

GARDEN NEWS

A Bite Me Garden Club Publication

January 2014

Why Learn to Garden?

According to Chad Hart, agricultural economist at Iowa State, the US is self sufficient in the production of wheat, corn, sorghum, rice, soybeans, eggs, dairy, pork, chicken and turkey meat. We sometimes need to import beef.

Unfortunately, we are not self-sufficient in fruit and vegetable production. In a study done by the Congressional Research Service for members and committees, since 1970 the trade deficit for fruit and vegetable has increased by \$6 billion.

Additionally, the USDA long term projections are that the cost of fruits and vegetables will increase by nearly 18% between today and 2020.

Today, 85% of US grains are being raised in areas experiencing extreme and prolonged drought conditions per the US Energy Information Administration. By 2030–39, climate scientist Dr. Aiguo Dai predicts that the central US will experience drier soils than in 2000–09. The drought risk increases in the 2060s, and by the 2090s, most of southern Europe and about half of the United States is likely to be in extreme drought. We are also depleting groundwater sources at an unsustainable rate to keep farming in these dry regions.

The era of cheap food grown by mega-farms in the US may be drying up.

The average 20 year old needs a minimum of :

Dark Green Vegetables = 2 cups weekly

Orange Vegetables = 6 cups weekly

Dry Beans & Peas = 2 cups weekly

Starchy Vegetables = 6 cups weekly

Other Vegetables = 5 cups weekly

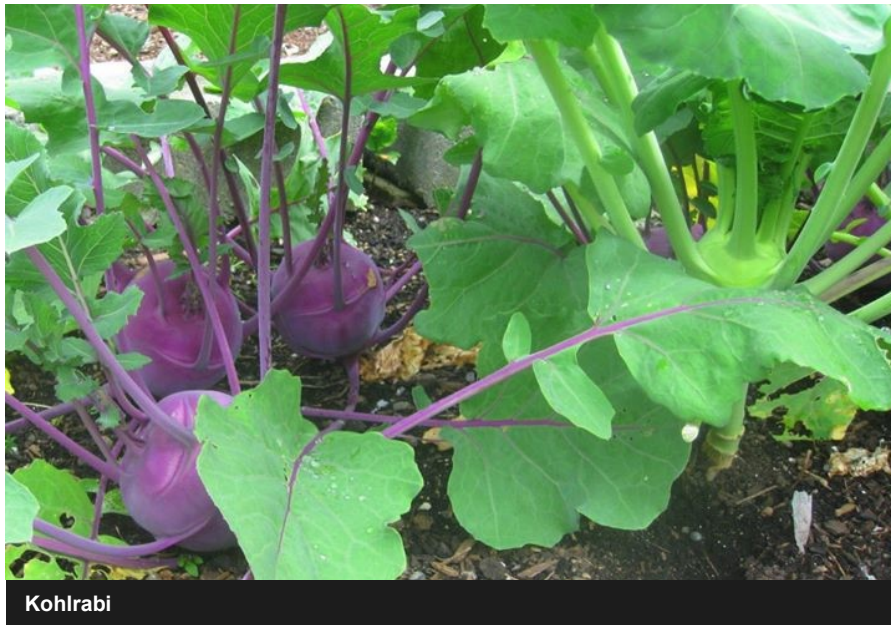
- Center for Disease Control



Student Garden West of Greenhouse—Summer 2013

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Kohlrabi

Garden Club Meeting Times for Winter 2014

To accommodate different schedules, the club will meet in the student garden Wednesdays at 11:30—12:20 and Thursdays from 12:00—1:00-ish.

You may also send me an e-mail and ask what needs to be done. We'll meet and discuss specific tasks you can do to help on your schedule.

Winter Quarter Seminars

Seminars will be held at the scheduled Garden Club meeting days and times.

1. Garden Planning and the Real Dirt on Dirt
2. Pot . . . er . . . Container Gardening 101
3. Micro-greens and Massive Nutrition
4. Seed Starting
5. Worm Bins and Composting
6. Growing Season Extenders
7. Early Spring Vegetables for the PNW
8. Water-wise Gardening Methods
9. Spring Vegetables for the PNW
10. Vertical Gardening: How the Heck Did *That* Get Up *There*?



Currants

Organic, Water-wise, Easy, and Accessible

The gardening methods modeled in the student garden are designed for the home gardener.

We use a combination of deep-bed planting and the Square Foot gardening methodologies.

These planting styles make gardening water-wise, affordable, pleasant (not many weeds to deal with!), and successful even for beginning gardeners.

Our student garden is currently being re-designed to make it Universally Accessible, so gardeners with physical limitations can come help us grow.

We are also adding a Patio Garden demonstration area for those of you who live in apartments.

Please, come help us grow! We need helping hands to see these projects come to life!



Karrin Peterson, Garden Club Advisor , at work in her home garden.

Meet Your Advisor

Hello! My name is Karrin Peterson, and I am the Student Garden Club faculty advisor.

I want to extend a personal invitation to each and every one of you to join me in the garden for the coming growing season.

I believe that gardening is a critical life skill that should be taught in all educational levels and institutions. Why?

In an uncertain world, I find peace and strength knowing that I can grow healthy, organic food for myself and my family. I raise about 50% of all the vegetables my family of four consumes in a year on my suburban quarter acre lot (yes, there is a house on that lot too). I could grow more, if I didn't get so easily distracted with serious business endeavors I have out in the mountains and at the ski resorts.

Last year, I saved over \$4,000 by gardening (based upon the cost for equivalent produce at PCC and Whole Foods — and some of the veggies I grew aren't sold at any grocery stores). And yes, my family eats more than the USDA recommended daily intake of vegetables.

A coach airline ticket to Hawaii currently goes for around \$850 (I just checked, in case I get some pressing business on a beach over spring break).

Food for thought.

Connection Between Gardening and Future Careers

Business: In the garden, you can not only learn how to save money and eat better, but you can learn now to build a business. Food is a commodity that everyone needs (unlike the latest version of X-box or I-phone—OK, maybe I do need that I-phone with the garden planning app).

Sciences: Gardeners learn about biology, chemistry, bio-diversity, eco-systems, climatology, and the water cycle — hands on.

Psychology/Sociology: Gardening has been proven to help people recover from PTSD, depression, and anxiety.

Medicine: Gardening is useful for physical and occupational therapy and patient recovery. More and more hospitals are building “healing gardens” into their recovery programs. Why? Because gardens heal the mind as well as the body — studies have found that people find solace and peace in gardens. Gardening reduces pain, drug free.

General Life and Employment Skills: A gardener learns patience, responsibility (you don’t water, your harvest dies), and how to analyze and respond to multiple variables to achieve a measurable goal (a healthy, robust harvest).

Want to Grow Your Employability, Resume & Portfolio?

Contact Karrin Peterson

(fondly referred to as Professor Pete by her students)

kpeterso@bellevuecollege.edu

Visit us on the web on Facebook under “Bite Me Garden Club.”

P.S. I write strong letters of recommendation for former student gardeners!

Gardening is Serious Business