Every year during the plethora of spring plant sales in the northwest, a mysterious item called a "bare root plant" appears on the palette of choices for our gardens. For many of us, this plant sans pot, burlap and even soil is bewildering. Bare root planting is more beneficial to many plants than any other method of planting. Embrace this opportunity to get great plant choices into your yard this coming spring!

**Why Bare Root is Better**

A study done at Cornell University revealed that bare root trees dug for sale have 200% more tree roots than trees in ball and burlap. Potted plants run the risk of having their root systems circle around in their pot, creating girdling roots. Girdling roots cut off the movement of water and nutrients to a plant, weakening and sometimes killing it. Planting from bare root allows you to spread the plant roots out properly in the planting hole and to avoid planting too deeply, a common planting mistake.

Bare root plants are less expensive to purchase and produce and create less waste. Transporting and transplanting a bare root plant is easier on your back and requires less specialized equipment. You can find larger, more mature plants in bare root form and get a dynamite selection of fruiting plants.

**Get Ready**

Do your homework about plant choices. Edible plants which are available in bare root form include fruiting trees, shrubs, cane and vine fruit, asparagus, strawberries and rhubarb. You can also find fruiting native shrubs and trees for garden wildlife. Be prepared to plant the day you purchase. If you cannot plant them the same day of purchase, store them out of the sun with protection over the root system for no longer than a week. Stake trees when planting.

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Learn, Get Involved, Teach Others

*Carey Thornton, Program Coordinator*

This year there are many new ways that you can learn more about gardening, get involved in rewarding activities at Seattle Tilth and teach others in your community.

Are you a new gardener or a seasoned veteran looking for savvy gardening techniques? Beginning food gardeners can learn the basic concepts in a new introductory class offered each month, “Organic Gardening 101.”

Gardeners with some experience or the 101 class under their belts can dive into our new “Grow Organic” monthly series. Each month presents a seasonally relevant topic that you can apply directly to your own vegetable garden. Take the entire series or pick your favorites!

**Grow Organic Series**

- February: Start the Garden Indoors
- March: Smart Garden Planning
- April: Get Your Garden Growing
- May: Grow Heat Lovers
- June: Go Vertical
- July: Start Your Fall and Winter Garden
- August: Pest and Diseases: How to Manage Problems Organically
- September: Save Seeds
- October: Put Your Garden to Bed
- November: Composting 101: Free Food for the New Garden

The entire series of ten classes offers information comparable to our Comprehensive Organic Gardener (COG) course. However, COG is offered during an intensive three-week period with greater hands-on opportunities and relationship building among participants. COG is offered in March, April and September.

**Demystifying Bare Root Plants**

*Laura Matter, Lead Environmental Educator*

Every year during the plethora of spring plant sales in the northwest, a mysterious item called a "bare root plant" appears on the palette of choices for our gardens. For many of us, this plant sans pot, burlap and even soil is bewildering. Bare root planting is more beneficial to many plants than any other method of planting. Embrace this opportunity to get great plant choices into your yard this coming spring!
Welcome New Staff and Board

Carrie Vogelzang, Office Manager

Eddie Hill, the founder of Creatives4Community, has joined our staff to manage the Farm Incubator Program. Eddie is motivated by impactful urban and peri-urban agriculture programs. Eddie’s background is in mass communication, media, urban planning, small farm management and community-based development. He keeps himself busy raising his teenage daughter, skiing and snowboarding, blogging, farming, participating in food groups, shooting video and photography, and lives in the Central District. Eddie believes in action. “Ideas without a plan of action sit on shelves and collect dust. It is not time to be dusty.”

Three new members have joined Seattle Tilth’s board of directors. Cinnimin Avena and Brad Kramer come to us from the Seattle Youth Garden Works (SYGW) board of directors and they are motivated to provide ongoing support for that program. Cinnimin lives in Colman Park and loves soccer and cooking. Brad did graduate work at the Evans School of Public Affairs, lives in Pioneer Square and likes to travel. Molly Henry brings professional expertise as a lawyer and a commitment to local and sustainable food sources. She lives in Fremont and likes to travel, cook and spend time with her family.

Welcome Eddie, Cinnimin, Brad and Molly and thank you for being a part of Seattle Tilth!

New board members Molly Henry, Cinnimin Avena, and Brad Kramer.

Interested in joining Seattle Tilth’s Board of Directors?

The board is actively recruiting for new board candidates, especially those with finance/accounting backgrounds, ideally with a CPA designation. If you are interested in this volunteer opportunity, please contact governance@seattletilthboard.org.

Seattle Tilth inspires and educates people to garden organically, conserve natural resources, and support local food systems in order to cultivate a healthy urban environment and community.
Seattle Tilth Receives $5,000 from Volunteer Work

Kate Cox, Annual Giving Manager

This fall, Justine Dell’Aringa, president of Seattle Tilth’s Board of Directors, was awarded the “Amgen Excellence in Volunteering Award” for her outstanding volunteer efforts and commitment. Launched this year by the Amgen Foundation, this award recognized eleven individuals nationwide who are making a difference in their communities.

“At Amgen, we are committed to strengthening our communities through grantmaking, matching staff contributions and volunteering,” said Jean J. Lim, president of the Amgen Foundation. Seattle Tilth received not only $5,000 for the award, but has also received an additional $3,000 from the Amgen Foundation’s corporate matching program to reward Justine’s volunteer hours and personal financial contributions.

Justine started volunteering for Seattle Tilth in 2002, taking on all kinds of roles from garden maintenance to fundraising to organizational governance. As president of the board of directors during 2010, Justine helped Seattle Tilth expand and strengthen its programs, services, and gardens. She has worked tirelessly to build awareness and support for Seattle Tilth’s mission.

“Seattle Tilth not only teaches people how to grow their own food, a basic skill that has been nearly lost in our culture, but its programs and events raise awareness about the importance of eating locally for our health, food security, environment and for our local economy,” says Justine. “Organizations like Seattle Tilth help people take their first step toward living a more sustainable lifestyle, and they make it accessible and FUN!”

Justine’s leadership, backed by her employer, has amounted to a huge contribution, a great example of the community working together to create more sustainable future.

Training New Farmers / Growing Green Jobs

By Sharon Lerman, Program Manager

The average age of a farmer in Washington State is 57 years old. To keep good, healthy food that’s grown in our region on our plates, it’s more important than ever to provide new farmers the skills and resources to get into the marketplace.

Seattle Tilth was busy this winter preparing the ground for two new initiatives. The Farm Incubator Program and Seattle Youth Garden Works (SYGW) will increase the number of trained farmers in Seattle/King County while providing access to green jobs and pathways out of poverty.

The Farm Incubator Program provides small and micro-farm business training and support to refugees, immigrants, and other low-income individuals to develop successful farm businesses. Participants receive access to land at subsidized rates; a comprehensive educational program covering farming, business planning, operations, and marketing; on-site mentorship from experienced farmers; access to equipment, water, and other inputs; and assistance in creating marketing channels for products. The result will be confident, financially independent farmers who can support themselves by creating and developing new farm businesses. These farms will also increase consumers’ access to local food.

SYGW will re-launch in March with a focus on providing education and employment opportunities to homeless and underserved youth in the green jobs sector and beyond. Seattle Tilth is currently recruiting eligible youth who are interested in market farming and will use the experience as a springboard into future education and employment opportunities.

In addition to urban farming skills, SYGW promotes collaboration, respect, compassion, responsibility, and entrepreneurship. Youth also learn communications and marketing skills through sales at the University District Farmers Market. Stop by and support SYGW at the market! Graduates leave the program prepared for future employment and education and receive support to find internships and jobs.

These programs depend on support from our entire community. See our website for opportunities to volunteer, donate, hire SYGW graduates or apply to participate.
Imagine your front yard with herbs and blueberries, grape vines growing over the carport, garden beds bursting with salad greens, a sunflower fence and an herb spiral filled with vegetables. Visualize a place where you can go out and pick your dinner just moments before it comes into the kitchen. This, my friends, is the dream of city farming.

Learn how to turn your city lot into a thriving farm with “Your Farm in the City,” a new book written by Lisa Taylor and the gardeners at Seattle Tilth. With 100 illustrations and dozens of useful resources, “Your Farm in the City” is a practical, comprehensive and easy-to-follow guide. Books can be purchased through our website in late February. Here is some advice about where to locate your veggie garden or chicken coop:

“Location, location, location . . . place plants where they will work with your life. . . . Permaculture designers use a zone system to describe how areas are used on a property. Zones describe how we typically use our yard, what areas we use more often, and which areas are seldom visited. The idea is simply this: If you put your garden in an area that you use often, you will be more likely to care for it or harvest produce when it is ripe.

...If you are creating a vegetable garden or trying to find the best place for a chicken coop, locating zones 1 and 2 is important. These are the two outdoor zones that are most frequently used.

Zone 1 is the area just outside your door—the areas you can get to without putting on your shoes. Close and convenient, Zone 1 is just the right location to dash out to snip a few herbs to throw in whatever you are fixing for dinner. In urban landscapes this zone may extend out 15 to 20 feet. This is the area for high-maintenance plants, the best place for the kitchen garden, and a great place for a greenhouse or plant-propagation area.

Lisa Taylor will be speaking at the Flower and Garden Show “Edible Urban Oasis: Creating Your Own Little Farm in the City” and signing books on Sunday, February 27th at 1:30 p.m.
Membership Meeting and Potluck

Seattle Tilth members, come one, come all! The Annual Meeting and Potluck is happening on Wednesday, February 16, 6-8 p.m. at our office at the Good Shepherd Center. Get the inside scoop about what’s going on, vote for officers and board members and get to know other Seattle Tilth supporters.

Start Your Garden Indoors

Maren Neldam, Program Coordinator

Spinach seedlings are a harbinger of spring.

While you sit inside this month watching winter rain and snow fall, you could be starting your veggie garden indoors. With careful planning and good care, growing your own veggie starts in February and March will give you a head start on the season and allow enough time for long-season heat crops to mature. You can also grow more unique and heirloom varieties that aren’t always grown commercially.

Consider These Ideas

- Location. Find a sunny window sill or table. Many plant starts will need to be transitioned to a bigger pot at least once before they are ready to move to your garden - plan for extra space.
- Make sure to use a sterile potting soil mix.
- Use seed flats and six pack pots or make pots out of recycled materials. Make sure they have drainage holes!
- Let there be light. During winter, even the sunniest window might not provide adequate light for healthy starts. When sprouts look tall and spindly, it is a good indicator that they aren’t getting enough light. Supplemental lights can be purchased at local garden centers.
- Heat and water. Most seeds prefer slightly warmer temperatures during germination than the plant needs to grow. Providing bottom heat through heating mats or proximity to a heating vent can help warm the soil. Make sure to keep your starts well watered.
- Ensure adequate air circulation to avoid fungal diseases that can cause damping-off disease.
- Plant no more than a couple seeds per cell.
- Label the flats with variety and start date.

In March and April, as soon as the soil begins to warm, many plants can be directly sown in the garden. To germinate, seeds need the correct soil temperature, enough moisture and the right light exposure. When soil is at least 40 degrees Fahrenheit, early season crops will germinate; use a soil thermometer to be precise. Jumpstart your spring planting with cloches or hoop houses to help warm the soil.

Starting seeds at home will lift your spirits and have you looking forward to spring in the garden. To learn more about seed starting, sign up for our seed starting class held in February. Be sure to consult the "Maritime Northwest Garden Guide" for year round planting information.

Apply to the Master Composter/Soil Builder program online at seattletilth.org/learn/mcsb

Early Spring Edible Plant Sale

Seattle Tilth’s second annual Early Spring Edible Plant Sale will be held on Saturday, March 19th from 10 a.m.–2 p.m. Purchase a vast assortment of cool-weather vegetable starts for your spring garden, along with a number of unique and well-adapted varieties of fruit and nut trees, perennial vegetables, fruiting shrubs and bare root plants.

It might be cold and wet, but we will be dry under our circus style tent at the Interbay Urban Center (2001 15th Ave W). We will continue with our staggered entry system piloted at our 2010 plant sales so that we can prevent overcrowding inside the sale and minimize the amount of time spent in line. Wristbands will be handed out Saturday morning that will correspond with a specific entry time if we are over capacity. Plants will be continually restocked throughout the sale. Take advantage of the shopping and comfort confines of the on-site Whole Foods Market and Peet’s Coffee & Tea and as you wait to enter.

Want to shop early and get first pick so that you can put your new veggies in the ground that afternoon? Our Early Bird Sale is for you! Buy tickets for $25 on our website and attend before the crowds from 9-10 a.m. Or you can volunteer to work at the event and receive a special invite to the Early Bird Sale. To view the open volunteer shifts, plant variety lists and updates about the event, visit our website, seattletilth.org.
The Sophisticated Peasant

Permission, forgiveness, blessings

There is a patch of open ground in the heart of the downtown Seattle business district, would you believe, where you can find a carefully tended assortment of organic produce flourishing throughout the growing season. The unused ground was appropriated by some visionary folks in the nearby King County Administration Building who could see a vegetable garden where others saw only a wasteland. Being bureaucrats they asked for permission of course, instead of just going ahead and asking for forgiveness. The wonderful thing is that they received not only permission, but an official blessing from the King County Executive. This employer sponsored garden is another iteration of the burgeoning trend of urban food production.

They scrounged and scavenged materials to build a series of very nice raised beds and with volunteer labor grew and harvested 251 pounds of produce during 2010, all of which they gave away to the Downtown Food Bank and a senior center. They even managed to put on a few luncheon seminars on organic gardening practices.

It’s not possible to wander through this garden, or to attend one of these seminars, without being struck by the contrast between this place and the environment surrounding it. Stepping from the ground of the garden back onto the hard city sidewalk—a single step—takes you from a world of growth and possibility to a world of tension and tight limits: buildings, streets, traffic, crowds. Abruptly, the physical surfaces are hard and hard-edged: there’s a quality of stress and hurry. People on the city streets avoid each other’s eyes; people in the garden look at the soil, the plants—and each other—with interest. The garden is an island of calm and caring in a sea of cold concrete.

So what does this say about the gardens we build in our own yards? To me it reinforces the elusive notion that gardening is good for us. I seem to have stumbled through life making accidental choices that turned out to be good for me—although I’ve no idea how—and one of them was gardening. I have no doubt about that now. I could tell you why I feel that way, but I think that’s something you really should discover for yourself, don’t you? Now is the time. Visit the Goat Hill Giving Garden on 5th Ave. between Jefferson and Terrace Streets.

Ian Taylor welcomes comments and feedback at crookedcucumber@earthlink.net.

Garden to Table: Preserving Greens

Sheri Hinshaw, Environmental Educator, NSB

If you over-wintered greens in your garden, you may have some to harvest now. Kale, spinach, mustard, Swiss chard, collards, arugula, beet greens, really any leafy green that can be cooked can be preserved by freezing or canning. Freezing is by far the easiest, and in my estimation, the tastiest way to preserve greens.

Follow These Steps to Freeze Greens

• Wash thoroughly and remove tough or woody stems.
• Blanch greens for 2 minutes (collards for 3 minutes) in a large pot of boiling water. The greens will turn a brilliant green color—you want to wilt them, not cook them.
• Cool, drain, and fill a freezer bag half-way with greens. Place the bag flat on the counter and press out all the air before you seal the bag. Freeze the bag as flat as possible; this allows you to break off the right amount for your recipe. Once the greens are frozen they can be placed anywhere in the freezer.

Pressure Canning Instructions

Greens are very alkaline and cannot be canned using the water bath method. You will need a pressure canner in order to safely can greens.
• First blanch greens as above.
• Place hot greens in pint or quart-sized jars with a 1-inch head space. You can add ¼ or ½ teaspoon of table salt to the jars if you wish.
• Cover greens in boiling water up to one inch from the top.
• Remove air bubbles and wipe the jar rims clean.
• Process in a dial gauge pressure canner at eleven pounds pressure or in a weighted gauge pressure canner at ten pounds pressure, seventy minutes for pints or ninety minutes for quart-sized jars.

Frozen or canned greens can be used in casseroles, soups and sauces (think curry!) and are a great addition to recipes with lentils, potatoes, and beans. Enjoy!
### Membership and Donations
O New Member  O Renewing Member  O New contact information

**Name(s) ____________________________________________**

**Phone ______________________________________________**

**E-mail ____________________________________________**

O Yes! Send me the bi-weekly E-news.

**Address ____________________________________________**

**City/State/Zip ______________________________________**

**Payment Type**  O Check  O Visa  O Mastercard

**Card # __________________________ Exp ______________**

**Name on card _______________________________________**

Mail to: Seattle Tilth, 4649 Sunnyside Avenue North, Room 100, Seattle, Washington 98103

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**Spring Planting**

Sheri Hinshaw, Environmental Educator, NSB

**Q:** What vegetables can I plant in spring and should I plant them indoors or outside in the garden?

**A:** There are some seeds you can directly sow outdoors in the early spring. Other seeds should be started indoors. Use this chart to plan your spring veggie garden. For a more comprehensive planting calendar consult Seattle Tilth’s “Maritime Northwest Garden Guide.”

### Early Spring Planting Calendar

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<td>Garlic</td>
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<td>Jerusalem Artichokes</td>
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<td>Mache (Corn Salad)</td>
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<tr>
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<td>Swiss Chard</td>
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<td>Turnips</td>
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*i = sow indoors, o = sow outdoors

### Demystifying Bare Root Plants

Continued from page 1

**Finding Plants**

Shop Seattle Tilth’s Early Spring Edible Plant Sale on March 19 for fruiting plants selected for our area, including rare finds. We will have our educators on hand to help you make good plant choices and advise you on their care. Local nurseries also have their annual bare root sales in early February. You can also support local Conservation Districts with their pre-order native plant sales and check local grower’s catalogs.

To get more details about sourcing plants contact the Garden Hotline at (206) 633-0224 or help@gardenhotline.org. To learn about planting bare root plants read our almanac article for February: seattletilth.org/learn/resources/almanac/February.

### Learn, Get Involved, Teach Others

Continued from page 1

**Learn, Get Involved, Teach Others**

Urban livestock classes will teach you how to keep chickens, bees, goats or ducks, giving you a thorough base of knowledge to get started. Other classes will guide you to incorporate more edibles into your landscape beyond your vegetable garden. Garden Educator Workshops will be offered to reach more teachers, parents and folks who cultivate schoolyard gardens. We will also travel out to schools to present mobile classroom lessons.

Seattle residents who are interested in resource conservation and teaching others, the ever-popular Master Composter/Soil Builder volunteer program is back! Participants receive extensive in-depth training and then share that information with the public. Training includes instruction in backyard and large scale composting, organic pest management, storm water management techniques, and effective community outreach.
Get Growing - Take a Class!

Get an early start to spring gardening this year.

Two prices are listed for each class; the second price is discounted for Seattle Tilth members. Become a member through our website or use the form on page 11. Advance registration and payment are required for classes. Class details and registration information are found on our website under the Learn tab. Questions? Call (206) 633-0451 ext. 101.

**Classes are held at one of these venues:**
BGP: Bradner Gardens Park, 1733 Bradner Place S, Seattle
GSC: Good Shepherd Center, 4649 Sunnyside Ave. N., Seattle
WC: White Center Cultural Community Center; 9421 18th Ave. SW., Room 12, Seattle
YCAC: Youngstown Cultural Arts Center; 4408 Delridge Way SW, Seattle

- **Harvest the Rain**, $36/$25  
  Saturday, Feb. 5; 10 a.m.-noon, GSC
- **Start with Baby Chicks**, $40/$30  
  Thursday, Feb. 10; 6-8:30 p.m., YCAC
  Thursday, Mar. 3; 6-8:30 p.m., BGP
  Saturday, Mar. 19; 10 a.m.-12:30 p.m., GSC
- **Backyard Beekeeping 101**, $36/$25  
  Saturday, Feb. 12; 10 a.m.-noon, BGP
  Tuesday, Feb. 22; 6-8 p.m., YCAC
  Thursday, Mar. 17; 6-8 p.m., GSC
- **Start the Garden Indoors**, $36/$25  
  Saturday, Feb. 12; 2-4 p.m., GSC
  Saturday, Feb. 19; 10 a.m.-noon, WC
  Wednesday, Feb. 23; 6-8 p.m., BGP
- **Prune Fruit Trees**, $36/$25  
  Saturday, Feb. 19; 2-4 p.m., GSC
- **City Chickens 101**, $40/$30  
  Saturday, Feb. 19; 10-12:30 p.m., GSC
- **City Ducks 101**, $36/$25  
  Saturday, Mar. 5; 10 a.m.-noon, GSC
- **Smart Garden Planning**, $36/$25  
  Saturday, Mar. 5; 2-4 p.m., BGP
  Wednesday, Mar. 23; 6-8 p.m., BGP
  Saturday, Mar. 26, 10 a.m.-noon, WC
- **Organic Gardening 101**, $36/$25, Thursday, Mar. 10; 6-8 p.m., GSC
- **Grow Veggies in Your Parking Strip**, $36/$25  
  Saturday, Mar. 12; 2-4 p.m., GSC
- **City Chickens 201: The Integrated Flock**, $36/$25  
  Saturday, Mar. 19; 2-4 p.m., Location TBA
- **Mushrooms: Cultivate Your Own Edible Fungi**, $36/$25  
  Saturday, Mar. 26; 10 a.m.-noon, GSC
- **City Goats 101**, $40/$30  
  Saturday, Mar. 26; 2-4:30 p.m., GSC
- **Intro to Organic Schoolyard Gardening**, $60/$50  
  Feb. 5; 8:30 a.m.-4 p.m., GSC
- **The Garden Classroom**, $60/$50  
  Feb. 19; 8:30 a.m.-4 p.m., GSC
- **Curriculum Working Group**, $60/$50  
  March 26; 8:30 a.m.-4 p.m., GSC
- **Designing and Sustaining Your School Garden**, $35/$25  
  March 12; 1 – 4 p.m., GSC

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