



Kevin Milaeger

Milaeger's

Keep Calm and Garden On!

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While on a recent garden tour in Milwaukee, I met a Brazilian physician--he was visiting our area for a medical conference. We fell into conversation, and he told me his specialty was pediatric neurology, and he was particularly interested in horticulture therapy for autistic children and young people. He said that there were studies that showed horticultural therapy could help calm down autistic children, and that their medications could sometimes be reduced as a result. Apparently gardening might be more calming than say, video games. He was interested in setting up vegetable gardening programs in Brazil that could help these people, and produce some nourishing food. A noble cause. (I can provide contact information for the doctor if you are interested.)



This interaction got me thinking about why the rest of us garden. There are many times when the garden is hardly a calming place, when we are



confronted with weather, deer, disease, insects, and so on---all things that are difficult if not impossible to control. Yet we are compelled to carry on. Even now, at the end of the season, we are already looking forward to next year. The gardening experience is obviously overall a pleasant one, even if it's not always calming. I guess we all have our reasons for gardening. For me I don't think I do it to calm down, but

rather to be uplifted. If I look in the right places, and with the right attitude, I can always find things to make me smile. But I don't think much about what my motivation is; I just do it because it feels good.

Now that the cold weather has arrived in Racine, the only things left are the "underground" plants. In my garden that would be radishes, carrots, and garlic. It could also include beets, late potatoes, late onions, turnips, and others. I don't harvest

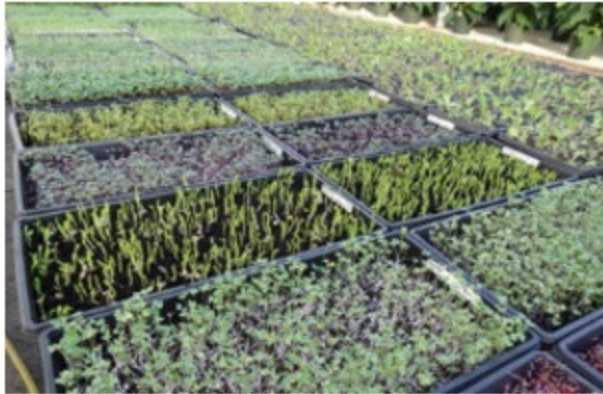


much garlic, I mainly enjoy watching it grow, but I will still pull out a dozen or so to use in the winter months. I harvested these radishes today.

In our greenhouses we are now growing greens. We sell them in our store, and also to restaurants and organic markets. We have a wide variety in production, and we are constantly monitoring their progress. Over time, we will eliminate some of the less productive varieties in favor of the higher production, and of course we keep customer's preferences in mind first and foremost. Some of the greens are sold as "microgreens" and others as "salad greens." Stop in and check them out. Eat healthy, eat local.



Kevin Milaeger with today's Radish harvest
From the left--Icicle, China Rose, Alpine



Please [email me](#) if you have any questions or comments.

