

# COMMON GROUND

ORGANIC GARDEN SUPPLY AND EDUCATION CENTER

559 College Ave. • Palo Alto • California 94306 • 650.493.6072

[www.commongroundinpaloalto.org](http://www.commongroundinpaloalto.org)



SPRING 2002

## SPRING CLASS SCHEDULE

### NEW STORE ITEM!

The NEW edition of *How to Grow More Vegetables* by John Jeavons is here! This sixth edition has been completely expanded and updated to make learning the GROW BIOINTENSIVE method easier than ever. Learn all about bed preparation, compost, fertilization, seed propagation, companion planting, simple insect and pest control, and



Patricia St. John and Glenda Jones at the 2001 Tomato Tasting



### BOOK REVIEW

A new feature of our newsletter is to review a book or two that you might enjoy.

Our first book is *This Organic Life: Confessions of a Suburban Homesteader*, by Joan Dye Gussow (2001). Joan is a member of Ecology Action's advisory board and is an outspoken advocate for growing food locally, preferably in your back yard. *This Organic Life* is the story of Joan's journey in learning to grow food year-round, first in a

making a garden plan. The updated master charts include information for growing vegetables, fruits, grains, compost crops, and more. This is a wonderful book for gardeners with one small plot or farmers with larger areas, whether they are beginners or seasoned growers.

### TIME TO BE THINKING ABOUT TOMATOES!

February-April is the time to plant seeds for your favorite tomatoes, and April-June is the time to plant potted seedlings. To help you decide which to grow, we present the top choices from our previous Annual Common Ground Tomato Tasting. We will do our best to have all these seeds and/or starter plants available for you at the store!

First Lady	Black Krim
Early Girl	Green Zebra
Sun Gold	Sweet 101s
Marvel Stripe	Green Grape Evergreen
Brandywine	Great White
Cherokee Purple	Red Rose

suburb just north of New York City, and eventually in a little town on the Hudson River, where she now has a 1000-sq.-ft. plot and grows most of her own food. It was not an easy journey, but Joan describes her challenges and anguish with ironic humor, and talks about her failures as easily as she discusses her gardening triumphs. She has successfully grown vegetables and fruits that common wisdom says can't be

### MANY MORE BOOKS!

A new expanded book selection covers many topics including soil, composting, flowers, biodynamics, permaculture, Biointensive, beneficial bugs, landscaping, children's gardening, seed saving, California native plants, birds, butterflies, sustainable lifestyles and cookbooks!

### SPECIAL THANK YOU TO:

Chuck and Cathy McDonald for doing our annual seed germination tests on our bulk seeds. This is a big job, and they did it with excellence and in a timely manner. Their smiles, humor and presence are greatly appreciated.

### GET YOUR NEWS ON-LINE

Send us your e-mail address so we can send you the newsletter and gardening class schedule electronically. You can also visit our beautiful website [www.commongroundinpaloalto.org](http://www.commongroundinpaloalto.org).

grown in her northern climate – even sweet potatoes!

Throughout the book, Joan discusses the issues with our current food system, and proposes possible solutions. She firmly believes that if markets are created for locally grown food, local farmers can and will figure out a way to meet the need. Thoughtful, passionate, and honest, *This Organic Life* is a great read.

STORE HOURS: Tues.- Fri. (10:00 - 5:30); Sat. and Sun. (10:00 - 5:00). Closed Mondays.



# SPRING CLASSES 2002

Please register and prepay in advance by mail or in person. Seniors and low-income persons may request a \$3 discount on classes. Some classes do extend beyond the scheduled time.

## April and May Gardening Class Schedule

### CONNECTING YOUR HOME & GARDEN

10:30-12:00, \$17

Linda Lenora  
Saturday, April 6

The garden provides one of our nearest connections to nature. Does your patio or yard enhance your life, reflect your inner sense and nurture your soul? Is there a place in your garden for you to create, entertain, play, rest and connect with your inner spirit? We'll learn Feng Shui principles to enhance your garden and home. *Linda is an international consultant, author, and speaker on Feng Shui.*

### GROWING BLUEBERRIES

10:30-12:00, \$17

Nancy Garrison  
Saturday, April 13

Blueberries grow beautifully in the San Francisco Bay Area. Learn how to grow varieties that thrive in this area. We will learn to choose a growing site, amend and acidify the soil, and manage moisture to ensure an abundant harvest. *Nancy has coordinated the Master Gardener Program in Santa Clara county since 1982. She grows 60 varieties of fruit on her 1/4-acre urban farm in San Jose.*

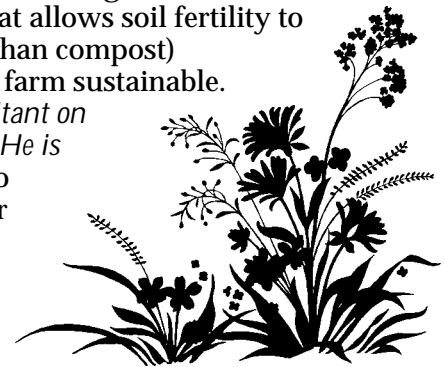
### \*INTRODUCTION TO GROW BIOINTENSIVE

10:30-12:30, \$19

John Jeavons  
Saturday, April 20

How do you get sustainably high yields of vegetable, grain and other food crops, while building the fertility of your soil? Learn the principles of the Ecology Action method of Biointensive gardening, including the double-digging of raised beds, composting and soil-building, intensive planting, companion planting, carbon farming (the use of compost crops), calorie farming, and the use of open-pollinated seeds. We emphasize a whole-system approach that allows soil fertility to be built in a relatively short period, so that fertilizer inputs (other than compost) become unnecessary, or almost so, thereby making the garden and farm sustainable.

*John is known internationally as a leading researcher, teacher, and consultant on small-scale food production using the GROW BIOINTENSIVE method. He is the Executive Director of Ecology Action and author of the book, How to Grow More Vegetables (and Fruits, Nuts, Berries, Grains and Other Crops), which is in its new sixth edition, and has over 560,000 copies in print worldwide.*



### \*DOUBLE-DIGGING

2:00-4:00, \$19

John Jeavons  
Saturday, April 20

Loosening the soil 24 inches deep to build soil structure is easy if you know how! Plants grow better, the garden needs less water, and weeds come out more easily. Double-digging is the first step in a GROW BIOINTENSIVE garden. This class includes a hands-on demonstration at a nearby garden. *John is known internationally as a leading researcher, teacher, and consultant of small-scale food production using the GROW BIOINTENSIVE method. He is the Executive Director of Ecology Action and author of the book, How to Grow More Vegetables, which is in its new sixth edition, and has over 560,000 copies in print worldwide.*

\* A GROW BIOINTENSIVE<sup>SM</sup> Class

## HOW TO START AN ORGANIC GARDEN

10:30-12:00, \$17

Jody Main

Saturday, April 27

By following nature and following our instincts, organic gardening is easy! Class includes: Bed preparation, plant care, seasonal herbs, wonderful heirloom vegetables to grow this summer and great crops for “putting up.” Recipes included. *Jody is the manager of Rosalind Creasy's test and photo garden and past manager at Hidden Villa's garden.*



## PLANTS FOR GARDEN POLLINATORS

10:30-12:00, \$17

Kate Griffin

Saturday, May 4

Bees, hummingbirds, butterflies – they add life and color to your garden! They are also vital to crop production and biodiversity. Learn about the flowering plants (native, herbs and others) that will attract these beautiful, important creatures to your garden. *Kate is a trained horticulturist and freelance garden writer. Her main interests are native plants and wildlife-friendly gardening.*

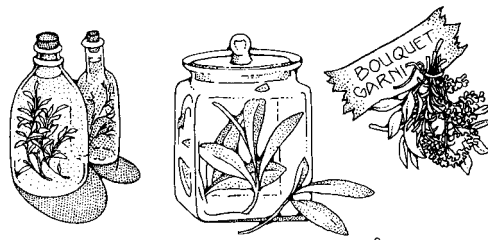
## AROMATHERAPY IN THE GARDEN

10:30-12:00, \$17

Jeanne Rose

Saturday, May 11

Enjoy the power of fragrance in your garden! Learn which plants are best grown for their essential oils. We'll discuss the applications of aromatherapy and how you can plant to take advantage of nature's healers. *Jeanne has written over 18 books on herbs and aromatherapy, and is the past president of The National Herb Association.*



## AN EVERLASTING GARDEN

10:30-12:00, \$17

Jody Main

Saturday, June 8

Pumpkins, gourds and winter squash are super fun to grow. Learn about ornamental popcorn, sunflowers and amaranths that are beautiful and attract many beneficial insects to your garden. Learn the best herbs and everlasting flowers to plant, how to grow and harvest them, decorate with them, and give them as gifts. *Jody is the manager of Rosalind Creasy's test and photo garden and past manager at Hidden Villa's garden.*

## STARTING A VEGETABLE GARDEN

10:30-12:00, \$17

Teri Chanturaj

Saturday, May 25

Join Teri to discuss the how to's of getting a garden prepared and planted. We'll discuss site selection and preparation, what to plant, and when. *Teri has been gardening for 17 years and has co-managed Camp Joy Gardens, a small, diversified organic farm in the Santa Cruz Mountains, for the past 15 years.*

## CONTAINER GARDENING

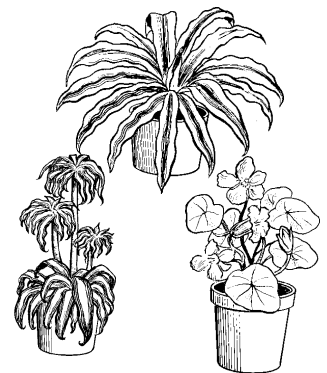
10:30 -Noon, \$17

Patricia St John

Saturday, June 1

Have too little space and soil and too many plants? Want seasonal color to brighten up a neglected spot in your garden? Want fresh, sweet basil or other kitchen herbs right outside your door? Then this is the organic gardening class for you! One lucky participant will take home a lovely planted container.

*Patricia is a well loved local landscape designer and horticulturist who incorporates edibles and organic principles into her designs.*



# ABOUT COMMON GROUND

Common Ground Organic Garden Supply and Education Center is a non-profit project of Ecology Action, an organization dedicated to GROW BIOINTENSIVE food-raising. Biointensive gardening/mini-farming, researched and developed by Ecology Action over a twenty-seven-year period, allows you to grow all your food while maintaining and improving the fertility of the earth. Compared to commercial agriculture, GROW BIOINTENSIVE gardening/mini-farming uses as little as 1/8 the water, 1/2 or less the purchased fertilizer, and 1/100 the energy per pound of food produced. With only hand tools and the skills and the knowledge of GROW BIOINTENSIVE food-raising, you can produce two to six times more food from your garden. This method is being taught and used in over 100 countries worldwide.

We offer gardening classes throughout the year and have an extensive reference library on Biointensive and organic gardening and related subjects. We offer many organic and open-pollinated vegetable, flower, herb and compost (cover) crop seeds for sale in bulk or packaged. We also stock organic fertilizers, fine gardening tools, books, natural pest control products, organically grown vegetable and herb seedlings and perennials.

**Please visit Common Ground Organic Garden Supply and Education Center Tuesday through Friday from 10:00 a.m. to 5:30 p.m. and Saturday and Sunday from 10:00 a.m. to 5:00 p.m. The store is closed Mondays throughout the year.**

**Patricia Becker, Severin Marthe, Judith Jacoby, Karen Converse, Ryan Gross and Dawn Sabre**



## SPRING SATURDAY CLASS CALENDAR

- April 6 **Connecting Your Home & Garden** with Linda Lenora
- April 13 **Growing Blueberries** with Nancy Garrison
- April 20 **\*Introduction to GROW BIOINTENSIVE** with John Jeavons
- April 20 **\*Double-Digging** with John Jeavons
- April 27 **How to Start an Organic Garden** with Jody Main
- May 4 **Plants for Garden Pollinators** with Kate Griffin
- May 11 **Aromatherapy in the Garden** with Jeanne Rose
- May 18 **An Everlasting Garden** with Jody Main
- May 25 **Starting a Vegetable Garden** with Teri Chanturai
- June 1 **Container Gardening** with Patricia St. John



**\* A GROW BIOINTENSIVE<sup>SM</sup> Class**

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Please recycle.