

September 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 = 7361
pounds

Volunteer Time = 4632
hours

Plant Starts = 153
seedlings

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

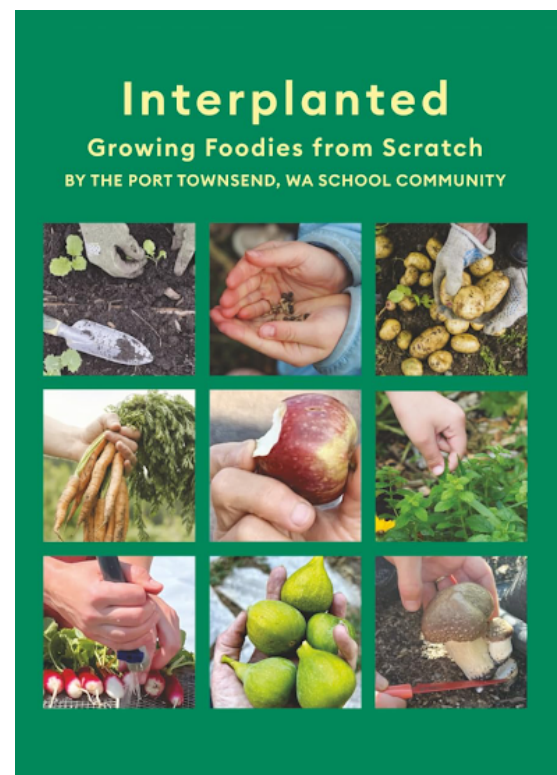


Food For Thought Series

Interplanted: Growing Foodies from Scratch

*with Mary Hunt, Shannon Gray,
Doug Van Allen and Rachael Dunn*

September 15th
**at the Quimper Grange - 1219 Corona
Street**



Interplanted: *Interplanting crops to enhance growth, increase production and stabilize a food web.*

Foodie: *Someone who appreciates the art of knowing, growing, cooking, and eating freshly prepared dishes.*

No idea happens on its own. No amount of instruction can educate a palate like a well-prepared meal, but when ideas are interplanted with the right people, opportunity, and need... a new food culture will grow. It's taken over 20 years to go from talking about Farm-to-School programs in Port Townsend, Washington to seeing first graders devouring kale chips at lunch. The foodie journey has included the work of hundreds of community volunteers and school staff performing thousands of hours of work, along with the support from fundraisers, individual donations, grants, levies, and bonds. This book aims to capture some of the living lessons that have been interplanted into the Port Townsend School District and to encourage following generations to keep growing, cooking, and sharing the bounty.

In Loving Memory of Jo Young

FOUNDING MEMBERS OF QG GARDEN

Jo Yount was a force of energy for Quimper Grange and beyond. She was an avid and adventurous outdoors person, creative in her solutions to many problems, and devoted to her Christian Science Church faith.

She and her husband George helped reboot the Grange when it was in danger of being closed. They made it possible to get the roof and windows replaced, and they ran the contra dances for many years until the Covid pandemic put a pause on everything.

The Grange was in Jo's heart. She found quilting medallions from a vintage project and had artfully affixed them on insulated shades for all the Grange windows. In 2025, the shades were worn beyond repair and replaced, but the medallions were rescued and cleaned for a future display.

In 2012 Jo created the Quimper Grange Food Bank Garden in order to further serve her community with fresh food for the food banks. She shared her gardening expertise with any who wanted to learn about feeding ourselves and our community. Today, the garden hosts a trellis and bench dedicated to her spirit, and feeds hundreds of people throughout the year at the food banks and other organizations.

From Kathy Ryan:

"I met Jo in 2014, through my second friend in PT who upon hearing I had worked on farms on the east coast thought I could be useful.

I got to know Jo when she needed a driver and we spent just about every day in the garden. She amazed me with her knowledge of how to use amendments. Her beds were always prolific. I loved her stories. She talked about her weekly prison visits, raspberries, her sewing projects, recipes, friends like Tinker, gratitude for starts from Judy at Dundee Hill, and how to space different plants using only her hand. She welcomed my grandchildren as warmly as she did all volunteers and taught them the difference between herbs, veg, and weeds, how to get all the weed root, how to harvest without causing damage. And she made it fun. She always talked with them as equals. It inspired my granddaughter to start a garden at home, and she reveled in her first carrots."

The Quimper Grange Food Bank Garden was known by volunteers as Jo's Garden for the hours she dedicated to growing and sharing, especially her flowers and signature salad mixes. In 2024 the QG Garden asked the Community Boat Project to create an arbor for Jo: this has become a memorial to her passion.

Lys Burden, considered the Founding Mother of the Food Bank Growers shared this:

"In the formative years of Food Bank Growers, we used to meet monthly at Jo and

In the formative years of Food Bank Growers, we used to meet monthly at Jo and George's house for reviewing our finances and sharing what was going on in our production gardens. In those years we only had three sites at Mountain View Commons, Port Townsend High School and Quimper Grange and about 7 people participating. Sometimes we would bring pot-luck snacks, and Jo would provide herbal tea. It was a time of organizational establishment and learning better techniques for high production yields. We had fun sharing our wins and discussing our challenges. Lots of ideas crystallized and solid information about best gardening practices flowed from our mentor, Jo Yount. She was an invaluable leader and participant in the project's growth and success."

Jo was active in the Christian Science Society, building and managing the Blessings Garden with Judith Johnson who shared this story:

"We started the Garden in 2004, mostly just the two of us. I told Jo it was the best soil I had ever worked. I also helped her in her own landscape when we entered it into the Master Gardener Secret Garden gala. She and I graduated from the same MG class, but I only got to know her through church. We had a wonderful time growing flowers and veggies together. I introduced her to Aunt Ruby's German Green tomato that she so enjoyed."

A gazebo dedicated to Jo Yount is a permanent part of the Quimper Grange Garden, offering a shady place to view and enjoy the flowers and veggies throughout the year.





Stay Involved *in the community*

Jefferson County Farm ...

Saturday, September
19th
*at FairWinds FBG Garden
and
at Salish Coast
Elementary*

Sunday, September 20th
at PT High School 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.

September Tasks for the Garden *with Dianna*

Weather:

September looks to start off cool and damp. Some showers could help our fall/winter gardens; the cool weather, not so much. Port Townsend's average high is 63.1°F, with a low averaging 52.7°F. There is normally about 12.5 days of rainfall giving us a

cumulative total of about 1.5 . The average length of the day is 12h and 33min, and the equinox occurs in the fourth week of this month. All this being said, we still only get about 9 hours of true sunshine a day, and that is what our plants need. Monitoring the light that actually gets into your garden during the fall and winter can determine what you can grow and for how long. Most plants just go dormant if there is not enough light.

Harvest and Storage:

September is harvest time for many of our home garden crops. Our kitchens are bursting, hopefully, with fresh produce. Storing for winter is a focus for many of us... canning, freezing, drying or just wrapping and protecting each crop; each method has its challenges and each gardener their preferences. WSU extension has some great free publications that can help keep your crops safe and mostly fresh tasting for the months ahead. Go to <https://pubs.extension.wsu.edu/shop/> and type in the veggie or fruit you want to store and see what WSU can tell you about it. The WSU Shop also has general publications on preserving and storing produce. Most of these are free, but they seem to be archiving some, so get copies while you can.

Planting:

For fall harvest...

- Radishes
- Lettuces
- Spinach
- Snow peas
- Fava beans
- Winter beets (mainly for greens)
- Cover crops like barley, rye, and wheat

For spring harvest...

- Cabbages
- Cauliflower
- Garlic (late in the month)

With so much to do in September, it is still important to monitor the health of your plants and soil. Keep your eyes open for signs of deficiencies and make note to correct them in the spring. On that thought, here is this month's amendment...

Potassium "K"

What is Potassium? And what does it do for plants?

Potassium “K” (also called potash) is the third of the big 3 macronutrients N,P,K. It is essential for water uptake and transport within the plant helping resist disease and drought. It also helps with the transport of nutrients, photosynthesis, the development of roots and strong stems, respiration (yes, plants breathe) and increases the plants' protein levels.

“Plants rich in carbohydrates, such as potatoes, need potassium for tuber growth. Potassium regulates plant growth so that harvested fruit is fully formed, high quality and has a better shelf life for consumers.” [.phoslab.com](https://www.phoslab.com)

Signs of Deficiency:

Typical symptoms of potassium deficiency in plants include brown scorching and curling of leaf tips as well as chlorosis (yellowing) between leaf veins. Purple spots may also appear on the leaf undersides. Plant growth, root development, and seed and fruit development are usually reduced in potassium-deficient plants. Often, potassium deficiency symptoms first appear on older (lower) leaves because potassium is a mobile nutrient, meaning that a plant can allocate potassium to younger leaves when it is K deficient.

Where do I get it?

K has three release types from the slowest (or very stable) to the most available.

1. The slowest type is what the soil contains the most of. Like phosphorous, much of potassium is unavailable to plants (90 - 98%) because it is tied into the minerals of the soil (mostly feldspars and micas). With weathering, this may be slowly made available.
2. The next slowest type is thought to be trapped between layers of clay minerals and is frequently referred to as being fixed. Growing plants cannot use much of it during a single growing season. It isn't measured by routine soil-testing procedures. It can serve as a reservoir for readily available K.
3. The most readily available type is dissolved in soil water (water soluble). They are held onto clay particles' exchange sites, which are found on the surface of clay particles. Called exchangeable K, this is the form of K measured by the routine soil testing procedure.

That being said, here are some ways you can get potassium to your plants.

1. Compost: Compost is full of nutrients, including potassium, especially if it is beefed up with banana peels and other fruit and vegetable waste. The potassium compounds in compost are water-soluble, which makes them readily available to plants but also likely to leach out of your compost pile over time.
2. Wood Ash: The original source of “potash” fertilizers, hardwood ashes can be used directly as a fertilizer (about a 5-gallon bucket per 1000 square feet) or added to your compost pile to increase the potassium content. Wood ash also raises soil pH, so be sure to do regular soil testing to make sure it stays balanced.
3. Kelp Meal: Available dried or liquid, kelp and seaweed offer potassium to the soil in a fairly quick-release form.
4. Greensand: Mined from ancient former sea beds , it is rich in a number of minerals including potassium. It’s used both as a fertilizer and a soil conditioner, or it can be mixed with compost.
5. Muriate of Potash (potassium chloride): Mined from ancient deposits, this commercially available product can be used as natural sources of potassium, though the chlorine found in it can harm soil microbes.
6. Sulfate of Potash (potassium sulfate): More expensive than muriate of potash but safer, since it doesn’t contain chlorine. Not all potash products are considered organic, so make sure the product you use is approved by the Organic Materials Review Institute (OMRI).
7. Sul-Po-Mag: A variation of potash, Sul-Po-Mag is actually a naturally-occurring mineral called langbeinite (sulfate of potash-magnesia). Sul-Po-Mag is water soluble and convenient, although it shouldn’t be used unless your soil also needs sulfur and/or magnesium.
8. Granite Dust: Available from granite quarries, granite dust is a relatively inexpensive way to add potassium and tract minerals to your soil. Since it’s ground-up rock, this product is very slow to release its minerals and is not a quick fix. T

When and How to Apply?

Banded application is recommended for many crops. Soybeans like a broad-cast application.

Foliar sprays are best used in cooler temperatures (under 90 degrees). If liquid K is applied, be aware that it could raise the sodium levels in your soil and might even inhibit seedling germination. Use sparingly.

Conclusion

I continue to learn a lot from this research. Potassium is often combined with manv

...continue to learn a lot from the research. It is even better than many other minerals (like chloride, sulfur or magnesium), so be mindful of what is combined with as you may not need those elements added to your soil. Remember to correct soil imbalance slowly as it is better to use too little than too much. More is not always better. Watch your plants over a few weeks and see how they respond. Make notes in your garden journal and remember that your garden is a place of joy and comfort as well as food and beauty. Don't sweat the small stuff; we sweat enough harvesting and weeding.

Happy Gardening, 🌻

Dianna Wiklund

Master Gardener



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!](#)



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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P.O. Box 1432

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2 attachments



image
180K



image
222K

