Tulalip dxʷlilap

"The Greens of the Earth"

Garden Newsletter

April 2012

Spring gardening finally arrived on March 10th!

This was the date of our first Saturday Garden Gathering. We appreciated everyone who came and enjoyed a part of the day with us. We have been working on several projects. Pictured are the many different work projects we had going in the past 5 weeks or so. If you are interested in attending the garden project, feel free to join in and help out, we welcome new people.

Our next gathering is this Saturday, April 14th from 10:00 am - 2:00 pm

"Gardening Together as Families at the Hibulb Cultural Center"

Hibulb Cultural Center and Natural History Preserve

Natural Resources

Washington State University Snohomish County Extension

Washington State University Master Gardeners Extension

Tulalip Health Clinic

Tulalip Clinical Pharmacy

Opossums!

One recent day, a couple of us were cleaning out the greenhouse located at the Hibulb Cultural Center, when we found a box with a nest of Opossums. At first glance, I thought they were rats and ran out with a scream thinking they would chase me down or at least out run me out of the building. I ran right inside to my desk and made two phone calls. One to the Natural Resources wildlife biologist who said he thought they could be Opossums and to take the box outside and release them. Well….that sounds much easier than it really is, especially since I just came running in the building out of breath and frantic. So I called building maintenance hoping they would come quickly to my aid but I guess the idea of a box of rats or opossums was not to inviting to them because they didn't come until the next day. After a little staff discussion, we recruited a father and son who were at the Hibulb Cultural Center and they went out, picked up the box (brave souls) and released the little family of opossums back into the woods. This caused me to do a little research and I found the following article educational. Next time, I find a nest of opossums I wont be so scared but rather I will hopefully be more pleasantly surprised to have found them.

Listed below is an adapted article written by Washington Department of Fish and Wildlife
Go online to http://wdfw.wa.gov/wlm/living.htm, Living with Wildlife in the Pacific Northwest

A Big Thanks to the woodworking team for building our garden boxes!

More Appreciation!

We would like to thank Maureen Hobin on the NACTEP - Edmonds Community College woodworking projects and Jason Gobin for his efforts on the garden trellis.

Garden Woodworking

Would you like to construct a raised bed for your yard?
Here is a simple design with materials list, cut list and assembly instructions. You can be creative and design your own layout for the raised beds based on how much space you have available. Here are a few guidelines to follow:

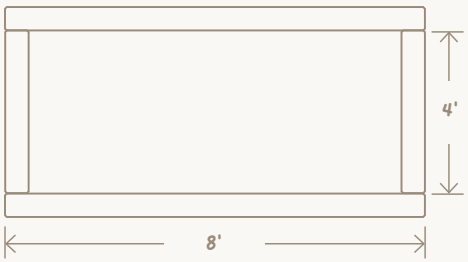
- Make sure you are close to a water source. There is nothing worse than having to haul water. Plus quite often the plants won't get enough water and you will end up disappointed with your crops.
- Make sure you get good sun exposure.
- Make the raised beds a comfortable height to harvest from. Our plans are for raised beds which are 24 inches tall. Keep in mind climbing vegetables they should be closer to the ground level like peas, pole beans, corn etc.
- Consider the wildlife and domestic animals in your neighborhood. Is a fence necessary around your garden?

If you have questions about your garden plans, feel free to contact me. I am here to help you get started.

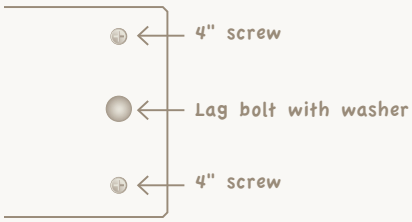
How to make one of Hibulb Cultural Center 4' x 8' garden boxes

You will need:

6 each	2" x 12" x 8' better dry fir
8 each	¼" x 4" galvanized lag bolts
8 each	¼" galvanized washers
20 each	4" galvanized screws



Aerial View



Side View

Getting to know our Garden Members and New Program Support Volunteers!

The next time you see them say hello and share a gardening tip!

My name is ***Virginia Jones***. My parents are Joe and Carol Jones. My grandparents are George Jones Jr., Florence Mckay, Virginia Steinbach, and Walter Steinbach. I have lived in Tulalip my entire life. I was raised knowing the importance of prayer and being thankful to the Creator. I was very fortunate to experience prayer in many forms and life ways. I will always carry the teachings with me in my heart of the one who helped me grow humbly through prayer. This gardening project is an experience that I hope to be able to learn the teachings of the earth as well as part of our culture. I am very honored to be able to share a prayer in the language of our people.

Our garden prayer and blessing song was provided this year by Virginia Jones.

Ravyn B. Ramos, ARNP, FNP-C, N.D.

Hello! I am a licensed, board-certified Naturopathic Physician and Family Nurse Practitioner at Tulalip Health Clinic. I practice primary care family medicine for patients of all ages. My practice style is grounded in modern medicine; however I sometimes also utilize herbs and supplements, nutrition, mind-body techniques, and joint adjustments (similar to chiropractic) where appropriate for your condition. You will find that I have a very holistic approach to patient care and look forward working with you as a team to keep you and your family healthy – mind, body, and spirit.

I have been admiring the garden project from a distance for some time and I feel so grateful to be able to be involved this year. I will be around at several events working and learning alongside you. I hope you will meet my 3 crazy little boys, who love to get their hands dirty in the soil too. I will be available to help answer any questions you have about health and wellness while we plant and harvest together.

I look forward to seeing you sometime soon either at the Cultural Center or Clinic!

Josh Meidav, Tulalip Tribes, Natural & Cultural Resources Restoration Ecologist

Josh's work as a Restoration Ecologist for the Tulalip Tribes focuses on watershed and ecological restoration projects within tribal lands. Current projects include design and implementation of the Qwuloolt Estuary Restoration Project and the Hibulb Natural History Preserve. He is also involved in regional salmon habitat restoration and technical teams. He has worked in multiple natural resource posts in the public and private sectors as well as in academia over the past 20 years. He was a secondary science public school teacher for three years and a community college environmental science instructor for eight years. He greatly appreciates the breadth and depth of projects and interactions associated with working for the Tribes, and connecting natural and cultural resources. Josh enjoys gardening with the Gardening Families program because he likes to dig his hands deep in the soil and to grow food. He likes the community and family atmosphere of the program and appreciates connecting with the various people involved in the project. At home, Josh enjoys gardening with his wife, Dafney, who teaches at UW.

Don't forget!

Our next garden gathering is Saturday the 14th of April from 10 am - 2pm.

Please bring back your seed trays with the vegetable starts, so we can see the progress.

We will have Jason Schilling, wildlife biologist from our natural resources department to share information about the wildlife on the reservation and share a personal story. We will also have Sharon Collman, from WSU extension here with her microscopes to teach people about "life in a log". Sharon is a known here at the garden as the "Bug Doctor" the kids love her, so come and bring your curiosity about the wildlife which moves around us.

Community Note!

We would like to thank **Uprising Seed Company.** They are located in Bellingham, and they donated $300.00 worth of seed to our project. They gave us medicinal seeds and many vegetables seeds for our families to grow. They have offered to volunteer to work with us as our greenhouse project develops. We truly appreciate their gift to us in many ways.

For more information regarding contents of this newsletter please contact:

Inez Bill / Ce um ton not
Cultural Resources
(360) 716-2638

Roni Leahy
Diabetes Care and Prevention Program
(360) 716-2635

This Program is Sponsored by Tulalip Health Clinic.

This newsletter is done in collaboration with Anne Abbott, TDS graphic designer.

Crop Rotation

Soil-borne diseases (for example, root rots and wilts) can be very destructive and difficult to control when populations of the disease-causing organisms are allowed to increase in the soil.

Rotating crops helps to avoid the build-up of disease and insects in the soil, where they will continue to live from year to year. Many insects and diseases are host specific. Different crops use nutrients in varying amounts and from different soil depths. With rotations, you make the best use of fertilizers, lime and soil nutrients. Rotating plantings by family or groups is as effective as rotating specific crops.

Rotate crops or family groups every one to three years. The most important rules are:

- *General* - Vegetables of the same group should not be grown in the same place two years in a row.
- *Potatoes* - Do not plant potatoes in the same spot more often than every third year. Allow at least one year between applying lime and growing potatoes in sandy soils, two years in clay soils. (lime increases the potato scab problem.)
- *Legumes* - Grow peas and/or beans at least every three years in every spot . They are a great source of nitrogen for the garden.

Article submitted by Rob and Richelle Taylor – WSU Master Gardeners – Tulalip Garden Mentors

Top Crops for our garden in 2011

1. Bush beans
2. Snow / Snap Pea
3. Cabbage
4. Potato
5. Garlic
6. Cherry Tomato
7. Pumpkin
8. Chard / Kale
9. Lettuce / Spinach
10. Onion / Leeks
11. Carrot / Radish
12. Cucumbers
13. Broccoli
14. Herbs - wide variety
15. Corn

Garlic growing well over the winter in the hoophouse.

We will be trying a few new vegetables in the garden this year: Celery, Rhubarb, Asparagus and Peppers. Are we missing something you would like to try? ***Let me know and we will grow it!***

How Our Newsletter Received It's Name

This is written with permission from Ray Moses / Te At Mus, Tulalip Elder

Ray Moses / Te At Mus, Tulalip Elder

It was a Monday at the Senior Center, when I had my first conversation with Ray Moses. He was sitting at the end of the table and asked me what I was doing there. I replied, I am from the health clinic and work in the diabetes program for Karen Fryberg. He said, ***"Oh I know about diabetes, would you like to check my blood?"*** I told him, I sure would if he would hold still for me. He laughed and cried out real loud when I pricked his finger. I liked this man, he made me laugh and we enjoyed each other's company. Then he started to tell me this story. He said, ***"When I was a child my grandmother told me, We are people who eat of the fish of the sea and the greens of the earth." Ray then said, "Today, we are still people of the fish of the sea but we have forgotten the greens of the earth." I asked him, if he thought the people would eat the greens of the earth again? He quietly said, "I don't know….we live on a reservation with seven fast food restaurants... and we have a clown feeding our children."*** I didn't say much more on this subject and he went on talking about his past. I enjoyed our time together that day because on this monday morning Ray and his grandmother spoke into my heart to remind the people ***"Not to forget The Greens of the Earth."***

Story by Roni Leahy- Tulalip Health Clinic Diabetes Care and Prevention Program