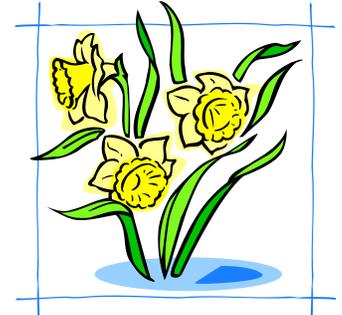




Hello!!! And Welcome to SPRING 2011!!!

MAY THE SUN Bring you new energy by day
MAY THE MOON Softly restore you by night
MAY THE RAIN Wash away your worries
MAY THE BREEZE Blow new strength into your being
MAY YOU WALK Gently through the world and know its beauty all the days of your life.
~Apache Blessing~



I must say, I'm looking forward to the year ahead—oil prices, state and national budget problems and world events not withstanding! It's all the more reason to work on gardens that add color, flavor, fragrance and joy to our lives.

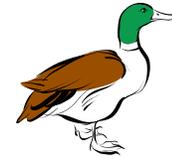
Are you wondering about the ducks? The goats? The nutrient dense trials? The farmer's market? I mentioned them last year and 2010 really was my year to experiment with all sorts of garden and farm issues that I've been curious about for years. Well – here's a brief report!

Westminster Farmer's Market:

I had great fun participating in our local Farmers Market. I love talking plants with people and everyone had questions! That experience is also responsible for some of the expansion in this year's plant list. People wanted more variety in several areas. Check out the herbs – especially the basil; the peppers - full line of hot as well as sweet peppers; the eggplants – all colors and sizes. There are also new vegetable varieties for containers. I'll be there again this year and it would be great to see you! Academy Hill, Westminster, Friday from 3:00-6:30 pm.



Khaki Campbell Ducks: These were added for slug control (a very practical solution – a major pest becomes a food source!) – and it turns out – all insect and spider control – you should see what they do to spider webs! They cleaned up everything they could get their beaks on! The wild turkeys helped as well. Most of the insect populations collapsed under heavy feeding. The cool thing is that most of the “bad” bugs stay put and are easy for the birds to get and most of the “good” bugs are mobile so have a chance to escape. The best part about the ducks however is the smiles everyone gets as they watch the ducks hop in the pool – Can't you just hear Bill Cosby in “NOAH” – “All Right Everyone – Out Of The Pool!”

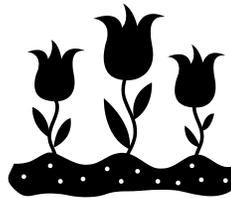
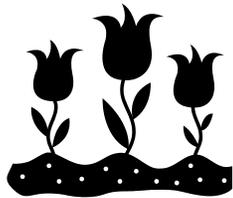


Nutrient Dense Tomato Trial: This is really interesting. Last year I planted 48 tomatoes – ½ in excellent soil (you know me and soil!) but with minimal after care and ½ in the same soil but with foliar feeding to follow. We measured the plant sap to check for sugars and proteins – the cloudier and denser the liquid the more healthy the plants – and the fruit. The sprayed group definitely produced earlier. Did you know that really healthy tomatoes get covered in short brilliant gold hairs – all stems and

leaves- and that the flowers can stand upright and look really attractive? I didn't, but they were beautiful! Tomatoes are a plant that you usually think of as useful, but not as an attractive plant in its own right. The flavor was also unbelievably good. The fruits were varied – trialed lots of heirloom varieties and the reports of their flavors are accurate. I've adjusted the list this year – added a few new ones – pulled a few that didn't perform well. Try them – the flavors are to die for! We just opened the last of our homemade sauce and homemade ricotta cheese (see goats next!) and had lasagna that rivaled the best anywhere!



Nigerian Dwarf Dairy goats: We've found that these goats are incredibly friendly, easy to feed, great at cleaning off overgrown stone walls (they've cleared away all but the stone!) and provide GREAT quality milk. We have three bred (Cashew, Oreo and Echo) and will have young stock for sale this summer. Stop by and check them out – you can see them from the road.



Hugelkulture (HK) beds: See more about this elsewhere in this newsletter and on the website. We've put a bunch of pictures up about how we put this project together. This is a huge experiment in maximizing the potential of the farm. One thing about old New England upland farms – there's not much quality soil left – at least on our farm. This is a chance to try an entirely different approach – definitely not boring! We're going to build another couple this fall – see the list of workshops.

This year I'm hoping to expand a different love—teaching others about plants and soils. Therefore, I'm adding 3 paid internships to the mix at Greenery in Motion: They are:

Propagation/transplanting/container development:

6 weeks – Mid-April to early June – 5-10 hours per week.

Planting, perennial division, garden start up:

6 weeks – Mid-May to early July – 5-10 hours per week.

Aesthetic pruning, soil building, fall garden work:

8 weeks – Early August – mid –September – 5-10 hours per week.

All of the above include training, educational resources provided to match your interests, on-site experience and access to a large library of books.

If you or someone you know is interested in an internship or any other information in the newsletter, give me a call 978-874-2471 or send an email altobelliml260@comcast.net

Altogether – it's a really interesting time in the great outdoors – COME AND JOIN THE FUN!!!!!!

P.S. Pick up of orders will be on Saturday, May 28, 9:00—3:00, Sunday, May 29, 12:00-3:00 or by special arrangement.



Everyone who loves a garden wants it to be a delightful place to be.

A few reminders for optimizing your gardens and green space - and it starts with basic questions!

What do you want the yard and gardens to do now and in the future? Provide color and a place to relax? Vegetables? Both? Play and exercise areas? How much time to do you have to spend on care of the yard? Have you taken the time to think about whether those needs have changed? Does working in the garden act as stress relief or create additional stress? Can you afford to hire assistance for part of the work?

I'm sure you've already done this, but....It really pays to create a map on graph paper (or the back of a paper bag!) and fill in all of the details that you can detect about sun, wind, soil types, pets, children, other uses, traffic patterns – anything that will affect the health of the plants that you'll select. Do you want to change some of the conditions in your yard or select plants to match what you already have?

Establish a healthy soil. Soil health is the essential starting place for having vibrant and healthy gardens and yards. Soil is bursting with life, or it should be. It's the digestive organ for all of the plants - edible or ornamental. The healthier the soil is the

healthier everything that grows in it is. Check out the article on soils I worked on with Margaret LeRoux for the March issue of *Worcester Living*. There's also more on the website.



What's happening with the water that hits your yard? Plan to keep water on your site for as long as you can. Granted that there are times during the spring melt or other extreme water events that you'll need to make sure the water can leave the site, but there are more dry times than the site, but there are wet times overall. Plants need water in order to thrive. Think about water collection and percolation. In most yards the soil is so compacted or has so much hard surface area (including your roof) that the water has no choice but to run off – to the street and the storm drains—creating a total loss to the local ecosystem (your yard). Then you have to add water to the yard via irrigation....and that costs money....and can be cut off by your town if conditions dictate...



Choosing plants and flowers: -Whenever you're adding a plant, make sure it fulfills at least 3 functions – aim for more! Look at this list of functions: ornamental/ esthetic value, wildlife habitat, diversification (monocultures are very vulnerable to all kinds of attack), beneficial insect support, water percolation/ stabilization, personal food supply and more. Use your imagination ☺

Different plants have different needs. Some have very specific sun/soil/ temperature needs. Others are generalists and can survive in a wide variety of settings. Start cutting out pictures of what you like to look at and listing down the plants that make the picture come to life for you. Once you have your list – take the time to do a little research and get at least the basics of each plant down on paper. See if you can determine if the plants you are selecting are generalists or whether they need special conditions. If you have questions, give me a call. Remember vegetables can be interspersed through a garden or make containers full of texture – they can add color, texture and FLAVOR.



“I just want to enjoy my garden!” Your yard and garden is a complex inter-related web of relationships – including the one that it has with you! Gardens take work, but they also bring unlimited enjoyment and, if done well, actually help the overall environment, a great way to

contribute to the health of the planet. Remember there are different types of gardens that require more or less involvement as your needs and interests shift—annuals, perennial, raised beds, deck and patio containers, mixed shrub borders and containers. The options are limitless. Color and enjoyment are the goals. Don’t get put off by the complexity ☺ it’s a good thing!

“I think all of this is great but I need some help to make it happen.”



Greenery in Motion can Help!

It would be a pleasure to create a custom program for you and your gardens. You control the complexity of the plan, but we can do the work.

Garden Coaching – All of the jobs below can be daunting, but it’s really fun to learn how to do it all – and then you can hire qualified people to do what you don’t want to do! Arrange for one-on-one training or get a gardening group together and everyone can learn at the same time! You can choose monthly, bi-monthly or seasonally – whatever works best for your learning style and gardening needs. Do you need help you with:

Design – A well designed garden is a pleasure to be with – and it suits the people that it’s designed for.

Soil Development and planting – This is the backbone of a healthy garden. Good design selects the plants, but top quality soil development and planting ensures success – plants that glow

with health. Use mineral and organic based products for the best long-term results.

Garden maintenance – this includes the essential jobs of mulching, fertilizing, weeding, staking and deadheading. All of this keeps the gardens ready for pleasure.

Aesthetic and natural pruning – Many people think that pruning shrubs is the equivalent of mowing the grass – only taller – they essentially mow the shrubs in August when the grass has stopped growing! Be the exception – learn how to read your trees and shrubs and bring out their visual best. Each tree or shrub has a particular “essence” - a combination of specie, variety, growing conditions and garden location. It’s a joy to bring out their beauty!

Interested in some old fashioned reading?

Recently, several people have asked what they could read to find out more about some of these subjects. I read LOTS of books (have over 400 on all kinds of garden and farm issues!) but thought that magazines might be an easier place to start. Here are several that you might find interesting ☺

Acres U.S.A. – the Voice of Eco-Agriculture – this is the one that I’ve subscribed to the longest – over 20 years! It really made developing healthy soil a possibility.

Ecological Landscaping Association’s Newsletter – I’ve been part of this organization and helped to develop its educational programs for almost as long! Its archives have lots of useful information...

Wise Traditions – from the Weston Price Foundation – this really ties healthy soils and farms to healthy people – lots of really good farm to food information. This is where I began to see the biological (not just ornamental) potential of healthy soils.



NUTRIENT DENSE HUGELKULTURE BEDS!



Last year I did a lot of research to see if I could find a solution to several problems on our property. The goal: Take all of the surplus organic materials on the farm, add essential missing pieces, and use them to create useful and productive land. Aim for high productivity of nutrient dense and healthy plants and animals with the least amount of maintenance possible. A tall order!

Hugelkultur (HK) beds are versions of the mid European concept of mound culture – piling up woody plant material, covering it with compost, manure or other organic material and planting in the middle of it. It could also be looked at as a take off on the concept of nurse logs – burying logs near stressed trees in order to provide both a source of nutrients for beneficial fungi associated with trees and water for both the fungi and the tree roots as the logs decay.

Nutrient Dense Farming is way of looking at food production that maximizes the health of the food produced and thereby increases the health of who ever eats that food. It uses the tenets of organic, ecological, biological, bio-dynamic, re-mineralization and other kinds of farming & gardening to produce the best quality food and it documents that vitality through independent tests like brix readings – other test instruments coming soon.

The HK beds at Woody End Farm start with the basic mound approach and add the concepts of nutrient density crop growing to create (we hope!) biologically active, water managing, minerally dense, low maintenance beds. We'll use some direct investment in materials (loam, minerals etc) a minimum investment in equipment (hired use of a tractor with a front end loader) and with the end result of maximum production level per developed square foot. The beds should be able to sustain at least two growing levels at a time – double cropping. ***Check out last year's beds when you come to help build this year's beds!***

**HUGELKULTURE WORKSHOP: SATURDAY,
SEPTEMBER 24 (rain date 9/25), 2011**

9:30am – 2:00pm

More details will be sent out in August



OTHER WORKSHOPS: If there's a workshop that you'd like me to consider running: pruning, perennials, building a new garden, other ideas, please let me know. I'll see what I can put together and find out if others are interested.