

Arvada Gardeners - The Garden Dirt



September 2016

Community Garden

9195 W. 57th Ave.

Open every day

GIC hours MTWTHF 5:00 -

7pm, SS 7:30am - 12

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Calendar

Sept 8	Class at the Garden 5:30pm
Sept 10	Arvada Harvest Festival
Sept 12	Garden Meeting
Sept 17	Work Day
Oct 8	Festival of Scarecrows
Oct 10	Garden Meeting

Arvada Food Bank Celebrates ACG

Arvada community garden helps feed the needy.



From left: Harry Fuller, Sandy Martin, Alan Albrandt, Keith Sorci, Bob Gaunt, Sally Berriman, Janice Mulvany and Stan Sharman. Courtesy Arvada Press Posted Wednesday, Aug. 31, 2016

On Aug. 13, the Arvada Community Food Bank presented the Arvada Community Garden with a plaque honoring the years of support and the thousands of pounds of food the gardeners have donated to ACFB. Most years, approximately 2,000 pounds of food makes its way from the Community Garden to clients of the Food Bank who are in need of healthy, fresh produce. In 2015, 2,855 pounds of produce was donated.

The Arvada Community Garden has many unique features. There are substantial accommodations for handicapped gardeners. The garden is sustainability-oriented with the use of ditch water and recycling programs. It's also a certified wildlife and butterfly habitat with bee hives, species-specific bird houses and bat and bug houses. With 120 plots, it is one of the largest community gardens in the state, and one of the oldest—celebrating its 49th year. Each spring, Arvada residents can join the garden and rent a 20-by-12-foot plot for \$25. Members have access to tools, water, a greenhouse, manure and mulch. They can also share in communal fruit trees, raspberries, strawberries and cut flowers. "The donations we receive each year from the Arvada Community Gardens are an important part of our efforts to supply those in need with nutritionally beneficial food," said Sandy Martin, executive director of the food bank. "We are focusing on more and more fresh items."

Martin, along with Arvada Food Bank board members, Alan Albrandt and Harry Fuller, presented the plaque to Keith Sorci, president of Arvada Gardeners during the garden's annual August open house.

Annual Open House

Thanks to everyone who helped put this together! Turnout was great.



And the Best Plot Award and the Golden Spade went to Sally Berriman

Mushroom and Fall Squash Barley Risotto

Total Time: 3hr 35 min

Prep: 35 min

Cook: 3 hr

Yield: 4 to 6 servings

Level: Easy



Ingredients

- 5 tablespoons unsalted butter
- 2 tablespoons grapeseed or canola oil
- 1/2 cup finely chopped shallots
- 1 1/2 cups pearl barley
- Salt and freshly ground pepper
- 1/4 cup dry white wine
- 3/4 pound baby bella mushrooms, sliced 1/8 inch thick
- 12 ounces acorn squash, peeled, seeded and diced
- 4 cups chicken stock or canned low-sodium chicken broth
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 3/4 cup finely grated parmigiano-reggiano

Heat 1 tablespoon butter and 1 tablespoon oil in a 12-inch sauté pan over medium-high heat. When hot, add the shallots and cook, stirring, until tender, 1 to 2 minutes. Add the barley, 1 1/2 teaspoons salt and 1/2 teaspoon pepper and cook for 1 minute. Pour in the white wine and cook, stirring, until the wine is evaporated, 1 to 2 minutes. Transfer to the crock of a 6-quart slow cooker.

Add 2 tablespoons butter and the remaining 1 tablespoon oil to the sauté pan over medium-high heat. Add the mushrooms and cook until lightly browned and wilted and the fat has been absorbed, 4 to 5 minutes.

Add the mushrooms, squash and chicken stock to the slow cooker. Stir gently to combine. Set the slow cooker to low and cook until the liquid is absorbed and the barley and squash are tender, 2 hours, 30 minutes to 3 hours, stirring occasionally to ensure all of the grains are evenly cooked. Remove the lid and stir in the parsley, sage, 1/2 cup parmigiano-reggiano and the remaining 2 tablespoons butter. Serve the risotto hot, garnished with the remaining 1/4 cup cheese and additional pepper, if desired.

Recipe courtesy of Emeril Lagasse for Food Network Magazine

Our Garden - Many thanks to all the Photographers



Officers and Committees

2016 Club Officers

President:	Keith Sorci
Vice President:	Bob Gaunt
Vice President:	Larry Sybyl
Treasurer:	Jerrie Matthews
Asst. Treasurer	Tom Molello
Secretary:	Sally Berriman

2016 Committees Chairs

Program	Mike
Membership & Mentoring	Chris M, Wally
City Liaison	Keith
Newsletter	Julie Smith
Media	Bill O
Website	Hal, Judy
Volunteer Coordinator	Midori
Plot Rototilling	Kevin, Jim R, Bob G, Larr Ralph, Chris
Photography	Kom, Bill O
Annual Open House	Janice
AHF Parade Float	Keith,Larry, Tod
Festival of Scarecrows	Stan, Mike, Keith,Bill
Fall Sales / Fundraising	Keith
Holiday Party	Suzanne
Pumpkin & Gourd Patch	Elmer, Wally, Larry, Keith
New Garden and MOU	Keith, Bill O
Food Bank	Sally
Other Grant Writing	Janice, Bill O
Home and Garden Grant	Connie, Keith
Delva Garden	Bob, Kristie
Garden Survey	Ralph
Community Service Clients	Keith
Long Range Planning	Keith, Bill O
Facebook	Vaida
Sustainability Festival	Midori. Jo
Composting	Chris M, Jim, Steve
Social	Sally
Equipment	Tom P
Marketing	Sally
Renter Status	Midori
Garden Golden Jubilee	Keith, Bill



Monthly Meetings

2nd Monday, 7:00pm
 APEX Community Center
 6842 Wadsworth Blvd

Everyone is welcome to attend. The meetings begin with a gardening presentation and social time followed by a business session.

www.arvadagardeners.org

If you have an article that you would like to contribute to the newsletter, contact Julie Smith.