

NoCo Bloom

JULY 2022



LARIMER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION



THE GARDENS
ON SPRING CREEK




PLANT YOUR PLATE

SELECTING
PRODUCE

KEEP THAT GARDEN PRODUCING
AND WHAT TO DO WITH IT ALL!

DESIGNING WITH
EDIBLE PLANTS

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CSU EXTENSION IN LARIMER COUNTY
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970-498-6000 | larimerextension.org 



**THE GARDENS ON SPRING CREEK
CITY OF FORT COLLINS**
2145 Centre Ave., Fort Collins, CO 80526
970-416-2486 | fcgov.com/gardens 



PLEASE NOTE: If you are a gardener living in Weld County and needing help, visit www.WeldMasterGardeners.org or email the Weld Garden Help Desk directly at weldmastergardeners@outlook.com.



Supply chain shortages and increased time at home associated with the COVID-19 pandemic saw a spike in gardening reminiscent of the Victory Gardens of World War I. Even now, years after lockdown, people have returned to the garden like never before. Science has long touted the benefits of gardening with studies showing the stress-relieving benefits and positive environmental impact.

This issue of NoCo Bloom celebrates perhaps the most obvious benefit of gardening – a ready supply of fresh and delicious fruits and vegetables.

In the subsequent pages, we provide inspiration, tips and tricks and basic information on how to make your time in the garden fill your freezer, pantry and plate so that you can savor the flavor of your garden and reap the benefits for months to come.

FRUIT TREE CARE



Caring for fruit trees on the Front Range can be tough with our late frosts and damaging hailstorms. However, with some basic care we can grow a fantastic selection of fresh fruit right in our backyards! Apples, tart cherries, plums and peaches are all great choices for Colorado. Select cultivars that are hardy and flower later to maximize their potential for growing and fruiting. Your local garden center experts can give you advice on the right plant for your space.

Prior to making your tree selection, finding the right place for your “orchard” is critical. All fruit trees have one need in common – sunlight. Your fruit tree is going to need at least six hours of full sunlight to help produce a decent crop, so make sure your planting site isn’t shaded. While some fruit trees are considered “ornamental” when referring to size, remember they can become quite large, and you want them to have plenty of space to grow. I recommend planting most varieties at least 15 feet apart to allow for growth and working space.

Another thing to consider is the soil in which you will be planting. Fruit trees prefer a moist, well-drained soil and will perform poorly in a consistently wet site. Amending clay soils for drainage can be a daunting task, but the addition of pine bark or other organic

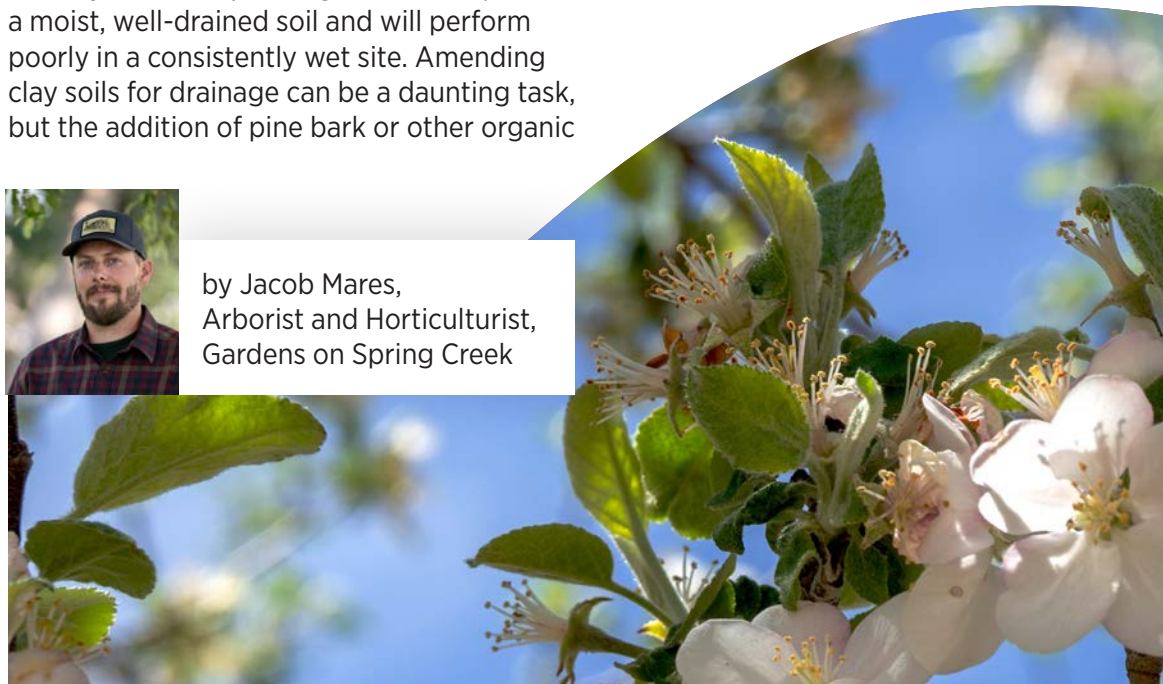
material can help improve drainage and soil composition. Good soil structure will lead to faster establishment and higher yields.

Once your tree is planted, it is important to keep the area at the base of the tree free of grass and properly mulched. Grass is a fierce competitor for water and nutrients and can slow the growth of most trees. Keeping the area below the branches, referred to as the drip line, mulched with three to four inches of bark will help keep soil temps low and retain moisture.

Pruning your fruit trees from a young age will build healthy trees and help avoid problems as it grows. Pruning can help prevent poor structure that can lead to breakage from heavy fruit loads or damaging storms. Pruning should be done in late winter and early spring to avoid spreading diseases common to fruit trees. Refer to resources from Colorado State University Extension of classes at the Gardens on Spring Creek for an in-depth look at these techniques and how to apply them.



by Jacob Mares,
Arborist and Horticulturist,
Gardens on Spring Creek



events 'n classes

PLEASE NOTE:

Many events are subject to change due to the COVID-19 pandemic. Please check with each organization to ensure event details have not changed.

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COMMUNITY WIDE RESOURCES

Larimer County Colorado Master Gardener In-Office Help Desk

Every Wednesday, through mid-October, 1525 Blue Spruce Drive, Fort Collins, 970-498-6000, 10:00 am - 1:00 pm, Free, 970-498-6000, larimerextension.org

Larimer County Colorado Master Gardener Q&A Booth at the Larimer County Farmers' Market

Every Saturday, through October 29, 200 W. Oak Street, Fort Collins, 9:00 am - 1:00 pm, Free, 970-498-6000, larimerextension.org

Weld County Master Gardeners Help Desk

Every Monday, Wednesday and Friday, 9:00am - 1:00pm, Free, weldmastergardeners@outlook.com, 970-400-2089, WeldMasterGardeners.org

Grow and Give Program - Grow Food & Share The Harvest

Colorado State University Extension, Free, growgive.extension.colostate.edu (includes vegetable growing tips)

COMMUNITY WIDE EDUCATION

July 13 » How to Clean, Store and Prepare Vegetables

Extension Gardening Webinars via Zoom, 12:00 pm - 1:00 pm, Free, registration required, csuhort.blogspot.com: “CSU Extension Gardening Webinars”

August 10 » Pet-Friendly Landscaping

Extension Gardening Webinars via Zoom, 12:00 pm - 1:00 pm, Free, registration required, csuhort.blogspot.com: “CSU Extension Gardening Webinars”

BERTHOUD

Wednesday through Saturday » Prairie Garden at the Pioneer Museum Courtyard

Pioneer Museum Courtyard, 224 Mountain Ave., 1:00 pm - 4:00 pm, \$3 Senior, \$5 adults, berthoudhistoricalsociety.com

FORT COLLINS

July 16 – July 24 » Summer Perennial Sale

Fort Collins Nursery, 2121 E. Mulberry St., 9:00am - 5:00pm, Monday - Saturday; 10:00am - 5:00pm, Sunday, Free Admission, fortcollinsnursery.com

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events 'n classes

July 16 » **Tai Chi in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 8:00am - 9:00am, \$10, fcgov.com/gardens/adult-classes

July 16 » **Yoga in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am, \$15, fcgov.com/gardens/adult-classes

July 19 » **Twilight Garden Series: Summer Gardens**

Colorado State University Annual Flower Trial Garden, 1401 Remington St., 6:00pm - 8:00pm, \$10, fcgov.com/gardens/twilight-garden-series

July 23 » **CSU Bug Zoo**

Larimer County Farmers Market, 200 W. Oak St., 9:00am - 1:00pm, Free admission, larimercountyfm.org

July 23 » **Garden Wellness**

Gardens on Spring Creek, 2145 Centre Ave, 8:30am - 9:45am, \$18, fcgov.com/gardens/adult-classes

July 23 » **Master Food Safety Advisors at the Market (pressure cooker/canner testing)**

Larimer County Farmers Market, 200 W. Oak St., 9:00am - 1:00pm, Free admission, larimercountyfm.org

July 23 » **Tai Chi in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 8:00am - 9:00am, \$10, fcgov.com/gardens/adult-classes

July 23 » **Watercolor Journaling**

Gardens on Spring Creek, 2145 Centre Ave, 9:30am - 12:30pm, \$60, fcgov.com/gardens/adult-classes

July 23 » **Yoga in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am, \$15, fcgov.com/gardens/adult-classes

July 27 » **Basics of Preserving Food Safely**

CSU Extension Food Preservation Workshops, 6:00pm - 8:00pm, Free, Registration Required, larimerextension.org

July 28 » **Songwriters in the Round with Liz Barnez, Megan Burt, Alysia Kraft & Bonnie Sims (Benefit for The Vegetable Connection)**

Fort Collins Nursery, 2121 E. Mulberry St., 6:30pm - 8:30pm, \$22 Adv/\$27 Door/ Kids 12 & Under Free, fortcollinsnursery.com

July 30 » **NoCo Urban Homestead Tour**

Tour features 7 local homesteads in Fort Collins, Loveland & Windsor, Benefiting Loveland Youth Gardeners & Gardens on Spring Creek, 8:00am - 2:00pm, \$20 (children 5-11 \$5, children 4 and under: Free), fcgov.com/gardens/noco-urban-homestead-tour

July 30 » **Tai Chi in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 8:00am - 9:00am, \$10, fcgov.com/gardens/adult-classes

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SELECTING THE BEST PRODUCE

Whether you are selecting produce from a farmer's market, garden or grocery store, there are several factors for choosing the best quality product. Consider why you are selecting your produce. Is it to use up for a meal that weekend? Are you wanting it to last the week for a variety of meals? Or are you needing a large amount for a food preservation project or gathering? Asking your friendly grocer or farmer at the market is a great way to get the best selection based on your needs. And did you know that most grocery stores will be happy to cut you a sample of produce to try? Just ask! When shopping in bulk for food preservation projects (applesauce for example) ask your farmer for case prices or if they offer seconds of any of their produce. You will most likely get a great value and it will taste just as delicious.

Choose produce that has good texture, color and a fresh smell. Handle produce gently to avoid bruising and other damage. Pass on produce that is moldy, badly bruised or shows signs of insect damage. Bruises and cuts may allow pathogens to enter a fruit or vegetable and cause it to spoil quickly.



by Amber Webb, Family Consumer Sciences Agent, Colorado State University Extension in Larimer County

To maintain the highest quality of your produce, follow these storage tips from Colorado State University's FoodSmart Colorado website, foodsmartcolorado.colostate.edu.

- *Washing produce before storing is not recommended as this may promote deterioration. Tomatoes and melons can be stored at room temperature until ripe or cut and then refrigerated.*
- *Always wash fresh fruits and vegetables with running water just before use.*
- *Store refrigerated produce in plastic bags with holes to let air circulate.*
- *Most fresh produce has a short shelf-life and should be used within a few days. However, apples, onions, potatoes and winter squash can last much longer.*
- *Not all produce should be stored together. Apples, tomatoes and melons produce ethylene gas and should be stored away from other produce.*
- *Store unripened fruit at room temperature in a paper bag until ripe. Refrigerating unripened produce slows down the ripening process.*

Following these practical tips can help you enjoy the many flavorful offerings of abundant seasonal produce this year.

DESIGNING WITH *Edible Plants*



When designing a new landscape, there are several things to think about. One is how the space will function. Are you looking to create habitat or boost curb appeal? Luckily, our landscapes can be multifunctional if designed correctly. For example, with appropriately placed deciduous trees, you can design for passive solar gain in your house over the winter, and cooling shade in the summer, all while providing wildlife habitat and beauty to your space. Perhaps you want a vegetable garden, but your backyard is full shade, while your front yard is sunny. This is a great opportunity to think outside the box and bring edible plants into the landscape. This practice is often referred to as foodscaping and there are examples of it that date back to early civilization including the kitchen gardens of ancient Rome.

Many edible plants have beautiful forms that lend themselves to an aesthetically pleasing garden design. Several cool season crops like swiss chard and lettuce come in beautiful colors to choose from. Chives make a great border plant with their upright green leaves and jaunty purple flowers. Herbs and fruits of all kinds are perfect for incorporating edible crops into a landscape.

There are edible flowers like pansies, nasturtiums and marigolds that will bring a pop of color to your design and your plate. You can also incorporate edible native perennials, shrubs and trees like wild plum, prickly pear, monarda, pinon pine and chokecherry – albeit different than traditional fruits and veggies, but edible just the same.

Using raised beds within your yard can work well, or you could consider turning your whole yard over to plants that produce. Remember to leave walking paths throughout for maintenance and daily activities. As with any design, you want to think about things like plant height and structure, flower color, and water needs. Most fruits and vegetables will need ample irrigation throughout the season. Also keep in mind seasonality; cool season crops will peter out when temperatures begin to rise and make way for warm season crops.

Depending on where you live, it is a good idea to check with your community to make sure there aren't any HOA ordinances or other laws that prohibit you from trying your hand at this. Once you have the go-ahead, experiment and have fun!



by Deryn Davidson,
Horticulture Agent, Colorado
State University Extension in
Boulder County

events 'n classes

July 30 » **Yoga in The Gardens**
Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am,
\$15, fcgov.com/gardens/adult-classes

August 6 » **Rocky Mountain Raptor Program**
Larimer County Farmers Market, 200 W. Oak St., 9:00am -
1:00pm, Free admission, larimercountyfm.org

August 6 » **Yoga in The Gardens**
Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am,
\$15, fcgov.com/gardens/adult-classes

August 13 » **Garden Wellness**
Gardens on Spring Creek, 2145 Centre Ave, 8:30am - 9:45am,
\$18, fcgov.com/gardens/adult-classes

August 13 » **Market Ambassadors
(Spanish speaking guides to the market)**
Larimer County Farmers Market, 200 W. Oak St., 9:00am -
1:00pm, Free admission, larimercountyfm.org

August 13 » **Master Food Safety Advisors at the Market
(pressure cooker/canner testing)**
Larimer County Farmers Market, 200 W. Oak St., 9:00am -
1:00pm, Free admission, larimercountyfm.org

August 13 » **National Farmers Market Week**
Larimer County Farmers Market, 200 W. Oak St., 9:00am -
1:00pm, Free admission, larimercountyfm.org

August 13 » **Tai Chi in The Gardens**
Gardens on Spring Creek, 2145 Centre Ave, 8:00am - 9:00am,
\$10, fcgov.com/gardens/adult-classes

August 13 » **Yoga in The Gardens**
Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am,
\$15, fcgov.com/gardens/adult-classes

August 16 » **Garden to Fork**
Gardens on Spring Creek, 2145 Centre Ave, 5:30pm - 8:00pm,
\$75, fcgov.com/gardens/adult-classes

August 16 » **Water Bath Canning**
CSU Extension Food Preservation Workshops, 6:00pm -
8:30pm, \$25, Registration Required, larimerextension.org

August 20 » **Garden Wellness**
Gardens on Spring Creek, 2145 Centre Ave, 8:30am - 9:45am,
\$18, fcgov.com/gardens/adult-classes

August 20 » **Tai Chi in The Gardens**
Gardens on Spring Creek, 2145 Centre Ave, 8:00am - 9:00am,
\$10, fcgov.com/gardens/adult-classes

August 20 » **Watercolor Journaling**
Gardens on Spring Creek, 2145 Centre Ave, 9:30am - 12:30pm,
\$60, fcgov.com/gardens/adult-classes

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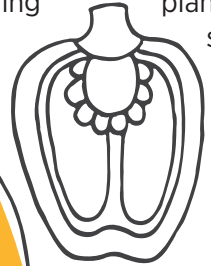
KEEP THAT GARDEN PRODUCING... and what to do with it all!



by Selena Kunze, Urban Homesteader and Horticulturist, Gardens on Spring Creek

Late winter every year, you can find me knee-deep in seed catalogs, planning the upcoming year's vegetable garden and determined to overcome the previous year's challenges. Maybe I had too many cherry tomatoes (is that a thing?!) or not enough frozen green beans to make it through winter. With some creative use of space, you can tweak how you grow to increase your harvest and extend your growing season. And you can preserve that increased harvest to relish the taste of home-grown goodness well into the following winter.

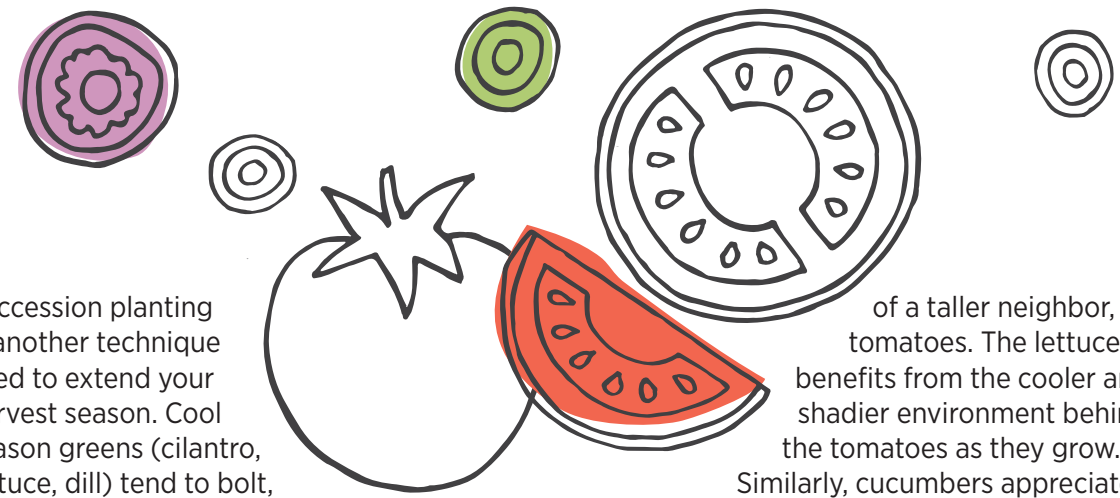
The Northern Front Range's growing season is relatively short, spanning the average frost-free dates from May 7 to October 2. Even within that time frame, nighttime temperatures can still be too low for optimal growth of many heat-loving plants. Season extension tools, like floating row cover, cold frames and hoop houses offer a warmer option for Colorado gardeners, raising air and soil temperatures under their protection by as much as 10 degrees. Row covers have the added benefit of allowing some precipitation through, but they can also be too much of a good thing if not properly irrigated or ventilated on very warm days. Check your plants often until you can gauge how your season extender will respond to outside temperature, sun exposure and precipitation.



Succession planting is another technique used to extend your harvest season. Cool season greens (cilantro, lettuce, dill) tend to bolt, or flower and taste bitter, as temperatures rise, and determinate crops like bush beans can produce loads of fruit, but only for a short time. Succession planting involves staggering new crops at intervals to ensure a continuous harvest. Sow beans on a two-week rotation or follow spring cilantro or lettuce with a fall crop of carrots or heat-loving eggplant. Just be sure to amend your soil between crops as needed and avoid planting the same family of crops in the same space continuously (crop rotation) to deter pests and prevent disease.

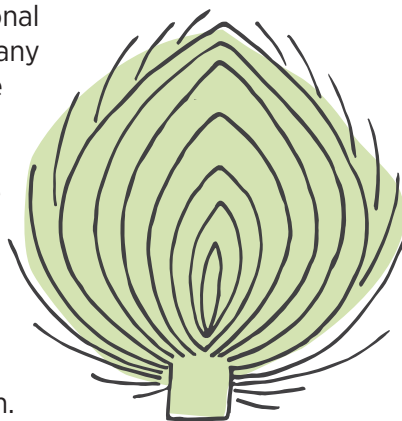
Interplanting crops (planting multiple crops together) offers a similar opportunity to optimize the harvest. For example, plant cool season greens around your summer squash plants—you'll harvest the greens before the squash take over the space. You can also grow short and long day-to-harvest varieties together like radishes with carrots, beets with Brussels sprouts or lettuce with leeks. Pairing deep- and shallow-rooted plants together will minimize competition between crops.

Utilizing the microclimates in your grow space can also be an effective way to extend your harvest. Lettuce, for example performs poorly in heat; consider growing it on the north side



of a taller neighbor, like tomatoes. The lettuce benefits from the cooler and shadier environment behind the tomatoes as they grow. Similarly, cucumbers appreciate a little afternoon shade when planted on the east side of pole beans. Low spots can be used in the same way, trapping cooler air and retaining moisture. Alternatively, raised beds tend to warm faster in spring, and walls and fences with southern exposure trap and hold warmth - both can be effective places to grow heat loving crops like peppers and eggplant.

Once you maximize your harvest, you may end up with a bumper crop of produce, and proper handling is key to maintaining quality. Don't wash produce until it is to be used and store veggies as your favorite grocery store does: if they present a given crop at room temperature, follow suit. Preservation methods such as canning, freezing, dehydrating and cold storage can keep your fresh-grown produce nutritional and tasty. With any method, be sure to follow safe guidelines from a trusted source to prevent spoilage or illness from growth of pathogens, such as botulism.



CANNING

Use boiling water canners for high acid foods (fruits, jams, pickles and tomatoes) and pressure canners for lower acid foods (meats and most vegetables). Be sure to adjust your recipes for our high altitudes.



FREEZING

Divide produce into usable quantities and store in airtight freezer bags or plastic containers. If using jars, use the wide mouth variety so they don't crack. Some vegetables require blanching (dipping in boiling water to inhibit enzymatic action) before freezing to maintain their texture and quality.



DEHYDRATING

Produce should be blemish free and peak quality, washed well, and thinly or evenly sliced. Blanch, or treated for darkening (as in the case of apples), as necessary prior to dehydrating. Store in airtight bags or containers.



COOL STORAGE

Only store dry, blemish-free fruits and vegetables, and designate a cool area with some ventilation for the job. Root crops can be stored in boxes or tubs in a single layer, covered in sand. Potatoes, onions, garlic and shallots store well in breathable paper or burlap sacks. Apples, pears and green tomatoes can be wrapped in newspaper and stored in a single layer. Be sure to check your cool storage area regularly for any overripe or rotten fruits and vegetables and remove them promptly to prevent your other produce from spoiling.

With a bit of planning, creativity, and a little post-harvest effort, you can eat well all season, and enjoy the results of your hard work well into winter...while you dream about next year's growing season!

FOR MORE INFORMATION:

- Vegetable Succession Planting Chart by Johnny's Selected Seeds (johnnyseeds.com)
- Ball Blue Book Guide to Preserving (or All New Ball Book of Canning and Preserving)
- Colorado State University Extension
- Visit extension.colostate.edu

Want to see these concepts put to good use?

Join us for the ninth annual NoCo Urban Homestead Tour on Saturday, July 30. Explore seven local homesteads in Fort Collins, Loveland and Windsor that demonstrate how these rewarding practices can be achieved in urban backyard settings. Learn more about this educational fundraiser at fcgov.com/gardens.



events 'n classes

August 20 » **Yoga in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am, \$15, fcgov.com/gardens/adult-classes

August 25 » **Wildflower Hike**

Gardens on Spring Creek, 2145 Centre Ave, 6:00pm - 8:00pm, \$25, fcgov.com/gardens/adult-classes

August 27 » **Dog Days with Animal Friends Alliance**

Larimer County Farmers Market, 200 W. Oak St., 9:00am - 1:00pm, Free admission, larimercountyfm.org

August 27 » **Master Food Safety Advisors at the Market (pressure cooker/canner testing)**

Larimer County Farmers Market, 200 W. Oak St., 9:00am - 1:00pm, Free admission, larimercountyfm.org

August 27 - September 5 » **Yard Sale**

Fort Collins Nursery, 2121 E. Mulberry St., 9:00am - 5:00pm, Monday - Saturday; 10:00am - 5:00pm, Sunday, Free Admission, fortcollinsnursery.com

August 30 » **Garden to Fork**

Gardens on Spring Creek, 2145 Centre Ave, 5:30pm - 8:00pm, \$75, fcgov.com/gardens/adult-classes

August 31 » **Jams, Jellies and Fruit Spreads**

CSU Extension Food Preservation Workshops, 6:00pm - 8:00pm, \$25, Registration Required, larimerextension.org

September 3 » **Market Ambassadors**

(Spanish speaking guides to the market)

Larimer County Farmers Market, 200 W. Oak St., 9:00am - 1:00pm, Free admission, larimercountyfm.org

September 10 » **Free Residential Household Hazardous Waste Collection Event**

City of Fort Collins Streets Facility, 9:00am - 3:00pm, Free, fcgov.com/hazwaste

September 10 » **Master Food Safety Advisors at the Market (pressure cooker/canner testing)**

Larimer County Farmers Market, 200 W. Oak St., 9:00am - 1:00pm, Free admission, larimercountyfm.org

September 10 » **Yoga in The Gardens**

Gardens on Spring Creek, 2145 Centre Ave, 9:15am - 10:00am, \$15, fcgov.com/gardens/adult-classes

September 13 » **Garden to Fork**

Gardens on Spring Creek, 2145 Centre Ave, 5:30pm - 8:00pm, \$75, fcgov.com/gardens/adult-classes

FORT LUPTON

September 10 » **Master Gardener Q&A Booth at Fort Lupton Trapper Day**

453 1st St., 11:00am - 4:00pm, Free, www.fortlupton.org/472/Trapper-Days

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WHEN WILL MY BERRIES ARRIVE?

UNDERSTANDING GROWTH PATTERNS OF BERRIES

One tricky aspect of growing berries at home is understanding the various fruit growth patterns. Some plants fruit in the summer, some in the fall and others can fruit throughout the growing season. Here are some tips to find out what you have or what you should choose when starting a new small fruit patch.

Strawberries are a favorite for growing in backyard gardens, so it's important to know what type you are planting - June-bearing, everbearing or day neutral. June-bearing strawberries produce only one crop per year (usually in July for the Northern Front Range) and tend to be less cold tolerant than the other types. Everbearing strawberries have better cold tolerance and produce two main crops, one in the summer and another in the fall. There are some everbearing types that fruit all season long, called 'day neutral' strawberries which are the best type for growing in containers.

Raspberries and blackberries also have their own set of growth patterns - summer-bearing and fall-bearing. The summer-bearing types set their flowers the previous fall and fruit on two-year-old canes called 'floricanes'. That means that you need to leave the canes up over the winter months and prune them lightly in the spring, leaving some of last year's canes in place. The fall-bearing types fruit on 'primocanes', meaning the canes grow, set flowers and fruit all in the same growing season. If you are confused about which type you have growing in your yard, cut all the canes to just above ground at the end of the growing season. If you get fruit the following year, you have the fall-bearing types. If you get canes but no



fruit, you have the summer-bearing type and should leave those canes up over winter to get fruit the next year.

If you are still confused, watch your plants closely to see how and when they are producing fruit. If your plants have become unproductive then it might be time to cut them back to rejuvenate the patch and see what happens!



by Amy Lentz, Home Horticulture Agent, Colorado State University Extension in Boulder County



SPICE THINGS UP: PRESERVING HERBS

To keep your plate flavorful all year long, the easiest method for preserving herbs is through drying. Simply expose the flowers, leaves or seeds to warm and dry air to get the perfectly dried herb. It's important to leave the herbs in a well-ventilated area until the moisture evaporates. Otherwise, the leaves can become moldy and ruin the batch that is being dried. Sun drying is not recommended because the herbs can lose flavor.

Harvest your herbs carefully to dry them successfully. The best time to harvest is just before the plants start to flower. Gather the herbs in the early morning to minimize wilting. Avoid bruising the leaves when you are handling. They should not lie in the sun or unattended after harvesting, as the leaves will wilt and lose flavor. Rinse herbs in cool water and gently shake to remove excess moisture. Discard all bruised, soiled, or imperfect leaves and stems.

Herbs that are sturdier such as rosemary, sage, thyme, parsley is easiest to dry by tying them into small bundles and hanging to air dry.

Herbs like basil, oregano and mints are just a few that have a high moisture content and will mold if not dried quickly. Hang the tender-leaf herbs inside paper bags and punch holes in the sides of the bag. Suspend a small bunch (too large a bunch will mold) in a bag and close the top with a rubber band. Place where air can circulate through the bag.

Dehydrator drying is also a fast and easy way to dry high quality herbs because temperature and air circulation can be controlled.

When the leaves are crispy dry and crumble easily between the fingers, they are ready to be packaged, stored and enjoyed for months to come.



by Kelly Kellow, Greenhouse Manager and Horticulturist, Gardens on Spring Creek



events 'n classes

FREDERICK

July 22 » **Master Gardener Q&A Booth at Chainsaws & Chuckwagons**
Centennial Park, 630 Eighth St., 4:00 pm - 8:00 pm, Free, frederickco.gov/692/Chainsaws-Chuckwagons

GREELEY

June 25 » **Greeley Garden Tour**
\$15, Tickets available at Pope Farms, Eaton Gove, Lolly's Hallmark & Happy Life Gardens in Weld County

Every Saturday through October 29 » **Greeley Farmers' Market**
Union Pacific Depot, 902 7th Ave., 8:00am - 12:00pm, Free admission, farmersmarket@greeleygov.com

July 26 - July 27 » **Weld County Flower Show and Vegetable Show, 4-H & Open Class**
525 N 15th Ave., Free, weldcountyfair.com/home

LOVELAND

Ongoing Trails And Gardens Access
High Plains Environmental Center, 2698 Bluestem Willow Dr., Dawn to Dusk, suburbitat.org

Ongoing Online Native Plant Sale
High Plains Environmental Center, 2698 Bluestem Willow Dr., high-plains-environmental-center.square.site

Every Sunday to September 25 (except July 3rd),
Loveland Farmers' Markets
Old Fairground Park, 700 S. Railroad Ave., 9:00am - 1:00pm, Free Admission, lovgov.org/services/parks-recreation/events/farmers-market

July 16 » **Bird Walk at Chapungu Sculpture Park with Sheila Webber of FC Audubon**
Chapungu Sculpture Park, Entrance #6, Sky Pond Dr., 9:00 AM, suburbitat.org/bird-walks-chapungu

July 16 » **Cherry Pie Celebration**
Peters Park, next to Loveland Museum, 503 N. Lincoln, 3:00 pm - 9:00 pm, Free, thelovelandmuseum.org

July 23 » **Interpretive Nature Walk at Chapungu Sculpture Park with Sabrina Kershman**, HPEC Horticultural Manager
Chapungu Sculpture Park Entrance - Macy's Parking Lot, Sky Pond Dr., 10:00am - 12:00pm, Free, Registration Required, suburbitat.org/interpretive-nature-walks-at-chapungu

August 6 » **HPEC Bird Walk & Bird Banding**
High Plains Environmental Center, 2698 Bluestem Willow Dr., 9:30 am - 11:00 am, Registration Required, Suggested Donation \$5-\$10, suburbitat.org/monthly-bird-banding

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events 'n classes

August 27 » **Interpretive Nature Walk at Chapungu Sculpture Park with Sabrina Kershman**, HPEC Horticultural Manager
Chapungu Sculpture Park Entrance - Macy's Parking Lot, Sky Pond Dr., 10:00am - 12:00pm, Free, Registration Required, suburbitat.org/interpretive-nature-walks-at-chapungu

September 3 » **HPEC Bird Walk & Bird Banding**
High Plains Environmental Center, 2698 Bluestem Willow Dr., 9:30 am - 11:00 am, Registration Required, Suggested Donation \$5-\$10, suburbitat.org/monthly-bird-banding

September 10 » **Guided Interpretive Trail Walk with Kristin Oles, HPEC Restoration Ecologist**
High Plains Environmental Center, 2698 Bluestem Willow Dr., 9:00 am - 10:30 am, Free, Registration Required, suburbitat.org/guided-interpretive-trail-walk

MILLIKEN

August 13 » **Master Gardener Q&A Booth at Milliken Beef 'n Bean Day**
320 Centennial Dr., 10:00am - 4:00pm, Free admission, festivalnet.com/44712/Milliken-Colorado/Family-Kids-Festivals/Beef-Bean-Day

WINDSOR

Every Saturday until September 3 » **Windsor Farmers' Market**
Boardwalk Park, 100 N. 5th St., 9:00am - 1:00pm, Free admission, recreationliveshere.com/213/Farmers-Market

July 20 » **Properly Picking Peppers**
Treasure Island Demonstration Garden, 31500 Laku Lake Rd., 10:00am - 11:00am, Free, recreationliveshere.com

August 17 » **August Blooms**
Treasure Island Demonstration Garden, 31500 Laku Lake Rd., 10:00am - 11:00am, Free, recreationliveshere.com



Compiled by Kathleen Atkins, CSU Extension Master Gardener
Event information is welcome at nocobloomevents@gmail.com



Tips: Simple syrup can be adjusted to desired sweetness OR use only fresh basil for a more refreshing, tart beverage.



by Jenna Poncelet, Gardener,
Gardens on Spring Creek

IMPRESS AT YOUR NEXT COCKTAIL PARTY: PLANT AN HERB GARDEN!

Any multi-use plant in a garden is a good plant in my book, but my absolute favorite use for fresh herbs crosses over my two careers, horticulture and bartending. An interesting combo, I know, but the oldest and most tried-and-true cocktails revolve around three ingredients – spirit, sugar and herbs.

The two easiest ways to incorporate a fresh herb into a drink are to either use it straight, or to make a simple syrup. Simple syrup is just one part water, and one part sugar heated on the stove until the sugar has melted and the mixture is clear. Simple syrups play double duty of adding both

flavor and sweetness to your drink. You can add fresh herbs to your syrup on the stove or steep them afterwards in an airtight container. The best part is that simple syrups are completely customizable. You can steep for longer for a stronger flavor or change the amount of fresh herb added. They're also non-alcoholic and can be added to make elevated lemonades and iced teas.

Consider adding herbs like mint, basil, rosemary or sage to your garden this year and spend your summer experimenting with flavor combinations and enjoying refreshing beverages that you make yourself.

CUCUMBER MINT LEMONADE (NON-ALCOHOLIC)

Ingredients:

- 6 cups water
- 1 ½ cups lemon juice
- Mint simple syrup
- 1 lemon
- 1 large cucumber



Tips: Serve within a day or two. Cucumbers tend to get bitter after 48 hours.



In a large pitcher:

1. Stir water and lemon juice together. Add mint simple syrup to desired sweetness.
2. Slice lemon and cucumber into thin medallions and toss in.
3. Refrigerate for a few hours or overnight to allow cucumber to steep.
4. Serve over ice and garnish with fresh mint or a lemon wedge.

GENOVESE GREYHOUND (MAKES 2 COCKTAILS)

Ingredients:

- 3 ounces vodka
- 1/2 ounce basil simple syrup
- 4-5 fresh basil leaves
- Juice of 1 whole grapefruit (or ½ cup bottled grapefruit juice)
- Soda Water

In a shaker:

1. Add vodka and basil leaves & muddle
2. Grapefruit juice, simple syrup, and ice. Shake!
3. Strain over ice and top with soda water. Garnish with fresh basil.





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200 W. Oak St., Fort Collins

Saturdays, 9am - 1pm
May 21st - October 29th
LarimerCountyFM.org



LARIMER COUNTY
COLORADO STATE UNIVERSITY
EXTENSION



THE *edible* WATER-WISE GARDENING: EDITION

There's nothing like chowing down on foods grown in your own garden.
HERE ARE SOME TIPS FOR STAYING WATER-WISE AMONG THE VEGGIES.



Grow perennials: Plant perennial edibles that will come back year after year with established, deep root systems. Consider raspberries, strawberries, rhubarb and herbs like oregano and thyme.



Seek out early maturing varieties. The less time it takes for fruits to mature, the fewer times you need to irrigate.



Use shade. With our intense sun, most edibles welcome a bit of shade. Consider using “living mulch” such as strategically placed cucumber vines to shade the soil around other plants or shade cloth to reduce evaporation.



Check your soil before watering. Whether drip irrigating or hand watering, check the soil moisture before watering next. Use the brownie test: stick a screwdriver in the soil. If it comes out dry, it's time to water. If it comes out with soil on it, check tomorrow.



Reduce your use in other parts of your yard by keeping your irrigation system running leak-free or converting areas of turf to xeriscape. If you're in Fort Collins learn more about the Xeriscape Incentive Program (XIP), free sprinkler checkups and other efficiency programs.



Learn more at fcgov.com/save-water

Auxiliary aids and services are available for persons with disabilities. 22-24208