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LEAF

July 2020 Newsletter

Letter from the President



This is turning out to be a summer unlike any other. The pandemic continues, just barely under control, as we struggle to set our personal boundaries of how much risk we're willing to take on. Mask at the ready! Sheltering in place has impacted all of us from missing a hug to losing a job. Some have even died.

On top of COVID, civil rights have taken center stage with Black Lives Matters gaining global support. Changes are being made. It feels like a big moment in history.

Our gardens are our refuge when life seems overwhelming. Studies have documented the benefits of being outdoors, in nature. The Japanese call it Shinrin-yoku. It's meditative to put our devices aside and pay attention to the sounds around us. Tying up rampant summer vegetables, weeding and harvesting, takes our mind off the worries and busy-ness of our day. Focusing on each plant, what it smells and feels like - the nature of dill versus tomato - and the tiny animal life one encounters in a garden - allows the soul to regenerate.

Be well and happy gardening!

Mia Mora

LEAF C. R. Stone Garden



We have a big patch of green globe and purple Italian globe artichokes. We harvest the green globe for donation to the food banks but we let the purple artichokes go

to flower for our bee pollinators. Bees love the artichoke flowers, especially the bumblebees that dive bomb head first deep into the flower and then swirl around so their entire body is covered in pollen.

LEAF Center



Gardener of the Month: Liz Lundquist - Planter #4

It takes added dedication to make time for gardening when you're a new parent with a toddler. The addition of flowers makes her garden one to be proud of. Plus Liz's son practices identifying the colors of all the flowers. Sweet!

There are still planters available for rent in both half and full sizes. If interested, contact [LEAF Center Garden Supervisor](#).

Urban Farm



Got boxes? Are all those delivery boxes piling up in your garage? LEAF needs big ones (30+ inches) for sheet mulching at the Urban Farm. Your donation of boxes would be much appreciated! Just toss them over the fence behind the blue dumpster at 55 Mowry (Mission Valley Vet Clinic). Thank you!!

What to do in the Garden: July



It's time to harvest your summer squash and cucumbers.

Harvest both summer squash and cucumber when they are small. Squash becomes tough, loses flavor and gets very seedy when they get larger. Cucumbers become bitter, the texture is not as crisp and they also get very seedy

when they are larger.

Harvest zucchini when they are 5 to 8 inches long, crooknecks when they are 5 to 7 inches, and scallops when they are 3 to 4 inches in diameter. Harvest slicing cucumbers when they are 7 to 9 inches and pickling when they are 2 to 4 inches.

It's best to use a knife or pruners to cut the fruit from the plant. Twisting or pulling the fruit can damage both the plant and the fruit.

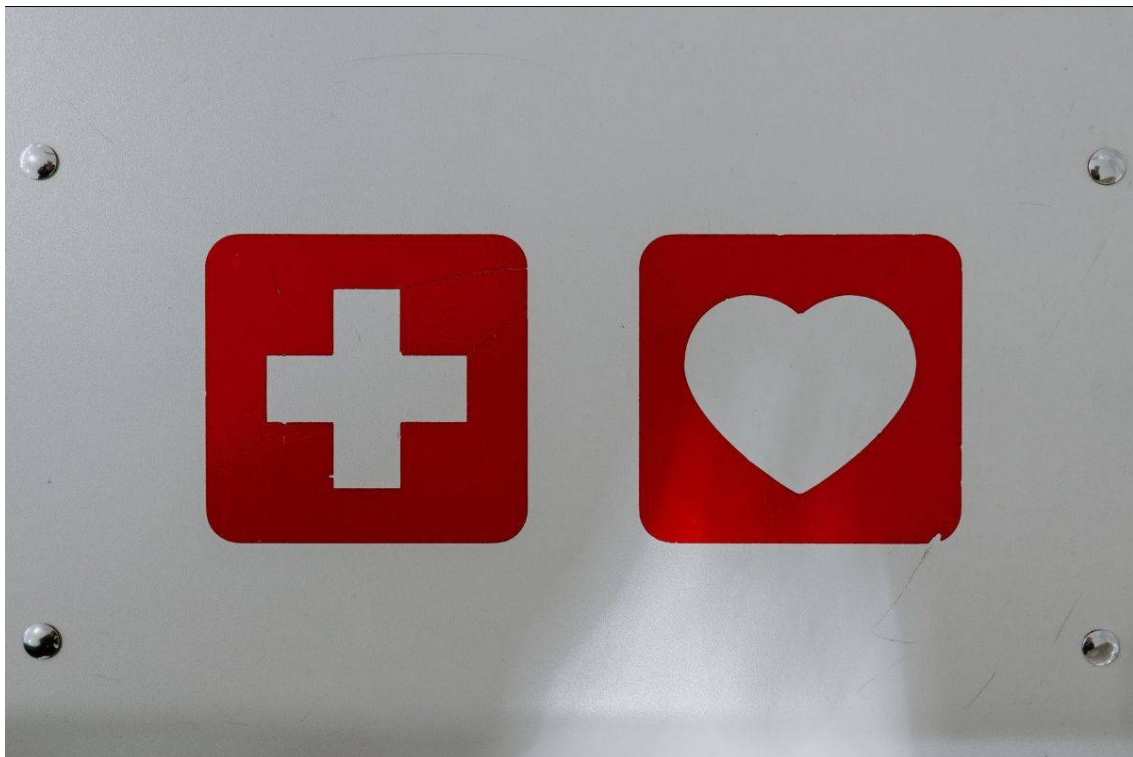
Harvesting summer squash and cucumbers often, multiple times a week, encourages the plants to produce longer into the season.

Sources:

<https://homeguides.sfgate.com/pick-squash-outdoor-vegetable-garden-45497.html>

<https://www.thespruce.com/how-and-when-to-harvest-cucumbers-2540061>

What to do in the Garden: July



Health Advisory

LEAF members & volunteers:

In light of the recent heat wave on top of the pandemic, the Board wants to ensure the health and safety of all who visit our gardens, whether as you are

volunteering or tending to your planter bed. We will continue to follow the guidelines of the local health officials regarding social distancing norms, including wearing face masks. Hand sanitizer may be available at some LEAF sites. Just to be sure, you may also want to bring your own, if possible.

Finally, with the hot summer sun upon us, it is a matter of LEAF safety policy, that all volunteers, visitors, and guests wear hats, apply sunscreen, and keep themselves hydrated. Please make sure to rest and avoid exerting yourself during the hottest part of the day.

Thank you!
- The Board

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