

Hayden Garden Club meeting notes & news

We had a great turnout and yummy food (thanks,cooks) at the April 20th Hayden Garden Club meeting.

Andoni gave an informative presentation about soil amendments. Soil is a balance of proportionate water, air, organic matter, and mineral content. Your garden soil can be analyzed to learn if amendment is needed, or you can do the assessment on your own to determine if a root would be happy growing there. Composting is the best way to amend and nurture the growth of your plants, particularly if your soil is of the clayish variety, which can be too dense to allow roots to get enough air. So pile up those old leaves, kitchen scraps (no meat oils or dairy), throw on old manure, water well, and bake in the hot sun till done. Your plants will reward you. If you need some good manure, ask Tammie for horse and chicken manure. Rebecca said that letting weeds soak for awhile in a bucket of water is a nice tea to add to the nutrient value of the soil, but it stinks., so be sensitive to your neighbors.

Eva Gibbons, of Hayden Pilates, gave a few pointers on how to protect your back (suck in the tum, and pull in the muscles of the pelvic floor). Let your strong abs support your back and your shoulders. Bend the legs, not the back, to get low. Use those hip hinges. And quit before you start to ache. Little by little, everything gets done.

Donna Hackley from VNA talked about ongoing efforts to build a community garden at The Haven. There will be a Volunteer Day May 12th. Join in a fun day with other volunteers from the Rocky Mountain Youth Corp, local Master Gardeners, and our very own Hayden Garden Club. For more information, call Donna Hackley at 879-1632 or just show up ready to work on the 12th.

Loita passed out some fresh starts that she dug from her garden and some mache (corn salad) seeds for folks to take home. Thanks Loita for sharing the bounty.

We had a discussion about any structuring that we might want to (or not) infuse into the Hayden Garden Club. We decided we're liking the organic nature of our club, but it would be helpful for one person to volunteer to take notes at the beginning of each meeting. It also would be nice for people to rotate bringing snacks. We also talked about building a pot of

money that could be used for projects like the Haven or the Hayden beautification program.

Plants, Seeds and Seedling Sale and Exchange on Saturday, May 16th. Bring your treasures to Yampa Valley Feeds between the hours of 9-noon to sell, give away, or exchange. Lets see what happens! Call Betsy Blakeslee @ 276 4770 if you want to hang out and help with the May 16th Plants, Seeds and Seedling Sale at Yampa Valley Feeds (the Granary).

The next Hayden Garden Club meeting will be a potluck is at 3:00 pm, on Saturday May 16th, at Ken and Eva Gibbon's house at 102 S 4th street in Hayden. Bring something to grill, and something to share. Among other things, we'll be discussing the Hayden Beautification Project, our efforts to spiff up downtown, and the future unfolding of the Hayden Farmer's Market. Festus will give a presentation on Composting.

Respectfully submitted,
Betsy Blakeslee
276-4770