



THE BUMBLEBEE

Skookum Food Provisioners' Coop Newsletter
Working together to build and maintain a healthy regional food system

A Note from Skookum's President

KEVIN WILSON

This spring, people are starting new gardens - to the point that mail order seed companies are temporarily closing to catch up with their order backlog. While local nurseries are working hard to serve us, it can be hard to source plants. Skookum

has many experienced gardeners and we can help these newer gardeners. We all have seeds and plants that we don't currently need - why not give them away, along with advice (from a distance)?

Saving Seed from Your Garden

SUMMARIZED BY PAT SOBRERO FROM SEED SAVERS EXCHANGE RESOURCES

As a seed saver, first your priority should be to maintain varietal purity. Every time you grow out a variety you are creating an opportunity for genetic change to occur. In order to minimize this opportunity for change you need to consider three main factors: plants, pollinators, and environment.

Know whether your parent plant is an open-pollinated variety or a hybrid. Save seed from open-pollinated varieties and take steps to prevent unintentional hybridization (cross-pollination) as you grow your crops.

- An *open-pollinated* (OP) variety breeds true from seed.
- An *heirloom* is an OP variety with a history of being preserved by an individual or a family.
- A *hybrid* is created by crossing two different varieties of the same species. Hybrids are not stabilized; plants grown from their seed will not resemble the parent plant. (They do not breed true.)

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This is a heart felt and timely response to an incredible time in earth history.

My submission is this rainbow. Completed hours ago following an inspiration yesterday morning. All the paint came from my basement or a friend dropping it at my gate.

The lawn in front of this rainbow is being transformed into a vegetable garden and outdoor yoga space.

*In Gratitude,
Ingalisa Burns*



Saving Seeds From Your Garden

Know your plant's genus and species. Check your seed packet or look it up online or in a book. Plants sharing the same genus and species can cross-pollinate (hybridize) and create unexpected (and usually unwelcome) results.

- In the squash family, acorn, delicata, spaghetti, patty pan, yellow summer, and zucchini are all *Cucurbita pepo* and will cross-pollinate. If you grow more than one variety of *C. pepo* and do not isolate them from each other, you can't reliably predict what will grow out from seed you save.
- Common names can be misleading, so learn your plant's scientific name. Armenian cucumber is not a cucumber; it is a melon and will cross with some other common melons.

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Saving Seeds From Your Garden

- A crop type can include several different species. For example, there are several major squash species: maxima, moschata, argyrosperma, and pepo. You can grow one variety of each and not worry about crossing.
- The inverse is true: one species can include several crop types: broccoli, Brussels sprouts, cabbage, cauliflower, collards, kohlrabi, and some kales are all the same species (*Brassica oleracea*), and will cross.
- Vegetables may have "weedy relatives" with which they can cross-pollinate with poor results. Carrot can cross with Queen Anne's Lace. Chicory can cross with wild chicory.

Know how your plant pollinates. Is it self-pollinating or outcrossing? How does the pollen get from the anther (the male part of the flower) to the stigma (the female part of the flower)? Generally the more outcrossing a plant is, the higher population you need to maintain for genetic diversity and the greater the isolation distance you will need to prevent hybridization.

- *Selfers* are plants that are capable of fertilization through self-pollination. Selfers have perfect flowers (flowers that have both male and female parts). Beans,

peas, lettuce, and tomatoes are selfers. Because the chance of cross-pollination is greatly reduced, these crops are good for beginning seed savers. Some exceptions: some cherry and some potato leaf varieties of tomato have an exerted stigma (a stigma that sticks out of the flower) and are likely to cross than modern varieties of tomato.

- *Monoecious outcrossers* have separate female flowers and male flowers on the same plant. An example is the Cucurbitaceae family: squash, melons, and cucumbers. (In Cucurbitaceae, the female flower has a bulge at the base and sometimes the male flower looks a little more yellow because of the pollen.)
- *Dioecious outcrossers* have female plants and male plants. Female plants have female flowers and male plants have male flowers. You need at least two plants for fertilization to occur. Spinach is dioecious.
- *Self-incompatible outcrossers* have flowers that can only be fertilized by pollen from another plant because they reject their own DNA. Brassicas are self-incompatible outcrossers.

Of the outcrossers, beet, chard, spinach, and corn are wind-pollinated. Other outcrossers are insect-pollinated.

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Saving Seeds From Your Garden

Know how to prevent cross-pollination by using isolation methods or by planting only one variety per species. There are several methods of isolation you can employ so the varieties you plant don't have the opportunity to cross-pollinate with other varieties of the same species.

- *Distance* is a common method of isolation. Consult a seed-saving chart for recommended distances between different varieties of the same species, but know that distances can be affected by variables such as the numbers of pollinators, barriers, wind, etc.
- *Geography* such as stands of trees, hills, and other barriers between your garden and another's, or between varieties of the same species on your own land can often help to minimize or prevent cross-pollination.
- *Timing* your planting so that pollen shed from one variety does not overlap with the flowering of another variety in the same species is a method of isolation.
- *Barriers* such as fine net tents can be constructed to isolate some crops. If your crop is partially self-pollinating, such as peppers, you would not need to introduce insects.
- *Hand-pollinating and bagging* are ways to prevent cross-pollination. (There are many videos on YouTube that demonstrate these techniques.) These are common ways to "isolate" both corn and squash.

Of course, planting only one variety per species or allowing only one variety per species of a biennial crop to go to seed is an excellent way to prevent cross-pollination if you don't have other gardens or farms nearby.

Know your environment.

- Do you live in a windy area? Beets, chard, spinach, and corn are wind-pollinated. Open, windy locations will require 1-2 miles isolation between varieties in wind-pollinated crops.
- Do you have many insects visiting your garden? More insects mean more opportunities for cross-pollination in insect-pollinated plants.
- Know your pollen sources. What are your neighbors growing? It can be challenging to save seed in a community garden.

Know your plant's population needs to prevent inbreeding depression.

When you are saving seed you want to harvest seed that represents the genetics of the whole population you've planted, so you'll want to save seed from a number of healthy plants. Consult a seed saving chart to learn how many plants you need. Generally, the more self-pollinating the plant is (beans, peas, tomatoes, lettuce), the smaller the population can be. The more outcrossing the plant is, the larger the population needs to be.

Poet's Corner

COVID 19

The new economy
Is growing on the
Lawns of capitalism, the
Dandelions that will survive
The Round Up of corruption.

michael gormley
Spring 2020, Powell River

Re: planting seeds...

One for the pigeon
One for the Crow
One to rot
One to grow

author unknown

We Look With Uncertainty

We look with uncertainty
beyond the old choices for
clear-cut answers
to a softer, more permeable
aliveness
which is every moment
at the brink of death;
for something new is being born
in us
if we but let it.
We stand at a new doorway,
awaiting that which comes...
daring to be human creatures,
vulnerable to the
beauty of existence.

Anne Hillman

Where there's a mountain
There's always a river nearby
Where there are storm clouds
Around the corner waits a blue sky

So hitch your pants back up
You little buttercup
It may be raining,
but it won't last,
Put on your best damn smile
cuz you're goin' in style
Troubles will be a thing of the past.

Jack Saunders
Winter 2019, Mexico



*photo by: michael gormley,
ferry terminal*

YOUTUBE University

SELF-STUDY RESOURCES - SUBMITTED BY SARAH

🔍 **Richard Perkins** As one of the few profitable Permaculture farms on the planet, and as the northernmost example, we are excited about facilitating the next generation of entrepreneurial young farmers. Our foremost responsibility is regenerating our landscape, ecosystem processes and soils through resilient, replicable, scalable and profitable farm enterprises. Our secondary function is to educate and empower people into action through regenerative design, enterprise and holistic decision-making that stimulates local community and economy whilst building soil.

🔍 **Urban Farmer Curtis Stone** The Urban Farmer is all about urban farming. Curtis Stone is the owner of Green City Acres, a commercial urban farm based out of Kelowna, BC Canada. Follow us as we take you on a tour of our farm, what we grow, how we sell it, and demonstrate best practices in the real world of commercial urban agriculture.

🔍 **Charles Dowding** Discover and enjoy these quicker and easier ways of growing and harvesting vegetables, based on my 36 years of growing experience. My speciality is the no dig method, suitable for all soils. It results in far fewer weeds, and vegetables plus flowers grow as well if not better than when soil is tilled or dug. And it's good for climate change because no soil carbon is lost in tillage. I wish you success in growing and want these tips to be more widely available, so that everyone who wants to grow great food can do so, without unnecessary work.

purple deadnettle

Lamium purpureum

Native to Europe and Asia, the leaves are edible. In the spring, the young leaves can be harvested and used within salads, smoothies and tea. As a wild edible, they are full of Vitamins A and C, as well as being a good source of iron (Alert! May have a laxative effect if used in large amounts.) The flavour is rich and earthy and they are easily used in any recipe like you would spinach.

www.growforagecookferment.com



The easiest recipe you'll ever see

I had some left over rice the other night. When I wanted a sweet snack later that eve, I heated the rice up in the fryer & spooned some raspberry jam on top. It was the bomb!

You can have strawberry, blueberry, marmalade, etc subbed for raspberry jam.

by Jack Saunders

Dandelion fritters

Pick 1 cup dandelion blossoms and buds, wash and remove any stem.

In a bowl mix 1 cup flour, 1 cup unsweetened milk of your choice, 1 tsp baking powder, salt and pepper to taste. Mix well.

Add blossoms, handful finely chopped chives. Optional add-ons: minced parsley, 1/2 cup corn, 1/2 grated old cheddar or parmesan, hot pepper flakes, finely chopped dandelion greens, minced garlic..... Mix together.

Spoon batter onto oiled skillet. Cook both sides until brown. (Serve with tzatziki!)

by Tara Huth

Yukon Dough

SHARED BY MICHAEL GORMLEY

Recipe for a dough that makes bread, rolls, pizza, cinnamon buns, and was found in a pantry of an empty house in the Yukon.

3Tb active yeast
1 Tb sugar
1 cup warm water

All in a two cup measuring cup when the yeast foams to the 2 cup mark its ready.

9-10 cups of flour AP
Half a cup sugar
1 cup water
1Tb salt
Yeast mixture
3 cup water

Large bowl, mix together with a wooden spoon. Flour a surface and knead until dough is soft. It will be tacky but not stick to your fingers. Add more flour if to sticky. Proof 1 hour, punch down after rising, give it a quick knead. Grease baking tray(s). Let rise 1 hour more in a warm place. Put softened butter on top and sprinkle sea salt. Bake at 375 for 20-30 minutes.

Makes 48 rolls. Or a tray of bread rolls and a tray of cinnamon buns and enough left for a pizza or fry bread in a pan with molasses.

Saving Seeds From Your Garden (con't from page 4)

Know when to harvest your seeds.

- *An annual crop* requires one growing season to produce seed and complete its life cycle. Beans, corn, squash, tomatoes, and peppers are examples of annuals.
- *A biennial crop* requires two seasons to produce seed and complete its life cycle. Many plants we grow as annuals for food take two years to go to seed. Chard, many root vegetables, and many brassicas are biennial and must vernalize (go through a cold season) before they produce seed. You will need to grow them longer for seed than you do for food. (These plants will often take up much more room in your garden when they go to seed.)
- *Market maturity* is when you would harvest a crop for food.
- *Seed maturity* is when you would harvest a plant for its seed.

You don't always get to eat your plant and save its seed, too. Tomatoes are harvested for food and seed at the same time. Eggplants need to be left on the plant until large and brown to ensure the seeds are fully developed. The information about when to harvest seed from your crops can be found online or in a book on seed saving.

For more information, visit [Seed Savers Exchange](#) which has many seed saving webinars. They are a fantastic resource. We recommend:

[Garden Planning for Seed Saving](#)
[Saving Seeds for Beginners](#)
[Seed saving chart](#) (Best ever!)

submitted by: Kevin Wilson
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Uh oh...it's a pun-demic

Q. What is the difference between COVID-19 and Romeo & Juliet?

A. One's the coronavirus and the other is a Verona crisis

Q. What do you call panic-buying of sausage and cheese in Germany?

A. The wurst kase scenario

Q.If there is a baby boom nine months from now, what will happen in 2033?

A. There will be a bunch of quaranteens