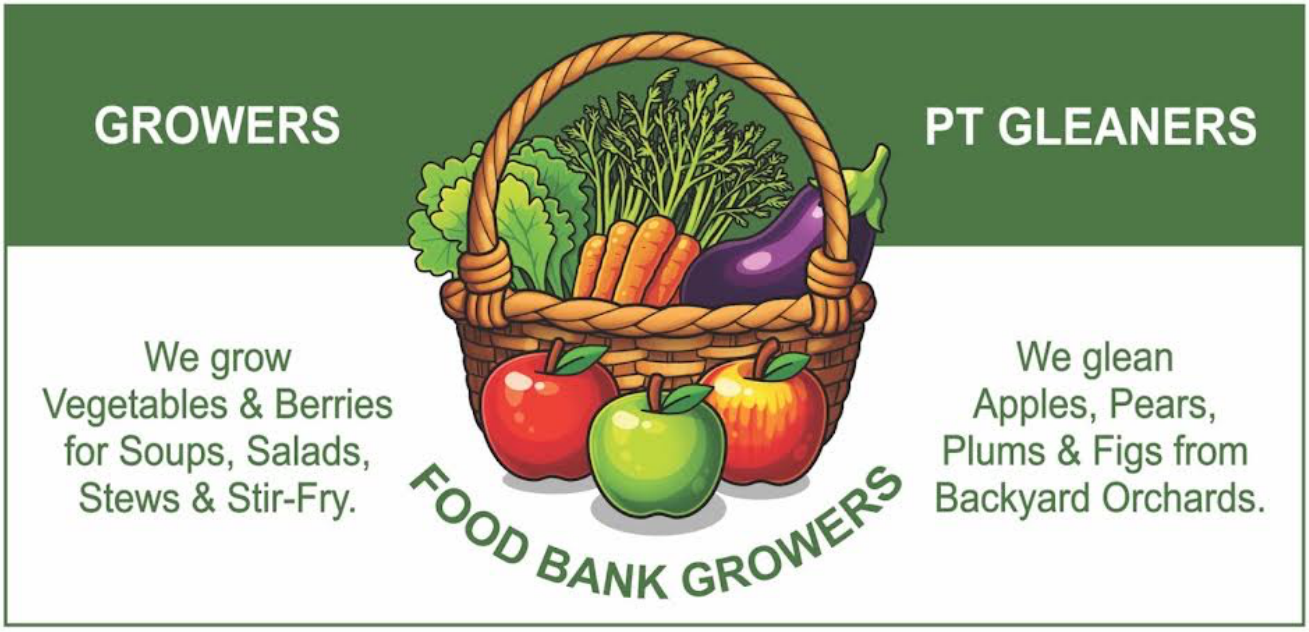
Food Bank Growers and PT Gleaners Newsletter - October 2026

1 message

Food Bank Growers FBG <contact@foodbankgrowers.org>
To: Contact <contact@foodbankgrowers.org>

Tue, Oct 6, 2026 at 4:15 PM

October 2026 Newsletter



Year-to-Date Statistics

Produce Grown = 12,071 pounds

Volunteer Time = 4988 hours

Gleaners Harvest = 1943 pounds

Plant Starts = 153 seedlings

We're hard at work all year long!



FairWinds Food Bank Garden Shines on the 2026 Farm Tour

by Milly Lierman





After a bit of a misty gray start, the day brightened up and the 2026 Farm Tour was a great success at FairWinds Food Bank Garden! Volunteers Michelle and Crista helped garden manager Milly set up the booth and displays. Then Milly, co-manager Gayle and volunteer Keith showed folks around the garden, answered questions about plants, growing methods and the Food Bank Growers organization. We hosted at least 40 interested parties, some knowledgeable and others novices, some locals and others visitors from around the country. A few of the visitors were neighbors finally getting a chance to see the operation they frequently pass by on the way to and from home.



We had some great conversations about regenerative farming, food security, the local Food Bank and what we all can do to grow and share more... not to mention what a fabulous community full of talent and giving that we live in!! Several folks signed up to get more information and potentially volunteer and we would love to welcome them into our collective! To top it off, we were the beneficiaries of a bountiful harvest blessing "Crustession" (a crustacean procession) from the visiting SeaWitch Morris Performance Group who had come to the FairWinds Winery and Farm, also on this year's Farm Tour.

We are most grateful to our hosts and collaborators FairWinds Winery and Farm for providing the land for us to grow nutritionally dense and regenerative organically grown food for our Port Townsend community (more than 1000 pounds delivered to the PT food bank prior to the tour) and to the Food Bank Growers organization for providing the infrastructure and support to foster the garden's success. Together we contribute to the health of our local community and the world at large!



VOLUNTEER THANK YOU POTLUCK

Celebrating the people who grow, glean, gather & give.

October 24, 2026
Saturday at 6:00 pm
Quimper Grange

Come and celebrate another productive
year of gardening and gleaning.
Bring a dish to pass and your best "tips".
This year's presentation will be centered on what
improved production, communication, or distribution.
Enjoy the food and take home lots of tips.

With gratitude for all you do!





Stay Involved

in the community

JCFBA

Find our produce at the Jefferson County Food Banks.



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.

October Tasks for the Garden

with Dianna

Weather:

The forecast for October is warmer and drier than our average of 55.2°F highs to 46.9°F lows. El Nino is in play and will likely be affecting our whole winter. Sad news for skiers but not so bad for gardeners. This will likely be a good year for winter gardening. Although we may not get our average rainfall of 2.28" this month, and might even need to continue with some irrigation, it could be a good chance to grow

salad all winter long.

Planting:

Yes you can still plant!!!

- Garlic and shallots
- Radishes
- Chamomile
- Broad beans
- Spinach
- Snow Peas
- Lettuce
- Cover crops especially grains like rye, barley and wheat

October is all about garlic. Last year we did an indepth look at garlic so I won't repeat myself very much. But I do want to touch on some of the basics.

Garlic can be planted from late September through January, but the best time is October. Plant cloves 3 - 4 inches deep and 4" apart. Garlic can be grown in rows, beds, cinderblocks or pots. Early varieties are harvested in May and June, while most garlic is harvested mid July. Hardneck varieties provide scapes, which are a wonderful bonus in late spring, as they keep in the refrigerator for several months if you don't use them. Softneck varieties tend to store longer. Most garden pests leave garlic alone, so it can also be planted around other plants to help deter some pests. Remember to give your garlic a good layer of mulch before the cold weather really moves in to keep it safe over the winter... 3 - 4 inches works well, suppressing weeds and breaking down before summer harvest.

Along with garlic, now is the time to plant shallot bulbs (not seed) and you can treat those similarly to garlic, except plant them ½ an inch down. Still cover with up to 4" on mulch. I am just starting to play with these alliums and so far they have been a nice addition to our table.

Other things you can still plant now, especially as it is likely to be a warmish winter, are fava beans and over wintering peas which will give you an early start on the spring. Again, mulch well to keep both the warmth and moisture down in the root zone and don't let them dry out. Lettuce can be planted and may continue to grow if you have a sunny location. It needs at least 6 hours of light each day or it will just stall out and wait to grow when it does get the light. You can cover lettuce with a row cover, cold frame or cloche if they need more warmth but don't let them get too

not. Sadly, we might have to water a bit this winter so keep an eye on your soils moisture levels.

Most years this is when I put away my irrigation system, but with a few exceptions. I use soaker hoses under my mulch so I will leave those set up in the garlic and shallot beds. I might also have to leave a hose set up to water the winter peas and lettuce depending on how much rain we get this winter. But mostly October is a good time to put this stuff away somewhere safe so it doesn't freeze. Nozzles are especially susceptible to damage from freezing, so make sure all the water is out of them and they are safely put away.

I would like to continue my series on amendments by covering one of the micronutrients each month. Since it is October and garlic planting time, I want to talk about Sulfur.

Sulfur (S):

With Garlic and Elsewhere

Sulfur is one of the major and important elements of garlic. Garlic contains allicin which in turn contains sulfur. Allicin is the compound that gives garli its flavor and medicinal value. Garlic has many uses, both culinary and medicinal, including antimicrobial properties, antioxidant activity, and anticancer activity.

Allicin occurs in mustard and onions. Sulfur is also required for nodulation and nitrogen fixation of legumes.

Sulfur Basics

Sulfur (S) is an essential element in the life processes of all living things including micro-organisms, higher plants, animals and humans. Sulfur plays a major role in the formation of the proteins needed to sustain life in all biological organisms…

"About 95 percent of the total amount of sulfur in soils is found in organic matter. As soil organic matter is broken down, the sulfur in the organic forms is converted (mineralized) to sulfate-sulfur (written as SO_4-S). Sulfate-sulfur is the only form of sulfur that is absorbed by plant roots." *R-6 (Minnesota extension)*

Sulfur dioxide can also be absorbed from the atmosphere and converted into a sulfate ion which is used by the plant.

Sulfur's Role in PH

Sulfur can be added to soil to reduce the PH and make it more acidic. This is

something we don't really need here on the Olympic Peninsula unless you have over-limed your soil. Soil tests are key to finding out if you need any amendments. Also, if you have been growing a lot of alliums, they could have used up the available sulfur in your soil. Sulfur can also leach out of really sandy soil, but if you have at least 4% organic matter you should be ok.

Elemental sulfur is used to lower PH. Be careful with mixed compounds containing sulfur as you might get too much of something else you don't actually need. Avoid using aluminum sulfate, as excess aluminum can be toxic to plants.

Sulfur Deficiency Symptoms

Sulfur deficiency mainly seems to occur in sandy soils. Soils with 4% or more organic matter usually have enough sulfur.

That said, when sulfur is deficient, growth is reduced and maturity is delayed. With inadequate supplies of sulfur, there is a reduction in protein formation with a subsequent yellowing of the foliage.

Correcting Deficiency

Soluble sources of sulfur — such as potassium sulfate, potassium magnesium sulfate, Epsom salts, ammonium sulfate or gypsum — are usually preferred to elemental sulfur. For most soils, one application is sufficient for 2 or 3 years.

Sulfur can also burn plants in summer heat, so please add it in the spring to avoid this. Once scattered or sprinkled on the soil, cover it lightly so it doesn't blow away.

Bringing this back to garlic... I would add sulfur in early spring along with a little more mulch to hold it in place. Again, you don't need to add much, just a light sprinkling over the beds should be all it needs.

I have been growing garlic for close to 25 years in my current garden and the soil tests are coming back in need of sulfur. So this is an amendment I will be using this year with the hope of increasing my bulb size and flavor.

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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