

SILVER SPRINGS EDIBLE GARDEN GROUP

“A garden requires patient labour and attention.



It thrives because someone expended effort on it.”

*Liberty
Hyde
Bailey*

At the time this article was written spring equinox

had just passed and we were seeing changes occurring in the garden. Several plants seemed to be behaving differently. Growth had increased tremendously for many vining plants, shrubs, and perennials, while others, such as leafy greens, were suddenly going to seed! The technical term for this is called ‘BOLTING’.

Bolting is a response to *temperature* and *day length*, or other root *stress*. It should not be confused with plants that simply become mature and bloom. Now all seeds have an inherent entitlement to make seeds, but they use different approaches as they react to changes in the seasons. As the days get longer and the average soil temperature increases, becoming quite hot at mid-day, some vegetables, mostly leafy salad greens such as spinach, lettuce and Asian greens (pac choi, arugula, mustard greens), as well as parsley and cilantro, are triggered by the longer warmer days to produce seed; they ‘bolt’. It seems that almost overnight these plants send up a flower stem, go into bloom, and then produce seeds. Once this process starts, it is irreversible. Breaking off the stem only encourages more stems, not leaves, to form. As the energy then goes into flower production, the leaves may become unpleasantly bitter or spicy. Essentially, a bolted plant is no longer good for eating.

The *experienced gardener* learns to plant these seeds very early spring when the weather is cool, then remove them once bolted, and perhaps replant again early fall for a second crop as the weather again cools off. These plants all thrive in cool soil. The best advice for *new gardeners* is to plan on growing ‘cool-season’ plants in the cool season (April/May). Observe your plants every day. When they look their best, don’t delay, harvest immediately at their peak freshness. [Above excerpt was condensed from an article from West Coast Seeds website: <https://www.westcoastseeds.com/garden-resources/articles-instructions/bolting/>]

June brought heat and rain to the garden and we saw increased growth in both edibles and perennials. The new shrubs are adapting well and show new growth. The recently rejuvenated strawberry beds look healthy and new growth is appearing on the plants.

The last Garden Speaker Series presentation on Trees, Shrubs and Perennials with Laurel and

Teresa on June 20th proved to be very worthwhile; an informed guided tour of the gardens and tree groves areas. We couldn't have asked for a more beautiful evening for the walk and many people expressed their thanks and enjoyed the whole event complete with carrot cake and iced tea on the patio at the end.

The GARDEN SPEAKER SERIES has completed for this year. It was very successful with interesting topics and good attendance. Planning for next year's garden talks will soon begin. We welcome your ideas and suggestions on garden topics that would be of interest to you. Email: silverspringsgarden@gmail.com Don't miss out next year! Look for the article in the SSCA 'Spirit' in early 2019 to see what exciting garden talks are being offered.

