



A word about Minnehaha Master Gardeners: We are volunteers trained through the South Dakota State University Extension [Master Gardener Program](#). The mission of MMG is to enhance and supplement community educational efforts of the SDSU Extension Master Gardener Program and to provide research-based education and information on horticulture and environmental stewardship. For more information on becoming a Master Gardener, visit [SDSU Extension Master Gardener volunteer program](#)

Stay in touch with Minnehaha Master Gardeners' news: [on Facebook](#), [our website](#), or [email us](#).

What's inside

Native Plant Expo at McCrory Gardens	2
Ask a Gardener at Sioux Empire Fair	2
Second Planting for Cool Weather Vegetables	3
Food Rescue 605 for Excess Produce	4
Coffee Grounds for the Garden	5

Find out more about us!



Native Plant Expo Set for August 2 at McCrory Gardens



Planting native plants in the fall offers numerous benefits to the plants themselves and the surrounding ecosystem.

If you're still hoping to add natives to your garden this season, stop out to NPI's final Native Plant Expo of the year on Saturday, August 2, from 10am-2pm.

There will be many native species suitable for fall planting available to purchase along with native plant resources and youth activities!



“Ask a Gardener” Returns to Sioux Empire Fair

Master Gardeners will be staffing the tables on Mon. Aug. 4, 10 am - 4 pm, and Thurs. Aug. 7, from 10 am - 4 pm.

Stop by the SDSU Extension table in the Arts Building and say hello. Bring your questions about gardening, houseplants, lawn care and more.

See you at the Fair!

Second Planting of Cool Weather Vegetables

Candy Van Dam, Master Gardener

Late summer marks the perfect time for a second planting of cool weather vegetables, ensuring a fresh harvest well into fall—and in some climates, even early winter.

By planting a second crop in mid to late summer, gardeners can take full advantage of the cooling season ahead. Many of these crops actually taste better after exposure to frost, becoming sweeter and more tender.

Timing is crucial for a successful second planting. Most cool weather crops should be sown 6 to 10 weeks before the first expected frost date. For Zone 4, that date typically falls between September 21 and October 7.

Best Vegetables for Second Planting

Here are some excellent cool weather crops for your fall garden:

1. Leafy Greens

- Spinach – Fast-growing and frost-tolerant, spinach can be harvested multiple times.
- Lettuce – Loose-leaf and romaine varieties mature quickly and do well in cooler temps.
- Kale – Very cold-hardy and even sweeter after a frost.
- Swiss chard – Offers both beauty and bounty, tolerating light frosts well.

2. Root Vegetables

- Carrots – Sow seeds directly into the soil; flavor improves with cooler temperatures.
- Beets – Can be harvested young as greens or allowed to mature for their roots.
- Turnips – Quick to mature and delicious roasted or in soups.
- Radishes – Fast-growing, with some varieties maturing in just 25 days.

3. Brassicas

- Broccoli – Requires a bit more time, so plant early for a fall crop.
- Cauliflower – Sensitive to heat but perfect for fall harvesting if planted early enough.
- Brussels sprouts – Best for regions with a long fall season, as they take time to mature.
- Cabbage – Tolerates cool weather and stores well after harvest.

4. Legumes

- Peas – Fall-planted snap or shelling peas can thrive as long as temperatures stay above freezing.

Tips for a Successful Second Planting

- Soil Preparation: Revitalize the soil with compost or organic fertilizer, especially if spring crops have depleted nutrients.
- Succession Sowing: Sow seeds every 1–2 weeks to stagger the harvest.
- Mulching: Helps regulate soil temperature and retain moisture during hot summer days and chilly nights.
- Watering: Keep the soil consistently moist during germination, especially during late summer heat.
- Frost Protection: Use row covers, cold frames, or cloches to extend the harvest season after first frost.

Second planting cool-weather vegetables is a great way to maximize your garden's productivity. With the right timing and a little planning, you can enjoy fresh, homegrown produce well into autumn. Whether you're growing spinach, carrots, or Brussels sprouts, a fall garden brings new flavor and freshness to your table—just when you need it most.



In the United States, it is estimated that 30-40% of the food supply goes to waste.

At the same time, 47.4 million people are estimated to live in food-insecure households, including 7.2 million children. In Sioux Falls, as many as 17% of children – approximately 7,000 kids -- are food insecure.

Hungry kids don't do well in the classroom.

Even short-term food insecurity can affect behavior, academic achievement and, ultimately, high school graduate rates.

That's why Sioux Falls Thrive is hosting Food Rescue 605, a project of the Community Food Security Network.

Here's how you can help:

Sioux Falls Thrive is looking for donations of garden produce from area gardeners. If you have excess produce you'd like to share, contact info@siouxfallsthive.org for details.

If you have produce that is available before the scheduled production dates, these are some of the organizations that will welcome your donations:

- Large donations: Bread Break
- Large and small donations: St. Francis House, Union Gospel Mission, Bishop Dudley Hospitality House, Active Generations, The Banquet.
- Your local church or favorite service organization may also be accepting produce donations. Please contact them separately.



Do Coffee and Gardening Mix?

Candy Van Dam, Master Gardener

A friend recently gave me a large bag of spent coffee grounds from Starbucks. It's part of Starbucks' "Grounds for Your Garden" program, encouraging the reuse of coffee grounds for gardening and composting. Starbucks says this initiative helps reduce waste and provides a valuable resource for gardeners.

But is it "safe" and helpful for the garden? For that, I turned to a trusted source: the South Dakota State University Extension website. Sure enough, I found an article from Rhoda Burrows, former Professor and SDSU Extension Horticulture Specialist.

Here's an excerpt from Professor Burrows' article, [Spent Coffee Grounds: Fertilizer or Not?](#) from November, 2024:

Coffee grounds do contain nitrogen, but you may not want to toss your fresh grounds onto your garden, as they also contain polyphenols, tannins, and caffeine, which can be harmful to your plants and soil microorganisms. In fact,

one study showed it was quite effective at killing weeds (and any desirable plants as well).

But not all is lost. Diluting the grounds with other organic matter (on a 1:1 basis) and then composting that mixture for at least several months in a pile that is turned periodically and kept moist greatly reduces the toxins. The composted grounds can then be spread lightly over your garden or substituted for up to 10% of your raised bed soil. Alternatively, using those composted grounds to feed worms (as in vermicomposting) can add helpful nutrients and microorganisms.

So, to answer the question in the headline: Yes, coffee is great for a walk through the garden, but using the spent grounds requires some preparation.

More importantly, the [SDSU Extension website](#) is an excellent resource for all kinds of gardening questions.