

Indiana Community Garden Newsletter



Spring 2013

Next Public Meeting – 10AM on March 30th at the Indiana Free Library

Winter in the Garden

In spite of the cold weather, some ICG volunteers have harvested greens and other cool season crops at the garden all winter! Last fall IUP freshman Peter Russell worked with Master Gardeners to design a low tunnel and straw bale cold frame that successfully protected plants from frigid temperatures. The cover will also make it possible to plant spring crops earlier. To learn more about year-round gardening as well as some of ICG's efforts highlighted in a recent Friends of the Parks Program, go to www.indianacommunitygardens.org and click on "Site News" and then "Grow Food All Year Long" in the drop-down menu.



A view inside the low tunnel. Look at all of those beautiful greens!

Spring 2013 Building and Beautification Day

The ICG was so successful last year that it has created a demand for more raised beds! Nine more beds need to be built. This spring the ICG team will be partnering once again with IUP students who are involved with Into the Streets to build beds and fill them with soil. This year's build day is April 20th starting at 9AM. Come join the ICG team and IUP students in building 9 more beds. If you have reserved a bed for this season, come out and see the garden expand, lend a hand, and meet the ICG team. A sign-up sheet will be available at the public meeting on March 30th at the Indiana Free Library starting at 10AM.

While the garden is quite beautiful as it is, there is one downfall to the landscape and that is the gas well. The ICG team has partnered with a landscape designer, Adam Criscuolo, and builder, Bill Heberer to create a series of naturalistic screens to help mask the gas well. The posts for the screens will also be installed on building day this year.



Drawing of the screens around the gas well created by Adam Criscuolo

2013 Food Demonstrations Schedule

Food demonstrations are back! Last season, two members of the ICG team, Nicole Dann-Payne and Jodie Seybold, both Registered Dietitians, held monthly food demonstrations in the garden, focusing on seasonal produce and fresh ideas for recipes. This season they're excited to present their new series of food demos.

- June 1st – Superb Herbs: From pairing herbs with meats to homemade marinades.
- July 13th – Savory Summer Salads: More than just lettuce!
- August 10th – Pepper Power: How to use your mild and hot peppers in cooking
- September 14th – Waste Not, Want More: Stretching your late summer produce
- October 12th – Winter Waistlines: Maintaining healthy habits through the winter months

Each food demonstration will be held in the Indiana Community Garden and begin at 11AM, running for about one hour. An attendance sign-up sheet will be posted on the ICG website for each food demo. Hope to see you there!

Rooted in Our Community

The ICG team has been busy over the winter, not just with the low tunnel. Members of our committee have gotten involved in The Indiana County Center for Community Growth, a recently-formed organization that aims to stimulate activism, discussion, and progressive ideals. In order to achieve these ends, the Center has organized a documentary film series from the months of February, 2013 to July at the Indiana Theater.

Specific documentary films have been selected because they focus on some of the most pressing issues of our times. Among these issues include the state of industrial agriculture. As a result, of our changing food system, many individuals all over the country have turned to backyard and community gardens as a means to resisting industrial agriculture. Here, the Indiana Community Garden represents a community approach to the joys of gardening and the means to educating the public about gardening as well as the value of fresh, organic produce.

Members of the Indiana Community Garden have expressed their delight with the success of the garden's first year and its positive effects on many aspects of our community, while realizing that more urban areas are struggling to create fresh, natural produce. The documentary film, *Urban Roots*, demonstrates how urban gardening in Detroit has presented opportunities for the power of the gardening community to restore people's health as well as the local economy. The Center for Community Growth plans to show the film *Urban Roots* on May, 31 at 7:30 p.m. at the Indiana Theater. Because of its relevant theme, members of the Indiana Community Garden are invited to discuss their experiences with community gardening during intermission when panel speakers will lead a discussion with the audience. Join in and root yourself in our community with knowledge, experiences and learning.

Film series schedule. (2013). Center for Community Growth.

<http://theindianacenter.wordpress.com/upcoming-events/film-series-schedule/>