW YOUR OWN GARLIC!** Certified organic planting stock, growing tips, and foods. 1-800-854-7219 Secure online ordering at [www.TheGarlicStore.com](http://www.TheGarlicStore.com)

### GREENHOUSES & SUPPLIES

**TOUGH GREENHOUSE AND POND PLASTICS.** Resists hailstones, yellowing. Free Samples. 204-327-5540. Fax #: 204-327-5527. Box 42G, Neche, N.D. 58265. [www.northerngreenhouse.com](http://www.northerngreenhouse.com)

### HOMEBREWING/WINEMAKING

**WINEMAKERS - BEERMAKERS.** Free Catalog. Mailed Today. Fast Service Since 1966. KRAUS, Box 7850-C, Independence, Missouri 64054. (800) 841-7404. [www.ECKraus.com/offers/c.asp](http://www.ECKraus.com/offers/c.asp)

### INDOOR GARDENING

**FLUORESCENT LAMPS,** Indoor plant stands, COMPLETE with fluorescent fixtures. FREE CATALOG. (800) 823-5740, FAX (866) 823-4978. IGS, P.O. Box 527-OG, Dexter, MI 48130. [www.indoorgardensupplies.com](http://www.indoorgardensupplies.com)

### INSECT CONTROL

**ORGANIC MOSQUITO TRAP** uses only water and leaves. The next step against Asian tiger mosquitoes, before they become adults. Makes a great gift. Learn more at [www.MosquitoSwallow.com](http://www.MosquitoSwallow.com)

### IRRIGATION EQUIPMENT/SUPPLIES



**DRIP DEPOT**  
Everything you need to Drip-It-Yourself

Save time and money with our complete line of Drip Irrigation products. Use Code: 'OG2008' and Save \$5.00  
FREE Planning Guide (888) 525-8874  
[www.dripdepot.com](http://www.dripdepot.com)

### MISCELLANEOUS

**SLEEP ORGANIC.** Largest Showroom on the East Coast, located halfway between NYC and Philadelphia. Nationwide shipping. [www.TheOrganicMattressStore.com](http://www.TheOrganicMattressStore.com) 1-866-246-9866

**A SIMPLE RECIPE TO SAVE THE WORLD.** One Man, One Cow, One Planet. A film about cow-dung. Are you crazy? The perfect Christmas gift. [www.howtosavetheworld.co.nz](http://www.howtosavetheworld.co.nz)

### MUSHROOMS



**Fungi Perfecti**  
offers ready-to-grow mushroom kits, MycoMedicinals®, spawn, books, cultivation equipment, seminars and more!  
Free color brochure  
Phone: (800) 780-9126 / (360) 426-9292  
Fax: (360) 426-9377  
Email: [info@fungi.com](mailto:info@fungi.com)  
Web site: [www.fungi.com](http://www.fungi.com)

### NURSERY STOCK-BERRY PLANTS

**FRUIT PLANTS**  
For Gardeners & Growers!  
Our plants are of the finest quality and are ready to produce nutritious fruits for you.



P.O. Box 100, Lacota, MI 49063  
Ph: 269-253-4281 Fax: 269-253-4457  
[www.hartmannsplantcompany.com](http://www.hartmannsplantcompany.com)

**TREE-SHRUB SEEDLINGS.**  
Wholesale Prices. Beautify Property. Make Money Growing Christmas Trees, Ornamentals, Nut Trees, Timber. Plants for Landscaping, Windbreaks, Noise Barriers, Wildlife-Food Cover. Easy Instructions Guaranteed. FREE Color Catalog.

**CARINO NURSERIES**  
P.O. Box 5380 Indiana, PA 15701  
(800) 223-7075 [www.carinonurseries.com](http://www.carinonurseries.com)

**CERTIFIED BAREROOT STRAWBERRY,** & asparagus plants. FREE brochure. KROHNE PLANT FARMS, INC., 65295 CR 342, Dept. OG, Hartford, MI 49057. (269) 424-5423. Email: [info@krohneplantfarms.com](mailto:info@krohneplantfarms.com) Website: [www.krohneplantfarms.com](http://www.krohneplantfarms.com)

### ORGANIC ALMONDS

**BAUGHER RANCH ORGANICS. ORGANIC ALMONDS.** We have been sustainable farming, processing & selling organic almonds since 1985. [www.bro-almonds.com](http://www.bro-almonds.com)

### ORGANIC GARDENING PRODUCTS

**AGRICULTURE SOLUTIONS LLC** - Organic Gardening Supply website. We sell everything you'll need for responsible, earth-friendly gardening. [www.agriculturesolutions.com](http://www.agriculturesolutions.com)

**Mycorrhizae Inoculants**  
[www.bio-organics.com](http://www.bio-organics.com)

**Bio-enhanced Garden Minerals**  
[www.mycominerals.com](http://www.mycominerals.com)

"Adding life to soil"

### PLANTS

**CERTIFIED SWEET POTATO PLANTS.** 12 Varieties. FREE Catalog. GEORGE'S PLANTS, 1410 Public Wells Road, Martin, TN 38237. 731-587-9477. [www.tatorman.com](http://www.tatorman.com)

### POULTRY-BABY CHICKS-GAMEBIRDS

**AMERICA'S OLDEST & LARGEST RARE BREED HATCHERY**  
FREE COLOR CATALOG  
Over 140 varieties Baby Chicks, Bantams, Turkeys, Game Birds, Peacocks, Waterfowl, Guineas. Plus Books, Equipment, Eggs, Incubators & Medicine.  
1-800-456-3280 (24 Hours A Day)  
[www.mcmurrayhatchery.com](http://www.mcmurrayhatchery.com)  
Murray McMurray Hatchery, C1, Webster City, Iowa 50595-0458

**FREE CATALOG. BABY CHICKS,** Ducks, Geese, Turkeys, Gamebirds, Canada Honkers, Wood Ducks. Eggs to Incubators. Books and Supplies. (800)720-1134. STROMBERG'S, PO Box 400, Pine River-82, MN 56474. [www.strombergschickens.com](http://www.strombergschickens.com)


**RIDGWAY'S 85th YEAR.** Chicks, ducklings, turkeys, guineas, gamebirds, goslings and quail eggs. Books and supplies. Visa/Mastercard. Free catalog. RIDGWAY HATCHERY, Box 306, Larue 16, OH 43332. (800) 323-3825. [www.ridgwayhatchery.com](http://www.ridgwayhatchery.com)

**BABY CHICKS, DUCKS, GEESE, BANTAMS,** guineas, pheasants, quail, turkeys. Free Brochure. CACKLE HATCHERY-OG, P.O. Box 529, Lebanon, MO 65536. 417-532-4581. [www.cacklehatchery.com](http://www.cacklehatchery.com)

**DAY OLD PHEASANTS.** Quality eggs and healthy chicks since 1967. Free brochure. 1-800-328-6647. OAKWOOD GAME FARM, INC., PO Box 274, Princeton MN 55371. [www.oakwoodgamefarm.com](http://www.oakwoodgamefarm.com)

**PUREBRED DUCKLINGS, GOSLINGS** - Fifty beautiful varieties. Free catalog. HOLDERREAD WATERFOWL FARM & PRESERVATION CENTER, P.O. Box 492, Corvallis, OR 97339. (541) 929-5338 [www.holderreadfarm.com](http://www.holderreadfarm.com)

### REAL ESTATE



**DAUERWALDEN**  
The First Conservation Community in the Gulf South. Only 25 homesites over 1100 protected acres in coastal Alabama. Private individual, not a developer. 20 miles of equestrian trails, rolling hills, (275 ft. elevation.) Pine forests, pastures, lakes & 16 springs. Lowest property taxes in the U.S.  
[www.dauerwalden.com](http://www.dauerwalden.com) 251.937.3276

**FREE BROCHURE!** Small farms, acreage & recreational properties in Central Kentucky, existing organic farmers, small town atmosphere. HART COUNTY REALTY, P.O. Box 456A, Munfordville KY 42765. (270) 524-1980. [www.hartcountyrealty.com](http://www.hartcountyrealty.com)

### SEEDS

**OPEN-POLLINATED, HEIRLOOM,** Vegetable, Herb & Flower Seed. Free Catalog. 518-329-3038. TURTLE TREE BIODYNAMIC SEED INITIATIVE, Camphill Village, Copake, NY, 12516

**Certified Organic & Biodynamic Seeds.** Vegetables, Flowers and Herbs. Garden Accessories. FREE catalog. 541-767-9606. Abundant Life Seed, P.O. Box 279, Cottage Grove, OR 97424 [www.abundantlifeseed.com](http://www.abundantlifeseed.com)

# CLOSER LOOK



## Sprouts

If you love eating garden-fresh or locally grown produce, you can always have a steady supply. Just grow sprouts—you can't get more local than your kitchen counter! Sprouts may just be the perfect crop: little maintenance, instant results, and a perpetual harvest. Their guaranteed success makes sprouts an ideal "starter garden" for kids or other novices.



**Snacks for Sailors** In order to protect seamen from scurvy (caused by a lack of vitamin C), Captain James Cook ordered that his crew be served sprouts as well as the lemons and limes they found on their travels through the tropics.

Lighten Up **Growers often keep sprouts in the dark so they stay white. But give your sprouts light, and you'll enjoy the health benefits of magnesium-rich chlorophyll.**

## Fresh Tastes

Once you've got 'em, use 'em. Sprouts don't stay fresh very long.

- Toss into your stir-fry at the last minute.
- Sprinkle onto your salad for crunch and protein.
- Pack into a pita to prevent sogginess.
- Swap with cabbage to make a sprout "slaw."
- Stir into hummus for added texture.

## Start Up

**G**rowing sprouts couldn't be simpler. Start with untreated seeds—choose from alfalfa, lentil, chickpea, broccoli, or fenugreek. Place in a jar, add water to cover, and cap the jar with cheesecloth. Place

in indirect sunlight. Drain and rinse twice each day. The tricky part is finding your favorite variety, so try sprouting several varieties together. More information on growing sprouts can be found at [OrganicGardening.com](http://OrganicGardening.com).



Pure. *Partnership*



Wholesome fruits delicately unite in **R.W. Knudsen Family**® brand's organic juice blends, made with 100% juice and no sugar added.

### Organic Indulgence.

Who says simple pleasures have to be simple? Treat yourself to these uniquely delicious flavor combinations. Sip slowly and savor the taste of pure, organic indulgence.

Visit us at [www.knudsenjuices.com](http://www.knudsenjuices.com)

ЗАЩИЩЕННЫЙ АВТОРСКИМ ПРАВЫМ