

COMMON GROUND

ORGANIC GARDEN SUPPLY AND EDUCATION CENTER

559 College Ave. • Palo Alto • California 94306 • 650.493.6072
www.commongroundinpaloalto.org



SPRING 2004

SPRING CLASS SCHEDULE

VOLUNTEERS have caring hearts and hands.

Collin Novick, of Cogneo Print/Internet Design, designs beautiful flyers to advertise our Saturday classes. Collin's colorful, beautiful, eye-catching flyers are pieces of art. They help spread the news about our educational programs. Many thanks to Collin for sharing his talents with us.



FEATURED STORE ITEMS!

Natural Root Aid Bio-Solution — This special nutritional slurry dip will minimize transplant shock and stress. Give bare roots and transplants a healthy beginning.

Hot Pepper Wax — An insect repellent for fruits, vegetables, indoor and outdoor ornamentals. Made from hot cayenne peppers in a ready-to-use container.

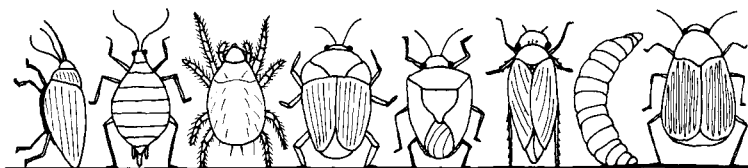
Paper Pot Makers — With this simple device, you can make an endless supply of 2-inch seed-starting pots. Wrap a strip of newspaper around the press, fold and voila.

Orange Guard — Extracted from citrus peels. It can be used full strength on kitchen counters to repel ants from this area. It can be used diluted 1:4 directly on plants for aphid control.

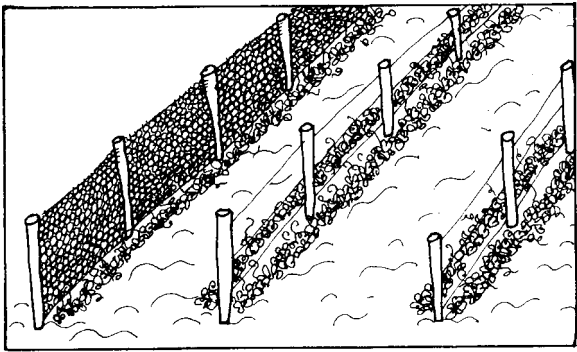
EIGHT IMPORTANT ASPECTS OF GROW BIOINTENSIVE

GROW BIOINTENSIVE is the gardening method that most of our gardening classes are based on. We want to offer some basic insight about this method.

- 1. DOUBLE-DIGGING, RAISED BEDS.** This loose soil enables the plant roots to penetrate easily and thus support healthy plants. Weeding is also simplified because of the loose soil.
- 2. COMPOSTING.** Recycling of kitchen scraps, yard trimmings and many other forms of organic matter will provide rich nutrition back into your garden. And it is a heck of a lot of fun!
- 3. INTENSIVE PLANTING.** Seeds or seedlings are planted using a hexagonal spacing pattern. Each plant is placed the same distance from plants around it so that when the plants mature, their leaves touch. This creates a valuable mini-climate that retains moisture.
- 4. COMPANION PLANTING.** For example, borage helps control tomato worms while its blue flowers attract bees. Green beans and strawberries thrive better when they are grown together. Many wild plants loosen subsoil and bring up trace minerals and nutrients.
- 5. CARBON FARMING.** Soil fertility is facilitated by planting dual-purpose seed and grain crops. Corn, wheat, amaranth, millet, and oats are some of the crops that produce significant yummy calories for your body as well as carbonaceous material for the compost pile.
- 6. CALORIE GROWING.** Root crops such as potatoes, sweet potatoes, salsify, burdock, garlic, and parsnips produce a large amount of calories per unit of area.
- 7. OPEN-POLLINATED SEEDS.** The use of normal open-pollinated seeds which have been selected over the decades and centuries because of their various advantages. There are wonderful varieties to grow while preserving our genetic diversity and heritage.
- 8. A WHOLE GARDENING METHOD** and the components must all be used together for optimum results for an abundance of healthy produce and healthy people.



STORE HOURS: Tues.- Fri. 10:00 - 5:30; Sat. and Sun. 10:00 - 5:00. CLOSED Monday.



SPRING CLASSES 2004

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.

GARDENING WITH NATIVES

Stephanie Morris

10:30-12:00, \$17 Saturday, April 3

Learn about the unique rewards and challenges of growing water-wise California native plants in the garden. Join Stephanie Morris for a presentation covering appropriate California native plants for hot dry gardens, oak tree understory, clay soils, and wildlife habitat. *Stephanie is a local landscape architect focused on creating sustainable gardens using ecologically sound materials, California natives, edibles, and herbs.*

START YOUR ORGANIC SPRING VEGETABLE GARDEN

Christof Bernau

10:30-12:30, \$19 Saturday, April 10

Tender spring greens, crunchy snap peas, vibrant carrots, buried treasure in the form of fingerling potatoes, and the long wait for the gloriously juicy crimson jewels we call tomatoes are all subjects to be discussed in this class. The bounty and success of these crops all depend on your early Spring planning and preparation. *Christof is Garden Manager at the UCSC Farm and Garden Program, a project of the Center for Agroecology and Sustainable Food Systems. Christof has more than ten years' experience growing food, flowers and ornamentals.*

INTRODUCTION TO GROW BIOINTENSIVE

John Jeavons

10:30-12:30, \$19 Saturday, April 17

Learn the principles of the Ecology Action method of GROW 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 the Executive Director of Ecology Action and author of the book, How to Grow More Vegetables, which has been translated into 7 languages and is used in over 110 countries.*

DOUBLE-DIGGING

John Jeavons

2:30-4:30+, \$19 Saturday, April 17

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. Please wear suitable heavy work shoes or boots (not running shoes or sandals) if you would like to participate actively in the demonstration.

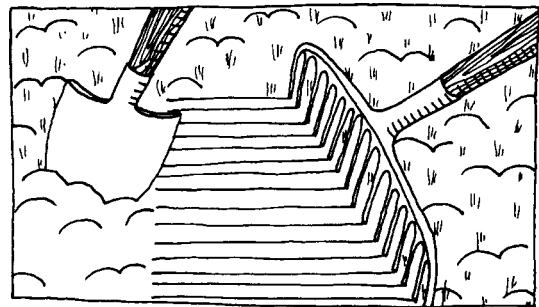
THE REMARKABLE ACHIEVEMENTS OF EARTHWORMS

NOTE: SUNDAY CLASS

Amy Stewart

12:30-2:00, \$10 Sunday, April 18

Join Amy Stewart, author of *The Earth Moved: On the Remarkable Achievements of Earthworms*, for an entertaining and in-depth exploration of that tireless plough, the earthworm. She'll read from her new book. You'll get a chance to learn more about worm composting, handle several species of earthworms and learn about each species' unique role in the soil. She'll also share photographs and anecdotes. *Amy is also the author of From the Ground Up: The Story of a First Garden. She is a garden columnist and her articles and essays have appeared in Organic Gardening, Bird Watcher's Digest, and the San Francisco Chronicle, among others.*



CONTAINER GARDENING

Susie Mader

10:30-12:00, \$17 Saturday April 24

Would you like to put in a garden in a small space? We have the easy solution for you. Get some color, fresh sweet herbs, vegetables and edible flowers in your life with container gardening. We have everything you need to get started and maintain one or more containers of lovely plants. *Susie is a fabulous teacher who is a landscape consultant and contractor specializing in ecologically complete systems.*

STARTING A VEGETABLE AND HERB GARDEN

Jack McKinnon

10:30-12:00+, \$17 Saturday, May 1

Jack McKinnon will teach beginning gardeners how to start and maintain a vegetable and herb garden. He will show how to make a bed with organic soil amendments, how to plant and care for seeds, seedlings and small plants. He will give tips on weeding, mulching, fertilizing and natural pest controls and preventatives. *Jack has been a gardener for 30 years, 12 of which were in the gardens of Sunset Magazine headquarters. He is now a garden coach, teaching home owners how to make their good gardens into great gardens.*

SOLAR OVENS: COOKING, BUILDING AND BUYING

Don Larson

10:30-12:30, \$19 Saturday, May 8

Learn to prepare gently sun-cooked meals that you, your family, and guests will love! You will learn heating and cooking techniques as well as how to modify your favorite recipes for use in a solar oven. Common Ground's oven will be demonstrated with a tasting to follow. Learn construction principles and materials. *Don, our beloved Common Ground Assistant Manager, cooks with solar ovens regularly at home and here. He and his family also use a solar water distiller, a fruit drier, and generate electricity using the sun.*

STRAWBERRIES, PAW PAWS, MULBERRIES, AND MORE

Nancy Garrison

10:30-12:00, \$17 Saturday, May 15

Nancy Garrison, who grows 80 varieties of fruit in her 1/4-acre home garden in Willow Glen (San Jose), will discuss some of the tastiest rare fruits that thrive in this area. In addition to the above, she will cover: strawberry and pineapple guavas, passionfruit and some less common types of peaches, apples, pluots, and nectarines. *Nancy has coordinated the Master Gardener Program in Santa Clara county since 1982 and has new insights from this past year on how to have an abundance of blueberries.*

DRIP IRRIGATION

Frank Niccoli

10:30-12:30, \$19 Saturday, May 22

This hands-on class demonstrates the simplicity of installing and maintaining a drip system. We will discuss the advantages and disadvantages of drip irrigation versus a spray system. Pressure reduction and filtration as well as irrigation controllers will be discussed. *Frank has a degree in horticulture and teaches at Foothill College and for the Landscape Contractors Association. His company, The Village Gardener, has won numerous awards in flower design, landscape management and installation.*

WILDLY SUCCESSFUL PLANTS FOR NORTHERN CALIFORNIA

Pam Peirce

10:30 - 12:00, \$17 Saturday, June 5

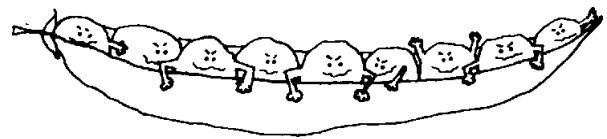
Some plants need coaxing and coddling. Not the ones featured in Pam Peirce's new book, *Wildly Successful Plants: Northern California*. Learn about gardening with these common, wonderfully easy plants, through her talk and slide show on such topics as plant choice for various garden themes and the management of ornamentals that self-sow or spread in gardens. *Pam will be available after her talk to sign copies of the new book or her popular book on food gardening, Golden Gate Gardening.*

BIOLOGICAL SOLUTIONS FOR GARDEN PESTS – PART OF A HEALTHY LIFESTYLE

Ron Whitehurst

10:30-12:00, \$17 Saturday, June 12

You can have it all – a beautiful productive garden, fresh organic produce, and a home free of toxic pesticides. Biological control helps to conserve beneficial insects, endangered birds, reptiles and mammals. You can do this by creating and monitoring habitat, mulching, composting, and releasing beneficials. Bring samples of pests. *Ron has been teaching at Common Ground for decades on subjects near and dear to his heart.*



FENG SHUI FOR THE SUMMER GARDEN

Shaunna Smith

10:30-12:30, \$19 Saturday, June 19

This course offers basic instruction in summer gardening that includes soil preparation, planting, clearing, watering, fertilizing and organic pest control. Students will be given examples of plants that encourage chi movement throughout the yard. The colors, textures and fragrances of plants will be examined as well. There is also a segment on medicinal and spiritual properties of plants. *Shaunna draws on her extensive knowledge of feng shui and a vast understanding of spiritual and cultural approaches to outdoor space. She is a seventh-generation gardener and owner of the thriving business "The Gardener's Soul."*

PLANTING CUT FLOWERS AND VEGETABLES

Teri Chanturai

10:30-12:00, \$17 Saturday, June 26

June is a great time to sow the seeds and seedlings for colorful flowers and delicious vegetables for your dinner table. Learn how to prepare the soil for planting, what to plant and when! *Teri is an excellent gardener and co-manager of Camp Joy, a diversified, magical garden in the Santa Cruz Mountains.*



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 thirty-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.

**Patricia Becker, Judith Jacoby, Don Larson, Carol Kiparsky,
Ed Hannan, William Mutch, Alexander Schwartz**

SPRING 2004 SATURDAY/SUNDAY CLASS CALENDAR

- April 3** Gardening With Natives with Stephanie Morris
- April 10** Starting Your Organic Spring Vegetable Garden with Christof Bernau
- *April 17** Introduction to GROW BIOINTENSIVE with John Jeavons
- *April 17** Double-Digging with John Jeavons
- April 18** The Remarkable Achievements of Earthworms with Amy Stewart
- April 24** Container Gardening with Susie Mader
- May 1** Starting a Vegetable and Herb Garden with Jack McKinnon
- May 8** Building and Cooking With Solar Ovens with Don Larson
- May 15** Strawberries, Paw Paws, Mulberries and More with Nancy Garrison
- May 22** Drip Irrigation with Frank Niccoli
- June 5** Wildly Successful Plants for Northern California with Pam Peirce
- June 12** Biological Solutions for Garden Pests with Ron Whitehurst
- June 19** Feng Shui for the Summer Garden with Shaunna Smith
- June 26** Planting Cut Flowers & Vegetables with Teri Chanturai



design and layout
by Glenda Jones

* A GROW BIOINTENSIVE Class

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Please recycle.