

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**



RECIPE - Cold or Flu Remedy

In a small spray bottle (2 or 3 oz) add 91% alcohol until the bottle is nearly full. Add 6 drops of tea tree oil and 15 drops each of lavender oil and peppermint oil. Shake to mix. Spray and inhale the mixture. You can spray the mixture into the palm of your hand or on a clean cloth to inhale the vapors. Can be used several times per day as needed.

Spray bottles and alcohol can be purchased at Walmart. Essential oils can be purchased at Sprouts, Natural Grocers, or online.

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Tips for growing the best tomatoes in our climate

Courtesy of Al Humble



- Start with seed or plant varieties known to grow and produce well in our area.
- Select varieties with shorter “days to maturity” (DTM), the shorter the better. Most seed packets or plants will list DTM. NOTE: Our growing season = 90 +/- days.
- Start your seeds indoors to be ready to plant after the last frost. (Learn about this in our March Workshop!)
- Once the seeds have sprouted and it is time to move them outside, grow the plants in a well-ventilated hoop-house or other covered area that provides lots of direct sunlight. Provide light shade over them from mid-to late-afternoon. This will protect them from wind, hail, sunburn and cool night air.
- Use your black light flashlight (provided to members) to detect and remove tomato horn worms immediately when found.
- Keep the soil moist but not soggy.
- Pick when ripe, enjoy and share with others – Yumm!!

UPCOMING MEETINGS

Sunday, March 10, 2024 @ 3pm

East Mountain Vineyard Church
(1 Eunice Ct, Edgewood)

Meeting, new member sign ups*, & workshops:

- “Starting Seeds”
- “Watering Systems”

May 2024 Workshops:

- “Soil Preparation”
- “Pest Management”
- “Companion Planting”
- “Attracting Pollinators”

Have you planned your garden yet?

Planting time approaches, do you know what you will be planting this year?

- How many of each plant do you need?
- How much space do you need for each plant?
- Are you ready to try something new this year?



Bring your answers to the questions to the next meeting for a fun and informative discussion on what gardens will look like this year!!

*New memberships accepted - see website for details about membership benefits

5 Best Tips for Starting Seedlings

by Jill Winger



1. Potting mix matters (especially in recent years)

It is recommended to use “seed starting” mixes (Jiffy Organic Seed Starting mix, if you can find it), or invest in a high quality mix.

2. Keep ‘em cozy

In order to germinate, seeds need both warmth and moisture—consistency is key with both factors! Shoot for temperature of 75 to 90 degrees for optimal germination. You can use a room heater or warming mats (probably more cost effective).

3. Drying out = Death

Water from the bottom, which encourages better root formation. It is OK for the top of the soil to be dry, but never let the bottom dry out. Remember, seedlings can also die from drowning, so don't allow them to sit in standing water.

4. Light Really, REALLY matters

Placing seedlings in a south-facing window rarely provides enough light. Full-spectrum LED lights are a worthy investment that will yield results for years to come. Use the lights close, 4 to 6 inches when first sprouting then raise the lights as the plants grow. Aim for 16 to 18 hours of light per day for seedlings, and about 12 hours per day for larger plants. It is recommended to provide 20-40 watts per square foot.

5. Skip the egg cartons and yogurt cups

While it may be disappointing to discard your “recyclable” household items, seed starting trays are one area where it makes sense to invest a little cash. Good quality trays are worth the extra money because you don't have to buy new ones every year.

The following is a link to special trays that are recommended by Shawn from “All About the Garden” on Jill Winger's podcast:

<https://www.allaboutthegarden.com>

Jill also recommends purchasing seeds from her favorite supplier of heirloom, organic, and open-pollinated seeds - True Leaf Market. Good prices, excellent selection and fast shipping. <https://www.trueleafmarket.com>

If you found the information contained in this article to be helpful and you make a purchase from one of the recommended companies, let them know you heard about them from Jill Winger's podcast so she may be rewarded for delivering that information to you! Thank you!

<https://www.theprairiehomestead.com/old-fashioned-on-purpose-podcast>

February 2024						
MON	TUE	WED	THU	FRI	SAT	SUN
			1 PLAN WHAT TO PLANT! 	2	3	4
5	6	7	8	9	10	11
12	13	14 HAPPY VALENTINE'S DAY XOXO	15	16	17	18
19	20	21	22	23	24 FULL MOON 	25
26	27	28	29			

FUTURE WORKSHOPS

- Composting
- Hoop house growing
- What plants grow well in the East Mountains



What would you like to learn at a workshop?

Bring your ideas to a meeting, or send an email to: eastmountainseed@gmail.com

We always look forward to meeting new friends and neighbors!

REMINDERS

- 3/10/2024 - Daylight savings time ends
- 3/10/2024 - Co-op meeting @ 3pm
- 3/19/2024 - Spring arrives!
- 3/24/2024 - Full Moon

Livestock Guardian Puppies Available (Born 12/15/2023)
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