

COMMON GROUND

ORGANIC GARDEN SUPPLY AND EDUCATION CENTER

559 College Ave. Palo Alto California 94306 650.493.6072

www.commongroundinpaloalto.org

WINTER 2006 CLASS SCHEDULE

A big THANK YOU to West Valley Properties
for their generosity and kindness in keeping our rent at the same rate for another year!
They responded with graciousness to support our community and mission.

COMMON GROUND: Growing Strong Healthy Community

We are recognized by the City of Palo Alto Council and by the Green Business Program of Santa Clara County for taking initiatives to operate in an environmentally responsible manner to conserve resources, minimize waste and reduce pollution.

Common Ground Center's classes, library, books, seeds, and amendments have a broad spectrum of positive rippling effects:

*Welcomes birds, butterflies, bees and other beneficial insects to your neighborhood.

*Safe for children, pets and you.

*Supports future generations of people and plants.

*Protects our local watershed.

*Stimulates genetic diversity.

*Encourages important microorganisms in our soil.

*Produces abundant edibles and ornamental delights to nourish your body, mind and spirit.

Please consider making a tax-deductible contribution to this 501(c) (3) non-profit to ensure this wonderful work growing with each new season.

Make Your Gift Count Twice!

Many companies will match employee donations. We have a partial list of participating Corporate Matching Gift Programs. Please ask us or your employer!



Maureen DeCombe, owner of Green Willow Gardens, a small company dedicated to creating beautiful, thriving landscapes using sustainable garden design, will teach you how to create Edible Landscapes Saturday, March 4th, 10:30 - 2:30.

Featured Items

The complete book of Edible Landscaping by Rosalind Creasy. This book is loaded with practical information. Rosalind reminds us that most of our grandparents always had a vegetable garden and a fruiting tree. Perhaps we are moving back in that direction. This book encourages us to enjoy the pleasures of growing a little or a lot of nourishment. Even in small spaces we can easily grow plenty of vegetables in containers. Why not grow some herbs, berries, root vegetables, salad greens or some "hang loose" peas or beans? There are many landscape designs for the resource-aware homeowner. An essential book we have on our shelves for sale.

Kitchen Crop Sprouter. It's easy to grow sprouts in 2 to 5 days! Enjoy a variety of fresh crispy sprouts year round! Buy your organic alfalfa and broccoli sprouting seeds from our Wall O' Seed Jars!

Happy Frog Soil Conditioner Compost. Alive with soil microbes which help convert organic material and nutrients into a form the plants can use. This is not steamed or sterilized. Will condition and nurture your veggies at the root zone for healthy and bountiful harvests.

Center Hours: Tuesday - Friday 10:00 a.m. to 5:30 p.m. Saturday - Sunday 10:00 a.m. to 5:00 p.m.

Winter 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.

JOIN US for the *GROW BIOINTENSIVE SERIES*

with Margaret Lloyd. This 3 workshop series is the first Saturday afternoon of January, February and March. Visit the website or talk to us at the Center for registration information.

GRAFTING FRUIT TREES

James Kern Sat, Jan. 14
10:30-12:30 \$23

Grafting allows you to have the variety of fruit you want on the appropriate rootstocks and to graft more than one variety onto new or existing trees. James will teach you the plant physiology involved in grafting, cover different techniques available, and guide you through the steps needed to produce a grafted fruit tree. Grafting knives will be available for purchase. *James is a Master Gardener, a member of the Rare Fruit Tree Growers, and a landscape contractor.*

ROSE PRUNING AND CARE

Carole Kraft Sat, Jan. 21
10:30-12:30 \$23

Shape your rose bushes! Encourage beautiful profuse flowering with winter pruning and proper care. Learn about the very best soil and amendments for healthy happy roses. Mulches will be discussed. The class will go to a nearby garden for a demonstration. *Carole is an energetic and articulate horticulture consultant with 24 years of experience.*

BETTER BODY MECHANICS IN YOUR GARDEN

Jean Couch Sat, Jan. 28
1:00- 2:30 \$20

We will show you how to bend, lift, and carry so you are forever comfortable and safe in your garden. We will all practice and you will be individually guided for your body's needs. Find out how to move with the greatest of ease in the garden. *Jean Couch is the owner & director of the Balance Center where thousands of people come to end pain & regain their natural strength. Jean is the author of "The Runner's Yoga Book".*



FRUIT TREE PRUNING

Kevin Raftery Sat, Feb. 4
10:30-2:00 \$32

Bring your pruning shears! You will learn how to maximize tree health and fruit production and how to identify dead wood. This class will meet at Common Ground, then proceed to a local orchard. Please bring a bag lunch and notebook. This class happens rain or shine. *Kevin is a Certified Arborist with a degree in horticulture and is a fabulous human being and community resource.*

INTRODUCTION TO GROW BIOINTENSIVE

John Jeavons Sat, Feb. 11
10:30-12:30+ \$23

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. Learn the principles 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. *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 "How to Grow More Vegetables, Fruits, Nuts, Berries, Grains and other Crops", which has sold over 600,000 copies worldwide.*

DOUBLE-DIGGING AND BED PREPARATION

John Jeavons Sat, Feb. 11
2:30- 4:30+ \$23

Loosening the soil 24 inches deep to build soil structure is easy if you know how! Plants grow much 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.



COMPOSTING

Carol Cox Sat, Feb. 18
10:30-12:00+ \$20

GROW 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). *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.*

SEED PROPAGATION

Carol Cox Sat, Feb. 18
2:00-3:30+ \$20

Learn about GROW BIOINTENSIVE seed propagation techniques that can help you have a more productive and efficiently managed garden. Subjects covered will include soil mix, transplanting, pricking out seedlings from flats, proper watering, and planting by the phases of the moon.

BLUEBERRIES & RASPBERRIES

Nancy Garrison Sat, Feb. 25
10:30-12:30+ \$23

You will learn how to select, plant, and maintain blueberries and raspberries for home growing of more than 30 varieties. Included in the instruction will be special soil preparations, best varieties for the Peninsula and South Bay, and trellising techniques for the raspberries. *Nancy has vast knowledge on locally growing blueberries and raspberries based on her research with the University of California Cooperative Extension*

and in her home garden. Nancy coordinated the Master Gardener Program in Santa Clara County for 20 plus years.

EDIBLE LANDSCAPING

Maureen DeCombe Sat, March 4
10:30-2:30 \$35

Learn how to use landscape design principles to create a unified, attractive landscape brimming with beautiful, bountiful edible plants. Even small urban gardens can provide your family with a healthful, organic harvest. You will learn to develop ways to replace lawns, boring hedges and foundation plants, with a productive and pleasing garden of edible delights. Bring a bagged lunch. We will carpool to a local garden in the afternoon.

Maureen is a landscape contractor and garden designer dedicated to establishing and maintaining ecological and edible landscapes. She teaches a popular series of garden design classes locally.



HERBS IN THE GARDEN and KITCHEN

Jody Main Sat, March 11
10:30-noon \$20

Get a head start on the fun and ease of planning and planting a beautiful herb garden. Learn how herbs bring balance to the garden and health through our cuisine. They add harmony to the garden and flavor to our foods. Perennial, annual, container, kitchen, landscape herbs and harvesting techniques will be covered. Plant lists, recipes

and tasty samples will be provided. *Jody, a long-time manager of Rosalind Creasy's garden, now offers consultations, and grows specialty crops for the organic home gardens she manages for busy families.*

SPECIALTY SUMMER GREENS

Nancy Garrison Sat, March 18
10:30-12:30+ \$23

Learn to enjoy and cultivate delicious spinach substitutes including 'Magenta Spreen', Strawberry Spinach, Quinoa, Malabar, New Zealand spinaches, amaranths and orachs. These are wonderful tasting greens that are great both raw and cooked. Many varieties have extreme ornamental qualities - producing beautiful seed heads used in flower arranging. Additional treat: a discussion of growing ground cherries. Nancy will share this new found love and exploration with you. *At home Nancy grows 70 varieties of fruit, vegetables, herbs and flowers on her 1/4-acre urban farm in San Jose.*

MEDITERRANEAN FOOD GARDENING

Pam Peirce Sat, March 25
10:30-12:30+ \$23

Getting the most from your Bay Area food garden means adapting to our mediterranean seasonal rhythms. Learn some of the best crops—many with Mediterranean Basin origins—to grow year-round. Even in a small garden you can grow delicious California cuisine. Written recipes will be provided. *Pam is author of Common Ground's best seller "Golden Gate Gardening", a must-have book for Bay Area food gardeners, and "Wildly Successful Plants: Northern California." Pam offers private garden consulting services.*

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-four 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.

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

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 & pest management products.

Attend hands-on classes in organic gardening methods and other related topics.

Be inspired with our unique selection of books, magazines, cards, and gift items.



SEED SOWER (\$500)

Remona Murray
Hideko Sakamoto

SOIL BUILDER (\$250)

Maureen E. Decombe
Stephen Lai
Jennifer Leeds
Terry Lyngso
Frank Niccoli
Susan Rosenberg

DOUBLE DIGGER (\$100)

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WISH LIST

Windows XP laptop computer

EXCEED Non-Profit Software

Light weight chairs for the class room.

Volunteers and funding for development of professionally produced videos of Common Ground's

Common Ground
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Palo Alto, CA 94306
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