

PROJECT FRESH: MOUNTAIN VIEW COMMUNITY GARDENS

PARTICIPANT NOTEBOOK AND MANUAL



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MOUNTAIN VIEW COMMUNITY GARDEN

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Rules, Terms and Conditions for Participation

Breaking any rules, terms and conditions is cause for exclusion from the garden and loss of your plot: as put forth by the **American Community Garden Association ACGA.**

1. I agree to abide by the policies and practices of the Mountain View Community Garden.
2. Once I have been assigned a plot, I will cultivate and plant it within one week. I will garden year round. My plot cannot be left unused for any period of three weeks.
3. My plot is 10ft x 100 ft. I will not expand my plot beyond this measurement or into paths or other plots. I will keep my plants within the limit of my garden plot and will not allow any plants to grow more than six feet high. I must keep my plot free of weeds and disease.
4. I will keep my plot, paths and surrounding areas clean and neat. Anything I bring from home I will take back home. I will not bring household trash and leave it at the Mountain View Community Garden.
5. If I have more than one plot, I will give up my additional plot by the end of this gardening year.
6. I will not plant any illegal plant. I will not smoke, drink alcoholic beverages, use illegal drugs or gamble in the garden. I will not come to the garden while under the influence of alcohol or illegal drugs. I will not bring weapons or pets or other animals to the garden.
7. Guests and visitors, including children, may enter the garden only if I accompany them. They must follow all rules, terms and conditions stated here. I will supervise my children at all times when they are in the garden. I am solely responsible for the behavior of my guests.
8. The garden manager will assign me general garden maintenance tasks each week and I will complete them by the end of the month that I am assigned them.
9. I will water my plot according to water-wise guidelines. If I use more than the recommended amount of water I will pay a fee each month to cover the cost of this additional water.

Mountain View Community Garden/ ACGA

10. I will attend garden meetings and workshops scheduled in vegetable bed preparation, healthy soil building (compost) and maintenance, seedlings, harvesting, and seed bank and food safety.

11. I WILL NOT APPLY ANY PESTICIDES or HERBICIDES IN THE GARDEN.

12. I will not duplicate keys of any locks at the garden at the garden or give my key or lock combination to another person .

13. I will not take food or plants from other gardeners' plots. I will not take anything from the garden that is not rightfully mine.

14. I will respect other gardeners, and I will not use abusive or profane language or discriminate against others.

15. I will work to keep the garden a happy, secure and enjoyable space where all participants can garden and share in community in a peaceful and neighborly manner.

16. I forfeit my right to sue the owner of the property.

Commitment

I have read and understand the application and accept these rules, terms and conditions stated above for the participation in the Mountain View Community Garden.

Signed _____ Date _____

Gardener

address

phone number

email

Approved: _____ Date _____

Garden Manager

EDEN EARTHWORKS: PROJECT FRESH

PARTICIPANT

Grow and harvest crops successfully...: Y ☐ N ☐ If Yes

Crop names.....: _____

Provide Food for Family Table.....: Y ☐ N ☐

Share surplus food.....: Y ☐ N ☐

Sell surplus food.....: Y ☐ N ☐

Compost is the very heart of this farm. Compost is constructed using our on-farm available organic matter. Compost makes soil healthy because it recycles organic matter to the soil in a usable form. Organic matter improves plant growth by stimulating the microorganisms. Kitchen scraps and weeds go into the compost pile; this keeps them out of landfills. Layer in the food scraps, manure (nitrogen waste) and alternate with carbon (wood chips, saw dust, leaves). Turn the compost to bring up the kindling point (to 160 degrees) and let it cool to less than 120 degrees. Work the compost into the soil and around your plants.



Composting



Compost Thermometer

VERMICOMPOSTING is recycling your garbage with organic waste-consuming species of earthworms; Perionyx excavates. This produces cast material. The castings are high quality bedding material or can be used in making compost tea.

Place vegetable scraps (coffee grounds, avocados, pineapple, egg shells, cooked veggies) into a bin, place shredded paper as bedding on top. Cover the bin. Two weeks later add a little more food. Start slow. In one month you can begin feeding worms on a daily basis. Four-five months from start-up separate the casts from the worms and make composting tea for use around the plants.

The project bins are filled with worms, bedding and garbage.



SOIL TESTING IS MANDATORY BEFORE PLANTING in order to determine

The levels of essential nutrients. The 3 primary plant nutrients are:

Nitrogen N Gives dark green leaves and increases protein content of food crops

Phosphorus P Stimulates root formation and growth

Potash K Imparts disease resistance and increased vigor to plants.

COMPOST PROVIDES MANY MICRONUTRIENTS that petroleum based
Fertilizers do not have.

POTTING SOIL AND STARTER PLANTS

To make our own potting soil, sift together using the large screen sifter;

Ratio of $\frac{1}{3}$ compost (which contains manure), $\frac{1}{3}$ black cinder and $\frac{1}{3}$ perlite and vermiculite. Place it in a planting tray. Sprinkle in a 'community' of seeds and wait for germination and tiny leaf growth. Then transplant into 4 inch pots. This is a very delicate process.



SEED SAVING

Hawaii imports 99% of its seed. Seed is the foundation of all agriculture.

Some plants hold seeds very well, like beans, peas, okra, bitter melon and peanuts, peppers, basil, and marigold. The seeds must dry on the plant. Place them in a paper bag to harvest.

All seeds require drying after harvest. Place in a warm dry spot for several weeks.

If you are not planting the seeds within a few weeks they should be kept in the refrigerator in an airtight container. Please note fennel seeds.



Hawaiian food crops such as taro and sweet potato are propagated from huli, also a form of seed. Youth arriving with huli ready to plant. Planting taro.





Weeding around plants is done by hand or with a cultivator or small hoe. Project Fresh prohibits the use of toxins (including herbicides or similar weed killers).

Pests like aphids or soft-bodied insects mealy bugs, white flies, scale, citrus black flies multiply very rapidly. Home remedies using a kitchen soap-oil concentrate will smother them.

1 tablespoon dishwashing liquid

1 cup vegetable oil (like soybean or peanut oil)

When ready to use mix two teaspoons of the soap-oil concentrate stock solution with 1 cup of tap water. Spray plants as needed in the early morning or late afternoon. Usually a spray once per week for 2-3 weeks will eliminate the problem.

Lady bugs eat about 1,000 aphids in a day or so. Look for the increase in

These aphid 'wolves'.

Pests like leaf-eating worms on the collard or kale should be picked off the plants. Catch the cabbage looper in a butterfly net.

Rose beetles make a filigree pattern on the pole bean vine leaves. Rose beetles live in the ground and come out at night to snack. Put on your head lantern and go out and pick them off the plants (for about one week).



FOOD SAFETY BEGINS WITH CLEAN HANDS

so please

WASH YOUR HANDS BEFORE HANDLING
PRODUCE IN THE FIELD.

HARVESTING EGGPLANT



HARVESTING COLLARD



HARVESTING CASSAVA (tapioca or manioc)





HAWAIIAN PURPLE POTATO JUST HARVESTED



WASHING HAWAIIAN PURPLE POTATO

HARVESTING TARO; SEPARATING KORM FROM HULI TO REPLANT



Hawaiian Hot Chili Pepper and Pineapple



