

July 2026 Newsletter

GROWERS

We grow
Vegetables & Berries
for Soups, Salads,
Stews & Stir-Fry.



PT GLEANERS

We glean
Apples, Pears,
Plums & Figs from
Backyard Orchards.



Year-to-Date Statistics

Produce Grown = 2054
pounds

Volunteer Time = 2216
hours

Plant Starts = 153
seedlings

We're hard at work in
FBG Gardens all year
long!





Our "top five" crops harvested
January through May are:

Leeks = 133 pounds

Spinach = 121 pounds

Potatoes = 112 pounds

Asparagus = 106 pounds

Sprouting Broccoli = 103
pounds



FBG Merchandise!

FBG has rebranded!
Order a t-shirt and show
off your support for
the Food Bank Growers.

Check out our **NEW**
SHORT SLEEVED options!

Buy FBG Merchandise!





Stay Involved *in the community*

Jefferson County Farm ...

Saturday, September
19th Sunday, September
20th

at FairWinds FBG Garden



In the Garden *on KPTZ radio*

Listen Here

Join Julia Cordz, Barbara
Faurot, Mary Beth
Haralovich and Dianna
Wiklund weekly on
Thursdays from 6-6:30
pm.



The Big Drip *Fundraising Campaign*

Donate to the Big Drip F...

Little drops of cash add
up so that we can
support our volunteers,
gardens and schools that
feed our local
community.

Food For Thought Series at the Quimper Grange

On pause for summer. New lectures coming in September. Stay tuned for more
details.

July Tasks for the Garden *with Dianna*

Weather:

July looks like it will have average temperatures this year; highs around 67.5°F and lows around 54.5°F. Late month may warm up, but it is looking to start out cool.

Rainfall, if we get any, is usually about 0.43" spread over 8 days. What does this mean for our gardens? ... We will need to water (most plants need at least an inch of water every week). And our heat loving plants may need some help to stay warm.

Harvest:

Now is also the time to harvest our garlic and get it spread out in a shaded but open space to cure. Onions may also be ready later this month; they should be cured the same way so they dry before storing for fall and winter use.

Fall/Winter Planting:

After we have removed our spring harvests, we can plant for fall and winter. Many crops can now be planted as long as they are adequately watered and not allowed to over heat. If you are not planting crops for fall or winter, it would be a good idea to plant cover crops. This can help improve the soil while holding it in place during fall and winter rains.

Things that can be planted now are:

Beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, kale, kohlrabi, lettuce, bunching onions, peas, radishes, spinach, turnips.

Many of these come in varieties for both fall harvest and over-wintering for spring harvest.

Amendments:

I would like to take some space here to talk about amendments over the next few months. I will start with the most common one this month: **nitrogen**.

Nitrogen

Nitrogen is a colorless, odorless, tasteless chemical element (symbol: N, atomic #7). It is the most abundant element in the Earth's atmosphere, making up about 78% of the air we breathe. **Nitrogen** is a fundamental building block of all living matter.

What it does for plants:

Basically, **nitrogen** is the main building block for plant structure and health. It is

Basically, **nitrogen** is the main building block for plant structure and health. It is necessary for photosynthesis, the process by which plants make their own food. With adequate **nitrogen**, plants are lush and vibrantly green. Without it, plants get yellowed leaves (chlorosis) and do not flower or fruit well. They become thin or leggy and more susceptible to disease.

Sadly, **nitrogen** is water soluble and is easily washed away with over watering or heavy rains. Therefore, it is a constant battle to keep enough **nitrogen** in our gardens. But too much **nitrogen** is also a problem as it can burn our plants.

Where do I get Nitrogen?

Nitrogen comes in 3 basic types: Fast Acting, Slow Release, and Soil Conditioning.

1. Fast Acting

1. Blood Meal Powder → apply 2-5 lbs/100sf, as excess may burn plants
2. Fish Emulsion → stinky liquid applied to both leaves and roots
3. Alfalfa Meal → perfect for general fertility
4. Coffee Grounds → releases N relatively fast.
5. Urea → dry or liquid should be diluted, so as not to burn plants
6. Manure Tea → liquid applied to both leaves and area around roots

2. Slow Release

1. Feather Meal → breaks down over several months for a steady supply of N
2. Soybean Meal → a plant-based alternative with a sustained release of N
3. Wood Ash → adds nitrogen, potassium, and calcium and raises PH; sprinkle lightly around the base of the plants as too much can burn

3. Soil Conditioning and Mulches

1. Composted manures → adds N and improves moisture retention
2. Compost → usually a great source of N and other amendments, depending on it's composition
3. Fresh Green Clippings → grass, weeds, green leaves... they all release N as they decay; use only a thin layer as they can become very hot!
4. Chop & Drop → a weeding technique that involves cutting down the weeds and dropping them on the surface of your planting bed; do not do this if the weeds have gone to seed
5. Cover Crops → planting N fixing plants (like peas, beans, clover and alfalfa) will naturally increase the N in your soil

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6. No-Till Gardening → helps keep N in the soil by not exposing it to the weather
7. Polyculture or Interplanting → helps keep N in the soil
8. Mulch, Mulch, Mulch → my solution to many garden challenges; as mulch breaks down it releases N and it protects the soil from the weather so less N washes away

When and how to apply Nitrogen:

Spring → add fast-acting to replenish the soil after winter rains

Summer → side dress, as needed, if plants seem stressed

Fall → add slow-acting and condition to carry plants over winter

Anytime → compost and mulch

I hope this proves helpful to everyone. I know I have always struggled to know what to add, in what form and when. So this research has been very good for me. I hope it helps others reduce the stress of gardening and move toward a more relaxed and comfortable place. The garden should be a place of peace and healing for both us and the earth. Knowledge helps with both.

Happy Gardening, 

Dianna Wiklund

Master Gardener

Everyone is Welcome!

We're so grateful for our volunteers! Feel free to join us and explore opportunities to grow, glean, or help remotely. Just let us know what interests you, and we'd love to get you involved!

[Volunteer Sign-Up](#)

Thank you FBG Community!

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