

TIPS FOR GROWING YOUR OWN FOOD

March, 2023, V1N1

Gardening Resources with Dr. Slate

Community Gardens



Is There One Near You?

Welcome to the March 2023 newsletter. Before we get started I bring attention to the community garden movement. It is not new, of course. I can recall several popping up as a youth. It was due to the inflation of the 1974-1975 period.

There are two styles. One, the garden is communal and the produce shared. Two, the garden is allotted in plots and the owner decides what happens with the produce.

Most are low-fee oriented and could be a good way to expand your food production or even start your own food production. The easiest way to find them is to search your favorite search engine using “community gardens near me” as the input. Above is a picture of a community garden in Matthews, North Carolina. *Copyright, Jamie Slate*

The Spring Equinox



Spring Fling or a Big Change?

Here comes Spring! And amen! I have always liked the vagary of the equinox because, well, it is never on the same day of the year. This year's Spring Equinox occurs on March 20, at precisely 5:24 pm eastern time, USA. Cool!

So what does it matter? This precise time is when the soil becomes even warmer, rains are coming, there is a lessening chance of frost and more sun! The days get longer!

So, in zones like 6 and 7, this means you can start sowing anything! Did you miss getting in your cool season plants and seeds in March? There is no need to worry. There is still time and you can throw down those summer seeds and plants, too.

Some folk just roll with Easter as the sign to plant. Both Easter and the Spring Equinox signify new growth and Easter in the west is determined by the First Sunday after the Full Moon on or after the Spring Equinox. Basically, folk that plant by Easter are planting by the moon calendar.

You can learn more at the [Farmer's Almanac](#) regarding moon phases.

Planting By Frost Dates



Frost or Moon Phases?

We plant by frost dates. Why? Because latitudes are impacted by the average first and last frosts. And those dates impact the success of planting seeds or plants.

The averages are kept by the NOAA and are available free. I find the Farmer's Almanac tool for average frost dates to be the easiest to use. It reports the "average" as the 70th percentile, meaning there is still a 30% chance of frost after that date. You can check out the tool [here](#).

Happy Gardening 2023~

Good luck to you in 2023~ And please share this newsletter with your friends. It is never long but full of useful information. And if you are reading this newsletter as a share you can subscribe by the link below.

Jamie



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