

# OVER THE GARDEN FENCE

## Events

- **November 22** —Master Gardener monthly meeting
- **Fall—Lunch & Learn Series**  
<https://masterygardener.osu.edu/resources/2021-2022-hort-happy-hour-and-lunch-learn-webinar-series>

## Award Winner



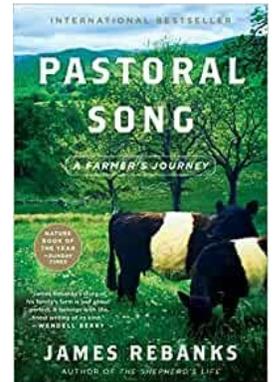
Our very own Ed has won the 2021 OSUE Outstanding Master Gardener Volunteer Coordinator Paid/STAFF award! The award singles out a person who displays the positive attributes of being a good communicator, is enthusiastic, is a motivator and shows the leadership skills that benefit the MG program. Ed is all of these things and more. For instance, he has provided continuing education opportunities for regional and statewide MGV and he has been the force behind our Athens MGV setting the standard for meeting the challenges of running an intern program online. He is very deserving of recognition for all his work with MGVs.

November 2021

## Pastoral Song — Marcia Burchby

**Pastoral Song: A Farmer's Journey** by James Rebanks, 2020, named 'Nature Book of the Year', describes the authors' life on the farm his family has worked for 600 years in England's Lake District. Rebanks was introduced to farming by his grandfather, who used mixed rotational farming in a patchwork of crops, animals and wildlife. By the time he inherited the land, the push for efficiency and increased production had nearly eliminated those practices and landscape.

Rebanks explains that *this landscape was created in the supermarkets of America—by the cult of cheap food. The people in those shops seem not to know, or care much, about how sustainable their food production is. The share of the average American citizen's income spent on food has declined from about 22% in 1950 to about 6.4% today. But it is worse than that, because the proportion of every dollar spent on food that goes to the farmer has declined massively to around 15 cents and is still declining. The money that people think they are spending on food from farms almost all goes to those who process the food, and to the wholesalers and retailers.*



The transition to cheap food has led to ecological disaster, with work being done by immigrant workers who have been displaced from their own farms, self-navigating machines, reliance on pesticides, herbicides, and intense monocropping.

*Our power to beat up Mother Nature has grown exponentially in my lifetime, wearing the mask of progress. And because of that we have destroyed things on a scale our ancestors would scarcely have believed. The old faith that the natural world has limitless reserves and resources has been tested to destruction.*

In a society that has become obsessed with food choices and ethics, most people have become disconnected from the practical agricultural and ecological knowledge to make those choices. *Now people worry about what they should eat but have largely lost sight of how their local landscapes should be farmed and what foodstuffs they can produce sustainably. Most people are now largely illiterate when it comes to agriculture and ecology.*

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## Pastoral Song—*continued*



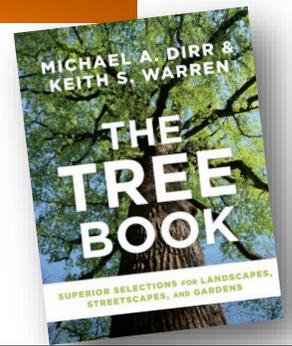
Pastoral Song presents an example of how to find a balance of how to use land and animals sustainably, recognizing that the global challenge of living sustainably on this planet is really a local challenge.

Pastoral Song is available at the Athens Public Library.



## Master Gardener Lending Library

A lending library is being developed for Master Gardeners at the Extension Office. What is needed are any books that you have, and would like to donate, that have good, up-to-date information for the benefit of other gardeners. If you have books that you would like to donate please bring them to the Extension Office labeled “MG Lending Library”. Once we have the books organized, check out will begin. If you have any questions, suggestions, or would be willing to help with this project, please contact Terrie Perez at 619-244-0356 or [tjperez5@gmail.com](mailto:terrie.perez5@gmail.com)



## Digging Deeper — *Ceil Weldon*



The monthly meeting for October was again a Zoom affair. Our program presenters were Ivan Orquera who has been coordinator of the Veggie Van for two years and Maribeth Saleem-Tanner who is the new Executive Director of CFI. Maribeth began the program by explaining that CFI is an Athens based non-profit that has been addressing food insecurity in the county for 30 years. CFI has a goal of supporting a sustainable food system in which everyone can have access to healthy local food. This goal is accomplished through a wide array of community action programs which include the Community Gardens, the School Gardens and Sprouts, the Discovery Kitchen and Workshops as well as the Donation Station at the Farmers Market where food is collected and used to serve anywhere from 15-20 various food pantries and partner organizations per week and 50 to 60 during the year.

Ivan then continued to tell us about the Veggie Van operation. The Veggie Van operates 10 months out of the year with the goal of providing a source of fresh produce to rural communities with low access (AKA “food deserts”). The Van collects fresh produce at places like the Chesterhill Produce Auction and then sets up as a fresh produce stand with a suggested donation for the price. Customers can donate more or less...the idea is that some that can afford to pay a bit extra then support those that need to have free produce. Glouster was the first market site in 2020 and served about 400 residents. Nelsonville and Coolville were added this year and a total of 1600 residents were served. This is all part of the Rural Action Buying Club.

November  
Garden



Chore

- Clean out diseased plants and dispose of them
- Put all other plant debris in compost pile
- Take soil samples
- Plant cover crops
- Prep new areas for next year's garden

Plant of the Month



**Winter squash** is an annual fruit representing several squash species within the genus *Cucurbita*. It differs from summer squash in that it is harvested and eaten in the mature stage when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage, most varieties of this vegetable can be stored for use during the winter. Winter squash is generally cooked before being eaten, and the skin or rind is not usually eaten as it is with summer squash - Wikipedia

Pumpkin — Molly Gassaway

It's officially Fall...and time to enjoy all those pumpkins you grew! Here is a recipe for "pumpkin puree." Think of this as the home-made equivalent to canned pumpkin, as in you can substitute it in any recipe calling for canned pumpkin and the flavor will be remarkably sweeter and extra delicious. Roast the seeds collected by creating the puree or save them for planting next year (see below). YUM!

If you have an especially nice one, it's easy to save the seeds and try to grow more next year. To do so, scoop out all the innards and then separate the seeds from the pulp. (This is easy to do in a colander under running water!) There will likely be more seeds inside the pumpkin than you will ever be able to plant, so look over them and choose the biggest seeds, and dry them on a dry paper towel. Make sure they are spaced out so they don't stick to one another. Place in a dry, cool spot for one week. Store them in the refrigerator, making sure whatever container they are in isn't totally sealed to avoid condensation build up. Place in the back of the fridge, and next spring you'll be ready to re-plant your pumpkin patch!



INGREDIENTS

- 1 Pumpkin
- 1 Teaspoon olive oil (optional)

DIRECTIONS

1. Preheat the oven to 400°
2. Cut the pumpkin in half.
3. Scoop out the seeds (you can roast these!)
4. Place pumpkin halves on a large tray and bake for 45 to 60 minutes, or until fork-tender.
5. Scoop the flesh out and puree it in a food processor or blender.

Happy Thanksgiving

