

MONEY SAVING STRATEGIES FOR GARDENERS

ORGANIC
Gardening[®]

Living lightly from the ground up

GROW. COOK. EAT!

Crunchy Carrots

Soothing
Herbal Teas

**FRESH
NEW GREENS**
for Fabulous Salads

APRIL/MAY 2010 PM40063752

\$3.99us

0 5>



OrganicGardening.com

**Does organic
make it healthier?**

**Or does organic
make it tastier?**

**We'll let the
experts decide.
(You.)**

A lot of people like to debate the benefits of organic. It's enough to make a head spin. So at Nature's Path, we make every bite extremely tasty and overwhelmingly healthy, so you don't have to choose. And maybe the most important thing about organic — it's easier on the planet. We find that to be very appetizing too.

Nature's Path Organic.
Eat well. Do good.



www.naturespath.com



ADVERTORIAL

You've met our Soil Microbes; Let's see where They live & work!



Vital, healthy soil contains legions of microbes, the tireless soldiers that work hard every day to nourish your plants.

They include:

- Bacteria**, the microbial infantry, decompose organic matter and consume pathogens
- Fungi**, the military corporals and specialists, decompose organic matter, improve soil structure and deliver nutrients to plants
- Beneficial "Green Beret" nematodes** fight pathogens
- Protozoa**, the Military Police, keep populations of microbes under balanced control
- "Officer" Arthropods** break up debris and aerate soil
- Earthworms**, the Field Marshals, provide nutrient-rich castings and aeration

Without this army, soil would be a barren wasteland subject to compaction and infestation, unable to support plant life. Interestingly, each type of soil ecosystem has its own "designer army" of microbial soldiers, tailored to the needs of the plants that live there.

But regardless of which ecosystem lives in your back yard, its army, like all armies, needs optimal feeding for optimal success. Food such as Bradfield Organics® fertilizers, rich in organic matter and a combination of readily- and slowly-available nutrients from natural sources, will keep your microbial armies fueled, healthy and marching at full bore to make sure your plants are vigorous, productive and beautiful.

Bradfield Organics® fertilizers – feeding the world, both above and below ground, and doing it naturally.

GRASSLANDS

Grasslands such as lawns, golf courses and pastures are dominated by armies made up primarily of bacteria and high numbers of protozoa.



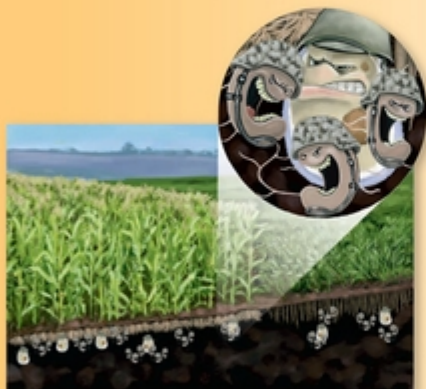
FORESTS

Forest soils have armies where the soldiers are primarily debris-munching fungi, accompanied by regiments of nematodes.



AGRICULTURAL

Productive agricultural soils are fairly evenly split between armies of bacteria and fungi.



For more information, please call 800-551-9564 or visit our web site at www.bradfieldorganics.com

© 2010, PMI Nutrition International, LLC

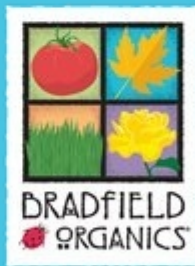


Seed you can count on

Seeds Grown
Your Way –
ORGANICALLY.

Find a dealer near you at:
www.oldsgardenseed.com


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 | 800.551.9564



Features

32 The Salad Equation

Whether crisp and tart or soft and buttery, lettuce plus spring greens equals salads bursting with flavor.

—By *Debbie Leung*

38 Less Is More

On a budget of only \$75, an enterprising gardener grows a year's worth of food, cutting costs without cutting corners.

—By *Sbaron Tregaskis*

46 Roses Come Clean

This noted rosarian ditches the chemicals to find that his roses grow stronger, stay healthier, and bloom their heads off.

—By *G. Michael Shoup*

52 Tunisian Odyssey

A tiny country in the north of Africa boasts a big cuisine. Call it the other Mediterranean diet.

—By *Deborah Madison*



26

82



78

Departments

6 Thought Lines

Status update from the editor-in-chief.

12 Letters

What we are hearing from readers.

20 Design Like a Pro

C. Elaine Brubaker on making a welcoming entrance garden that says, "come on in."

22 Plant TNT

Japanese climbing hydrangea is a well-behaved beauty you can plant with confidence.

24 Common Ground

Grow a sanctuary for medicinal plants.

26 Simply Fresh

Purple carrots are nutritional superstars.

28 Flower Power

Tisane know-how for soothing herbal drinks.

60 Pay Dirt

The Rodale Institute on the life in your soil.

64 Ask Organic Gardening

Keep a trellis from toppling, protect apples from insects, and foil Japanese beetles.

70 Good Bug, Bad Bug

Spinach leafminer control.

72 Earth Matters

Small livestock and ever-smaller glaciers.

78 We Like This!

Garden gloves for all reasons.

82 Skills & Abilities

Sharpen pruners, repot succulents, scarify seed.

91 Find It Here

92 Maria's Farm Country Kitchen

ON THE COVER
Zesty greens—mizuna, spicy mesclun, and arugula—are the starting point for a flavorful salad that includes red and gold beets, Gorgonzola, toasted walnuts, and orange sections.
Photograph by Rob Cardillo

Let me begin by saying a huge and heartfelt thank-you to everyone who has emailed, written, phoned, or otherwise let us know how much you enjoy the new *Organic Gardening*. We've been overwhelmed—and gratified—by the enthusiastic support our new direction has received from so many different communities, individuals, and professionals in the field of organic gardening and living.

As a way to express our gratitude, we, with our advertising partners, have grown a whole gardenful of exciting contests and offers. As you read through this issue, you'll find New Chapter's Sacred Seeds Challenge, supporting a garden-by-garden campaign to preserve medicinal herbs and biodiversity, with the prize being a trip to its botanical reserve in Costa Rica. Rancho La Puerta, which was featured in the February/March issue, is offering a culinary-spa vacation to winners of its Holiday Recipe contest (and there are second and third prizes, too). And Lundberg Family Farms is giving you the chance to win a weeklong visit to Fattoria Poggio Alloro, an organic *agriturismo* destination in the gorgeous countryside of Tuscany. Located near Siena and the historic hill town San Gimignano, Fattoria Poggio Alloro is run by the Fioroni family, who raise olives, grapes, vegetables, fruits, herbs, and a heritage crop of saffron; daughter Sarah will provide a cooking lesson in the farm kitchen and Alessandro Tombelli will guide our winners on a tour of the region's most beautiful gardens. The farm will feature in our December/January issue, but enter the contest today to ensure a chance of winning. There is more, too, like an exclusive organic seed offer from Seed Savers Exchange of varieties chosen by our newest contributing editor, the award-winning chef and author Deborah Madison. Plus, we're reinstating our We Love This Tip award, sponsored by Bradfield Organics.

When I think of our magazine, I think of it as a garden fence on which we are all leaning, swapping advice, sharing stories, and learning from each other about what works best and what doesn't work at all! That's how we learn to be gardeners: by talking and reading about gardening. One of my touchstones in garden literature is *Acres and Pains*, by the great American humorist and



wannabe farmer, S.J. Perelman. Perhaps best known for giving the Marx Brothers some great gags, and for not being able to survive without regular ingestions of pastrami, Perelman dabbled in GIY on a property in Bucks County, Pennsylvania. The first time I read *Acres and Pains* was while making a big lumpy field into a big formal garden. While I may not have had the Perelmans' pond, which came complete with bobbing oilcans and spectral lights twinkling through the bog, I did have a mound of building rubble that made a cozy condo for rabbits. But through the tears of laughter (and sometimes frustration) that blurred my vision, I could imagine the heap as a splendid classical mound topped by a viewing platform from which to survey my estate. Boy, did I have a lot to learn, but that didn't stop me. And it's clear from the success that *Organic Gardening*—and organic gardening—are enjoying, it's not stopping a whole bunch of you, either.

A handwritten signature in black ink, which appears to read 'Ethne Clarke'. The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

Ethne Clarke
Editor-in-Chief

Aveeno.
NOURISH+
HAIR CARE COLLECTION

+ Introducing a transformation in hair care, clinically shown to repair damage, nourishing hair back to life in just 3 washes*



+ The first ACTIVE NATURALS® formulas to harness the power of wheat complex, proven to target and fortify the weakest parts of hair with nourishing protein

+ Discover stronger, shinier** hair with life

the beauty of
nature+science

turn the page on damage and discover

*hair
with
life*



*NOURISH+ shampoo and conditioner vs non-conditioning shampoo
**Provides strength against breakage

TIPS FROM OUR READERS

Quick Coring

we love this tip!

We get so many tomatoes that I end up freezing some; they are great in chili and soup. This year, while I was removing the stems with my knife, I thought there should be a faster way. I tried my apple corer—it made this job so much faster.

Nancy Tittle
Whittier, California

Hold Those Sheets

Don't throw away those used dryer sheets. Use them for cleaning jobs instead of a paper towel. They are effective for wiping the frying pan clean before washing. Keep them near the paper towels and you will find many uses.

Pat Dixon
Hampstead, Maryland

Scented dryer sheets are loaded with synthetic chemicals. We like unscented ones sold by companies such as Sun and Earth. We reuse

ours when potting plants: A piece in the bottom of the container keeps the soil from washing out.

Making Space

Every gardener has a favorite measuring tool for spacing seeds and plants. The one that works for me is a 4-foot length of L-shaped aluminum tubing, the kind that's used in awnings. I marked it off with a permanent marker at 3-inch, 4-inch, 6-inch, and 12-inch intervals, each on a different side. When seeding or planting, I just turn up the appropriate side; it's faster than a yardstick. I also have a 10-foot piece of 1-by-2 wood for 15- and 18-inch spacing.

E. H. Berenson
Chesterland, Ohio

Rug Mulch

I've always enjoyed your magazine, and especially liked touring the gardens at the Rodale Institute several years ago; everyone was so friendly!

Tip: What to do with a beautiful antique wool

carpet that moths have destroyed? I cut one into strips to make elegant, organic, weed-blocking garden paths in my vegetable garden. It is quite a conversation starter!

Martha Murdock
Beaver Falls, Pennsylvania

Repurposing Pool Netting

To the lady who was having trouble keeping critters from her strawberries [Letters, August-October], my find may be of help to her. I was looking for bird netting to protect my strawberries a few years back, but I found that the holes in that netting were way too large. So I went to a plant nursery, and the lady there recommended pool netting, which has smaller holes and comes in various sizes. After stretching the netting over the strawberries (I also use it for blueberries), I anchor the edges with good-sized rocks. Since the netting is too wide for my strawberry bed, I double it. No critters get underneath.

E. A. Smith
Downing, Missouri

Discover a New World with Heirloom Grains

They say history always repeats itself, and with the selection of heirloom grains from Bob's Red Mill, you'll understand why. Bob's Red Mill has explored history and traveled the world for heirloom grains to excite your palate. From the pyramids of Egypt to the Incan ruins of South America, these unique grains have been renowned for centuries for their distinct flavors. Discover the secrets of ancient cultures and try Bob's Red Mill heirloom grains today.



Whole grain foods for every meal of the day.®

www.bobsredmill.com 1.800.349.2173



Know What "Purified" Fish Oils Are Missing? A *Whole* Lot.

Introducing Wholemega®

The whole omegas and natural antioxidants found in nature.

"Purified" fish oils use chemical processing that can destroy the benefits nature created. Wholemega is different. Wholemega is a naturally pure fish oil that retains the 16 whole, natural omegas and naturally occurring antioxidants your body looks for. So if you want nature's whole complement of vital omegas – including 3, 5, 6, 7 and 9's, plus natural antioxidants and Vitamin D – you have to get naturally pure Wholemega.

THE DIFFERENCE IS CLEAR.					
	Wholemega®			"Purified" Fish Oil	
THE DIFFERENCE	Naturally Pure	16 Whole Omegas 3,5,6,7,9's	Natural Antioxidants	100% Wild-Caught Alaskan Salmon	Chemically Processed
Wholemega®	✓	✓	✓	✓	NO
"Purified" Fish Oils	NO	NO	NO	NO	YES

visit wholemega.com



Available at independent health food stores and:

WHOLE FOODS
Vitamin Shoppe

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.

100%
Sustainably
Wild-Caught
Salmon

GET Cultured

Enter to support Slow Food U.S.A.
and win a free membership, a chance to

WIN FREE COOKWARE

and a free year of Organic Valley
products (details online).

www.getcultured.com



Connect healthy food traditions
with delicious organic dairy.

ORGANIC VALLEY

Farmer-Owned

Your participation
in Organic Valley's
"Get cultured" campaign
triggers donations to


Slow Food U.S.A.®

Support the work of Slow Food U.S.A. to
protect food that's good, clean and fair.

© Organic Valley 2010-11007

ORGANIC Gardening

EDITOR-IN-CHIEF Ethne Clarke

SVP, PUBLISHER Mary Murcko

EDITORIAL AND DESIGN

ART DIRECTOR Gavin Robinson

MANAGING EDITOR Therese Ciesinski

SENIOR EDITOR Doug Hall

PHOTOGRAPHY DIRECTOR Christa Neu

COPY EDITOR Nancy Rutman

DESIGNER Tara Long

ASSOCIATE PRODUCER ORGANICGARDENING.COM

Abigail Poulette

CONTRIBUTING EDITORS

Jeanne Ambrose, food; Sue Carter, wine and food;

Willi Evans Galloway, gardening; Gordon Hayward, design;

Deborah Madison, food; Rodale Institute, soil

EDITORIAL ASSISTANT Ginger Horsford

COMMUNICATIONS MANAGER

Erin Clinton, 212-808-1683

FINANCE DIRECTOR Laurie Jackson

EDITORIAL INTERN Katie Walker

RODALE GARDEN STAFF

LANDSCAPE COORDINATORS

Josh Brunner, Lisa Gabory, April Johnson, Brad Pollock

TEST GARDENERS

WEST COAST: Debbie Leung, Olympia, WA;

Bill Nunes, Gustine, CA

SOUTHWEST: Leslie Doyle, Las Vegas, NV;

Nan Stearns, Encinitas, CA

MOUNTAINS AND PLAINS: Barbara Miller, Boulder, CO;

Michelle Zettel, Chellis, ID

MIDWEST: Caleb Melchor, Perryville, MO;

Kathy Shaw, Nereah, WI; Jackie Smith, Belle Plaine, MN

SOUTH: Don Bookethedie, Charlotte, NC; Leslie Hatlock,

Dallas, TX; Andres Mejides, Homestead, FL

NORTHEAST: Linda Crago, Wellandsport, ON;

John Lewis, Newport, RI

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



LIVE YOUR WHOLE LIFE

J.J. Rodale

Founder, 1942-1971

Robert Rodale

Chairman of the Board and CEO, 1971-1990

Ardath Rodale

CEO and Chief Inspiration Officer, 1990-2009

Maria Rodale

Chairman and Chief Executive Officer

Gregg Michaelson

President, Integrated Marketing and Sales; Chief Marketing Officer

Kenneth Citron

Chief Operating Officer

Thomas A. Pogash

Chief Financial Officer

Paul McGinley

EVP, General Counsel and Chief Administrative Officer

Karen Rinaldi

EVP, General Manager and Publisher, Rodale Books

Robin Shallow

EVP, Communications

Michelle Meyercord

SVP, Rodale International

Amy L. Plasha

SVP, Human Resources

Steve Madden

VP, Creative Services and Digital Product Development

Anita Patterson

VP, Green Culture Services

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

NEW LIVE PROBIOTIC YOGURT *in a bottle*



© Organic Valley 2010-11007

ORGANIC VALLEY
Farmer-Owned

Pour it, drink it, or blend it straight out of the bottle!

Organic Valley's new 32 oz. Live Organic Lowfat Yogurt with Thrive™—our unique blend of live probiotics plus inulin—boosts your body's digestive and immune systems. Because it's from Organic Valley, you can be assured it starts with fresh organic milk from our family farms, always produced without antibiotics, synthetic hormones, pesticides or fertilizers. www.organicvalley.coop



\$1 OFF
ANY ONE
32 oz.
**ORGANIC VALLEY
LIVE ORGANIC
YOGURT**

Consumer: Coupon good only in USA on purchase of brand/item indicated. Not if copied, transferred, prohibited or regulated. Consumer to pay sales tax. Retailer: COOP Cooperative will reimburse you the face value of this coupon plus the handling provided it is returned to a consumer at the time of purchase on the brand specified. Coupon not properly redeemed will be void and held. Reproduction of this coupon is expressly prohibited. Any other size quantities listed. Mail to: COOP Shop's STORE, COOP Cooperative, 1 Foxcroft Drive, Shelton, CT 06484. Cash value .001¢. Void where regulated, prohibited or if altered, reproduced or transferred or if it reduces the retail price below FRMID minimum price. Do Not Double. 1/01/10. COUPON PER ITEM PURCHASED PER OFFER.

EXPIRES 06/30/10



0093966-208574



Curb Appeal

Kudos on the February/March story "No Lawn, Just Food" [Design Like a Pro]. I live on 1½ acres; I have a small back yard and a very large front yard that I garden in. I have had several comments asking why I would put my vegetable garden in my front yard. My answer is that it provides food for my family and keeps me happy. Neighbors walk by and I can chat with them while gardening.

*Marsha Jakubiak
Amherst Junction, Wisconsin*

Squash Search

We found your article about ornamental winter squash [November-January] very interesting, and we agree that we want to grow 'Musquee de Provence', 'Marina di Chioggia', and 'Zucchini Rampicante' in our next garden. Only one problem: Our favorite catalog, Johnny's Selected Seeds, doesn't carry the latter. So here's the question: Do you know any that do? If you do, tell us. Thank you.

*Caleb Goldberg, age 9
Louisville, Kentucky*

So happy to bear of your interest in ornamental squash, Caleb! Baker Creek Heirloom Seeds (417-924-8917, rareseeds.com) carries 'Zucchini Rampicante'.

Homemade Butter

I read with interest your article on butter making [February/March]. Back in the 1940s during the Second World War, there was a so-called shortage of butter. When a local supermarket finally had butter, someone would come into the neighborhood and yell, "The A&P has butter!" and soon the whole neighborhood would be seen running to the market. I said to my mother, "Why can't we go to the dairy and buy some heavy cream and make our own butter with your electric mixer?" We did, and after that we had all the butter we needed without going to the market.

*Norman J. Hochella
Stow, Massachusetts*

Al Gore Yes

We have grown up, raised our children (almost), and found our various pieces of paradise. We are ready to participate in the tasks at hand (our planet and the rejuvenation and responsibility thereof). The Al Gore piece [February/March] was great, and how my parents can't get on board with that is a mystery to me! The whole issue was perfectly wonderful. Direction is what we all need now. What to do, buy, reuse, recycle, and, of course, *grow*. Thank you for resurfacing in our lives once again.

*Kimberly Childers
Santa Rosa, California*



Our February/March issue generated many letters, some responding to our story about growing vegetables in the front yard, left.

How to Reach Us

Send us your comments, suggestions, questions, and tips.

The Web: OrganicGardening.com (click Customer Service)

Email: og@rodale.com

Postal mail: Organic Gardening Editors, 33 E. Minor St., Emmaus, PA 18098

NOTHING ELSE IS A HARTLEY



A Hartley Greenhouse is the natural choice of horticultural professionals and enthusiasts alike. It follows the Victorian tradition of utilizing unpredictable climates, to create a botanical environment which enhances our homes and gardens. Our name has remained synonymous with enduring style and excellence for over 70 years, and is uniquely recognized by one of the most respected and prestigious worldwide authorities, The Royal Botanic Gardens Kew.

To enjoy our book of glasshouses please call

7 8 1 9 3 3 1 9 9 3

ogus@hartleybotanic.com hartleybotanic.com

HARTLEY BOTANIC

APPROVED BY THE
ROYAL BOTANIC GARDENS KEW



Enter to Win a
Tuscan Getaway!
 courtesy of
 your friends at
Lundberg Family Farms®



Since 1937, the Lundberg family has been committed to caring for the land responsibly and sustainably. Our organic farming methods produce healthful, delicious rice while protecting the earth for future generations. Today, the spirit of environmental stewardship at Lundberg Family Farms® continues to grow with every grain of rice.



Enter to Win A Tuscan Getaway

In honor of their long-standing heritage of environmental stewardship, Lundberg Family Farms is offering Organic Gardening readers a chance to win a fabulous Tuscan getaway.

Where: Poggio Aloro Organic Farm, Tuscany, Italy

What: An all expenses paid trip for two, including airfare, accommodations, meals, guided tour of San Gimignano with author Allesandro Tombelli, and a cooking class with Poggio Aloro's own Sarah Fioroni



To Enter

Mail in 3 UPCs + cash register receipt for any of the following Lundberg Family Farms products:



Organic Tuscan Risotto
 Organic Alfredo Risotto
 Organic Florentine Risotto
 Organic Porcini Wild Mushroom
 Eco-Farmed Creamy Parmesan Risotto
 Eco-Farmed Italian Herb Risotto
 Eco-Farmed Garlic Primavera
 Eco-Farmed Butternut Squash Risotto
 Eco-Farmed Cheddar Broccoli Risotto

+ a 3" x 5" index card with your name, complete mailing address, phone number, email and date of birth by July 5, 2010 to:

Organic Gardening/Tuscan Getaway
 P.O. Box 1712
 Belmawr, NJ 08099

No purchase necessary to enter or win. A purchase will not improve your chances of winning. Void where prohibited. Sweepstakes begins on March 1, 2010 and ends on July 5, 2010. Open only to legal residents of the 50 United States and DC (excluding residents of Guam, Puerto Rico, and all other US territories and possessions) who are 18 years of age or older. Rodale Inc., 33 East Minor Street, Emmaus, PA 18098-0099 is the operator of this sweepstakes. For a complete list of rules, please visit www.OrganicGardening.com/tuscangetaway.

LETTERS

Right Now at OrganicGardening.com

Find us on Facebook: Join the conversation with *Organic Gardening* editors and readers on our *Organic Gardening Magazine* page.

Sign up for our free newsletters: In Season offers garden projects and growing guides, and Garden to Table delivers seasonal recipes right to your inbox.

Garden Tweets: Follow us on Twitter (twitter.com/ogmag) and get the latest *Organic Gardening* news first!

Al Gore No

You have disgraced your pages with this article about an individual who has gamed the public and made millions of dollars creating a totally bogus crisis. How stupid and/or sinister can one person be to generate such fear in the populace over a now-discredited myth. I am not going to ask for my money back or cancel my subscription (that would be childish). But there is a universe of reasons for warmer temperatures. We are in the midst of a solar minimum with low solar wind action, which is causing cooling. In about 6 years, we will cycle into a solar maximum cycle and temps will rise and so on. It is the height of arrogance to think that mankind can adversely affect this planet.

Dennis Sheridan TSgt, USAF Ret.
 Tillamook, Oregon

From the Editor in Chief:

I would like to thank the readers who responded to my profile of Al Gore. Many were "for"; some "against." Discussion and debate, politics and environment have had a role in gardening for centuries. Certainly, J.I. and Bob Rodale were no strangers to dissent and went to the mat to defend their publications. And Maria Rodale's latest book tells us where she stands.

We have not changed, and to those who feel we have somehow stepped outside the bounds of journalistic responsibility, I would point out that since 1942, Rodale has advocated a return to natural methods of agriculture and horticulture precisely because we believe that to do otherwise will, indeed, adversely affect this planet.

Compliments...

I really like the new magazine size. I have just about every issue from 1973 till now; it's fun to show people how you have changed over the years. Keep up the good work; someday the world will see the light.

Rick Eells
 Lisbon, Ohio

I want to compliment you on the new look of *Organic Gardening*. From the superclean paper stock to the intriguing page size and everything in between, it creates quite a nice splash. I was born and raised in a south Pittsburgh suburb and practiced organic gardening back then, as a kid, without knowing that's what it was. Now I live in a rural high-mountain town northeast of Los Angeles and continue the same practices, though with a lot more organic preaching now that 40-plus years have passed and people are waking up. Anyway, good job on the redesign. Nice way to start the new year!

Dr. Edwin M. Young
 Via email

... And Complaints

I'm especially glad to receive *Organic Gardening* in the winter months and have found that the articles lately have been very interesting. However, I don't like the new size of the magazine. It doesn't fit in the files I keep my copies in, and I find it harder to hold to read. Keep up the good work, but go back to the old magazine size, please!

Carol McSheehy
 Via email



Experience the classic taste of Italy...

Risotto



Enter to win a Tuscan Getaway!*

Lundberg Risotto is easy, convenient and delicious!
Try a classic Italian gourmet dish with a rich blend of organic cheeses, herbs and of course, Lundberg Family Farms' delicious, organic Arborio rice.



***See the
Organic Gardening
Tuscan Getaway
ad for details!**

For delicious rice recipes, visit www.lundberg.com
Also try our delicious Eco-Farmed Risotto flavors; Creamy Parmesan, Garlic Primavera, Italian Herb, Butternut Squash and Cheddar Broccoli.

LETTERS

Spider-Mite Fight

Regarding "Two-Spotted Spider Mite" [Good Bug, Bad Bug, February/March]: I have not had very good luck using insecticidal soap to control mites. Organic horticultural oils that use plant extracts seem to work much better than soap.

Jenny Adams
Tacoma, Washington

Organic, but Not Local

"Eat Your Foodshed" [Common Ground, February/March] made a timely appearance at our home. My husband had recently purchased bagged organic spinach. It wasn't until he got it home that he read where it was grown: China. I've since discovered that several other countries are enthused about the growing market for organic

produce. We used to think organic and locally grown were closely tied; now we'll be more careful. We are also hoping that Americans become more enthused about organic farms. We should be able to produce our own quality food and eliminate the environmental impact of shipping.

Jan Jorgens
Crystal, Minnesota

Correction to February/March letter regarding pressure canning

We received numerous emails and letters questioning the advice in a letter we printed about pressure canning [Letters, February/March], so for clarification, we contacted Elizabeth Andress, Ph.D., extension food safety specialist at the National Center for Home Food Preservation (NCHFP) at the University of Georgia. She replied:

"Pressure canning is the only safe way to can low-acid foods at home. These include meats, poultry, seafood, vegetables, beans, soup mixes, and combinations of these types of foods. There are no science-based safe processes for canning these foods at home at atmospheric boiling temperatures. The pressure canner raises the temperature inside the canner well above boiling, so that reasonable process (canning) times can be achieved in these low-acid foods in order to destroy the heat-resistant spores of *Clostridium botulinum*, found naturally in the environment and on some foods. If the spores survive, the conditions inside a vacuum-sealed jar or can of moist, low-acid food stored at room temperature encourage them to grow and produce a potentially fatal poison (botulinum toxin, commonly called botulism).

"There are some optional pressure-canning choices for acid foods for those who prefer that method to boiling-water canning. So, pressure canners are indeed recommended and even required for many types of home canning."

We apologize for the error and refer readers to the NCHFP website (nchfp.edu/nchfp) for more information.

Intention + Invention

ALWAYS 18/8 STAINLESS STEEL

BPA FREE

klean kanteen

kleankanteen.com

1% FOR THE PLANET MEMBER

The advertisement features two stainless steel water bottles in the foreground, one with a black lid and one with a black spout. They are surrounded by fresh produce including tomatoes, carrots, and leafy greens. In the background, a person wearing a hat is working in a garden. The text 'Intention + Invention' is prominently displayed at the top. Logos for 'ALWAYS 18/8 STAINLESS STEEL', 'BPA FREE', 'klean kanteen', and '1% FOR THE PLANET MEMBER' are also present.

CUT HOT WATER BILLS BY UP TO 85%!

The Sunward™ Solar Hot Water System is the most affordable, easiest-to-install system in the world.

- **30% OF THE COST IS COVERED BY FEDERAL TAX CREDITS** Additional incentives available in many states. Call or go online to see how much you'll save!
- **QUICKLY PAYS FOR ITSELF** Uses the free energy of the sun to heat your water, putting thousands of dollars in your pocket.
- **INSTALLATION IS SIMPLE, EASY** Quick-connect components eliminate complicated plumbing and wiring. Two people can do most of the work in a weekend.
- **20-YEAR WARRANTY** on the solar collectors is the best in the business.
- **PROVEN FOR OVER 25 YEARS** in tens of thousands of homes.

Delivered to your door with everything you need to make solar hot water!



67840X © 2010



RELAX... and enjoy free and plentiful hot water!

Roof and ground-mount systems available.

Get your **FREE Sunward Information Kit**, including a Catalog and DVD, Site Assessment details, and Factory-Direct Savings now in effect.

Call Now **TOLL-FREE**
1-888-200-7813
www.SunwardWater.com



SUNWARD™

DR® Towable Backhoe



BIG DIGGING POWER FOR HOMEOWNERS.

ALL THE POWER of a Tractor-Mounted Backhoe at a FRACTION OF THE COST!

The DR Backhoe has its own engine and powerful hydraulic system, so there are no connections to hassle with — just hitch and go! Tow it around your property with your ATV or Lawn Tractor. Hook it to your pickup for easy highway transport (no trailer required). It's a truly different kind of digger!



ENRIZE © 2010



Call Now for a FREE DVD & Catalog!
TOLL FREE 1-888-206-5614
www.DRbackhoe.com

TRY ANY DR® FIELD and BRUSH MOWER FOR 6 MONTHS RISK-FREE!



Self-Propelled and Tow-Behind models available!



ENRIZE © 2010

Put one to the test on your own property.

CLEAR meadows, trails, under-brush from woodlots, pastures

CUT 6-foot field grass, saplings 3" thick, tough brush

CHOP everything into small pieces



Try out a DR® FIELD and BRUSH MOWER for 6 months. If you're not satisfied, we'll take it back and refund your purchase price.



Call Now for a FREE DVD & Catalog!
TOLL FREE 1-888-206-5614
www.DRfieldbrush.com

Johnny's Selected Seeds

An employee-owned company



Johnny's has the organic products you need.



"Red Pearl"
Grape Tomato

Selected for:

- Quality
- Taste
- Appearance
- Performance



"Albion"
Strawberry Plants

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

Winslow, Maine U.S.A.

#2260



ORGANIC & FAIR TRADE CERTIFIED™
SUGARS, SYRUPS AND NECTARS

SWEETNESS AS NATURE INTENDED™
MADE TRADITIONALLY, MINIMALLY PROCESSED



✓ (U) GMO FREE

Wholesome Sweeteners' cane sugars, honeys, syrups and nectars are made from certified organic, GMO-Free crops grown on small sustainable family farms.



*Fair Trade Certification guarantees that a fair price is paid to the farmers for their produce. It means they can send their kids to school, buy their own land and build community resources. Since 2005 Wholesome has also been able to pay over \$1.5 million in additional FT Premiums directly to our farmers. Premiums are paid in addition to the price of the crop. To see the positive impact FT has on the community visit our website at www.OrganicSugars.biz/fair_trade.html

THANK YOU FOR CHOOSING FAIR TRADE - IT REALLY DOES MAKE A DIFFERENCE.
800.680.1896 - www.OrganicSugars.biz



LETTERS

Send us your tips

Share your garden tips with fellow readers by emailing them to us at og@rodale.com

or mail to *Organic Gardening* Editors, 33 E. Minor St., Emmaus, PA 18098.

Be sure to include your mailing address, email address, and telephone number. Submissions, including photos and illustrations, should be your original work and no more than 100 words. Submissions will become the property of Rodale, and cannot be returned. The reader tips that appear here haven't been tested by us, so we can't guarantee that they will work in every garden. But we do our best to screen out anything we think might be harmful.



The selected "We Love This Tip!" will receive an award package from Bradfield Organics that includes a selection of their organic garden-care products.

BRADFIELD
ORGANICS

"We Love This Tip!" Rules

No purchase necessary to enter and a purchase will not improve your chance at selection. Void where prohibited. Must be over 18 and legal resident of 49 US or DC (EXCLUDING RESIDENTS OF AZ) or Canada (EXCLUDING RESIDENTS OF PROVINCE OF QUEBEC). For official rules, go to OrganicGardening.com/readertip. Rodale Inc., 33 E. Minor St., Emmaus, PA 18098-0099, and Bradfield Organics, PO Box 19798, Brentwood, MO 63144, are the operators. *Organic Gardening* will select the tip to receive the award based on the following: (1) effectiveness and insightfulness of the gardening-related tip or advice; and (2) adherence to the word-count limitation. The decision of the Editor in Chief of *Organic Gardening* is final.

Planting Personality

Designer: C. Elaine Brubaker

Tiny front yards are a challenge, landscape architect C. Elaine Brubaker says, because every square inch will be seen at close range. "The smaller the space, the more you will notice each detail," she says. "Larger spaces can be more forgiving." Six years ago, Brubaker began a redesign of her Minneapolis front yard, which measures only 40 by 20 feet. She was determined to craft a new landscape that better suited her lifestyle and her home's Craftsman architecture.

"Most people think the front yard means a row of shrubs along the foundation and a lawn," Brubaker says, and indeed, that was the starting point for her redesign. For years, Brubaker had designed and built innovative entry gardens for her clients, all the while hesitating to forgo her own traditional expanse of turf, which served her well for everything from yard sales to Halloween festivities.

But the predictable lawn violated one of Brubaker's design principles: "A good landscape tells the story of the place and the people who live in it," she says. In her new front yard, an area to sit with friends speaks of her social disposition; abundant plants reveal her love of nature. The inclusion of easy-care plants and strategies for reducing maintenance, such as planting densely to squeeze out weeds, indicates that she's a busy professional without a lot of time to fuss over a demanding garden.



The walk leading to the porch divides the front yard into halves, which Brubaker planted in distinct styles. On the left, rhododendrons and serviceberries are aligned and evenly spaced, creating a sense of order. On the right, shade perennials mingle in a naturalistic manner under a red maple tree, and the ground is sculpted to create slight variations in topography. Even in a small yard, there's room to contrast styles, she says, as long as there is consistency of materials and plants.

The criteria Brubaker considered as she planned her front yard are helpful to anyone taking on a landscaping project:

Circulation. An entry garden requires paved pathways, sensibly placed to allow people to move from one spot to another. A cross-axis path connecting the property with neighboring ones is especially helpful. "If you don't create one, the delivery people are going to make a path of their own," Brubaker says. Also, she left a strip of turf next to the street for people alighting from parked cars. She chose a "no-mow" blend of low-growing fescue grasses that needs to be trimmed just once a year.

Social spaces. Within this small space, Brubaker included places to sit. Near the curb, an informal line of boulders defines the

In early spring, as perennials awaken, 'P.J.M. Compacta' rhododendrons and bulbs in pots bring a splash of color to a landscape that is planned primarily to showcase plant textures and forms, not flowers.



garden's boundary while also providing casual perches for passers-by. Closer to the house are two limestone benches. **Matching materials.** Repeated use of granite, clay pavers, and limestone gives the garden a cohesive look. Limestone is employed not only as a paving material but also in the benches, sculptural house numbers, and front steps. Urns flanking the steps are a durable composite of concrete and fiber, finished to look like limestone. **Four-season presence.** Evergreen rhododendrons and Taunton spreading yews join deciduous shrubs and trees to establish the landscape's year-round framework. Many of the perennials bloom during the growing season, but Brubaker considers floral color to be a bonus to her primary goal of composing with textures and forms. "If you want color, put it in your containers," she advises. —Doug Hall

Three paving materials are arranged in a ruglike pattern in C. Elaine Brubaker's "patiwalk"—a term she coined to describe an area that combines characteristics of a small patio and a walkway. A pair of limestone benches accommodates neighborly conversations.

For more information, see *Find It Here*, page 91.

Healthful, Natural, Delicious.

Like Feeling Good?

Include delicious Redwood Hill Farm Goat Milk Yogurt and Kefir in your diet.

They are must have superfoods of the healthful Mediterranean Diet AND people living in "Blue Zones", regions of the world where people commonly live active lives past the age of 100 years!

✓ Doctor Recommended.

According to Dr. Oz, "America's Doctor": "Sardinians... (one Blue Zone population) drink goat milk which is high in calcium and good for your heart."

✓ Boosts Immune System.

Redwood Hill Farm's goat milk kefir and yogurt arm you with millions of immune boosting live, active cultures of helpful bacteria in every spoonful.

✓ Best Dairy For You And Your Family.

For ease of digestion, maximum nutrition and excellent health from dairy, it's GOAT MILK! Natural, delicious Redwood Hill Farm's Goat Milk Yogurt and Kefir can be enjoyed by many people who may be lactose intolerant.



Sustainably Farmed and Family Owned Since 1968

Look for Redwood Hill Farm natural cheese, yogurt and kefir at your favorite natural food store.

Visit us on the web: www.redwoodhill.com 707-823-8250 fax 707-823-6976



Bang for your buck

'Moonlight' Japanese Climbing Hydrangea
(*Schizophragma hydrangeoides* 'Moonlight')

- Multiseason interest
- Manageable growth
- Few pests or diseases
- Part to full shade
- Zones 5 to 9

A close relative of true climbing hydrangea (*Hydrangea anomala* subsp. *petiolaris*), 'Moonlight' Japanese climbing hydrangea is a self-clinging, deciduous vine. Using adhesive rootlets borne along its stems, it can climb a masonry wall or a tree without harming or overwhelming its support. In fall, the leaves turn from lime green to yellow before dropping to reveal a scaffold of reddish brown woody stems. The young foliage, however, is like a full moon on a clear night; the heart-shaped leaves, 3 to 5 inches across, have a silvery sheen accented with dark green veins. Creamy, scented, lacecap blooms appear in summer for 6 to 8 weeks. 'Moonlight' prefers well-drained soil with average moisture in dappled sun to full shade. Although slow to start, it will eventually reach 20 or 30 feet.



Save your cents

Japanese wisteria (*Wisteria floribunda*)

- Difficult to contain
- Self-sows freely
- Escaped from cultivation
- Full sun
- Zones 5 to 9

Here is yet another vegetative case of too much of a good thing turning out to be very, very bad. Japanese wisteria is prized for its spring display of dramatic racemes of fragrant purple or white blossoms and luxuriant foliage. But don't be fooled by its beauty; unless religiously pruned, its rampant growth—to as much as 65 feet—reveals it as a thug. Freely self-sown seedlings have invaded natural areas, where the strong vining stems rapidly shade out, smother, and strangle other plants. All but the sturdiest garden structures eventually collapse under the weight of a mature plant. Japanese wisteria is finicky about blooming, and plagued by numerous pests and diseases (which disfigure the leaves but don't slow its growth one iota). This exotic, however beautiful its brief burst of flowering may be, can prove too much for gardens (or gardeners) to accommodate. —Lorene Edwards Forkner



Sacred Seeds

Want to do your part to preserve biodiversity? Plant a garden of medicinal herbs.

Medicinal herbs—life-sustaining plants that provide a first line of medical care in developing countries, besides inspiring many modern pharmaceuticals—are in peril. These herbal treasures face possible extinction from global climate change, loss of habitat, and overharvesting. As the CEO of New Chapter, one of the world's leading formulators of dietary supplements and herbal formulations from certified-organic ingredients, I'm a witness to this alarming loss of biological diversity.

A study by Botanic Gardens Conservation International found that many of the 70,000 currently known medicinal plant species are at risk. Some experts advocate seed banks as the best way to protect imperiled life on our planet. Although seed banks certainly have value and should be supported, they have limitations:

- Seeds in a bank may be frozen, but the environment is not. Dramatic climate change will severely stress a plant's adaptive capabilities, and a frozen seed bank won't tell us if plants can handle that challenge.

- Seed banks can protect only a limited number of species; many tropical seeds, for example, cannot be preserved by freezing. And we don't know how long frozen seeds can remain viable. To have a chance of protecting biodiversity, we will need living sanctuaries of useful plants in thousands of ecosystems. That might give us the breadth and flexibility necessary to begin the great task of protecting life on the planet.

- Finally, while the seeds lie frozen, healing traditions will still be disappearing.

Organic gardens and gardeners can complement seed bank efforts, and with this in mind, I established the Sacred Seeds project, administered by the William L. Brown Center at the Missouri Botanical Garden. In Costa Rica at Finca Luna Nueva ("new moon farm"), New Chapter's biodynamic farm, we have created the Semillas Sagradas ("sacred seeds") Sanctuary, dedicated to protecting medicinal plants of the neotropics. I'm proud that Semillas Sagradas is one of the New World's most comprehensive collections of medicinal herbs. Come visit us! Finca Luna Nueva offers an ec lodge and conference center in a rainforest paradise.

Wherever you live, you are part of a unique ecosystem. Seasonal rhythms, the region's elevation, rainfall, soil conditions, fauna, and the history of traditional medicine all contribute to an expression of biodiversity that deserves to be protected. I encourage you to plant a Sacred Seeds garden that includes food crops and medicinal herbs that were significant to the indigenous populations of your region, as well as the plants that sustained your ancestors. Once you've established your garden, please consider yourself a Seedling—a founding participant in this movement to save earth's biodiversity and the traditional medical knowledge that sustains us. —Tom Newmark

For more information, see [Find It Here on page 91](#).

*Some of the earliest gardening books were herbals, like this facsimile copy of John Parkinson's 17th-century *Paradisus in Sole*. Herbs serve to remind us that the earliest gardens were physic gardens, where plants were grown exclusively for their medicinal value and for physicians to study and learn to identify. This page shows foxglove (*Digitalis*), tomato, canna lily, and the mythically charged mandrake.*



YOU HAVE THE POWER TO PROTECT OUR SEED HERITAGE
Join the Sacred Seeds Challenge
 with New Chapter and *Organic Gardening*

Global climate change, loss of habitat, aggressive agricultural practices, pollution, over-harvesting and the loss of generational medicinal wisdom are threatening our culturally and scientifically significant plant species, and the medicinal wisdom that surrounds them. Without intervention, we could be facing a dramatic global loss of biodiversity.

Semillas Sagradas

In response, New Chapter and the William L. Brown Center at the Missouri Botanical Garden have joined together to create the Sacred Seeds project, a world-wide network of seed sanctuaries devoted to preserving biodiversity and plant knowledge.



Fruta milaga, The Miracle Fruit

The first Sacred Seeds Project garden was established at Luna Nueva, New Chapter's organic and Biodynamic® rainforest education center and Ecologde in Costa Rica. The garden contains over 250 traditionally important plant species, and serves to protect and celebrate the biological diversity and cultural knowledge of these plants in Costa Rica and worldwide. Dedicated to protecting endangered medicinal plants of the neotropics, this sanctuary is one of the world's largest and most comprehensive sanctuaries for endangered plant species.

Join the Challenge

The roots of Sacred Seeds have taken hold, and with the guidance of the William L. Brown Center at the Missouri Botanical Garden, Sacred Seeds Sanctuaries have been established all over the world, including Vietnam, Peru, and Madagascar. Because organic gardens and gardeners are a key part of the answer to protecting traditional medicinal seed heritage, Organic Gardening is pleased to offer our readers an exciting new opportunity to take part in the Sacred Seeds project to establish 10,000 Sacred Seeds gardens globally.

Participation is simple

- Study your region's herbal history—the herbs and foods that native people and your ancestors relied on to sustain health.
- Plant them and tell us about it.
- Visit OrganicGardening.com/SacredSeedsChallenge to register your garden, gain valuable regional plant information, read about other seed sanctuaries, and share knowledge with forum members.
- Share your Sacred Seeds story with us to be entered to win one of four trips for two to New Chapter's Luna Nueva organic farm in Costa Rica in July 2011.

Be part of the solution by joining the Sacred Seeds Challenge—and partner with citizens world-wide in the movement to save earth's biodiversity and the traditional medicinal knowledge that sustains us all.

Enter the Sacred Seeds CHALLENGE

Every family has their own Sacred Seeds story. Some families preserve seeds from their harvest and pass them from generation to generation to use in preparing a cherished family recipe. Other families grow herbs to be used in their family's own medicinal remedies. We want to hear your family's story.

Visit OrganicGardening.com/SacredSeedsChallenge and tell us your Sacred Seeds story in 250 words or less. Include photos related to your story, or tell us your story in a 3 minute video segment. Entries must be received by October 1, 2010, and will be judged on creativity, originality, relevance and clarity. The top 4 winners will win a trip for 2 to New Chapter's Luna Nueva organic farm in Costa Rica in July 2011. Winning stories will also be profiled in our February/March 2011 issue.

ENTER TO WIN

All expenses paid, 5 day/4 night, trip for 2 to Finca Luna Nueva Lodge, a certified organic and Biodynamic® spice estate in the heart of the Costa Rican rainforest. Spend 4 nights at the beautiful facilities located just miles from Arenal Volcano. While on the trip you will have the opportunity to experience first-hand how organic gardening can preserve critical biodiversity.



Rules

No purchase necessary to enter or win. A purchase will not improve your chances of winning. Void where prohibited. Contest begins at 12:01 a.m. ET on March 1, 2010 and ends at 11:59 p.m. ET on October 1, 2010. Contest open legal residents 49 United States & DC (excluding residents of AZ) and Canada (excluding residence of Province of Quebec) who are over 18. Visit www.organicgardening.com/sacredseeds for official rules. Redale Inc., 33 East Minor Street, Emmaus, PA 18098-0099, is the operator of the Contest. The editors of Organic Gardening magazine, representatives of New Chapter, the Missouri Botanical Garden and the New York Botanical Garden shall select the winner of the Contest based on creativity of submission, relevance to the topic, and originality.

Dear Swheat Scoop,

I have four cats in my household, so the litter box definitely gets a lot of traffic. Swheat Scoop is the BEST litter I have ever tried! There's

**no odor
no matter how often
they use the box.**

I have even forgotten to clean the box on several occasions because there is no "reminder" when I walk in.

- D.T., Utah



Clay and chemical free, Swheat Scoop naturally eliminates litter box odor. See for yourself why cat owners are praising this clumping litter.

The difference is wheat.™

www.swheatscoop.com

1-800-SWHEATS

"Swheat Scoop" is a Reg. TM and "The difference is wheat" is a TM of Pet Care Systems
©2009 PCS All Rights Reserved. Made in the USA.

Manufacturer's Coupon - NO DOUBLING | Expires December 31, 2012

SAVE \$1.00
on any size

Swheat Scoop 0G
Natural Wheat Litter

Available at Food Lion, Kroger, Petco, PetSmart, Publix, Safeway, Target, Whole Foods and other fine grocery, neighborhood pet and natural food stores.

100143



NO DOUBLING: Coupon valid if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item purchased. This coupon good only on product size and variety indicated. RETAILER: Pet Care Systems will reimburse you for the face value plus \$0.08 handling, if submitted in compliance with Pet Care Systems Coupon Redemption Policy dated 5/11, available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to Pet Care Systems, P.O. Box 88028, El Paso, TX 79888-0288. Cash value 1/10¢.

The Color Purple

Purple carrots aren't simply a novelty. Their unique color reflects their healthy phytochemical constituents. Not only does 'Purple Haze' have the vitamin A and beta-carotene of ordinary carrots—evident in its orange center—it's also rich in anthocyanins, the antioxidant compounds that give blueberries their distinctive color and superfood health benefits. Studies have found that these blue and purple pigments can improve memory, enhance vision, protect against heart attacks, act as anti-inflammatories, and even help control weight.

'Purple Haze' mirrors the original color of carrots cultivated in Afghanistan 5,000 years ago. It grows well in most zones but prefers soil temperatures of 59°F to 68°F to create its spectacular purple skin. Otherwise grow as for other imperator (tapering) carrots. 'Purple Haze' matures in 65 to 70 days. Pull the roots (wet the ground to make harvest easier) when the shoulders are deep purple.

In cold climates, carrots can be left in the ground even through winter, beneath a deep mulch of hay or straw. In warm climates, however, carrots left in the ground are vulnerable to insect pests, so it is best to make successional sowings and harvest carrots as they mature. Store them in the refrigerator, in a plastic bag, with the foliage trimmed off. Don't store them near apples or pears, which give off gases that turn carrots bitter. —Denise Foley



Cooking Suggestions

'Purple Haze' carrots are sweet and delicious raw or cooked, but they lose much of their gorgeous color when boiled. For that reason, serve them fresh from the garden whenever possible. Slice 'Purple Haze' into medallions, mix with other colorful carrots, and serve with dill dip, or grate and toss with white cabbage and orange carrots for a colorful coleslaw. Coat whole or sliced carrots with a little olive oil, sprinkle with fresh or dried thyme, and roast until soft, which enhances their inherent sweetness. For a sweet side dish, sauté carrots lightly in olive oil and serve them with a maple glaze; for a savory twist, add yellow or purple onions that have been sautéed until soft.

Other Colorful Carrots

'Purple Dragon'. 65 to 70 days. 6 inches.

'Atomic Red'. 76 days. Rich in the anti-oxidant lycopene. 9 inches.

'Solar Yellow'. 63 days. Totally yellow, crunchy and sweet; high levels of lutein, which can improve eye health. 7 inches.

'Lunar White'. 60 days. Almost entirely coreless; has a mild flavor, especially when picked small. Crunchy. 8 inches.

For more information, see *Find It Here*, page 91.

*Fiber, how do I love thee?
Let me count the ways.*



*Crunchy clusters, sweet squares, nutty granola—Kashi has lots of ways to make fiber lovable.
1 Honey Sunshine® 2 GOLEAN Crunch!® 3 Heart to Heart® 4 GOLEAN Crunch!® Honey Almond Flax
5 Mountain Medley® 6 Kashi U™ 7 Island Vanilla® 8 Cocoa Beach™* More to love at kashi.com*



7 whole grains on a mission™

Herbal Tisanes

Herbal teas brewed from homegrown plants are a delicious way to enjoy the garden's bounty. These hot, aromatic infusions are sometimes called tisanes to distinguish them from teas brewed from the leaves of the tea plant, *Camellia sinensis*. Tisanes distill the flavors and fragrances of the garden—sometimes energizing, sometimes calming—in every steaming cup.

Plant a generous selection of aromatic herbs and harvest fresh leaves for tisanes during the growing season. For winter brewing, harvest and dry the leaves. With a bit of planning, your garden will serve up a variety of herbal tisanes throughout the year.

There are two processes for brewing herbal teas: infusion and decoction. Infusions are made by pouring boiling water over the fresh or dried leaves or flowers of herbs. For each cup of tea, use 1 to 2 teaspoons dried herbs or 2 to 3 teaspoons fresh herbs.

Mellow or spicy, invigorating or relaxing, hot or cold—herbal tisanes offer many flavorful choices.

Steep for 3 to 8 minutes to reach the strength desired, then strain. The other brewing process, decoction, is used for hard plant parts, such as seeds, roots, and twigs, that must be boiled to extract their flavors. Place the plant material and water in saucepan and bring to a boil; simmer for at least 10 minutes, then strain.

Spring

Early-spring gardening chores can bring aches and spasms to muscles that have been hibernating over the winter months. A hot cup of lavender-and-chamomile tea will relax the body after a long day in the garden. Lavender's fragrance has a soothing effect; chamomile is reputed to calm nerves and relax sore muscles.

To brew, place 1 teaspoon fresh or dried lavender flower buds and 1 teaspoon fresh or dried chamomile flowers in a teapot. Pour 1 cup boiling water over the flowers and steep, covered, for 5 to 8 minutes; strain. Sweeten if desired.

Summer

Relax in the shade on a hot day with a cup of cooling and energizing peppermint or spearmint tea. The menthol compound in mints invigorates the body, soothes the pain of a headache, and quells indigestion. Mint is delicious on its own or blended with other herbs. Use the leaves fresh, or dry them to enjoy year-round.

Elder flowers, rose petals, and mint, organically grown and freshly harvested, are a lovely combination. Place 1 teaspoon of each in a teapot and pour 1 cup boiling water over the herbs. Keep the brew covered to capture the delicate floral essence of the ingredients. Be sure to use only the flowers of the elder plant, as other parts are toxic.

Autumn

On the cool, damp days of autumn, a tea that combines gingerroot and lemon verbena warms the bones. The light, citrusy tang of lemon verbena pairs well with



Being earth-friendly couldn't be any *Sweeter!*

At Florida Crystals, we understand the importance of making a positive, lasting impact on our communities and the world around us. We take pride in our quality pure cane sugar products and we maintain green business practices, like our eco-friendly farming and clean, renewable energy production. In fact, Florida Crystals® Organic and Natural Sugars are the first American sugar products to be CarbonFree® certified by Carbonfund.org. And now, look for our new recyclable packaging!



Save Money and Conserve Wildlife with Florida Crystals

Visit www.floridacrystals.com for a coupon and to help an endangered species.



Organic Peaches & Cream *Cheesecake*

Crust

- 1 1/4 cups graham cracker crumbs
- 2 tbsps. Florida Crystals® Organic Granulated Sugar
- 1/4 cup butter, melted

Filling

- 1 cup organic peaches, peeled and sliced (1-2 medium peaches)
- 3/4 cup Florida Crystals® Organic Granulated Sugar, divided
- 2 (8 oz.) packages cream cheese, softened
- 2 large eggs
- 1/2 tsp. vanilla

Glazed Topping

- 1/2 cup Florida Crystals® Organic Granulated Sugar
- 1/2 cup water
- 2 tbsps. light corn syrup
- 2 cups organic peaches, peeled and sliced

Preheat oven to 350°F. In medium bowl, combine ingredients for crust, mix well. Press evenly into bottom of greased 8" spring-form pan. Bake 10 min. Remove from oven and cool. Leave oven on. Puree peaches and 1/4 cup of sugar in food processor until smooth; set aside. Beat cream cheese on medium speed, gradually adding remaining sugar until smooth. Add eggs one at a time. Beat until smooth. Add vanilla and pureed peaches. Gently blend well. Pour mixture into crumb crust. Place pan of hot water on the bottom rack of oven. Place cheesecake in oven center above water. Bake at 350°F for 1 hr. and 15-20 minutes or until set. Remove from oven, cool completely. Cover and chill.

Glazed Peach Topping

Combine sugar with water and corn syrup in a large skillet. Bring to a boil over medium heat, stirring occasionally. Boil 2-3 min. without stirring. Fold in peach slices, reduce heat and simmer 1-2 min. Do not overcook. Remove peaches from syrup and cool. Reserve syrup and hold at room temperature.

To serve, arrange peaches over top of cheesecake and drizzle with reserved syrup.



Florida Crystals® is a registered trademark of Florida Crystals Corporation, West Palm Beach, FL 33402. CarbonFree® is a registered trademark of the Carbonfund.org Foundation, Inc. and is used under license by Distributor. ©2010 Domino Foods, Inc.

RAINBOW LIGHT®

A Giant Step Towards a Smaller Footprint

In 2010, Rainbow Light®, the company behind best-selling nutritional supplements will change all of our bottles from plastic to 100% post-consumer recycled material.

FDA-approved for safety and 100% recyclable, our Eco-Guard® packaging will reuse existing materials and keep over 6 million bottles from ending up in our oceans, natural habitats and landfills each year.



New Package - Same Best-Selling Formula

Sustainable Packaging  From Rainbow Light
Bottle

Another bottle kept out of the landfill
Better for you, better for the planet

800.571.4701 www.rainbowlight.com ©2010

FLOWER POWER

ginger's spicy flavor. Although ginger is a tropical plant, it is easy to grow in a pot that is moved to a sunny window indoors in winter.

To make a cup of the tea, place 1 teaspoon fresh lemon verbena leaves and 1 tablespoon grated fresh ginger in a teapot. Add boiling water and steep for 8 to 10 minutes; longer steeping results in a more intense flavor. Sweeten to taste and enjoy hot or iced.

Winter

Gardeners have earned some time off in winter, so collect seed catalogs and dream about next year's garden while drinking a tisane brewed from dried herb leaves. Or challenge your green thumb and grow the South American tea plant, yerba mate (*Ilex paraguariensis*), as a houseplant. This is a holly species with evergreen leaves that are loaded with antioxidants and mild levels of caffeine. Traditionally, a hot beverage brewed from its dried and crushed leaves and stems is served in a hollow gourd and sipped with a metal straw that filters out the solids. Add 1 tablespoon of the dried leaves to a cup of hot, not boiling, water and steep for 5 to 8 minutes. —Eileen Weinsteiger

For more information, see [Find It Here](#) on page 91.

Herbal Sweetener

Stevia (*Stevia rebaudiana*) is a natural sweetener from Central and South America. One leaf of this calorie-free sugar substitute, fresh or dried, is enough to sweeten a cup of tea. A perennial, stevia is hardy to Zone 9; in colder zones, it is grown as an annual. Start it from seeds or transplants.

Brewing Favorites

Tisanes brewed from these herbs can be enjoyed for their aromas and flavors or for their mildly therapeutic effects. Many, including mint, bee balm, catnip, and lavender, are hardy perennials. Ginger and lemongrass are tender perennials that can be grown in containers in cold climates. American elder, roses, rosemary, and yerba mate are shrubs. Brew infusions from fresh or dried leaves unless otherwise noted.

Common Name	Botanical Name	Flavor	Comments
American elder (flowers)	<i>Sambucus canadensis</i>	Fruity	Good for colds
Bee balm	<i>Monarda didyma</i>	Oregano-like	Good for colds
Catnip	<i>Nepeta cataria</i>	Aromatic	Calming
Chamomile (flowers)	<i>Matricaria recutita</i>	Apple-like	Relaxing
Ginger (roots)	<i>Zingiber officinale</i>	Pungent, spicy	Aids digestion
Lavender (flowers)	<i>Lavandula angustifolia</i>	Floral	Soothing
Lemongrass	<i>Cymbopogon citratus</i>	Citrusy	Aids digestion
Lemon verbena	<i>Aloysia triphylla</i>	Citrusy	Soothing
Peppermint	<i>Mentha × piperita</i>	Sweet, cool	Good for indigestion
Rosemary	<i>Rosemarinus officinalis</i>	Resinous	Reduces congestion
Rose (hips)	<i>Rosa</i> spp.	Tart	High in vitamin C
Rose (petals)	<i>Rosa</i> spp.	Floral	Relaxing
Yerba mate	<i>Ilex paraguariensis</i>	Mild tea, earthy	Mild stimulant

**RAINBOW LIGHT™
CERTIFIED ORGANICS™**

Performance Organics

Reach a Stronger State of Health



Certified organic, food-based multivitamins strengthen core body systems to build your foundation for long-term health, resilience and longevity. Organic foods including blueberries, pomegranates, American ginseng, spirulina and milk thistle promote cellular integrity, liver and kidney health, immunity and energy. The first organic multivitamin to deliver the potencies of nutrients studied for long-term health benefits in a product certified organic by QAI.

**ALLERGEN
SafeGuard™**

Free of Gluten, Yeast, Milk, Eggs,
Soy, Nuts, Fish/Shellfish and Wheat





Grow greens with
distinct flavors
for a livelier
salad bowl.

the salad equation

By Debbie Leung ~ Photographs by Rob Cardillo

T

he salad I grew up with was assembled using simple arithmetic: 'Iceberg' lettuce plus tomato wedges equals tossed salad. Today, the flavorful array of salad greens available has multiplied the possibilities exponentially. Flipping open a seed catalog, I am tantalized by pages of lettuces and unusual salad greens offering glamorous looks and tastes from sweet to tangy to spicy. Suddenly there are more variables to the equation.



Growing my own salad greens gives me lots of flavor options. I can tailor my salads to who will be seated at the dinner table and the other dishes to be served. What's more, I know that homegrown salads are tastier and more nutritious than store-bought. But which varieties to grow? My advice: Start with a few selections of lettuce, then add flavorful greens to suit your palate. Vary the colors and textures, and you're ready to toss.

Start with Lettuce

The wealth of lettuce varieties can be divided into ones that are soft and those that are crisp. I love the soft lettuces, especially the oakleaf and butterhead types. Sweet and creamy, like tissue on the tongue, these include 'Mascara', a red oakleaf lettuce that glows in the garden. 'Flashy Butter Oak' is a dramatic combination of red-spattered oak-shaped leaves folded around sweet, buttery hearts. Looseleaf lettuces are known for their large fluttery leaves. 'Red Sails' is a good looseleaf for summer salads because it lasts longer in hot weather without bolting, or going to seed.

In contrast to these tender-leaved types, the romaines and summer crisps, also called French crisps or batavians, provide crunch and succulence. Green romaines can grow large and stout, with 'Braveheart' offering good lettuce flavor. The smaller red romaine varieties, such as 'Breen', provide dazzling color. Summer crisp

Chickpeas, pistachios, and feta cheese add protein to a bowl of green and red lettuces. Cucumbers, cherry and 'Green Zebra' tomatoes, and thin slices of red onion complete the salad.



lettuces are refreshingly sweet, with thick, frilly leaves packed tightly into juicy heads that can tolerate hotter weather.

Add Flavors

Including greens of different flavors adds variety to the salad equation. Because some greens like cool conditions while others can take the heat, they also reflect the season.

Mild. Spinach lends a familiar sweet flavor to salads, as do young beet and chard leaves. Chard varieties have a bonus: ribs and stems of white, red, yellow, or hot pink. Kale leaves are sweet and tender when picked young. Don't forget cabbage as a salad ingredient; delicate savoy cabbage, Chinese cabbage, and bok choy contribute both flavor and crunch.

Some mild greens are particular about the season. In cool temperatures, I grow orach (*Atriplex hortensis*), tatsoi, miner's lettuce (*Claytonia perfoliata*), and mâche (also known as corn salad or lamb's lettuce). The following greens like hot weather: amaranth greens (*Amaranthus tricolor*), New Zealand spinach (*Tetragonia tetragonioides*), Malabar spinach (*Basella alba*), and purslane (*Portulaca oleracea* var. *sativa*).

Hot and spicy. The cresses, including curly cress and 'Wrinkled Crinkled Crumpled' cress, add a sweet pepperiness. Mustards provide a wide range of heat, from the pleasant 'Tendergreen' to the spicy 'Red Giant', which gets stronger as it bolts. The lacy mizuna's degree of zest depends on the variety grown and youthfulness of the leaves. Young radish greens also add a mustardy tone. Choose radish varieties with smoother leaves, like 'Shunkyo Semi-Long' or 'White Icicle'.

Bitter. Chopped into small pieces and sprinkled into the salad sparingly, a few bitter greens add unexpected pizzazz. Plus, they're beautiful. Crunchy radicchio leaves offer paintbrush swipes of red. Curly endive or frisée, like deeply fringed lettuce with a crisp heart, brings its refreshing sharpness to the salad bowl. Italian dandelion—really a chicory—has long, strappy leaves. The small, bitter leaves gleaned from stalks of bolting lettuces bring a flavorful spark to bowls of blander greens.

Distinctive tastes. Some greens defy categorizing. No salad of mine is complete without arugula. Its characteristic nutty spiciness is mild when young, increasing in strength with maturity. Young shungiku (*Chrysanthemum coronarium*) leaves add a flowery essence. Cilantro is generally considered an herb, but I use it liberally like a vegetable.

Toss in fresh herbs by the handful. Lemony ones include sorrel, lemon thyme, and lemon basil. Basils vary in color, leaf size, and



Top: Purple-leaved tatsoi, left, and marbled radicchio, right, demonstrate that not all salad "greens" are green. **Middle:** 'Tom Thumb', a mini-butterhead lettuce, is planted in the style of a quincunx, a space-saving grid of staggered rows. **Bottom:** 'Red Russian', left, is an extra-tender variety of kale that's ideal for salads. 'Oriole' Swiss chard, right, displays brilliant leaf ribs.

flavor, with different varieties offering citrus, cinnamon, and anise undertones. Mints have similar variations in flavor and form. Don't forget chives, parsley, cutting celery, tarragon, and bronze fennel.

Growing Considerations

One way of adding diversity to the salad bowl is to plant mesclun, a traditional seed mix that incorporates greens and herbs. I prefer to grow each salad ingredient separately, then combine them in the kitchen. Sow seeds directly in the garden in rows or beds when the soil temperature is conducive to germination, or start them indoors in pots. Many cool-season greens germinate best in cool soil. On the other hand, delay the planting of heat lovers, such as basil and amaranth, until after the last-frost date.

For a continual harvest of young, fresh greens, plant small amounts every 2 or 3 weeks. Most greens like sun (although lettuce prefers a half-day of shade once hot weather arrives). Steady moisture and fertile, well-drained soil promote quick growth, which results in tender leaves of the highest quality. Drip irrigation or soaker hoses help maintain even soil moisture and are recommended for hot areas. A 2-inch layer of loose mulch, such as straw, serves three purposes: It suppresses weeds, it keeps the soil cool and moist, and it prevents mud from splattering the leaves.

Extend the growing season into early spring and late fall with row covers for cold-weather protection. Summer heat, however, is the factor that is most likely to limit the harvest of lettuce and other cool-season greens. As the weather heats up and days lengthen, lettuce loses its mild flavor and becomes increasingly bitter. For summer harvest, select heat-tolerant varieties and protect them from afternoon sun with shade cloth. Or sow greens for summer harvest between rows of sweet corn or tomatoes, where the taller plants provide some protective shade. There are limits: Even the most heat-tolerant lettuce variety won't taste good when the temperature exceeds 90°F.

Harvest and Chill

Some people like their salad leaves really small, each leaf no larger than the bowl of a spoon. I prefer them about the size of my palm but no larger than my hand, when they are more flavorful and have developed their personalities.

Cut whole plants of headed lettuces, radicchio, and small greens like mâche. To harvest nonheading greens, snip leaves individually with scissors; more will grow back. Save thinnings of greens growing too close together for the salad bowl, too. And try the flower buds! Spring kale buds are exceptionally sweet, arugula buds quite hot.

Immediately soak the harvest for a few minutes in cold water. Scoop out any debris with a strainer. Shake water droplets from the leaves (or use a salad spinner), then use the greens immediately or roll them gently in a dry paper towel and seal them in plastic bags. Greens stay fresh in the refrigerator for up to a week. •

For more information, see [Find It Here on page 91](#).

Green and red grapes, Marcona almonds, 'Granny Smith' apples, pumpkin seeds, and Manchego cheese enliven a bowl of mild, frilly lettuces.



Finishing Touches

Blend greens to meet your fancy, then consider these additions.

Dressing. A mild dressing with delicate flavors needs mild greens to stand out. Stronger dressings, like a pure oil with balsamic vinegar, can showcase the natural flavors of a spicy salad.

Cheese. Add cheeses that grate or crumble well. Soft Gruyère is a good match for butter lettuce. Strong and salty feta, Parmesan, and blue cheeses offset the spiciness of arugula and mustards.

Fruit. Soft fruits, such as pears, strawberries, and peaches, are appropriate additions in a salad of soft greens. The sweetness of fruit can offset stronger flavors or be the focus of a mild salad.

Edible flower petals. For a visual spark, experiment with blossoms of calendula, borage, gladiolus, daylily, squash, pea, bean, nasturtium, and 'Lemon Gem' marigold. Using only the petals, toss with the greens or sprinkle on top.

Straw mulch helps keep soil constantly moist—the key to quick, tender growth—for this 'Flashy Butter Oak' lettuce.

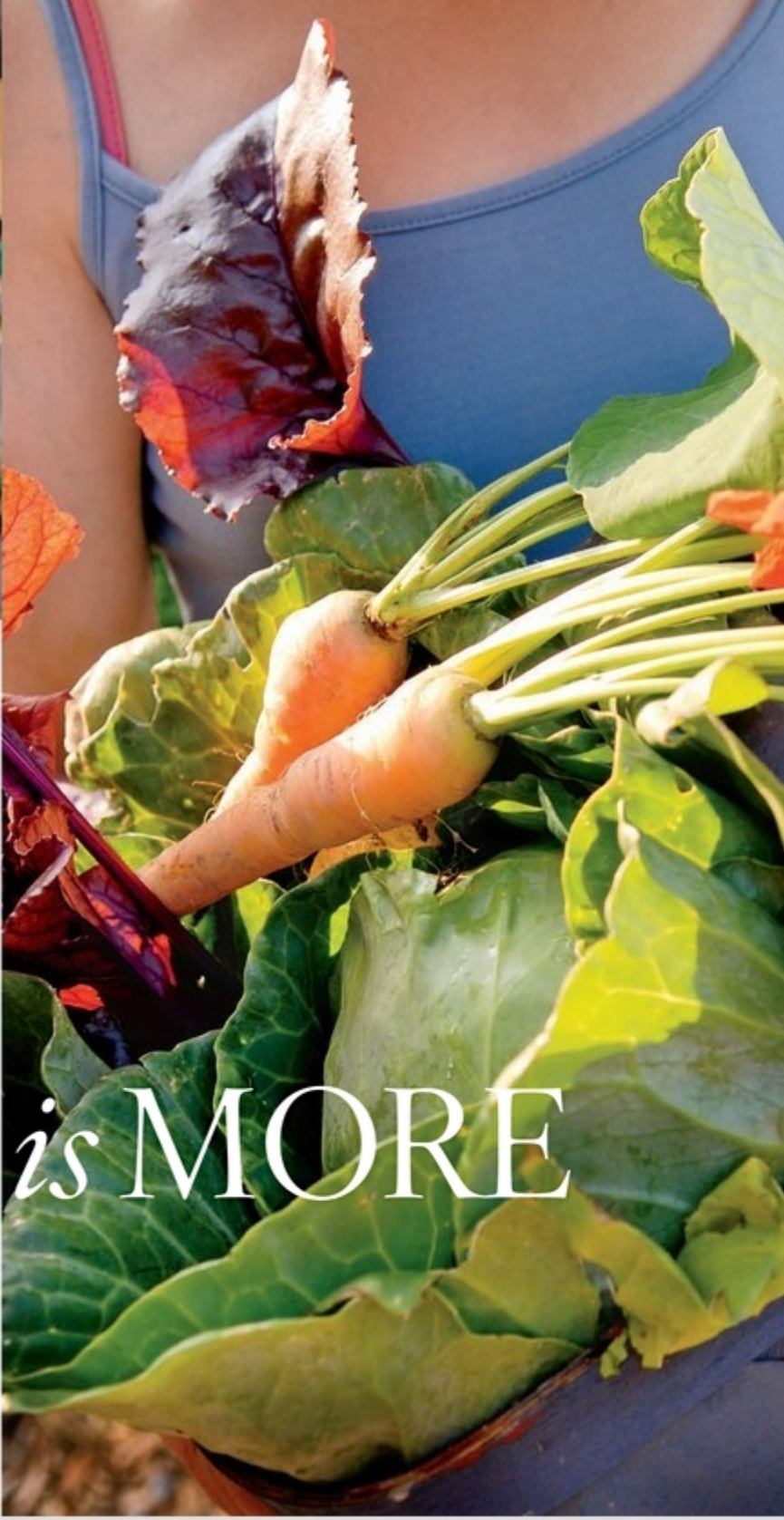




A beginning
gardener's
ingenuity turns
\$75 into
6 months
of fresh
vegetables.

LESS *is* MORE

By Sharon Tregaskis
Photographs by Matthew Benson





Last year, my partner and I became new homeowners, buying a house and a few acres of farmland in the Finger Lakes region of New York State. We had ambition and creativity, but since we were also transitioning from two paychecks to one, cash was tight. So in early February, we set a goal of spending no more than \$75 to grow, buy, or barter an entire season of fresh, local, organic vegetables. Could it be done? Yes, and then some. Ultimately, our scheme yielded as much in new friendships, hardened muscles, and lessons learned as it did in the produce we harvested. In our season of (admittedly, self-imposed) limits, we discovered that abundance comes in many guises.

February 12

It's rained all week, pooling atop a sheet of ice in the back yard. The snowdrops are budding. I've already arranged my first freebie, courtesy of Craigslist. A woman too pregnant to dig seeks help dividing her iris and strawberry beds. I will supply the labor and in turn help myself to unlimited rhizomes and runners. We'll arrange the details in April. Meanwhile, I'm inspired to inventory our perennials and post a barter offer of my own.

The beds of the neglected vegetable garden are in rough shape: The rich soil has been overrun by weeds and saplings, some taller than I am, while the borders around the raised beds have decomposed. We have our work cut out for us.

I've alerted friends to our budget scheme; they're already sharing information. One who took the Cooperative Extension beginning-gardener class last year reports a free seed cabinet stocked with donations from the big companies and local seed savers. Any county resident may take up to 12 packets. And an eco-boutique downtown has posted flyers for monthly gardening classes; I've inquired whether they'll host a seed swap. I hope to expand our seed inventory and meet some like-minded gardeners.

March 14

Today was beautiful: a clear, blue sky, bright sunshine, and temperatures warm enough to shed our winter layers here in Zone 5. A pair of hawks, hoping we might flush a rodent, wheeled overhead. We borrowed a truck and trailer this morning, and retrieved—free—15 cubic yards of mostly composted horse manure. This was the week for online offers from people cleaning out their barns, so I made a deal with the one right for us: herbicide-free feed, a farm both near our house and that of the friends lending us their truck and trailer, even help loading from the generous horsewoman sharing her wealth.

This afternoon, we placed the trunks of quaking aspens thinned from an overgrown corner of the yard as borders for the raised beds. The result fits our rustic-chic aesthetic and spares the hassle and costs of store-bought lumber. To suppress weeds, we've sheet-mulched the footpaths with cardboard salvaged from the grocery store, topped with several inches of wood mulch from the town pile. Mounds of emerging daffodils, daylilies, poppies, and tulips abound, including in spots we plan to double-dig for vegetables. I'll offer those to the people who responded to my online perennial barter offer. It's starting to look

Opposite, top left: Clothespins nailed to a scrap of pallet wood keep gloves organized and dry.

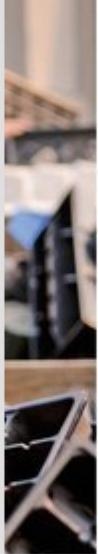
Left: An experiment in thrift yielded almost 800 pounds of produce.



Penny Pinching Tips

- **Go online.** Visit OrganicGardening.com's seed-swap forum. Craigslist has free, barter, and farm-garden categories where anything from mulch to seedlings, even lawn tools, finds a new home fast. On Freecycle.org, everything is free.
- **Or check the local Cooperative Extension** for free seed. Host an exchange.
- **Barter and trade with friends and coworkers.** Get creative: bake a cake or babysit in exchange for help planting a tree or for the loan of a truck.
- **Scavenge your land or neighborhood.** Tree trunks can become the sides of a raised bed; branches and brush can be turned into trellises and plant supports.
- **The supermarket** usually has boxes and containers available for the asking.
- **Split the cost of expensive tools** or large seed orders with friends and neighbors.
- **Offer your labor or skills** to a local CSA or market farmer for seedlings or produce. Many CSAs offer free or discounted subscriptions in exchange for a certain number of hours of work.
- **Keep the giving cycle going.** Donate leftover seeds and materials to local schools, community gardens, or the Cooperative Extension, and your excess harvest to a food bank.





like a garden! Next weekend, we'll repay the trailer loan by helping our friends plant trees at their place.

April 3

The seed swap was a grand success. Two dozen participants traded seeds and garden talk for about 2 hours. Also fun: crafting my seed packets, and delivering leftovers from the event to the Cooperative Extension seed cabinet. Next year, I'll schedule the exchange for late winter, before everyone orders by mail. The local native-plant society holds its exchange on the winter solstice—great idea. Some of the catalogs offer bulk discounts; next year, we'll save cash with a group order.

April 19

Friends starting an organic farm invited us to a work party to plant 20,000 crowns of asparagus. We helped out for a few hours and came home with a dozen crowns to plant in our own garden. They're interspersed with the strawberries, and now we have a beautiful bed of perennial vegetables that we'll begin harvesting next year. Later this week, I'll help another farmer transplant her tomato seedlings from trays to pots; she's promised me gooseberries and my choice of mature seedlings, instead of cash.

May 3

This past weekend's rototilling extravaganza was brilliant. A friend of Mohawk descent has outgrown his community-garden plot and will work the soil on our land instead. He'll interplant heritage varieties of white corn with beans and pumpkins in the traditional Three Sisters style, along with tobacco, sunflowers, and vegetables for his family. He rented the largest rototiller available and coordinated the timing so we could take turns behind the beast. We supplied the fuel and extra hands to pick rocks. Running nearly dawn to dusk, we broke ground for his extensive gardens and ours, and when we ran out of steam, the neighbors took a turn in their

yard. I'm excited by this new partnership, and especially pleased that there was time and energy to clear several hundred square feet of lawn for flowers. The annual seeds I've collected will attract birds in view of the kitchen window, and Mom now has a bed into which she'll transplant the primroses, bleeding heart, balloon flower, and other perennials she divided years ago in anticipation of us one day settling into a home of our own.

May 15

If there's one thing I hate, it's mowing grass—and this house floats in a sea of the green stuff. Happily, my aggressive lawn-eradication plan looks like a winner. Friends of friends ripped a dozen mature yew bushes from in front of their foundation. We leaped at the chance to install them along a property line where we'd like a smidgen more privacy, then filled in among them with divisions from our overgrown hostas and forsythias we received in a daylily trade. An online post yielded a beautiful, mature bridal wreath spirea. I cut it back hard before digging it from the donor's yard and replaced it with the white lilac she had sought, dug from a clump in desperate need of thinning at our place. A former colleague long ago offered bamboo and rhubarb from his gardens, and finally we can take him up on the offer. I've also transplanted several varieties of willow and strawberries, as well as hops, butterfly bush, purple coneflower, salvia, rudbeckia, black currants, blueberries, and horseradish, all free.

We're wary of overtaxing our well, so to nurse the newcomers through their first summer, we've relied heavily on free mulch from the town's mulch pile and, for the acid-loving plants, used grounds from the local coffee shop. We've also amassed an assortment of rain barrels, all cheap or free. One began as a pickle barrel (\$3 at a garage sale); others formerly held industrial dishwashing detergent at the local college's dining hall. Not pretty, but shielded from view by fast-growing vines and decanted

Opposite, top: "Curb alerts" are sometimes posted online; local extension offices host seed exchanges and pot swaps for gardeners needing growing containers. Left: Horse farms often offer manure free for the hauling.



*One man's waste is
this garden's wealth.
The friendships
we made and the
knowledge we gained
taught us that
abundance comes in
many guises.*





into 3-gallon jugs discarded by the natural-foods co-op—which we store out of sight in the potting shed—it's a rainwater collection system that works for us.

June 16

A small organic-vegetable operation wants the excess hay from our fields, which is cut and baled free by a cattle farmer down the road who takes the bulk to feed his livestock over winter. The produce growers will suppress weeds in their garlic beds; in exchange, they've offered credit at their farm stand, which boasts honey and jam.

While we couldn't start seeds indoors ourselves this year, between the trades, some starts from the Community-Supported Agriculture (CSA) farm we belong to (free because we're supplying our labor in exchange for the season's eats), and leftover seedlings from another friend planting veggies at our place, we've gotten a great jump on the season.

It's too early to know how my homemade fish emulsion works in the tomato beds. Dad supplied sunfish from his pond; I buried a few while planting seedlings and

fermented the remainder in a discarded 5-gallon bucket with lid, free from the co-op. The process is admittedly stinky, but so is store-bought, and this approach appeals to my do-it-yourself, get-it-for-free ethic.

June 26

Earlier this month, we transplanted a trio of hardy kiwi vines overwhelming their previous owner's tiny downtown yard. To raise the hand-hewn, post-and-beam arbor that will support the vines at our garden entrance, we invited friends to help. We supplied snacks and drinks and they supplied muscle, camaraderie, and laughter.

August 14

There's no better gift for a gardener than free labor. My cousin and her brood infused the garden with their energy and vision last week. The eldest transformed the sunflower patch outside the kitchen window into a destination by laying a winding path edged with rocks from the gardens, punctuated with divisions from around the yard and trade perennials I potted back in June. Row cover and old sheets will shield them from the hot sun at this inopportune time for transplanting. Soon, they will be a gorgeous legacy of her visit. The second-eldest built liners for the remaining garden beds with salvaged lumber, and the young ones collected seed for next year, including peas, garlic, and spring bulbs that had naturalized during the years of neglect before we arrived.

Heartbreaking, but inevitable: Our tomatoes and potatoes have late blight. It was reported locally in late June, and many here spent the July 4 weekend burning or bagging their infected plants. And yet, silver linings: Many weeks ago, we transformed the plastic and lumber bequeathed by friends who are leaving town into a pseudo-greenhouse. That partial protection from the summer's constant rain held infection at bay long enough that we have green tomatoes for jam and pickles. To save the 200 row feet of potatoes planted as part of an organic fingerling variety trial

Opposite, top: 'Aunt Ada's' Italian pole beans from the seed exchange cabinet flourish on a trellis made from tree limbs and old twine.

Below: Coffee shops often give away used grounds for free. Wood scraps trimmed to a point make tidy markers. The grounds are used to amend the soil around blueberries.



What We Bought

Seeds	\$35.45
Row cover	\$12.00
Cover-crop seed	\$10.00
Rooting medium	\$7.55
Seed inoculant	\$5.49
Plastic pickle barrel	\$3.00
Hollyhock seedlings	\$1.25
Total	\$74.74

What We Grew

Here's what we harvested on our property:

Beans	4 pounds and remainder to seed for 2010
Beets	25 pounds
Cabbages	64 pounds
Carrots	10 pounds
Cherry tomatoes	5 pounds
Corn	10 pounds dry seed, 12 ears fresh
Cucumbers	25 pounds
Daikon	5 pounds
Eggplants	10 pounds
Flowers	1 or 2 bouquets cut every week
Green tomatoes	9 pounds
Horseradish	A few leaves for sushi; harvest in 2010
Hot peppers	3 pounds
Kohlrabi	30 pounds
Leeks	20 pounds
Lettuce	10 pounds
Podding radish	1 pound, plus seed
Potatoes	350 pounds
Purple-top turnips	30 pounds
Rhubarb	2 pies
Scallions	1 pound
Soybeans	1 pound as edamame
Spinach	3 pounds
Sunflowers	100 pounds to feed chickens, wild birds
Tomatillos	10 pounds
Winter squash	40 pounds
Total	About 796 pounds, plus our CSA share





that provided free seed, we cut and bagged their foliage. This should keep spores from moving into the soil and destroying the tubers. Harvest can wait. If we're lucky, we'll have potatoes for winter storage, as well as data for the trial.

September 30

Our first frost was 10 days ago. Yet, while harvesting kale and turnips yesterday at our CSA farm—which has provided a rich education in larger-scale organic farming techniques, great exercise, stimulating conversation, and hundreds of pounds of veggies since May—we learned that the gorgeous green tomatoes in their hoop house must make way for winter greens. I requested permission to glean, and in one hour this morning we picked several hundred pounds of fruit. More than half went to a program that provides CSA memberships for low-income families, augmented with cooking and nutrition classes. They'll organize a giveaway and class with a local chef. I'll trade and share what we kept, stock the pantry, and ripen some in newspaper for November salads. I've heard rumors of a defunct gleaners' network in the area; I plan to learn more.

November 4

We still have potatoes to dig and leeks we'll harvest into the New Year. The pantry, freezer, and root cellar promise good eating throughout the winter, and we haven't paid cash for produce since early May. Yet we still have much to learn. In September, we forgot to freeze our collected vetch seeds to kill bugs. Instead of a free winter cover crop, we had a startling October hatching. Our laying hens feasted on several heads of sunflowers, but the challenge of drying and storing 100 seedheads demands winter research.

Even so, our myriad trades and barterers have produced a generous harvest while the social connections we've made and the wisdom we've gained will yield for many seasons to come. We've already thrown down the gauntlet for 2010: all the food we can eat and give away from May to November, for less than \$25. ●

Grandma's old straw hat provides the shade, and a basket from friends decluttering their house holds the harvest. Kat provided rodent control in exchange for catnip.

Roses

come clean

An organic approach to rose care yields healthy, beautiful results.

By G. Michael Shoup



In the early days of the Antique Rose Emporium, a mail-order nursery I established in 1984, I made regular forays into cemeteries and abandoned farmsteads in search of forgotten roses. I joined a group of like-minded lovers of heritage plants, and together, we sought old roses that had survived for generations with little or no care. We called it “rose rustling,” and it yielded stem cuttings of many durable and gardenworthy roses, sometimes identifiable but often of mysterious origin.

At the same time, the emporium’s nursery staff and I were developing a display garden outside our Brenham, Texas, retail center. Today that garden has expanded to 8 acres, enabling visitors to see heritage roses in landscape settings—part of our mission to promote these time-tested performers. The garden also affords the staff a creative outlet for exploring the habits and nuances of roses. We strive to make our display garden not only an educational resource but also a destination for tourists.

Initially, we struggled with maintenance—some varieties of roses lived up to their reputations of being petulant and difficult to grow—and were not always satisfied with the appearance of the garden or the performance of individual plants. Having seen roses thrive in places where they received virtually no care, I realized that not all roses are chemically dependent by necessity. With this in mind, we revised our approach to rose care and adopted a three-pronged strategy that has made all the difference. We now recommend that gardeners choose rose varieties that are naturally vigorous, maintain them organically, and interplant them with diverse companions. These three factors have allowed us to create a garden that defies the fussy reputation of roses—and is richly scented with the perfume of thousands of blossoms, not chemicals.

‘Bailey Red’ roses and big muhly grass (Muhlenbergia lindheimeri) line the path to the historic chapel in the garden of the Antique Rose Emporium in Brenham, Texas.



The days of us wearing nuke suits and spraying with fungicides are over. And our roses are healthier.

Choose the Right Roses

Roses are comprised of a vast number of distinct varieties. These include not only hundreds of modern roses but also hundreds of antique roses, or old garden roses, as they are also known. Due to centuries of tinkering by rose breeders, there are smaller groups or classes of roses within each of these larger groups. Individuals in each of the classes have differences in color, size, and form that lend them to a particular garden situation better than another even within the same group. Selecting the best rose for its spot in the landscape helps ensure the success of the garden in the long run. As an example, 'New Dawn' and 'Sombreuil' are both climbing roses, but they have different growth habits. The vigorous, high-flying canes of 'New Dawn' require a soaring arch, a gazebo, or other support of significant size. 'Sombreuil', on the other

hand, grows in a restrained, mannerly fashion, making it appropriate to adorn an 8-foot pillar. Selection determines success.

As important as a variety's aesthetic contribution is its ability to remain healthy. Modern hybrid teas produce beautiful cut flowers, but their maintenance needs are high, and their lanky, upright growth habit can be difficult to integrate into a garden. In our gardens, most hybrid teas are short-lived plants that are eventually relegated to the compost heap. Antique roses, in contrast, tend to have a healthier constitution.

I prefer to grow the older roses for several reasons. They are resilient survivors, many living for years with a minimum of care, as I have discovered as a rose rustler. They are diverse in their shapes and growth habits, which makes them versatile in the garden. Their blossoms are lushly romantic. And they are often fragrant—

a beloved, evocative trait that many modern roses lack. I consider most antique roses to be the ultimate garden plant—the perfect brushstroke from the gardener's palette.

Embrace Nature's Ways

When we were establishing our display garden, applying the recommended 10-10-10 synthetic fertilizer to the roses was laborious and resulted in plants that became less and less vigorous over time. Weekly spray sessions of insecticides and fungicides did little to stop pest invasions; they were effective only at curtailing our enjoyment of gardening. One day, we spread several inches of bark mulch in part of the garden, and what happened next surprised us all: Plants in the mulched areas showed brighter and more vibrant leaves and were less affected by daily heat stress (no small consideration as our location is central Texas).



This realization caused us to rethink the way we grew roses, challenging the conventional chemical-intensive methods. Our bark mulch replicated nature's recycling of leaves and organic debris on the forest floor. In successive years, we replaced chemical inputs with a variety of organic regimens, all based on what we saw in the natural environment.

Nobody fertilizes the flora in nature, but it grows and thrives just the same. Could we rely on nature's techniques for supplying nutrients to plants instead of buying bags of fertilizer? As it turns out, twice-yearly applications of coarse hardwood bark mulch (2 to 3 inches in February and again in September) provide all the nutrition roses need. Beneficial organisms in the soil—certain fungi, bacteria, and nematodes—assist in breaking down the mulch and feed on carbon released during decomposition. Gardeners tend to think of these organisms in negative terms, and indeed, the microbes that cause bacterial crown gall and powdery mildew, among other rose maladies, are bad. But there are many more organisms that improve the

viability of plants through symbiotic relationships that make roots more efficient at seeking nutrients, or by converting soil nitrogen into forms that plant roots can absorb. Gardeners who are starting with nutrient-depleted soil might need to add a supplement of decomposed manure, compost, or other organic fertilizer to get the microbes rolling.

Brew Tea for Roses

In retrospect, it is hard to believe that we spent years destroying these microbial populations through our spraying program. A change as simple as adding mulch had improved the health of our plants, yet there was something even more magical—dare I say miraculous?—that evolved from this discovery. Elaine Ingham, Ph.D., a soil microbiologist from Oregon, introduced us to a revolutionary process of increasing beneficial soil organisms by aerating freshly leached compost tea. While traditional compost tea is brewed simply by suspending a "teabag" of compost in a bucket or barrel of standing water, the aerobic technique uses an air

pump to continually bubble oxygen through the liquid in a brew tank.

We followed Ingham's instructions, blending chlorine-free water, molasses (a food source for microbes), fish hydrolysate (ground fish carcasses, another food for fungi), humates (organic residues of decomposed plants or animals), and a handful of good compost to provide the initial microbial population. The air pump kept the mixture in a state of constant agitation and aeration.

According to Ingham's research, after 24 hours of aerobic brewing, the microbial population explodes exponentially. One milliliter (about one-fifth of a teaspoon) of aerobically brewed compost tea contains a trillion bacteria, representing 20,000 different species, and a much-increased fungal biomass—all multiplied from the initial organisms in the compost.

Left to right: Roses share the limelight with Texas native trees and shrubs in display beds. Knock Out, a stalwart shrub, sparkles with morning dew. A signpost points the way. Five-petaled roses embody the spirit of simple charm.



'Belinda's Dream'



'Caldwell Pink'

Researchers caution that molasses and other microbial foods used in brewing compost tea can boost the levels of pathogenic bacteria, such as salmonella and O157:H7 *E. coli*. Because of this significant health concern, aerated compost tea should be used with care, and should not be used on food crops.

The ability of compost to aid the soil's capacity to retain water, improve soil porosity, and help plants absorb nutrients and minerals has long been understood. But I was surprised at the results of spraying compost tea directly on rose foliage. The vast number of beneficial microbes in the tea defended our plants from the "bad guys," like black spot and mildew. It was described to me as like having an auditorium filled with healthy friends: If someone sick with a flu bug tries to enter, all the seats are taken. Treated plants were less prone to attack by red spider mites.

We began spraying weekly during spring and fall (the seasons when roses in Texas grow actively), wetting the leaves thoroughly. Within 6 months, the improved health and vigor of our gardens proved that we were on the right track.

Roses Love Company

Gardeners often show their devotion to roses by planting them in monocultures. The unfair burden on roses to perform in isolation from other flowers reaches its extreme in formally styled beds of modern hybrid teas. Blooms are expected to be perfect all the time, sprayed and fussed over in straight rows of sameness. Old roses need not be put in this secluded prison; in fact, the beauty of antique roses is that they thrive in combination with perennials, annuals, shrubs, and flora of all types. Thus my final words of advice: Don't plant rose gardens—plant gardens that have roses in them.

Once again, nature shows us the way. Forests and prairies are composed of a diversity of plants that ebb and flow through the seasons, with ever-changing foliage, flowers, and fruit. We now strive to replicate this "natural" success in our ornamental gardens and landscape. In a mixed planting, the diversity of so many plant types creates year-round beauty even when roses are not at their peak. The burden is not on the rose to be perfect all the time, because the companion plants

add their own layers of form, texture, and color. Old roses love company.

At the Antique Rose Emporium, the ability of roses to collaborate with other garden plants allows us to have several themed gardens within our demonstration area. The children's garden has sunflowers and whimsical yard art integrated with the roses. Herbs and vegetables mingle with roses in the kitchen garden, while the Southwestern garden has grasses and agaves as companions to roses.

So instead of "cidal" sprays, we're applying aerobic compost tea on a weekly basis and renewing mulch twice annually. This program, along with a diversity of proper plant selections, makes gardening fun again. The plumpness of leaves, the vigor and color of our gardens is vastly different than in the days of using synthetic fertilizers and store-bought chemicals. Most important to me, the gardens are now what they should be: a place where I can listen to the contented conversations of visitors as they stroll along paths populated by scented flowers, birds, and butterflies. It makes the garden a much bigger place than just a collection of plants. •



'Penelope'



'New Dawn'



'Stephen F Austin'

10 Roses for Organic Growers

This outstanding group of antique and modern roses has performed admirably with our organic regimen. All are repeat bloomers, which means they flower in waves from spring until frost.

'Old Blush'. This China rose dates back to the 18th century and represents all that is good in old roses: long life, repeat bloom, ease of care. As a parent for rose breeding, 'Old Blush' is responsible for giving its ever-blooming quality to modern roses. Hardy to USDA Plant Hardiness Zone 6.

'Souvenir de la Malmaison'. Large, multipetaled, blush pink flowers with a spicy perfume are borne on a 4-foot spreading shrub. This rose embodies romance. Zone 6.

'Marchesa Boccella'. Fragrant, pink cabbagey flowers sit atop the foliage of this 5-foot upright shrub. Zone 5.

'Belinda's Dream'. The Texas extension program designated this pink,

full-flowered rose a "superstar" because of its fragrance, ease of care, and cut-flower quality. Zone 5.

'Perle d'Or'. Often called the "Yellow Sweetheart Rose," 'Perle d'Or' has fruit-scented 2-inch flowers that are pale apricot and look like frilly crepe paper. This rose flowers throughout the growing season on a compact 4-foot shrub. Zone 5.

'Caldwell Pink'. A "found" rose of uncertain heritage, this flouncy lilac-pink variety exhibits superb blooming qualities even in the heat of summer. A bonus is the dramatic fall foliage of reds, oranges, and yellows. Zone 5.

'Penelope'. Soft, peachy blooms in bouquetlike clusters are noted for

their rich perfume. The sprawling shrub can reach 6 feet. Zone 6.

'New Dawn'. This climbing rose bears lightly fragrant, soft pink blooms on vigorous 20-foot stems. Foliage is dark, glossy, and resistant to black spot. Zone 5.

'Crepuscule'. Clusters of orange flowers nod under their own weight, lending a romantic effect to the garden. 'Crepuscule' is a climbing rose of excellent vigor. Zone 7.

'Stephen F Austin'. One of the Antique Rose Emporium's own Pioneer Rose introductions, this 6-foot shrub has shiny leaves that act as a foil to the fragrant flowers, which open pale yellow and mature to creamy white. Zone 5.

EDITOR'S NOTE: This list is based on the author's experience in an area of Texas with hot, humid summers and relatively mild (Zone 8) winters. However, many of the roses described here are widely adaptable except in the coldest climates. To learn which roses excel in your region, contact your state's Cooperative Extension Service.

For more information, see Find It Here on page 91.



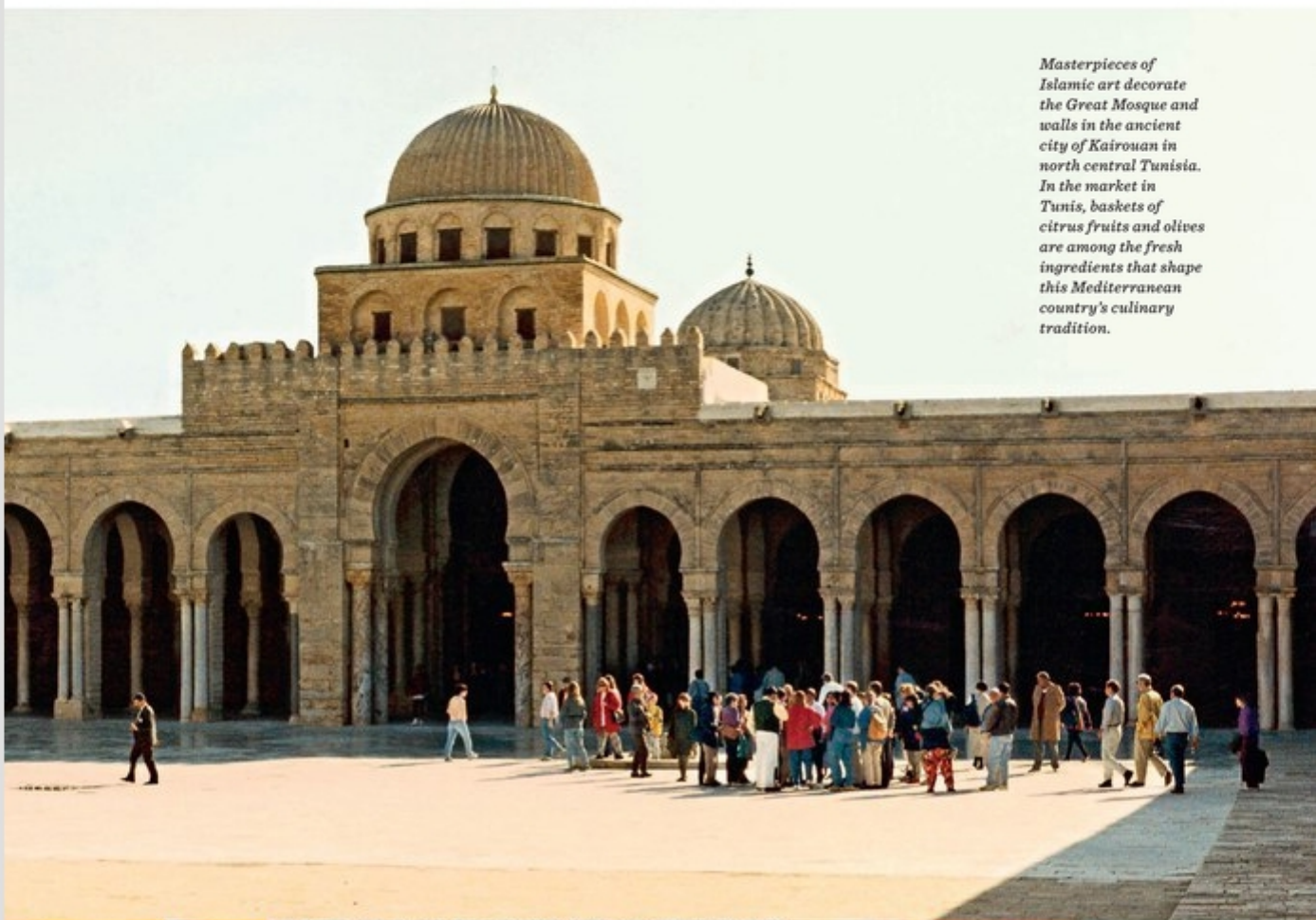
TUNISIAN ODYSSEY

A cook's travels reveal another Mediterranean diet.

By Deborah Madison ~ Travel photographs by Clifford A. Wright
Recipe photographs by Mitch Mandel ~ Food styling by Melissa Reiss



Masterpieces of Islamic art decorate the Great Mosque and walls in the ancient city of Kairouan in north central Tunisia. In the market in Tunis, baskets of citrus fruits and olives are among the fresh ingredients that shape this Mediterranean country's culinary tradition.



A few years ago, I traveled to Tunisia with a group of other food writers, in search of a different side of the Mediterranean diet. Italy and Greece most often come to mind in terms of this healthy regional cuisine, but with so many cultures and countries bordering the Mediterranean Sea, I reasoned that other foods could be just as healthy and sampling them would broaden my culinary repertoire.

This is my only visit thus far to Tunisia, but I would love to return, for the landscape and foodscape both resonated powerfully with me and—surprisingly—my life in New Mexico. After dozing off on a bus crossing the region of Sahel, I awoke to a vision of low adobe houses festooned with long chains of red chile peppers. For a moment, I didn't know where I was—was I back home? There, each fall, such *ristras* of drying peppers hang from adobe houses, especially in the agricultural areas. Later, when I had a chance to see the chiles drying on a wire screen on a street in Tunis, the capital city, I thought that they looked a lot like our northern New Mexico chiles, being roughly the same size and slightly twisted rather than straight. Whether or not they have the same flavor, instead of appearing in a *chile colorado*, these chiles are used to make the ubiquitous condiment *barissa*, which lends its fire and flavor to a great many dishes.

My traveling companion Clifford A. Wright (author of many books, including *A Mediterranean Feast*) writes of *barissa*, "Make this recipe and keep it in the refrigerator before attempting any other Tunisian recipe." *Harissa* is as good to eat here as it is in



Tunisia, and since that trip, I've made it regularly using *molido* (powder) from New Mexico native chiles or dried chiles.

The Mediterranean climate makes growing many foods possible; in addition to chiles, Tunisia is a significant producer of olives, for oil and brined for eating. Lemons, pomegranates, quinces, and other fruits somewhat exotic to us are commonplace. Many varieties of dates, for example, are abundant; date-filled semolina cakes and dates stuffed with almonds are popular sweetmeats. Our group had the pleasure of eating dates

and tangerines in an oasis of date palms, the fruits set out on large trays offered by Bedouins clad in traditional indigo-dyed robes.

In common with most Mediterranean diets, vegetables are plentiful and eaten at most meals in Tunisia. Fennel is a particular favorite, and I've never seen it growing as I saw it growing there—plentifully in large fields, as we might grow cabbages. Other widely used vegetables are the same types that we grow, including sweet peppers as well as hot ones, onions, tomatoes, squash (both winter and summer varieties), eggplants and potatoes, turnips, carrots, radishes, and beets. These vegetables, more so than lettuce, formed the basis of the daily salads we enjoyed, seasoned with olive oil and lemon. The same vegetables along with *barissa* also appeared in the many kinds of couscous dishes we tasted.

Though it is clearly the national seasoning, *barissa* is not the only flavoring Tunisian cooks employ: Frequently used herbs and spices include cumin, caraway, and parsley, while garlic, black and green olives, and fresh or preserved lemons are also used to vary the salad composition.

Below: In the marketplace, a local food vendor prepares couscous for sale, while at another stall, freshly caught red mullet are artfully displayed. Grains and fresh fish are dietary staples in many of the countries that border the Mediterranean Sea.





Harissa

I make this with dried New Mexico chile pods, soaked first in water. Covered with oil, which keeps out the air, *harissa* can be stored in the refrigerator for weeks. Use it to season vegetable stews and even vinaigrettes.

8 dried red New Mexico chile pods
2 garlic cloves, coarsely chopped
½ teaspoon salt
1 teaspoon ground caraway seeds
½ teaspoon ground coriander seeds
½ teaspoons ground cumin seeds
1 tablespoon olive oil plus
extra to cover

1. Wipe the chiles with a damp cloth. Break off the stems, shake out as many seeds as you can, and pull out any large membranes. Discard any gray or yellowed areas, as they may have a moldy taste. Tear or crumble the chiles into pieces, then cover with boiling water and let stand at least 30 minutes to soften (an hour if making this in a mortar). Drain.
2. In a small food processor, puree the chiles with the garlic, spices, and oil until smooth. You may need to add extra oil to loosen the mass. If using a mortar, pound the garlic with the salt, caraway, coriander, and cumin to a paste, then add the chiles and keep pounding until smooth. Taste for salt and stir in the oil.
3. Store in a clean jar with olive oil filmed over the surface. Cover and refrigerate.

Makes about 1 cup

One of the signatures of the healthful Mediterranean diet is the use of meat as a condiment or side dish rather than as the main focus of a meal. Clifford and I ate in a working-class café, sharing a delicious and satisfying lunch that consisted of a large russet potato and strips of green pepper in a lamb broth, topped with a small piece of roasted lamb. It physically represented the food pyramid: the lamb morsel on top, supported by a base of vegetables. Couscous dishes also reflect this restrained use of meat protein, with the grain festooned with legumes and vegetables, and the meat present, but in much smaller amounts than we're used to serving.

Chickpeas, a popular legume, are eaten daily in what might be thought of as the universal breakfast dish: *leblebi*. Here the chickpeas are served in a broth seasoned with *harissa*, garlic,

Harissa, a mouth-warming paste of chiles, garlic, and spices, is easily made and used to flavor a variety of Tunisian dishes. It can also be used to perk up stews or grilled vegetables.

cumin, and lemon, then augmented with all kinds of additions, from pickled turnips to chopped tomatoes to scallions to coddled eggs. *Leblebi* provides a fortifying and savory start for the day.

Perhaps what impressed me most in Tunisia was the visual presentation of food, especially salads, which were symmetrically arranged. Slices and quarters of vegetables, halved eggs, strips of anchovies, rounds of radishes, olives and cheese, were carefully set out in patterns that reminded me of tiled walls and their complex designs. The sense of the mosaic as a key visual element was carried right into the cooking, making all the food, with the bright vegetable colors, as beautiful as it was good to eat. •

For more information, see [Find It Here](#) on page 91.



Fennel Salad with Olives, Eggs, and Tuna

The salads I saw and ate in Tunisia were beautiful, often complex arrangements of vegetables and their pickled garnishes, reflecting the tiled mosaics adorning buildings. Even simple salads were dazzling and colorful. Despite the emphasis on arrangement, these salads were not rigidly fixed, but bore a feeling of ease and charm, which made them especially appealing to me.

This salad isn't authentically Tunisian, but it's inspired by the arrangements of overlapping layers of thinly sliced vegetables, including fennel. The lemon dressing is peppered with the minced fronds, and because the fennel is raw and crisp, you'll want only the most tender parts of the bulb for this salad.

You can vary this to reflect your garden and palate. Add all kinds of peppers if you have them; include tomatoes or lemon cucumbers. 'French Breakfast' radishes with their scarlet tips are beautiful, as are red onions tossed in vinegar first to make them mellow.

For the dressing:

- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 4 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 teaspoon chopped fennel greens

For the salad:

- 1 small red onion, peeled and thinly sliced in rounds
- White or rice wine vinegar, as needed
- 1 yellow bell pepper, seeded, veined, and thinly sliced
- 2 small fennel bulbs (about ½ pound total, trimmed), thinly sliced lengthwise
- 8 'French Breakfast' radishes
- 12 olives, green and black, mixed
- 2 hard-cooked eggs, quartered
- 1 small can tuna, drained
- 1 tablespoon capers

To make the dressing: In a small bowl, combine the lemon zest, juice, oil, ¼ teaspoon salt and some freshly ground pepper. Whisk vigorously until smooth and well blended. Stir in the fennel greens.

To make the salad: Toss the onion slices in a few tablespoons vinegar and set aside to marinate (turning occasionally so they color brightly) while you assemble the salad. On a large plate, arrange the pepper rings and top with the sliced fennel. Intersperse the radishes (scarlet ends facing outwards) with the olives around the edge. Arrange the hard-cooked eggs attractively in clusters of twos or threes, and mound the tuna in the center. Scatter the capers over the tuna. Drain the onions and set them around or over the salad. Spoon the dressing over all. Add a further pinch or two of salt and pepper, and serve.

Serves 4 as a first course; 2 for a salad lunch

'Medjool' Dates with Rose-Almond Paste and Tangerines

By April or May, we've already been cooking rhubarb and are looking forward to garden strawberries. However, it's also the very end of the citrus, with the sweet little 'Pixie' tangerines closing the season. Dates are still moist, too, especially the large, plump 'Medjool' from California.

3 ounces almond paste

A few drops red food coloring

1-3 teaspoons rose water, or to taste

A few tablespoons red, unsprayed rose petals from your garden, shredded

10 dates, slit lengthwise, seeds removed

Late-season tangerines, such as 'Pixie'

1. Knead the almond paste with the food coloring until it is as pink as you wish. Then work in rose water to taste, followed by the rose petals.
2. Divide the paste into 10 pieces, roll each piece into an oval, and stuff it into a date.
3. Arrange the dates on a plate, interspersed with the tangerines, and serve.



Hearty chunks of fresh vegetables steamed with chickpeas and flavored with warm spices make a nourishing and substantial meal.



Chickpea Stew with Eggplants, Tomatoes, and Peppers

Here's a place to use some different varieties of vegetables, such as 'Corno di Toro' peppers (instead of or in addition to bells), 'Ichiban' or 'Farmers' Long' eggplants, and all manner of tomatoes. Each size and type of vegetable will no doubt suggest a different way of chopping and slicing, but on the whole, keep the pieces large and attractive. Serve over couscous or bulgur, with a dab of *harissa* on each plate or stirred into the broth, to taste.

1-1½ pounds eggplant, one or more varieties
Salt and freshly ground black pepper, to taste
6 tablespoons olive oil (divided)
1 large onion, diced in 1-inch cubes
1 large yellow or red bell or other sweet, thick-fleshed pepper, cut into triangles or strips
2 zucchini, cut into rounds 1-2 inches thick
1 teaspoon paprika
½ teaspoon turmeric
2 garlic cloves, finely chopped
2 tablespoons tomato paste
1½ cups or more chunks of tomato, peeled and seeded first, any juices reserved
1 15-ounce can chickpeas, preferably organic
8 sprigs cilantro and 8 sprigs parsley, chopped
Harissa, for serving

1. Cut the eggplant into hefty chunks, choosing a shape that works with the variety you have. Sprinkle with salt and pepper and set aside for 30 minutes to release the juices. Rinse quickly and pat dry.

2. Heat 4 tablespoons of the oil in a wide skillet over high heat until hazy. Add the eggplant and stir quickly. Reduce heat to medium and cook, turning the pieces every few minutes, until golden, about 10 minutes, then turn off the heat and set aside.

3. Warm the remaining 2 tablespoons oil in a Dutch oven over medium-high heat. Add the onion, pepper pieces, and zucchini and cook until the onions are lightly browned around the edges, 8 to 10 minutes. Toward the end, add the paprika, turmeric, and garlic, taking care not to burn. Stir in the tomato paste, then moisten the pot with a few tablespoons water and scrape up the juices from the bottom. Add the tomatoes, eggplant, chickpeas, 1½ cups water (or the liquid from home-cooked or organic chickpeas), and 1 teaspoon salt. Reduce the heat to a simmer, cover, and cook for 20 minutes, stirring once or twice. Stir in the cilantro and parsley.

Serves 4 to 6

✻ **The Organic Gardening Tunisian Seed Collection.** Specially selected by Deborah Madison from the Seed Savers Exchange catalog to bring the taste of Tunisia to your garden and kitchen. Each collection contains one packet each of these five varieties: Florence fennel, 'Giant from Italy' parsley, 'Georgia Flame' chile pepper, 'Napoleon' sweet pepper, and 'French Breakfast' radish. All seed is guaranteed organic. This exclusive collection is at the special price of \$13, including shipping and handling. To order, call 563-382-5990 or visit seedsavers.org and use code 1516 (OG). Orders accepted until June 1. Sorry, but orders can only be shipped within the United States.

Below left: A woman and child rest at the entrance to the Kasbah Mosque in the seaside town of Bizerte. Founded by the Phoenicians in 1000 B.C., Bizerte is a prominent Mediterranean port and lies not far across the sea from Sicily and Sardinia. **Below right:** A bushel of silvery dried sardines in the market.





The Garden's Home-Grown Ally

One of the primary principles of organic gardening is that of working with nature, using native resources and natural cycles to increase the abundance and health properties of the plants we grow. Many organic gardeners, however, are not acquainted with the valuable natural ally that embodies that core concept: mycorrhizal fungi. (For an introduction to mycorrhizal fungi, see *Pay Dirt*, February/March 2010.)

These unique members of the soil community are key players in numerous biological processes: helping plants take up more phosphorus, accumulating carbon in the soil, and improving its clumping ability. Mycorrhizal fungi don't accomplish these processes on their own; they work in concert with plant roots through the power of symbiosis.

Many species of mycorrhizal fungus spores exist naturally in most soils. If plant roots are present when soil conditions prompt

the fungal spore to germinate, the newly developing fungal "roots" (or hyphae) link with the cell walls of the plant roots and grow into them, creating structures that allow for the transfer of nutrients between the two organisms. In this symbiosis, the plant provides the mycorrhizal fungi the sugars they need to keep growing (since fungi can't photosynthesize to make their own sugars), and the fungi provide the plants with soil nutrients, particularly phosphorus, which their hyphae can extract from the soil more efficiently than the plant roots can.

When a large, vigorous network of mycorrhizal hyphae is associated with a plant's roots, it exponentially expands the "reach" and surface area of those roots, giving the plant greater access to the nutrients the soil has to offer. This symbiosis is, of course, great for plants, because the extra nutrients can fuel better growth and increase resistance to drought and disease. There are only two instances in which mycorrhizal fungi do not provide benefits to



Cook the Healthy, Natural Way

The **Xtrema**® 10" Open Skillet brings your cooking closer to the earth. Made of 100% natural ceramic materials, **Xtrema's** ceramic cooking surface is environmentally safe and will never emit gaseous odors or leach toxic metals -at any temperature. It can't be damaged by utensils and will never peel or flake off into food. **Xtrema's** unique ceramic material locks in the food's moisture and improves the taste. **Xtrema**® - healthy cookware for healthy living.

Have you had an
Xtrema Experience?
15% OFF
Your Entire Purchase

www.ceramcor.com/organicgardening
-Enter Coupon Code og15 at Checkout



xtrema

Approved for Organic Production

Don't Panic. Go Organic.

Summit Year-Round® Spray Oil

- No dangerous chemicals
- No odor
- Kills aphids, spider mites, scale, thrips, leaf beetle larvae and more
- Use on garden plants and fruit trees right up to the day of harvest.

Mosquito Dunks®

- America's #1 biological mosquito killer
- Kills mosquitoes before they can become disease-carrying adults.
- Keeps working for 30 days in ponds, bird baths, water troughs and any standing water.
- Will not pollute water or harm animals, fish or birds.

Available at garden centers, hardware stores & other fine retailers.



Summit

...responsible solutions.

(800) 227-8664

www.summitchemical.com

© is a registered trademark of Summit Chemical Co.

PAY DIRT

These mycorrhizal “wrapping and sticking” actions create soil aggregates that form air pockets in the soil.

plants: (a) when the soil already has such ideal nutrient and moisture levels that the plants can scavenge enough on their own, or (b) when the plants are brassicas (members of the mustard family), which do not allow the mycorrhizal fungi to colonize their roots.

David D. Douds, Ph.D., a microbiologist with the USDA Agricultural Research Service (ARS), notes that different species of plants have different tendencies toward developing mycorrhizal associations. For example, he has found that leeks greatly benefit from mycorrhizal association in most years, while tomatoes and peppers are more likely to benefit when they are more nutrient- or water-stressed. Brassicas such as turnips and radishes do not form mycorrhizal associations under any conditions.

While these mycorrhizal associations can be excellent for plant growth, they also have positive impacts on the soil. Kris Nichols, Ph.D., a soil microbiologist with the USDA-ARS Northern Plains Research Station, is working to clarify the potential of mycorrhizal fungi to bind soil particles together into stable aggregates (or clumps) and increase amounts of long-lasting carbon in the soil. These benefits are derived in two ways: First, the mycorrhizal hyphae can physically wrap soil particles together, and, second, they secrete a substance, called glomalin, that is a sticky “goo” composed primarily of stable forms of carbon. These mycorrhizal “wrapping and sticking” actions create soil aggregates that form air pockets in the soil (holding air or water between the aggregates, where plant roots need them) and resist erosion, keeping organic matter and nutrients right where you want them (in the garden, rather than running off downstream).

Get the underground army of mycorrhizal fungi to work in the garden by following a few simple management practices:

- If the soil is already high in phosphorus (a simple, inexpensive soil test can answer this), do not fertilize with a phosphorus-rich amendment, because high phosphorus levels inhibit development of associations between plants and mycorrhizal fungi. Manures and manure-based composts can be high in phosphorus, so test these amendments before adding them.
- Minimize digging (especially rototilling), as it can break mycorrhizal hyphae, preventing them from colonizing new plant roots and transporting nutrients.
- Grow a diverse mix of plants in your soil for as much of the year as possible, because mycorrhizae need active plant roots in order to develop.

Some techniques to keep the mix diverse:

- Rotate crops each year (as long as there aren't too many successive brassicas). Crop rotations are vital to mycorrhizal fungus populations because, in addition to providing a continuous succession of root hosts, different crops also tend to favor different species of mycorrhizal fungi.
- Plant an overwintering cover crop. In addition to adding organic matter and retaining soil nutrients, the cover crop offers host roots for the mycorrhizal fungi to colonize and helps them proliferate in preparation for next spring's planting. A good mix of crops above ground is the best way to support a mix of beneficial fungi below ground.
- Lighten up a bit on weed control, because, surprising as this may be, weed roots can also be excellent mycorrhizal hosts.

These simple, no-cost steps help keep the soil's native population of mycorrhizal fungi healthy and diverse, harnessing yet another gift of the natural environment to create a vibrant and abundant garden.

—Christine Ziegler, research and science editor, Rodale Institute

ESPOMA

Espoma introduces a complete line of potting mixes and soil amendments that can be used for organic gardening. Each mix contains a rich blend of only the finest natural ingredients. No synthetic plant foods or chemicals are used and three are enhanced with mycorrhizae for optimum plant performance.

www.espoma.com

**MINI DRAGON TORCH KIT**

From the makers of the Weed Dragon® and Red Dragon® Torch Kits comes the New Mini Dragon. This great new torch kit is perfect for those smaller jobs around the home and garden when the power and larger flame of our other kits isn't required. The pinpoint flame is perfect for precise spot weeding and other small jobs like lighting charcoal, chimineas, campfires, and more. Mini Dragon uses standard 1 pound propane cylinders, is lightweight, easy to maneuver, and made in the U.S.A.

Find out more today by calling Flame Engineering, Inc., at 1-800-255-2469 or visit us on the web at www.WeedDragon.com

KLEAN KANTEEN™

What you put into your body matters to you. Stay hydrated with a healthy, safe, eco-friendly Klean Kanteen™, the first stainless bottle designed for personal use. Made of high-quality, 18/8 food-grade stainless steel, every Klean Kanteen™ ever made is free of BPA, phthalates, and other toxins.

www.kleankanteen.com

**ORGANIC VALLEY®**

Pour it on! Organic Valley® Live Organic Lowfat Yogurt in a 32-oz recyclable bottle in plain, vanilla, and berry. It's boosted with Thrive®, our blend of living probiotic cultures plus inulin to support immune and digestive health. Sweetened with agave nectar. Delicious from the family farm co-op.

www.organicvalley.coop/yogurt

RAINBOW LIGHT

Nutrient-rich whole food multivitamins formulated to renew, strengthen, and protect core body systems for sustained health and longevity. We round out even the healthiest of diets with organic fruits, vegetables, botanicals, and nutrients that support liver and cellular integrity for strong, vibrant health.

For more information on our products, please visit us at www.rainbowlight.com



RAINBOW LIGHT®
CERTIFIED ORGANICS.

**SHOWERWISE®**

The New & Improved Deluxe Showerwise Filtration System reduces harmful contaminants such as lead, chlorine, bacteria, and algae from shower water. Enjoy healthier, cleaner, and fresher showers today! Get relief from itchy skin and scalp, burning eyes, odor, and dull, dry hair. Effective 2-3 times longer than other shower filters.

(800) 874-9028
www.showerwise.com

ADVERTISEMENT



FOR THE
TOUGHEST
JOBS ON
PLANET EARTH®



Incredibly strong and ideal for indoor and outdoor applications. Bonds wood, stone, metal, ceramic, foam, glass and much more!

FOR THE TOUGHEST JOBS ON PLANET EARTH

GORILLA TOUGH .COM

1-800-966-3458 Made in U.S.A.

© 2013 Gorilla Glue Company

Japanese Beetle Control

Q. What can we do to control Japanese beetles?

*Paul Madeira
Worcester, Massachusetts*

A. Adult Japanese beetles feed on more than 300 different types of landscape plants, while their grubs prefer to chew on roots and organic matter, especially in the soil under lawns. Prevent damage from adult Japanese beetles by growing plants that they find unappetizing, including dogwoods, euonymus, mulberry, heuchera, foxglove, and poppies. Beginning in June, regularly scout for beetles in the early morning or evening, when they are less active. Hand-pick them off affected plants and drop them into a jar filled with soapy water. Do not use traps baited with Japanese beetle pheromones, as they tend to lure in more beetles than they catch.

Reducing the population of Japanese beetle grubs in lawns can improve the appearance of the turf, but it often does little to mitigate the damage from adult Japanese beetles, as they will fly in from neighboring yards. "The best way for organic gardeners to control grub damage is to maintain a healthy lawn," says Albrecht Koppenhöfer, Ph.D., professor of turfgrass entomology at Rutgers University. "A lawn can tolerate about 10 grubs per square foot. Also, by maintaining your grass organically, you'll most likely have higher densities of natural predators and parasites of the beetle and other turfgrass insect pests." To make your lawn less attractive to Japanese beetles, Koppenhöfer suggests reducing irrigation in July, when the adult females lay their eggs. "They like to lay eggs in moist soil, and the eggs need moisture to stay viable," explains Koppenhöfer. "If it is dry during the egg-laying period, lush irrigated lawns will draw in egg-laying females from drier surroundings. In years with normal precipitation, the females will lay their eggs wherever they like."

Biological control products, such as Grub Guard, which contain living nematodes from the genus *Heterorhabditis*, can be effective, but the soil should be kept moderately moist for one week after applying to optimize nematode activity. Products containing bacterial milky disease (also called milky spore) are another organic option, but recent research results on their effectiveness are mixed, and they are not a good choice in areas where the ground stays frozen for long periods.



Clockwise from top: Adult Japanese beetles feed on an astonishing range of plants, but they avoid poppies, foxglove, and dogwood.

Neuton® Battery-Powered Mowers... **EASIER ON YOU AND THE ENVIRONMENT.**

All you'll smell is fresh-cut grass.

The Neuton® Mower cuts your lawn just like a gas mower, but it doesn't harm the environment with spilled gas and oil or noxious exhaust.

Instead, it runs on battery power — a much cleaner alternative. The Neuton® Mower also starts instantly. It's super light-weight and very easy to handle.

The Neuton® Mower is so quiet, you can hear the birds singing while you mow. You'll never need to wear hearing protection...nor will you annoy your neighbors, no matter what time of day you mow.

So you can enjoy an easier way to mow your lawn and feel good about making our world quieter *and* cleaner.



NOW POWERED BY
DURACELL
Rechargeable



*America's leading
battery-powered mowers!*

67836X © 2010 CHP, Inc.


neuton®

**CALL TODAY FOR A
FREE DVD & CATALOG!**

TOLL FREE 1-888-213-2117
www.neutonmowers.com

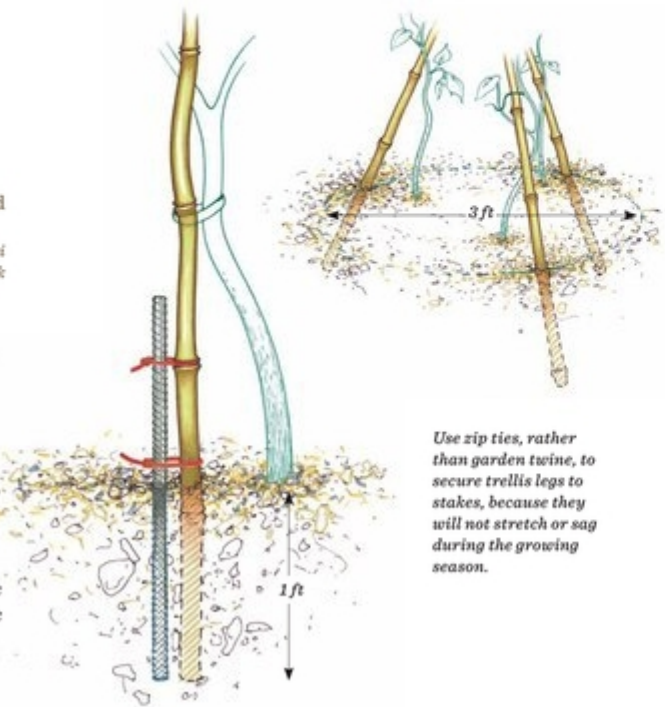
ASK ORGANIC GARDENING

Sturdy Trellises

Q. My husband built several trellises for our garden. I'm concerned they may tip over in high winds. How do you recommend I secure them?

*Karen Zielinski
Honeoye Falls, New York*

A. Start by using sturdy materials, such as 1-by-1 cedar stakes, 1-inch-diameter bamboo poles, or welded wire mesh, to construct trellises. To ensure a trellis's stability, set its legs firmly into the ground. "I make a hole that is about 1 foot deep, put the trellis leg in, and then tamp the soil back around it," explains David Kinsey, the living history farm supervisor at the Museum of the Rockies, which is located on the windswept plains near Bozeman, Montana. For extra security, place a 24-to-36-inch-long rebar stake into the soil next to each trellis leg. Use a heavy hammer to drive the stake in at least 12 inches. Attach the trellis legs to the stakes with zip ties. When building tepee-style trellises, make the base at least 3 feet in diameter. Kinsey also suggests siting delicate plants and trellises on the leeward side of buildings and taller crops. "We use corn as a windbreak and plant tomatoes on the south side of a building to protect them," he says.



Worm-Free Apples

Q. How can I protect my apples from worm damage without spraying?

*Peg Perri
West Salem, Wisconsin*

A. Placing a nylon mesh footie—one of the little socks used when trying on shoes—over developing apples effectively protects the fruit from codling-moth and apple-maggot damage. This low-tech barrier prevents these pests' larvae from tunneling into the fruit. For best results, thin fruits to two or three per cluster when they are the size of a dime. This timing provides protection from codling moths, which lay eggs in early spring, and apple maggot flies, which lay eggs in late spring and early summer. To apply the barrier, slip it loosely over the apple, being sure to cover the stem. Twist the top of the barrier (which stretches as the fruit grows) around the stem to secure it. The Seattle Tree Fruit Society (seattletreefruit.society.com) sells packages of barriers.

For more information, see Find It Here, page 91.

MICHAEL GELLEY

NOW WITH
Mycorrhizal Fungi

Results? NATURALLY



- Introduces beneficial microbial activity
- Mycorrhizal fungi for increased root development
- Mother Nature...but faster than ever.

Ask your independent garden center
for THRIVE today.



THRIVE

alphabiosystems.com | 888.265.7929

Preventing Late Blight

Q. Last year, we had a major problem with late blight in our garden. What can we do to prevent it this year?

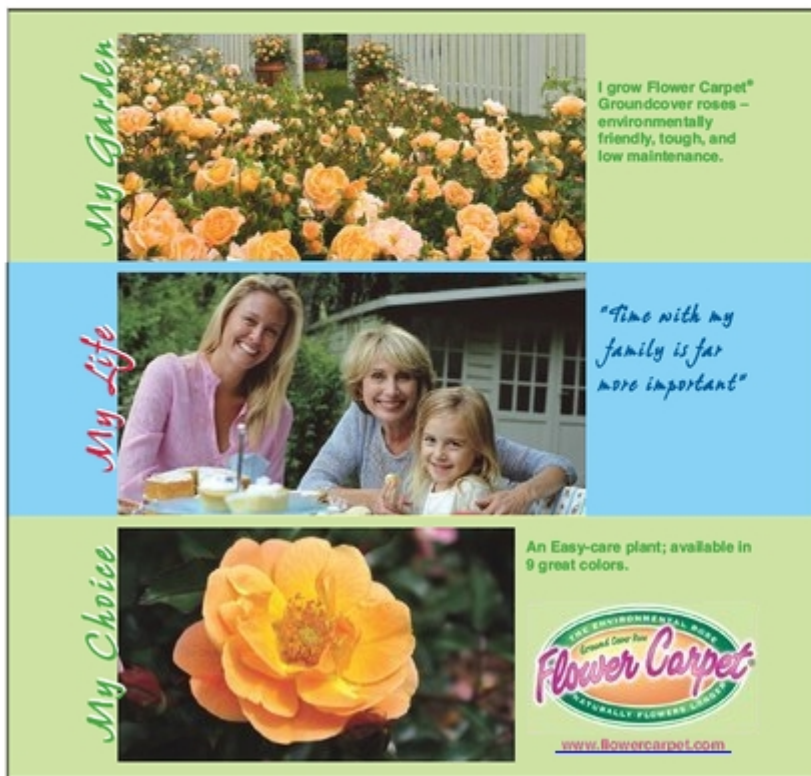
*Barbara Gall
Jefferson, Pennsylvania*

A. Late blight is a very serious fungal disease that affects the nightshade family (*Solanaceae*), including potatoes and tomatoes. Cold, wet weather and widely distributed, contaminated tomato seedlings from industrial plant operations created a perfect storm for the major outbreak of late blight that struck the eastern United States last summer.

"Late-blight spores can survive only on living tissue," says Meg McGrath, Ph.D., a plant pathologist at Cornell University who traced the 2009 outbreak. "The spores overwinter on potatoes. So the biggest threat is from infected potatoes that stayed in the ground or a compost pile." She suggests pulling up and disposing of any potato plants that sprout from tubers planted last year, buying certified disease-free seed potatoes, and carefully inspecting tomato seedlings for signs of blight. "Do not buy ones with brown spots on their leaves or stems," cautions McGrath.

As the summer progresses, look for late-blight symptoms: dark brown lesions on stems and leaves; white fungal growth on lesions, particularly on the undersides of leaves; and brown, watery pockets of rot on fruit. "Immediately remove and dispose of any diseased plant materials," says McGrath. "Be persistent and pull out the whole plant if the disease progresses." Most important, tell your neighbors that you have a problem with late blight and send a sample to your local extension office. "This is a disease that quickly impacts entire communities, so it's important that people report outbreaks," McGrath says. Learn more at her website, hort.cornell.edu/lateblight.

Ask Organic Gardening is edited by Willi Evans Galloway. Have a question for our experts? See "How to Reach Us" on page 12.



My Garden


I grow Flower Carpet® Groundcover roses – environmentally friendly, tough, and low maintenance.

My Life

"Time with my family is far more important"

My Choice

An Easy-care plant; available in 9 great colors.



www.flowercarpet.com

Grow It Yourself....Grow it With Mantis



Mantis
We Make Gardening Easier®

Mantis Tillers are lightweight and so easy to maneuver in tight rows, raised beds, and along fences. We've been making gardening easier for over 30 years. Millions of satisfied customers agree... you simply cannot buy a better tool for your garden, or buy one with more confidence.

Tiller models include the original 2-Cycle, a fuel-efficient 4-Cycle, and a clean, instant-start Electric.

One-year money-back guarantee, tines guaranteed for LIFE against breakage, and a 5-year consumer warranty!


LIGHTWEIGHT * POWERFUL * COMPACT * EASY TO USE

The Mantis Promise

Try any product that you buy directly from Mantis with **NO RISK!** If you're not completely satisfied, send it back to us within one year for a complete, no-hassle refund.

1.800.366.6268
www.mantis.com/og

© 2010 Schiller Grounds Care Inc.

 1026 Street Road, Dept MT10008
Southampton, PA 18966

YES! Please rush me a FREE DVD and information on MantisTiller/Cultivators and your ONE-YEAR NO-RISK TRIAL. Tell me about all the special offers now in effect.

Name _____

Address _____

City _____ State _____ Zip _____

Email _____



New York Restoration Project's
NYC grows

presented by **ORGANIC Gardening**

Sunday, April 25, 2010 • 10 am to 4 pm
Union Square – New York City • Free to the Public



in partnership with:



National Gardening
Association



City of New York
Parks & Recreation



Union Square
Partnership

Experience New York City's gardening event of the season — NYC Grows! Spend the day learning about innovations in gardening, urban farming, organic cooking and sustainable living at this outdoor, family-friendly festival celebrating all things green in the Big Apple.

- Gardening and tree-planting workshops
- Organic cooking demonstrations
- Greenmarket with locally grown produce
- Eco-friendly products
- Hands-on urban farming activities
- Interactive demonstrations
- Free giveaways
- Live musical performances

For more information, visit www.nyrp.org/nycgrows

Enter your favorite recipe in the

**ORGANIC
Gardening**

Holiday Recipe Contest

Holiday celebrations bring families and friends together to create memorable moments of fun and warmth, and are also occasions to share good food, lovingly prepared. At *Organic Gardening* we share your pleasure in serving up healthy meals prepared with fresh, wholesome ingredients and invite you to enter our 2010 Holiday Recipe Contest by sending us your favorite holiday recipes.

Call for Recipes

We invite you to submit your recipes for entrees, side dishes and desserts that incorporate fresh food from your garden or farmers market and have become an integral part of your family's holiday meal traditions. We will select three winning recipes to be profiled in our December 2010/January 2011 issue.



TO ENTER

To enter, please email your recipe and a .jpg photo to holidayrecipecontest@rodale.com. Recipes must be original and previously unpublished. Limit 1 entry per person. Winning recipes will be judged on originality, taste, ease of preparation, presentation, and use of at least one of the following sponsor products:



GRAND PRIZE

An all-expenses paid trip to the fabulous Rancho La Puerta resort, profiled in our February/March issue. This trip for two will include airfare, accommodations, meals, access to fitness classes and facilities, unlimited spa services, and a cooking class for two.



1ST PRIZE

A chef's package including a 10-piece Wusthof Classic Ikon Block set and a collection of Rodale cookbooks valued at \$750.

WÜSTHOF

2ND PRIZE

Anolon Ultra Clad 10-piece cookware set and a collection of Rodale cookbooks, valued at \$500.



ANOLON
ULTRA CLAD

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. Void Where Prohibited. Contest begins at 12:00 AM ET on 3/1/10 and ends at 11:59 PM ET on 7/3/10. Contest open to legal residents of 49 United States & DC (EXCLUDING RESIDENTS OF AZ), & Canada (EXCLUDING RESIDENTS OF PROVINCE OF QUEBEC) who are over 18. Winning recipes will be selected based on originality, taste, ease of preparation, presentation, most original recipe submission and use of at least one sponsor(s) product. Limit one (1) entry per person. At least one dinner, one side dish and one dessert recipe will be selected as winners. Rodale Inc., 33 East Minor Street, Emmaus, PA 18098-0099, is the operator of the Contest. Visit www.organicgardening.com/readerecipecontest for a complete set of official rules.

source

TOOTHBRUSH

Don't throw away a whole toothbrush!

Just replace the bristles and save the beautiful handle. The new RADIUS Source toothbrush only consumes 7% of the material a normal toothbrush uses

right hand shown, head reverses for left hand

old dollar bills

handle of recycled US dollar bills and recycled plastic

FREE SAMPLE OFFER
details below

The Natural Choice for a natural smile

available at fine natural products stores and at:

WHOLE FOODS MARKET

RADIUS

For FREE SOURCE Toothbrush (soft or medium) send \$4.95 Shipping/Handling and e-mail address with this ad to: RADIUS Toothbrush, 207 Railroad St. Kutztown, PA 19530 : 800 626 6223 Offer available only in USA, one per household. Please allow 4 to 8 weeks for delivery - effective till 06.30.2010/0G7

radiustoothbrush.com

GOOD BUG, BAD BUG



Peel away the top layer of a damaged leaf to find the larvae. Below: a spinach leafminer tunnel.

Spinach Leafminer

Pegomya hyoscyami

Spinach leafminers appear in spring, like young robins or daffodils, but nowhere near as welcome. The fly emerges, mates, and lays eggs on the underside of a leaf. Larvae hatch from the eggs, burrow between the leaf layers, and begin to eat, etching a serpentine path of destruction. Eventually the larvae drop to the soil, pupate, and produce the next of up to four generations, each of which lasts about 3 weeks. The leafminers' telltale trails can appear in the leaves of everything from tomatoes to ornamentals, but pose a real threat only to cool-season greens such as spinach and chard.

The first step in controlling these pests is monitoring. "Look for a small fly, more delicate than a housefly but larger than a gnat," says entomologist Ruth Hazzard. "Check for tiny rows of little white eggs on the undersides of leaves." Rub them off by hand. If you notice trails, immediately remove and trash—but don't compost—affected leaves.

Additional control tactics:

- Exclude adult flies by using row covers.

- Encourage parasitic wasps by planting nectar- and pollen-rich flowers with small, shallow blooms, such as dill and yarrow.
- Cultivate the soil in fall to disturb pupae.
- Control weeds such as lamb's-quarter and dock that are known to be leafminer hosts.
- Rotate spinach, chard, and beet crops.
- Use a neem-based spray in severe cases. Neem acts as a repellent and also slows the leafminers' ability to feed, interrupting the cycle. —Robin Chotzinoff





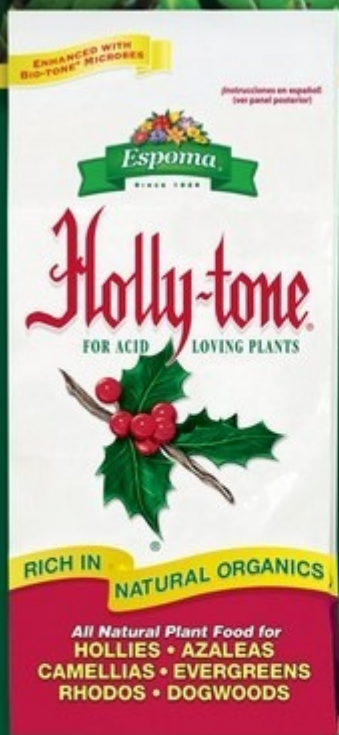
Espoma[®]

SINCE 1929

FEED SHRUBS NATURALLY

AZALEAS • CAMELLIA • RHODODENDRON • EVERGREENS

For over 60 years Holly-tone[®] has been the # 1 choice for feeding acid-loving plants. It contains the finest natural ingredients available and will provide your shrubs with oceans of blooms and deep, evergreen color.



www.espoma.com

Big Rewards of Small Livestock

The benefits of tending a mini herd can outweigh the effort and expense.

If you are considering the purchase of any kind of small livestock, you must realize that to most experienced hobby farmers and acreage putterers these animals are, first and foremost, living lawn ornaments. Small livestock do fulfill some more prosaic purposes—you can eat, shear, or milk them—but economies of scale scotch any thoughts of profit motive. This is not venture-capital territory. But if you want to spin the wool from your llamas, giggle as your fainting goats fall over, marvel as poodle-sized spring lambs perform multiple triple salchows, or hear your miniature donkey call you at lunchtime, you will be rewarded in your purchase.

These little critters will come to like you as much as you like them. (Well, most of them, anyway. There are some adorable-looking beasts that turn out to have personalities just like your ex-boss.) If you have children, caring for these “pets” teaches responsibility and reward in a way that cleaning the cat box never will. And barnyard babies? Some of us would say they are more fun than people babies, and they drool much less.

More pluses: Small livestock mow grass so that you don't have to (saving time, fuel, and the environment). Most small livestock actually improve pasture, whereas horses and cattle degrade it. And they provide manure—black gold to us gardeners. Llamas are so accommodating they poop in the same place every time, making it easy to collect.

But on the downside:

- They are expensive. You must build strong fences, not just to keep your animals in but also to keep coyotes and other predators—even the neighbor's dogs—out. Your crew will need to eat, so you'll be carving out time to zip to the feed store for feed, hay, and straw. (You already bought a truck, didn't you? Or are you going to pay extra to have this stuff delivered?) The vet must be paid, for even the greenest herd requires vaccines for things like tetanus. Summer coats need to be sheared,



hooves trimmed. Other necessary supplies: stock tanks, heat lamps, water heaters.

- They can be too much of a good thing. I raised sheep for quite a while, because my wife and I love lamb, which as you know can be expensive.

But after a few trips to the locker (a small-time, rural, custom-processing plant—and another expense), we decided that our pricey breed didn't actually taste as good as most restaurant cuts. Also, one lamb pretty much filled up both freezers of our kitchen and basement fridges. And we ended up with many, many cuts we wouldn't ordinarily have chosen. (How much lamb-burger can one man stand?)

- There aren't that many like-minded people. Which is to say, you may jump at the chance to lay out \$150 for a registered whiteface ewe or \$400 for a llama that performs no reasonable function, but how many other folks within driving

Despite their reputation for laserlike spitting, a well-raised llama is calm, gentle, and, if you are lucky, lovable.

Not all rewards can be counted in folding green.

STUMP REMOVAL FAST & EASY!

NEW!

Eliminate Landscape Eyesores with a DR® STUMP GRINDER!

The DR® STUMP GRINDER uses carbide-tipped cutting teeth, spinning at over 400 "bites" per second, to pulverize stumps into a pile of woodchips. Quickly and easily, you can grind any size tree stump below ground level. Gone forever!

- **MAKE STUMPS DISAPPEAR!**
- **EXPAND LAWN AREAS!**
- **OPEN UP FIELDS & MEADOWS!**
- **BLAZE NEW TRAILS!**
- **REMOVE MOWING HAZARDS!**



6 MONTH HANDS-ON TRIAL



CALL TODAY for a FREE DVD & Catalog!

TOLL FREE **1-888-206-5614**

www.DRstumpgrinder.com

67841X © 2010



MADE IN THE USA

HAULS LIKE A DUMP TRUCK

**YET IT HANDLES
WITH EASE!**



Try out the DR® POWERWAGON – the heavy-duty, easy-handling, self-propelled hauler for your yard, barn, woodlot or garden – for a whole year!

HAUL up to 800 lbs...up or down hills, over rough, even soft, wet ground!

UNLOAD it like a dump truck without tedious hand labor (optional powered dumping available).

ENJOY the easy handling of 4 speeds, Power Reverse, Electric-Starting, and Zero-Radius Turning!

6 MONTH HANDS-ON TRIAL

67841X © 2010



Call Now for a FREE DVD & Catalog!

TOLL FREE **1-888-206-5614**

www.DRpowerwagon.com

WORLD'S 1ST SELF-FEEDING CHIPPERS FOR HOMEOWNERS!



6 MONTH HANDS-ON TRIAL

Just load a DR® RAPID-FEED™ CHIPPER, step back, and watch it chip branches up to 5½" thick!

SELF-FEEDING saves time and energy. Most branches can be dropped into the hopper and will self-feed, instead of you having to force-feed them.

HARNES YOUR TRACTOR'S POWER!
The 3-Point Hitch DR® CHIPPER transforms up to 65 HP of tractor power into raw chipping power!

NO TRACTOR? NO PROBLEM! Self-Powered Models with engines up to 18 HP available! ▶



67841X © 2010



Call Now for a FREE DVD & Catalog!

TOLL FREE **1-888-206-5614**

www.DRchipper.com

EARTH MATTERS

Covering its nostrils, I gave it a lip lock and breathed slowly and determinedly into its mouth.

distance would do the same? Bottom line: You will have trouble selling offspring. And this time of year, you may be swimming in offspring.

• Winter. Do you really want to go out to the barn in nasty weather? Come springtime, would you be willing to spend the night out there helping frightened moms give birth?

All that said, why would any rational person in these economically troubled times go through all this?

First, because you can. Isn't that why you got a little patch of land in the first place?

And second, not all rewards are counted in folding green.

When our first llama gave birth, it was out in the pasture on a fairly chilly, but not freezing, afternoon. To reprise a line from my favorite Jesse James movie, "Ain't that a wonderment?" As I checked on the progress of our baby cria (yes, you will learn a new vocabulary as well) throughout the afternoon, it seemed to be faltering. And, with a look of finality, it eventually went down.

So there I was, kneeling in the middle of the pasture as the sun was going down, with a limp llama in my lap, its eyes fixed

and closing. So I did what anybody else would have done in this kind of situation. I did what you would do. I improvised. I gave it mouth-to-mouth resuscitation.

Covering its nostrils, I gave it a lip lock and breathed slowly and determinedly into its mouth. I don't even know how to give mouth-to-mouth to a person, and there I was attempting it on livestock! And you know: It worked. The little guy quickly revived, at least enough to give us time to call the vet to meet us at his office, even though by now it was dark and after hours. The vet showed me how to "tube" my little friend, sticking a long flexible straw down its throat and pumping nourishment into its stomach. I was also told to keep the baby warm and dry all night, using a hair dryer on occasion. So the two of us spent the night on the floor of our laundry room, and neither of us got much sleep. But by morning, it had four on the floor and was ready to be returned to the barn and its mom.

Made me feel pretty dang good about the whole thing. That was the ultimate reward. But I had llama breath for a week.

—Craig Summers Black

BOOST YOUR BODY'S IMMUNE SYSTEM

Liberate all the flavor and nutrients in whole foods.



THERE'S NO EASIER WAY TO TRIPLE THE IMMUNE-BOOSTING BENEFITS OF HEALTHY, WHOLE FOODS THAN WITH A VITAMIX MACHINE!

The Vitamix® 5200 has been specifically engineered to unlock nutrients by breaking down the cell walls of fresh whole foods, vastly improving the bioavailability of vitamins and minerals. Your teeth are simply no match for the laser-cut stainless steel blades and massive power of a Vitamix. Now even nutritionally supercharged peels, pulp and seeds can be blended into delicious smoothies, hot soups, frozen desserts and other dishes your family will really enjoy.

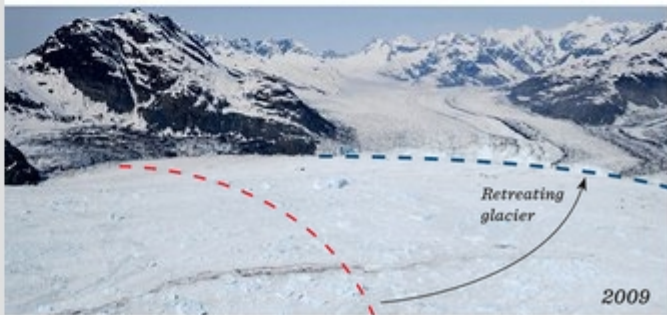
GET INSPIRED! DOWNLOAD YOUR FREE GREEN SMOOTHIE RECIPE BOOK TODAY!
JUST VISIT VITAMIX.COM/ORGANICGARDENING/4

CALL FOR A NO-RISK IN-HOME TRIAL & GET UP TO 5 FREE GIFTS!
USE PROMO CODE 04-0217-0314

1-800-VITAMIX
(848-2649)



 **Vitamix.**
PLUG INTO THE MOVEMENT.



Extreme Ice Melt

Melting polar ice caps. Vanishing glaciers. Shrinking icebergs. The problems of remote Arctic lands are hard to grasp and even harder to quantify, especially when tangible issues like job loss and an unstable economy swirl outside our own windows. Enter the Extreme Ice Survey (extremiceice.org)—a study designed to provide visual documentation of the world's fading glaciers. Using stunning time-lapse photography, noted nature photographer James Balog and a team of scientists, photographers, and explorers have been taking thousands of images in more than 15 locations across the globe to create a fuller picture of landscapes that are on the brink of disappearing.

"In the world of the Arctic environments, climate change is real and it is present," says Balog. "The changes are happening. They're visible. They're photographable. They're measurable."

Some of the team's most compelling photos come from Alaska's vast Columbia glacier. In less than 4 years, it retreated more than 2 miles, leaving the surface of Prince William Sound covered with floating ice (see bottom photo at left). Over the next 2 decades, this glacier is projected to retreat more than 9 miles—an astonishing loss that the Extreme Ice Survey is capturing in all its terrible glory. —Amanda Kimble-Evans

join the **Marcal** movement



HELP TIM SAVE

,000,000

TREES

100% of our Small Steps® products are made from 100% premium recycled paper, not trees. Since 1950, our small company has been helping families take a small step towards making a big difference... with affordable products that are good for you, and good for the earth! Thank you for helping us reach our goal of saving 1,000,000 trees this year!
www.marcalssmallsteps.com



Tim Spring
Marcal CEO
Avid Hiker/Conservationist

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



The perfect tool for the home-owner who wants to recycle for a cleaner, greener environment!

**THE CHOICE OF
ORGANIC
GARDENERS FOR
OVER 60 YEARS.**



Mack **Kissic** **INC**

P.O. Box 111
Parker Ford PA 19457-0111
Phone: 800-348-1117
Fax: 610-495-5951
Web: www.mackkissic.com



EARTH MATTERS



**Old Medicine,
Modern
Treatment**

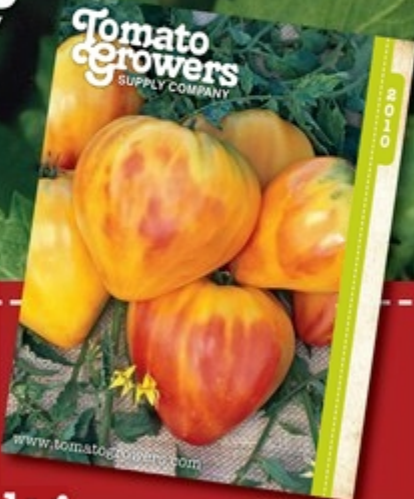
Korean scientists testing the antifungal properties of pumpkin rind—a common ingredient used in a variety of traditional medicines to treat everything from diabetes to microbial infections—found that folk wisdom is often rooted in truth. It turns out that the pumpkin-rind protein, Pr-2, is effective at suppressing the growth of fungi responsible for yeast infections in infants and adults, wine-grape blight, tomato and potato diseases, and fusarium wilt. “The protein exhibits growth inhibition against 10 species of harmful pathogenic fungi,” said Kyung-soo Hahm, endowed professor of medicine at Chosun University.

The researchers see a strong potential for both the pharmaceutical and agricultural industries to produce new natural alternatives to chemical-based antifungal medicines and sprays. But, they caution, more research still needs to be done on exactly how to turn the protein into a viable commercial formulation. Until then, the field is wide open for enterprising lay researchers to see if a low-tech pumpkin product might work wonders on the home garden. —A.K.E.

the best selection of tomato, pepper, and eggplant seeds

**Tomato
growers**
SUPPLY COMPANY

large quantity
pricing also
available



phone:
888-478-7333

fax:
888-768-3476

web:
www.tomatogrowers.com

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

FREE 2010 Catalog

Spring is for Breaking Ground



Gardening requires perseverance and elbow grease. Lighten the load with our wide range of efficient and versatile groundbreaking tools for preparing your garden beds. These excellent tools are made of high-quality materials for maximum strength and durability, and should give you years of service. We offer a variety of short-handled and long-handled spades, forks and cultivators because we know that using the right tool makes any job easier – easier on your joints and muscles, as well as on your plants.

1. 46" Spork PG130 \$65.00
2. Garden Weasel® PG322 \$24.95
3. 40" Clarrington Forge Border Spade PG334 \$55.00
4. DeWit™ Cultivator PG136 \$12.50
5. DeWit™ Soil Scraper PG135 \$12.50
6. DeWit™ V-Groove Pick PG137 \$12.50 (Set of 3 DeWit™ Dutch Hand Tools PG138 \$33.50)
7. Perennial Spade PG400 \$59.50
8. Perennial Fork PG398 \$59.50 (Perennial Fork & Spade Set PG396 \$109.00)
9. 18" San-Kaku Hoe PA319 \$33.50
10. Hand Spork PG132 \$37.50
11. 13" Forged Half Moon Hoe PG603 \$44.50
12. Brass Hose Nozzle AL902 \$9.50
13. Lifetime Hose (5/8" x 50') XB101 \$34.00
14. Haws Slim Metal Can (5L/1.3G) XB912 \$63.00
15. Work Gloves (women's M) AH922 \$21.00



To order these products, call or visit us online. You can request a copy of our 172-page garden tools catalog or browse it online. 1-800-683-8170 www.leevalley.com



WE LIKE THIS!



Garden Gloves

The right pair of gloves does more than keep a gardener from getting a “dirt manicure”; it also reduces the chance of developing blisters and protects skin from the sun and insect bites. No glove suits every gardening need; gardeners inevitably amass a “wardrobe,” yet usually return to the comfiest pair. All our favorites are machine-washable.
—Abby Poulette

1. West County Work Gloves

Our favorite feature of these multipurpose gloves is the terry cloth brow wipe built into the back of the thumb.

BEST FOR: Most tasks.
\$20, westcountygardener.com

2. Bionic Rose Gardening Gloves

Ultraprotective gloves designed by an orthopedic hand surgeon.

BEST FOR: Handling roses, pruning thorny or prickly plants, and protecting the forearms of those with sensitive skin.
\$30, bionicrose.com

3. Simply Mud Gloves

The lightweight nitrile coating protects hands from moisture while offering a secure grip. The breathable back keeps hands from getting clammy.

BEST FOR: Gardening in muddy, wet conditions.
\$6, littlesgoodgloves.com



extra

The Body Shop Hemp Hand Protector Cream

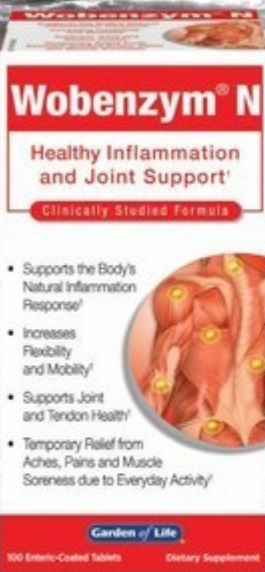
Gardeners who prefer to work sans gloves know how soil wicks moisture from the skin. The fatty acids in this heavy cream form a barrier to keep moisture in. \$10 for 1 ounce, thebodyshop-usa.com For more information, see *Find It Here*, page 91.

Escape the Everyday...

Every day, aches and pains can get in the way of living life to the fullest—from living life on your terms.

Wobenzym® N is the natural choice for joint and tendon health, increased flexibility and mobility, as well as temporary relief from the aches, pains and muscle soreness due to everyday activities.[†]

Trusted by millions worldwide, and backed by decades of human clinical research, **Wobenzym N** can help you escape the everyday, leaving you free to experience the extraordinary health—and life—you deserve.[†]



GNC LiveWell.



Garden of Life

Empowering Extraordinary Health

www.gardenoflife.com/wobenzym

Available at These Fine Retailers and Your Local Independent Health Retailer

[†]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.

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

WE LIKE THIS!

Find Your Fit

Choosing a glove that fits well not only keeps your hand comfortable but also extends the life of the glove and reduces wear in the fingertips, usually the first place to wear out. Two tips for getting a perfect fit:

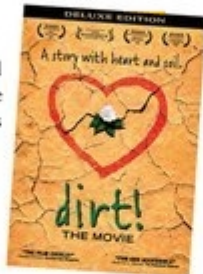
- Glove sizes vary depending on the brand. Using a tape measure, determine your size by measuring the circumference of the palm of your dominant hand at its widest point. Exclude the thumb. The number in inches is your glove size. Compare it against the sizing chart for the brand you want to buy.
- Choose a glove made specifically for your gender: Women have narrow hands and long fingers (and fingernails), and men tend to have wider hands and shorter fingers.

The Dirt on Dirt

Dirt! The Movie, inspired by William Bryant Logan's book *Dirt: The Ecstatic Skin of the Earth*, premieres on PBS's

Independent Lens

this April. The documentary explores this unappreciated and finite resource, and the myriad ways it sustains us even as we take it for granted. The filmmakers traveled the world interviewing the passionate visionaries working to save the planet's life force. By the end of the hour, you'll have new respect for the life that lies beneath our feet. Watch the premiere of *Dirt! The Movie* Tuesday, April 20, at 10 P.M. on PBS. Check local listings. —Katie Walker



The Hummingbird Annual Collection

Plenty of pink, coral, and red shades in this customer favorite catch the attention of hungry hummingbirds and draw them to Fuchsia 'Billy Green' for a sweet reward. We also include long-blooming Begonia Dragon Wing™ Pink, Coleus 'Strawberry Drop' and 'Sedona', plus Sweet Potato 'Margarita'. Visit our Web site to watch the video, "How to Plant the Hummingbird Annual Collection." Order online or call us at 1-800-503-9624 and request item S87119, 6 plants for \$44.95 plus shipping.

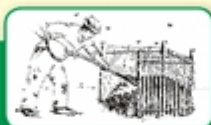
For a choice selection of other pre-planned designs as well as ideas and inspiration, browse our colorful, informative catalogue online or request a FREE copy. You'll find over 1,500 plants and gardening accessories, from perennials, annuals, shrubs, bulbs, houseplants, fruits and vegetables, to gifts for every occasion, with 300 new items for spring 2010. Success is guaranteed. Please mention Source Code SS912. We look forward to serving you.

whiteflowerfarm.com

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

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

ComposTumbler®

1834 Freedom Rd., Dept. 110410C, 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!**

© 2010 PBM Group



Staying Sharp

Dull pruners, loppers, and shears do more harm than good. Blunt blades can crush, bruise, and tear plant tissue, making it more vulnerable to disease. Sharp tools, on the other hand, work quickly and efficiently with less effort.

1. Wash the blade in soapy water to remove sap and grime. Wipe dry and then buff off any rust with medium-coarse steel wool.
2. Open the pruners wide with the beveled edge of the cutting blade facing you.

For added safety, secure the pruners in a bench vise. Protect your hands and eyes by wearing gloves and goggles.

3. Position a medium (or coarse, if the shears are badly dulled) diamond hand file against the blade at the same angle as the bevel. With one smooth stroke, draw the file along the contour of the blade and toward its tip. Use moderate pressure and keep the file at the same angle throughout the stroke. Always file away from your body. Continue until a sharp edge forms—typically 10 to 20 strokes, depend-

ing on the condition of the blade. Whether working on bypass or anvil-style pruners or loppers, sharpen only the beveled cutting blade. Finish with a few strokes of a fine file to refine the edge.

4. Turn the pruners over and slide the fine file over the flat side of the blade a few times to remove any burrs.
5. Wipe linseed oil over the sharpened blade to condition the metal and prevent rust. Use a soft cloth coated in oil to thoroughly clean the pruners after each use. —Willi Evans Galloway

options

A few swipes with a fine file (a) may be sufficient for a quick touch-up of pruning shears. With one hand, hold the shears flat against a work surface; position the file at the same angle as the cutting edge's bevel. Even simpler: An inexpensive scissors sharpener (b) hones the blade in seconds while a built-in guard shields fingers.



Enjoy your best garden ever
— without breaking a sweat.



DR® ROTO-HOG™ POWER TILLER

Perfect for preparing vegetable gardens of any size, landscaping projects, and food plots.

FAR FASTER & EASIER to use than hard-to-handle, walk-behind tillers.

TILL A 3-FOOT SWATH with each pass — twice the width of most walk-behind tillers!

CREATE PERFECT SEEDBEDS with the smooth and deep-tilling action of 24 steel bolo tines.

The DR® ROTO-HOG™ Power Tiller does all the work of breaking and loosening hardpacked soil without the strain and struggle that comes with walk-behind tillers.

Because you tow it, 100% of the machine's power goes directly to the tines. As the tines spin, they chop and churn tough soil into a soft, loose mix that's ideal for planting. In record time a 3-foot wide path is tilled to perfection. And it happens fast and effortlessly, while you ride in comfort.



For smaller jobs...

The new DR® ROTO-HOG™ Mini Tiller is perfect for tight spots, inbetween rows, and raised beds. Slices through hard sod, compacted soil, and weeds.

- **EASY** turn-key electric-start. No pull-starting!
- **TWICE** the power of other mini tillers!



CALL TODAY! Get a FREE DVD and Catalog

with complete details including model specifications, low, factory-direct prices and our 6-Month Hands-On Trial offer!

TOLL FREE 1-888-206-5614

www.DRrototiller.com



67837X © 2010 CHP, Inc.

Weed Dragon®

FUN, EASY, CHEMICAL FREE WEED KILLING & MORE!

Flaming with a Weed Dragon® Propane Torch Kit is safe & proven effective. Just a split second of the intense heat is all it takes to kill weeds. Perfect for weeding driveways, sidewalks, patios, gardens, along fence rows, around hardwood trees, lawn edges, and much more. Also great for lots of other jobs all year long. Comes fully assembled and connects to any refillable propane cylinder. A gas grill cylinder works great!



- Fully Assembled
- CSA Certified
- Made in USA
- 100,000 BTU

• Flame Weeds

• Melt Snow & Ice

• Burn Brush & Stumps

• Start Camp Fires • Thaw Frozen Pipes

• Sterilize Confinement Areas and MORE!

We also manufacture many other models of torch kits including the brand new Mini Dragon shown here.

Mini Dragon is great for spot weeding and smaller jobs and uses standard 1 lb. cylinders. It's a great addition to your weeding arsenal. Regardless of your needs we have a torch kit that 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

"No set up, no chemicals. Just light and go. Now after all these years, I'm ahead of my weed problems, especially in sidewalk and curb cracks. Well worth the money. No more spraying for me!" M.G. - Paulsboro, NJ

FIND OUT MORE TODAY! **1-800-255-2469**
www.WeedDragon.com

Manufactured in the U.S.A. by:
FLAME ENGINEERING, INC. • PO Box 577 • LaCrosse, KS 67648

SKILLS & ABILITIES



How to Repot a Succulent

Slow-growing succulents handle being potbound better than most houseplants, but they grow best when their roots have more room. Debra Lee Baldwin, author of the new book *Succulent Container Gardens* (Timber Press, 2010), offers advice on repotting these easy-care plants.

1. Slide the plant from its pot, making sure to support the plant and rootball with one hand. If the plant does not slip out easily, invert the pot and tap the rim on the edge of a hard surface while cradling the crown of the plant.
2. Gently tease the tangled mass of roots apart, scratching away some of the old potting soil and checking for insect pests like mealybugs as you go.
3. Choose a pot that is 1 or 2 inches wider than the original.

Put a piece of window screen over the drainage hole to prevent soil from washing out.

4. Fill the pot halfway with fresh soil, using either a half-and-half mix of regular potting soil and crushed pumice or a specialized cactus potting mix. Position the plant in the center of the container with the crown 1 inch below the rim, spreading its roots over the fresh soil. Add more soil, gently tamping it into place. Water the plant in well.
5. Spread ¼ inch of sand over the soil surface, then add a decorative topdressing of crushed rock, pea gravel, or tumbled glass.
6. The gravel topdressing prevents soil from splashing out of this variegated agave's pot during watering and adds a finished look. —W.E.G.

What's a Succulent?

Succulents are plants that have adapted to climates with limited rainfall by storing water in their leaves. They are recognizable by their plump, fleshy leaves that have waxy or fuzzy surfaces. Succulents' ability to withstand heat and drought makes them good candidates for arid-climate landscapes, hot spots next to pavement, and pots and planters in sunny exposures, indoors or out. The group includes familiar garden plants such as sedums, hens and chicks, and cacti.



MasterGardening.com

Visit us online to take advantage of great spring deals!

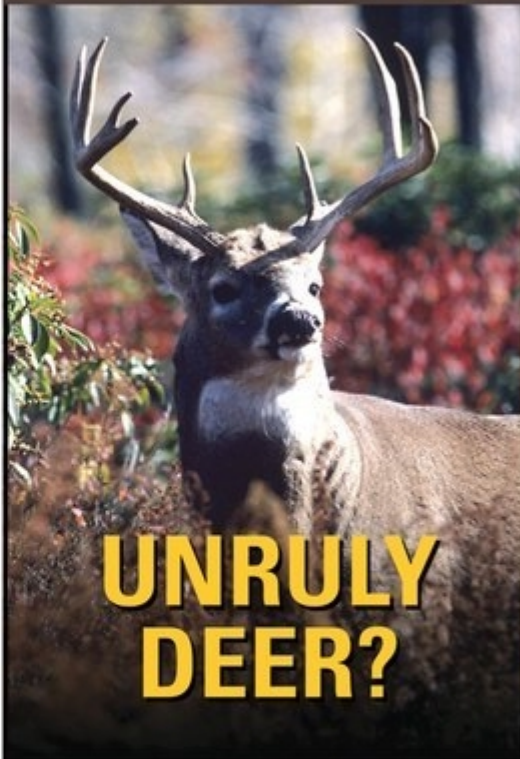
Don't miss our 2010 Spring Collection on sale now!

Free shipping over \$100

1.888.422.3337



www.mastergardening.com



**UNRULY
DEER?**

DEER BUSTERS
THE MOST TRUSTED  RESOURCE FOR DEER FENCING

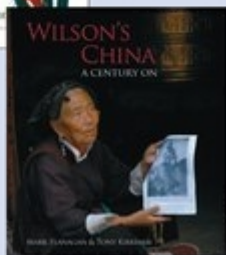
**CONTROL DEER WITH THE
HIGHEST QUALITY DEER FENCE.**

- Over 25 Years Expertise
- Maximum Strength Poly Deer Fence
- FREE Shipping on orders over \$100
- FREE Samples

1.888.422.3337

www.deerbusters.com

From the Royal Botanic Gardens, Kew



Wilson's China

A Century On

MARK FLANAGAN and TONY KIRKHAM

In *Wilson's China*, Mark Flanagan and Tony Kirkham present contemporary photos side-by-side with photographs of the same sites taken by Edwardian botanist Ernest Wilson. The comparison offers fascinating insight into the widespread change—and remarkable continuity—in China over the past century.

Cloth \$46.00

The Art of Plant Evolution

W. JOHN KRESS and SHIRLEY SHERWOOD

The Art of Plant Evolution combines gorgeous botanic paintings, reproduced in full color, with the latest scientific information about plants. It is sure to enchant inquisitive gardeners.

Paper \$41.00

Heather Angel's Wild Kew

HEATHER ANGEL

Wildlife photographer Heather Angel spent an entire year photographing Kew Gardens, focusing not on the familiar flowers and trees but on the remarkable array of animals that make their homes in the gardens.

Paper \$16.50

Kew PLANTS PEOPLE
POSSIBILITIES

Distributed by
the University of Chicago Press
www.press.uchicago.edu

SKILLS & ABILITIES

Taking Succulent Cuttings

Succulents, including jade plant (shown) and kalanchoe, root easily from cuttings.

1. Use a knife or pruning shears to cut a 4-to-6-inch stem just below a node—the swollen area where leaves adjoin the stem. Stems of either new or old growth can be rooted.
2. Remove any leaves from the lower half

of the stem. Allow the cutting to air-dry for a few days, during which time a callus will form over the raw cut.

3. Put the cutting into a pot filled with damp, coarse potting mix. Don't worry if the leaves shrivel—they will plump back up as roots form. —W.E.G.



Scratch and Sow

Most seeds need only to be placed in warm, moist soil to leap into growth. Others, due to hard seed coats, are slower to break dormancy. A technique called scarification improves the germination rates of seeds with water-resistant seed coats.

In nature, weather, gritty soil, and even acid in the digestive tracts of animals abrade the seed, letting moisture in to spark germination. Gardeners can mimic this process at home by scratching the seed coat, which allows water to permeate the seed and prompts germination.

Method: Scuff individual seeds by dragging them across a sheet of medium-grit sandpaper. Avoid making deep scratches that expose the underlying, lighter-colored embryo, and prevent damaging the seeds' growth points by sanding only their sides. Scarify large amounts of seeds by placing



them in a jar with coarse sand and shaking vigorously until the seed coats are dull and scratched. Sow scarified seeds immediately.

Works for: Morning glory, moonflower, castor bean, New Zealand spinach. —W.E.G.

Find instructions for two more seed pretreatments at OrganicGardening.com/pretreatments.

SAVE When You Grow A Zoysia Lawn From Plugs!

From Plugs



To A Fabulous Lawn



Zoysia Lawns are thick, dense and lush!

GRASS SEED WILL NEVER GROW A LAWN LIKE THIS!
Save Water! Save Time! Save Work! Save Money!

Grass Seed Is For The Birds!

Stop wasting money, time and work sowing new grass seed each spring, only to see birds eat the seed – or rain wash it away – before it can root. Plant a genuine Amazoy™ Zoysia lawn from our living Plugs only once... and never plant a new lawn again!



Zoysia thrives in partial shade to full sun!

Zoysia Grows Where Other Grass Doesn't!

Zoysia is the perfect choice for hard-to-cover spots, areas that are play-worn or have partial shade, and for stopping erosion on slopes. North, South, East, West – Zoysia will grow in any soil, no ifs, ands or buts!

Eliminates Endless Weeds And Weeding!

No more pulling out weeds by hand or weeds sprouting up all over your lawn. Zoysia Plugs spread into a dense, plush, deep-rooted, established lawn that drives out unwanted growth and stops crabgrass and summer weeds from germinating.

Environmentally Friendly, No Chemicals Needed!

No weeding means no chemicals. You'll never have to spray poisonous pesticides and weed killers again! Zoysia lawns are safer for the environment, as well as for family and pets!

Cuts Watering & Mowing By As Much As 2/3!

Many established Zoysia lawns only need to be mowed once or twice a season. Watering is rarely, if ever, needed – even in summer!



We ship at the best planting time for you!

Stays Green In Summer Through Heat & Drought!

When ordinary lawns brown up in summer heat and drought, your Zoysia lawn stays green and beautiful. The hotter it gets, the better it grows. Zoysia thrives in blistering heat (120°), yet it won't winter-kill to 30° below zero. It only goes off its green color after killing frosts, but color returns with consistent spring warmth. Zoysia is the perfect choice for water restrictions and drought areas!

Our Customers Love Their Zoysia Lawns!

One of our typical customers, Mrs. M.R. Mitter of PA, wrote how "I've never watered it, only when I put the Plugs in... Last summer we had it mowed 2 times... When everybody's lawns here are brown from drought, ours just stays as green as ever!"

Order Now And Save!

The more Amazoy™ Zoysia Plugs you order, the more you SAVE! And remember, once your Zoysia lawn is established, you'll have an endless supply of new Plugs for planting wherever you need them. Order now!

Each Zoysia Plug You Plant In Your Soil Is **GUARANTEED TO GROW** Within 45 Days Or We'll Replace It FREE!

To ensure best results, we ship you living sheets of genuine Amazoy™ Zoysia Grass, harvested direct from our farms. Plugs are not cut all the way through. Before planting, simply finish the separation by cutting 1" sq. Plugs with shears or knife. Then follow the included easy instructions to plant Plugs into small plug holes about a foot apart. Our guarantee and planting method are your assurance of lawn success backed by more than 5 decades of specialized lawn experience.

©2010 Zoysia Farm Nurseries, 3617 Old Toneytown Rd, Toneytown, MD 21787

Meyer Zoysia Grass was perfected by the U.S. Gov't, released in cooperation with the U.S. Golf Association as a superior grass.

www.ZoysiaFarms.com/mag

FREE! PLANTING TOOL
 With Order of 400 Plugs or More!

Saves time, work and effort when making holes for Plugs!

Order Your ZOYSIA Plugs Now — Harvested Daily From Our Farms And Shipped To You Direct!

ZOYSIA GRASS SUPER SALE — SAVE OVER 50%!
Get Up To 900 Plugs — FREE!

Please send me guaranteed Amazoy as checked:

PACK	# PLUGS	# Free Plugs	Free Bonus	Retail Value	Your PRICE	+ Shipping	SAVINGS
<input type="checkbox"/> Basic	100	—	—	\$ 8.95	\$ 8.95	\$ 2.50	—
<input type="checkbox"/> 2 Basic Packs + 1 FREE	200	100	—	\$ 26.85	\$17.90	\$ 5.00	30%
<input type="checkbox"/> 4 Basic Packs + 2 FREE	400	200	Free Step-on Plugger	\$ 62.65	\$35.80	\$ 7.50	40%
<input type="checkbox"/> 5 Basic Packs + 3 FREE	500	300	Free Step-on Plugger	\$ 80.55	\$44.75	\$10.00	42%
<input type="checkbox"/> 6 Basic Packs + 4 FREE	600	400	Free Step-on Plugger	\$ 98.45	\$53.70	\$12.50	44%
<input type="checkbox"/> 9 Basic Packs + 7 FREE	900	700	Free Amazoy Power Auger	\$168.15	\$80.55	\$15.00	50%
<input type="checkbox"/> 10 Basic Packs + 9 FREE	1000	900	Free Amazoy Power Auger	\$195.00	\$89.50	\$17.50	54%
<input type="checkbox"/> Extra Step-on Plugger \$8.95				<input type="checkbox"/> Extra Amazoy Power Auger™ for 3/8" Drill \$24.95			

Mail to: ZOYSIA FARM NURSERIES
 3617 Old Toneytown Road, Toneytown, MD 21787

Dept. 5498

Write price of order here \$ _____ Payment method (check one)
 Md. residents add 6% tax \$ _____ Check MD
 Shipping \$ _____ MasterCard
 ENCLOSED TOTAL \$ _____ Visa
 Card # _____ Exp. Date _____
 Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 We ship all orders the same day plugs are packed at earliest correct planting time in your area.

Amazoy is the trademark registered U.S. Patent Office for our Meyer Zoysia grass.

Order Now! www.ZoysiaFarms.com/mag

Not shipped outside the USA or into WA or OR

BEES & SUPPLIES

**OVER 1000 ITEMS
FOR BEEKEEPERS**

Free 88 Pg Catalog
1-800-BEESWAX
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

**BIO-STIMULANTS**

VITAZYME, AN ALL-NATURAL liquid "biostimulant" for soil organisms and plants. Vitazyme helps your plants to live up to their genetic potential. OMRI approved. www.plantdesigns.com.

BIRD HOUSES & FEEDERS

HANDMADE - BIRD HOUSES & FEEDERS, Windchimes, and Garden Decor - all USA made natural designs with an eco-friendly focus. www.natureinspiredcrafts.etsy.com

BOOKS & PERIODICALS

MAKE A LIVING ORGANIC FARMING. Practical advice, magazine, hundreds of books. Free sample/catalog. 1-800-355-5313 or www.acresusa.com

BUSINESS OPPORTUNITIES-HELP WANTED

PRODUCE ORGANIC FERTILIZER (worm castings) and Nightcrawler, 100 Million Potential Customers, Recession proof business. Home-based 800-728-2415. www.vermiculture.com

EXPERIENCED SPROUT GROWER with proven track record and business increments is wanted for an opportunity to get a percentage of Hippocrates Health Institute business. Please send your credentials and letter of interest to bclement@hippocratesinst.org.

SEEKING EXPERIENCED ENERGETIC FARMER(S) for startup sustainable operation on 60 acres near Princeton, Indiana. Objective is to implement small scale integrated livestock, poultry and vegetable operation. Possibilities for agri-tourism and B&B. For further information see: www.kolbhomestead.com. Send resume to farming@kolbhomestead.com.

COMPOSTING

SPEND MORE TIME GARDENING LESS TIME COMPOSTING. Compost faster and easier with long-lasting reusable compost bags. www.compostcomfort.com

DEER PROBLEMS

DEER FENCING - VIRTUALLY INVISIBLE. 1-800-BIG-DEER. Easy Installation. FREE Catalog. www.BennersGardens.com

EARTHWORMS

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

FERTILIZER

NEPTUNE'S HARVEST. Commercially proven. Outperforms chemicals. Also, Deer/Insect Repellents. "Our Products Work!" Wholesale/Retail/Farm. 1(800)259-4769. www.neptunesharvest.com

GARDEN/LAWN-SUPPLIES & EQUIPMENT**WHEEL HOE**

Amazing ecological weeding and cultivating tool. Made in USA since 1990. See it in action: www.valleyoaktool.com



Valley Oak Tool Company 530-342-6188

WeedFreeGardenBed.com

We offer a weed-free raised-bed soil for vegetable, fruit and flower gardening. The system is simple, nutrient rich and can fit anywhere! The loose, fertile soil mix will grow 4-5 times the produce and comes with a money-back guarantee.

www.weedfreegardenbed.com.

Call to visit our displays. 269.628.4850

WEED DRAGON TORCH KIT. The fun, easy and chemical free way to kill weeds! **FIND OUT MORE TODAY!** 1-800-255-2469. www.WeedDragon.com

GARLIC

BYLERS CERTIFIED ORGANIC GARLIC, powder, and granules. Visit www.strawhatfarms.com or call 970-240-6163

GREENHOUSES & SUPPLIES

GLASS AND POLYCARBONATE GREENHOUSE KITS, polycarbonate sheets, polyfilm, greenhouse supplies, heaters, hydroponic systems. Free catalog. 1-877-238-8357 ext. 6. www.advancegreenhouses.com, freecatalog@advancegreenhouses.com

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

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

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

IRRIGATION EQUIPMENT/SUPPLIES**DRIP DEPOT**
Everything you need to Drip-It-Yourself!

Save Time and Money with our complete line of Drip Irrigation products.

Offering a library of FREE How-to Videos competitive pricing & special discounts.

Log-on to www.dripdepot.com/og to see your discounts

**DripWorks**

Save water, time, & money with drip irrigation

Free Design Service • Free Catalog
How-to Videos, Virtual catalog online
See our NEW Products for 2010
www.dripworks.com

IRRIGRO® DRIP IRRIGATION containing durable DuPont Tyvek, faucet-fed or gravity barrel permitting organic manure tea fertilizing - non-clogging. Satisfaction guaranteed. Toll-Free 1-877-477-4476. info@irrigro.com www.irrigro.com

MULCH

PINE STRAW MULCH? Find out how pine straw outperforms other mulches and where to buy it. www.PineStrawInfo.com/og

NURSERY STOCK-BERRY PLANTS

TREE-SHRUB SEEDLINGS. Wholesale Prices. Beautiful 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 15781
(800) 223-7075 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 Website: www.krohneplantfarms.com. Sorry, unable to ship to CA, HI, AK.

ORGANIC GARDENING PRODUCTS**LIQUID CALCIUM**

Organically Complexed
Fights Calcium Related Disorders
in Fruits & Vegetables

Used by Professionals for Over 30 Years!
www.nutri-cal.com
800-247-2480

CSI Corporation • 10980 NE Hubbell Rd • Bondurant, IA 50035

**FUN Backyard Chicken Coops**

Start small then add more space, pens or wheels with modular parts. Holds from 3 to 8 hens. Ships to your doorstep, easy to assemble.

CREATIVECOOPS.COM 530-272-3700

PLANTS

12 SWEET POTATO PLANTS \$11.50 free shipping. 12 varieties. George's 1410 Public Wells Road, Martin, TN 38237. 731-587-9477. www.tatorman.com

POULTRY-BABY CHICKS-GAMEBIRDS

BABY CHICKS, DUCKS, GEESE, BANTAMS, guineas, pheasants, quail, turkeys. Free Brochure. **CACKLE HATCHERY-OG,** PO Box 529, Lebanon, MO 65536. 417-532-4581. www.cacklehatchery.com

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

AMERICA'S OLDEST & LARGEST RARE BREED HATCHERY**FREE COLOR CATALOG**

Over 140 varieties Baby Chicks, Bantams, Turkeys, Game Birds, Peacocks, Waterfowl, Guineaes.

Plus Books, Equipment, Eggs, Incubators & Medicine.

1-800-456-3280 (24 Hours A Day)

www.mcmurrayhatchery.com

Murray McMurray Hatchery, Ct., Webster City, Iowa 50595-0458

RIDGWAY'S 86TH 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

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

Classified

REAL ESTATE

FREE BROCHURE! Farms, land, recreational properties South Central Kentucky. Mossey Oak Properties Hart Realty. www.mophartrealty.com (270) 524-1980

WORKING PRODUCE FARM
18+ NC acres w/apple & peach trees, blackberries, grapes, produce & more.
Stone bldg for sales & hot ice cream shop.
Numerous pieces of equipment included
PLUS a home. Several irrigation ponds.
Could be a dream come true! \$280,000

For information on this
or other great properties
COAST TO COAST call:

United Country
1-800-999-1020, Ext 62

www.unitedcountry.com/oz
ASK FOR A FREE REAL ESTATE CATALOG

SEEDS

OPEN-POLLINATED, HEIRLOOM, Vegetable, Herb & Flower Seed. Free Catalog. 518-329-3037. **TURTLE TREE BIODYNAMIC SEED INITIATIVE,** Camphill Village, Copake, NY, 12516. www.turtletreeseed.org

WATER PURIFICATION

FREE WATERWISDOM REPORT (\$15.00 value) exposes H2O seams. Shocking truths revealed about tap, distilled, mineral, spring, filtered, bottled, well, reverse osmosis, and purified water. Drink the purest! (800) 874-9028. www.waterwise.com

HIGH PERFORMANCE WATER FILTERS
Superior Quality & Performance. NSF Certified - Lifetime Warranty. Customer Satisfaction Guaranteed. Call Pati 904-940-4977. www.PerformanceWaterFilters.com



**Keep them
OUT...**

of your garden
or landscaping.

**Benner's Virtually Invisible
Deer Fencing**

Solving the deer problem for thousands
coast to coast since 1992
We Install Nationwide

"Mention code ORG010210 and receive 10% OFF entire order!"

www.BennersGardens.com
1-800-BIG-DEER

1100 Schell Lane, Phoenixville, Pa 19460

**EarthWay
Garden**

The 1001-B Precision Garden Seeder is the ultimate row crop planter. The 1001-B comes with years of planting experience built in, making the novice look like an expert.

Precision Garden Seeder

With precision seed plates fitting most seeds, adjustable planting depth, cover chain, and row spacing marker, the 1001-B makes one pass row crop planting a simple and easy activity.

For more information call 800-294-0671
or visit www.earthway.com



PEPPER PLANTS
500 varieties of Hot & Sweet

Start with Healthy Large
Transplants.... and enjoy
Early Abundant Harvests!



TOMATO PLANTS
175 varieties of Heirloom & Hybrid

www.ChilePlants.com

Cross Country Nurseries

PO Box 170-OG; 199 Kingwood-Locktown Road
Rosmont, NJ 08556-0170 (908)996-4646

**REDWOOD and ALUMINUM
GREENHOUSES**

America's BEST Values!



Catalog: 800.544.5276 / website: sbgreenhouse.com

SANTA BARBARA GREENHOUSES
721 Richmond Ave. #OG Oxnard, CA 93030

FREE Report

\$1500
value

Waterwisdom®

Truth revealed:

tap, mineral, spring,
bottled, filtered, reverse
osmosis, distilled, well,
alkalized, oxygenated,
energized, clustered...

FREE (\$1500 VALUE) REPORT & CATALOG 1-800-874-9028
www.waterwise.com

© 2007-2009 Waterwise Inc



Publish Your Cookbook
Raise \$500-\$50,000

Cookbooks are proven fundraisers and perfect keepsakes for your church, school, family, or organization. We make it profitable and fun!

- Easy-to-use Cookbook Guide and online tools.
- Many options and FREE features to customize.
- Low prices, written sales guarantee, and more!

Call for a **FREE** Cookbook Kit
800-445-6621 ext. 0G4

Fresh Veggies All Year right in your own backyard!



with a Solexx™ Greenhouse!

- Enjoy fresh, pesticide-free food from your own backyard farmers market
- 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.
- Affordable greenhouses, **FREE shipping** (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



BIRDHOUSES

• HOUSES • POLES • COMPLETE KITS

Purple Martin Birdhouses

Quality Aluminum Martin Houses
Heavy-Duty Construction
Maintenance Free
Proven Design



MR. BIRDHOUSE®

2307 B HIGHWAY 2 WEST
GRAND RAPIDS, MN 55744
PHONE 218-326-9507
www.mrbirdhouse.com

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

OMRI Makes it Easy to Grow Organic



The **OMRI LISTED**
Seal enables
you to quickly
find products
for organic
farms. OMRI
Listed products
undergo a rigorous

review to ensure they comply
with US organic rules. Using OMRI Listed
products helps you:

Save Time • Reduce Risk • Maintain Your
Organic Certification



Visit 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

Mendocino Organic Wine

No Sulfites Added

FREY Since 1980
VINEYARDS

America's 1st Organic Winery

FreyWine.com

800.760.3739



Walker Brothers, Inc.

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

Fifth Generation
Family Business
Years of Experience to
Pass On to Our Customers

105 Porchtown Road
Pittsgrove, NJ 08318
856-358-2548

www.walkerplants.com

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. Please mention code GA1007.

EARN EXTRA INCOME:
Quality produce
is in high demand

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

Disease Resistant Fruit Trees & Berries from Around the World



Suresire 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

Organic JMS Stylet-Oil®

The Gardeners' *Clear* Choice for:
Powdery Mildew Control • Eradicant
Preventative • Anti-Sporulant
Mite Control + Soft Bodied Insect Control

www.stylet-oil.com for details
772-562-8770

TO PLACE
A MARKETPLACE AD
IN THIS SECTION

PLEASE CALL
ASHLEY O'BRIEN AT
212-779-7172, Ext 232

OR

AMcEwan@mediapeople.com

**THE ECO-FRIENDLY
ELECTRIC CHIPPER
BY PATRIOT**



- No gas fumes.
- No engine to maintain, runs quiet, no cord to pull, turns on with the flip of a switch.
- Light weight. Easy to move around. Use it in your hot house, garage or basement.

Featured on HGTV. Order today at
www.patriot-products-inc.com
or call 800/798-2447.



PATRIOT

Discover the best
catalogs and
publications
for helping you
enjoy better gardens and fun
outdoor living! Visit . . .
www.mailordergardening.com



- Garden catalog & website information- for every flower, plant, tree or tool you want!
- Gardening tips- for adults & kids.
- Hardiness Zone Map- what grows where you live.
- Green Thumb Award Winners- the newest & best products.
- And more . . . find it all at
www.mailordergardening.com



MAIL ORDER
GARDENING
ASSOCIATION
Representing Exceptional Companies
That Offer Superior Products

FIND IT HERE

Design Like a Pro: Planting Personality, p. 20

Contact information for designer **C. Elaine Brubaker**: Brubaker Landscape Designs, offices in Minneapolis and Northfield, Minnesota, 612-822-3462, brubakerlandscapedesigns.com

Plant TNT: Bang for Your Buck, p. 22

Sources for 'Moonlight' Japanese climbing hydrangea: **Heronwood Nursery**, 877-674-4714, heronwood.com; **Digging Dog Nursery**, 707-937-1130, diggingdog.com; **Sunlight Gardens**, 800-272-7396, sunlightgardens.com

Common Ground: Sacred Seeds, p. 24

For more information on Finca Luna Nueva and the **Sacred Seeds** project, visit fincalunanevafodge.com.

Simply Fresh: The Color Purple, p. 26

Sources for colorful carrots: **W. Atlee Burpee & Co.**, 800-888-1447, burpee.com; **J.W. Jung Seed Co.**, 800-297-3123, jungseed.com; **Kitazawa Seed Co.**, 510-595-1188, kitazawaseed.com

Flower Power: Herbal Tisanes, p. 28

Sources for herb seeds and plants: **Horizon Herbs**, 541-846-6704, horizonherbs.com; **Johnny's Selected Seeds**, 877-564-6697, johnnysseeds.com. Source for yerba mate: **Logee's Tropical Plants**, 888-330-8038, logees.com

The Salad Equation, p. 32

Sources for seeds: **Baker Creek Heirloom Seeds**, 417-924-8917, rareseeds.com; **Johnny's Selected Seeds**, 877-564-6697, johnnysseeds.com; **Territorial Seed Co.**, 800-626-0866, territorialseed.com

Roses Come Clean, p. 46

Sources for recommended rose varieties: **Antique Rose Emporium**, 800-441-0002, antiqueroseemporium.com; **Heirloom Roses**, 503-538-1576, heirloomroses.com; **Roses Unlimited**, 864-682-7673, rosesunlimiteddownroof.com

Tunisian Odyssey, p. 52

For more information about **Deborah Madison** and **Clifford A. Wright**, visit deborahmadison.com and cliffordawright.com.

Ask Organic Gardening: Worm-Free Apples, p. 64

The **Seattle Tree Fruit Society** offers packages of 300 barriers for \$20 plus \$5 shipping. Send check payable to Seattle Tree Fruit Society in US funds to: STFS c/o Linda Sartnurak, 17504 - 155th Ave SE, Renton WA 98058-9064. Visit seattletreefruitsociety.com for a downloadable order form.

We Like This! Garden Gloves p. 78

Work Gloves from **West County Gardener**, 800-475-0567, westcountygardener.com; **Rose Gardening** from **Bionic Gloves**, 877-524-6642, bionigloves.com. Simply Mud Gloves by Mud Glove, available from **Little's Good Gloves**, 888-967-5548, littlesgoodgloves.com. Hemp Hand Protector Cream from **The Body Shop**, 800-263-9746, thebodyshop-usa.com.

Maria's Farm Country Kitchen, p. 92

Maria Rodale's book **Organic Manifesto** (Rodale, 2010; \$23.99) is available at RodaleStore.com and in bookstores.

ORGANIC GARDENING (ISSN 1536-108X; vol. 57, no. 3) is published 6 times per year (February/March, April/May, June/July, August/September, October/November, and December/January) by Rodale Inc., 33 E. Minor St., Emmaus, PA 18098. Copyright 2010 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, 2930 14TH AVE., MARKHAM, ONTARIO L3R 5Z8. GST#R12298861. 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.

Why I Wrote *Organic Manifesto*

A few years ago, I began to worry. When my oldest daughter was a teenager (she is now 27), the chatter was about how organic wasn't "good enough," that the government regulations were too lax and didn't take into account things like the humane treatment of animals, social justice, and health concerns. Some farmers began to think of themselves as "beyond organic" (an imprecise term that is generally considered a melding of the concepts of organic, local, and sustainable), and somewhere a marketer was probably dreaming up organic Twinkies. But at last, I thought, healthy discussions were taking place, conversations and debates that could lead to better regulations and broadened definitions of organic. All of this, I thought, would support the expanding market for organic food.

When my middle child was a grade-schooler (she is now 11), the local-food movement hit like a giant faddist food craze. The good news was that farmers' markets popped up all over the place, revitalizing local farm food communities. The bad news was that consumers soon became confused, as the movement became an either-or proposition: One was either "Local" or "Organic," 100 percent locavore or random grazer. Most of the local-vs-organic debate revolved around the use of fossil fuels to transport food. But this was a distraction from the more substantial and controversial aspect of the issue: using fossil fuels to create artificial chemicals that sustain nonorganic methods of food production.

I work in two worlds—the world of environmentalists and the world of health experts—and I realized that these two worlds were not communicating with each other. In the health world, where I sit on the advisory board of the Children's Environmental Health Center at Mount Sinai, headed by Philip Landrigan, M.D., there is mounting concern over the impact of chemicals, especially agricultural chemicals, on our health and especially that of our children. Yet this did not feature in any of the discussions about our food choices or the expanding environmental crisis.

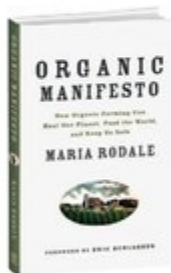
Is it any wonder that many Americans gave up trying to figure it all out? Our focus on what really matters most—the health and safety of our children, our families, and the future viability of life



The first 10 people to post a note about this offer at our Organic Gardening Magazine page on Facebook will receive a copy of Organic Manifesto autographed by Maria Rodale.

on this planet—was lost completely. That's when I started to get really worried, and angry, too, and decided that I needed to write my recently published book.

My youngest child was an infant (she is now 3) when the economy tanked, and sure enough, the press began to chatter about the expensive elitism of organic food, saying people were struggling to afford food, period. But since you are holding *Organic Gardening* magazine in your hands and reading this column, you already suspect—or are already of the firm opinion—that organic is the sane lifestyle option, and that our survival may well depend on it. And, like me, you're ready to turn this conviction into action. My kids are glad I did, and yours will be too. That's my *Organic Manifesto*. —*Maria Rodale*



For more information about Maria's book, see Find It Here on page 91, or visit Rodale.com, where you can also follow Maria's blog.

SAVOR THE BOUNTY OF THE RUSSIAN RIVER VALLEY

Since 1975, we've crafted *terroir*-driven Pinot Noir, Chardonnay and Zinfandel that express the singular personality of the Russian River Valley.

With more than twenty vineyard-designate offerings, DeLoach Vineyards' wines offer true expressions of nature's bounty.

This fall, we will celebrate our 35th vintage with the first harvest from our certified organic and Biodynamic® estate vineyards.

DE LOACH VINEYARDS

The Russian River Original

From our vineyards to your table, taste the very essence of the Russian River Valley.



ESTATE VINEYARDS



Visit us at 1791 Olivet Road in Santa Rosa, California and www.deloachvineyards.com. Or call us at 707.526.9111.

Dear Subaru,



"My niece needed a reliable car so I gave her my '94 Subaru Legacy. Then one day, for the first time ever, it wouldn't start. Our mechanic simply asked us to try our spare key. It started right up! After 200,000 miles, the key had worn out before the car!"

- Ginger C., Hood, VA. **Love. It's what makes a Subaru, a Subaru.**



Tell your story at subaru.com/dearsubaru