

Napili Community Garden

A place to share knowledge, friendship, family and food.

FROM OUR CHAIRPERSON LISA BERG

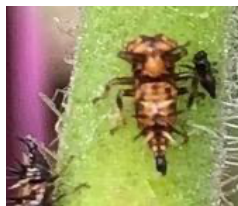
Spring has sprung and it's such a joy to be in the garden with all our members digging in.

So pleased with our amazing new council who are excited to share their time and talent with our community. Please reach out to any of us with your ideas and concerns.



Our new Plot Manager Marie created this beautiful newsletter to support our community. Marie's job is to track community work hours and plot conditions, to help encourage members so they can be successful. Please welcome her feedback and support and know she's here for you 100%. She's always in the garden so please say hi and give her some aloha.

I can't believe this is my 10th year in the community. Besides growing food, we love the diversity of the people and plants in our community and find we spend as much time talking story as tending our garden. Stop by and visit us in N16 & N15 and see our giant lemon (aka ponderosa lemon) tree!



After many battles with pests, I've found the best organic bug spray that works on everything from oriental flower beetles, to tripps and the black moldy stuff. Simply spray it on, let it dry then

hose it off. Spray daily for a week and it usually works. You can easily make your own or buy organic insecticidal soap from the hardware store.

Not So Secret Recipe

- * 2 tsp castile soap,
- * 1 tsp of food grade oil
- * water - 24 oz spray bottle

These are tripps. They LOVE to feast on your eggplant & tomatoes as much as you do. They're fierce but so is this recipe. Good luck!

With gratitude and aloha - Lisa

NUTSEGE ALSO KNOWN AS NUTGRASS



Management

The best approach for avoiding nutsedge problems is to prevent establishment of the weed in the first place. Once established, nutsedge plants are difficult to control. Prevent establishment by removing small plants

before they develop tubers.

Cultural Control: Removing Plants and Tubers

Tubers are key to nutsedge survival. If you can limit production of tubers, you'll eventually control the nutsedge itself.

To limit tuber production, remove small nutsedge plants before they have 5 to 6 leaves; in summer this is about every 2 to 3 weeks. Up to this stage, the plant hasn't formed new tubers yet. Removing as much of the plant as possible will force the tuber to produce a new plant, drawing its energy reserves from tuber production to the production of new leaves.

Continually removing shoots eventually depletes the energy reserves in the tuber, because the nutsedge will have to use 60% of its reserves to develop the first plant and 20% for the second. However, mature tubers can resprout more than 3 times. Even though these newer sprouts start out weaker than the previous ones, plants can develop from them and produce new tubers unless you remove them. The best way to remove small plants is to pull them up by hand or to hand hoe. If you hoe, be sure to dig down at least 8 to 14 inches to remove the entire plant. Using a tiller to destroy mature plants only will spread the infestation.

WELCOME NEW MEMBERS

Please welcome & get to know our garden members.
If you see them in the garden please stop by and say aloha.

Plot B-05 Trevor and Carly
Plot C-01 April (returning member)
Plot C-07 Courtney
Plot BP-01 Dustin and Michiko
Plot K-10 Kathy and Tony
Plot K-11 Kanani
Plot M-18 Ryan and Alandra
Plot Q-21 Leanna & Ricky
Plot Q-22 Alyssa & Olly
Plot Q-28 Ashleigh & David

Plot C-01 Heather



Trevor, Courtney & Carly



Plot A-08 Lynnsey



Plot N-18 Nick, Sahily & Soliel Scott



ADDITIONAL LEARNING ON MAUI

Intro to Grafting

Jayanti is very enthusiastic about teaching more people to learn the art of grafting fruit trees.

GRAFTING CLASS JUNE 25, 2023 - 9:30AM

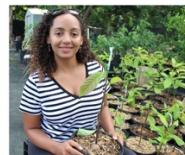
COME LEARN THE ART OF GRAFTING
& AIRLAYERING TO PROPAGATE TREES



To sign up please email nwnMaui@gmail.com
Or text: 808-344-4922



NATUREWORKS
FRUIT TREE NURSERY
808-495-9605



THE BEST COLLECTION OF EXOTIC FRUIT TREES FOR SALE ON MAUI

Address 70 West Kuiaha Haiku, HI 96708
Hours Tuesday: 10AM–4PM Thursday: 10AM–4PM
Saturday: 10AM–4PM
Phone 808-495-9605

WORK DAYS IN MAY

May 20th 8am-10am

May 27th 10:30am-12:30pm

Come and work with fellow gardeners. We will be cleaning abandoned plots and community areas. It's more fun and easier to work your hours as a group. Also a great opportunity to meet other garden members. Hope to see you there. Please join us!

FRIENDLY GOOD NEIGHBOR REMINDER

1. Clear pathways **2 ft** around your plot
2. Stay within your plot: when putting up a fence and growing something on the fence it will eventually block the pathway. Please be mindful.
3. Weeds are not only a problem for you but will be shared with your neighbors. Please weed!
4. Selling what you grow is not permitted
5. Fences need to be **4 ft** or under
6. We are an organic garden; chemical pesticides or herbicides are not permitted

LIST OF THINGS TO PLANT IN MAY & JUNE

Arugula, Beans, Carrots, Celery, Collards, Corn, Cucumber, Endive, Kohlrabi, Lettuce, Melons, Mustard, OKRA, Peas, Peppers, Pumpkins, Radish, Radicchio, Rutabaga, Scallion, Sorrel, Squash, Swiss Chard, Tomatoes, Turnips and Watermelon.

Herbs: Anise, Basil, Borage, Calendula, Catnip, Chamomile, Caraway, Chives, Comfrey, Dill, Echinacea, Lavender, Lemon Bee Balm, Lemonbalm, Lemongrass, Mugwort, Oregano, Parsley, Sage, Tarragon, Toothache Plant, Thyme and Yarrow
Pretty much EVERY **Herb!!!** Don't forget the **Wildflowers!**

WHAT IS THE MOON CYCLE FOR GARDENING?

The principle behind lunar phase gardening is fairly simple. When the moon is waxing (changing from new to full), the time is right for planting seeds that yield fruit above ground. When the moon has passed full and is waning (diminishing) the time is right to plant root crops with edible parts below the soil.

Questions, comments, concerns? We're here to help napiलगarden@gmail.com

LET'S GET COOKING WITH POPPY

One of our long-standing garden members.

Hello, I'm Poppy. Delighted to meet you!



I love creating exquisitely delicious food from beautiful, seasonal, and exotic produce. Gardening and living in nature's paradise makes it easy. Come learn how you can feel more alive with nutritious plant-forward recipes in your own kitchen. Poppyswildkitchen.com

CRUNCHY RAW CHAYOTE SALAD WITH PAPAYA

PREP TIME: 15 MINUTES COOK TIME: 5 MINUTES
TOTAL TIME: 20 MINUTES SERVINGS: 2 CALORIES:
295KCAL AUTHOR: POPPY HUDSON

Crunchy raw chayote salad, sweet papaya, and mint in a sensational citrus vinaigrette. Only 20 minutes, toasted sunflower seeds add protein. Recipe takes advantage of under ripe papaya



PARTS

Topping 4 TB raw sunflower seeds

Dressing 2 TB ripe calamansi lime juice 4 tsp. extra-virgin olive oil 1/2 tsp. mild chili powder 1/2 tsp. sea salt

Salad 2 cups spiral cut chayote, at least ¼ inch thick
1/2 cup julienne sliced red pepper 1 cup julienne sliced under-ripe papaya 1/2 cup sliced green onion
1/4 cup sliced fresh mint 1/4 cup chopped fresh cilantro

INSTRUCTIONS

Toast Sunflower Seeds

- Toast sunflower seeds and hold them aside to cool while preparing the chayote salad.

Make Dressing

- Whisk dressing ingredients in a small bowl or shake in a jar. Place in the refrigerator while preparing the chayote salad.

Make Chayote Salad

- Peel chayote and cut it into zoodles with a **spiralizer**. Choose the blade that makes ¼-inch cuts. Or, use a knife to slice chayote into ¼-inch julienne slices or grate on the largest holes of a box grater.
- Peel and remove seeds from papaya and slice into ¼ inch julienne slices.
- Slice red pepper into ¼ inch julienne slices.
- Thinly slice fresh mint and green onions. Chop cilantro.

Serve

- Plate chayote salad portions and drizzle dressing over the top just before serving. Top with toasted sunflower seeds.

INGREDIENTS

- Choose **firm papaya** that is mostly green with just a little yellow showing at the stem end and in patches elsewhere. You want it to hold its shape in the salad but be turning orange inside and lightly sweet.
- Use **mild chili powder**.

Substitutions

- **Red peppers** - any color sweet pepper is fine.
- **Green onions** - sweet Maui yellow onions as well as Vidalia and Walla Walla work well.
- **Cilantro** - if you are like others who dislike cilantro try substituting Thai basil.
- **Sunflower seeds** - pumpkin seeds and pine nuts make delicious variations.

- **Olive oil** - can be substituted with mild-tasting vegetable oil.
- **Chili powder** - for a less spicy or piquant dressing, use paprika.
- **Calamansi lime** - mix equal parts tangerine and lime juice if you don't have calamansi.

Preparation

- Slice or spiral cut **chayote** ¼ inch thick to prevent the dressing from making chayote soggy.
- Whisk **dressing** separately and hold aside while tossing salad. Add dressing just before serving.

Storing

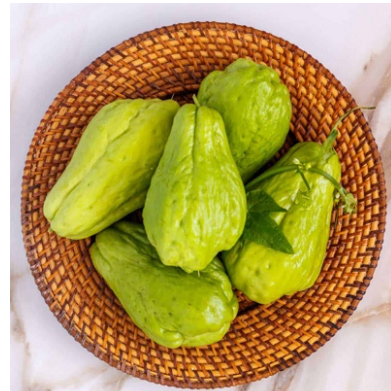
- If making the salad ahead of time, store dressing and salad **separately**. Store up to 3 days in the refrigerator.

Serving

- **Drizzle** dressing over individually plated salads just before serving. This keeps the salad ingredients crisp and crunchy.

NUTRITION

Calories: 295kcal | Carbohydrates: 26g | Protein: 7g
| Fat: 21g | Sodium: 681mg | Potassium: 645mg |
Fiber: 8g | Sugar: 11g | Vitamin A: 3194IU | Vitamin
C: 112mg | Calcium: 100mg | Iron: 3mg



Be sure to join our Facebook group!

YOUR 2023 GARDEN COUNCIL

- Lisa Berg, Chair
- Angela Quatrala, Vice Chair
- Gary Wellen, Treasurer
- Barbie Yamamoto, Membership Manager
- Marie Wakelee, Plot Manager
- Anita Sweet, Project Manager

Napiligarden@gmail.com