



WEEKLY WEEDER

May 25, 2023

1. Successful All-Gardener Meeting
2. Nature and Eclectic Outdoors and Healthy Outdoor Communities
3. Education by Ila Falvey
4. Garden Tasks by Steve Camp

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Photos by Susan Van Haitma

Successful All-Gardener Meeting

Thank you to all who attended the meeting last Saturday, and also to those who voted for the new Board either in person or by absentee. Sunshine also donated \$2000 to All Blind Children of Texas; please see the photo of Debra and Nancy Hefner.



Photo by Maria Beach

Nature and Eclectic Outdoors and Healthy Outdoor Communities

I was recently interviewed by *Wildflower Magazine* about Nature & Eclectic Outdoors and our Healthy Outdoor Communities initiative. I spoke to them at length about the scientific evidence proving the link between exposure to nature and human mental and physical health.

I am the founder and director of Nature & Eclectic Outdoors (NEO). We have a plot in Sunshine directly across from the main building with the Certified Monarch Waystation and arbor. I am also the founder and program director of NEO's Healthy Outdoor Communities (HOC) initiative. HOC has grown into a large collaborative movement involving health systems, government agencies, community members, and community-based organizations all working to promote outdoor equity and the use of local green spaces to improve and maintain community health, well-being, and resilience.

You can see the Wildflower Magazine article [HERE](#). You can see a second article published in Texas Parks and Wildlife Magazine [HERE](#) that features photos of NEO events at Brazos Bend State Park. Those photos are now posted on large signs throughout the park. — Submitted by Jennifer Boley

Garden Education by Ila Falvey

Items of interest to all Sunshiners:

- Eating more vegetables may improve your mental health:

Washington Post article

- The following crop will get you through the summer: Perpetual Spinach (Leaf Beet Chard), 4 g,

I have this variety of Swiss Chard growing. It is very well adapted to life in Texas. It reseeds itself so that you always have it growing.

Can get through the cold snaps as well as the hot summer. In a month or so, I will have enough seeds for everyone at Sunshine. If you are interested in having seeds, please let me know. ila.falvey@gmail.com

More info about this vegetable: 55 days [European heirloom, 1869.] Smooth dark green leaves with slender stalks, milder than other chards. Produces tasty greens all summer and late into the fall. An excellent no-fuss warm weather substitute for spinach in the Southeast. (It won't be as sweet as spinach grown in cool weather, but still, we're glad to have this one around for summer greens!)

Garden Tasks by Steve Camp

Howdy SCG Gardeners!

WOULD WHOEVER "BORROWED" the ROOT/TREE PULLER PLEASE RETURN IT!

NEXT SCHEDULED WORKDAY - To be determined PLEASE COME OUT AND HELP US MAINTAIN OUR BEAUTIFUL GARDEN!

Workdays often evolve into social events! SCG is a fantastic place to meet new friends and learn both new and old gardening techniques. There's a wealth of knowledge here and experienced people that love to share it.

NOTE

The North & East fenceline now have a number assigned to each panel. It is on a brass ring hanging on the panel. Please, either you or a small group please sign up for 1 or more I that you will work to keep clean and neat looking. It may have certain vines on it if you wish. Check with staff about which vines will perform the best. Contact Jim Willmann jhwillmann@gmail.com for assignment options.

Thanks!

NEW GARDENERS

There are several new gardeners at SCG! Please don't hesitate to introduce yourself and y'all get to know each other a little and share garden knowledge and tips. Let's emphasize the COMMUNITY in Community Garden.

ROADS AND PARKING

- Speed limit is 3 MPH. (Primarily for safety, but also to keep the dust down.)
- Sunshine's roads provide access to plots and common areas. Gardeners should not 1) park on roads except to unload a heavy load from vehicle, 2) drive on roads when wet, 3) drive around barriers, 4) drive into another gardener's plot, or 5) put plants or other items in the road.
- Cars may not be left idling while at the garden.
- Park only in the front parking area or your common area. On weekends there are parking spaces on Sunshine and 49th Street.

Handbook and Site rules specifically state that **PARKING ON GARDEN ROADS IS STRICTLY PROHIBITED**. Park in the parking lot or common areas only. When the emergency vehicle enters SCG, they may (I hope not) be coming to assist YOU. How inconvenient it would be for them to have to wait for folks to move cars.

PRIORITY TASKS

- Mowing and Trimming everywhere but especially Fenceline and lawn on either side of fence. With the recent rains and more to come, mowing has become a primary task.
- Khaki Weed Season is Upon Us! For the uninitiated, Khaki weed is

an invasive plant that infects the garden in late spring, summer, and fall. We are determined every year to eradicate it as much as possible. To this end, we are allowing digging up khaki weed to be counted as TSVBI hours until further notice.

- Maintaining common paths and common areas. If you have plants extending into common paths, trim them. The common paths are designed to allow the biggest wheelbarrows that we own to traverse them unimpeded.

TSVBI

- Weeding paths in TSVBI garden and wood chip areas on west side. (This is normally needed. Try to get out roots. Be sure to smooth out paths after weeding to facilitate TSVBI students moving around garden). Mowing between fence and street along 49th St. and Sunshine Dr. along and 10' inside fence.
- Picking up trash wherever you see it.
- Cleaning the street curb gutters of dirt and debris buildup. (At places in the curb gutter along Sunshine Dr. And 49th St. soil has built up and grass is beginning to grow. Scrape off with shovel and put in wheelbarrow. If debris is gravel it can be put in low places in the parking lot, otherwise, destination is dumpster.
- Note: TSVBI hours can also count as regular hours.

REGULAR

- Maintaining common paths. (Gardeners are required to maintain a 2' strip of common paths adjacent to their plot.
- Mowing and cleaning up overgrown/messy places in common areas.

Your Zone Coordinator may have more tasks than are listed here. Contact them or campinthegarden@yahoo.com if you feel that you have run out of things to do.

Slow Down (3 MPH!) You're on Garden Time! Enjoy!

Contact both [Kristin Phillips](#) & [Maria Beach](#) to contribute the Weekly Weeder.





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