



Cornucopia

Network of New Jersey, Inc.

December 2012

Garden Tour December 1st

by Pat Kenschaft

Three gardens will be open to the public on Saturday, December 1st, from 10:00 to 11:30 AM: Florence Rollino's at 45 Wells Ct., Bloomfield, mine at 56 Gordonhurst Ave., Montclair, and Alan

Smith's at 148 Forest St., Montclair. The tour is free, but donations are welcome. As usual, there will be environmental displays in my front yard.

At **Florence Rollino's** you will see celery, cabbage, spinach, Brussels sprouts, covallo nero (Tuscan kale), bok choi, and collard greens in and out of cold frames. She is

trying to have a twelve-month flowering garden, and you may see very tall cannas and drying limelight hydrangeas on the tree. From Montclair, take Bellevue Ave. east almost to the end at ShopRite. Take the last left (Bellevue Terr.), and then the first left onto Wells Ct. Number 45 is the house at the end with solar panels.

My garden (**Pat Kenschaft**) will feature Chinese Cabbage in a cold frame and winter carrots, soon to be covered with plastic bags of leaves for protection. There should also be bok choi, parsley, celery, garlic, onions, two types of kale, collards, and lettuce. Holly berries provide December color.

Alan Smith offers a self-guided front yard tour of a garden that includes a variety of greens. ☺



The collards are big at José's! What will you see at Pat's, Florence's, or Alan's gardens? photo by José German

The gardening season is far from over

by José German

Some people say that October begins the end of the gardening season, I have a different opinion. I think the gardening season is far from over, since this is the time to plant seasonal vegetables, like onions and garlic as well as arugula, cilantro and lettuces. It is time also time to enhance the beauty of your spring flower garden by planting tulips and bulbs.

Because I planted Collard greens, Brussels sprouts, Swiss chard, and carrots, late in the summer, I will be

able to extend the harvest season through the winter. The crop will not be as abundant as summer's, but the principle of producing some fresh vegetables during the winter is worthy.

I have a cold frame, where I will plant the less cold-tolerant plants, like lettuces, arugula, and cilantro. The other plants, like kale, Collard greens, beets, Brussels sprouts, Swiss chard, and carrots will remain in the regular beds. We'll harvest more than six pounds of very tasty carrots between

Continued on page 8

Our New Reality: Climate Disruption

by José German

For many years, scientists and environmentalists have been talking about global warming and its effects on the climate. Many scientists were predicting a powerful storm like Sandy would hit the northeast of United States at some point. A lot of people and politicians laughed off that possibility.

The predicted storm and crisis has happened and its name was Sandy. Few people had a vision of lower Manhattan underwater, more than 20,000 people waiting to be rescued in Hoboken, or a place like Atlantic City under water. We were aware of potential damages on the shores of New Jersey and Long Island but few thought about the devastation the storm would cause in Staten Island. The polar ice cap has been melting at levels that have never been recorded before. The waters of the oceans are rising and causing floods all around the planet and the temperature of the oceans has risen, creating the perfect scenario for a storm like Sandy. We have seen other signs all around related to global warming. As gardeners, we know the micro-universe of our gardens. We have seen trees and shrubs blooming out of season, annual plants becoming perennials, and unusually warm winters.

Sandy caught us off guard. We knew that storm was coming but we did not expect the consequences that we are suffering now. Millions of people without power, water, and heat in New York and New Jersey, thousands of homes and businesses destroyed, and the inadequate infrastructure showing signs of collapse.

Nobody thought that the port would be blocked with huge amounts of debris that would interrupt the arrival of gasoline and food to the ports of New York and Elizabeth. As a consequence, gasoline is scarce, complicating all aspects of life and creating a domino effect on the fragile system of the Metropolitan area. Without gas, food will also become progressively more scarce; without power people will be hurt by the inclement weather; businesses, hospitals and other

essential organizations that provide service to the community will be affected too.

I would love to be wrong, but the potential disaster climate activists warned us of is now our reality. Climate disruption is our nightmare and we must learn to live with the new reality. All we are hearing is that “we will rebuild it,” but rebuilding begs us to imagine something more sustainable than what was just destroyed. More than ever, we need to increase our efforts to develop locally sustainable and eco-friendly communities. We need to learn and reorient our priorities based on this new reality. The time is now; we need to work together to create a future for the next generation. 🐦



Just two of the disruptions seen in our town. Many had it much worse:

(above) Power lined taken down by trees were a common sight after SuperStorm Sandy.

(left) People trying to buy gas waited for hours in a line that stretched for blocks.

photos by José German

Food Day Celebrated October 24th

from the [Food Day website](#)

Food Day is a nationwide celebration and a movement toward more healthy, affordable, and sustainable food. Food Day, created by Center for Science in the Public Interest (CSPI), is powered by a diverse coalition of food movement leaders, organizations, and people from all walks of life. Food Day takes place annually on October 24 to address issues as varied as health and nutrition, hunger, agricultural policy, animal welfare, and farm worker justice. The ultimate goal of Food Day is to strengthen and unify the food movement in order to improve our nation's food policies. Join this push for a stronger, more united food movement by signing up to organize or attend Food Day events in your community.

The foods we eat should bolster our health, but the contemporary American diet is actually contributing to several hundred thousand premature deaths from heart attack, stroke, diabetes, and cancer each year. What's more, the way our food is produced is all too often harmful to farm and food workers, the environment, and farm animals. The American food system has created a diet of cheap, salty, overly processed packaged foods, high-calorie sugary drinks, and fast-food made of white bread, fatty grain-fed factory-farmed meat, and French fries.

Food Day aims to transform the American diet. It's time for America to Eat Real! All Americans—regardless of their age or race or income or geographic location—should be able to select healthy diets and avoid obesity, heart disease, and other diet related conditions.

Our priorities:

- Promote safer, healthier diets
- Support sustainable and organic farms
- Reduce hunger
- Reform factory farms to protect the environment
- Support fair working conditions for food and farm workers



from the [United Way NJ website](#)

What happened locally?

Find out by going to the “Find an Event” tab on the Food Day website: www.foodday.org/all_events. Food

Day activities were held again in Montclair as well as expanding into Livingston and Glen Ridge.

In the Montclair area, *United Way Pantry Partners* acted as the local coordinator for Food Day, a national day of celebration and movement for healthy, affordable, sustainable food. United Way Pantry Partners convened

30 community partners who held more than 20 events throughout Montclair, such as apple tastings and nutrition education at five schools, delicious meals served at soup kitchens, a viewing of “Supersize Me” at the Montclair Public Library, healthy food drives for pantries, a township proclamation read in support of Food Day principles, and a petition signed by area residents in support of Food Day.

It wrapped up with the Saturday “*Spoon-A-Thon*” by Montclair Community Farm Coalition (MCFC) and Montclair Historical Society hosting a seasonal soup celebration, with seasonal soups prepared by local chefs, live music, tours of the community chicken coop, new farm site, and the historic Crane houses. The proceeds from the Spoon-A-Thon went to the development of the Montclair Community

Farm at Crane House, an organic urban farm at the Historical Society.

Moving forward, United Way has developed partnership with Shaping NJ to facilitate the expansion of Food Day to communities throughout New Jersey.

For a listing of the activities in each town click on the links: [Montclair Celebrates Food Day](#), [Livingston Celebrates Food Day](#), [Glen Ridge Celebrates Food Day](#). 🐔



Local chef Jamie Busch served up delicious tastes of various soups at the Spoon-a-Thon. photo by Shaun Kennedy

Montclair's 9th Annual Compost Give-Back

by Gray Russell

On October 20th, Montclair held the ninth of its very popular fall "compost Give-Back" events in Edgemont Park. Town residents were able to pick up free compost, buy low-cost compost bins, and learn about greener yard and garden care.

Town residents could take up to 36 gallons of organic compost, provided by Nature's Choice, the company which collects the bags of leaves and grass residents place at the curb for collection. The "Earth Machine" compost bins, leaf corrals, turners, and water barrels were sold at a discount to town residents.

A free clinic on how to compost at home ("Rot Right!") ran continuously for the three-hour event, teaching how to turn fall leaves and grass clippings — homeowners' two largest yard-waste components, along with smelly kitchen waste (fruit, veg, grain), into compost. Local gardening experts hosted information tables to teach visitors about low-impact yard care, including how to make backyards into attractive habitats for birds and butterflies, reducing chemicals and water pollution, organic gardening, native plants water-wise gardening and living healthy. CNNJ participated, along with the Essex County Master Gardeners, the Montclair Backyard Habitat Project, the Native Plant Society, SafeLawns Montclair, Re-Plant Montclair, Partners for Health, and the Montclair Environmental Commission.

The Office of Environmental Affairs "Rotline" takes calls about backyard composting and sells bins and water barrels throughout the year.

Why backyard compost?

Homeowners have a choice. They can bag up all their leaves (in paper yard-waste bags), drag them to the curb, and wait for them to be collected on their recycling day by employees who haul them out of town, truck-full by truck-full to a commercial composting facility. That's an expensive option for the township.

On the other hand, experienced gardeners, healthy vegetable growers, recyclers, and folks just tired of hauling so much to the curb all have a better idea. They prefer to turn their precious leaves into an organic, nutrient-rich soil improver.

It's nicknamed "Black Gold" by gardeners. Compost can be used as humus, a soil amendment which improves the condition, nutrient content and moisture-holding capability of soil, and mulch, a top-dressing which prevents compaction, erosion, and weeds.

Look inside a cooking compost bin and you'll see a miraculous transformation taking place: leaves, grass clippings, garden trimmings and kitchen scraps turning into rich, organic compost.

Montclair has held the popular "Compost Give-Back" in the fall to help residents wanting to learn how to backyard-compost for the first time, or add additional bins, and get more information. Our participating organizations, like CNNJ, give extra opportunities for people to learn even more. 🐦

Ed. Note: Gray Russell is the Montclair Environmental Affairs officer, and a CNNJ Board member.



Top to bottom:

Residents dig as much free compost as they can carry from the giant pile.

Barb teaches a never-ending audience how to Rot Right. photos by Gray Russell

Trina and Nancy arrange the CNNJ info table, preparing to educate visitors.

photo by José German

Leaves

by Pat Kenschaft

One of the joys of living in New Jersey is the gorgeous show of autumn leaves. How lovely to go outside on a beautiful fall day!

The question then arises of what to do with the bountiful crop of fallen leaves. If you raise vegetables (or even flowers), that problem is easily solved. Leaves are my main mulch for raspberries and plum trees, and it is only aesthetics that makes me favor wood chips for the fruit trees nearer my vegetable garden. Wood chips don't blow into the vegetables!

Leaves are also an indispensable ingredient of compost. They provide the carbon-rich ingredient that complements the nitrogen-rich qualities of kitchen and garden waste. The former are called "brown" and the latter "green," but color, obviously, is not the point except as a guide for quick learning.

When I was starting my garden, I dug leaves into the second level of double digging as described by John Jeavons in his great little book, *How to Grow More Vegetables Than You Ever Thought Possible on Less Land Than You Can Imagine*. He tells us that

compost is much preferable to leaves, and I used it as soon as I had enough compost, but leaves do provide organic matter, and are better than nothing. A deep organic soil is valuable and much preferable to native Montclair clay for plant growth.

In recent weeks I have been filling plastic bags with leaves that I will put on top of my carrots, parsnips, and Jerusalem artichokes (root crops) to keep them from freezing in the winter. It's easier than transferring them to a cold cellar, as gardeners did 100 years ago. Then in midwinter I shovel the snow off a bag, pick up the bag and put it aside, pull a week's worth of carrots, and replace the bag.

For decades, my husband, Fred brought me 100 bags of others' leaves to add to my own. At 20 pounds per bag, that's a ton of leaves that disappeared into my yard each year for over 20 years! The abundance of my growth is evidence of such wealth. I read once that the leaves give humans access to the nutrients that the roots of trees have gleaned from deep in the earth. Enjoy the abundance of leaves! 🍂



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Ask a gardener

Here's the third "Ask a Gardener" column. Send your questions to [Cornucopia's experienced gardeners via cornucopiaNJ@gmail.com](mailto:cornucopiaNJ@gmail.com), and watch our website for more.

Q: How can I prepare my vegetable garden for the winter?

—Alice

A: Please follow these simple steps to prepare your vegetable garden for cold weather:

1. In the fall, do a cleanup of the vegetable beds. Remove all your dead plants, and leave your beds ready for the next season.
2. Tilling your soil in the fall can save you a great deal of time in the spring. Remove roots of plants and other debris.
3. Cover the beds with a cover crop or "green manure" (a type of cover crop grown primarily to add nutrients and organic matter to the soil). You can plant Rye Grass, or just cover the beds with leaves or salt hay. That will reduce the possibilities of weeds germination in the spring.
4. If you have cold tolerant vegetables (like Collard greens, arugula, Kale, Swiss chard, etc.), the plants should be protected with a blanket of mulch (preferably leaves, straw or hay) to prevent root damage from extreme cold temperatures. In addition, cover the foliage of your plants with a fabric to reduce cold wind and frost damage.

—José

Q: You don't have weeds, but you're organic: how do you control weeds without herbicides?

—Guy

A: My approach is to use leaves from the fall to cover the flower beds; so save those leaves! Then, I water the flower beds because that way the leaves stick together. For the vegetable beds I use straw or salt hay. I prefer straw because it decomposes faster than salt hay. Controlling weeds in the grass is more challenging, but weeding "on time" will reduce the amount of weeds in your lawn. All my efforts from last year, have been rewarded so far. This year, I only pulled out of my lawn five dandelions and three crabgrass. I spent less than 10 minutes weeding the lawn. Visitors were amazed to see a really nice lawn, free of chemicals and poisons.

—José

The Green Living and Building Center

by Lia Nielsen

The Green Living and Building Center in Lambertville, NJ, is a collaboration of like-minded, veteran companies that understand and believe cost effective green living and building is attainable today with the right team and an integrated approach.

Our services include everything from initial planning and conceptual design, energy efficiency and renewable energy analysis/integration, complete architectural and engineering construction documents, construction, green product supply, and educational workshops. Our strengths are our integrated approach, experience, and customer service that walks clients through the green design process from concept to finished product.

The Center is now open weekly, Wednesday through Sunday. See our [website](#) for our exciting "Seminars on Sustainability." Come learn what holistic green living and building is all about.

What is green living and building, and why is it important?

Green living and building uses less energy, water, material resources and/or gives back more than is taken. It creates less waste or eliminates it. You inhabit healthier places to live/work. It reduces or eliminates green house gas emissions.

People spend 90% of their time in buildings. Buildings use 65% of all electricity and the majority of this use is for heating/air conditioning and lighting. Greenhouse gases are causing irreversible changes to our climate, and buildings are responsible for 39% of all emissions.



Our Team

Our collaborative is made up of some of the most qualified green professionals working in the industry today. Our experience and professional stature places us at the forefront of green design, often recognized as experts in our respective specialization.

Our team includes: Green Living/Product/LEED Consulting: *Gaia's Way Inc.* Lia Nielsen, LEED GA. Architectural Design & Consulting: *Designs for Life, Inc.* Jason Kliwinski, AIA, LEED AP. Construction & Const. Management: *Greenstreet Inc.* Robert Politzer, LEED AP.

Jason Kliwinski Awarded LEED Fellowship

On October 18th, the U.S. Green Building Council announced that our own Jason Kliwinski would be among the elite LEED accredited professionals to be awarded a LEED Fellowship in 2012.

"The LEED Fellow Program is the most prestigious designation for LEED Professionals, recognizing exceptional contributions to green building and significant professional achievement within the rapidly growing community of LEED Professionals.

Forty-three of the world's most distinguished green building professionals were selected to be LEED Fellows through a peer nomination and portfolio review process. Among other requirements, LEED Fellows must have at least 10 years of green building experience and hold a LEED AP with specialty credential." Jason will be recognized at the 2012 *GreenBuild* conference in San Francisco. ~

Ed. Note: Jason Kliwinski serves on the Board of CNNJ. Visit the GLBC website: www.greenlivingandbuildingcenter.com

FOOD ISSUES

Farm Bill

We're hoping that after the election, the House will take up the languishing Farm Bill, including fixing the problems with the Senate version. For a current status, we recommend www.foodandwaterwatch.org/news.

Legislator Scorecard

We've discovered a new website that scores our Senators and Rep's on their "food policy vote" www.foodpolicyaction.org, plus lots of other "food issues" info.



CA GMO Right to Know Vote

This newsletter goes to press on election day, so we won't know the result of the CA initiative Prop 37, to label GMO food. It is considered the best hope to legislate labeling GMOs, as it is a direct initiative vote, so harder to block by Monsanto et. al., but "No on 37" is spending more than \$40 million to defeat the initiative. Polling as we go to press shows it's a dead heat. See the Organic Consumers Assn. website for updates: www.organicconsumers.org.



Finally: Victory! PurGen "Clean Coal" Plant Defeated

from the press release, Oct 22, 2012

A coalition comprised of 37 environmental and social groups and concerned residents known as the "Stop PurGen COALition" has announced that their fight to defeat SCS Energy's proposed coal and carbon sequestration power plant proposal is finally over. Since 2009, the coalition fought the construction of "PurGen," a proposed experimental 750 MW coal and carbon sequestration plant in Linden that would have used a 140-mile long pipeline through New Jersey's coastal waters to pump liquefied carbon dioxide one mile below the Earth's surface. SCS wanted to use an unproven technology to burn dirty coal to generate electricity and then use the experimental pipeline to carry the captured carbon dioxide and bury it into the ocean floor off of the coast of Atlantic City.

The group discovered an announcement on the Massachusetts-based company SCS Energy's website that stated, "PurGen is no longer under active development." Additionally, the company's contract with the city of Linden expires this year.

This is a momentous victory for the community of Linden, an environmental justice area that is already burdened with excessive pollution. By ceasing this development, the health of Linden residents and the local environment have been protected. This



experiment could have blighted the town and surrounding communities with more pollution. This plant would have used unproven technology to promote dirty coal as clean

coal. If an accident like a spill or a leak were to happen this would have devastating impacts on the area and our marine ecosystem.

For three years Linden residents, environmental organizations from Cape May up to New York City, and elected officials have worked diligently to stop this proposed coal plant. The COALition spent countless hours canvassing door-to-door, educating the residents on the proposal and alerting them to speak out at public hearings and meetings. They also successfully worked with municipalities and counties around the state to pass resolutions in opposition of this plant. Lawn signs were made, pamphlets were distributed, and events were held up and down the coast to raise awareness about this dangerous plant. . . 🐦

Ed. Note: Read the entire press release here: www.stoppurgencoalplant.org

We'd like to hear from you!

CornucopiaNJ@gmail.com to let us know:

- what you care about
- articles you'd like to see or contribute
- if you would prefer to get the newsletter via email

Ed Notes:

- The Newsletter is available online! www.cornucopianetwork.org
- Pat Kenschaft's blog: patsorganicgarden.blogspot.com

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Cornucopia Network of New Jersey survives entirely on volunteered time and your donation. Please send your dues (\$15 individual or \$25 family) with your contact information. We welcome volunteer time and donations as well. Thank you!

Name: _____

Address: _____

_____ Telephone: _____

Email: _____

Can we send our Newsletter only by email? Yes No

Gardening Season *cont. from page 1*

December and February.

Last winter we were able to have some greens from the vegetable garden for dinner between two and three times a week between December and February.

In the summer, we canned surplus vegetables, and now these complement our local food during the cold weather.



The amount of garlic that we planted last fall produced 24 pounds — enough for at least six months. This time we will be increasing the planting of garlic a little bit to secure at least 30 pounds for next year.

Now is the perfect time to plan ahead for next season. Last year we decided to increase the productivity of our garden, which was already abundant. We used more containers to expand the size of the vegetable area without sacrificing the space of our backyard wildlife habitat garden. The results of this year's crops have been extremely satisfactory since we have produced more than 250 pounds of vegetables so far, in a small space, comparable to an average living room. We are not done yet, so we are confident that amount will increase by the end of December. 🍷

Ed. note: José, along with serving on the Board of CNNJ, is a Master Gardener, and owns Green Harmony Now landscapers.

José's backyard in late fall hosts spectacular fall colors in the ornamentals and is still providing food like the collards in foreground.
photo by José German



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