

Garden with Lisa Newsletter March 2023

The days are getting longer, the soil is warming up and it is finally time to plant! Cool season crops can be sown directly in the garden in your warmest, sunniest place. If things take longer to warm up at your patch, start cool and warm season crops indoors under lights.

This month all the quietly growing overwintered weeds start to take off. Now is a great time to do some heavy weeding and mulching. Get ahead while weed plants are still small and the soil is wet and easy to dig. Let's Grow!

2023 Speaking and Educational Events

I hope to see you at one of these events!

Date	topic	location	time
March 4	Raised Bed and Containers	Master Gardeners Pierce Co	9am
March 4	Growing Veg for the whole Family	MG Pierce Co	10:30am
March 8	Worms at Work	Lake Forest Park Library	3pm
March 12	Small Space Gardening	Molbak's Garden & Home	10am
March 14	Indoor growing	Cascade Water Alliance	7pm zoom
March 16	Gardening with Wildlife	Camano Island Garden Club	10am
March 22	Worms at Work	Shoreline Library	3pm
March 23	Munch Buzz Bloom	Des Moines Library	10:30am
March 25	Munch Buzz Bloom	Vashon Island Library	2pm
April 3	Munch Buzz Bloom	Woodmont Library	10:30am
April 8	Growing Veg when Water Is Scarce	Molbak's Garden & Home	10am
April 22	A Walk in the Park	Rhododendron Park Kenmore	11:30am
April 28	Incredible Insects	Crystal Springs Coop Preschool (ps)	
May 16	The Secret Life of Bees	Lake Forest Park Library	6:30pm
May 21	The Secret Life of Bees	Shoreline Library	2pm
June 7	Spring Camp Singalong	Cascade K8 @Camp Huston (ps)	
June 28	Bee Hive Jive	Federal Way 320 th Library	2:30pm
June 29	Slimy Creatures	Covington Library	10:30am
July 25	Worms @ Work	White Center Library	6pm
July 27	Which Way is Up?	Mercer Island Library	1pm
August 3	Magic of Ladybugs and Butterflies	Covington Library	10:30am
August 17	Bee Hive Jive	Covington Library	10:30am

ps=private show

Contact me! I am currently booking speaking events for 2023. I would be delighted to speak to your group either in person or virtually! gardenwithlisa@gmail.com.

Grow Food . Have Fun . Feel Better

March in the Garden

Outside

“When is it ok plant?” Check soil moisture before digging
Warm things up with simple cover – floating row cover, cloche or hoop house

Sow seeds in garden soil -- all Cool season crops

Transplant cool crop starts and culinary herbs

Plant fruit trees, shrubs and vines

Mulch perennial beds, weed and mulch paths, spread compost

Sheet mulch for weed suppression and to enlarge beds

Add compost to containers and fill with soil if needed.



Inside

Grow your own plant starts inside under lights.

Through March and early April. Sow seeds -- tomatoes, peppers, tomatillos, ground cherries and eggplant. Sow flower seeds. These will be transplanted in late May.

Mid April – Early May. Sow seeds – flowers, summer and winter squash, pumpkins, cucumbers and melons. These will be transplanted late May.

Early May. Sow basil and bean seeds to be transplanted in late May or early June.

Right on time. Sign up for my monthly Edible Garden Companion to learn when to plant your garden. <https://www.gardenwithlisa.com/store/c11/ediblegardencompanion>

It's time to plant, indoors!

March is a great time to start many of your vegetable and flower crops from seed, indoors under lights. Growing your own plant starts gives you a jump on the growing season, starting crops weeks or months before it is warm enough for them to be planted outside. You have greater control of what varieties you will grow, growing rare heirlooms that are not available at the nursery or garden center. Raising plants from seed is fun and extremely rewarding.

Indoor growing tricks

Set up an indoor growing area where plants can grow for a few months. Prepare for mess. Water should be close by.

- Hang lights 2-3" above potting soil or plant starts
- Set lights on a 12-hour timer
- Use fresh potting soil or sterile seed starting mix
- Sanitize recycled pots in a mild bleach solution
- Use a small fan for air circulation
- If seedlings become leggy – start again
- Keep seeds moist until they sprout, then check water daily



Cool Season Vegetables

40°-60° F, 45°-50° F Soil temp.

Sow indoors to transplant in February and March. Transplant kale and lettuce to garden 4 to 6 weeks after sowing. Transplant to the garden: onions mid-March through April and leeks mid-March through mid-May.

Kale Lacinato, black, Tuscan or dinosaur, Giant Walking Stick

Lettuce Breen –romaine, Australian Yellow –leaf, Mottistone -crisphead
Speckles or Red Cross -butterhead, Flashy Trout Back -romaine

Onions Rossa di Milano, Ailsa Craig, Pacific Pearl, Heshiko bunching

Leeks King Richard, Giant Musselburgh

Peas Taichung 11, Cascadia, Melting Mammoth, Opal Creek Yellow Podded

Collards & Sprouting Broccoli

Spinach and Cilantro

Cool to Warm Season Vegetables

Direct sow April through early June; July through late August

Carrots Dragon, Romeo, French Market, Mini Sweet (Kitazawa)

Beets Bull's Blood, Chioggia, Flat of Egypt

Warm Season Vegetables

60° F or warmer, 55°-60° F Soil temp.

Sow indoors to transplant from late February through late March; transplant under cloche late May to early June.

Wait!! Don't plant Basil, it is too cold. Plant seeds at the beginning of May to transplant in June.

Tomatoes Chadwick's Cherry, Peacevine, Gill's All-purpose, Glacier, Debarao, Burbank

Peppers Czech black, Hot Portugal, Jimmy Nardello, King of the North

Cucumbers Suyo Long, Lemon, Mexican Sour Gerkin, Double Yield

Summer Squash Tromboncino, Cocozelle, Costata Romanesco

Favorite Potting Soils (in order of preference)

Gardner and Bloome Blue Ribbon Blend Potting Soil

Gardner and Bloome Potting Soil

Cedar Grove Potting Soil

Black Gold Potting Soil (too rich for starting seeds)

Ready to grow your own year-round edible garden? Learn essential skills in The Great Edible Year series. <https://www.gardenwithlisa.com/store/c14/thegreatedibleyear>

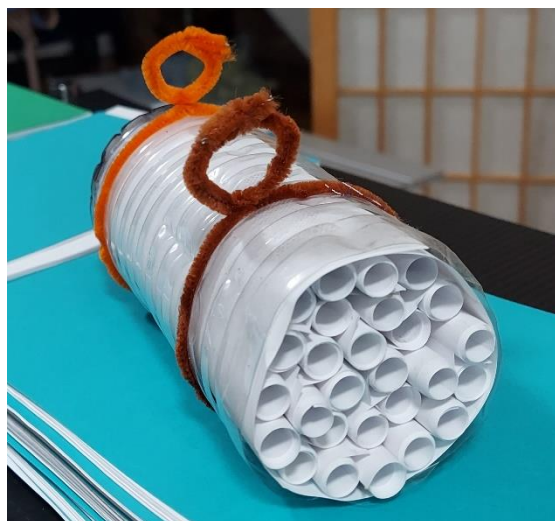


Family Garden Fun – Raise Your Own Mason Bees!

Make a Bee House for Orchard Mason Bees, a non-stinging native bee that helps pollinate fruit crops and other early blooming plants. This fascinating, docile native bee helps your garden grow delicious fruit and a bee house will give them a place to raise their young. Join the worldwide effort to save the bees by making a Mason Bee house from common household items. Mason bee houses can be hung outside in early spring.

Supplies

- 1 empty water bottle – 16 oz size
- 26-28 pieces of paper cut to 5 ½" X 8" (a half sheet of 8 ½ X 11 paper)
- 1 piece of dark colored paper cut to 5 ½" X 8" (optional)
- 1 disc of paper cut the size of the bottom of the water bottle
- 1 new pencil (not sharpened)
- Scotch or masking tape
- Premoistened, air dry clay (or dry clay and water)
- Yarn, string, or thin wire for mounting bee house outside
- Scissors



Orchard Mason Bees are solitary bees that pollinate our fruit trees and early blooming plants. They are native bees and use abandoned insect holes, cardboard tubes or bamboo to lay their eggs. The adult bees carry pollen to the tunnel or tube and create a big pile onto which they lay one egg. They are called Mason Bees because they use mud to close off that section of the tunnel. They continue to create pollen piles, lay eggs and close up the chambers until the tunnel is full then they move on to the next tunnel. Adult Mason Bees live from mid-March through mid-June.

During late spring and early summer, the Mason Bee eggs hatch in the tunnels and the larvae eat the pollen. They stay in the chamber as they grow. Finally, they pupate creating a cocoon in the fall. It is safe to remove the cocoons from bee tubes after they have formed their pupal shell. The smaller cocoons are male bees and the bigger are female. While in the cocoon they change into adult bees that will chew their way out of the surprisingly tough cocoon in early spring. Weather determines when they will emerge. Have Fun!

Mason Bee House

A Mason Bee House is a container filled with cardboard, paper or bamboo tubes placed so that the round opening is facing out and the mason bees can enter the tunnels.



Hang Mason Bee House in a protected area under the eaves of a house or shed on the warmest side of the building. Make sure it is out of the rain. In late September through early November, remove filled bee tubes and cut them open to free the cocoons. Remove and clean off the cocoons using a small brush or soft cloth. You can wash the cocoons to remove stubborn mud and other debris. Place cocoons in plastic container with a couple air holes in the refrigerator until the next spring. Make sure the cocoons don't dry out or get moldy.

Put clean bee tubes in your Mason Bee House and hang it up in February through mid-March. You may want to hang more than one Mason Bee House if you have many early blooming plants in your yard.

Questions about Bees

The Garden Hotline (206) 633-0224 <http://gardenhotline.org/question/>

Mason Bee cocoons

Crown Bees Woodinville, WA www.crownbees.com (425) 949-7954

Books

"Turn This Book into a Bee Hive" by Lynn Brunelle, illustrated by Anna-Maria Jung

"Mason Bee Revolution: How the Hardest Working Bee Can Save the World - One Backyard at a Time" by Dave Hunter and Jill Lightner

"Pollination with Mason Bees: A Gardener's Guide to Managing Mason Bees for Fruit Tree Pollination" by Dr. Margaret Dogterom

Want more family fun and kid's garden crafts? Sign up for the Young Gardeners' League and get a year of great hands-on gardening fun!

<https://www.gardenwithlisa.com/store/c3/younggardenersleague>

Learn with Me!

If you have enjoyed this newsletter and want to learn more about growing your own edible garden, check out Garden with Lisa online classes

<https://www.gardenwithlisa.com/learnwithlisa.html>

Handy Resources – Seed Houses and More!

The Garden Hotline (206) 633-0224 <http://gardenhotline.org/question/>

Books

Maritime Northwest Garden Guide, 2nd Ed. by Lisa Taylor, 2014.

Your Farm in the City, An Urban Dwellers Guide to Growing Food and Raising Animals by Lisa Taylor, 2011.

Growing Vegetables West of the Cascades by Steve Solomon, 2007.

Living with Wildlife in the Pacific Northwest by Russell Link, 2004.

Winter Gardening in the Maritime Northwest by Binda Colebrook, 2013.

Cool Season Gardener by Bill Thorness, 2013.

Seed Houses That Offer Heirloom Varieties

Adaptive Seeds adaptiveseeds.com

Deep Harvest Seeds deepharvestfarm.com

Fedco Seeds fedcoseeds.com

Johnny's Selected Seeds johnnyseeds.com

Kitazawa Seed Co. kitazawaseed.com

Peace Seeds peaceseedslive.blogspot.com

Seed Savers Exchange seedsavers.org

Territorial Seed Company territorialseed.com

Uprising Seeds uprisingorganics.com



Supplies

A. M. Leonard, Horticulture Tool Supply Co., Piqua, OH, amleo.com

Grower's Supply Co., Iowa & Connecticut (800) 457-8887,
growerssupply.com

Charlie's Greenhouse and Garden,
Mt Vernon, WA, (800) 322-4707,
charleysqh.com

Lee Valley Tools, (800) 871-8158,
leevalley.com

OBC Northwest Inc., Greenhouse
and Garden Supplies, Canby OR,
(800) 477-4744 obcnw.com

Peaceful Valley Farm Supply, Grass
Valley, CA, (888) 784-1722,
GrowOrganic.com

