



Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us.

- Amma

Contents

PNW Gardening

[Maltby Property Photo Journal](#)
[Winter Gardening in the Maritime Northwest](#)
[Lifting for Gardeners](#)
[Time to Weed](#)

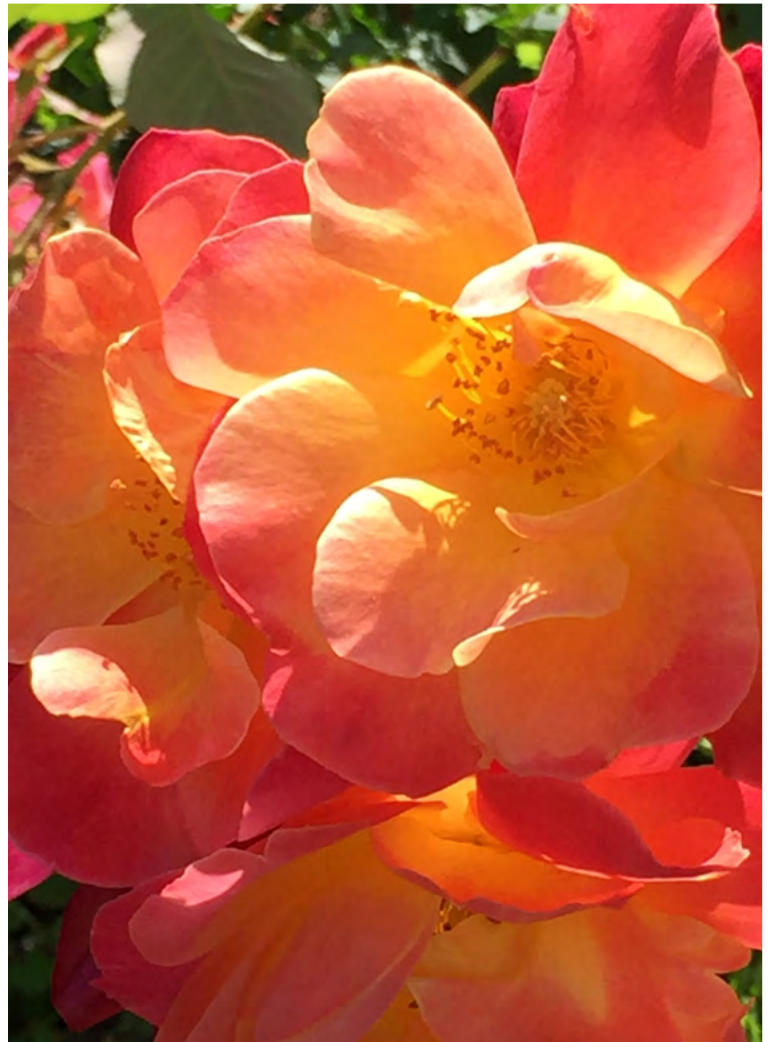
Nature

[Circle of Life](#)
[Photos from Spokane](#)
[Photos from Switzerland](#)
[Roses, Roses, and More Roses](#)

PNW Litter Project

[Stats](#)

[Interesting Information from Our Readers](#)



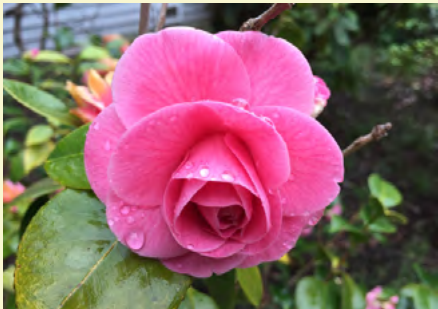
GreenFriends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

GreenFriends is one of the projects of [Embracing the World](#), a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

PNW Gardening

Maltby Property Photo Journal by Mechias McCrary March 2016-Garden Design, Breaking Ground, and the Start of the Garden



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April 2016-Sheet Mulching the Raised Beds, Fence Goes Up



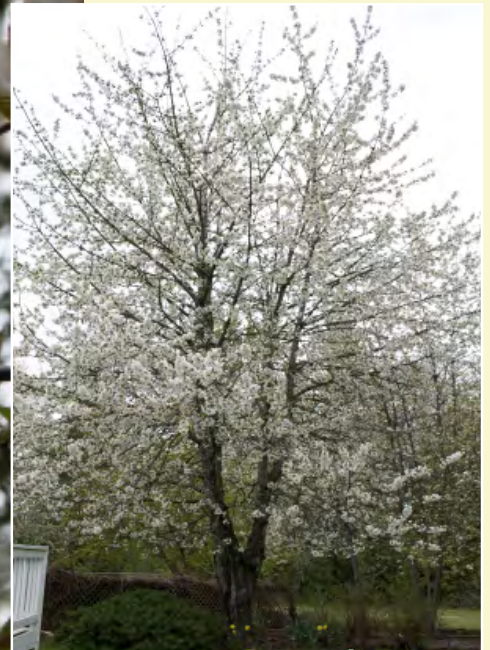
PNW Garden

April 2016-Building Raised Beds and Creating Foot Paths



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Flowers blooming from February-June



PNW Garden

More flowers and walking trail around the property



PNW Garden

2016-June-The Morning of Amma's Breakfast



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June-Plants Are Getting Bigger, Lettuce Is Ready for Salads, a Raccoon Is Eating the Cherries



PNW Gardening

Winter Gardening in the Maritime Northwest: One Gardener's Musings by Saroja Strand

There are signs that it's time to seed for the fall and winter vegetable garden: the Tah Tsai started flowering last week; the winter seed catalog is languishing on my desk; yesterday we harvested the last of the fava beans; and a soon-to-be Anise Swallowtail Butterfly was spotted on a bronze fennel.



Harvesting fresh vegetables from the garden during the long winter is a real treat. We've experimented over the years, have been successful sometimes and disappointed, too. But with planning and a bit more work, the effort can be very rewarding. Two essentials in sowing for fall and winter harvest are to consider suitable and specific varieties and to observe the right sowing dates.*

When you receive your July GreenFriends Newsletter, it will be just in time for you to sow broccoli, brussels sprouts, cabbage, carrots, kale, and kohlrabi. And then, given a breather, you'll have the remainder of July and into August to plant arugula, beets, chinese cabbage, collards, fennel, lettuce, mustard greens, onions, parsnips, peas, radicchio, rutabagas, spinach, swiss chard, and turnips! Harvest times for this amazing list range from mid-fall through early spring.

Some vegetables benefit from a cloche covering, but the majority can do well without the added protection. As a rule of thumb, we've found that a period of below 30 degrees F. that persists with frost can be harmful, especially to leafy greens.

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Fava beans, carrots, crimson clover, and purple sprouting broccoli: these are a few of my favorite things.

Fava Beans

They're wonderful. They're so eager to grow, and especially mid-winter it's great seeing them not minding the cold. Last October we planted three 8' rows of a Territorial fava called Broad Windsor. In January the plants were 15" high, and by the middle of May and through June we were continually harvesting.



When the pods are at the shelling stage, they're producing fresh/green beans. In cooking, the green bean easily absorbs the flavor of whatever spice is used, so there are a myriad of ways to prepare them. My favorite is to toss them with olive oil, lemon, garlic and salt, and eat at room temperature. I like adding this new veggie to our meals.

We've left the back row of favas to grow, will let the beans harden and dry fully on the vine, and then sow the seed again this fall. In the space that is now available in this bed, we plan to seed carrots for winter harvest. I'm questioning, did the favas fix any amount of nitrogen in the soil, given that they were allowed to fruit? If so, the carrots may develop soft root hairs from an excess of nitrogen. Time will tell.

Carrots

The 1st week of July is a good time to seed carrots; they'll have time to fully develop before the cold sets in. By Oct/Nov they'll be ready to harvest and can stay in the ground for the winter months, to be pulled out as needed. It feels like magic going out to the garden on a January afternoon knowing that I have a sweet-from-the-cold carrot stored

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so conveniently in the ground.

Nitrogen-fixing Cover Crops

The smaller-seed fava is renowned for fixing nitrogen when planted as a cover crop in the fall, as is Crimson Clover. The last few years we've broadcast clover on any soil that is bare in September, and by the first of the New Year green growth appears as if you've been handed a present.

The optimum time to turn over the plants for nitrogen fixation would be just as the blooms appear, maybe in May. But by then we would have wanted that space for spring plantings, so we turn over clover in March. Within 1-2 weeks the material will have broken down and the soil is so fantastic. We're using the clover 1) to choke out weeds; 2) to keep the soil from being depleted from the wash of our winter rains; and 3) oh, the tilth: you can smell/feel/see the benefit that clover gives to the health of the soil.

Purple Sprouting Broccoli

Another favorite vegetable for wintering over. It can take more than 250 days to ripen, so dedicating such a big area (the plants can grow very large) and for so long can be a challenge. But the wait and the attention to them is so worth it. Seeds planted in May will become plants that overwinter, even at 10 degrees F, and February through April will have put out what I call "broccoli on demand." Rather than harvesting a single broccoli head, the plants produce numerous single stalks with small heads for a continual harvest. You can pick just what you need for dinner and can plan on them for weeks in the spring.

As I write this, I'm realizing that a plan is starting to form for our winter garden this year, so thank you for reading and giving me this opportunity.

A parting thought: It can be a challenge to keep seeds and young seedlings moist if the summer is hot. We've had good results spreading a thin layer of chipped dry leaves over the seed row. And tenting a fabric like Remay over the bed can also keep the sun from baking the soil surface.

*My go-to book for sowing dates is "The Maritime Northwest Garden Guide," a planning calendar for year-round organic gardening, produced by Seattle Tilth and sold locally in many nursery and plant stores.

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Proper Lifting for Gardeners

Dr. Leonard Perry, Horticulture Professor, University of Vermont

Back injuries are second in the number of injuries, only to fingers and hands. Most back injuries come from improper lifting, lowering, pushing, pulling, and carrying—all activities we perform in the garden. Here are some basic principles which apply to any means of lifting, lowering, and carrying, whether at the gym, home, store, or in the garden. They apply whether lifting bags of fertilizer off a shelf, bags of compost, lifting rocks or pulling weeds.

- Start slowly, don't rush, don't jerk. Move weights or objects in an unhurried, controlled manner.
- Use good form, or body position. This is more important than the amount you can lift. If you have problems keeping good form, decrease the weight or get help from another person or with some aid as a dolly.
- Make sure to breathe; the tendency for some is to hold your breath when lifting.
- Make sure to keep your feet all on the ground, don't rock back on your heels.
- Lift with your legs and not your back. Not doing so is the main cause of back injury when lifting. Lift with your knees and waist bent, not your back. Keep your back straight. Knees should be directly above your toes, your shoulders above your knees. If this isn't happening, try taking a wider stance with feet further apart, and toes pointed outward slightly.
- You can look down at the object to lift, but when lifting keep the head in a neutral position looking forward—not up, not down. This creates less stress on your neck muscles.
- Keep objects close to your body when lifting. Holding them at arm's length increases the weight on your lower spine by 15 times. Stand close to the object when squatting down to lift.
- If lifting an object, particularly if heavy, onto a shelf, keep the object close to you and walk toward the shelf rather than stretching your arms out.
- Be careful when raising objects higher than your waist, as this can throw off your balance. Standing with one foot slightly ahead of the other may help with balance. If lifting higher than your shoulders, you may need to lift less (if possible), or use a step ladder.
- Make sure you plan ahead when lifting where the object will go. This avoids twisting improperly, carrying around heavy items, or lifting too much too high.
- Make sure you have good footwear to provide solid support, and that surfaces you'll stand or walk on when lifting and carrying aren't slippery, or with hazards such as cords, ropes, or stones.

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- If lifting large items that obstruct your full vision, make sure you know where you're going first; that there aren't obstructions below or above.
- Don't twist or turn at the waist while lifting; turn your whole body instead, leading with your waist and not shoulders.
- Don't ignore pain. The saying of "no pain, no gain", doesn't apply here. Take time to rest if your body calls for this.
- If you've been sitting, stretch your muscles when getting up before beginning to lift.
- As with any garden activities, do 15 repetitions or so, then rotate to another activity. Especially in the case of lifting motions, doing too many and getting tired often leads one to start using the back and lifting improperly.

Source: <https://perrysperennials.wordpress.com/2016/05/18/proper-lifting-for-gardeners>

You may also find Dr. Perry's article entitled [Spring Training for Gardeners](#) helpful.



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Time to Weed!

It's time to get on top of the weeds lest they get on top of—your plants! I was gone for three days and on my return found several of my rows were weeded up, with weeds taller than the crop plants. How did they do that so fast? Now is the time one really appreciates that fine, compost-filled seedbed that was laid down, because when the weeds get like that, there's little choice in the matter: it's a hand-weed proposition, and soft soils are much kinder to the fingers than hardpan! "A stitch in time saves nine" comes to mind as an applicable adage.

Cultivation around the young plants, by hula hoe, tiller or fingers, nourishes them with oxygen, saves water, makes available nutrients, removes competitive weeds, diminishes slug habitat, and allows for a reseating of plants that may have been heaved up by moles or gophers. I can crawl around my entire 0.9 acre production garden and hand-weed around every plant in about 2 hours, that is unless I let it get out of hand.

<https://www.facebook.com/Strictly-Medicinal-Seeds-348837717347>



Article by Richo Cech from [Strictly Medicinal Seeds](https://www.facebook.com/Strictly-Medicinal-Seeds-348837717347), formally Horizon Herbs.

NATURE

The Circle of Life by Karuna Poole

It recently occurred to me that over the last few years I had taken lots of photos that could be said to represent birth and living, but I had none of dying. I decided to remedy that situation.



NATURE

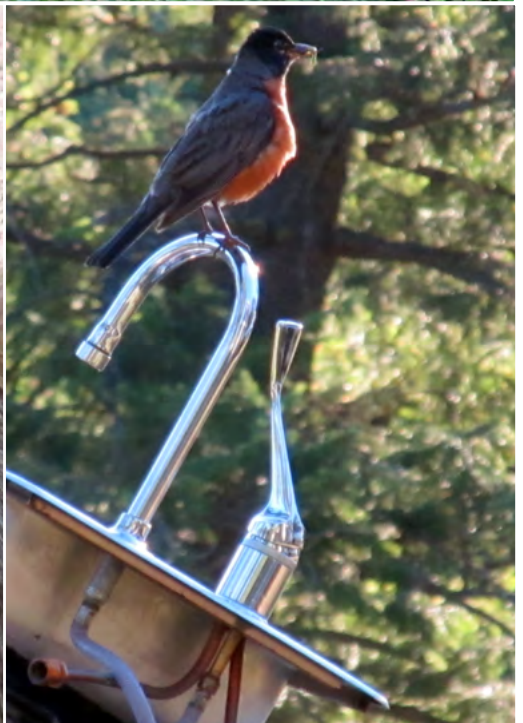


It then occurred to me that I might also be able to find evidence of rebirth, and I did. Rebirth was occurring amidst the dying. What a good example of the circle of life.



NATURE

Wildlife Photos from Spokane by Kathie Arcide



NATURE

Photos from Switzerland by Marla Mitchell

We were in Lauterbrunnen, Switzerland (in the Alps) when I took these photographs. The government subsidizes the farmers to keep the traditional culture alive and produce alp cheese. The farms have been owned by the same families for generations.



NATURE



NATURE

Roses, Roses and More Roses by Karuna Poole



NATURE



PNW Litter Project

PNW Litter Project Stats

In May, 37 litter project members and their friends picked up litter for 82 hours. (Average 2.2 hours; Median 1 hour; Range 2 minutes to 12 hours) In June, 36 people picked up litter for 82 hours (Average 2.2 hours; Median 1 hour; Range 3 minutes to 12.5 hours).

Members of the project have picked up litter for 7823 hours since the project began in July 2011.

TerraCycle credited us with turning in 139,534 cigarette butts in 2013 and 55,200 in 2014. Our 2016 count stands at 25,400 butts, bringing us to a grand total of 300,124 butts since we started sending them to TerraCycle in January 2013. (In addition to the butts we turned into TerraCycle we also have a 5 gallon jar of cigarette butts we use for the litter project display)



Interesting Information from Our Readers

From Shobana in Shoreline:

['Locally Laid': A Humorous Memoir to Cure You of Farming Fantasies](#)

From Lin in Bellevue:

An area in China the size of France (the Loess Plateau) was transformed in only 10 years from poverty and ecological destruction (floods, erosion, dust storms) to one of reforestation, soil and water conservation, and a productive farming economy. The local people themselves (used to hard labor) did the work and reaped the benefits.

[Here's the video.](#)

From Krista in Idaho:

No matter how much trash we pick up, it can't help as much as we wish it could to reduce the atrocities being shared on <http://www.geoengineeringwatch.org/>. I'm sorry to sound pessimistic but, after 10 years of taking in such news, I need to express my heartbreak and discouragement.

From Poornima in Shoreline:

[A video about a boy and his dog and the power of love.](#)

From Kothai in Bellevue:

[Scientists warn of perilous climate shift within decades, not centuries.](#)

From Karuna in Seattle:

On July 1, CNN reported that scientists say that there are signs that the Antarctic ozone layer is healing due to cutting the production and use of ozone destroying chemicals starting in 1987. They see it as evidence that what we do can make a difference. <http://www.cnn.com/2016/07/01/health/antarctic-ozone-layer-healing/index.html>