# growing food IN THE CITY

# **Gardening** in Western Washington **ጀርዲን** ኣብ ምዕራባዊ ዋሺንግተን

Seattle's climate is cool and wet, with cool dry summers. So heat-loving crops from hotter climates, like tomatoes, corn and peppers, are harder to grow here. But our mild spring, fall, and winter weather allows us to grow cool-loving Asian greens, kale, collards, spinach, and onions year 'round.

#### **Starting Your Garden**

Learn in this guide how to:

#### Choose a place to garden

- You need at least 6 hours of sun without shade from trees or buildings. Make sure a water supply is close.
- Consider sharing garden space with neighbors, or join a P-Patch or other community garden.

#### Prepare your soil for planting

- Dig compost into the soil, or bury plant and food scraps.
- Mound up soil into raised beds.

#### Choose the right seeds to plant

- Grow what your family likes to eat, but choose vegetables that will grow well in our cool weather.
- Plant seeds at the depth and spacing on the seed packet.
- Plant when the soil is warm enough Select seeds that say "80 days" or less to harvest on the seed packet.
  - → See calendar on back.

### Wait until May 15 to seed or transplant heat-loving plants.

 Tomatoes, peppers and eggplant should be started in a greenhouse, then transplanted to beds in May.

#### Water and weed your garden

 Seedlings need water daily. Water mature plants 2-3 times a week if it hasn't rained.

#### Harvest, and prepare garden for winter

- Ask other gardeners when to harvest, or read seed packet.
- Cover beds before winter with mulch, or plant winter cover crops.











ከሊማ ሲያትል ዝሑልን ጥሎልን ኮይኑ፡ ከረምቲ ከአ ዝሑልን ንቒጽን ሊዩ። ስለዚ ዋዒ-ዝፌትዉ ኣዝርአቲ ካብ ዝወዓዩ ክሊማታት፡ ከም ኮሚደረ፣ ዕፉንን በርበረን፣ ኣብዚ ምብቋል ከቢድ ኢዩ። ማን ማእከላይ ዝኾነ ሓጋይ፡ ጽድያን ቀውዲን ኩነታት ኣየርና ዛሕሊ-ዝፌትዉ ናይ ኤስያ ኣሕምልቲ፣ ኬይል፣ ኮላርድ፣ ስፒናቺን፣ ሽፖርቲን ዓመት ሙሉእ ከነፍሪ ይሕግዘና።

#### ጃርዲንኩም ምጅጣር

ላብዚ *ማ*ምርሒ ከማይ *ጌ*ርኩም፡

#### ናይ ጃርዲን ቦታ ከም እትመርጹ ተመሃሩ

- ብዉሑዱ 6 ሰዓታት ናይ ጸሓይ ብርሃን ብዘይ ጽሳል ካብ ኣግራብ ወይ ህንጻታት። ማይ ኣብ ቀረባ ከምዘሎ ኣረ,ጋግጹ።
- ናይ ጃርዲን ቦታ ምስ ጎረባብቲ ብሓባር ከምትሰርሑሉ ኣብ ግምት የእትዉ ወይ ምስ ፒ-ታች ተጸንበሩ ወይ ካልእ ጃርዴን ማሕበረ-ሰብ።

#### **ሓ**መድኩም ንምዝራእ ከም እት**ቸ**ርብዎ ተመሃሩ

- መደኩዒ ኳዓቱ ወይ ድማ ተርፍ መረፍ ናይ መግቢን ኣታኸልቲን ኣብ መሬት ቅበሩዎ።
- ነቲ ሓመድ ኣብ ብርኽ ዝበለ ዓራውቲ ኮሙሩዎ።

#### ምምራጽ እቲ ዝትከል ግቡእ ዘርኢ ተመሃሩ

- ስድራዥም ንኽበልዖ ዝፈትዎ ኣፍርዩ ባን ከኣ ኣብ ዝሑል ኩነታት ኣየርና ዝበቁል ኣሕምልቲ ምረጹ።
- እቲ ናይ ዘርኢ ፓኮ ብዘርእዮ ዕምቆትን ዝርገሐን ኣዝርእቲ ትኽሉ።
- እቲ ሓመድ ምዉኞ ምስ በለ ትኸሉ። "80 መዓልታት" ወይ ትሕቲኡ ንምዕጻድ ዝብል ናይ ዘርኢ ፓኮ ምረጹ።
  - **→** ዓውደ-ኣዋርሕ ኣብ ድሕሪት ረኣዩ።

#### ንምዝራእ ወይ ንምስባጋር **ም**ኞት-ዝ**ፈ**ትዉ ኣትክልቲ ክሳብ **ግንቦት 15** ተጸበዩ።

ኮሚደረ፣ በርበረን፣ መሴንዛኒን ኣብ ሓምላይ ባዛ ክጅምሩ ኣለዎም ድሕሪኡ ኣብ ግንቦት ናብቶም ዓራውቲ ይሰጋነሩ።

#### ጃርዲንኩም ጣይ ኣተስትዩን ጽሃዩን

ኣዝርአቲ መዓልታዊ ማይ ይደልዩ ኢዮም። እንተደኣ ማይ ዘይወቒው ዝዓበዩ ኣትክልቲ ንስሙን 2-3 ጊዜ ኣብ ስሙን ማይ ኣስትዩዎም።

#### ምዕጻድን ምቐራብ ጃርዲን ንሒጋይ

- ንኻልኦት ጃርዲን ዘለዎም *ሙ*ዓስ ከም ዝዕጻድ ሕተቱ ወይ ድማ እቲ ናይ ዘርኢ *ፓ*ኮ ኣንብቡ።
- እቲ ዓራውቲ ቅድሚ ቀውዲ ብድርቅምቃም ዕንጨይቲ ሸፍንዎ ወይ ድጣ ሓጋይ መሸፈኒ ተኸሊታት ትኸሉ።



#### Choose a Place to Garden

#### Where is there sun?

Most vegetables need at least six hours of direct sunlight a day to grow well. Watch where the sun shines on your yard, and pick the sunniest spots to garden. Trees or buildings can block the sun, especially in spring or fall. A southfacing wall will warm quickly in the spring, and be good for heat-loving plants like tomatoes and peppers in summer.

#### Where can you grow?

Turn sunny lawn areas into garden by removing and composting the sod. Or to kill the lawn by covering it with 12 inches (30 cm) of wet fall leaves in November. Cover the leaves with cardboard or black plastic. Wait until May to dig up the area and start planting.

Build raised beds. Mix soil with compost. Mound the soil up into a raised bed to help the soil warm in spring. Plan paths between beds so you never walk on your loose, compost-amended soil. You can add sides to your raised beds made from concrete blocks, broken concrete, wood or plastic lumber. Don't use chemically treated wood.

**Try gardening in containers.** You can use large pots or half-barrels to grow tomatoes, peppers, greens, even berries.

**Grow vertically** on a sunny wall or in a window. Climbing plants like beans, tomatoes and cucumbers will grow if you provide good soil and poles for support.

Share with a neighbor, or join a community garden! Seattle's P-Patch program can help you find a community garden near where you live. They are great places to grow food, learn, and meet other gardeners.











#### ንጀርዲን ቦታ ምረጹ

#### ጸሓይ አበይ አሳ?

መብዛሕትአም ኣሕምልቲ ጽቡኞ ንኸዓብዩ ብዉሑዱ ሹዱሽተ ሰዓታት ኣብ መዓልቲ ቀጥታዊ ናይ ጸሓይ ብርሃን የድልዮም። ኣብ ካንሸሎኹም ጸሓይ ኣበይ ከም እተብርህ ተዓዘቡ፡ እቶም ኣዝያ እተብርሃሎም ቦታታት ከኣ ምረጹ። ኣግራብ ወይ ህንጻታት ብፍላይ ኣብ ጊዜ ቀውዒን ጽድያን ጸሓይ ኪጋርዱ ይኸእሉ ኢዮም። ኣብ ጊዜ ቀውዒ ንደቡብ ዝጥምት መንደኞ ቀልጢፉ ይውዕይ፡ ስለዚ ነቶም መኞት-ዝፌትዉ ኣታኸልቲ ከም ኮሚደረን በርበረን ኣብ ጊዜ ክረምቲ ጽቡኞ ይኸውን።

#### **ኣበይ ክተ**ታብዩ ትኸእሉ?

ነቲ ሓመድ ብምልጋስን ብምዱካዕን **ጸሓይ ዝረኽበም ናይ ሳዕሪ ቦታታት ናብ ጃርዲን ቀይርዎ** ። ወይ ድማ ኑቲ ናይ ሳዕሪ ቦታ ብ12 ጫማ (30 ሴ.ሜ) ጥሉል ናይ ሓጋይ ኣቑጽልቲ ብምሽፋን ቅተልዎ። ነቶም ኣቑጽልቲ ብናይ ፓኮ ወረቐት ወይ ጸሊም ነማ ሸፍንዎም። ነቲ ቦታ ንምዃዕትን ንምዝራእን ክሳብ ማንቦት ተጸበዩ።

**ብርኽ ዝበሱ ዓራውቲ ስርሑ።** ሓመድ ምስ ዱኽዒ ሓውስዎ። መታን ኣብ ጊዜ ጽድያ ነቲ ሓመድ ከውዕይ ንኽሕግዞ ነቲ ሓመድ ኣብቲ በሪኽ ዓራት ኮሙሩዎ። መታን ነቲ ፎኪስ፡ ብዱኽዒ-ዝተመሓየሸ ሓመድ ከይትረግጽዎ ኣብ መንን እቶም ዓራውቲ መንገዲ ቀይሱ። ነቶም በረኽቲ ዓራውቲ ካብ ሲሚንቶ ወይ ስብርባር ሲሚንቶ ዝተሰርሑ፡ ዕንጨይቲ ወይ ናይ ፕላስቲክ ጣዋሉ ኣብ ንኖም ክትውስኹሎም ትኽእሉ ኢኹም። ብኬሚካል ዝተፈወሰ ዕንጨይቲ ኣይትጠቀሙ።

**አብ መቐመጢታት ጃርዲን ክተንብሩ ፌትኑ።** ኮሚደረ፣ በርበረ፣ አሕምልቲ፣ ከምኡ'ውን ፍረታት ከተብቁሉ ዓበይቲ ዓታሩ ወይ አብ ፍርቂ ዝተመቐሉ ፍስቶታት ከትጥቀሙ ትኸእሱ ኢኹም።

ጸሓይ ኣብ ዝወ<mark>ቒ</mark>ዖ *መን*ደቒ ወይ *መ*ስኮት **ንትኹል ኣብቁሱ።** ዝሓኹሩ ኣታኽልቲ ከም ባልዶንጋ፣ ኮሚደረን፣ ኩከንበርን፣ ጽቡቒ ሓመድን *መ*ደገፊ ዕንዲታትን እንተገርኩምሎም ይቦቒሉ ኢዮም።

**ምስ ጎረቤት ተኽፈሉ፡ ወይ ኣብ ናይ ማሕበር-ሰብ ጃርዲን ተጸንበሩ!** ፕሮግራም ፒ-ፓች ሲያትል ኣብ ተቓ እትነብሩሉ ቦታ ናይ ማሕበረ-ሰብ ጃርዲን ንኽትረኽቡ ክሕግዘኩም ይኽእል ኢዩ። እዚኦም *መ*ግቢ ንምዕባይ፡ ንምምሃርን ካልኦት ጃርዲን ዝነብሩ ሰባት ንምርካብ ኣዝዮም ጽቡቓት ቦታታት ኢዮም።

#### Testing your soil for lead or other contamination

Soil near old houses with peeling paint, or next to streets or in industrial areas may have lead, arsenic, or other contamination.

Call the Garden Hotline to find out where to get your soil tested, or to get a copy of WSU's <u>Gardening on</u> <u>Contaminated Soils</u>. If you suspect that your soil is contaminated, build a raised bed and add 8 inches (20 cm) of fresh soil with compost.

#### ምምርማር ሓመድኩም ካብ ዓረርን ካልእን ብከላ

ኣብ ጃርዲን ስሉጥ-መስመር ደዊልኩም ሓመድኩም ኣበይ ከተመርምርዎ ከምእትኽእሉ ኣረ*ጋ*ግጹ ወይ ቅዳሕ ናይ WSU <u>ኣብ *ከተበከለ ሓመድ ጃርዲን ምግባር* ር</u>ኸቡ። እንድሕር ደኣ ሓመድኩም ተበኪሉ ኢዩ ኢልኩም ጠርጢኩም፡ ብርኽ ዝበለ ዓራት ሰሪሕኩም 8 ጫጣ (20 ሴ.ሜ) ሓዲሽ ሓመድ ምስ <del>ዱ</del>ኽዒ ግበሩሉ።

#### **Prepare Soil for Planting**

Compost is decomposed plants (leaves, grass, dead plants) and food waste. Compost helps soil holds nutrients and water to grow healthy plants. You can make your own compost from grass clippings, leaves, sod, weeds, plants and food wastes, or you can buy compost. You can also bury food waste in the garden, or chop and drop plants.

**Mulch** is any material you spread on top of the soil, to conserve water, control weeds, and slowly feed the soil as it decomposes. Good mulches for gardens include fall leaves, plant and grass clippings, straw, coffee hulls, or compost.

# Mix compost into your garden soil.

Dig to loosen the soil 8 to 12 inches deep (20-30 cm) with a shovel or garden fork. Spread compost 2 or 3 inches deep (5-8cm). Then mix the compost into the soil.

Or bury food and plant waste at least 6 inches (15 cm) deep to compost.

#### Soil for container growing

Mix one part compost with two parts sandy soil. Drainage in containers can be improved by adding a larger material like pea gravel or medium bark. You can also buy pre-mixed "potting soil." If you have old potting soil in containers, you can add about 1/4 compost to freshen it for a new growing season.

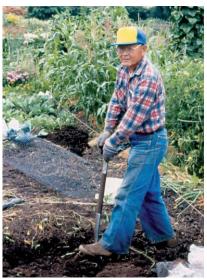
#### Buying fertilizer? Look for "organic".

While vegetables get most of the nutrients they need from compost, a complete "organic" (from natural sources) fertilizer can speed their growth. Look for "organic vegetable fertilizer" or fish fertilizer at your garden store.

Get a soil test to discover other nutrient needs. Washington soils may need lime every few years, which adds calcium and reduces acidity. Mix about 4 pounds (1.5 kg) of lime into soil per 100 square feet (9.3 square meters). Ask the Garden Hotline where you can send your soil sample for a test that will tell you about lime and other nutrient needs.







# ALL-PURPOSE FERTILIZER A General Purpose Formula for All Types of Planting



#### <del>ለ</del>መድ ንምትካል ቀርብዎ

**ዱዥዒ** ዝመሽመሸ ኣትክልቲን (ኣቑጽልቲ፣ ሳዕሪ፣ ዝሞቱ ኣትክልቲ) ተረፍመረፍ መግቢን ኢዩ። ዱዥዒ ሓመድ መኣዛታትን ጣይን ብምዕቃብ ጥዑያት ኣትክልቲ ንኸዕብይ ይሕግዞ። ካብ ቁርጽራጽ ሳዕሪ፣ ኣቑጽልቲ፣ ሳዕሪ፣ ጳህያይ፣ ኣትክልቲን ተርፍመረፍ መግቢን ናይ ገዛእ ርእስኹም ዱኸዒ ክትሰርሑ ወይ ክትገዝኡ ትኸእሉ ኢኹም። ተረፍመረፍ መግቢ ኣብ ጃርዲን ክትቀብሩ ወይ ኣትክልቲ ቆሪጽኩም ክትድርብዩ ትኸእሉ ኢኹም።

**ድርቅምቃም ዕንጨይቲ** ዝኾነ ነገር ማይ ንምዕቃብ፡ ንምቁጽጻር ጻህያይ ከምኡ'ውን እንዳመሽመሽ ከኸይድ ከሎ ነቲ ሓመድ ዝምባብ ኣብ ልዕሊ ሓመድ ትንስንስዎ ኢዩ። ጽቡኞ ድርቅምቃም ዕንጭይቲ ንጃርዲን ናይ ቀውዲ ኣቒጽልቲ፣ ናይ ተኸሊን ሳዕሪን ቁርጽራጽ፣ ሓሰር፣ ናይ ቡን ቅራፍ ወይ ዱ'ዅዒ የጠቓልል።

#### ዱቸኂ ኣብቲ ናይ ጃርዲንኩም ሓመድ ሓውስዎ።

**ወይ ናይ መግቢን ተኽሊን ጉሓፍ** ንኽዱካዕ ብዉሑዱ 6 ጫማ (15 ሴ.ሜ) ቅበርዎ።

#### አብ *መቐመ*ጢታት ንምብ**ቋል ዘድሊ ሓ**መድ

ሓደ ኣፍ ዱኸዒ ምስ ክልተ ኣፍ ሑጻዊ ሓመድ ሓውሱ። ምትሕልሳፍ ማይ ኣብ መቐመጢታት ከንዲ ዓተር ዝኾኑ ኣእማን ወይ ማእከላይ ልሕጺ ብምውሳኸ ከመሕየሽ ይኸእል ኢዩ። ኣቐዲሙ ዝተሓወሰ "ናይ ዕትሮ ሓመድ" ከትገዝኡ ትኸእሱ ኢኹም። እንድሕር ኣረጊት ናይ ዕትሮ ሓመድ ኣብ መቐመጢታት ኣለኩም ንሓዲሽ ናይ ምብቋል ወቅቲ ¼ ዱኸዒ ሓዊስኩም ከተሕድስዎ ትኸእሱ ኢኹም።

#### ዱኸዒ ክትንዝኡ ደሊዥም? "ኦር*ጋ*ኒክ" ዝብል ረኣዩ።

ዋላ እኳ ኣሕምልቲ መብዛሕትኡ ዝደልይዎ መኣዛታት ካብ ዱዥዒ ይረኸቡ እንተኾኑ፡ ሙሉእ "ህይወታዊ" (ካብ ባህርያዊ ምንጪታት) ዱዥዒ ዕብየቶም ከቀላፕፎ ይኸእል ኢዩ። ኣብቲ ናይ ጃርዲን ዕዳጋ "ህይወታዊ ናይ ኣሕምልቲ ዱኸዒ" ወይ ናይ ዓሳ ዱዥዒ ዝብል ድለዩ።

#### **ላድላዪ ካልእ መ**ላዛ ንምድህሳስ ነቲ ሓመድ ኣመርምርዎ።

ናይ ዋሺንግተን ሓመድ ላይም፡ ካልሲዩም ዝውስኸን ኣሲድነት ዘጉድልን፡ ኣብ ቆቁሩብ ዓመታት የድልዮ ይኸውን ኢዩ። ኣስታት 4 ፓውንድ (1.5 ኪ.ግ) ላይም ን100 ትርብዒት ጫጣ (9.3 ትርብዒት ሜትሮ) ሓመድ ሓዉሱሉ። ሓመድ ላይምን ካልአ መኣዛ ከምዘድልዮ ንምምርጣር ኣበይ ክትስድዎ ከም እትኸእሱ ንናይ ጃርዲን ስሱጥ-መስመር ሕተቱ።

# Plant the Right Seeds, at the Right Time

# Choose plants that grow well in our cool climate.

Grow what your family likes to eat, but choose varieties of vegetables that will grow well in our cool, wet spring weather and cool, dry summers.

#### When to plant

Seeds need soil warm enough to sprout – typically at least 50-60°F (10-16°C). You can wait until the soil warms in May, or use a plastic cover to warm it more quickly.

Read seed packets for planting dates, and choose ones that say "80 days" or less to harvest. Peas and potatoes can be planted in March, but leafy greens should wait until April, and heat-loving crops like corn until late May.

Or buy seedling plants of heat-loving, long-season tomatoes, peppers, and eggplant, to transplant into the garden in late May. You can also grow them yourself from seeds planted indoors in March, in containers in a sunny window.

→ See the Calendar on back page.

#### Planting seeds

Read the seed packet for planting depth and time. Tiny seeds like lettuce, carrots, and collards can be scattered on the prepared soil surface, then covered with a thin layer of compost or soil. Don't plant these tiny seeds too deep! Larger seeds like peas, corn, and squash can be pushed with your finger one at a time into the prepared soil, at the depth and spacing described on the packet. Then water slowly to deeply moisten the soil.

# Transplant heat-loving plants from greenhouse to garden in late May.

Make a hole as wide the seedling's roots. Add compost or a sprinkle of fertilizer. Spread roots out, and gently push soil in around the roots. Water well. Plant at the same depth as the plant was in the pot at the greenhouse.

Water young seedlings regularly. Cover and protect seedling plants from extreme heat or cold until they are strong.











#### እቶም ጉቡኣት ኣዝርእቲ፡ ኣብቲ ጉቡእ ጊዜ ትኸሎ

#### ኣብ ዝሑል ክሊማና ጽቡኞ ክቦኞሎ ዝኽእሱ ኣትክልቲ ምረጹ።

ስድራዥም ንኽበልዖ ዝፌትዎ ኣፍርዩ ግን ከኣ ኣብ ዝሑል፡ ጥሉል ናይ ቀውዒ ኩነታት ኣየርን ዝሑል፡ ንቹጽ ክራማት ክቦቐሉ ዝኽእሱ ዓይነታት ኣሕምልቲ ምረጹ።

#### *ማ*ዓስ ከምዝትከል

**ፓኮታት ናይ ዘርኢ ኣንቢብኩም**፡ ንዕለታት ምትካል እቶም "80 ማዓልታት" ወይ ትሕቲኡ ንምዕጻድ ዝብሉ ምረጹ። ባልዶንጋን ድንሽን ኣብ መጋቢት ከዝርኡ ይኸእሉ ኢዮም፡ ግን ቆጻላት ኣሕምልቲ ከሳብ ሚያዝያ ከጸንሑ ኣለዎም፡ ከምኡ ድማ ሙቐት-ዝፈትዉ ኣታኸልቲ ከም ዕ<del>ፉ</del>ን ከሳብ መወዳኢታ ግንቦት።

**ወይ ፌልሲታት** ናይ ሙቐት-ዝፈትዉ ናይ ነዊሕ-ወቐቲ ኮሚደረ፣ በርበረን፣ መሌንዛኒን ኣብ መወዳእታ ማንቦት ናብ ጃርዲን ከተስግርዎም ግዝኡ። ነዛም ፌልሲታት ባዕልዥም ካብ ዘርኢታት ኣብ ውሽጢ ንዛ ኣብ መቐመጢታት ፕቓ ጸሓይ ዝረኽበ መስኮት ብምትካል መጋቢት ከተፍልስዎም ትኽእሉ ኢዥም።

→ ዓውደ-ኣዋርሕ ኣብ ድሕሪት ገጽ ረኣዩ።

#### ምትካል ኣዝርእቲ

ንዑምቀት ምትካልን ጊዜን ናይቲ ናይ ዘርኢ ፓኮ ኣንብብዎ። ደቀኞቲ አዝርእቲ ከም ሳላጣ፣ ካሮቲን፣ ኮላርድን ኣብቲ ዝተዳለወ ሓመድ በቲንካ ቁሩብ ዱኸዒ ወይ ሓመድ ኣብ ልዕሊአም ምንስናስ። እዞም ደቀኞቲ ኣዝርእቲ ኣዕሚቐኩም ኣይትትከልዎም! ፍሩያት ኣዝርእቲ ከም ዓተር፣ ዕፉንን፣ ዱባን፣ በብሓደ ብኢድኩም ኣብቲ ዝተቐረበ ሓመድ ከምቲ ኣብቲ ፓኮ ተንሊጹ ዘሎ ዕምቆትን ዝርንሐን ጌርኩም ክትቀብርዎም ትኸአሉ ኢኹም። ብድሕሪኡ ነቲ ሓመድ ከተርሕስዎ ቀስ ኢልኩም ማይ ኣስትይዎ።

#### ምኞት-ዝፈትዉ ኣትክልቲ ካብ ሓምላይ *ነ*ዛ ናብቲ ጀርዲን ኣብ *መወዳ*እታ *ፃን*በት ኣሲ*ጋግር*ፆም።

ከንዲቲ ሰራውር ናይቲ ፌልሲ ዝኸውን ጉድጓድ ኮዓቱ። ዱዥዒ ፌይ ኣብሉሉ፡ ነቶም ሰራውር ዘርግሕዎም፡ ቀስ ኢልኩም ሓመድ ኣብ ከባቢ አቶም ሰራውር ግበሩ። ጽቡኞ ፔርኩም ማይ ኣስትይዎ። እቲ ዑምቀት ኣተኻከላኹም ልክዕ ከምቲ ኣብ ሓምላይ ገዛ መፍለሲ በታ ዝነበረ ክኸውን ኣለዎ።

ሓደስቲ ፌልሲቃት ኣብ እዋኑ ማይ ኣስትይዎም። እቶም ዝተተኽሎ ፌልሲቃት ካብ ክቱር ዋዒን ዛሕሊን ብምሽፋን ተኸላኸሎሎም።

# Thin and space plants – give them room to grow.

Follow the spacing directions on the seed packet. After seeds sprout and have a few leaves, thin (remove) seedlings to that spacing. You can also transplant seedlings from crowded areas to areas that aren't full. This will ensure that plants have enough room to grow, and give you a bigger harvest. You can eat the little plants you pull as salad.

#### Succession planting

Plant more seeds every few weeks as long as the weather is warm, so that your harvest will continue into the fall. But don't plant cool-loving crops like peas and spinach in hot July weather. Plant fall cool crops in August to early September.

#### **Rotate crops**

Some crops get diseases that stay in the soil for a year or more. And some crops use up soil nutrients quickly. To avoid problems, rotate (move) crop families to a different bed each year.



Rotate

crop families

each year.

ነብሲ-ወከፍ ዓመት

ዘርኢ ቤተ-ሰብ

አዘዋውሩ።

#### ኣታኽልቲ ኣብ ቀጢን *መ*ስመር <mark>ኔ</mark>ርኩም ኣረሓሕቅዎም – ንኽዓብዩ ቦታ ሃብዎም።

ኣብቲ ናይ ዘርኢ ዘሎ መምርሒ ምርሕሓቅ ተኸተሉ። ድሕሪ ኣዝርእቲ ምጭብሜበምን ቁሩብ ኣቒጽልቲ ምግባሮምን፡ ናብቲ ዝግባእ ምርሕሓቅ ኣቒጥንዎም (ኣልግስዎም)። ፊልሲታት ካብቲ ጽዑቅ ቦታ ናብቲ ዘይጽዑቅ ቦታ ከተስግርዎም ትኸአሉ ኢኹም። እዚ ኸኣ አቶም ኣታኸልቲ ንምዕባይ እኹል ቦታ ከም ዝረኸቡን ዝያዳ ምህርቲ ከምዝህቡኹም የረጋግጽ። እቶም እትእከብዎም ኣታኸልቲ ከም ሳላጣ ክትበልዕዎም ትኸአሉ።

#### አከታቲልካ ምትካል

ኩነታት አየር ሙዉቅ ክሳብ ዘሎ ኣብ ነብሲ-ወከፍ ቁሩብ ሳምንታት ዝያዳ ዘርኢታት ትኸሉ መታን እቲ ምህርቲኹም ክሳብ ቀውዒ ክቅጽል። ዛሕሊ-ዝፌትዉ ዘርእታት ከም ዓተርን ስፒናቺን ግን ኣብቲ ዉዑይ ናይ ሓምለ ኩነታት ኣየር ኣይትትከልዎም። ናይ ቀውዒ ኣታኸልቲ ኣብ ነሓሰ ክሳብ መጀመርታ መስከረም ታኸልዎም።

#### **ኢታኽልቲ አዘዋውሩዎም**

ዘርኢ ሽጉርቲ

ጻዕዳ ሽጉርቲ

ንኣሽቱ ሽጉርቲ ቀይሕ

ሽጉርቲ

ቆስጣ

ቻይቨ

onion

garlic

chives

shallot

leek

ገለ ኣታኸልቲ ንሓደ ዓመት ወይ ልዕሊኡ ኣብ ሓመድ እንተ ጸኒሐም ሕማም የጥቅዖም። ገለ ኣታኸልቲ ድማ መአዛታት ሓመድ ቀልጢፎም ይውድእዎ። **ጸገጣት ንምእላይ፡ ዓይነታት ተኸሊ ነብሲ-ወከፍ ዓመት ኣብ ዝተፈላለየ ዓራት አዘዋውርዎም (ኣልግስዎም)።** →

#### Example 1<sup>st</sup> Year:

Bed A Tomato
Bed B Onion
Bed C Cabbage

2<sup>nd</sup> Year:

Bed A Cabbage Bed B Tomato Bed C Onion

3<sup>rd</sup> Year:

Bed A Onion Bed B Cabbage

Bed C Tomato

ዘርኢ ኮመደረ ከሚደረ tomato pepper በርበረ potato ድንሽ eggplant መሌንዛኒ tomatillo ንኣሽቱ ኮሚደረ ዘርኢ ካውሎ cabbage <del>ነው</del>ሎ broccoli ብሮኮለ. collards አድሪ bok choi ቦክ ቾይ radish ራድሽ

<u>አብነት</u> 1<sup>ይ</sup> ዓመት: ዓራት ሀ ኮሚድረ ዓራት ለ ሽተርቲ ዓራት ሐ ካውሎ

2<sup>ይ</sup> ዓመት፡

ዓራት ሀ ካውሎ ዓራት ለ ኮሚደረ

ዓራት ሐ ሽጉርቲ

3<sup>ይ</sup> ዓመት:

ዓራት ሀ ሽጉርቲ

ዓራት ለ ካውሎ

ዓራት ሐ ኮሚደረ

## Other vegetable families that benefit from changing locations each year:

cilantro carrot parsley
beet chard spinach
corn wheat teff
cucumber melon squash
lettuce radicchio endive
pea bean clover

These families can all be planted together with the tomato, cabbage, and onion families.

#### ነብሲ-ወከፍ ዓመት ካብ ምቹያር ቦታ ዝጥቀሙ ካልእ ቤት-ሰባት ኣሕምልቲ፡

ሲላንትሮ ካሮቲ ፐርሰሜሎ ቀይሕ-ሱር ቻርድ ስፒናቺ ዕፉን ስርናይ ጣፍ ኩከምበር ብርጭቹ ዱባ ሳላጣ ራዲቺዮ ኣንዲቭ ኅተር ባልዶንጋ ከሎቨር

እዚአም ዓሌት ዘርኢ ብሓንሳብ ምስ ዓሌት ኮሚደረ፣ ካውሎን፣ ሽፖርቲን፣ ክትከሉ ይኸእሱ ኢዮም።

#### Water your garden

Check your garden daily in hot summer weather. Water before vegetables droop, or when the soil feels dry 2 inches (5 cm) down. In cooler, rainy spring and fall you'll only need to water young seedlings. Direct water to the plant roots. Use a watering wand, or in flat areas lay out a soaker hose between rows and cover it with mulch. Water enough to moisten the whole root zone - dig a few inches down to see if the soil is moist. Plants in containers dry out more quickly than in the garden. Always water in the evening or early morning, to avoid evaporation waste and prevent wet plant damage from the mid-day sun.

#### Control weeds and pests

Spread mulch (leaves, grass clippings) and pull weeds before they go to seed.

Most bugs are good bugs that help control pests. Learn which bugs are problems, and how to control them.

#### Don't use chemical pesticides.

They can poison your family and birds, pets, and fish. Call the Garden Hotline to identify pest or weed problems, and learn about non-toxic solutions.





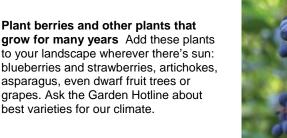
#### Garden All Year

Our climate is cool and wet in spring and fall, and usually above freezing in winter. So heat-loving plants like corn are hard to grow, but cool-loving plants are easy.

Extend your season with cold-hardy crops. Bok choi, kale, collards, broccoli, carrots, leeks, and garlic can be planted in late summer or early fall to grow for harvest all winter or in spring.

→ See the Calendar on back page.

Grow under cover. Start spring plants in a greenhouse or "cold frame," or extend fall growth with a plastic cover.



#### **ጻህያይን ባልዓትን ምክልኻል**

**ላስት**ዩ።

*ጃርዲን*ኩም ጣይ ኣስትይዎ

**ድርቅምቃም ዕንጨይቲ ምንስናስ** (ቆጽሊታትን፣ቁራጽ ሳርዕሪታትን) **ከምኡውን ጽሃይያ ኣልግስዎ** ቅድሚ ኣብ ዘርኢ ምኻዱ።

<u>አብ ክረምቲ ሙቖት ክኸውን እንከሎ መዓልታዊ ጀርዲንኩም ርኣይዎ።</u>

ኣሕምልቲዥም ከይቆምሰለ እንከሎ፣ ወይ *መ*ሬት ነቒጹ ኾይኑ እንተ

ላብ ዝሑል፡ ጽድያን ቀውዒን ግን ነቲ ውልዶ ፈልሲታት ጥራሕ

ተሰሚዕኩም 2 ኢንች (5 ሴ.ሜ) ፕልቀት እንተሃለዎ ማይ ኣስትይዎ።

<u>ኣስትይ</u>ዎ። ከትስትዩ እንከለዥም ናብቲ ሱር ጥራሕ ኣስትዩ። *መ*ስተይ

*መስመራት ተጠ*ቒምኩም ብድርቅምቃም *ዕን*ጨይቲ *ጌ*ርኩምም ሸፍንዎ**።** ናይቲ ሱር ቦታ ምእንቲ ጠሊ ክህልዎ ጽቡች ኔርኩም ኣስትይዎ-ቁሩብ

ኩዕት ኣቢልኩም <u>እቲ መሬት ጠሊ እንተ ሃለ</u>ዎ ርኣይዎ። ኣብ መቐመጢ

ዘለዉ ኣትክልቲ ካብ ኣብ መሬት ዘለዉ ኣትክልቲ ቀልጢፎም ይነኞጹ።

ማይ ከይሃፍፍ ወይ ንብናይ ፍርቂ-መዓልቲ ጸሓይ መባላሸው ዝጠልቀየ

ዝንጊ ወይ ኣብቲ ለዋ ዝበለ ቦታታት ከኣ መጠልቀይ ጎማ ኣብ መንን

**መብዛሕቶም ሓሳዥ ዝየጻድኡ ሓሳኹ እዮም** ንምቁጽጻር ባልዓት ከኣ ከምእትቆጻጽረዎምን ኣፍልጦ ይሃልዥም።

#### ከሚካል ዘለዎ ጸረባልዕ ኣይትጠቸም።

እዚ ንስድራዥም፣ ኣዕዋፍ፣ እንስሳታትን ዓሳሱን ከምርዘልኩም ይኽእል እዩ። ኣየኖት ባልዕ ወይ ጻህያይ ሓደንኛታት ምዃኖም ክትፈልጡን ብዛሪባ መርዛም ዘይኮነን መፍቲሒታት ክትመሃሩን፡ ኣብ ናይ ጃርዲን ስሉጥ-መስመር ደውሉ።





#### ምሉእ ዓመት ጀርዲን ግበሩ

<del>ኣብ ጽድያን ቀውዒን ክሲማና ዝሑልን ተ</del>ልን እዩ፡ ከምኡውን መብዛሕቱ ግዜ ኣብ ሓጋይ ልዕሊ ቆራሪ ክሊማ እዩ። ስለዚ ከም በዓል ዕፉን ዝኣመሰሉ ዋዒ-ዝፌትዉ ኣታኸልቲ ንምፍራይ ብርቱሪ እዩ፡ ግን ዛሕሊ-ዝፈትዉ ኢታኽልቲ ንምፍራይ ቀሊል እዩ።

ኬል፣ ኮላርድ፣ ካሮቲ፣ ቆጽጣን፣ ሽጉርቲ-ጻዕዳን ኣብ ሓጋይ ወይ ኣብ ጽድያ ምእንቲ ክላኽሉ፡ ኣብ መወዳእታ ክረምት ወይ ኣብ መጀመርታ *ሓጋ*ይ ክዝርኡ ይኽእሱ እዮም።

→ ዓውደ-ኣዋርሕ ኣብ ድሕሪት *ገጽ ረ*ኣዩ።

**ሸፊንኩም ኣዕብይዎም።** ናይ ጽድያ ኣታኽልቲ ኣብ ሓምላይ *ገ*ዛ፣ ወይ አብ "ዝሑል ሳንዱ**ቹ**፣ ወይ ንቐውዓ ክቦ**ቐ**ሉ ንምንዋሕ ብፕላስቲክ ብምሽፋን ጀምርዎ።



ንብዙሕ ዓመታት ዝቦቐል ፍረታት(berries) ወይ ካልእ ዓይነት **ኣታኽልቲ ዝርኡ** ኣብቲ ጸሓይ ዝለዎ ቦታታት ናይ ቅርጺመሬትኩም፡ ብሉበሪ፣ ስትሮበሪ፣ ኣርቲቾክ፣ ኣስፐራጉስ፣ ዋላ ድንኪ ፈረ ዘውጽኡ <u>ኣግራብ ወይ ተኽሊ ወይኒ ዝኣ</u>መስሉ ትኸሉ። ነዚ ክሊማ ዝሰማማዕ ዝበልጸ ዓነታት ተኽሊታት ንምፍላጥ ኣብ ናይ ጃርዲ ስሉጥ- መስመር ደውሉ።

#### Harvest and Share!

Harvest vegetables before they go to seed. See seed packets for "days to maturity" and photos of ready-to-harvest plants, or ask gardeners at your local community garden about when to harvest.

Share your harvest. If you have more than you can eat, share with neighbors or call the Garden Hotline or see the P-Patch and Lettuce Link websites on back to learn about where to donate food.

Saving seeds is easy with most green leafy plants. Just hang the mature seed stalk to dry. Fruiting plants like tomatoes and squash often cross-breed, so saved seed may not produce good fruit. Call the Garden Hotline to learn more about saving seed, or any garden question.





#### ዝራእን ተማቐልን!

**ዘራእት ኹም ምክፋል።** ካብቲ ትበልዕዎ ንላዕሊ እንተ ኣለኩም ምስ ንርባብት ኹም ተጣቐልዎ፡ ወይ ከመይ ኔርኩም ፍረታትኩም ከም አተበርከቱዎ ንምፍላጥ ናይ ጃርዲን ስሉጥ-መስመር ደውሉ ወይ ኣብ ድሕሪት ዘሎ ናይ ፒ-ፓችን ስላጣን መራኸቢ መርበብ ሓበሬታ ተመልከቱ።

**ፌልሲታት ምዕቃብ** ናይ ቀጠልያ ቆጽሊ ዘለዎም ኣታኽልቲ ቀሲል እዩ። ናይቲ ዝዓበየ ዘርኢ ቃንጫ ክነቅጽ ጽተሕዎ። ከም ኮመደረን ስኳሽ ዝኣመስሉ ኣታኽልቲ ዝተዳቐሉ ኣታኽልቲ ኢዮም፡ ስለዚ ዝተዓቖረ ዘርኢ ጽቡቐ ምህርቲ ኣይህብን እዩ። ብዛዕባ ጃርዲን ወይ ፌልሲ ምዕቃብ ሕቶ እንተ ኣለኩም ጃርዲን ዘለዎም ሰባ ወይ ኣብ ስሉጥ-መስመር ደዊልኩም ከትሓቱ ትኽእሱ።

# Prepare Gardens for Winter

Fall is time to clean up the garden, compost dead plants, and protect your garden from winter weeds and from rainfall washing soil away.

**Cover crops** are usually legumes like clover, planted in October to grow through the winter. They protect the soil, and provide nutrients when you dig them into the soil before planting in spring.

Winter mulches should cover any soil areas not planted with overwintering crops or cover crops. Collect fall leaves and spread them 2-3 inches deep to cover exposed soil. You can also chop dead plants and spread them on the soil.

**Composting** returns nutrients back to the soil. Chop up old garden plants, along with grass clippings and fall leaves, to build your compost pile. Choose a shady spot, and moisten materials as you build your pile.

**Or bury food scraps** (to keep animals away) under garden beds all winter to improve the soil.

You can also learn how to compost kitchen scraps in a rodent-resistant worm bin. Weeds and diseased plants, along with dairy or meat scraps from the kitchen, should go into the City's yard-and-food-waste collection for hot composting.

In spring, you can use your compost or buy compost to enrich your soil for another year of growing.





## ንሒጋይ ጃርዲን ምቐራብ

**ቀውዒ ናይ ጃርዲን ምጽራይ፣** ዝሞቱ ኣታኸልቲ ምዱኳዕ፣ ከምኡውን ጃሪዲንኩም ካብ ናይ ቀውዒ ጻህያይን ካብ ፍግረ*መ*ሬትን ናይ ምክልኻል *ግ*ዜ እዩ።

**መሸፈኒ ዘርእታት** መብዛሕቱ ጊዜ ናብ ሓጋይ ንኽቦቑሉ ኣብ ጥቅምቲ ዝተዘርኡ ከም ክሎቨር ዝኣመሰሉ ኣሕምልቲ እዮም። እዚአም ነቲ ሓመድ ይከላኸልዎን ኣብ ጽድያ ከትዘርእ ከትዥዕት እንከለሻ ነቲ መሬት መዓዛታት ይኾኑዎ።

**ናይ ሓጋይ ድርቅምቃም ዕንጨይቲ** ንኹሉ ናይ ሓመድ በታታት ብናይ መከላኸሊ ተኸሊ አብ ቀውዒ ወይ መሸፈኒ ምሀርቲታ፡ ጌካ ከሽፌን ኣለዎ። ነቲ *ጋ*ሀ ኢሉ ዘለ ሓመድ፡ ዝረገፉ ኣቑጽልቲ ብምእካብ ካብ 2-3 ኢንች ዝዕምቆቱ ኔርኩም ሸፍንዎ። ዝሞቱ ኣታኸልቲ ብምቒራጽ እውን ከሽፌን ይከኣል እዩ።





**ምዱኳዕ** መዓዛታት ኣብ ሓመድ ይመልስ። ናትካ <u>መደኩዒ ኩምራ</u> ንኸትሰርሕ ዝላረገ ናይ ጃርዲን ኣታኸልቲ ቆርጽካ ምስ ቁራጽ ሳዕሪን ውዳኞ ቆጽሲ ትእከብ። ጽላል ዠኾነ ቦታ መረጽ፡ ኩምራኻ እናሰራሕካ ክትከድይ እንከለኻ ነቲ ዝኣከብካዮ ጠሊ ከምዝሃርም ግበር።

ተ**ረፍመረፍ ምባቢ እውን ከትቀብር ትኸእል** (እንስሳታ ምርሓኞ) ሐመድ ንምምሕያሽ ምሉእ ሓጋይ ኣብ ትሒት ናይ ጃርዲን ዓራት ቀበሮ።

ናይ <u>ኩሽነት ተረፍመረፍ መግቢ ንምዱኳዕ</u> ኣብ እንስሳታት-ዝጻውር ናይ ሓሰኻ መርቢል ብኸመይ ከምዝግበር ክትመሃር እውን ትኽአል ኢኻ። ጽሃያይን ሕጣም ዛአተዎም ኣታኸልቲን ምስ ናይ ጸባ ምህርቲታት ወይ ተርፍ ስጋን ዝኣመሰለ ምእንቲ ብውዑይ ክዱኳዕ፡ ኣብ ናይታ ከተጣ ናይ ካንሸሎ-ን-ተረፍ-መግቢን ዝእከበሉ ቦታ ከኸይድ ኣለዎ።

**ኣብ ጽድያ፡ ዱፐቲዒዥም ከትጥቀሙ ትኸእሉ** ወይ ነቲ ዝመጽ ናይ ተኸሊ ዕመት ሓመድኩም ንምልጣዕ ድፐቲዒ ትገዝኡ።

#### **Easy Crops for Beginner Gardeners**

#### ቀሊል ኣታኽልቲ ንጀመሪ ጃርዲን

plant seed = P = ተኽሊ ምትካል transplant seedlings = T = ዘርኢ ምስባጋር harvest =  $\mathbf{H} = \mathfrak{P} \mathfrak{V} \mathcal{C} t$ Feb March April Mav Sept Oct Dec Jan June July August Nov *ሞጋ*ቢት ሚያዝያ *ጉ*ንበት ሰነ ሓምለ **ን**ሐሰ መስከረም <u>ጥቅምቲ</u> ሕዳር. ታሕሳስ *ሞጋ*ቢት ሚያዝያ Peas ዓይኒ-ዓተር  $H\rightarrow$  $H \rightarrow$ ሳላጣ፣ ስፒናቺ Cool hardy T P Lettuce, Spinach  $H \rightarrow$ ዛሕሲ ዝፈትወ **Potatoes** ድንሽ Н Onions P  $H\rightarrow$ ሽጉርቲ  $H \rightarrow$ **Bok Choi** ቦክ ቾይ P  $H\rightarrow$ **Beans** P ባልዶንጻ  $H\rightarrow$ Heat Lovers T Tomatoes ከመደረ  $H\rightarrow$ ዝራትወ P Squash, Cucumber ስኳሽ፣ ኩከምበር  $H\rightarrow$ Cilantro ሲላንትሮ  $H\rightarrow$ 04.7 Corn H P H **Beets** H ቀይሕ-ሱር Over-Wintering አብ *ሒጋ*ይ-ዝድቅሱ Kale, Collards, Chard **ኬል፣ ኮላርድ፣ ቻርድ** Н P  $H\rightarrow$ Н P Cabbage  $H\rightarrow$ **ካውሎካ**ቡቺ Н H Garlic ሽጉርቲ-ጻዕዳ H Leeks ቆስጣ Н

#### Learn More about Gardening

#### **Questions? Call The Garden Hotline**

(Seattle Public Utilities) free brochures on soil, composting, watering, pest control, and more.

Language interpretation available.

-Patch Program of Seattle's Department of Neighborhoods provides community garden spaces in many neighborhoods, at low or no cost. Translated classes. Everyone is welcome.

Seattle Parks classes, community gardens

#### City of Seattle's Food website

Find a garden space to share

Urban farming news and resources

#### **WSU Extension Master Gardeners**

**Lettuce Link** information on gardening, sharing harvests, and *Gardening for Good Nutrition* 

Seattle Tilth provides classes, demonstration gardens, volunteer opportunities, and The Maritime Northwest Garden Guide

#### 206-633-0224

ኢ-መይል <u>help@gardenhotline.org</u> www.gardenhotline.org

#### 206-684-0264

ኢ-ምይል *p-patch.don@seattle.gov* www.seattle.gov/neighborhoods/ppatch

www.seattle.gov/parks/pufs

www.seattle.gov/food

www.urbangardenshare.org

www.urbanfarmhub.org

http://gardening.wsu.edu

www.solid-ground.org/ programs/nutrition/lettuce

www.seattletilth.org

#### ብዛሪባ ጃርዲን ፍለጡ

#### ሕቶታት? ናይ ጃርዲን ስሉጥ መስመር

ነጻ ሓዲር መባለጺ ጽሑፍ ብዛዕባ ሓመድ፣ ምዱኳዕ፣ ማይ ምስታይ፣ ምቁጽጻር ባልዕ፣ ከምኡውን ካልእ ተውሳኺ። ኣተርንምቲ ጞንቋ ኣለዉና።

ፕሮግራም ፒ-ፓች ናይ ስያትል ክፍሊ ከባቢታት ብዝሓሰረ ዋጋ ወይ ብፕርሑ ኣብ ብዙሕ ከባቢታት፡ ናይ ማሕበረ-ሰብ ቦታ ጃርዲን የኞርብ። ዝተተርጎሙ ትምህርቲታት። ኩሉ ሰብ ክካሬል ዕዱም እዩ።

ትምህርቲታት፣ ናይ ማሕበረ-ሰብ ጃርዲናት

ከተጣ ስያትል - መግቢታ

ቦታ ጃርዲን ተኻፈሉ

ዜና ሕርሻን ምንጪታትን

ሰብ ሞያ ጃርዲን

<del>ሓበሬታ ብዛዕባ ጀርዲንን ምህርቲታት ምክፋልን</del>

ትምህርቲታት፣ ምርኢት ብዛሪባ ጃርዲን፣ ዕድላትን ንወለንትነት።



