

GARDEN NEWSLETTER

UPDATES & RESOURCES FOR YOUR COMMUNITY GARDEN

WELCOME, GARDENERS!

The Vermont Community Garden Network (VCGN) has partnered with Housing Vermont to offer monthly newsletters and a series of hands-on activities to support resident gardeners throughout the growing season. **Meet your Garden Coordinator and see upcoming events on page 2.**

VIRTUAL RESOURCES

Stay home, stay safe, and learn about gardening! Here are a handful of resources for you to be inspired and successful in growing your own food.

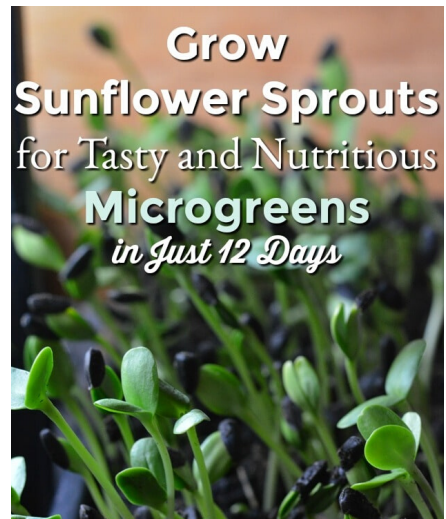
Click on the underlined links below to read more.



LEARN ABOUT MANY GARDENING TOPICS FROM THE COMFORT AND SAFETY OF YOUR HOME!
[MASTER GARDENER SHORT COURSE SERIES: FREE VEGETABLE GARDENING ONLINE COURSE](#)



[BRING BACK "VICTORY GARDENS", ARTICLE IN VT DIGGER](#)



Grow Sunflower Sprouts for Tasty and Nutritious Microgreens in Just 12 Days
[AN INDOOR GARDENING PROJECT WITH EASY-TO-FIND MATERIALS AND SIMPLE STEPS](#)



["COVID-19 GUIDELINES FOR SAFE COMMUNITY GARDENING" AND VCGN'S RESOURCE PAGE](#)



WILD EDIBLE GREENS IN YOUR BACKYARD

IF YOU KNOW JAPANESE KNOTWEED, YOU PROBABLY LOVE TO HATE IT.

"Japanese knotweed (*Polygonum cuspidatum*) is usually found in wet habitats, along river and stream banks, and in disturbed areas such as roadsides and old fields. In Vermont, knotweed covers miles of shoreline on every major river in the state. Knotweed is a large herbaceous plant with smooth, hollow, and jointed stems making it look like bamboo. Stems are green and mottled during the growing season and turn a dark brown/red in the winter. New growth looks like red asparagus stalks..."
Read the full description [here](#).

We see it choking out our riverbanks and roadside ditches, outcompeting all the native plants with its aggressive nature. We also know how hard it is to get rid of once it is here. So what should we do with it? EAT IT!

Keep in mind that not all parts of the plant are edible, you want the spring shoots, found in April and early May. The shoots are tender enough to eat before turning woody in the summer months. The shoots taste a bit like rhubarb, maybe a bit sour. Strawberry Knotweed Pie anyone??? Maybe we should start out with something a bit easier for our first try. Here is a quick easy recipe for [Pickled Japanese Knotweed](#). We can all do our part to keep this invasive weed in check!

And for more fun ways to eat spring edibles from around your yard and nearby, check out this fun article about [20 Edible and Medicinal Plants and Fungi to Forage in Spring](#).



GARDEN COORDINATOR

Hi there! My name is Nora Woolf. I am the new Garden Coordinator for Addison County! I live with my family on a small homestead in Monkton where I grew up. We have sheep, chickens and a very large garden, where we grow a variety of fruits, berries and vegetables. We love to grow our own food to eat all year. I have been gardening since I was a little kid playing with my mom in our flower and vegetable gardens. It is no surprise that I now I spend my days working and teaching in gardens. I look forward to sharing tips, tricks and knowhow, as well as learning all I can from you.

UPCOMING EVENTS

All dates are tentative and subject to change

Garden Opening Day

Late May / Early June

Garden Support Visits

Wednesday evenings

Food Preservation Workshop

August or September

Garden Closing Day

Early October