



PLOT AGAINST HUNGER

The Arlington Food Assistance Center's (AFAC) Plot Against Hunger program promotes AFAC's vision of providing access to nutritious food for all Arlingtonians in need by asking for donations

of produce from local gardeners and farmers. We seek to educate AFAC clients and others in incorporating fresh produce into healthy diets.

703-845-8486 www.plotagainsthunger.afac.org



The Arlington County Office of the Virginia Cooperative Extension Service provides educational programs based on research in Agricultural and Natural Resources, Family and Consumer Science, 4-H Youth Development and community viability to help people in Arlington County improve their lives.



703-228-6400 offices.ext.vt.edu/arlington/

The "Arlington Reads, Arlington Grows" garden at Arlington Central Library grew out of the joint initiative of the Library and AFAC Plot Against Hunger volunteers, who dug the original garden near the Library's east entrance in May 2010. In June 2010 the garden was dedicated and containers added on the patios.

The past six years have seen an expansion of the square-foot gardens and perennial plantings, improved borders and irrigation on the tennis court berm, and interplanting with the perennial garden. From the start, this has been a cooperative and education-oriented effort.

JOIN US!



library.arlingtonva.us



Gardening Talks at the Arlington Central Library

Wednesdays, 7:00 pm
Check signs in the garden for Talk locations.



1015 N. Quincy St, Arlington 22201

March—October 2017

All talks are held by the vegetable garden, unless otherwise indicated



2017 GARDENING TALKS
Arlington Central Library
7pm Wednesdays
Check signs for location.

March 8: Seed Starting and Plant Propagation. Learn the best techniques for growing seedlings throughout the seasons. Start your own tomatoes tonight. Free seeds.

March 15: Planning Your Garden—Design for success. Learn basic principles of garden layout, design, orientation.

March 18 (Saturday): AFAC Spring Garden Kick-off. Local gardeners are invited to our annual gathering to welcome spring! Special presentations on growing, raised bed gardening, and more. Free seeds. RSVP plotagainsthunger@afac.org.

March 22: From the Grocery Store to the Garden to the Kitchen. Shop produce aisles for seeds & plants, including herbs that can go from dinner to garden.

March 29: Succession Planting, Enhancing Soil & Mulching. Grow vegetables intensively & year-round using methods from an experienced gardener to increase production & save work.

April 5: Edible Landscaping & Fruit in the Garden. Fruit plantings can add beauty & sources of food in your garden.

April 12: Planning & Planting the Herb Garden. If herbs are the spice of life, then add some to yours! Learn basic techniques on how to plan & plant an herb garden at home.

April 19: Irrigation, Hand Watering, Rain Barrels, Ollas, Storm Water Re-use. Making the most of water during the growing season.

April 26: Container Gardening — a Hands-on Workshop. No room? No problem! Grow herbs & other edibles on your patio, balcony, front stoop, or back deck.

Water — May 3: Foraging for Wild Edibles. Find edibles in our urban area, by foraging in our wild (and not so wild) areas.

May 10: Gardening with Your Children (a hands-on session). Bring your children to learn about garden scents, colors, and textures.

May 17: Weeds 101 —Keep Those Weeds at Bay. Learn how to identify & keep the area's top ten weeds out of your garden and yard.

May 24: Garden Structures: Supports, Going Vertical, Rabbit & Deer Control. Lack of space in your yard? Grow things UP with help of garden structures.

May 31: Top 10 Vegetable Diseases. Our area's hot & humid summers make vegetables ripe for diseases. Learn how to control disease through simple techniques.

June 7: Insects: Pests & Beneficials. Learn from an expert how to manage the pests and favor the beneficials in your garden.

June 14: Pollination, Pollinators & Flowers. Put out the welcome mat for native bees & other beneficial & beautiful insects by increasing perennial diversity.

June 21: Best Practices in the Garden. The Whys & Hows of organic practices.

June 28: Mushroom Growing. Grow your mushrooms on logs. A hands-on demonstration of the techniques & materials you need for success.

July 5: No garden talk

July 12: Surviving the Heat. Learn how to protect heat hating/heat loving plants during Virginia summers.

July 19: Seed saving. Learn how to save money by saving seeds from your best crops this year.

July 26: Composting & Vermiculture. Compost is superior to fertilizers & mulches. Kitchen scraps are excellent

sources of food for worms, who will turn garbage into rich soil. Learn the basics of composting & worm bins for nutrient-rich compost.

August 2: Food Preservation. Bumper Crops? Learn how to freeze, can, dehydrate, & ferment so you can savor fresh summer flavors this winter.

August 9: Vegetables for Fall Planting. Vegetables can be grown nearly year-round in our area. If you didn't have a chance to plant spring crops, there's still time to grow and enjoy them now!

August 16: Managing your Herb Garden. A little maintenance can keep your herb garden healthy & productive.

August 23: Garden Therapy. Gardening is inherently therapeutic. A yoga instructor will teach how to adapt your environment, tools, & gardening methods and use yoga to enhance your time in the garden.

August 30: No garden talk

September 6: Cover Crops for Healthy Soil. Sowing cover crops can add nutrients & structure to your soil during the winter months for next spring.

September 13: Extend the Growing Season. Protecting Crops from the Cold. Hot caps, cold frames, row covers & other protective layers can protect crops through chilly fall evenings & even through winter months.

September 20: Planting and Care of Fruit Trees. This is the time of year you can plant fruit trees. Best varieties of fruit trees to plant now will add food & beauty to your landscape for years to come.

September 27: International Flavors from the Garden. Join Arlington Food Assistance Center clients, staff & volunteers as they explore international cuisines that use harvests from local farms & gardens.

October 4: Fruit from Vines, Brambles & Shrubs. Learn about best varieties & growing techniques. Plant now for next year!

October 11: Growing Garlic and Learn Its History. A handful of garlic sown this fall will yield beautiful heads of garlic next summer.