

# COMMON GROUND

ORGANIC GARDEN SUPPLY AND EDUCATION CENTER

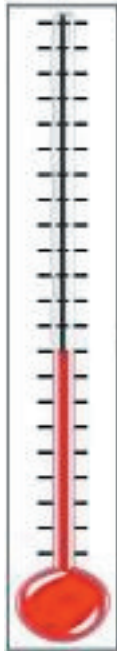
559 College Ave. Palo Alto California 94306 650.493.6072

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

Fall 2005

## FALL CLASS SCHEDULE

### With Community Support Common Ground Is Making Strides Towards Its Goals.



\$30,000

Thank you all for 34 years of attending classes and shopping for your gardening supplies at Common Ground! We play a unique role in the Peninsula and South Bay communities as the only organic garden center in the local area.

We are currently enjoying significant growth in class attendance and store sales. However, the cost of doing business continues to increase due in part to competition from large corporations entering nursery product sales. This change in the business environment means that we need to augment our regular income.

Undaunted by this challenge, Common Ground is committed to our vision and passion of sustainable gardening methods and lifestyles for both you and our community.

\$11,060

Our current goal is to raise \$30,000 by the end of 2005. We feel grateful that our community has already raised \$11,060 towards this goal. See our delightful donor list on the back page.

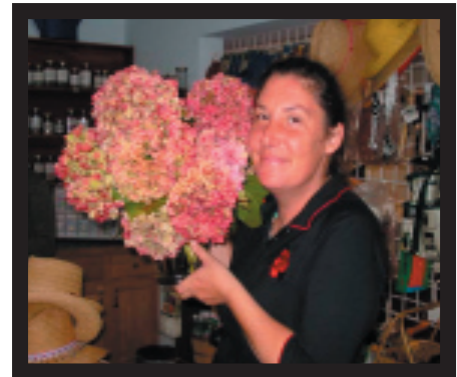
To reach the rest of this goal, we are seeking financial gifts from those of you who would like to contribute to our strong non-profit Community Store and Educational Center.

\$0

If 100 community members each gave \$50, 100 more gave \$100, and 20 more gave \$250, we would easily meet our fundraising goals for this year. Each of these donors will receive \$5 off any class or a free packet of seeds as a small thank you gift for supporting Common Ground. Donation forms can be found at the store and [CommonGroundInPaloAlto.org/DonationForm.html](http://CommonGroundInPaloAlto.org/DonationForm.html).

### COMMON GROUND RECYCLING PROGRAM is Award Winning!

The Common Ground team won California's prestigious "WRAP" Waste Reduction Award Program for redirecting about 4.6 tons of potential waste to recyclers or for reuse. Pallets and shipping materials were returned to suppliers, unsold calendars were made into colorful envelopes, corrugated cardboard was cut into take-home plant trays or taken to a recycling center, and organic waste was donated to local gardens for compost. We reuse nearly every piece and section of blank paper. Staff and volunteers reduce fuel emissions by walking, bicycling or using public transit to get to Common Ground and for errands. Students and customers help by donating their unneeded grocery bags for reuse here. Thanks to the entire Common Ground community for their support towards achieving this distinguished honor.



Michele Perkowski - a Star Volunteer!  
Thanks for all you do!

### Featured Store Items Arriving This Fall

A wonderful selection of attractive wall calendars for 2006 with a focus on garden and nature themes. Including the most popular Stella Natura, Planting with the Moon, and Dalai Lama inspired calendars.

Remember **Fall Bulbs!** Beautiful selection of flower bulbs include irises, daffodils, tulips, freesias, anemones, saffrons and more. Remember to plant your edible bulbs: garlic, shallots and onions!

**Store Hours: 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.**

# Fall Classes 2005

Please register and pay in advance by mail or in person. Seniors and low-income persons may request a \$3 discount on classes.

*\*A GROW BIOINTENSIVE Class*

## STARTING YOUR FALL GARDEN

**Drew Harwell** Sat, August 27  
10:30-12:30 \$21

We can grow vegetables and herbs year round, with the mild winter climate of the Bay Area. Learn exactly what plants with which to begin. Many seeds are eager to germinate at this time of year. You will get plenty of ideas on direct sowing, transplanting, creating healthy soil, harvesting, and more. Bring your questions. Class will conclude with a tour of Jesse Cool's Seeds of Change Garden. *Drew is the Garden Manager for Jesse Cool's Seeds of Change Garden, the former manager of the Stanford Community Farm, and has gardened in the Ecology Action Research Garden/Mini-Farm in Willits.*



## \*INTRODUCTION TO GROW BIOINTENSIVE

**John Jeavons** Sat, Sept 10  
10:30-12:30+ \$21

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 GROW BIOINTENSIVE gardening, including double-digging, composting and soil-building, intensive planting, companion planting, carbon-farming (compost crops), calorie farming, and open-pollinated seeds. We emphasize a whole-system approach that builds soil fertility in a relatively short time,

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, Fruits, Nuts, Berries, Grains and other Crops, which is in its sixth edition and has sold over 500,000 copies worldwide.*

## \*DOUBLE-DIGGING AND BED PREPARATION

**John Jeavons** Sat, Sept 10  
2:00-4:00+ \$21

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.

## \*COMPANION PLANTING

**Carol Cox** Sat, Sept 17  
10:30-Noon+ \$19

Discover how to enhance your garden's health and productivity while balancing the insect population. Make efficient use of your garden space and the plants' natural properties by using methods that have worked for centuries. For example, your bean plants will produce much more if you have a borage plant nearby attracting the bees. *Carol is an excellent teacher, co-author of The Sustainable Vegetable Garden, and Garden Manager at the Ecology Action Research Garden/Mini-Farm in Willits.*

## \*COMPOSTING

**Carol Cox** Sat, Sept 17  
1:30-3:30 \$21

Biointensive composting is the basis for growing the healthiest, most nutritious, and most disease-resistant plants. Learn the easiest and most effective way to compost. It is so fun and satisfying that we must warn you composting can become addictive! We will go to a nearby site and build our own compost pile. Bring a five-gallon bucket of "green material" (grass clippings, weeds, and/or non-meat kitchen scraps).



## STARTING YOUR WINTER GARDEN

**Christof Bernau** Sat, Sept 24  
10:30-12:00 \$19

A diverse, bountiful and nutritious Fall and Winter vegetable garden is easily attainable with a little planning and preparation. We will discuss what crops are best suited to the short, cool, wet days we call winter! Sowing and transplanting schedules, strategies to ensure an extended harvest, and soil fertility issues will all be covered. *Christof is Garden Manager at the UCSC Farm and Garden Program, and has more than ten years of experience growing food, flowers and ornamentals.*

## GARDENING WITH NATIVE PLANTS

**Frank Niccoli** Sat, Oct 1  
10:30-2:30 \$29

Native plants in a landscape enhance your outdoor living experience, attract butterflies and birds to your garden

and fill your heart with joy. Discover the simplicity of establishing a native garden. You will reduce your watering costs, eliminate the need for costly fertilizers and help heal the earth. We will discuss planting and irrigation, continuing cultural requirements and simple concepts to ensure a successful garden. Bring your lunch and an open mind as we gain knowledge of these concepts. We will finish with a visit to a local garden that embodies the concepts. *Frank has a degree in horticulture. He teaches at Foothill College and for the California Landscape Contractors Association. His company, The Village Gardener, has won numerous awards in flower design, landscape management and installation.*

### WORM COMPOSTING

**Alane Weber** Sat, Oct 8  
10:30-1:30 \$25

Everything you always wanted to know about worms . . . but were afraid to ask. Come join us and learn all about this tidy and very efficient way to turn all your kitchen scraps into botanical gold. We will take a lunch break. *Alane O’Rielly Weber, “the worm lady of San Mateo,” has been nurturing her compost worms for 15 years and teaching vermicomposting for the County of San Mateo for the last 7 years.*



### STARTING A SALAD GARDEN

**Jody Main** Sat, Oct 15  
10:30-12:30 \$21

Our climate is similar to Provence, France where they have lettuce that is crispy and sweet and buttery all at

once. We can easily grow bountiful crops of heirloom lettuces and spicy arugula, fresh parsley and cilantro, sweet crunchy Daikon radishes, and many veggies to help with our salad creations. You’ll leave this salad lover’s workshop with lettuces and herbs to start your own salad bed. Recipes included. *Jody has extensive experience including managing organic gardens for schools, Flea Street Cafe, Rosalind Creasy, and private residences.*

### PLAN YOUR SPRING FLOWER GARDEN

**Cornelia Fletcher** Sat, Oct 22  
10:30-12:30+ \$21

Flowers are food for the soul and promote a healthy garden ecosystem. Plant now in the fall for spring color and cutting. Learn anything and everything you ever wanted to know about flowers in your garden and landscape. You can be really successful with flower growing using annuals, perennials, and bulbs. Have flowers all year round. Learn to implement the color scheme you desire. Class meets here and we carpool to Cornelia’s garden. *Cornelia is a landscape contractor, garden designer and flower fanatic. She loves to spread her passion for gardening and creating a healthy environment.*

### GARDENING WITH MOTHER NATURE

**Alrie Middlebrook** Sat, Oct 29  
10:30-12:30 \$21

Learn how to create beautiful California native gardens in any style imaginable. You’ll reduce your water bill by 60% and eliminate harmful chemicals. You can recycle your lawn mower and power blower. You’ll also learn about pervious hardscape solutions, including creative ways to keep rain water on site and away from the storm drains which upset

the natural ecology of the San Francisco bay. *Alrie and Middlebrook Gardens have designed and built over 50 native gardens, reflecting the natural beauty of the local ecology, conserving water, eliminating use of pesticides and reducing costs. Alrie is a committed advocate and leading practitioner of ecology-based landscaping.*



### BLESSING YOUR HOME

**Shannon Turner** Sat, Nov 5  
10:30-Noon \$19

In this heartfelt and hands-on workshop, feng shui consultant Shannon Lee Turner teaches how to perform a space clearing and a blessing ceremony to purify and revitalize the subtle energy in your space. Topics include setting intention, clearing with sound, purifying with smoke, blessing with oils. After the class, you can expect to feel happy and relaxed! *Shannon Lee Turner has a thriving feng shui practice in the San Francisco Bay Area, and has been a student of Asian philosophy for over fifteen years.*

### GIFTS FROM JODY’S GARDEN

**Jody Main** Sat, Nov 12  
10:30 -12:30 \$21 + \$10 supplies fee

In this hands-on class you’ll learn how to make wreaths, potpourri, sachets, catnip toys, herbal tea blends, bouquet garni and more. Jody will bring in baskets full of organically grown herbs and flowers from her garden for class members to use. Herbs and flowers to plant now for harvesting spring through fall, along with how to grow, harvest, decorate with, and transform them into gifts will all be covered.

## 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 and mini-farming techniques, researched and developed by Ecology Action over a thirty-year period, allow 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 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 120 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 stock organic fertilizers, fine gardening tools, books, natural pest control products, organically grown vegetable and herb seedlings, and perennials.

### A Heartfelt THANK YOU to our donors!! You make our work possible.

**MASTER GARDENER (\$1000)** Simon Avakian  
 Anne D. Green Lisa Ann Barboza  
 Anonymous Patricia Becker  
 Lee Brokaw

**SEED SOWER (\$500)** Melanie Cross  
 Jean & Paul Garrett Marcia Fein  
 Ron & Marlyn Labetich Nancy Garrison  
 Theresa Lyngso Richard Jensen  
 Robert Naussenbaum Paul Kronenberger  
 Patricia Nichols Katherine K. Lerer  
 Carol Winograd Margaret C. Ma  
 Anonymous Robin Mankey

**SOIL BUILDER (\$250)** Alice Martineau  
 Jake Hartinger Susan Osofsky  
 Frank Niccoli Edith Seidenstein  
 Deborah S. Rose Carol Vesecky  
 Sunia Yang Cindy S. Wallbrink  
 Anonymous Tricia Ward-Doklas  
 Peter & Gail Yessne  
 Anonymous

**DOUBLE DIGGER (\$100)**  
 Margaret Allen

**HARVESTER (\$50)**

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 Christel Casjens  
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 Kelly Johnson  
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 Laura White  
 Bruce & Ann Willard  
 Caryn Yacowitz  
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