

## Welcome to the 2021 Adams Farm Community Garden Season

In this 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 the [Community Garden Management Committee](#).

### Opening Day

Welcome to the thirteenth planting season at the Adams Farm Community Garden. Opening Day is Sunday, May 2, 2021, a time to renew friendships for returning gardeners and a time to welcome new gardeners. During Opening Day, a member of the Community Garden Management Committee (Nancy Borg, Barbara Johnson, Liz McAfee, Eileen McCarthy and Mary O'Toole) will be available to show new gardeners to their plots, introduce them to their neighbors, and answer their questions. Returning gardeners may begin working on their plots at any time. Please read this welcome packet carefully as it contains the information you will need as a member of the Community Garden.

### Garden History

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, by 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 resources. 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.

### Being a Gardener at the Community Garden

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. The Adams Farm Community Garden contains 64 individual plots. Each gardener is responsible for maintaining their plot (keeping the plot weeded and keeping the aisles around the plot mowed/weed free).

### Participation in a Task Group

As the garden has grown so has maintaining the garden, hoses, wheelbarrows, fence, compost, weed-free plots and walkways, potluck dinners, and meetings. **To keep the farm working for everyone, each gardener must commit to volunteer work during the planting season. All gardeners must serve on a Task Group** that helps keep the garden maintained and in good working order during the growing season (May 2, 2021 to November 7, 2021). Task Groups have been created that cover most of the work that needs to be completed during the season. The Community Garden Management Committee will do frequent check-ins with each Task Committee leader to verify gardener participation. There is something for everyone to do!

Please look over the following list carefully and sign up for a Task Group you think you are best suited for. If you haven't already signed up for a Task Group, please sign up in one of the following ways:

- On Closing Day (for the next season) at the Garden between 10:00 a.m. and 1:00 p.m. by contacting a member of the Community Garden Management Committee.
- On your garden registration form for the next season.
- By email to the Community Garden Management Committee (see below).

### Task Groups for the 2021 Season

- **Composting Team - Bill Kiggen.** The Composting Team is responsible for turning and maintaining the compost pile throughout the growing season.
- **Garden Maintenance - Bill Wians.** The Garden Maintenance team is responsible for maintaining hoses, nozzles, garden carts, wheelbarrows, and fence.
- **Weed Whacking and Path Maintenance - Carol Cameron** The Weed Whacking and Path Maintenance team is responsible for maintaining the outer garden perimeter and the main paths. Each gardener is responsible for maintaining the aisles around his/her own plot.
- **Hospitality – Mike and Denise Thomas and Dan Daitch.** The Hospitality team organizes Opening and Closing Day activities and assists with potluck suppers, meetings, and other garden-related activities.
- **Vacation Watering - Meg Jacobs.** The Vacation Watering team waters the plots of fellow gardeners (at their request) while they're on vacation.

Gardeners can also give back to the community by contributing excess produce to the local food pantry through the Norwood Garden Club, which maintains a plot at the Garden and donates what they grow to the Norwood Food Pantry. The Garden Club accepts any extra produce gardeners care to donate from their own plots.

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

### [Community Garden Management Committee.](#)

Nancy Borg, Barbara Johnson, Liz McAfee, and Eileen McCarthy

Emails for the Community Garden Management Committee

Liz McAfee - [mcafees@aol.com](mailto:mcafees@aol.com) Barbara Johnson - [magwanda52@msn.com](mailto:magwanda52@msn.com)

Nancy Borg - [neborg\\_2000@yahoo.com](mailto:neborg_2000@yahoo.com) Eileen McCarthy - [eileenmccarthy06@gmail.com](mailto:eileenmccarthy06@gmail.com)

## 2021 Adams Farm Community Garden Regulations and Guidelines

*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

- Plots need to be planted by June 12, 2021, and cleared to the ground end of season by November 7, 2021. All tools, tomato cages, poles, stakes, hoses, water barrels, and equipment like wheelbarrows and wagons need to be removed by November 7, 2021.
- Plots must be weeded and frequently 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.
- 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 a Community Garden Management Committee member or Task Group leader. **Anyone who receives three (3) notices via email that their plot is not being maintained will lose their plot, and the plot will be reassigned to someone on the wait-list.**
- After using a hose you must reel it up and turn off the water. You may not use water timers and sprinklers or leave 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.
- You must take home diseased plants for disposal; 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 12, 2021. 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 7, 2021. 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.
- Each gardener must be a member of a Task Group. If you do not participate in a Task Group, you will not be allowed to renew your plot the following spring.
- Open Day of the garden is May 2, 2021, and Closing Day is November 7, 2021. All gardeners

must participate on these dates. If you are unable to attend, please notify a Community Garden Management Committee member or Task Group leader. We will ask for 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 you want to report a problem or you have a question, please contact a Community Garden Management Committee member or Task Group leader.

## Guidelines

### *Invasive plants*

Be aware of what you are planting in the garden. Invasive plants can quickly overtake your garden and spread to your neighbor's plot. Mint, peppermint, catnip, comfrey, weeds, 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 2021

### **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 by the Community Garden Management Committee Members and Hospitality Task Group. They will be assigned plot numbers sent through email before opening day. New gardeners will be 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 attic for winter storage. Garden plots will be reviewed by the Community Garden Management Committee members and Task Group leaders to see if they are sufficiently cleared. All garden plots must 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, the plot owner will forfeit the plot.

## 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.

### **How big are plots?**

Plot size is 20 ft. x 20ft.

### **How much does it cost?**

\$30 per plot per year.

### **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 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 14 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 (<http://adams-farm.com/wp/wp-content/uploads/garden-registration.pdf>). 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 precedence.

### **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 2021 registration form and mailing it in along with the \$30.00 plot fee by Closing Day, November 1, 2020 (see the registration form for making out and mailing the check).

### **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 a Community Garden Management Committee member to find out if you can use it.

### **What about composting?**

Our composting site is located outside the 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 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 Bill Kiggen who coordinates the Composting 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 a garden Task Group.
- Enjoy the garden, the fruits of your labor, and the community of gardeners.

### **Additional Information About Organic Gardening and Protecting Your Plants from Pesky 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.

### **Knowledge Base Recommended Information for Adams Farm Community Garden**

- A list from Karen Delahaut, Integrated Pest Management Specialist at UW-Madison <https://hort.extension.wisc.edu/topics/vegetables/>
- Please check your brands to ensure they are organic – OMRI (Organic Materials Review Institute). <https://www.omri.org/omri-lists>
- Planet Natural -- Website that offers supplies, natural pest controls, and tips for organic gardening. <https://www.planetnatural.com/pest-problem-solver/plant-disease/early-blight/>

## Safe Insecticides that are Non-toxic to Humans

### **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: Bonide Colorado Potato Beetle Beater)**

Controls

- \* Colorado potato beetles on potatoes and eggplant
- \* Flea beetles

### **Bacillus thuringiensis var. kurstaki (brand names: Thuricide & Dipel)**

Controls

- \* Cabbage loopers on cole crops (brassica family - broccoli, cauliflower, Brussel sprouts, kale, mustard greens, bok choy, Chinese cabbage, cabbage, etc.)
- \* Imported cabbage worms on cole crops
- \* Diamondback moth on cole crops
- \* Corn borers and corn earworms
- \* Cutworms
- \* Tomato hornworm
- \* Tomato fruit worm