

Celebrating local farms

Littleton Garden Club learns about organic gardening practices and community involvement

LITTLETON — Two recent tours enlightened members on varied organic farming routines and unique ways of recycling material in garden beds.

Meadowstone Farm in Bethlehem provided a fascinating tour of many greenhouses and fields of cutting flowers. Ties to UNH cooperative extension service plays a role. Various forms of testing is provided by Extension agents to quickly evaluate pest problems near their crops.

The use of bean plants to aid in nitrogen fixing properties for soil was discussed. After bean harvests- the base of the plant is left to provide nutrients to the soil for the following year.

Spraying beneficial nematodes is an earth friendly pest solution utilized. Beneficial nematodes are microscopic worms used for biological pest control. They target soil-dwelling insect pests such as grubs, fleas, fungus gnats, thrips, and weevils by entering and killing them with symbiotic bacteria.

Wonderful flourishing crops of sweet cherry tomatoes, aromatic basil and cucumbers show that growing without the use of strong pesticides is very possible.

Another recent garden tour was to the Mount Sacred Heart garden in Littleton. It raises food crops to donate to many local food



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Inspecting for insects at Convent garden in Littleton.

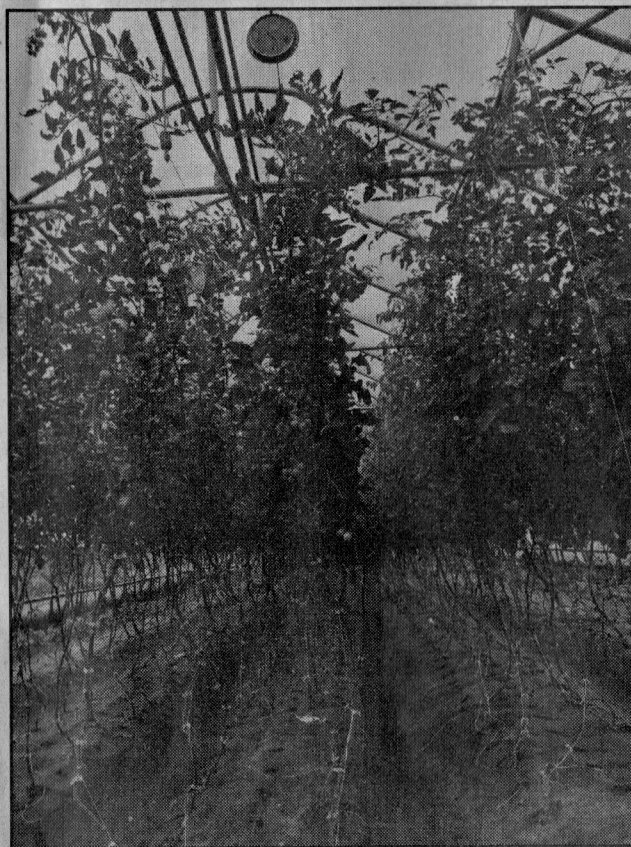
pantries.

In addition to offering fresh, tasty produce to food insecure individuals year-round, they utilize recycled materials in farming.

Shredded office paper is used as mulch, as well as broken down corrugated boxes in between rows. Eventually these decompose to assist in building up their soil. Many volunteers prepared rows for lettuce planting while others inspected onions and leeks for potential insects.

Rhubarb leaves were purposely left in certain areas to deter critters. Many interesting uses of natural practices help the farms while they serve the greater community.

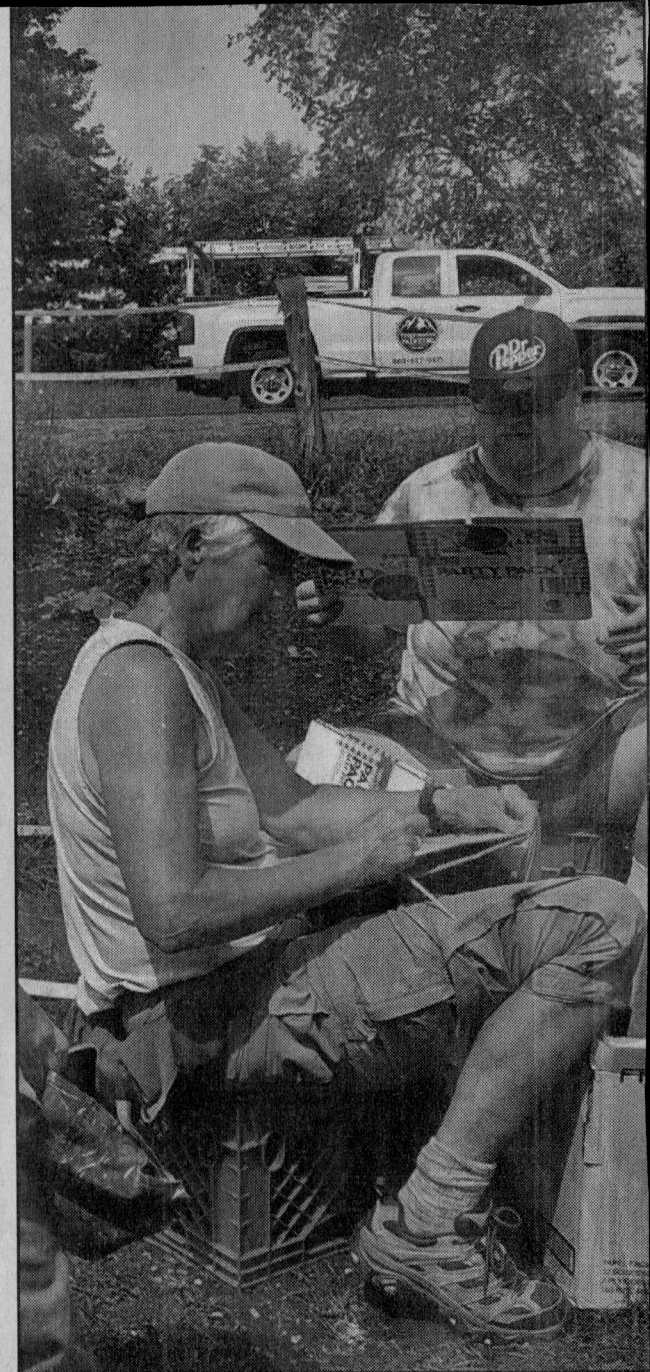
Littleton Garden Club is



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Cherry Tomato crop Meadowstone Farm.

an active group of men and women from around the



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Corrugated Boxes prepared by volunteers to be used as mulch.

area. New members are always welcome.

For more information,

visit the Web site at <https://www.littletonnhgardenclub.org/>

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