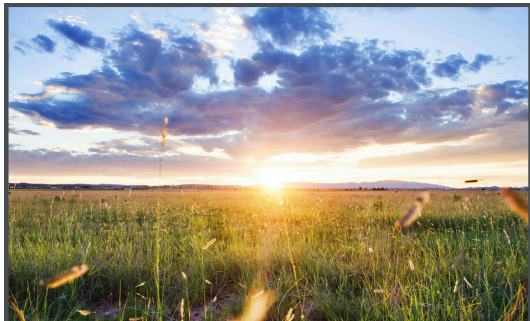


EAST MOUNTAIN SEED AND GARDEN CO-OP

"While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease." **Genesis 8:22**



Moriarty, NM -Photo by [Jensine Odom](#)

IN THIS ISSUE

WORM FACTS

LOCAL MARKETS AND FARMS

UPCOMING MEETING

HOW TO SEPARATE SEEDLINGS

FUTURE WORKSHOPS

FRIENDLY REMINDERS

UPCOMING MEETING

Sunday, May 18 @ 3pm-5pm

**East Mountain Vineyard
Church**

1 Eunice Ct, Edgewood

On the Agenda:

- Transplants and Seedlings
- Seedling Swap
- Seed Saving
- Vermicomposting
- Roundtable Discussion

DIY Vinegar Weed Killer Recipe (mix in a sprayer)

1 gallon vinegar

1/2 cup salt

1 Tablespoon dish soap (dawn is recommended)

From Nicole - I tried this on some "Storks Bill" weeds. IT WORKED! For [pet owners - Storks Bill seeds can "drill" into your animals eyes, flesh, etc. I have a lot this year, happy this spray works.](#)

Facts about worms...



- **Do worms have mouths?** Yes! It is located in the first segment of its anterior (front) end. When the anterior end contracts, the mouth is covered by a very small and sensitive patch of flesh called the prostomium.
- **Do worms need oxygen?** Yes, worms require air to live. Their moist skin receives oxygen via diffusion. Under aeration, worms can live for long periods of time. very small and sensitive patch of flesh called the prostomium.
- **Do worms have eyes?** No, worms do not have eyes but that doesn't stop them from eating their weight in organic material in a day. You actually benefit a lot from it because their castings act as a great fertilizer to improve soil structure. But how do they move? Well, worms have cell receptors that sense light or darkness which then alerts their brains to move up or down the bin.
- **Do worms have brains?** The brain is a fundamental organ of any living creature, including the earthworm. Although what they have is not as complex as that of humans, it is enough for them to do what they need to do in order to survive.

Local Markets and Farms

[Lantern Ridge Farm Market](#)

Check website for dates/times

[Cedar Crest Farmers Market](#)

Every Wednesday 3pm-6pm

[Parkers Farm and Greenhouse](#)

Saturday/Sunday 9am-4pm

[Sign of the Dragon](#)

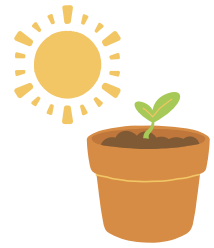
Open weekends inside [Church Street Market](#)



How to Separate Seedlings

[Jessica Sowards - Roots and Refuge](#)

To keep seedlings from getting too crowded, it's necessary to separate seedlings and either pot them up or thin them to allow for proper growth of your plants.



1. Why

Common practice is to sow more than one seed at a time in case a single seed does not germinate in that space. Seedlings will grow faster and larger when they have more space to stretch their roots. If you don't separate and thin your seedlings, they will become stunted and will not produce well.

2. When

Seedlings should be separated and replanted into individual pots after they have received their first sets of true leaves. The cotyledon (or first set of leaves) forms once the seeds germinate. The cotyledon leaves help the plant to sprout by breaking open the seed coat. Cotyledon leaves are important for providing nutrients to the plant but aren't the plant's first true set of leaves.

3. How

Use a finger or a fork to remove the seedling. Try to get as much of the roots as you can. If they're too close, give the pot a squeeze and dump out the whole container. If the roots are wound up together, gently pull them apart. Keep as many intact as possible. In a new container with MOIST potting soil, create a hole that will allow the roots to stretch out. Gently pack the soil around your seedling. Add enough soil to hold up the new plant. Don't forget to label!!!



4. Tips



- Pot tomato plants deep. If touching the ground, any part of the seedling stem will grow roots. You can plant tomato seedlings right up to the leaves. This also helps tomatoes to have a more extensive root system which helps them to soak up water and nutrients.
- To keep your seedling transplants from going into transplant shock, be sure to keep the roots damp and keep your seedlings out of direct sunlight for a couple of days.

Full article link [How to Separate Seedlings - Roots and Refuge](#)

What you can be planting in May

TRANSPLANTS/SEEDLINGS

Arugula	Lettuce
Beets	Marjoram
Borage	Mint
Broccoli	Onions
Brussell Sprouts	Oregano
Cabbage	Parsley
Cantaloupes	Sage
Cauliflower	Savory
Celery	Spinach
Chamomile	Swiss Chard
Chives	Tarragon
Collards	Thyme
Cucumbers	Winter Squash
Kale	Zucchini
Lemon Balm	

DIRECT SEED

Asparagus
Cantaloups
Carrots
Chamomile
Chives
Cilantro
Dill
Fennel
Green Beans
Lemon Balm
Lettuce
Mint
Parsley
Swiss Chard
Watermelon

FUTURE WORKSHOPS

- Farm Tour
- Food Preservation Hands On
- Herbs for your health
- Seed Saving



Have a great workshop idea?!
Tell us at a meeting or send an email
to: eastmountainseed@gmail.com

REMINDERS

5/19/2025 - May Meeting @ 3pm
5/21/2025 - Edgewood/Moriarty
Last Frost Date
5/26/2024 - Memorial Day