



The ultimate  
resource for  
garden nerds

Hi There-

Just a quick note (along with this press kit) to let you know if you ever need an expert resource for organic gardening, vegetable gardening, composting, growing your own food, sustainable living, or urban homesteading Gardenerd is your one-stop source.

The details are in the following pages, but you can also visit [www.gardenerd.com](http://www.gardenerd.com) for additional free resources including blogs, videos and podcasts.

Please let us know how we can help with your next story. We're just a phone call away!

Thank you for your time,

Christy Wilhelmi  
Founder, Gardenerd  
(310) 773-4806

**On a tight deadline? Got a quick question?  
I can help!**

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## Christy Wilhelmi

IS YOUR ONE-STOP-SHOP FOR GARDENING NEWS AND INFORMATION

Christy Wilhelmi is founder of Gardenerd.com, the ultimate resource for garden nerds.

She has been a board member of Ocean View Farms Organic Community Garden in Mar Vista, California, since 1999 and gardens almost entirely with heirloom vegetables.

Between her own community garden plot and her home garden (a total of about 200 square feet), she grows 80% of her family's produce year round, while running a thriving organic vegetable garden design and consulting business.

Christy teaches urban gardening workshops throughout California, including at the Esalen Institute in Big Sur, and the Organic Gardening 101 course at Santa Monica College. She regularly presents organic gardening topics with her infectious enthusiasm at environmental events year-round to new and veteran gardeners alike, and writes for several online and print publications.

### **Gardening unifies**

both physical activity & healthy food choices, while providing a grounding spiritual and creative outlet.



Her writing has appeared in Edible Los Angeles Magazine, Mar Vista Patch, The Good Food Blog, Low Impact Living.com and many others. Christy specializes in small-space heirloom organic vegetable gardening, and her work has included a partnership with the Woolly Pocket Company and the nationwide Woolly School Garden program as their resident edible garden expert. Together, they installed vertical food gardens for schools that otherwise would not have room for a garden.

Visit her blog at [gardenerd.com](http://gardenerd.com) or listen to the Gardenerd Tip Of The Week (on iTunes) for a just a small sampling of Christy's knowledge on all things gardening.

**Got a burning organic gardening question?  
 Ask Christy today!**

# Top 6 Gardening Trends

HOT GARDENING TOPICS FOR THIS YEAR



- **Choosing organic.** Organic foods are growing in popularity as people are becoming more aware of the impact that their food choices have not only on their own personal health but also on the environment in which they live.
- **Buying locally.** "Locavores" support sustainable food production, processing, distribution, and consumption within close proximity to their community. This reduces waste, lowers food costs and helps the local economy.
- **Victory gardening.** A union of patriotism and environmentalism, victory gardens encourage self-reliance by dedicating a little bit of your land to growing your own food. It traces its roots to World War I and II.
- **Saving money.** A \$3 pack of tomato seeds can grow as much as \$1,000 worth of store-bought tomatoes. With the cost and hassle of trips to and from the grocery store, it makes good sense to have a home garden! Home composting save money too.
- **Container gardening.** One of the easiest ways to grow your own produce. Pots are decorative, inexpensive, convenient and portable. Perfect for apartment dwellers!
- **Mindfulness is in. Bling is out.** Gardeners want value, price & performance. With limited global natural resources, it's time to support **food, not lawns.**

What's the one thing you can do that will reduce your carbon footprint, save gas, get your family to eat more vegetables, and improve your health—all at the same time?

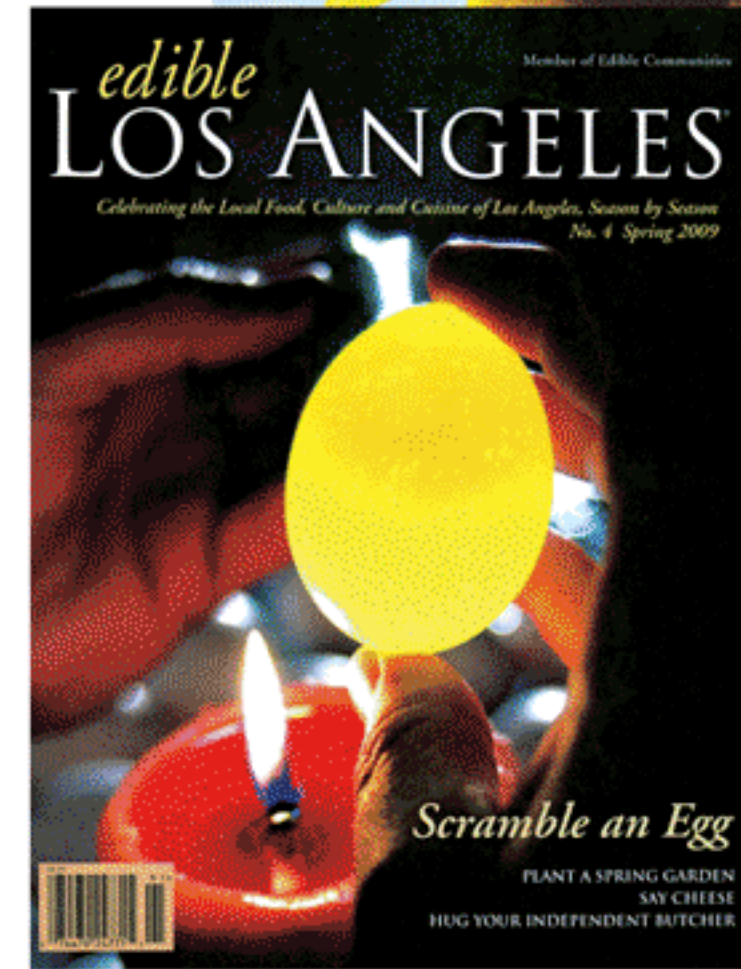
**The answer: Grow a Victory Garden**





~ CHRISTY WILHELMI, Health Keepers Magazine

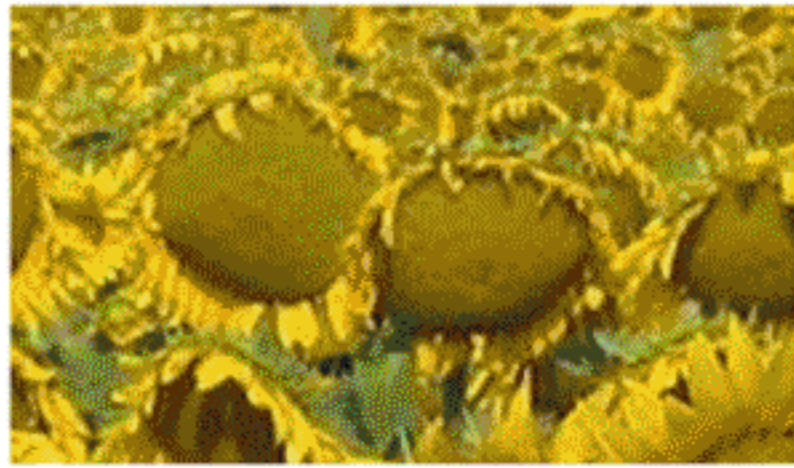
# Recent Media Appearances

[PARTIAL LIST]

- ABC News: Nightline
- Dwell On Design Conference
- Edible Los Angeles / Edible Westside
- Hobby Farm Magazine
- Fox Studios
- Garden Center TV
- Health Keepers Magazine
- KFWB 980 Talk Radio
- LAMWD Spring Green Expo
- Lightning In A Bottle Conference
- LowImpactLiving.com
- Mitsubishi Solar
- Ocean View Farms Biointensive Gardening Seminar Series
- Organic Connections Magazine
- Palisadian Post
- Santa Monica Mirror
- TheMulch.com



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## Storing Garlic - Sprout Not, My Friend

**A great question came in to Ask Gardenerd this week:**

"If I braid my garlic and hang it in my kitchen, how long will it keep? When I buy garlic and the store and put it in my fridge, it begins to sprout after a month or so. Will the same thing happen to my braided garlic?"

Would you believe that it depends upon the variety of garlic you choose to grow? The truth is that, like onions or apples, some varieties are known for better storage than others. So choosing a long-storage garlic will help your situation.

Softneck varieties, which coincidentally are better for braiding, store longer than hardneck varieties. The one caveat is that softneck varieties grow best in Southern climates.

My favorite for Southern climates is Kettle River Giant, because it stores well for about nine months. Here's a shot of a bulb from my harvest a couple of years ago.

When growing your own garlic, it is important to cure the harvest before storing. Lay it out on a screen or hang it out of direct sunlight in small bunches to dry completely, about 4 weeks, before braiding or storing.

One other suggestion: Store your garlic at room temperature, rather than in the fridge. It needs good air circulation as well, so keep it out of plastic bags. Some garlic producers recommend using a garlic keeper, but while it looks nice, it's not necessary.

If you need help braiding your garlic, here's a video I made with that great harvest in the photo above:



Thanks for writing in, and happy gardening!

Posted by Christy Wilhelmi at 1/26/2011 7:40 AM

Categories: Sage Advice

Tags: vegetable storage, braiding garlic, free tips, storing garlic, organic gardening, Gardenerd, garlic harvest

