

COMMON GROUND

ORGANIC GARDEN SUPPLY AND EDUCATION CENTER

559 COLLEGE AVE. • PALO ALTO • CALIFORNIA 94306 • 650.493.6072

www.commongroundinpaloalto.org



FALL 2006 NEWSLETTER

Product Highlights!

• AnyWear Shoes for Women and Men

Anatomically designed foot bed provides foot support and comfort. Tread design does not track dirt or mark floors. Easy to clean with soap and water. Removable insole can be machine-washed. Biodegradable material is earth-friendly. Durable material provides long wear and won't tear.

• Silky Pocketboy Saw

Super lightweight and durable with a strikingly compact design and marvelous cutting capacity. Bamboo, pruning and carpentry. 5" long with 11" blade, slide-resistant, rubber handle with safety lock. Common Ground's best seller.

• California Wildflower Seeds with several mixes available: Bay Area Drought Tolerant, Mostly Perennial, California Native, Shady and California Poppy. The blends include stunning favorites such as Chinese Houses and Penstemons. Perform well throughout the West and will flourish with some irrigation.

• Earth Juice Catalyst

Designed to correct micronutrient deficiencies in indoor-outdoor greenhouse and field applications. Chelated to make nutrients readily available to plants. Derived from magnesium, boron, cobalt, iron, manganese, molybdenum, zinc, and copper in an organic base.

• Bee Balm

Beeswax cream lotion. This natural hand and body lotion is derived from pure beeswax and contains no fixatives or stabilizers.

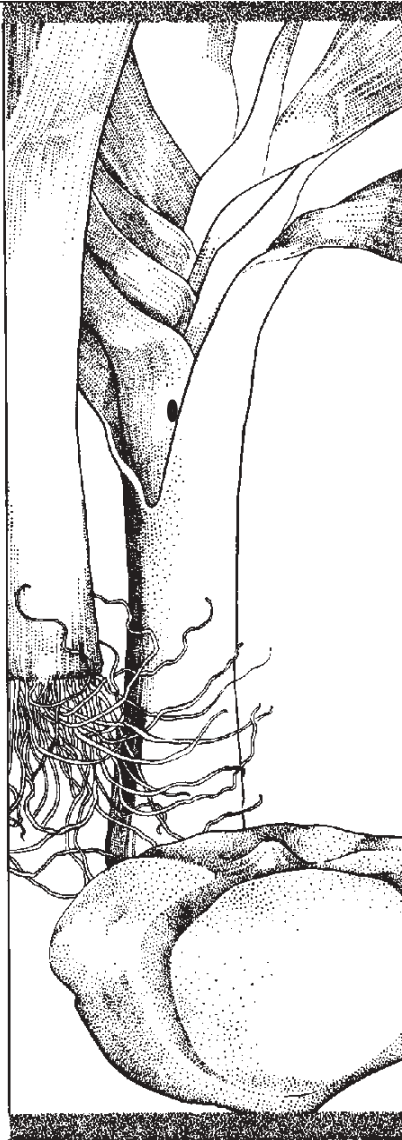


Illustration courtesy of Le Marche Seed Catalogue, 1987

• Melnor Aqua Gun with 8 Pattern Spray

Heavy-duty metal construction with ergonomic grip. Eight-pattern spray head with flow control. Comfortable front trigger with lock.

• *The New Whole Foods Encyclopedia*

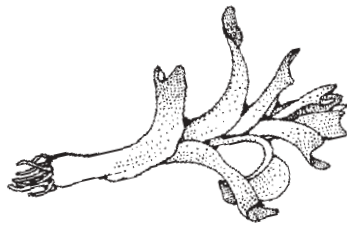
by Rebecca Wood. Tips on how to heal with Ayurveda, Western nutrition, and traditional Chinese medicine. A complex index, organized so readers can research treatments by ailment as well as the food itself. Line drawings illustrating unusual foods so readers can recognize them in stores. A glossary of medical terms. Sidebar recipes throughout.

• *How to Grow More*

Vegetables by John Jeavons New 7th Edition available October 2006. Common Ground's best seller and every gardener's essential guidebook. Explains how to produce a beautiful organic garden with minimal watering and daily care. The method works in harmony with nature's cycles, preserving and enriching earth's nutrients, and nourishing the soil for future crops. The book includes updated gardening charts and the latest techniques.

Celebrating 34 years as a 501(c)(3) non-profit project of Ecology Action. Providing the best in healthy sustainable gardening and lifestyle products and knowhow. We wish to thank all our customers and students from the past to the present.

CENTER HOURS: Tues. - Fri., 10:00 - 5:30; Sat. and Sun., 10:00 - 5:00



FALL CLASSES 2006

Please register and pay in advance by mail or in person.

Seniors and low-income persons may request a \$4 discount on classes.

STARTING YOUR FALL GARDEN

Drew Harwell Saturday, August 26
10:30 - 12:30 \$24

This class will answer all your questions and inspire you to grow vegetables and herbs. Learn exactly what plants to begin with. Many seeds are eager to germinate at this time of year. You will get plenty of ideas and instructions on direct sowing, transplanting, creating healthy soil, and harvesting. 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 and has gardened in our Ecology Action Research Garden/Mini-Farm in Willits.*

* COMPLETE-DIET MINI-FARMING

John Jeavons Saturday, Sept. 16
10:30 - 12:30 + \$24

Does your desire for better nutrition have you wondering if you could live off your land? This class will show you how to plan a garden or mini-farm that will produce healthy, nutritious food and be highly productive as well as truly sustainable, in the smallest space possible. *John is the Executive Director of Ecology Action and the author of our book How to Grow More Vegetables, which has been translated into 7 languages and is used in over 100 countries.*

* GROW BIOINTENSIVE ECONOMIC MINI-FARMING

John Jeavons Saturday, Sept. 16
2:00 - 4:00 + \$24

Learn the concepts, techniques and crops that can lead to successful economic mini-farming, beginning right in your own backyard. Recommended reading: *Backyard Homestead* and Ecology Action's Self-Teaching Mini-Series Booklets #18 and #26 available at Common Ground.

* GROW BIOINTENSIVE COMPOSTING

Carol Cox Saturday, Sept. 23
10:30 - 12:30 \$24

Learn 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 enjoyable 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). *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.*

Weekend Workshop!

INTRODUCTION TO PERMACULTURE

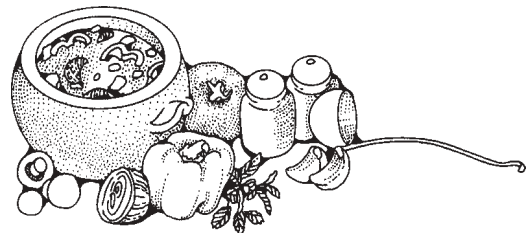
Katherine Steele and Benjamin Fahrer
Saturday and Sunday Sept. 9 - 10
10:30 - 4:30 \$160

A central theme in permaculture is the design of ecological landscapes that produce food. Emphasis is placed on multi-use plants, cultural practices such as sheet mulching and trellising, and the integration of animals to recycle nutrients and graze "weeds." Permaculture entails more than just food production. Energy-efficient buildings, waste water treatment, recycling, and land stewardship in general are other important components of permaculture. Permaculture has expanded its purview to include economic and social structures that support the evolution and development of more permanent communities, such as co-housing projects and eco-villages. Design concepts are applicable to urban as well as rural settings, and are appropriate for single households as well as whole farms and villages. In this two-day course you will learn the ethics, principles and wholistic design process practiced in permaculture. Topics of Zonation and Sector Analysis as well as hands-on demos of sheetmulching, compost tea preparation and rainwater storage will be covered.

Ben and Kat are a dynamic inspired teaching team, collaborating for the the past 4 years. Get ready to be Permified!!

Benjamin Fahrer, a permaculture designer and farmer, manages a small, certified organic farm in West Sonoma County. Benjamin studied eco-dwelling at the New College in Santa Rosa and teaches a variety of workshops in permaculture, farming and ecological design.

Katherine Steele is a permaculture activist, designer and educator. Trained at the Findhorn Foundation and a board member of the NorCal Chapter of Architects, Designers, Planners for Social Responsibility, she facilitates workshops on natural building and permaculture design. She recently founded the Urban Permaculture Guild in Oakland, California.



* A GROW BIOINTENSIVE class

* COMPOST CROPS

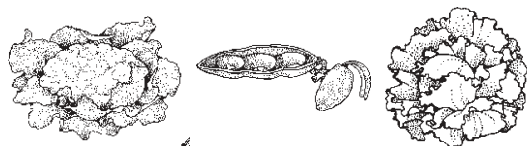
Carol Cox
2:00 - 4:00
Saturday, Sept. 23
\$24

Discover the key to sustainability, and increase the fertility of your garden. Learn about crops that will feed you and your land. Grow your own fertilizer to improve and maintain your soil and support healthy plants. Create productivity, even in your "off" season, by growing material for your compost pile and food for yourself.

STARTING AN ORGANIC WINTER GARDEN

Jody Main
10:30 - 12:30
Saturday, Sept. 30
\$24

It's time to plant garlic, fava beans and wildflowers! It's time to seed a salad garden of sweet lettuces, scallions and crunchy radishes for fresh salads all winter! It's time to get those winter seedlings of broccoli and cabbage in! Even a small bed will provide many wonderful harvests. Learn easy methods of organic gardening by following nature. Class includes bed prep, organic plant care, seasonal herbs, great winter crops, and harvesting. Recipes included. *Jody, a long-time manager of Rosalind Creasy's test and photo garden, now offers organic vegetable and herb garden management and consultations.*



* INTRODUCTION TO GROW BIOINTENSIVE TECHNIQUES

Margaret Lloyd
10:30 - 12:30
Saturday, Oct. 21
\$24

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 double-digging, 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 builds soil fertility. *Margaret apprenticed and worked for two years under John Jeavons at our Research Garden in Willits. She is a Tufts University graduate and is well versed in backyard gardening and home farming. She provides agriculture support to rural farmers in West Africa through OIC International.*

IMPROVE YOUR SOIL QUALITY AND FERTILITY

Margaret Lloyd
2:00 - 4:00
Saturday, Oct 21
\$24

Learn to sow, raise and harvest a selection of beneficial and dynamic crops such as rye, fava beans, vetch, wheat and others. They will provide material for the compost and protect your soil from erosion and nutrient loss. Harvest these wonderful crops as ornaments for the home, seeds for the birds or food for you.

TREE CARE AND PRUNING

Kevin Raftery
10:30 - 12:30
Saturday, Oct. 28
\$ 24

Learn the basic principles and concepts that will help you assess your tree and shrub's need for pruning. The rationale behind where and how one prunes will be discussed, featuring bits of tree biology and architecture. Fruit trees will be covered. Selection, care and the use of proper pruning tools will be discussed. *Kevin is a Certified Arborist with a degree in horticulture and is a fabulous human being and community resource.*

GIFTS FROM JODY'S GARDEN

Jody Main
10:30 - 12:30
Saturday, Nov. 4
\$24 + \$15 supplies fee

Bring your friends and join us in celebrating the harvest season by creating wreaths, swaths, potpourri sachets, catnip toys, bouquet garni and more with organically grown herbs, grains, wildflower seed pods, Native American crops and everlasting flowers from Jody's garden. Celebrate the harvest season by gathering these special crops to enjoy all year. You will go home with many gifts and many ideas for growing useful plants in your garden. Plant list included. *See Sept. 30 class for biography.*

JAPANESE INFLUENCE IN CALIFORNIA

NATIVE GARDENING

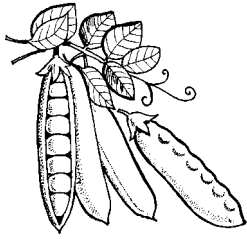
Mark Bourne
10:30 - 12:00
Saturday, Nov. 11
\$21

One of the greatest and entirely overlooked achievements of the Japanese Garden tradition is understanding what is beautiful in nature and bringing it into the garden. Join Mark in exploring the Japanese tradition, examining the greatest gardens of Japan to gain a basic understanding of Japanese garden design and layout. Then bring these ideas home to California, finding inspiration for garden design – and life – in the beauty of our own local wild lands. *Mark Bourne trained with a master Japanese designer. He currently owns Windsmith Design, a design-build landscaping firm which combines his passion for the native beauty of California with Japanese design.*

DESIGNING SUSTAINABLE LANDSCAPES

Frank Niccoli & Jessy Berg
10:30 - 3:30
Saturday, Nov. 18
\$45

Are your gardens esthetically pleasing and environmental friendly? Learn concepts that will improve the health of the plants, increase species diversity in the soil and build good soil structure. You will learn how to design with the most appropriate plants for transition zones. Sustainable landscape design makes good business sense and will improve your skills as a designer. *Jessy designs personalized custom landscapes on the Peninsula and is a member of APLD. Frank is the Director of Resource Management for the CLCA. His company, The Village Gardener, has won numerous awards in flower design, sustainable landscape management and installation. APLD CEU credits will be available.*



Common Ground Organic Garden Supply and Education Center

is a 501(c)(3) non-profit project of Ecology Action, an organization dedicated to GROW BIOINTENSIVE® food-raising. These gardening and mini-farming techniques, researched and developed by Ecology Action over a thirty-four-year period, allow you to grow all your food while maintaining and improving the fertility of the earth. This method is being taught and used in over 130 countries worldwide.

Here at our Mid-Peninsula Center you are able to:

- Attend hands-on classes in organic gardening methods and other related topics.
- Choose from 500+ open-pollinated seed varieties and nursery starts: vegetables, herbs & flowers.
- Condition and feed your soil with our broad selection of organic composts, worm castings, fertilizers, and mulches.
- Care for your plants with quality tools and natural disease and pest management products.
- Be inspired with our unique selection of books, magazines, cards, and gift items.

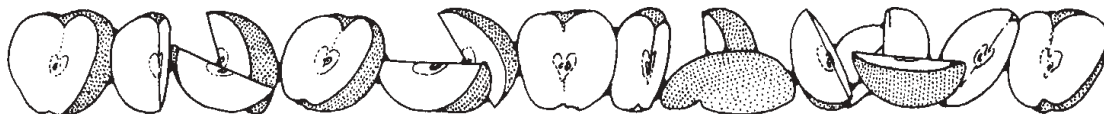
FALL CLASS SCHEDULE

Aug. 26	Starting Your Fall Garden with Drew Harwell
Sept. 9-10	Introduction to Permaculture with Kat Steele and Ben Fahrer
Sept. 16	* Complete-Diet Mini-Farming with John Jeavons
Sept. 16	* GROW BIOINTENSIVE Economic Mimi-Farming with John Jeavons
Sept. 23	* GROW BIOINTENSIVE Composting with Carol Cox
Sept. 23	* Compost Crops with Carol Cox
Sept. 30	Starting an Organic Winter Garden with Jody Main
Oct. 21	* Introduction to GROW BIOINTENSIVE Techniques with Margaret Lloyd
Oct. 21	* Improve Your Soil Quality and Fertility with Margaret Lloyd
Oct. 28	Tree Care and Pruning with Kevin Raftery
Nov. 4	Gifts from Jody's Garden with Jody Main
Nov. 11	Japanese Influence in California Native Gardening with Mark Bourne
Nov. 18	Designing Sustainable Landscapes with Frank Niccoli and Jessy Berg



Layout and design by
Glenda Jones

* A GROW BIOINTENSIVE class



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