



## Newsletter

# Grow, Produce, and Cultivate a Sharing Spirit

March 2018

Visit our website [www.firstfruitsgarden.org](http://www.firstfruitsgarden.org)

## Kicking off Another Growing Season

We are kicking off the 2018 growing season with a new newsletter. Each issue will include tips, tricks, schedules, and contact info for area food pantries.

The cost will stay at \$20 for each 14' x 14'. The garden will be tilled, divided, and ready to plant in early May. The garden is located at Avon Christian Church, at 7236 E County Road 100 S, Avon, IN 46123. Cash or checks accepted. Please make checks payable to Avon Christian Church with the note "First Fruits Garden".

This year in the South garden area, as a community we will plant vegetables, herb, and flowers for sale and donations to area food banks and Avon Christian Church. All proceeds and food harvested will be given to local charities. Help with planting and maintaining this area is needed. If you would like to help with this plot, please let us know.

## Community Gardens

First Fruits Garden is an outreach program originating from the Avon Christian Church. We promote sharing and giving back to the community in which we live. If you know others that might be interested in being a part of our group, please pass this newsletter along. Or, if your group would like to organize its own community garden, please contact us. We would be happy to pass along tips and lessons learned. You are welcome to use our model, or modify it for your own purpose.

## Planning your Garden

### Bush or Pole Green Beans

Bush beans are a variety of beans that have a bushy growth and often require no support, whereas pole beans are those bean plants that grow taller, requiring support such as a wall, trellis or tree.

Bush beans, as the name suggests, are bushy in their growth. They have a compact bush structure and barely reach two feet high. They are mostly tidy and are grown close together to support each other.



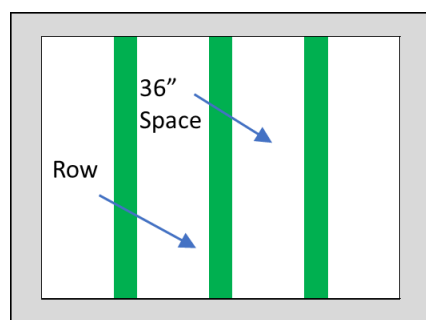
Pole beans, unlike bush beans, require trellis for support since they can grow up to five feet tall. If left to grow along the ground, they present harvesting problems. Instead, poles are used to support their vines as they climb.

In general, pole beans such as Scarlet Runner Beans are well suited for cool summers, while bush beans, such as

Jade Gourmet Beans, produce highest yields in moderate to hot summer conditions.

Lastly, bush beans are best suited for canning, as they tend to mature at the same time, where pole beans mature throughout the season.

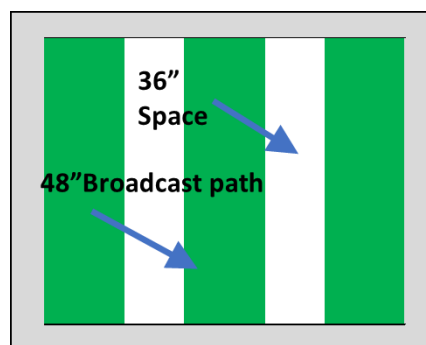
### Broadcast vs. Rows



Planting by Rows

There has been much written recently about "Square Foot Gardening" method. The purpose of this style is to use the amount of garden area to its fullest by maximizing its efficiency.

For some vegetables such as beans, carrots, and beets, this involves broadcasting the seeds in an area instead of planting them in rows.



Planting by Broadcast Paths

Instead of single rows, with 3 foot spacing, consider a 4 foot wide broadcast path, leaving 2-3 feet between the paths to walk, weed, and harvest. Four feet allows for access to 2 feet on either side of the path,

allowing for access to the entire broadcast path. The below illustration shows the difference. The added benefit is that the plants will often help block out the weeds, reducing the amount of weeding that must be done.

For vegetables such as beets, the broadcast path will continue to produce, as some beets will mature faster than others. Thus, as you thin out the path by picking the largest vegetables, the smaller ones will have more area around it to mature.

## Maturity Times

### Vegetables that Mature within 30 Days

Radishes, spring onions, loose leaf lettuce, mesclun mix, spinach, and Swiss Chard.

### Vegetables that Mature in 45 to 60 Days

Bush beans, pole beans, onions, peas, and beets.

### Vegetables that Mature in 90 to 120 Days

Lettuce, new potatoes, corn, early tomato varieties, and carrots.

### Vegetables that Mature in 4-5 Months

Brassicas such as cabbage, broccoli and cauliflower, Vine plants such as tomatoes and peppers.

### Vegetables that Mature after 2 years

Asparagus and rhubarb.

## Recipe of the Month

### Zucchini Fritters

Zucchini plants can produce quite a lot of vegetables. The old standby of zucchini bread can get old after a while. However, many recipes have surfaced over the past few years that utilize zucchini in new and exciting ways. This recipe, from ditchthecarbs.com aka Courgette Fritters, is a new alternative to the traditional side dish.

#### Ingredients:

5 zucchinis, grated or shredded  
2 oz feta cheese cut into cubes  
1 handful fresh mint (optional)  
2 eggs  
Butter for frying

#### Instructions:

1. Grate the zucchini and squeeze out all the excess water.
2. Add the mint, feta and eggs and stir through.
3. Heat a frying pan and fry small batches in butter until golden brown.

## First Fruits Garden Contact Info

Randy Hicks – (317) 864-8586  
randy@hicksfamilyhome.com

## FIRST FRUITS GARDEN GUIDELINES

### MAY THROUGH SEPTEMBER 2018

1. Each gardener must provide his/her own items such as seeds, plants, and tools (carry-in, carry-out principle).
2. Water will be provided to supplement nature's rain. Watering cans/jugs should be carried in by gardeners. No watering hoses allowed. Please conserve water. i.e. water the plant, not the plot. This will also help discourage the growth of weeds.
3. Respect each person's garden by keeping your garden "tidy". Please pull weeds and remove any trash. A compost pile will be provided for weeds/"green" wastes. All trash must be carried out. Failure to maintain and weed may result in your plot being relinquished.
4. We request that 10% of your produce be donated to food pantries or other suitable locations. We can offer help and guidance on this.
5. We reserve the right to harvest any over-ripened produce in your plot and donate it to the food pantries.
6. Children must be under adult supervision at all times; teach children to respect other gardeners' plots.
7. No pets in the garden.
8. Enjoy the sunshine, fruits of your labor, and fellowship with the other gardeners.
9. Dawn to dusk access.
10. Please do not park or drive on the grass. Keep vehicles on the paved areas around the church.
11. Communicate! Please address any concerns and/or complaints to Randy Hicks by [randy@hicksfamilyhome.com](mailto:randy@hicksfamilyhome.com) or text (317) 864-8586.

I, \_\_\_\_\_, hereby authorize Avon Christian Church Community Garden "First Fruits" website ([www.firstfruitsgarden.org](http://www.firstfruitsgarden.org)) and newsletter to use, reproduce, and/or publish photographs and/or video that may pertain to me, including my image, likeness, and/or voice without compensation. I understand that this material may be used in the "First Fruits" website and newsletter created for the Community Garden at Avon Christian Church and for publicity through media. By signing this release form, the signer releases Avon Christian Church and the "First Fruits" website and newsletter from any liability. Also, by signing this release form, parents are agreeing on behalf of their children who might participate in the Community Garden.

This submission is continuous and may only be withdrawn by my specific recession of this authorization. Consequently, the "First Fruits" website may publish materials, use my name, photograph, and/or make reference to me (for my children) in any manner that the website organizers deem appropriate in order to promote/publicize informational opportunities concerning the Community Garden.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

No. of Plots Requested (\$20 each): \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

(Cell or home?)

Please make checks payable to **Avon Christian Church** with the note "**First Fruits Garden**". Credit cards are not accepted at this time.

## Food Pantries

### Avon, Danville, Brownsburg, and Plainfield

#### **AVON:**

##### **Faith Lutheran Church**

5706 E. CR. 100 North, Avon IN 46123

3<sup>rd</sup> Saturday of the month, 9am – 11 am or by appt.

##### **Light & Life Food Pantry**

8264 E Co Rd 100 S, Avon IN 46123

Monday's 1:30 pm – 4 pm; last Monday 4 - 630 pm

##### **Our Shepherd Lutheran**

9201 E Co Rd 100 N, Avon IN 46123

1<sup>st</sup> and 3<sup>rd</sup> Saturday 10 am – 11:30 am

##### **Mary Lee Maier Community Pantry**

7237 E. Hwy 36, Avon IN 46123

Thursday's 4:30pm – 6:30pm

\*Serving Avon School District

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#### ***Brownsburg:***

##### **Cornerstone Christian Church**

8930 N State Rd 267, Brownsburg IN 46112

1<sup>st</sup> and 3<sup>rd</sup> Saturday each month from 9-11 am

##### **Messiah Lutheran**

801 S Green St, Brownsburg IN 46112

Saturday's 9 am – 11 am \*as of 1/18 10am-12pm\*

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#### ***Danville:***

##### **Abundant Life Food Pantry**

1003 W. Lincoln St. Danville, IN 46122

2<sup>nd</sup> Thursday of the Month,

Seniors 55+ 12pm – 3pm; 54 & Under 4pm- 7pm

Clothing/Household open with Food Pantry

##### **Hendricks County Senior Services**

1201 Sycamore LN, Danville IN 46122

Monday – Friday 8 am – 4 pm. must make an appt.

##### **Shared Blessings Food Pantry**

(Danville United Methodist Church)

820 W Mill St. Danville, IN 46122

Tuesday 6 pm – 7:30 pm; Saturday 10 am – 12 noon

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#### ***Plainfield:***

##### **Graceway Fellowship**

8446 Co Rd 700 S, Plainfield IN. 46168

1st Monday of the month 9am – 12pm;

3<sup>rd</sup> Thursday 5pm – 7pm

##### **St. Stephens Lutheran Church**

1001 Concord Rd. Plainfield, IN. 46168

4<sup>th</sup> Saturday of month 9 am – 11 am

##### **Plainfield Church Federation Food Pantry**

###### **(St. Marks)**

710 E Buchanan St. Plainfield IN 46168

Wed 9 am – 11:50 am, Thurs 5 pm – 6:50 pm

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Sat. 9 am – 11:50 am