

# THE GARDEN DIRT



**JULY 2018**

# JULY 2018

## IN THIS ISSUE

- 2- Garden Happenings
- 5- Recipe
- 6- Planting Calendar
- 8- Officers, Committees,  
& Calendar



**Community Garden**  
9195 W. 57th Ave.  
Open every day



## HERB GARDEN

Plot 0 is also the location of the Arvada Gardener's Community Herb Garden. These herbs are for everyone to enjoy so stop in at Plot 0 and take some fresh herbs home to enjoy on pizza, in your tea, or on salads and meats.



- |            |             |
|------------|-------------|
| Basil      | Lavender    |
| Thai Basil | Lemon grass |
| Parsley    | Lemon Balm  |
| Cilantro   | Epazote     |
| Sage       | Lovage      |
| Thyme      | Tarragon    |
| Savory     | Rosemary    |
| Chives     | Oregano     |
| Lavender   |             |

Remember, regular trimming of the top third of herb branches keep them neat and encourages them to spread out.



# GARDEN HAPPENINGS

4th of July



# RECIPE

## SUMMER COQ AU VIN

### INGREDIENTS:

- 3 Tbs. all-purpose flour
- Salt and ground white pepper, to taste
- 4 lb. (2 kg) assorted chicken pieces, skin on and bone in
- 3 Tbs. olive oil
- 4 shallots, minced
- 2 cups (16 fl. oz./500 ml) dry white wine
- 1 cup (8 fl. oz./250 ml) chicken broth
- 3 fresh flat-leaf parsley sprigs
- 2 fresh thyme sprigs
- 1/2 lb. (250 g) summer squash, such as zucchini, cut into bite-sized pieces
- 3 carrots, cut into bite-sized pieces
- 1/4 lb. (125 g) frozen pearl onions, or 1 yellow onion, chopped
- 1/4 lb. (125 g) sugar snap peas, trimmed



Preheat an oven to 450°F (230°C).

On a plate, stir together the flour, 1 tsp. salt and 1/2 tsp. white pepper. Turn the chicken pieces in the seasoned flour, shaking off any excess. In a large, heavy pot, warm the oil over medium-high heat. Working in batches, sear the chicken, turning once, until browned, about 10 minutes. Transfer to a plate.

Add the shallots to the pot and cook over medium-high heat for about 30 seconds. Add the wine and stir to scrape up any browned bits on the pot bottom. Pour in the broth and bring to a boil.

Add the chicken to the pot, arranging the dark meat on the bottom and the breasts on top. Tuck the parsley and thyme sprigs among the chicken pieces. Reduce the heat to low, cover and cook until the chicken is tender and opaque throughout, about 40 minutes. Uncover and add the squash, carrots, onions and sugar snap peas, pushing them into the cooking liquid around the chicken. Cover and cook until the vegetables are cooked through, about 20 minutes. Serve directly from the pot. Serves 6 to 8.

# Arvada, CO Planting Calendar

Sow Indoors / Under Cover

Sow Outdoors / Plant Out

Harvest

Plant	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Beans						■		■	■			
Beets					■	■		■	■	■		
Broccoli				■	■			■	■			
Brussel Sprouts				■	■							■
Cabbage (Summer)			■	■	■		■	■	■			
Carrots					■	■		■	■	■	■	
Cauliflower			■	■	■		■	■	■			
Celery					■	■			■	■		
Corn						■			■			
Cucumber						■		■	■			
Eggplant			■	■		■	■	■	■			
Garlic							■	■	■		■	■
Kale	■	■	■	■	■			■	■	■	■	■
Leeks	■	■	■	■	■					■	■	■
Lettuce			■	■	■	■	■	■	■	■	■	
Melon						■			■			
Okra				■	■	■		■	■			
Onion		■	■	■	■	■	■	■	■			

# Arvada, CO Planting Calendar

Sow Indoors / Under Cover

Sow Outdoors / Plant Out

Harvest

Plant	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Parsnips	Harvest	Harvest			Sow Outdoors / Plant Out	Sow Outdoors / Plant Out						Harvest
Peas				Sow Indoors / Under Cover	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Harvest	Harvest	Harvest			
Peppers				Sow Indoors / Under Cover	Sow Indoors / Under Cover	Sow Outdoors / Plant Out	Harvest	Harvest	Harvest			
Potatoes (Maincrop)					Sow Outdoors / Plant Out	Sow Outdoors / Plant Out		Harvest	Harvest			
Pumpkin					Sow Indoors / Under Cover	Sow Indoors / Under Cover	Sow Outdoors / Plant Out		Harvest	Harvest		
Radish					Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out		
Spinach				Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out		
Squash (Su.)						Sow Outdoors / Plant Out		Harvest	Harvest			
Swiss Chard	Harvest	Harvest		Sow Indoors / Under Cover	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Sow Outdoors / Plant Out	Harvest	Harvest	Harvest	Harvest	Harvest
Tomato				Sow Indoors / Under Cover	Sow Indoors / Under Cover	Sow Outdoors / Plant Out	Harvest	Harvest	Harvest			
Watermelon						Sow Outdoors / Plant Out			Harvest	Harvest		

Derived from Farmers Almanac

# OFFICERS

President: Keith Sorci  
 Vice President: Larry Sybyl  
 Vice President: Vanessa "VP" Pine  
 Treasurer: Brita VanHorne  
 Secretary: Sally Berriman

# COMMITTEES

Program	Mike
Membership & Mentoring	Wally, Janice, Jim, Midori
City Liaison	Laura, Dan
Media	Bill O
Website	Judi
Volunteer Coordinator	Midori, Stan
Plot Rototilling	Larry, Kevin, Bob, Carlos Ralph, Chris, Steve Bill O
Photography	Keith, Stan
Annual Open House	Darcia, Keith
AHF Parade Float	Stan, Mike F, Keith, CC, Bill O, Jim
Festival of Scarecrows	Keith
Fall Sales / Fundraising	Social Committee
Holiday Party	Keith, Barb, Elmer
Pumpkin & Gourd Patch	Keith, Bill O
New Garden and MOU	Sally
Food Bank	Connie, Bill O, Janice
Other Grant Writing	Bob, Kristie
Delva Garden	Keith
Community Service Clients	Keith, Bill O
Long Range Planning	Heather
Facebook	Bill O
Arvada Days	Bill O
Winter Fest	Mike H, Shannon, Jim
Composting	Sally
Social	Tom P
Equipment	Bill O, Keith
Marketing	CC
Greenhouse	Heather
Garden Classes	Joel
Newsletter	Keith, Aaron, Kevin, Jim, Brita
Orchard	

# UPCOMING EVENTS

**June 2**  
Trails Day

**July 14**  
Monthly workday

**July 14**  
Potluck Dinner & Square Dance

**July 18**  
Garden Class 6pm: Seed Preserving

**August 11**  
Open House Workday

**August 10 - 12**  
Jeffco Fair

**August 13**  
Meeting

**August 15**  
Garden Class 6pm: Mushrooms and More

**August 18**  
Annual Open House



If you have something you would like to be seen in the newsletter, email me at [joelcreates@gmail.com](mailto:joelcreates@gmail.com)