LEONIA ORGANIC GARDEN TOUR 2017

LOOK FOR THE LEONIA ORGANIC GARDEN TOUR SIGN AT EACH GARDEN

1 **Zen Oasis** CHECK IN
403 ALLAIRE AVENUE

2 **Square Foot Gardening**
463 PARK AVE

3 **Everything Edible**
93 GLENWOOD AVENUE

4 **Perennial Passion**
344 HIGHWOOD AVENUE

5 **Audubon Certified Meadow**
147 SYLVAN AVE

6 **Historic Terraces**
112 PROSPECT STREET

7 **Hidden Orchard**
140 LAKEVIEW AVE

8 **Leonia Community Garden**
PINE HILL ROAD (OPPOSITE 499)

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DAN AND JOHN LIFE

Jennifer Mitchell
garden designer

glassfoundry llc

LEONIA ACTION ALLIANCE

The Leonia Organic Garden Tour is sponsored by the Leonia Action Alliance, a group of residents sharing ideas and taking action following the Leonia Women's March. In the four months since the march, the alliance pushed for and supported Leonia's recent adoption of a Welcoming City Resolution; created a public Q&A series with NJ Democratic Gubernatorial Candidates; started community bike rides; and hosted the Leonia Climate March, a sister march of the People's Climate March. The Leonia Organic Garden Tour brings the goals of the Leonia Climate March home -- take care of the earth, our country and our community.

www.leoniaactionalliance.org

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Zen Oasis ①

403 Allaire Avenue

About the Gardeners

When Dan and John designed an addition to their 100-year-old house, the use of outdoor space was integral to the overall vision. Completed in 2013, the project not only transformed their home and garden, but also their careers. They combined their talents into 'Dan and John Life' — a creative partnership providing design vision and guidance to help clients thrive in their space. **danandjohnlife.com**

Not all landscape designs come from a Home and Garden magazine. Dan found inspiration for his garden during lunch breaks in Central Park. Dan took note of the plants that thrive in the shade, researched them, and incorporated them into the design for his Allaire Avenue backyard. The result is a lush, low-maintenance garden with several distinct outdoor spaces that provide a calming oasis to enjoy year-round.

Ⓐ Backyard Zen

The soothing sound of a **waterfall** has a magical way of calming the mind and awakening the senses. By designing this water feature in close proximity to the house, it is not only enjoyed from the breezeway and kitchen, but also from the master bedroom and bathroom above.

Step onto the stone bridge and say hello to the goldfish in the pond. Four **goldfish**, received as a 'good luck' gift from neighbors a few years ago, have multiplied; see if you can count 14 now (hint: one has not yet turned color and is easily camouflaged).

In addition to resident goldfish, this garden has many **wildlife** visitors. Follow the steps along the house down to the lower pea-gravel patio and see if the feeder is attracting birds and squirrels. If any creatures visit, ring the **hero bell** hanging from the corner of the house to thank them for coming.

Ⓑ Edible Wild Food

Did you know your backyard includes tasty and nutritional delicacies? Rediscover the plants that grow naturally with little effort -- **weeds**! John will introduce you to three that are currently in season: **yellow wood sorrel, wild garlic, and dandelion**. Learn about uses as ingredients, garnishes, and medicinal properties.

The chore of ridding your lawn of dandelion becomes a pleasure once you realize that after digging up a dandelion plant, its young leaves can be put in salad, and its root can be steeped to make tea! Dandelion is a slightly bitter but delicious green, high in potassium, and attributed with aiding kidney and liver function. Discover the joys of **foraging** for yourself -- it is a great way to connect with nature, appreciate plant diversity, and eat really really local.

On the back of this page are listed 2 of John's favorite books that got him hooked on foraging.

Ⓒ Nature's Lucky Charm

Lawns thrive naturally with a little green magic -- **clover** -- the lucky charm for lawns. Clover fixes nitrogen in the soil, increases nutrient levels, improves soil structure and stimulates beneficial microorganisms. Start with a grass & clover seed mixture like **Jonathan Green Grass Seed**. www.jonathangreen.com

Don't use commercial lawn/grass fertilizers that overload the soil with nitrogen and kill beneficial micro-organisms. Keep your lawn care organic, and you, your family, and your pets will be rolling in clover (and not harmful chemicals).

Ⓓ Double the Composting Fun

Never run out of compost with a **double barrel tumbler**. Composting typically takes several weeks for the contents to breakdown. If you have a single bin, you'll have to wait before composting again. With a double-barrel, fill one barrel and keep composting in the second.

Ⓔ Camp

Inspired by the Rambles in Central Park, Dan designed their "camp," a stone patio carved into the site's little hill, to feel like a secluded retreat. **Shade tolerant plants** selected for "camp" include: winter-blooming witch hazel trees, low spreading laurels, variegated Solomon's seal, and goat's beard.

LEONIA ORGANIC GARDEN TOUR 2017

2 BOOKS ON FORAGING

(Recommended by John)

Backyard Foraging by Ellen Zachos

"Discover food in the plant life around you: your backyard, your front yard, or a nearby park or vacant lot might be rich with edible possibilities. Ellen Zachos, an experienced foraging guide, safely leads you through harvesting etiquette, plant identification, and tips on how to eat the leaves, flowers, nuts, seeds, roots, and mushrooms that are there for the taking. Foraging -- the fun, safe, and free way to eat locally."

Foraged Flavor by Tama Matsuoka Wong with Eddy Leroux

From the forager and chef de cuisine for 'Daniel,' the NYC flagship restaurant of renowned chef Daniel Boulud:
"Forage wild food and discover delicious edible plants growing everywhere -- including your backyard -- and how to best prepare them to highlight their unique flavors, with this seasonally organized field guide and cookbook."

LOCAL FORAGING EVENT

MORE Wild Edible Plants & Healing Herbs of the Palisades
Palisades Interstate Park
Sunday, July 9, 1:30-3:30 PM
http://www.njpalisades.org/calendar/wildEdibles.html

The Palisades Interstate Park in New Jersey will host a special program with foraging expert Robert “Bobcat” Saunders on Sunday afternoon, July 9, 1:30 – 3:30 PM, meeting at the Park’s Alpine Pavilion. The program will feature a talk, cooking demonstration, and a short walk. To be held rain or shine, the program is free and open to all with no reservations needed. There is a $5 parking fee charge at the Alpine Picnic Area & Boat Basin, where the Pavilion is located.

“Wild edibles are common, delicious, organic, and free!” Saunders noted in describing his program. Saunders has been cooking and eating wild foods for over four decades — and, he says, “I live to keep finding new and better ways to cook them!” He has researched cooking from many countries, both formally and from regular everyday family cooks.

For twenty-three years now, Saunders has been teaching “Going Wilder in the Kitchen” classes, about foraging, cooking, and healing with wild plants and mushrooms. He has taught the classes for Flat Rock Brook Nature Center, Tenafly Nature Center, Palisades Interstate Park Commission, Wave Hill, and many other organizations.

For the July 9 program, Saunders will discuss some of the basics of foraging safely and with respect for the natural world, and he will share some of the more useful guidebooks and other resources that are available to the would-be forager. He will bring samples of plants — and foods he has made from plants he has collected — and will share some of his foraging adventures. He will also take the group on a short walk around the grounds nearby the Pavilion to help participants identify some of the plants — many of which also grow throughout northern New Jersey, including in many suburban backyards. Saunders will round out his workshop with a simple cooking demonstration. Participants should dress for the outdoors and wear comfortable, sturdy shoes.

The July 9 program will be held rain or shine. The Pavilion is a short walk beyond the parking area for Alpine Picnic Area & Boat Basin, which is accessible to cars and cyclists from the park’s Alpine entrance at Alpine Approach Road, off U.S. Route 9W about half a mile north of Closter Dock Road, or to cars only from the Palisades Interstate Parkway at Exit 2. For additional information about the program, call 201-768-1360 ext. 108.

Square Foot Gardening ②

About the Gardener

463 Park Avenue

When garden designer Jennifer Mitchell suggested to her client the idea of tucking a vegetable bed in the front yard of her home on Park Avenue, Marilee Obstbaum was all for it. Every weekend Marilee's grandson visits from New York City, and for one month in the summer, her granddaughter also visits. Following the **Square Foot Gardening** method, the vegetable patch would become a teaching garden -- a fun way for her grandkids to participate and learn where food comes from.

The kids love picking and eating the mini tomatoes; they're sweet like candy and have names like candy too: *super sweet 100's, sun gold, and cherry.* The garden has been a big hit for the past 3 years. The fun extends from the garden into the kitchen to make fresh mint lemonade, basil and mint tea, zucchini muffins and more square-foot-farm-to-table recipes. Marilee's grandson recently expressed interest in attending a camp where they grow stuff.

Jennifer and Jim Mitchell Garden Design Facebook: J. Mitchell Gardens & Stone

Ⓐ Organic Lawn Care

To achieve this **lush lawn**, Jim treats it with care, organically & mechanically. First he buys a soil test kit and sends the sample to Rutgers Agriculture Extension in Hackensack. The test results identify deficiencies and what if anything the soil needs. The goal is to make the lawn as self-sustaining as possible, and to not put in unnecessary additives. Jim says many clients don't realize that fertilizers, chemicals, and insecticides used on lawns end up in our our water system. Jim rakes compost, a natural fertilizer, into the lawn Spring, Fall, and Summer - to encourage root growth when the grass is actively growing.

The mechanical treatment is in the mowing. Jim mows the grass high. Keeping the grass tall helps it to have a competitive advantage over weeds. By keeping little weeds in the shadow of taller grass, the weeds die off and the grass grows stronger.

Ⓑ Square Foot Garden

According to the Square Foot Gardening website, this "method is one of the simplest things you will ever learn that will change your life." **Square Foot Gardening** is a simple method for planting seeds in a specific way in a raised bed garden. Check out squarefootgardening.org for more information.

Jennifer and Jim made this **raised bed** 4 ft x 6 ft, and filled it with all organic compost soil. No need to have soil tested (ideal vegetable bed solution for older homes where soil may contain heavy metals from lead paint). Netting is used to keep animals out, yet is delicate enough to be practically invisible, and perfect for the front yard.

The bed is gridded into 1 ft square sections. Read the names painted on stones to identify what is planted. You will find Basil, zucchini, leaf lettuce, dill, and more.

Look beyond the raised bed to find blueberry bushes, strawberries, mint and rosemary. There is a full fruit and vegetable department in this corner of the front yard. In the past they have even grown corn!

Ⓒ Shady Transplants

To make room for the Square Foot Garden, shade tolerant plants were relocated to this corner. The organic gardener always looks for opportunities to move plants, not lose them. The **hostas, hellebores, ferns, and japanese forest grass** that Jim transplanted all look happy here.

Ⓓ Dry Stone Walls

Not only can plant material be repurposed in a new location, but stones can too! Jim's rule is to use materials on the site first, and bring in additional new materials only if you have to.

When this new brick path was laid to provide an even surface to the side door, the **flagstones** from the former path were salvaged. The flagstones have literally been raised up -- and now are the capstones atop new stone retaining walls. As a matter of fact, most of the stones Jim used to create these 3 beautiful dry stone walls (walls of stacked stone without mortar) were found on the site. Solid masonry walls require drainage holes and still brick and block walls often lean and crack due to the pressure from soil that is laden with water or shrinking and expanding with freezing temperatures. But dry stone walls are not only beautiful, but naturally permeable, allowing water to flow freely through its cracks; its stones move and settle with frost heaves. A good **dry stone wall** teaches a valuable lesson: accommodate, rather than try to control, the forces of nature.

LEONIA ORGANIC GARDEN TOUR 2017

How to Build Your Own Square Foot Garden in 10 Easy Steps

http://www.marksdailyapple.com

By Worker Bee

It really doesn't have to be that tough to keep-up – and benefit from – a garden, especially if you start small. So, how small are we talking? Well, if you've got even 4 square-feet of outdoor space, you can enter the square foot gardening game. But before we tell you how to build your own square-foot-garden, let's first get the who, why and what out of the way.

A square foot garden is essentially like taking a full vegetable garden and condensing it down so that it fits in a 4 foot by 4 foot box.

In order to make the "box" more efficient and to allow for a greater variety of vegetables to be grown, the box is gridded into a series of smaller boxes.

Now, you've killed three office plants in as many months and the only foliage that has made it into your home is of the fabric variety, but essentially, anyone can square foot garden. It's a great project for those who have little space or time to care for a full-scale garden, can be used to teach children about nature, and is great for the elderly or those who are, for whatever reason, unable to cope with the physical demands of traditional gardening.

But seriously, why do it? According to the folks over at squarefootgardening.com, the source of many of the tips below, **square foot gardening is easy to do, economical, and efficient.** Specifically, square foot gardening requires up to 80% less space than a traditional garden, eliminates all tilling, wedding and digging, and can harvest up to 5 times more produce than a conventional garden. In addition, you get to select what you grow and how you grow it, which means no pesticides or chemicals.

Ok, now let's get down to the nitty-gritty – how do we go about making this square foot garden?

1. Like many things in life, it's all about location, location, location. When figuring out where to begin to build your garden, look out for an area that receives about 6-8 hours of sunlight, that is clear of trees or shrubs that might interfere, and is not prone to puddles or excess moisture. To improve convenience, meanwhile, you should try to position the garden close to your home.

2. When planning your garden, you must also consider layout. Always think in squares, and specifically, 4 foot by 4 foot squares. If you're planning on building more than one square foot garden, be sure to plan for aisles so that you can access and tend to your garden without disrupting or destroying the other boxes.

3. To build the box frame, you can use just about any material except treated wood, which contains chemicals that can seep into the soil and, thus, the food you eat. We recommend taking a trip to your local lumber yard to scope out some 1 by 6 or 2 by 6 lumber. In most cases, the lumber yard will be able to cut the wood for you at little to no cost. Once home, layout the lumber to form boxes and secure corners with deck screws.

4. Now that you have created the box frame, it's time to fill it with something that will nourish and fortify your garden. We recommend filling the box with a mixture of 1/3 compost, 1/3 peat moss and 1/3 course grade vermiculite. When purchasing these items, be sure to look for organic varieties that contain no fertilizers or chemicals. Alternatively, if you already make your own compost, feel free to use that to fill the boxes (although you'll still need the peat moss and vermiculite to help retain moisture and keep the soil aerated.)

5. Now it's time to create the grid that will form the one-foot squares within the box frame. This grid, which can be made shorter to fit inside the box or be secured on top of the box, will keep your garden organized and improve manageability. Much like the box frame, the grid can be made from just about any chemical-free material, including wood, nylon rope or plastic strips. In fact, squarefootgarden.com says that old Venetian blinds make for perfect grids! Use screws or rivets to secure the grid at each place where the strips intersect and to attach the grid to the box. The grid should be left in place all season.

6. Depending on the mature size of the plant, you'll want to grow either 1, 4, 9 or 16 plants per square foot. For example, if the seed packet recommends that the plants be spaced 12 inches apart, you'll plant 1 per grid box. If it recommends a 6 inch spacing, you can plant 4, if it asks for 4 inch spacing, you can plant 9, and if it recommends 3 inch spacing, you can plant 16 per square foot grid.

7. Now that all of the planning is done, it's time to start doing a little planting! Since the space is so small, you'll want to use your fingers to make a shallow hold in the soil and place one or two seeds in each spot. You should then cover the seed, but be sure not to pack the soil so that air and water can penetrate.

8. Once planted, you'll need to water the plants regularly. Since the garden is so small, it's best to water by hand and to use water that is room temperature or slightly warmer (it helps warm the soil and promote growth…especially in the early stages of the plants development).

9. Once the plants have matured, you can harvest continually. Once the crop has been removed, dig out any roots or debris, add new compost, and plant a new seed (or seeds) in that square.

10. If you live in a particularly arid or hot climate, you might want to set up a simple irrigation system in the early gestation period. Frugal Dad has a great – and of course, economical – way to create an irrigation system. To do, take a series of six or so water bottles and poke a small hole in each using a sewing needle or safety pin. Fill the bottles with water and use your finger to dig a small trench about the length of the bottle in each grid square. Place the bottle, pin hole down, in the soil. Over the course of the day, the water will drain from the bottles into the soil, leaving you with a well-watered garden. For best results, fill the water bottles back up each morning, which will allow the soil to dry out across the day and reduce the chance of fungus or disease developing.

Everything Edible ③

93 Glenwood Avenue

About the Gardener

After returning to Leonia and her childhood home, Jessie started the monumental task of renovating and repairing house and garden. The yard was a hazard. She razed everything and started from scratch to make space for her dream -- an entirely edible landscape. This year the garden celebrates it's second birthday. Some fruit is ready to eat (raspberries) while others will take another 6 years to reach maturity (paw paws).

Ⓐ Permaculture

Permaculture refers to "permanent agriculture", a **sustainable habitat** modelled after natural ecosystems. To design her edible landscape, Jessie consulted an expert, Jonathan Bates of foodforestfarm.com.

Jonathan is the co-author of ***Paradise Lot: Two Plant Geeks, One-Tenth of an Acre, and the Making of an Edible Garden Oasis in the City***. The book is a must-read if you also want your backyard to function like a natural ecosystem, meaning the plants themselves provide most of the garden's needs for fertility, pest control, and weed suppression. Together, Jessie and Jonathan designed the edible landscape based on the availability of light, soil composition, and the backyard's strengths and weaknesses.

Ⓑ Good Eats

The garden is a young cornucopia of berries, fruits, vegetables and herbs. Almost every plant you see is edible including the **Paw paw tree** (*Asimina triloba* the largest edible fruit indigenous to NJ), the currant bushes (2 black, 2 red), black raspberries, peach trees (2 are needed to cross-pollinate), apple trees (2 are needed to cross-pollinate), sour cherry tree (self-fertile, shade tolerant), corn, heirloom tomatoes, and strawberries.
Tip: Test the soil for lead and nutrients. Missing minerals were added to a custom mix tailored for the yard, used on an as-needed basis.

Ⓒ Wildlife

The abundance of food will attract visitors. Jessie admits it's a race to harvest the fruit before the deer and rabbits get it. Netting is always an option but at the moment she is sharing, most of the time. When something nibbled the bark of her young fruit trees, she added these **white tree guards** around the trunk to protect them. Dealing with ants and aphids requires a different strategy. Jessie sprays the plants with graywater-friendly soap. Diluted soap is inexpensive, kills the pests, and won't poison your family, pets, or wildlife. **Tip**: Use diluted Mrs. Meyer's dish soap.

Ⓓ Composter

Jessie uses two composting systems: 1) pile of garden and grass clippings in the "bog", and 2) **compost tumbler** for food waste. You can compost vegetables, fruit peelings, tea leaves, coffee grounds, crushed egg shells, paper, paper towels, newspaper, vacuum dust, wood ash. Don't compost meat, fish, cooked food, glossy magazines or colored newsprint.

Ⓔ Rain Garden

Jessie's backyard is located at the partial base of the Palisades and faces a common problem in Leonia -- water. When it rains, the deluge slides down the hill behind the house and turns these stone steps into a waterfall swamping the entire backyard. Rather than fight the problem, Jessie harnessed the energy. She planted a PVC pipe in the spot where the water likes to pour down the hill. The pipe leads out to a triangular corner of the yard. This design creates a natural muddy bog, the perfect environment for **cranberries** and other fruit that love lots of water. Best of all, you can put the hose away, let nature do the work, and enjoy the fruits of your design and not your labour.

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How To Create A Permaculture Garden That Supports Your Local Ecosystem

Permaculture principles go a step beyond organic and help your plants truly thrive

Rodales Organic Life
www.rodalesorganiclife.com

Combining the best of natural landscaping and edible gardening, permaculture systems sustain both themselves and their caregivers. The ultimate purpose of permaculture—a word coined in the mid-1970s by two Australians, Bill Mollison and David Holmgren—is to develop a site until it meets all the needs of its inhabitants, from food and shelter to fuel and entertainment.

While it's the rare home gardener who can follow permaculture principles to the ultimate degree, most can borrow ideas from the permaculture ethos with simple landscaping techniques based on production and usefulness.

Know your permaculture-recommended plants

Permaculture emphasizes the use of native plants or those that are well adapted to your locale. The goal here is to plant things you like, while making sure they have a purpose and benefit the landscape in some way. Plants such as fruit trees provide food as well as shade; a patch of bamboo could provide stakes for supporting pole beans and other vining plants. Permaculture gardeners grow many types of perennial food plants—such as arrowhead, sorrel, chicory, and asparagus—in addition to standard garden vegetables.

Like all gardeners, permaculture enthusiasts love plants for their beauty and fragrance, but they seek out plants that offer practical benefits along with aesthetic satisfaction. Instead of a border of flowering shrubs, for instance, a permaculture site would make use of a raspberry or blackberry border.

Know what plants to avoid

Disease-prone plants, such as hybrid tea roses, and plants requiring a lot of water or pampering are not good permaculture candidates. Choose a native persimmon tree that doesn't need spraying and pruning, for example, instead of a high-upkeep peach tree.

Consider the natural inclinations of your site, along with the needs of its inhabitants, and put as much of your site as possible to use. Work with the materials already available rather than trucking in topsoil or stone. And remember that a permaculture design is never finished, because the plants within a site are always changing.

5 permaculture practices to start following now

There is no set formula for developing this type of permaculture garden design, but there are some permaculture best practices:

1. Copy nature's blueprint and enhance it with useful plants and animals. Think of the structure of a forest and try to mimic it with your plantings. A canopy of tall trees will give way to smaller ones, flanked by large and small shrubs and, finally, by the smallest plants. Edge habitats, where trees border open areas, are perfect for fruiting shrubs, such as currants, and for a variety of useful native plants, such as beargrass (xerophyllum tenax), which is used for weaving baskets. Mimicking these natural patterns with permaculture provides for the greatest diversity of plants.

2. Stack plants into guilds. A guild includes plants with compatible roots and canopies that might be layered to form an edge. As you learn more about your site, you'll discover groups of plants that work well together. For example, pines, dogwoods, and wild blueberries form a guild for acid soil.

3. Make use of native plants and others adapted to the site.

4. Divide your yard into zones based on use. Place heavily used features, such as an herb garden, in the most accessible zones.

5. Identify microclimates in your yard and use them appropriately. Cold, shady corners; windswept spots in full sun; and other microclimates present unique opportunities. For instance, try sun-loving herbs like creeping thyme on rocky outcroppings; plant elderberries in poorly drained areas.

Passion for Perennials ④

344 Highwood Avenue

About the Gardener

One of the original owners of 344 Highwood Avenue created a wildflower meadow in the backyard. The next owner, however, mowed it down and used weed killer to eliminate any traces. When Marianthi moved in, she had to start from scratch -- slabs of concrete, monotone grass, and no prior gardening experience. That was 30 years ago. What you see today is the result of experimentation and serendipity, working with the plants that pop up each season and allowing the garden to almost plan itself.

Along the way, Marianthi took horticulture classes at the Bergen Community College. She became a member of the Englewood Garden Club, Board Member of the Flat Rock Brook Nature Center, and a Garden Guide of Wave Hill.
Marianthi's garden reflects her exuberance for organic gardening and its many health benefits: fresh air, connection to nature, clearing the head, time for thinking & reflecting, movement and exercise, a remedy for aches rather than the cause, a creative outlet... therapy for mind, body and soul.

Ⓐ International Eats

Sprinkled throughout Marianthi's garden are international surprises. **Amaranth**, originally cultivated 8,000 years ago by the Aztecs, is a little plant that packs 26 grams of protein and high levels of calcium, manganese, magnesium, phosphorus, and potassium. Shiso is a Japanese herb used as a food wrap and in condiments. The oil is an excellent source of omega-3 fatty acids. Marianthi welcomes all plants to her garden, native and non-native, weeding out the bullies (domestic or invasive) and helping her plants thrive.

Ⓑ Vertical Gardening

Gardening can be an artistic experience, a living pallet of colors, textures and patterns. Part of Marianthi's artistry is viewing a garden 3-dimensionally. She goes beyond flat lawn borders and flower beds. Her garden is designed for eye-level as well. This **Clemantis** (Clemantis is the Greek word for "vine") curtains over the kitchen window adding shade, privacy, and a little bit of magic. Looking out from the kitchen window, the flowers dangling on the vine look like little butterflies flying in the wind.

Ⓒ Hedge Hairdressing

Sometimes the best way to make your plants fuller and happier is to cut the very leaves and stems you enjoy. This **privet hedge** is a perfect example of how plants love a good haircut. The higher hedge on the left hasn't been pruned; it's leaves are sparse and thin. The same hedge on the right has been pruned; the foliage is thick and dense.

Ⓓ Tough Love

Several years ago, Marianthi made a conscious decision to stop babying her roses. She stopped spraying and refrained from pampering them. Left to their own devices, the rose varieties that survived are now hearty and thriving -- **Floribunda rose** *(Rosa 'Betty Prior')*, Polyantha rose *(Rosa 'The Fairy')*, as well as old-fashioned hybrids that came with the house 30 years ago. **Tip**: Use Espoma organic fertilizer for your roses.

Ⓔ Year-Round Gardening

Marianthi finds joy in her garden year-round and selecting plants based on more than just the flower. **Sedum Autumn Joy** (*Hylotelephium 'Herbstfreude'*) is interesting throughout multiple seasons. In the spring, the leaves are a beautiful shade of blue/grey/green. Flowers appear in the summer and fall. During the winter, the dormant plants huddle into architectural shapes and forms.

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Top Five Organic Gardening Tips
The Organic Center
www.organic-center.org

1. Choose organic seeds. Organic seeds are harvested from certified organic crops and therefore are not treated with fungicides like most conventional seeds. Without the application of synthetic pesticides and fertilizers, organic plants rely more on their own defense systems when battling pests and diseases and grow deep roots to extract nutrients from the soil. Plants grown from organic seed are typically stronger and more adapted to thrive and grow under organic gardening practices.

2. Fertilize your soil by using organic compost and manure. Common non-organic garden fertilizers, found at your local garden and home store, may contain ammonium phosphate and other synthetic chemicals. These synthetic fertilizers do not break down and can contaminate soil and pollute waterways. They can also cause skin poisoning and are hazardous if inhaled or consumed. Nutrients in organic compost and manure are slower releasing and encourage stronger and deeper root systems, which in turn can help increase the nutrient content of your fruits and vegetables.

3. Use the buddy system. Companion planting (or intercropping) is an excellent organic gardening technique. Certain plants are beneficial to other plants by deterring harmful insects, attracting beneficial ones, adding fertilizer to the soil through their roots, providing shade or trellis support, or even by helping the neighboring plant produce a greater yield. For example, marigolds have been known to kill harmful nematodes in the soil and can even deter some of the hardiest of weeds, including bindweed. Garlic helps repel aphids and borers. Corn and beans are natural buddies: corn provides a strong stalk for the beans to climb, while the nitrogen-rich beans help feed the soil, encouraging healthier corn.

Organic food production methods promote biodiversity, the biological cycling of nutrients, and plant and animal health. Certified organic farmers may not use toxic synthetic pesticides, artificial fertilizers, and unnecessary hormones or antibiotics. Instead, they use practices that restore, maintain, and enhance soil and ecosystem health. GMOs, artificial ingredients, or trans fats may not be used.

4. Control weeds naturally. Common garden weed killers like glyphosate can cause skin, eye, nose, and throat irritation. If glyphosate is ingested by pets they can become ill, suffering from lethargy, hyper-salivation and vomiting. Control weeds naturally with boiling water, vinegar, and/or salt. Or use organic herbicides, which often contain limonene, a concentration of natural chemicals found in citrus, and essential oils. Certain weeds can be great to eat too! Almost all of them have deep roots, which makes them difficult to kill. But this also helps them enrich the soil by bringing important nutrients to the surface and makes edible weeds highly nutritious for us, too. Edible weeds include dandelion, purslane, mallow, lamb's quarter, burdock, and nettles.

5. Avoid synthetic pesticides. Common home garden pest control products often contain toxic synthetic pesticides like triazicide and carbaryl. The Environmental Protection Agency considers carbaryl to likely be carcinogenic to humans. Exposure can also cause headaches, nausea, coordination problems, and more serious disorders. These pesticides kill insects by disrupting their nervous systems and are highly toxic to honeybees and other beneficial insects. Deter pests naturally by encouraging beneficial insects and using companion planting. Pests can be creatures of habit, so rotate your crops, by either planting different fruits and vegetables each year and/or planting them in different locations in your garden. This can help keep them guessing!

Audubon Certified Meadow ⑤

147 Sylvan Avenue

About the Gardener

Susanna Bertold was never a fan of grass lawns. When the pear tree in her front yard died, Susanna decided to try something different. She had heard great things about Jennifer Mitchell's garden design and consulted with her. The different aesthetic of a naturalized meadow garden immediately appealed to Susanna, a sculptor. The result is a four year work in progress. Her front and backyard have become wild landscapes filled with birds and butterflies and bees.

Jennifer Mitchell and her husband Jim Mitchell designed, installed, and continue to maintain the garden at 147 Sylvan Avenue. Jennifer brings to Leonia decades of gardening and horticultural experience: Assistant Gardener of the Brooklyn Botanical Garden; Senior Gardener for Teaneck Township; Horticulturalist for Tavern on the Green, Central Park Zoo, and Prospect Park Zoo.

Jennifer and Jim Mitchell Garden Design
email: jennyemitchell@gmail.com
Facebook: J. Mitchell Gardens & Stone

Ⓐ Miracle Grass

Susanna's previous lawn was filled with turf and crabgrass. Gardener and homeowner quickly agreed to get rid of it and start over. Herbicides like Roundup would have been faster but it's carcinogenic to humans & animals, and would have prevented new non-turf seeds from sprouting. The organic alternative required a leap of faith, and a good deal of patience.

First, the yard was smothered with black plastic for 3 months. Then the soil was enriched with organic compost and **fine fescue** grass seed was spread on top. Fine fescue is the miracle grass that doesn't require mowing, water or fertilizer.

However, once the grass sprouted, it sported an awkward mohawk. Not knowing that a somewhat disheveled look is the natural charm of fine fescue grass, the Leonia DPW sent at least two notices threatening to mow it all down. Susanna and Jennifer obtained Audubon Certified Meadow status and, working with the DPW, this environmentally important habitat is now protected. It's a miracle!

Ⓑ Audubon Certified Meadow

Maintaining a "normal" lawn in the U.S. is a huge undertaking. Each year, the average homeowner spends a full work week pushing a lawn mower. Meanwhile, Susanna's **Audubon Certified Meadow** is almost maintenance free. Her yard is now a rich and diverse habitat of plants that support and sustain butterflies, bees and birds.

The plant names themselves sound like a botanical class at Hogwarts -- bottlebrush buckeye, sunchoke, rattlesnake master, golden alexanders, ansonia, minarda, queen anne's lace, inkberry, blue flag iris, goldenrod, butterfly weed, milkweed, goldenweed, columbine, helianthus, wild prairie rose, new jersey tea. Ask Jennifer to identify the plant that casts its spell on you.

Ⓒ Stonewall

To build this stone wall, all Jim Mitchell needed was "hand tools, a bottle of advil, and I'm ready to go." He doesn't use mortar, cement, excavators or heavy equipment. His is an ancient craft that harkens back to the traditional stonewalls of Europe.

For a guy in the landscape construction industry, Jim's carbon footprint is extremely small. Most of the rocks used come from this site. Any stones added are refuse stones. The gate is recycled from a wood pallet. Even the metal latch is recycled from an electrical panel.

Ⓓ Edible Path

All new plants added to the garden are either native or edible. This path is lined with savoury and berry plants including sage, alpine berry, lavender, chives, strawberries, and **blueberries**.

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To learn more about native plants, visit:
Native Plant Society of New Jersey
npsnj.org

CREATING AN INDIVIDUAL BACKYARD HABITAT
New Jersey Audubon
http://www.njaudubon.org/SectionBackyardHabitat/Welcome/IndividualBackyardHabitat.aspx

Whether you have an apartment balcony or a 20-acre farm, you can create a garden that attracts beautiful wildlife and helps restore habitat in commercial and residential areas. By providing food, water, cover and a place for wildlife to raise their young -- and by incorporating sustainable gardening practices -- you not only help wildlife, but you may also qualify to become a certified backyard habitat. Here are some main ingredients you will need to include in your backyard to attract wildlife.

1. Providing food for wildlife -- Everyone needs to eat! By providing a variety of food, you will attract a variety of birds and insects to your backyard. Planting native flowers, shrubs and trees is the easiest way to provide the foliage, nectar, pollen, berries, seeds and nuts that many species of wildlife require to survive and thrive. You can also incorporate supplemental feeders and food sources. NJA centers near you can recommend plants that will be best for your specific space. NJA centers also offer sunflower seed grown in NJ.

2. Supply water for wildlife -- Wildlife needs clean water sources for several reasons: drinking, bathing and reproduction. Water sources may include natural features such as ponds; or human-made features such as bird baths, or puddling areas for butterflies, installed ponds or rain gardens.

3. Create cover for wildlife -- Wildlife requires places to hide in order to feel safe from people, predators and inclement weather. Use things like native vegetation, shrubs, thickets and brush piles or even dead trees.

4. Provide a place for wildlife to raise their young -- Just like you, wildlife need a sheltered place to raise their offspring. Many places for cover can double as locations where wildlife can raise young, from wildflower meadows and bushes where many butterflies and moths lay their eggs, or caves where bats roost and form colonies. Adding birdhouses is a wonderful way to enjoy wildlife in your yard.

5. Let your garden "go green" -- How you maintain your garden or landscape can have an important effect on the health of the soil, air, water and habitat for native wildlife -- as well as the human community nearby. Reducing chemical use, composting, mulching and reducing turf grass in your yard are important steps to gardening greener.

Historic Terraces ⑥

About the Gardeners **112 Prospect Street (entrance on Grand Avenue)**

Bill Ziegler and Sue Boyd are lifelong Leonians who attended Leonia public schools and, after completing their education, returned to their hometown to pursue their careers and raise their two boys here. Bill and Sue are actively engaged in many different community volunteer activities throughout town.

After selling their first home on Moore Avenue, they purchased Sue's family home --the Boyd House-- recognized on the National, State and County Registers of Historic Properties as the oldest house in Leonia (circa 1760). The original farm property extended from Overpeck up to the Palisades bordered by a straight line running east/west between Prospect Street and Christie Streets.

Since 1994, Sue and Bill have painstakingly worked to restore the Boyd House --a series of unceasing projects that continue today. If you own a really old house you know firsthand how the restoration effort actually never ends. What makes this unique home extra special is the boys (Brad and Justin) are the fifth generation of family in the same house!

Sue's grandfather, Rutherford Boyd was a prominent artist and a big part of the vibrant art community which represented a large part of Leonia. Rutherford Boyd designed the backyard gardens, water features, terraces, walls and fence which Sue and Bill have all restored and you will see today. The new fence is an exact replica of the original with hand bent and hewn mahogany -- the work of an artisan woodcrafter finished in 1998.

Substantial effort went into excavating the backyard original stonework, terraces and ponds before equipping the latter with modern piping and pump technology. The result takes you to a garden seemingly far removed from where you actually are-- adjacent to Grand Avenue, one of the busiest streets in Leonia earlier referred to as the Old English Neighborhood Highway when the house was built.

Ⓐ Lower Pond

The lower backyard pond is connected to a series of aqueducts running from the large pool at top. Water gathers and spills over various features before ending up in the **lower pond**. Prior to the recent restoration there was no way to reuse the water that flowed from up top to the bottom. A plug would be pulled and the excess water would run out onto Grand Avenue! Today the pumps will take the water from down below back to the top for a continuous and environmentally friendly circuit. Only a small part of the water feature will be running during the tour as some maintenance on the top pond must be done. Fish in the lower pond consist of multiple species including Koi and various goldfish.

Ⓑ Artist's Irises

Irises planted in the late 1920's and were featured in numerous paintings done by Rutherford Boyd during that period. Unfortunately, at the time of the garden tour the blooming season for the irises will just have passed. But there's always next year…

Ⓒ Upper Pond

The upper pond was placed where there was a gigantic magnolia tree in the 1920's. Rutherford Boyd planted the magnolia behind the pond (now a mature tree) at the same time. When in bloom this magnolia is a spectacle. The **upper pond** has numerous water lilies and dragon weed to keep the temperature of the water at a level that works best for the several species of goldfish in it. Snails actively clean the bottom and side of the ponds. We depend on the gentle waterfall to oxygenate and a filter installed behind pump enhances purification. You must be very careful to maintain proper PH levels in both pools. You can't simply refill these ponds with tapwater and expect the fish to survive. Fish remain in the ponds year round, hibernating at or near the bottom during the winter months.

Ⓓ Ivy Legacy

English Ivy was a much bigger feature in the 1920's than today in the backyard, although it is still clearly evident not only in the back but along the outside of the Grand Avenue facing walls and adjacent to the sidewalks there. From 1920's photos, we know English Ivy grew all over the Prospect and Grand Avenue sides of the home. Planted by Rutherford Boyd in the 1920's his intent was to conjure up images of old English style country mansions. Unfortunately, Rutherford Boyd's enthusiasm for this plant did not adequately appreciate the aggressiveness of English Ivy's to take over everything in its path.

Ⓔ Turn-of-the-Century Wisteria

This back porch **wisteria** was shown to be thriving in the earliest photos of the house dating from the late 19th century and appears even at that time to already be a relatively mature plant. It is an aggressive species which if not frequently trimmed will cause damage to the roofline and porch. During the 1940's it advanced along a cable connecting the back porch to the midpoint of the house in the backyard. The purple flowers would drape down across the backyard forming a unique spectacle.

Fighting for Seed Diversity
Documentary SEED: The Untold Story
www.pastemagazine.com * Anna Brones

We eat a tiny percentage of the global crops available to us. Today, about two thirds of the global plate comes from only three crops: wheat, rice and corn. Modern, industrial agriculture, in an effort to commodify crops has whittled down an enormous list of edible plants to a handful, and it has come at a cost, and in the last century, 94 percent of our seed varieties have disappeared.

Without seed diversity, our food supply is threatened, more prone to disease and destruction. “In an era of climate uncertainty, this dearth of diversity is a recipe for catastrophic crop failure and human suffering — not unlike the Great Famine of Ireland that saw the starvation of nearly a million people when their sole crop variety, a potato, was wiped out by blight,” say Taggart Siegel and Jon Betz, the filmmakers behind the documentary SEED: The Untold Story, covering the topic of seed diversity.

As we lose that diversity, we are more and more threatened. “The speed and scope of this loss of seeds is staggering, and its implications for our future are stark. As the renowned naturalist and author Gary Paul Nabhan puts it, “Many of our seeds today are as endangered as a panda or polar bear,” say Siegel and Betz. “In an era of climate uncertainty, this dearth of diversity is a recipe for catastrophic crop failure and human suffering — not unlike the Great Famine of Ireland that saw the starvation of nearly a million people when their sole crop variety, a potato, was wiped out by blight.” This is what makes the effort of people like Bonsall and other individuals and organizations working to preserve seeds. “With climate change and the consolidation and control of the seed industry, our seed stocks are more and more crucial to the future of our food,” say Siegel and Betz.

For centuries, humans have been saving seeds. Yet today, more and more seeds are out of farmers’ control. According to the documentary, today, 90 percent of the seeds that we use for food is grown by chemical companies, companies who at the same time as growing our world’s food supply are also profiting off of selling pesticides and pharmaceuticals.

Dr. Vandana Shiva calls this control of the majority of the world’s seeds by corporations a “seed dictatorship.” According to Monsanto, around 350,000 farmers buy patented seeds from them every year in the United States. But when seeds are patented by corporations, it prevents farmers from saving and exchanging seeds; something that we as humans have been doing for thousands of years. “If you rely on someone else for your seed, it’s like relying on someone else for your soul,” says Bonsell in the film.

The documentary also highlights the work of several groups devoted to protecting seeds and heritage for indigenous groups, like the Tesuque Pueblo Farm in New Mexico. We are all born from seeds, and the stories told in the film are a reminder that seeds aren’t just essential to feeding us, they are a crucial part of our being and existence. “We lost our seeds, we lost our food,” says Emigido Ballon in the film. “When you’re losing the seeds, you’re losing completely your traditional way of eating.”

Up against multibillion dollar corporations can feel like a staggering task, but there are many ways for taking action. “Saving seed diversity starts with buying food and produce that is organically grown, fairly traded, and as local as possible. Visit your local farmers market to support small farmers. Buy those purple carrots and heirloom tomatoes, and keep diversity alive,” say Siegel and Betz. Individuals can also become seed keepers, growing organic heirloom seeds in your own garden and keeping them free from pesticides. Bill McDorman, one of the film’s characters, has created the Million New Seed Savers Campaign, encouraging people to join their own community of seed savers and be a part of the solution.

The beauty of a seed, after all, is that given the right conditions, it will grow again.

Hidden Orchard ⑦

140 Lakeview Avenue

About the Gardener

When Arnold purchased his home, he started gardening under a dense canopy of trees. He enhanced the landscaping of the front yard's shaded areas and made the most of the backyard's small pockets of sunlight. The greenhouse is a gardener's laboratory allowing him to experiment with South African plants and flowers. His garden has become a unique and personal reflection of his travels, his interest in history, and the science behind gardening.

Ⓐ No-Mow Front Lawn

Front lawns without grass can also tickle a gardener's fancy. Arnold inherited this front lawn of English Ivy (*Hedera helix*) from the prior owner and took it to the next level. This clump of **Cinnamon Ferns** (*Osmundastrum*) began as a single plant and multiplied rapidly. Among the ivy, he planted 3,000 daffodils bulbs of 3 different varieties that flower early, mid, and late spring -- shifting the spring color pallet from yellow to yellow-white to all white. Also in the mix are Lily of the valley (*Convallaria majalis*), Snowflakes (*Leucojum*), and Snowdrops (*Galanthus*). Arnold never has to mow his front lawn which saves time, energy, and reduces his carbon footprint.

Ⓑ Apple A Day

Here lies Thomas Jefferson's favorite apple, the **Esopus Spitzenburg**, an antique apple from Esopus, New York. Jefferson would approve of Arnold's espalier, the ancient technique of pruning and tying fruit tree branches to a wall, fence or trellis. Other apple trees in the garden include the Cox's Orange Pippin (voted #1 tasting apple in England), Passe Crassane (the favored winter pear in France), Calville Blanc d'hiver (apple with more vitamin C than an orange), Stepover apple tree. When Arnold started his orchard 20 years ago, 85% of the flowers became fruit. Now, with the decline of the honey bee, only 15% of the flowers become fruit. Herbicides and pesticides are the main contributor to the decline of honey bees, another reason to go organic in your yard.

Ⓒ Fruitfulness

Arnold's fruitful bounty includes the Korean Bee Bee Tree (*Evodia Daniellii*) which flowers in August when no other pollen is around; Pomegranate and Banana Trees which are kept in the greenhouse during winter months; Grapes; Raspberries; Blood Orange; D'Angou Pear; Stanley Prune Plum; Pear Magness. This **Korean Quince** is a traditional fruit for treating chest conditions. Don't be alarmed by its peeling truck, the bark exfoliates like a sycamore tree. Arnold uses the biodynamic agricultural principle for his garden -- feed the soil and you will feed the plant. He fertilizes his fruit trees with a slow-release, organic fertilizer made of kelp, gypsum, feather meal, and trace minerals.

Ⓓ Out of Africa

Nelson Mandela would have felt right at home in Arnold's backyard. South African flowers dot the landscape in what could be Leonia's only collection of South African flowers. Here you will find the flowering Kniphofia and **Crinum Lilies**. Other plants of note are the Fergana Tulip from Uzbekistan; and the Autumn Crocus (*Colchicum autumnale*), a poisonous plant from Europe and Central Asia used to treat gout. Peonies include the Himalayan (*Paeonia emodi*) and Romanian (*Paeonia tenuifolia*). Peonies have a unique relationship with ants. The buds secrete a waxy coating of nectar that needs to be eaten by ants so the peony bud will open into a flower. This symbiotic relationship between the peony and the ant is another reason to not use insecticides or pesticides in your garden.

Ⓔ Go Medieval

The **Medlar tree** (*Mespilus germanica*) is uncommon now but it used to be an important fruit during Roman and Medieval times. Medlar was one of the few fruits edible in winter. It ripens after frost or from storage. A ripe medlar looks like fruit gone bad; dark brown, wrinkled skin and a soft center. Don't let its looks fool you. The inside is like custard and can be eaten as a dessert.

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8 Ways to Attract Bees and Butterflies
Be a good neighbor to struggling pollinators by turning your outdoor space into a safe haven.
Natural Resources Defense Council * Alexandra Zissu

If your garden has seemed different in recent years—that familiar buzz much quieter, the air less colorful and alive—it's probably not your imagination. Bee, butterfly, and bat populations face alarming declines worldwide. That's a scary thought, considering that the majority of the crops we eat rely on these (formerly) frequent visitors.

It's true that no one person can single-handedly restore the monarch butterfly, cure bat-killing fungus, reverse the honeybees' downward spiral—and save agriculture as we know it. But as we work on the larger issues at play, like climate change and widespread pesticide use, pollinators need safe spaces in order to feed and find mates. That's where you come in. Make your own yard a pollinator-friendly pit stop with a few simple fixes.

1. Try leave-it-alone gardening
Stop obsessing over perfectly planted flower beds and weed-free lawns. "Think about your garden as a habitat for wildlife rather than approaching it as 'I need a nice and tidy manicured lawn,' " says Sylvia Fallon, a senior scientist with NRDC's Land and Wildlife program.

Lawns and gardens that provide food, nutrition, and shelter for pollinators and other critters can still be gorgeous. Instead of weeding out natural greenery, let your lawn go. (Bees need clover!) Instead of wiping a plot clean to make a new garden bed from scratch, leave wild spaces—especially meadows of wildflowers—as they are.

2. Go native
Local plants match the needs of nearby pollinators. Those modern hybrids you find at plant nurseries, on the other hand, may have pollen, nectar, and even scent bred out of them. A little research into your local climate and soil will reveal which plants work best in your yard. For more on what is considered native (sage) and what is not (butterfly bush), check out the Xerces Society.

3. Mix it up
To please your bees and your butterflies, opt for plants of all shapes and colors that will bloom from early spring to late fall. Planting clumps, rather than individual flowers or plants, will also make it easier for pollinators to find you.

Throw in some larval host plants to attract the caterpillars that turn into colorful butterflies, and don't forget night-blooming flowers for bats. While bats mainly pollinate plants in desert climates (like the agave in the Southwest), they're useful everywhere because they eat insects, including crop pests. Consider these nocturnal visitors organic pest control.

4. Stop spraying pesticides
It's amazing how many fans of organic food willingly use the dangerous chemicals they try to avoid in the grocery store on their home gardens. The number one threat to pollinators—and the chemicals you should avoid over all others—is neonicotinoid (or neonic) pesticides. Not only are they most toxic to bees, butterflies, and other insects, but they're also systemic. When applied, these poisons make their way throughout the entire plant—including the pollen and nectar.

Consider asking your neighbors to ditch pesticides, too. And see if you can collectively work on town and county ordinances to further reduce their use. It's not as pie-in-the-sky as it might sound; many places have banned spraying that's not related to public-health purposes, especially for private lawns.

5. Shop smart
A 2014 report by the nonprofit group Friends of the Earth and several other organizations revealed that 51 percent of plant samples purchased at top garden stores in the United States and Canada contained neonicotinoids. Buy only plants or seeds that aren't pretreated with pesticides. And read the fine print: If a plant is marked "protected," that may mean it's chemically treated.
Smaller nurseries that specialize in organic gardening will likely be your best bet. And remember, supply equals demand: The more you ask for pollinator-safe plants, the more likely stores will start stocking them.

6. Plant milkweed
In 1997, more than 1 billion monarch butterflies were recorded during their annual migration from the United States to Mexico for the winter; now that number is less than 57 million. "That's more than a 90 percent decline in a short period of time, largely due to changes we have made in our agricultural practices," says Fallon.

One big change is the nationwide loss of milkweed crops — monarchs' only food source and the plant on which they lay their eggs. "The introduction of genetically engineered crops means milkweed is no longer in agricultural fields," says Fallon. "They have effectively eliminated milkweed from large swaths of what were breeding grounds in the corn belt. With that decline has been a huge decline in population."

Do your part to recoup those numbers by planting milkweed from seeds or cuttings. You'll be doubly rewarded with its heavenly full-bloom scent drifting through your windows.

7. Just add water
Some experts say shallow pools will attract pollinators, especially if you're in a dry climate or there hasn't been much morning dew on your grass. If you already have a birdbath, you're good to go. Provide some pebbles or rocks as "islands" in the dish so pollinators—especially small bees—won't drown.

Of course, standing water can also attract an unwanted backyard pest: the mosquito. Make sure you empty and refill dishes frequently to keep the H2O fresh.

8. Extra credit: Become a landlord
Revisit how you approach a fallen tree or a dead limb. It's not an eyesore; it's a potential bee nest! Drill bee-inviting holes in that dead wood, build nest blocks, or simply buy a premade bee box.
You can also purchase prefab roost modules (or make your own) for bats as well. Roost modules are meant to host maternity colonies during summer months; this keeps bats warm enough to avoid contracting white nose syndrome. The fungus, responsible for killing millions in North America, can't survive temperatures above 68 degrees Fahrenheit. Make sure any pollinator condos you do build are made from nontoxic wood. And display your creations proudly—perhaps they'll be a conversation starter and educational tool for neighbors or visitor.

Leonia Community Garden ⑧

Pine Hill Road

About the Garden

Happy Birthday Leonia Community Garden!

Started in 1997, the garden is proudly celebrating its 20th season this year. The garden was begun by a few interested volunteers, encouraged and sponsored by the Leonia Environmental Commission which provided funding to get it started. Grading, fencing, and water supply were all paid for with their generous grant. The DPW provides the wood chips for the walking paths between the raised flowerbeds as well as soil.

The Community Garden is organic. Toxic herbicides and pesticides are not allowed.

Ⓐ Dirt Boxes

The Community Garden has 31 individual **garden plots**, 10' x 10' each, that are planted and maintained by dues-paying members. All general expenses of the Garden are paid for from the dues, which are currently $36 per season, per full-sized plot (half-size plots for beginners are $18).

Currently the Community Garden has a waiting list. If you would like to be considered for next year, give the Community Garden member your contact information.

Ⓑ Cornucopia

Many different kinds of vegetables and flowers are grown by the members. Among the most popular is the **tomato**, which nearly every member plants and grows very successfully. Other popular crops are lettuce and other greens, peppers, beans, peas, eggplant, squash, and various herbs. Also seen are leeks, potatoes, red kale, and corn. A wide assortment of flowers is grown, which are not only beautiful but also valuable for attracting pollinators like bees and butterflies.

Ⓒ Food Pantry & Olaff House

Giving back to the community is an integral part of the Community Garden. **This plot** with vegetables and herbs is cared for and harvested for the benefit of a local food pantry and the Olaff House. Fresh and healthy produce are given to those without the opportunity to grow their own.

Ⓓ Butterfly Garden

Last year, the Community Garden initiated a separate **butterfly garden** to attract pollinators. The butterfly garden includes host plants, flowers with different nectars in both color and taste, and flowers that bloom at different times of the day and year. The Community Garden is pitching in to help these beautiful and interesting creatures survive.

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America's Patriotic Victory Gardens
http://www.history.com
By Laura Schumm

During World War I, a severe food crisis emerged in Europe as agricultural workers were recruited into military service and farms were transformed into battlefields. As a result, the burden of feeding millions of starving people fell to the United States. In March of 1917¬—just weeks before the United States entered the war—Charles Lathrop Pack organized the National War Garden Commission to encourage Americans to contribute to the war effort by planting, fertilizing, harvesting and storing their own fruits and vegetables so that more food could be exported to our allies. Citizens were urged to utilize all idle land that was not already engaged in agricultural production—including school and company grounds, parks, backyards or any available vacant lots.

Promoted through propaganda posters advocating that civilians "Sow the seeds of victory" by planting their own vegetables, the war garden movement (as it was originally known) was spread by word of mouth through numerous women's clubs, civic associations and chambers of commerce, which actively encouraged participation in the campaign. Amateur gardeners were provided with instruction pamphlets on how, when and where to sow, and were offered suggestions as to the best crops to plant, along with tips on preventing disease and insect infestations. The endeavor was so well received that the government turned its attention to distributing canning and drying manuals to help people preserve their surplus crops. In addition to the appeal to men and women, the federal Bureau of Education initiated a U.S. School Garden Army (USSGA) to mobilize children to enlist as "soldiers of the soil." As a result of these combined efforts, 3 million new garden plots were planted in 1917 and more than 5.2 million were cultivated in 1918, which generated an estimated 1.45 million quarts of canned fruits and vegetables. By the end of World War I, the campaign promoting home gardens—which by then were referred to as "victory gardens"—had dropped off, but many people continued to maintain them.

Shortly after the United States was drawn into the Second World War, victory gardens began to reemerge. Once again, commercial crops were diverted to the military overseas while transportation was redirected towards moving troops and munitions instead of food. With the introduction of food rationing in the United States in the spring of 1942, Americans had an even greater incentive to grow their own fruits and vegetables in whichever locations they could find: small flower boxes, apartment rooftops, backyards or deserted lots of any size. Amid protests from the Department of Agriculture, Eleanor Roosevelt even planted a victory garden on the White House lawn.

Some of the most popular produce grown included beans, beets, cabbage, carrots, kale, kohlrabi, lettuce, peas, tomatoes, turnips, squash and Swiss chard. Through the distribution of several million government-sponsored pamphlets, fledgling farmers were advised to maximize their garden's productivity by practicing succession planting, and were encouraged to record the germination rates of seeds, along with any diseases or insects they may have encountered, in order to minimize waste and improve their garden's output the following year.

Throughout both world wars, the Victory Garden campaign served as a successful means of boosting morale, expressing patriotism, safeguarding against food shortages on the home front, and easing the burden on the commercial farmers working arduously to feed troops and civilians overseas. In 1942, roughly 15 million families planted victory gardens; by 1944, an estimated 20 million victory gardens produced roughly 8 million tons of food—which was the equivalent of more than 40 percent of all the fresh fruits and vegetables consumed in the United States. Although the government's promotion of victory gardens ended with the war, a renaissance movement has sprouted up in recent years in support of self-sufficiency and eating seasonally to improve health through local, organic farming and sustainable agriculture.

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