

Welcome to the Adams Farm Community Garden

2018

Welcome to the ninth planting season at the Adams Farm Community Garden. Opening Day is Sunday, May 6, 2018, a time to renew friendships for returning gardeners and a time to welcome new gardeners. During Opening Day a member of the Hospitality Committee will be available to show new gardeners to their plot, introduce them to their neighbors and answer their questions. Returning gardeners may begin working on their plots at any time. Please read the welcome packet carefully as it contains the information you will need as a member of the Community Garden.

The Adams Farm Community Garden was established by the Friends of Adams Farm and the Town of Walpole Selectmen with the assistance of the Town of Walpole Recreation Department as an organic garden for members of the community. The garden helps the local environment by keeping farm land in use, educating the community on the need to attend to our natural resources and by establishing a group of committed gardeners who support the goal of preserving this valuable town resource. We urge all garden members to consider joining the Friends of Adams Farm to help support the work of the Friends in preserving the almost 700 acres of trails, fields and woodlands that make up Adams Farm.

Whether you are someone who has never planted a garden before or someone who was brought up on a farm, there is a place for you at the Adams Farm Community Garden. There are several guidelines for all members of the garden:

- All gardeners must serve on a Task Group that helps keep the garden in good working order during the growing season;
- Plots need to be planted by June 10, 2018, and cleaned down to bare ground by November 4, 2018. All tools, tomato cages, poles, stakes, hoses, water barrels, and equipment like wheelbarrows and wagons need to be removed by November 4, 2018;
- Plots must be weeded and attended to throughout the growing season and must adhere to organic gardening practices;
- Produce and flowers grown in the garden are for personal use only and cannot be sold commercially.

In the welcome packet you will find helpful information including plot plans, task groups, rules and guidelines, and information about organic gardening and resources. Please read this information carefully and direct any questions you might have to Peggy Burns and/or Task Group Leaders.

Thank you for your part in helping keep this valuable Walpole resource alive and thriving. We look forward to seeing you in the garden.

Peggy Burns

Community Garden Coordinator

**Adams Farm Community Garden
Regulations and Guidelines
2018**

The Adams Farm Community Garden supports organic practices. This ensures that healthy and nutritious produce is being grown for everyone to enjoy.

Rules and Regulations

- Only organic pesticides, herbicides and fungicides can be used in the garden.
- Petroleum-based landscape cloth or black plastic is not allowed in the garden as a weed suppressant.
- Each gardener is responsible for keeping their plot planted and weeded over the summer season. If you are unable to maintain your plot, contact Peggy Burns ASAP and/or Task Group Leaders. Individuals who *receive three notices* that their plots are not being maintained will lose their plot, and it will be reassigned to someone on the waitlist.
- After using a hose it must be reeled up and water turned off after each use. Water timers and sprinklers cannot be used. NO leaving hoses fully open in the mound/troughs of your garden. Only hand watering is permitted.
- All gardeners are responsible for keeping the pathways around their plots cleared or mowed and free of ruts or anything that would create a hazard for people using the pathways.
- There is no smoking in the garden, and pets are not allowed in the garden.
- Take home diseased plants for disposal and do not put them in the compost pile.
- Keep your plot neat by removing all trash such as plastic bags and pots, and leave tools that you keep at the farm neatly stacked in your plot.
- Do not put up brightly colored fencing around your plot. Any fencing should be unobtrusive and not detract from the appearance of the garden.
- Keep the garden gates closed when in the garden and close firmly as you leave the garden.
- Planting Deadline is June 10, 2018. If you are not planted by the deadline you will lose your plot and it will be reassigned to someone on the waitlist.
- Closing Day is November 4, 2018. If you have not cleared your plot down to the ground and you have not signed up as a winter gardener, then you will not be able to renew your plot for the following spring.
- Task Group. If you do not participate in a Task Group, then you will not be allowed to renew your plot the following spring.
- Open Day of the garden is May 6, 2018, and Closing Day is November 4, 2018. All gardeners must participate on these dates. If you are unable to attend, please notify Peggy Burns and/or Task Group Leaders and we can use your help on another day.

- No gardener is allowed to venture into another gardener's plot to pick produce, pull weeds, prune vines/sunflowers without said gardener's permission. If there is something wrong or you have a question, please email/contact Peggy Burns and/or Task Group Leaders first.

Guidelines

Invasive plants

Be aware of what you are planting in the garden. Invasive plants can quickly overtake your garden and spread to your neighbors plot. Mint, catnip, comfrey, raspberries, purslane, and Jerusalem artichokes are among the worst offenders.

Plant height

Plant tall flowers and vegetables that may shade your neighbor's plot in the middle of your plot.

Children in the garden

The garden is a wonderful opportunity for children to learn about where their food comes from and to taste new vegetables. If you bring your children into the garden, *please supervise* them and see that they do not walk on growing plants or pick vegetables or flowers from another gardener's plot.

Adams Farm Community Garden 2018

Opening Day of the Garden — All Gardeners Participate

On Opening Day all equipment that has been in winter storage in the barn is removed and set up. Equipment is evaluated and repaired. New gardeners will be welcomed at this time, shown to their plots, and introduced to other gardeners on hand. This is also a time for questions and answers.

Closing Day of the Garden — All Gardeners Participate

On Closing Day all equipment needs to be brought into the barn's attic for winter storage. Garden plots will be reviewed by the Task Group Leaders and Peggy Burns to see if they are sufficiently cleared. All garden plots need to be cleared down to the dirt unless the gardener is Winter Gardening. If the plot is not cleared and the plot owner did not sign up as a Winter Gardener, then the plot will be forfeited.

Task Groups for the 2018 Season

The Adams Farm Community Garden contains 64 individual plots. As the garden has grown, maintaining the garden, hoses, wheelbarrows, fence, compost, weed maintenance, potluck dinners and meetings has become a daunting amount of work. To keep the farm working for everyone, each gardener must commit to volunteer work during the planting season. Task Groups have been

created that cover most of the work that needs to be completed during the season.
There is something for everyone to do!

Please look over the list carefully and sign up for a Task Group you think you are best suited for. If you haven't already signed on for a Task Group, sign up either on Opening Day between 10:00 a.m. and 1:00 p.m. or send Peggy Burns (peggy.burns1@verizon.net) and/or Task Group Leaders an e-mail with your preferred job.

1) Composting Team - Jim Rocha

The Composting Team is responsible for turning and maintaining the compost pile throughout the growing season.

2) Garden Maintenance - Bill Wians

The Garden Maintenance team is responsible maintaining hoses, nozzles, garden carts, wheelbarrows, and fence.

3) Weed Whacking and Path Maintenance - Carol Cameron

This includes the outer garden perimeter, the main paths, and probably some assistance to those that need to catch up with the aisles.

4) Hospitality - Barbara Johnson

The Hospitality team organizes Opening and Closing Day activities, and assists with potluck suppers, meetings and other garden-related activities.

5) Vacation Watering - Meg Jacobs

Frequently Asked Questions

What is a community garden all about?

We are a group of individuals and families of diverse backgrounds and gardening experience who choose to garden together. Our Community Garden supports organic gardening practices as well as the reclaiming and reuse of open space. Each household gets a garden plot to tend and contributes some volunteer hours to help run and maintain the garden. Gardeners maintain paths, manage the weeds and equipment, and divide all tasks among us. We also give back to the community by contributing excess produce to the local food pantry.

How big are plots?

Plot size is 20 ft. x 20ft.

What is Winter Gardening?

If there are any plants (ex: perennials, chives, oregano, herbs, garlic) growing in your plot after Closing Day, then you should register as a Winter Gardener. This means filling out the 2019 registration and sending it in along with the \$30.00 plot fee by Closing Day, November 4, 2018.

How many plots can I get?

Each gardener is assigned one plot. However, plots can be shared with friends or family members. If you feel a whole plot is too much work, an effort will be made to help match you

up with someone who is interested in working only half a plot. One individual or family is the lead contact for each plot. Unless an alternate plot is requested, returning gardeners keep the same plot they gardened the previous year.

Once the gardening season has started, gardeners from Walpole on the waitlist will receive priority if plots become available after the June 11 planting deadline. If plots are abandoned later in the season, they will be assigned via a lottery system to existing gardeners who would like a second plot. If an existing gardener receives a second plot, the second plot may be used by the gardener for the current gardening season only. At the end of the gardening season, the second plot will become available again and be assigned to a gardener on the waitlist for next year's gardening season.

Exception: All second plots that were given to existing gardeners in the abandoned plot lotteries held when Sue Shocket was the Garden Coordinator are grandfathered in.

How do I get on the waitlist for a plot?

Fill out the Adams Farm Community Garden Registration Form that is on the Adams Farm website. Mail it to the Friends of Adams Farm, P.O. Box 725, Walpole, MA 02081. The waitlist is first come, first served, however Walpole residents take precedent.

What do I get when I sign up?

- Each plot is approximately 20' x 20' for your use during the season
- Organic fertilizer (manure) is provided if available from local farmers in the fall
- Access to water
- A supportive environment for learning about gardening and meeting neighbors

How much does it cost?

\$30 per plot per year.

Is the garden organic?

We use organic practices. No herbicides (like Round-Up) are ever allowed in the gardens, nor are petroleum-based plastic or landscape cloth. Compost is provided when available, and organic fertilizers are encouraged. If you are unsure about a particular product, contact the Garden Coordinator to find out if you can use it.

What about composting?

Our composting site is located outside fence at the north end (North Street side) of the garden. There are usually three piles: one where you deposit your garden waste (please take diseased plants home for disposal), one pile that is in the process of breaking down, and finally one pile that is completely broken down and ready to spread on your garden. If you have any questions about what can and cannot go into the compost pile, contact Jim Rocha who coordinates the Compost Team.

How much time does it take?

Gardening is fun, but it's also hard work. You have to weed, harvest, and maintain your plot. It gets hot in July and weeds begin to sprout along with your favorite tomatoes. If you are going to be out of town for an extended period, you'll have to arrange for someone to tend your plot. Gardening also demands more time at some points in the season than at others. If you don't think you can tend to your plot twice a week, consider sharing with someone else.

Once I have a plot, what do I have to do?

- Be a good neighbor by following the rules of the garden and maintaining your plot.
- Perform the required hours of voluntary service for the garden.
- Enjoy the garden, the fruits of your labor, and the community of gardeners!

Protect Your Plants from Bugs

“95% of bugs you see in the garden are beneficial insects. That's why spraying broad-spectrum insecticides is such a mistake; you are killing many more friends than enemies.” (Dan Guenther, Organic Farmer & Farming Instructor) Many gardeners use companion planting practices and choose flowers and herbs that attract beneficial insects. A floating row cover can also help when the flea beetles attack early in the season. Using a physical barrier like a floating row cover will prevent insect pests from reaching your plants and chewing them or laying eggs on them. Floating row cover is a fabric made of spun polypropylene fibers and is acceptable in the garden. The fabric itself is very lightweight and will sit on top of your plants without causing any damage. The fabric allows both light and water to penetrate it but prevents even the smallest insects like flea beetles from getting to your plants.

Non-toxic to Humans! Safe Insecticides

Recommended for Adams Farm Community Garden

List from Karen Delahaut, Integrated Pest Management Specialist at UW-Madison

Azadirachtin (Safer's Brand Neem)

Controls

- * Asparagus aphids
- * Bean aphids
- * Cabbage aphids

Insecticidal soap (Safer's, Concern)

Controls

- * Asparagus aphids
- * Bean aphids
- * Cabbage aphids
- * Green peach aphids

* Melon aphids

* Potato aphids

* Potato leafhoppers

* Aster leafhoppers

Bacillus thuringiensis var. tenebrionis (brand name is Bonide Colorado Potato Beetle Beater)

Controls

* Colorado Potato Beetles on potatoes and eggplant

* Flea beetles

Bacillus thuringiensis var. kurstaki (brand names are Thuricide & Dipel)

Controls

* Cabbage loopers on cole crops (brassica family - broccoli, cauliflower, Brussel sprouts, kale, mustard greens, bok choy, Chinese cabbage, cabbage, etc.)

* Imported cabbageworms on cole crops

* Diamondback moth on cole crops

* Corn borers and corn earworms

* Cutworms

* Tomato hornworm

* Tomato fruitworm