

Mulvane Community Garden Newsletter

August 2014

VOL.1 ISSUE #6



Stay Connected:

Join the facebook Mulvane Community Garden Group.

Watch cable channel 7 for meeting reminders.

Visit the website for photos and resources.

Spread the word to your friends!

Welcome to a new growing season! It is our mission to provide helpful tips and suggestions to make your garden a success and pass along any garden updates. In addition to this monthly newsletter, you will find further resources at our website.

In this issue:

- Apples: Harvest & Storage
- Sunflower Seeds: Harvest & Roasting

Upcoming Garden Related Events:

General Meeting (All Members)

Thursday, September 4th at 7pm

First Baptist Church (1020 N. 2nd St.)

How's the garden been going for you?

Come share your thoughts & suggestions!

Work Day / Social

Sunday, September 7th

- Working: 2-5pm
- Social gathering: 5-7pm

mulvanecommunitygarden.weebly.com

Apples: Harvest & Storage

For those who may have apple trees in their yards at home or may be considering a future apple tree purchase, here are some points of information.

Harvesting

Factors that can help you determine when to pick your apples:

Skin Color: Skin color changes during the maturing process. This is not always the most consistent indicator.

Flavor: Immature apples will often taste starchy. They can be stored temporarily if they are fallen from the tree and still have a starchy taste. Determination by flavor is helpful if you are familiar with the variety of apple.

Flesh color: During the maturing process starch in the fruit change to sugar and color transitions from a light green to white or yellow.

Days from bloom: The number of days from bloom is a reliable guide for general maturity time, however, weather can play a factor. Here are some general time frames for various types of apples:

Jonathan – 135

Delicious & Golden Delicious – 145

Winesap - 155

Seed color: Though not a very good stand alone indicator, it is interesting to note that seed color changes from light green to brown as it reaches maturity.

Diseases

There are two diseases that are common to apple trees: Cedar Apple Rust and Apple Scab.

Varieties are resistant include Liberty, Jonafree, Redfree, Freedom, Williams Pride & Enterprise. Most are usually susceptible.

Fungicide spray of myclobutanil (Immunox) is a good option for the home grower. Be sure to read the label as there is a specific variety for fruit trees.

- Spray on a 7 to 10 day schedule.
- It is recommended that an insecticide be added to the mixture to prevent damage from codling moths which lead to wormy apples.
- Methoxychlor or malathion can be used as an insecticide.

Avoid use of any insecticide during bloom.

This will help protect bees.

Storage

- * Keep best quality for storage.
- * Harvest as they are first maturing.
- * Avoid fruit with bruises, skin breaks, disease or insect damage.
- * Plastic bag storage will help to retain moisture. Be sure to have some holes in the bag to permit air flow. Bags can then be put in boxes to limit bruising during storage.
- * Refrigerate at about 35°F.
- * Go through the stored fruit periodically to remove any that may be starting to rot.

○ Apples Continued... ○

Estimated days under refrigerated conditions:

Wealthy: 60 days

Paulared: 90 days

Gala: 120 days

Jonathan: 120 days

Grimes Golden: 120 days

Golden Delicious: 150 days

Empire: 150 days

Delicious: 160 days

Braeburn: 180 days

Idared: 200 days

Rome Beauty: 220 days

Winesap: 220 days

Fuji: 240 days

Granny Smith: 240 days

Arkansas Black: 240 days

Still Time to Plant!

As we continue into the summer, it's a good time to plan ahead to what we'd like to grow more of while time permits. We're lucky to consider the following:

*Snap Beans *Cabbage *Carrots *Broccoli

*Endive *Cauliflower

*Kale *Lettuce *Potatoes *Radish *Spinach

*Turnips *Beets

Sunflower Seeds: Harvest & Roasting

Harvest

Mid-September and October is generally a good time to harvest seeds. If you plan on allowing them to ripen on the plant then you will need to consider some extra steps to keep them from birds and dropping onto the ground.

Cover the sunflower heads with a paper sack or cheesecloth secured with a twist tie or rubber band. This can be done when you notice the flower petals begin to turn brown.

If you opt to remove the heads from the stem, follow the same tips as above. Some leave some stem attached to the head to help in hanging it upside down.

Maturity can be determined by the following:

- Heads should have turned down.
- The back of the head should be lemon yellow.
- Florets found in the center should be shriveled.
- Seeds should be black with white stripes.

Flavor is better when allowed to ripen on heads.

Roasting Seeds

Place unshelled seeds in a pot, cover with salted water (2 quarts of water to 1/4 to 2 cup salt). Bring to a boil and simmer 2 hours, or soak in the salt solution overnight. Drain and dry on absorbent paper.

Put sunflower seeds in a shallow pan in a 300°F oven for 30 - 40 minutes or until golden brown, stirring occasionally. Take seeds out of oven and add 1 tsp of melted butter or margarine, or cooking oil per 1 cup of seeds (if they are to be eaten immediately). Stir to coat. Put on an absorbent towel and salt to taste.