

## Garden with Lisa Newsletter January 2023

Greetings and Happy New Year! Welcome to my first newsletter of 2023!

January is a quiet, chilly month in the garden yet there are many things we can do to get started – think of this as the pre-function before the real fun begins!

### 2023 Speaking and Educational Events

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

I hope to see you at one of these events!

Date	topic	location	time
January 10	Growing Under Cover	Mill Creek Garden Club	11am
January 10	Fabulous Fifteen	Cascade Water Alliance	7pm zoom
February 8	Mason Bees are Cool	Shoreline Library	3pm
February 23	Worms at Work	Richmond Beach Library	3pm
March 8	Worms at Work	Lake Forest Park Library	3pm
March 14	Indoor growing	Cascade Water Alliance	7pm zoom
March 22	Worms at Work	Shoreline Library	3pm

### January in the Garden

#### Outside

Observe microclimates

Protect tender plants with mulch and floating row cover

Harvest hardy greens and herbs

#### Inside

Order seed catalogs

Reflect upon last season and plan for 2023

Start some allium family seeds inside under lights



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>

### The Fabulous Fifteen

Here is my list of 15 beautiful and tasty vegetables, herbs and flowers to grow this season. I picked these wonderful plants using these criteria.

- Grows well in our climate. Hardy, short season.
- Produces reliably and abundantly. Yield matches space, time, inputs.
- Tastes great, versatile in the kitchen and pantry.
- Heirloom, open pollinated. Available, easy to find.
- Easy to grow.
- Pest and disease resistant.
- Grows well in small spaces. Containers, vertically.
- Bonus points for perennial.

### **Cool Season Vegetables**

- Sow indoors in February and March, then transplant in April/May.
- Transplant kale and lettuce to garden 4 to 6 weeks after sowing.
- Transplant onions mid-March through April
- These cool season vegetables can be sown again starting in late June to mid-July for a fall and winter harvest.
- To overwinter many of these varieties, sow early to mid-September so plants are tiny as they go through the winter.

#### **1. Lettuce**

Flashy Trout's Back -speckled romaine  
Australian Yellow -leaf  
Marshall -dark romaine

#### **2. Kale**

Dazzling Blue Kale  
Sprouting Broccoli



#### **3. Onions**

Bunching Onions -- Evergreen, Heshiko, Evergreen White Nebuka, Ishikura Improved  
Welsh Onion

#### **4. Greens**

Mache (Corn Salad)  
Ruby Streaks Mustard

### **Warm Season Vegetables**

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

#### **5. Tomatoes**

Chadwick's Cherry (ind)  
Gill's All-purpose (sd) or Burbank (sd)  
Glacier (d)

#### **6. Tomatillo**

Ground Cherries -- Aunt Molly's, Pineapple

#### **7. Cucumbers**

Mouse Melon or Mexican Sour Gherkin  
Double Yield, pickling

#### **8. Summer Squash**

Tromboncino



## 9. Beans

Malibu Pole, snap

Runner Beans – Scarlet, Painted Lady, Magic

## Herbs

- These perennial herbs are hardy, long-lasting and delicious.
- These are typically grown from starts purchased at a garden store or nursery.

## 10. Sweet Bay Laurel *Laurus nobilis*

Not English or Cherry Laurel *Prunus laurocerasus*

## 11. Mediterranean favorites

Sage, Rosemary, Thyme, Oregano and Parsley

## 12. Salad Burnet *Sanguisorba minor*

## Edible Flowers

- Beautiful and delicious, these three are beloved by people and pollinators.
- Half-hardy fruit sages can overwinter during a mild year.
- Self-sowing annual flowers are dependable and easy to control.

## 13. Fruit Sage *Salvia elegans*

Tangerine, Pineapple

## 14. Nigella or Love-in-a-Mist *Nigella damascene*

## 15. Calendula *Calendula officinalis*



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 – Sprout Farming!

Growing your own sprouts is fun and easy. It is a wonderful winter gardening activity and a great way to eat home grown vegetables all year.



You will need:

A clear glass or plastic jar – 1 quart size is ideal

Tulle netting or nylon pantyhose or cheesecloth

Rubber band

Seeds to sprout

Water

Sprouting Station

Warm spot 70 degrees F

Out or direct sunlight

Close to water/sink for frequent rinsing

For small seeds such as alfalfa, radish and clover:

Use 1 teaspoon of seeds in a quart jar.

For larger seeds such as mung beans, sunflower, wheat and other grains:

Use 1 tablespoon of seeds in a quart jar.



### **Let's Get Sprouting!**

Add seeds to jar then cover with tulle, nylon pantyhose or cheesecloth and secure with a rubber band. Add water to a depth of about 1/2 inch. Let seeds soak overnight and up to one day, then rinse seeds pouring out most of the water before laying the jar on its side. Put jar on a counter near water and out of direct sunlight. Rinse seeds 2 to 3 times each day so they don't dry out and so the water they sit in stays fresh. Sprouts should be ready in 3 to 6 days. Enjoy sprouts straight from the jar or rinse well then put in the fridge for eating within 2 to 3 days.

### **Sprouts in the spice cabinet**

There are seeds that may sprout with your spices. Look for Mustard, Fennel, Caraway, Sesame, Celery or Coriander and setup a test area to see if any of these will sprout. Sprouts will taste like a milder, fresher version of the adult plant.

#### **Small seeds to sprout**

Alfalfa  
Radish  
Clover  
Mustard – brown, black, yellow  
Fennel  
Caraway  
Lettuce  
Small grains – Quinoa, Millet

#### **Larger seeds to sprout**

Tree nuts – almond, pecan,  
Mung beans  
Dry peas and beans (cook before eating)  
Sunflower  
Wheat, Rye, Barley, Oats  
Whole grain Brown Rice  
Pumpkin (hulled)  
Corn (dry)

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, 2<sup>nd</sup> 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](http://adaptiveseeds.com)

**Deep Harvest Seeds** [deepharvestfarm.com](http://deepharvestfarm.com)

**Fedco Seeds** [fedcoseeds.com](http://fedcoseeds.com)

**Johnny's Selected Seeds** [johnnyseeds.com](http://johnnyseeds.com)

**Kitazawa Seed Co.** [kitazawaseed.com](http://kitazawaseed.com)

**Peace Seeds** [peaceseedslive.blogspot.com](http://peaceseedslive.blogspot.com)

**Seed Savers Exchange** [seedsavers.org](http://seedsavers.org)

**Territorial Seed Company** [territorialseed.com](http://territorialseed.com)

**Uprising Seeds** [uprisingorganics.com](http://uprisingorganics.com)



### **Supplies**

A. M. Leonard, Horticulture Tool Supply Co., Piqua, OH, [www.amleo.com](http://www.amleo.com)

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

[www.growerssupply.com](http://www.growerssupply.com)

Charlie's Greenhouse and Garden, Mt Vernon, WA,

(800) 322-4707, [www.charleysgh.com](http://www.charleysgh.com)

Lee Valley Tools, (800) 871-8158, [www.leevalley.com](http://www.leevalley.com)

OBC Northwest Inc., Greenhouse and Garden Supplies, Canby OR,

(800) 477-4744 [www.obcnw.com](http://www.obcnw.com)

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

[www.GrowOrganic.com](http://www.GrowOrganic.com)

Walt's Organic Fertilizer, Seattle, WA, (206) 297-9092, [www.waltsorganic.com](http://www.waltsorganic.com)

Cedar Grove Compost, Seattle area (877) 764- 5748 <https://cedar-grove.com/>