

Growing Groceries 2.0 Concept

We are working on launching an educational series “Growing Groceries 2.0” focused on growing healthy food using sustainable gardening practices. For the past few years, our Growing Groceries program has centered on advising gardeners in community gardens.

Beginning in October 2018, we intend to offer ten 2.5-hour classes based on the latest research-based techniques for growing food and designed for Master Gardeners as well as the general public.

Goals

- Offer a structured series of ten Wednesday evening classes from October 2018—May 2019 at The Grange in Issaquah from 6:30—9:00 PM for \$5 per class
- Teach aspects of vegetable gardening from Northwest vegetable gardening principles to classes on families of brassicas, legumes, nightshades, etc.
- Design classes for MGs and the general public
- Engage Growing Groceries MGs already supporting community gardens
- Offer more structured educational resources for community gardens
- Survey King County Master Gardeners for vegetable gardening knowledge, along with willingness to be instructors and/or lend technical support to the program
- Develop KC Master Gardeners skills as presenters
- Use a repeatable curriculum with PowerPoint presentations and handouts that MGs can use for talks elsewhere.
- Long term: aim for at least 2—3 speakers per topic on the set curriculum at three KC locations, rotating yearly between central, north, and south KC locations at first, eventually given in all three locations each year.

Curriculum for King County Growing Groceries 2.0

10/17/18 — Principles of vegetable gardening in the Pacific Northwest and the **Onion Family** aka Alliums (garlic, onions, leeks, chives, shallots) covering variety selection, cultural requirements, major diseases and pests, pest management techniques.

11/14/18 — Soil, compost, gardening methods (raised beds, till, no-till, double digging), fertilizers and amendments by crop type, soil analysis interpretation, tips on how to promote “warm soil” (cover soil, plant in raised beds). Demonstrations: soil samples to show different soil types; interpret a soil analysis.

1/9/19 — Planning and garden design (what, where, spacing, timing, not shade small plants by tall plants), crop rotation by family for fertility and pest avoidance, succession planting, planting dates, value of a garden notebook. In-class project: develop a planting plan.

1/30/19 — Small fruit (strawberries, blueberries, raspberries) **and other perennials (rhubarb, asparagus)**. Variety selection, cultural requirements, fertilizer needs, major diseases and pests, pest management techniques.

2/13/19 — Seed starting and early greens. raising transplants, hardening-off and planting transplants; warming soil tips, labeling crop name and planting date, tracking. Early greens such as lettuce, covering variety selection, cultural requirements, fertilizer needs, major diseases and pests, pest management techniques. Demonstration: transplant seedlings into small pots.

2/27/19 — Cabbage Family (Brassicaceae, formerly Cuciferae) includes broccoli, cauliflower, kale, cabbage, arugula, mustard, rutabaga, turnip, radish) and **Chenopod Family** (beet, Swiss chard spinach). Variety selection, cultural requirements, fertilizer needs, major diseases and pests, pest management techniques. Define and demonstrate “as soon as soil can be worked” and how to promote “workable” (cover soil, plant in raised beds) and tips on warming the soil (cover soil, plant in raised beds). Demonstration: example of workable soil.

3/13/19 — Pea Family (Leguminosae) includes peas, green beans, dry beans, and lentils. **Carrot Family** (Apiaceae, formerly Umbelliferae) includes carrots, parsnips, celery, dill, fennel, lovage, parsley, chervil, coriander). Variety selection, cultural requirements, fertilizer needs, major diseases and pests, pest management techniques. Demonstration: germinate peas using paper towels and plastic.

3/27/19 — Bugs, weeding, and watering: Good pollinator and predator bugs; crop-damaging bad bugs. Weeding & watering (water-wise, irrigation, mulching, watering seeds vs seedlings and mature plants).

4/10/19 — Tomato Family (Solanaceae). The Nightshade family includes tomatoes, potatoes, tomatillos, eggplants, and peppers. Variety selection, cultural requirements, fertilizer needs, major diseases and pests, pest management techniques. Demonstration: trench transplant a tomato.

5/8/19 — Cucumber Family (Cucurbaceae) includes cucumbers, squash, melons; and **Corn** (Grass Family—Gramineae). Variety selection, cultural requirements, fertilizer needs, major diseases and pests, pest management techniques. Demonstration: hand-fertilizing squash blossoms.

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