

The Dirt

CCUA's seasonal growing guide and news



Volume 2 , Issue 1

March 2013

Special points of interest:

- **Farewell to Dan, Sam & Natalie**
- **Calendar of events**
- **How to get more from your involvement with CCUA!**

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Growing and Changing

Hello Friends!

A bittersweet result of CCUA's growth is the transition of some valuable staff members. Recently we said farewell to three dedicated staff members; Dan Soetaert, Samantha Pounders, and Natalie Suntrup. All three are moving onward to other endeavors and leaving staff positions. All three of these individuals have left their mark on CCUA;

Dan was one of our founding members and was instrumental in the development of the Opportunity Gardens and Landscaping programs;

Sam worked with us for close to two years and helped solidify the structure and organization of the Opportunity Garden program;

Natalie was responsible for the streamlined, coherent, and professional looking marketing materials that have aided in CCUA's rapid expansion in the last year.

We are taking a pause this season to thank these folks for their valuable contributions to CCUA. We are sad to lose them, but so happy for their new adventures and wish them abundance and success in all they do. Another great side to these changes is that we are now welcoming a whole new team of dedicated people ready to serve you and the community of Columbia. We will be introducing our new team to you and all their great experience in the May issue of The Dirt. Stay tuned!

Thank you for your support of CCUA and for helping us say 'Thank You' to our outstanding staff! Please come meet everyone at the upcoming potlucks, volunteer work days at the farm and other CCUA Events!



SPRING FRITATA

Serves 4

Prep time: 15 min, plus
10 min cooking

Frittata is not only a wonderful, quick-to-prepare meal, it is also a tasty way to use up leftovers. We use some of our favorite vegetables here, but any meat or vegetables in season from your garden or farmers market may be substituted. Eat it warm, eat it cold, eat it as a snack or lunch on-the-go.

*“To forget how to dig
the earth and tend the
soil is to forget
ourselves.”*

Mahatma Gandhi

- 4-5 eggs
- 1 Tbsp butter
- 1 cup spinach, chard, or kale – torn
- 2 tsp finely chopped oregano
- ½ cup diced radishes
- ½ cup finely chopped green onions
- ½ cup grated cheese (optional)
- 2 strips bacon (optional)
- Salt to taste (note: if you have used cheese and bacon, less salt will be needed.)

other great veggies : daikon, tomato, broccoli, shredded carrot, sweet potato, mushrooms, sugar snap peas and more!

If you are using bacon or another meat, cook it completely before adding it to the other ingredients, as the frittata cooks very quickly. Cut the vegetables. Turn on your oven broiler and move the rack close to the heat. Then whisk the eggs in a bowl.

In a 9-inch cast iron skillet, (you may sauté in another skillet if you do not have a cast iron skillet, but will have to switch to a baking dish when putting in the oven) warm the butter over low heat on your range top. Add the vegetables and cooked meat (if using) and cook briefly, about **five minutes**, then pour the whisked eggs evenly over the vegetables. Tilt the pan and use a spatula to let the eggs slip underneath the vegetables. When the eggs start to cook, sprinkle with cheese and put the skillet under the broiler. Cook until the cheese is just melted and the frittata is slightly puffed and beginning to brown, about **2-5 minutes**. Serve hot, room temperature, or cold, with a green salad.



Vegetable to know: Spinach

Spinach: *Chenopodiaceae*
(Beet family)

Soil: Rich soil that has been generously amended with compost.

Position: Sun to Partial Shade

Frost Tolerant: Yes, survives winter with mulch in many climates.

Perennial: No

Fertilizing: Not needed for spring crops grown in rich soil, but older plants benefit from feeding with the liquid feed in spring, when they show vigorous new growth.

Companions: peas & beans

Spacing:

Single Plants: 0'8" each way (minimum)

Rows: 0'8" with 1'0" row

gap (minimum)

Sow and Plant: Easy to grow from seeds sown in spring, one-half inch deep and 2 inches apart.

Notes: Keep well watered. Spinach grows tall and goes to seed when days become long and hot. Grow a second crop in the fall.

Harvesting: Pick individual leaves, or allow plants to grow into dense leafy rosettes.

Troubleshooting: Slow growth and yellowing leaves indicated nutritional stress. Drench with a water soluble plant food. Or worm tea.

Nutrition: It is a good source of Niacin and Zinc, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vita-

min K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese

Succession Planting:

Direct seed from March 3 through April 15. This is great for extended harvests.

Preserving:

Wash and “blanch” in boiling water for 2 minutes, then put in a bowl of ice water immediately. Put in zip lock freezer bags and squeeze air out and put in freezer. Label and date bag.

Tell us your favorite recipes!

Have a tip or question about Spinach or other spring crops, please contact us.



KEY:
 DS = Direct Seed
 S = Start Indoors
 H = Harden Off
 T = Transplant Outside
 █ = Kilgore's Every Wed.

To Do in the garden this week:

3/10
 DS - Carrot, Radish, Onion sets, Peas, Spinach, Leeks, & Beets

3/17
 DS - Beets, Radish, Dill, Cilantro, Onion, & Spinach
 S - Parsley & Chard

3/24
 DS - Lettuce, Onions, Spinach, Radish, Beets, & Peas
 S - Tomatoes, Peppers, & Eggplant

3/31
 DS - Beets, Peas, Parsnips, & Radish, & Spinach
 S - Summer squash & Nasturtium

4/7
 DS - Beets, Lettuce, Chard, & Spinach
 T - Lettuce S - Dill & Parsley (Soak parsley seed overnight)

4/14
 DS - Beets
 S - Basil, Pole beans, Squash & Cucumbers

4/21
 DS - Beets
 S - Kale, Swiss chard, squash, & Calendula

4/28
 S - Second round Tomatoes, Peppers & Eggplant
 H - First round of Tomatoes, Peppers & Eggplant (Put in 4 inch pots)

5/5
 T - Round 1 of Tomatoes, Peppers & Eggplant
 S - 3rd Round of Tomatoes, etc.
 H - Cucumber, Tomatoes, etc. (Round 2), & Basil

5/12
 DS - Okra
 T - Kale, Swiss Chard, Cucumbers, Basil, Squash, Tomatoes (Round 2)

5/19
 T - Kale, Fennel, & Swiss Chard

5/26
 DS - Okra, Zinnia, & Sunflowers

| ~ March 2013 ~ | | | | | | |
|--|---|---|--|--|--|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 Chicken Health & Preventative Care | 15 | 16 |
| 17 | 18 | 19 Composting Workshop by City of Columbia | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | ~ April 2013 ~ | | | | | |
| | 1 | 2 | 3 Kilgore's Giving Garden Work Day, Training @ 4:30p, Work 5-8p | 4 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ 5th & Park | 5 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p | 6 Urban Farm Volunteer Work Day, Training @ 9:30a, Work 10a-2p |
| 7 | 8 | 9 | 10 | 11 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ Urban Farm | 12 | 13 Composting Workshop by City of Columbia |
| 14 Urban Farm Volunteer Work Day, Training @ 2:30p, Work 3-7p | 15 | 16 | 17 | 18 Urban Orchard Work Day, Training @ 4:30p work 5-7p @ 5th & Park | 19 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p | 20 Urban Farm Visit Day, 10a-12p |
| 21 | 22 | 23 | 24 | 25 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ Urban Farm | 26 | 27 |
| 28 | 29 | 30 | ~ May 2013 ~ | | | |
| | | | 1 Kilgore's Giving Garden Work Day, Training @ 4:30p, Work 5-8p | 2 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ 5th & Park | 3 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p | 4 Urban Farm Volunteer Work Day, Training @ 9:30a, Work 10a-2p |
| 5 | 6 Introduction to Canning and Preserving | 7 | 8 | 9 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ Urban Farm | 10 | 11 |
| 12 Urban Farm Volunteer Work Day, Training @ 2:30p, Work 3-7p | 13 | 14 | 15 | 16 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ 5th & Park | 17 CCUA Educate and Innovate Potluck @ the Urban Farm, 6-8p | 18 Urban Farm Visit Day, 10a-12p |
| 19 | 20 | 21 | 22 | 23 Urban Orchard Work Day, Training @ 4:30p, work 5-7p @ Urban Farm | 24 | 25 |
| 26 Yard to Skillet: Chicken Processing | 27 | 28 | 29 | 30 | 31 | |



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Food is good.

The vision of Columbia Center for Urban Agriculture is a healthy and active community with a vibrant local economy.

Our mission is to facilitate the development of local and urban agriculture food systems and their community, environmental, economic, and health benefits. CCUA uses many approaches to reach this Vision and Mission.

Our organization is very entrepreneurial in nature and uses a range of strategies. We perform on and off farm education for all ages and back grounds. We conduct outreach initiatives with our Opportunity Gardens to provide garden mentoring and supplies for low income families and institutions that serve disadvantaged people. We perform advocacy for maintaining a healthy food system in the Columbia area. CCUA also does edible landscaping services with roots in hands-on education to help families, churches, and businesses install and maintain edible and ornamental gardens. We have the Urban Farm where we manage a production farm growing market vegetables, fruits, and eggs for sell on site, at farmers markets and to local restaurants.

How to get more involved in the local food movement

Our favorite endeavors are ones that involve you! When you participate in our programs and initiatives you help the local food movement grow! There are many ways to get involved: share your stories, gardening tips, pictures, or recipes; come to workshops, potlucks, farmers markets and events; plant a garden or a fruit tree. We love to talk gardening and would love to talk with you about yours!

Please feel free to stop by the Urban Farm on 1207 Smith Street, to volunteer, share a meal, ask a question and buy produce. Visit our website for more information: www.columbiaurbanag.org, or give us a call at (573) 514-4174. Follow us on Face book and Twitter!

We look forward to hearing from you!

