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Seed to Supper

A beginner's guide to low-cost vegetable gardening



New York State January 2018 Edition

Cornell Garden-Based Learning and Cornell University Cooperative Extension

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and
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Seed to Supper

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New York State University, 2018 Edition

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Written by:

Alison Abbors, Learning Gardens Program Coordinator, Oregon Food Bank
Lynn Cox, OSU Extension Master Gardener - Washington County

Edited by:

Jeanne Brandt, Family Community Health, Oregon State University Extension Service
Weston Miller, Consumer Horticulture, Oregon State University Extension Service
Maureen Quinn, Family Community Health, Nutrition Education Program, Oregon State University Extension Service
Susan Lang, Developmental Editor

Illustrated by: John Stillmaker

Recipes contributed by: Lisa Bell, Kathy Block-Brown, Carol Kast and www.FoodHero.org

Cover illustration and design: Connie Ratti

Booklet design: Alison Abbors

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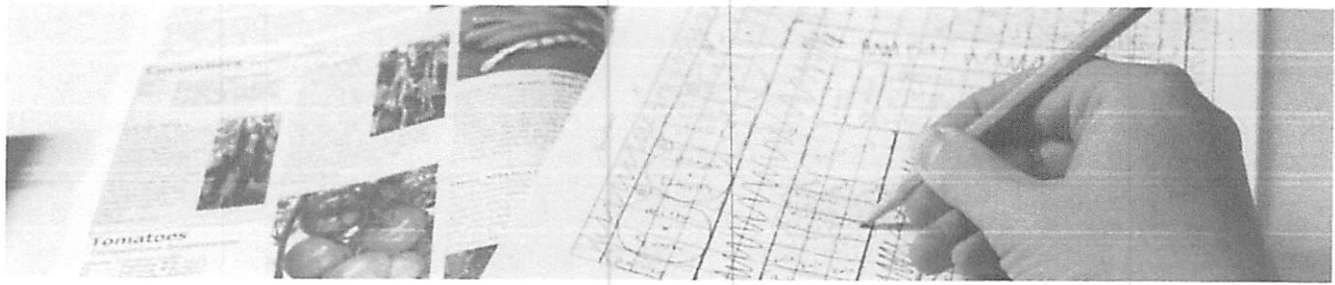
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Chapter 1:

Planning your garden

Your first job is to choose a location for your garden and turn it into a space where your crops will thrive. In this chapter, you will learn about choosing a site, deciding which plants to grow, and where to put them. As you make your choices, use the planning map, chart and graph paper on pages 17-21 to map out your garden.

Choosing your site

Choosing the right place for your garden is just as important as choosing the vegetables you will grow. All vegetables need sunlight, fertilizer, and well-drained soil, but a garden must be convenient for the gardener too. When picking a site, think about these five things: the amount of sunlight, what the soil is like, how the air flows, whether the spot is convenient for you, and if there are any problem areas.

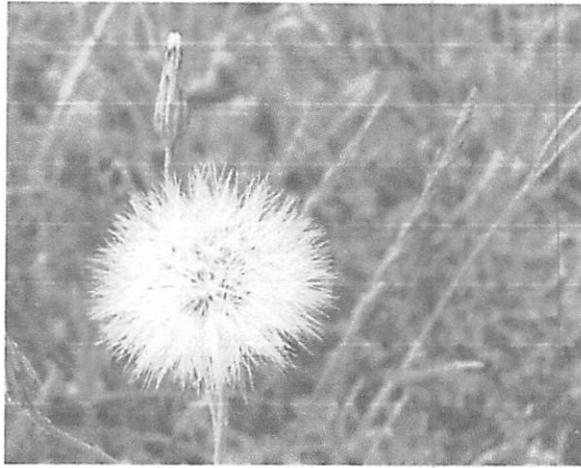
Select for sunlight. An open, south-facing, gradual slope is best. If you cannot find a spot like that, any shade-free location will do. All vegetables need at least six hours of sunshine, and some need a lot more. Not enough sunlight will weaken your crops no matter how much care you give them. Try to locate your garden away from trees and large shrubs. They will take sunlight, water, and nutrients away from your vegetables.

Get to know your soil. Good gardening soil is loose enough so air can get to the roots of growing plants. It is fertile enough to grow a good crop of weeds or grass.

TOPICS IN THIS CHAPTER

Choosing your site
Making a planting plan & map
Crop rotation by plant family
Common crop chart
Worksheet





If your yard is already growing a healthy crop of weeds, your soil should also be able to support vegetables.

Good soil dries out enough so that it warms early in spring, but it can still hold water for several days in summer heat.

Poorly drained soil stays wet and cold later into spring, making it hard to grow early-season vegetables. If your soil is heavy and stays wet long after the rain stops, you could grow your vegetables in raised beds instead. Beds that are raised off the ground drain faster and warm up earlier in spring.

Is there good air flow? Avoid a location where there is little air movement. A natural breeze helps keep plant leaves healthy. Diseases like tomato blight, mildew on squash, and mold on green beans thrive in warm, humid air that does not move.

Make it convenient. Put your garden where you can see it or easily visit it every day. "What is out of sight is out of mind," so grow your garden where you can enjoy it and keep an eye on it!

Avoid problem spots. Some areas are just not good for vegetable gardening. Avoid low areas at the bottom of a hill where cool air and frost can settle and injure your plants. Avoid spots close to a creek because the soil may be too wet and the garden could get flooded in heavy rains. Avoid windy areas. If that is not possible, build or grow a windbreak to protect your garden. Avoid locations

near busy roads because automobile exhaust can pollute vegetables. Avoid sites where lead paint might be in the soil, such as along a building, under gutters, or where an old building once stood.

Making a planting plan

Deciding what to grow

What do you enjoy? First, make a list of the vegetables that your family likes to eat or would like to try. Grow what you enjoy eating!

What is realistic? Most people do not have the space or time to grow everything they want, so you may need to narrow down your choices. Start by thinking about what grows well in our climate. You may love sweet potatoes, but they are a warm-weather crop and are not well suited to our cool Pacific Northwest climate. The "common crop chart" on page 14 lists many crops that grow well in our region.

Container gardening can be a great option for anyone who would like to grow their own food, but has little or no yard space. With container gardening, you can grow almost anything, and anywhere. Use your imagination and make the most out of a little space!

What is cost-effective? Given the time and effort you will put into your garden, you may want to grow crops that give you the most value for your money.

For example, radishes and lettuce are easy to grow from seed, and seeds are less expensive than starts. Radishes and lettuce also grow quickly, so you can sow and harvest them several times in a season. And the plants do not take up much room in the garden. This makes them a good value.

On the other hand, one pumpkin plant uses a lot of garden space, takes a long time to grow, and produces only a few pumpkins. Pumpkins can be inexpensive

to buy at the store, so they are a less cost-effective choice in a small garden.

The "scale of relative value" chart to the right is a useful tool for making cost-effective choices. Crops in the left-hand column are generally a better value than crops in the right-hand column.

How much space will it take? Finally, think about the amount of space that each vegetable will take up in the garden (also called a crop's "footprint"). This is important because most gardeners have only a limited amount of space. To find the "footprint" sizes of many garden vegetables, see the common crop chart on page 14.

You can plant quick growing small herbs, leaf lettuces, and radishes around larger fruiting veggies. The small stuff will be ready for harvest by the time the big plant takes over the pot. Companion planting works well in container gardens too!

If you are planning to garden with containers, the following plants aren't worth the trouble due to their root size, growing season, inefficient use of space, etc.:

- full-size fruit trees
- watermelon and cantaloupes
- pumpkins & winter squash
- corn
- cabbage
- mammoth sunflowers
- beefsteak-type tomatoes

If you have your heart set on one of these, choose a bush or dwarf variety if possible.

Choosing varieties

After you decide which vegetables to plant, you need to choose the varieties, or specific types of each plant. Some varieties do particularly well in our area.

Scale of relative value of garden vegetables*

Fresh herbs (<i>basil, oregano, thyme, sage, rosemary,</i>	Tomatoes (<i>indeterminate, staked</i>)
Parsley	Cucumbers
Carrots	Peppers
Beets	Cantaloupes and muskmelons
Parsnips	Snap (pole) beans
Loose-leaf lettuce	Broccoli
Most other leafy greens	Cauliflower
Scallions	Cabbage
Spinach (for salad)	Brussels sprouts
Kale	Bulb onions
Chard	Winter squash
Leeks	Sweet corn
Kohlrabi	Watermelon
Potatoes	Pumpkin
Rutabagas	<i>* The value drops from the top left column down to the bottom right column and is based on the approximate value per square foot of garden per the amount of time that the area will be</i>
Zucchini and other bush summer squash	

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Getting your seeds or plant starts from a



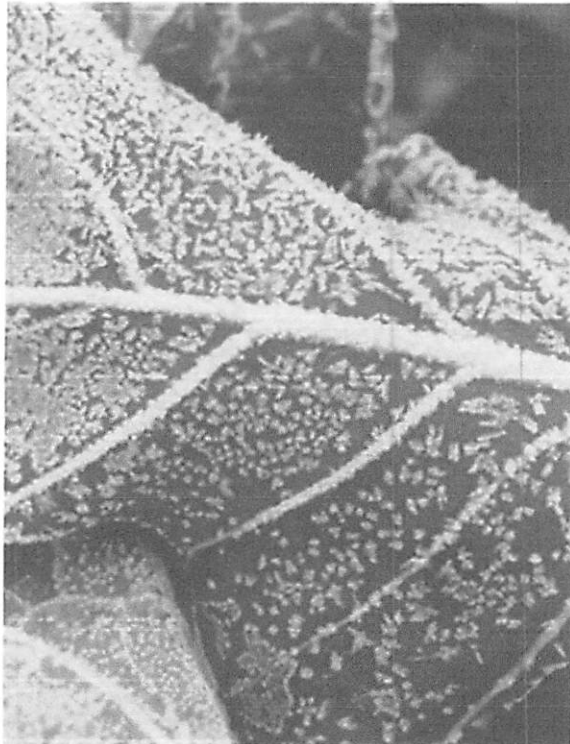
Considering the time and effort you will put into your garden, you may choose to grow crops that give you more value for your money.

OSU Extension's Recommended Vegetable Varieties list helps you choose vegetable varieties that will succeed in our climate.



local company means you get plants that were bred for the Pacific Northwest. OSU Extension also provides an annual recommended vegetable varieties list to help you choose.

Some varieties are even specifically bred for containers. In general, go for quick maturing plant varieties, and also dwarf/miniature varieties. For example, consider baby carrots, scallions instead of onions, small or cherry tomatoes, and bush varieties of squash. Review the "vegetables & varieties ideal for container gardening" chart on pages 15-16 for more ideas on which varieties work well.



To learn more about frost dates in your area, contact your local Master Gardeners.

Planting dates

Planting your seeds or plant starts at the right time reduces the risk of damage from frost or hot weather. For ideal times to plant, look at "planting windows" in the common crop chart on page 14.

Seed packets and seed catalogs also have information about planting dates. They may mention the last and first frost dates. The chart below lists average frost dates for several different parts of Oregon. Refer to page 13 for planting dates in other regions of Oregon.

Seed packets and the common crop chart also tell you "days until harvest," or the number of days from planting a seed or plant start until that crop is ready for harvest. This lets you work backward from the first frost date. For example, if your tomatoes need 80 days until harvest, and the first average frost date is only 50 days away, it is too late to plant tomatoes this season. The tomatoes will not have enough time to ripen before the frost hits. Many seed packets also give you information about length of harvest, or the number of days the crop continues to produce food.

Charts, seed packets, and seed catalogs may list a long planting window, but remember that plants do not "read" charts. Plants respond to soil temperature and weather conditions.

Seeds will germinate (start to grow) when the soil is moist and the temperature is warm enough. The seed packet tells you what the temperature should be. A soil

Average frost dates for Oregon

Region	Last frost	First frost
Portland and the western valleys	March 27 (Portland) April 23 (Corvallis) April 26 (Medford)	November 11 (Portland) October 26 (Corvallis) October 19 (Medford)
Oregon Coast	May 4 (Tillamook)	October 10 (Tillamook)
Central Oregon	June 27 (Bend)	August 30 (Bend)
Eastern Oregon	April 16 (Pendleton) May 8 (Ontario)	October 18 (Pendleton) September 29 (Ontario)

Dates provided by Oregon State University's Oregon Climate Service

thermometer will tell you if the soil really has reached that temperature. See page 56 for more information about soil temperatures and seed germination.

Succession planting

Two-week succession. Some plants grow quickly and have such a long planting window that you can plant them every two weeks during the growing season. This gives you a long harvest of fresh vegetables. Short-season crops like lettuce, beets, and carrots work well planted in two-week succession.

Two or more crops in succession. Some plants mature quickly and can be replaced by a different crop midseason. For example, sow peas or cilantro in spring, then sow kale in

Succession planting		
Pull up		Replace with
Peas	➡	Carrots
Broccoli	➡	Salad greens
Spinach	➡	Collard greens
Lettuce	➡	Radishes
Tomatoes	➡	Garlic
Beets	➡	Kale
Salad greens	➡	Leeks

For a list of crops to plant in two-week succession, see the common crop chart on page 14.

summer when the peas or cilantro are finished. This method allows you to grow more than one crop in the same space during different times of the year.

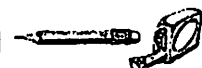
Crop rotation by plant family

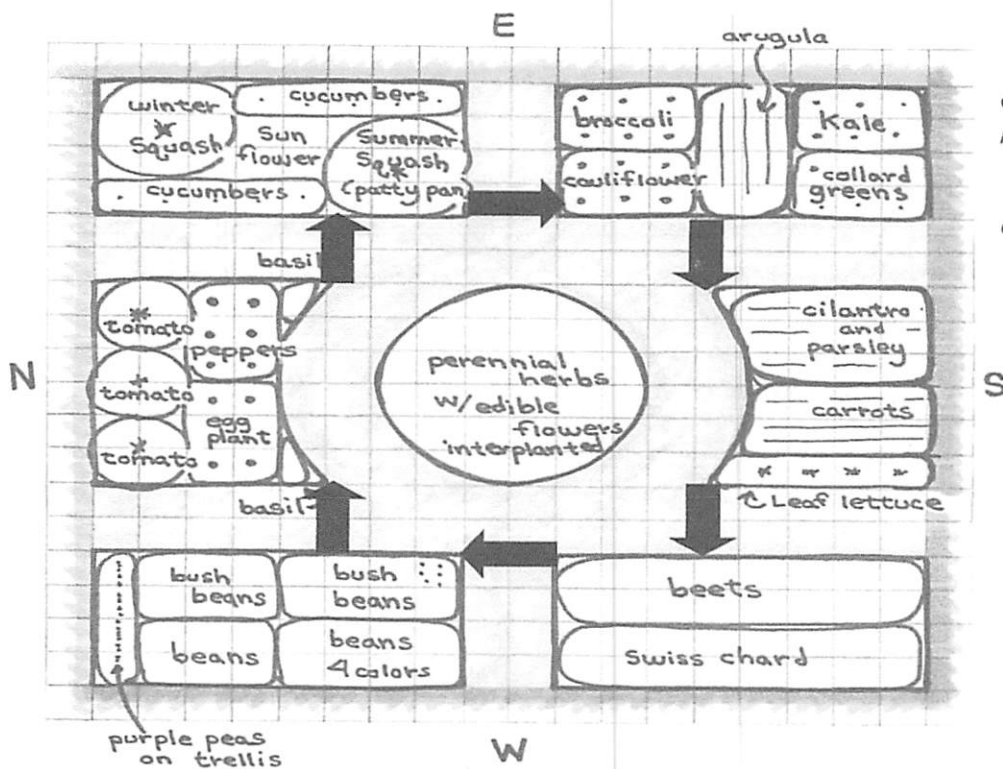
A plant family is a grouping of plants that are similar. Most common vegetables can be grouped into just nine plant families (see the chart on the left). Crop rotation by plant family—or changing the location of plant families from season to season—can help prevent disease, pest problems, and loss of nutrients from the soil.

As you plan your garden, think about grouping your crops by family and rotating each family into a different space every year. Avoid planting crops from the same family in the same place two years in a row. When possible, wait four or more years before rotating a family back into the same spot. If your space does not allow for crop rotation, you can still keep your garden healthy. Do it by building up your soil with compost, growing cover crops, keeping the garden clean, and choosing disease-resistant plant varieties.

For an example of a garden grouped by plant family, see the “sample planting map” for a 20 x 20-foot garden space on pages 17-18. The

Plant families	
Plant family	Crops
Beet family (Amaranthaceae)	Beets Chard Spinach
Cabbage family (Brassicaceae)	Broccoli Cabbage Cauliflower Collard greens Kale Radishes Turnips
Carrot family (Apiaceae)	Carrots Cilantro Parsnips Parsley
Grass family (Poaceae)	Corn
Legume family (Fabaceae)	Beans Peas
Nightshade family (Solanaceae)	Eggplant Peppers Potatoes Tomatillos Tomatoes
Onion family (Liliaceae)	Garlic Leeks Onions
Squash family (Cucurbitaceae)	Cucumbers Summer squash Zucchini Winter squash Pumpkins Watermelon
Sunflower family (Asteraceae)	Lettuce Sunflowers Artichoke





This map shows crops grouped by plant family. Each family rotates into a new space every year (larger map on page 17).

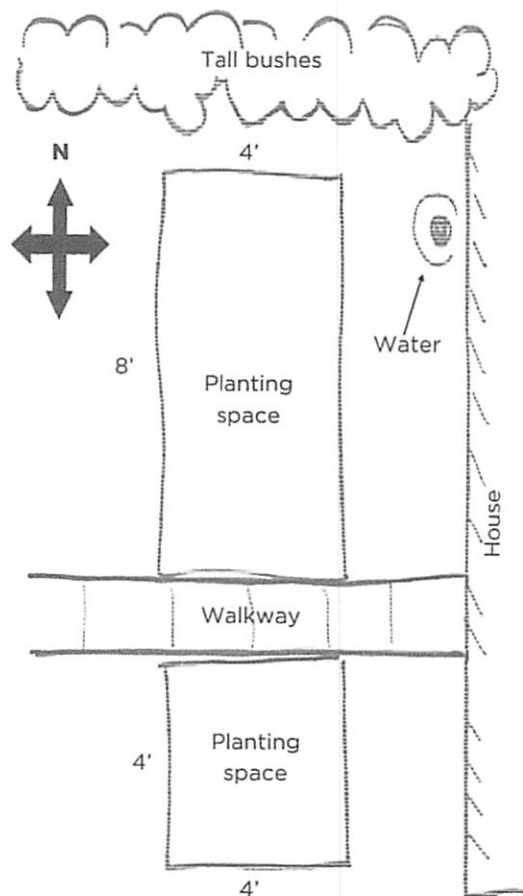
plant groups in the outer beds are designed to move clockwise to the next bed space every year. Each plant family on this map will return to its original space after seven years.

Making a planting map

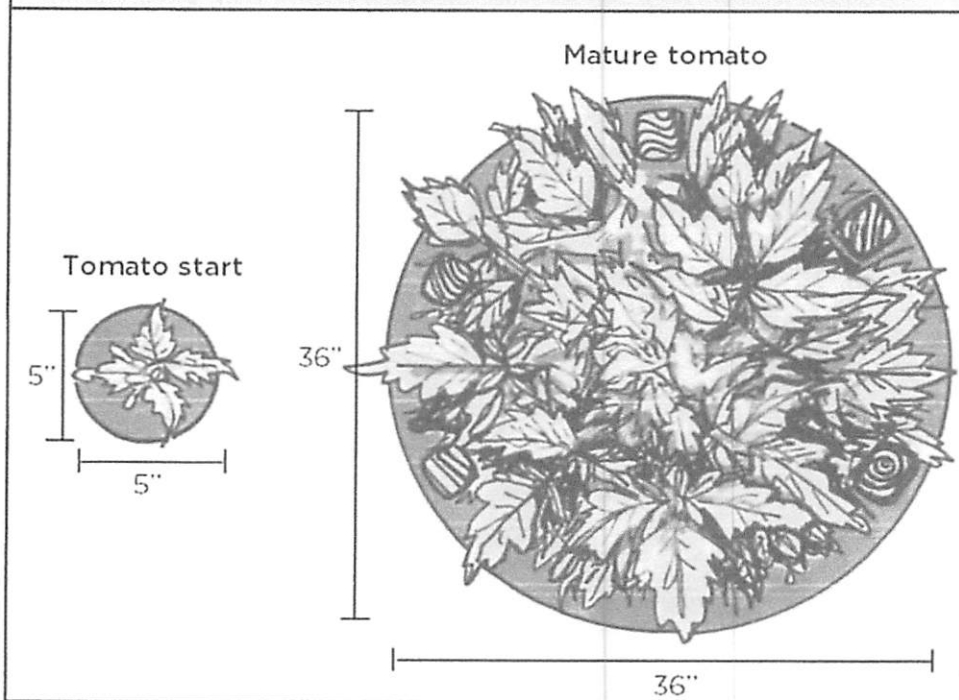
Once you fill in your personal planting plan with the crops and varieties you want to grow, use it to map out your garden.

Sketch your space. Start by drawing a rough sketch of your garden area. Be sure to mark things like outdoor water faucets, fences, buildings and sheds, and any large trees or shrubs. Also, mark which directions are north, south, east, and west. Include the rough dimensions of your planting space or beds. Your sketch should be simple, like the example to the right.

Map out your planting area. Use a blank sheet of paper or the graph paper on pages 20-21 to draw just your planting space or beds and to mark the paths. Use one square on the graph paper to



Footprints of plant start and mature plant



A well-designed garden plan will account for a crop's space needs at maturity, also called its "footprint."

indicate one square foot of garden space. Indicate north, south, east, and west on your map. Now you are ready to choose the locations for your crops. You can use the rough sketch you made earlier to make sure you put your crops in the best locations. For example, be sure that sun-loving crops are out of the shadow of buildings or trees.

Plant spacing

Plants need plenty of space above and below the ground. Plant leaves need enough room to reach sunlight and natural breezes, which keep them dry and help prevent disease. Leaves use sunlight to create their own energy, so plants grown in full sun produce larger vegetables and sweeter fruit than plants grown in the shade.

Plant roots also need room to reach the water, air, and nutrients in the soil. Plants that are too close together will not thrive because they are competing with each other.

Your plants might look too far apart when they are small, but they will use up the

space when they reach full size. As you arrange your garden, plan for the proper width and height of your plants at maturity.

Plan for the "footprint" of your plants at maturity.

Plant starts and seedlings are tiny, but healthy, full-grown plants can be large. A well-designed garden plan will account for the width of a full-grown crop, also called its "footprint."

Imagine looking at a full-grown tomato plant from above. When a tomato plant is staked, it is about 36 inches wide by 36 inches deep (three feet by three feet)—this is its footprint. Drawing out the footprints of your crops on your map will give you a better idea of how many plant starts you need or how many seeds to use.

Seed packets and planting calendars may give instructions for "seed spacing" (the space between seeds), "row spacing" (the space between rows), and "thinning" (the space between full-grown plants in the rows). The footprint takes all of these into account and helps you picture the space



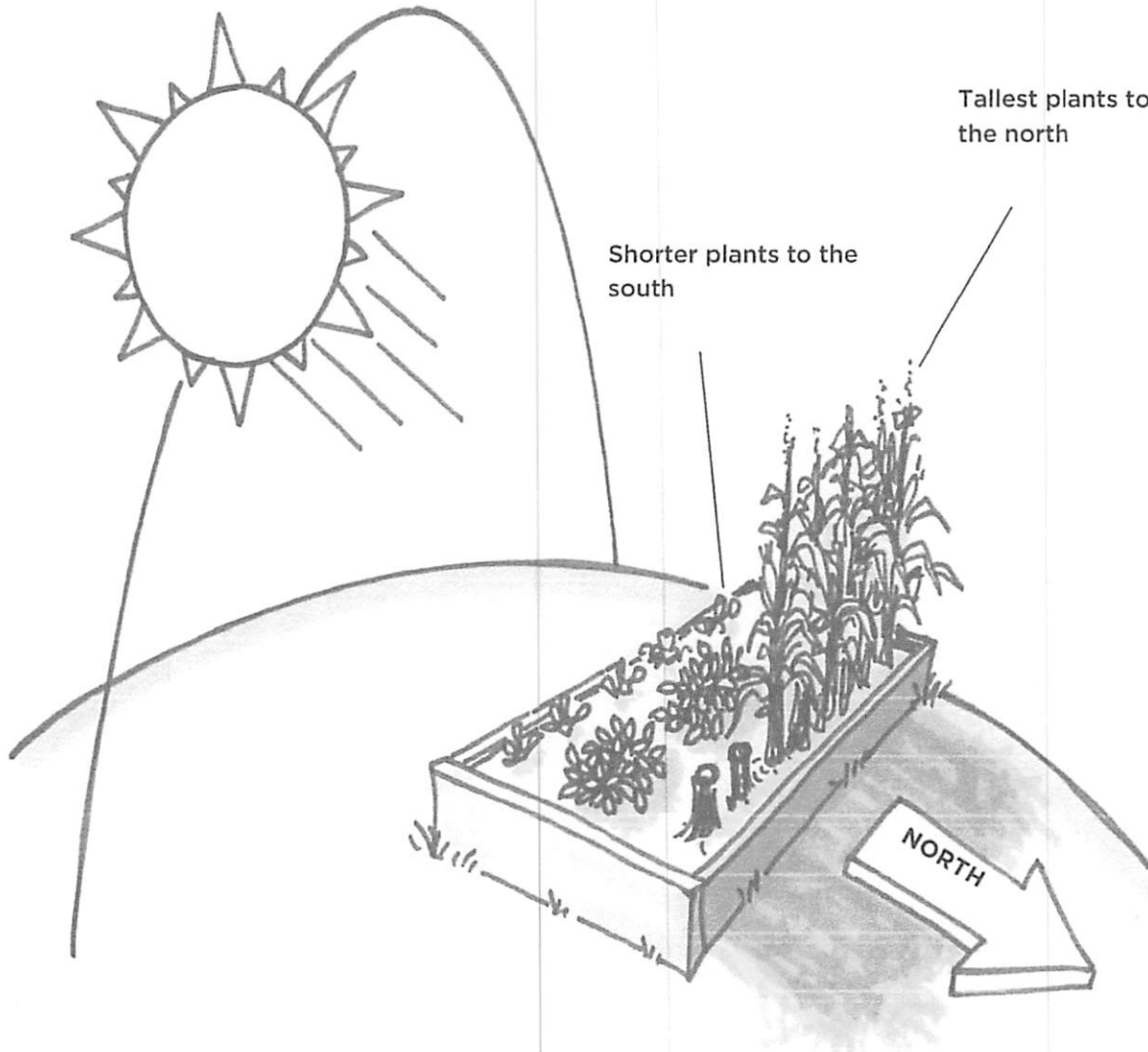
a full-grown plant will need.

Plan for the height of your plants at maturity and for the shadows they will cast. The full height of a mature plant is important, because tall crops can shade out short crops. In North America, the sun always shines from the south, casting shadows to the north. Plant your tall or trellised crops like corn and tomatoes on the north side of the garden, so they do not shade shorter vegetables. Put shade-tolerant plants under or near tall plants.

Make a map for every season.

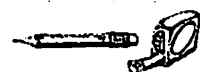
Because your plantings change from season to season, you may need more than one map. For example, you could have one map for spring plantings and another for summer plantings. Or you could have a map that shows succession planting. Your map could have an arrow showing the change from one crop to another, such as peas in spring and summer switching to garlic in fall.

Plant your tall or trellised crops like corn and tomatoes on the north side of the garden, so they do not shade shorter vegetables.



Oregon planting dates throughout Oregon & Clark County, WA

Crop	Coast, Astoria to Brookings	Western valleys, Portland to Roseburg	High elevation, mountains and plateaus of central and eastern Oregon	Columbia and Snake valleys, Hermiston, Pendleton, Ontario
Basil	May-June	May-June	May-June	May-June
Beans, snap/pole	May-June	May-July	April-June	April 15-June
Beets	March-June	March-June	April-June	March-July
Broccoli	May-June	March-August	April-June	April-July
Cabbage	January-April	April-June	April-June	April-July
Carrots	January-June	March-July 15	April-June	March-July
Cauliflower	January-June	April-July 15	April-May	April-July
Chard	February-May	April-July	March-June	February-May
Cilantro	All year	March-September	April-July	March-September
Collard greens	May-July	May-July	May-July	May-July
Corn, sweet	April-May	April-June	May-June	April 15-June
Cucumbers	April-June	May-June	May-June	April 15-June
Eggplant	Not suitable	May	Not suitable	May
Garlic	September-October	September-February	August-September	November-February
Kale	May-July	May-July	May-July	May-July
Leeks	February-April	March-May	April-June	January-April
Lettuce	February-August	April-August	April-August	February-April
Onions	January-May	March-May	May-June	February-April
Parsley	December-May	March-June	May-July	February-May
Parsnips	May-June	April-May	May	March-June
Peas	January-August	February-May	April-June	March-April
Peppers	May	May-June	May-June	May
Potatoes	February-May	April-June	May-June	March-June
Radishes	All year	March-September	April-July	March-September
Spinach	August-February	April-September	April-July	September-January
Squash, summer	May	May-June	May-June	April 15-June
Squash, winter	May	May	May	April 15-May
Tomatoes	May-June	May	May	May
Watermelons	Not suitable	May	Not suitable	May



Common crop chart

Crop W= Warm Season C= Cool Season	Planting Window	Footprint	Planting method	Height	Days to harvest	Some shade ok?	Single or 2-week succession
Basil- W	March-May	12" x 12"	Transplant or row	Medium	90-120	Full sun only	Succession
Beans, snap (bush)-	May-July	12" x 12"	Row or banded	Medium	60-70	Some shade ok	Succession
Beans, snap (pole)- W	May-June	4" x 4" trellised	Row or banded	Tall	70-90	Full sun only	Succession
Beets- C	March-June	4" x 4"	Row or banded	Short	50-80	Some shade ok	Succession
Broccoli- C	March-Aug	12" x 12"	Transplant	Medium	55-90	Full sun only	Single
Cabbage- C	April-June	12" x 12"	Transplant	Medium	80-90	Full sun only	Single
Carrots- C	March-July 15	3" x 3"	Row or banded	Short	70-90	Some shade ok	Succession
Cauliflower- C	April-July 15	12" x 12"	Transplant	Medium	90-150	Full sun only	Single
Chard- C	April-July	12" x 12"	Transplant or	Medium	50-60	Some shade ok	Single
Cilantro- C	March-June	12" x 12"	Transplant	Short	60-90	Some shade ok	Succession
Collard greens- C	May-July	12" x 12"	Transplant	Medium	80-100	Some shade ok	Single
Corn (sweet)- W	April-June	12" x 12"	Row	Tall	70-110	Full sun only	Single
Cucumbers- W	May-June	6" x 6" trellised	Transplant or hill	Medium	55-75	Full sun only	Single
Eggplant- W	May-June	12" x 12"	Transplant	Medium	70-75	Full sun only	Single
Garlic- C	Sept-Oct	4" x 4"	Row	Short	220-300	Full sun only	Single
Herbs (perennial)	Fall or spring	24" x 24" variable	Transplant or hill	Medium	Perenni-	Some shade ok	Single
Kale- C	May-July	12" x 12"	Transplant	Medium	60-70	Some shade ok	Single
Leeks- C	March-May	4" x 4"	Transplant or	Short	120	Some shade ok	Single
Lettuce- C	March-Sept	6" x 6"	Row or banded	Short	65-80	Some shade ok	Succession
Onions- C	March-May	4" x 4"	Transplant	Short	100-120	Some shade ok	Single
Parsley- C	March-June	12" x 12"	Row or banded	Short	80-90	Some shade ok	Single
Parsnips- C	April-May	3" x 3"	Row or banded	Short	110-120	Some shade ok	Single
Peas- C	Feb-May	4" x 4" trellised	Row or banded	Medium	75-100	Some shade ok	Succession
Peppers- W	May-June	12" x 12"	Transplant or hill	Medium	80-100	Full sun only	Single
Potatoes- C	March-June	12" x 12"	Hill	Medium	70-120	Some shade ok	Single
Radishes- C	March-Sept	3" x 3"	Row or banded	Short	25-35	Some shade ok	Succession
Spinach- C	April & Sept	4" x 4"	Row or banded	Short	40-50	Some shade ok	Succession
Squash, summer- W	May-June	36" x 36"	Transplant or hill	Medium	55-70	Full sun only	Single
Squash, winter- W	May	6' x 6' vine	Transplant or hill	Medium	90-150	Full sun only	Single
Tomatoes- W	May	36" x 36"	Transplant	Tall	60-85	Full sun only	Single
Watermelon- W	June-July	12" x 12" trellised	Transplant or hill	Medium	55-85	Full sun only	Single

K E Y	Planting method			Height		Sources: OSU Extension publication EM 9027, Territorial Seed Catalog, OFB garden records
	Transplant	Transplant into garden as a start		Short	Under 12"	
	Row	Planted in long single rows (see seed packet instructions)		Medium	12"-35"	
	Banded	Seeds sown in wide rows		Tall	36" or taller	
	Hill	A grouping of seeds planted close together in a small				

14 SEED TO SUPPER

Vegetables & varieties ideal for container gardening

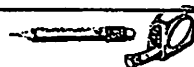
Cool season: mid-February - April Warm season: May - June Extended harvest: mid-July - September

Flowering Plants (tomatoes, beans, zucchini, etc.) require a minimum of 6 hours of sunlight per day

Edible Leaves (lettuce, collards, kale, etc.) require a minimum of 4 hours of sunlight per day

Edible roots (turnips, carrots, beets, etc.) require a minimum of 3 hours of sunlight per day

VEGETABLE	TYPE OF CONTAINER	RECOMMENDED VARIETIES	WHEN TO PLANT	NOTES
Asian Greens	Minimum container depth: 4-6"	Mizuna, Mustards, PakChoi (Green Fortune), Tatsoi	Cool season	Fast growing, shallow rooted
Basil	Minimum container depth: 8"	Genovese, Globe, Largeleaf Italian, Purple Ruffles, Red Rubin, Siam Queen, Spicy Globe, Sweet Basil	Warm season	Grows well with tomatoes
Beans, Green	5 gal. window box, minimum container depth: 6"	Bush types such as Blue Lake, Bush Romano, Contender, Greencrop, Kentucky Wonder, Montepellier, Tender Crop, Topcrop, Tricolor come as both bush and pole bean	Warm season	Climbing types work too, if you have a good trellis support
Beets	5 gal. window box, minimum container depth: 10"	Chiogga, Detroit Dark Red, Early Red Ball, Early Wonder, Golden, Little Egypt, Scarlet Supreme	Cool season	Can grow in partial sun
Broccoli	1 plant/5 gal. pot, 3 plants/15 gal. tub	DeCicco, Green Comet, Italian Green Sprouting, Super Blend	Cool season	Choose early maturing, compact varieties
Brussels Sprouts	1 plant/5 gal. pot, 2 plants/15 gal. tub	Evesham, Jade Cross	Plant in early spring, matures late fall	
Cabbage	1 plant/5 gal. pot, 3 plants/15 gal. tub	Discovery, Dwarf Modern, Early Jersey Wakefield, Little Leaguer, Red Ace	Plant in spring to mature mid summer	Take a second crop off a cabbage plant by harvesting the first head, then cutting a cross on the remaining stem which will then produce 4 smaller heads
Carrot	Minimum container depth: 8"	Baby Finger, Baby Finger Nantes, Danvers Half Long, Goldenhart, Little Finger, Minicor, Ox Hart, Royal or Red Cored Chantenay, Short & Sweet, Thumbelina, Tiny Sweet	Extended harvest, succession plant all season long	Smaller, shorter varieties grow best but you can eat the ones you thin, too.
Chard	1 plant/2 gal. pot, minimum container depth: 8"	Bright Lights, Parma Giant, Scarlet Charlotte	Cool season	
Collard Greens	1 plant/2 gal. pot, minimum container depth: 8"	Any variety	Cool season	
Cucumber	1 plant/3-5 gal. pot	Burpee Hybrid, Burpless Farty Pik, Bush Champion, Bush Whopper, Crispy, Fanfare, Lemon, Marketmore 86, Parks Burpless Bush, Patio Pik, Pot Luck, Salad Bush, Salty, Spacemaster, Sweet Success	Warm season	Look for bush variety as opposed to vining



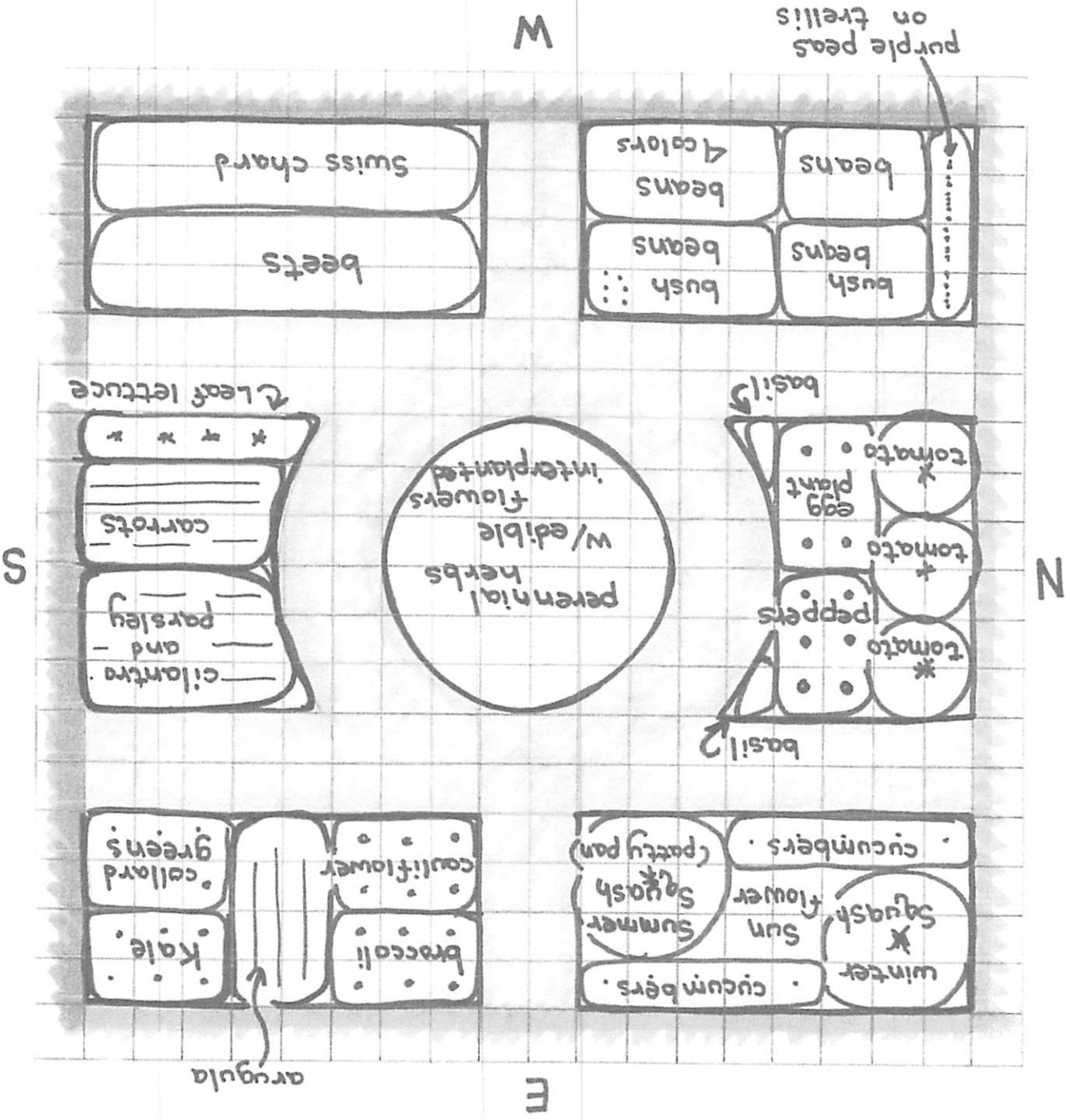
Vegetables & varieties ideal for container gardening

Eggplant	1 plant/3 gal. pot	Asian Bride, Bambino, Black Beauty, Florida Market, Green Goddess, Ichiban, Long Tom, Mission Bell, Modern Midget, Slim Jim, Small Ruffled Red, Thai Green	Warm season	
Garlic	8" deep container	Most varieties	Plant in October to harvest in following July	
Green Onion	Can be grown in a cake pan	Beltville Bunching, Crystal Eax, Evergreen Bunching	Extended harvest, succession plant all season long	You'll have better luck growing these than full sized onions
Kale	1 plant/2 gal. pot, minimum container depth: 8"	Lacinato, Showbor dwarf	Cool season	
Lettuce	Minimum container depth: 4"	Bibb, Buttercrunch, Dark Green Boston, Grand Rapids, Little Gem, Oak Leaf (heat tolerant), Romaine, Ruby, Salad Bowl, Tom Thumb	Succession plant all season long	If you eat it as baby lettuce, you can grow lettuce in a very shallow bowl, even a seed flat. Just cut the lettuce leaves and they will grow back. Can be grown in partial shade.
Parsley	Minimum container depth: 8"	Evergreen, Gigante Italian, Moss Curled, Sweet Curly	Extended harvest, cool season	Can be grown in partial shade
Peas	Minimum container depth: 6-12"	Super Sugar Snap, Oregon Giant (snowpea), Little Marvel, Sugar Bon, Sugar Mel, Laxton's Progress, Sugar Rae, Melting Sugar, Burpee's Blue Bantam, Early Patio, Snowbird	Cool season	
Pepper	1 plant/2 gal. pot, 5 plants/15 gal. tub	Bell Boy, California Wonder, Canape, Jalapeno, Keystone Resistant, Long Red Cayenne, New Ace, Red Cherry, Sweet Banana, Thai Hot, Yolo Wonder	Warm season	
Potatoes	Pot should be at least 18" wide, start with 10" of soil in a 3 ft. deep container	Charlotte, Epicure, Irish Cobbler, Kennebec, Red Pontiac. Early (new) potato varieties are best.	Extended harvest, warm season	To sprout potatoes, stand them in a warm, dark place with the buds pointing upwards. Fill a pot half way with used soil, then place the sprouted potatoes sparsely in soil and cover with 1" of soil. Water well and wait for foliage to appear. Feel around for a tuber to see if they're ready.
Radish	Minimum container depth: 4-6"	Burpee White, Champion, Cherry Belle, Comet, Early Scarlet, French Breakfast, Icicle, Scarlet Globe, Sparkler	Cool season	Consider inter-planting these in pots among other slower growing vegetables (such as carrots or tomatoes); they'll be ready to harvest by the time the other plants need more space. Can be grown in partial shade.
Spinach	Minimum container depth: 8"	America, Avon Hybrid, Dark Green Bloomsdale, Melody	Extended harvest, cool season	
Summer Squash	1 plant/5 gal. pot	Baby Crookneck, Creamy, Diplomat, Dixie, Early Prolific Straightneck, Gold Neck, Golden Nugget, Gold Rush, Scallopini, Senator, (Green) Zucco, most Zucchini varieties	Warm season	Squash can really vary on how compact the plants are. Try for these varieties or anything that lists compact growing.
Tomatoes	1 plant/5 gal. pot bushel baskets	Better Boy VFN, Burpee's Pixie, Early Girl, Patio, Pixie, Red Robin, Saladette, Small Fry, Spring Giant, Sugar Lump, Sweet 100, Tiny Tim, Toy Boy, Tumbler Tom (for hanging baskets)	Warm season	Lean toward cherry tomatoes and small tomatoes as opposed to Beefsteak tomatoes. Also, varieties that are determinate will be a bush variety which works better for containers. If you grow an indeterminate variety, make sure you have something for the vines to grow on.

Sample planting map

20' x 20' garden space with pathways

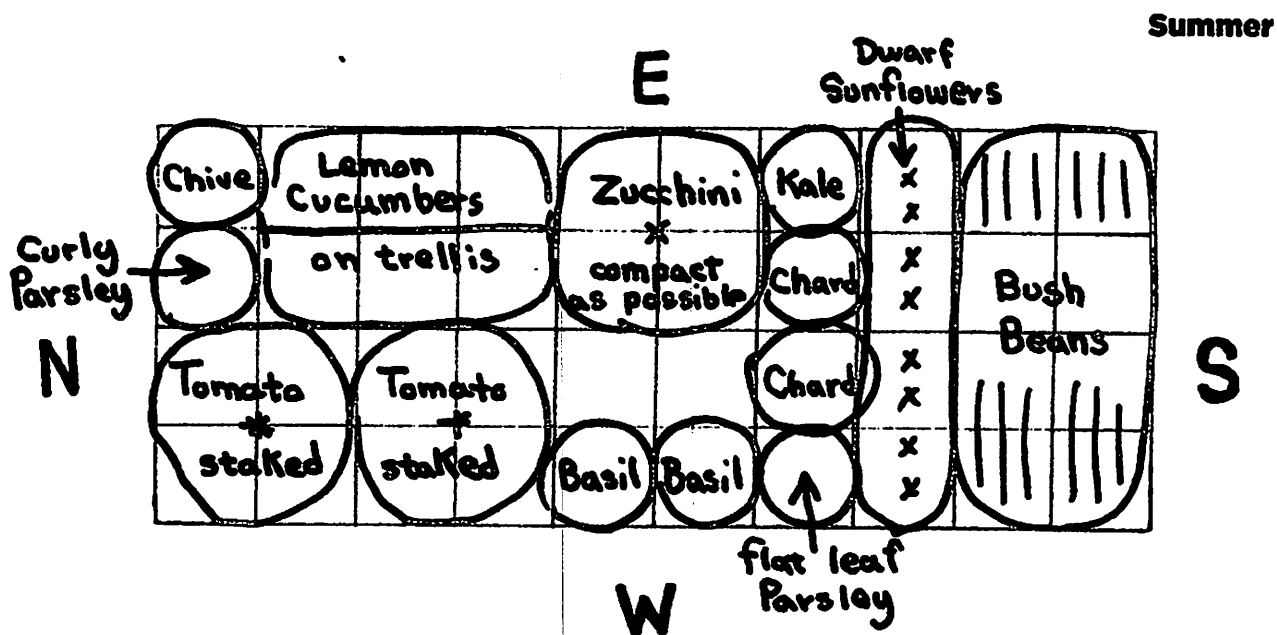
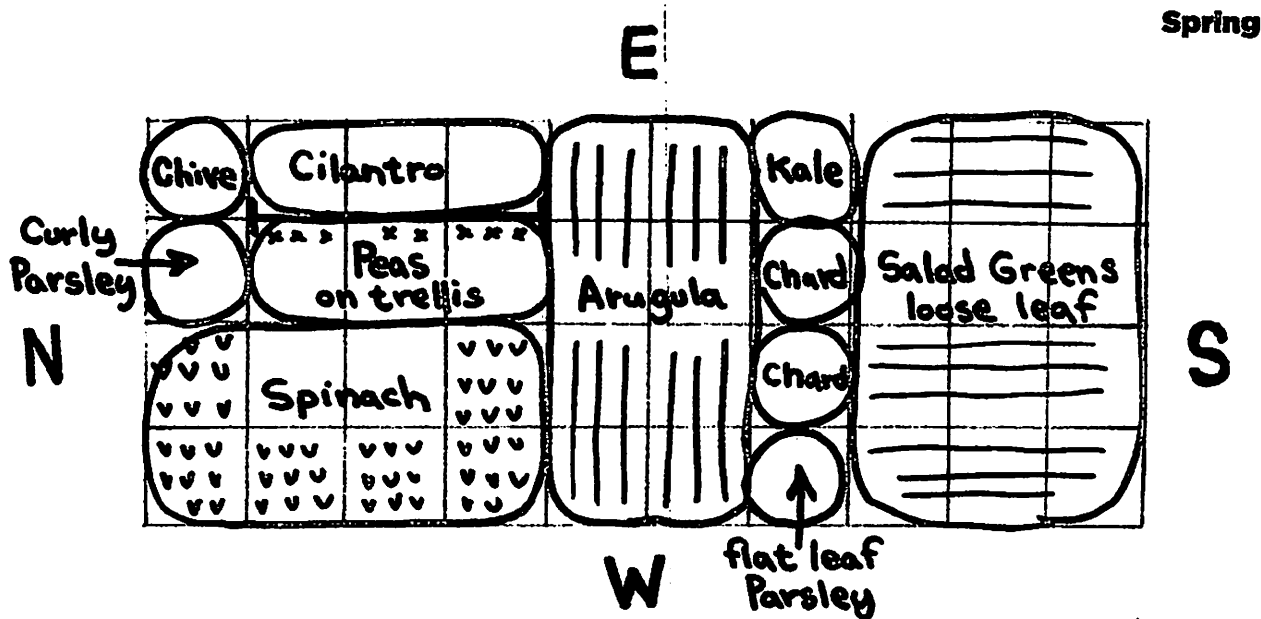
1 square = 1 square foot



Sample planting map

One 4' x 10' bed, two seasons

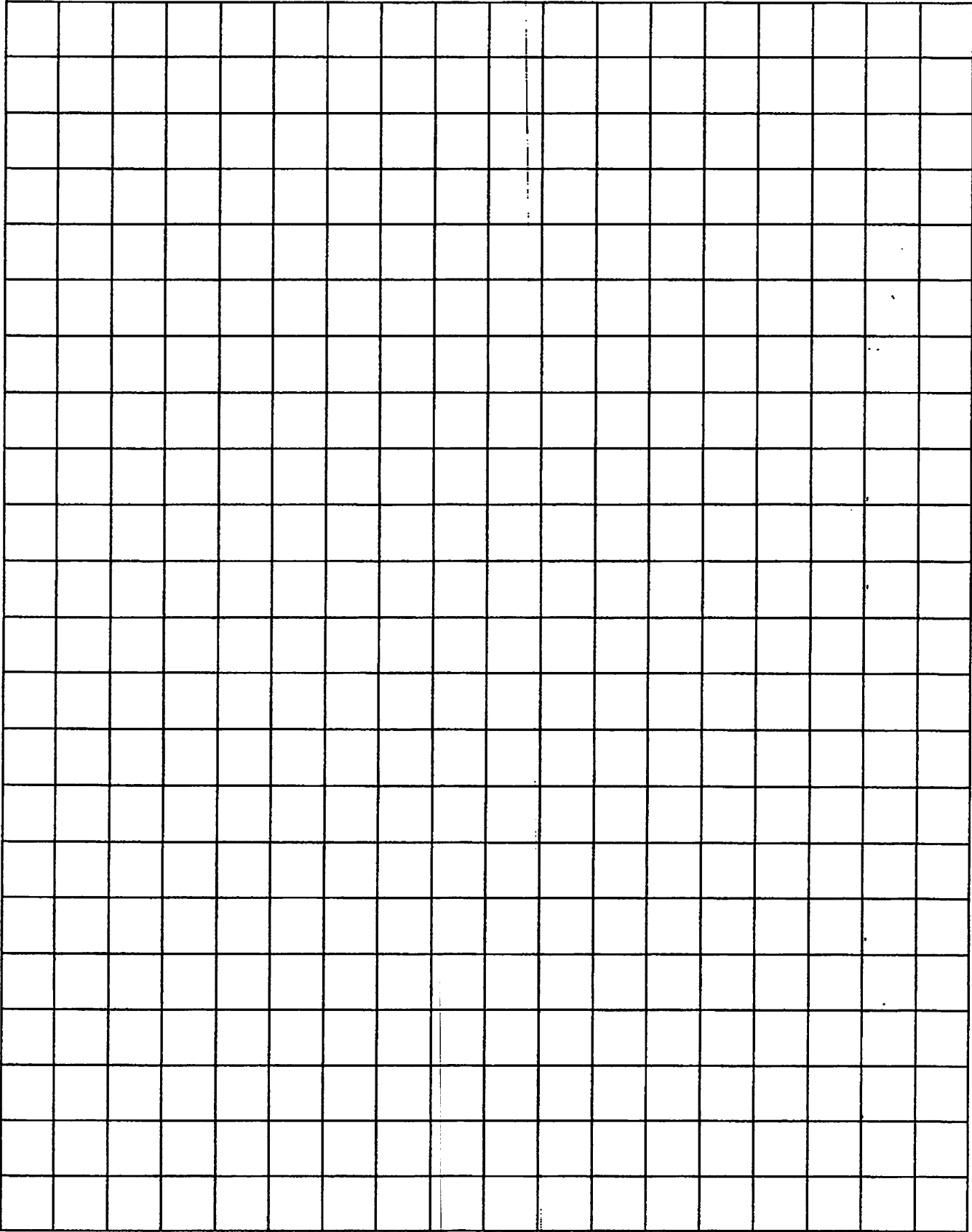
1 square = 1 square foot



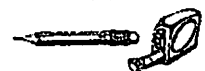
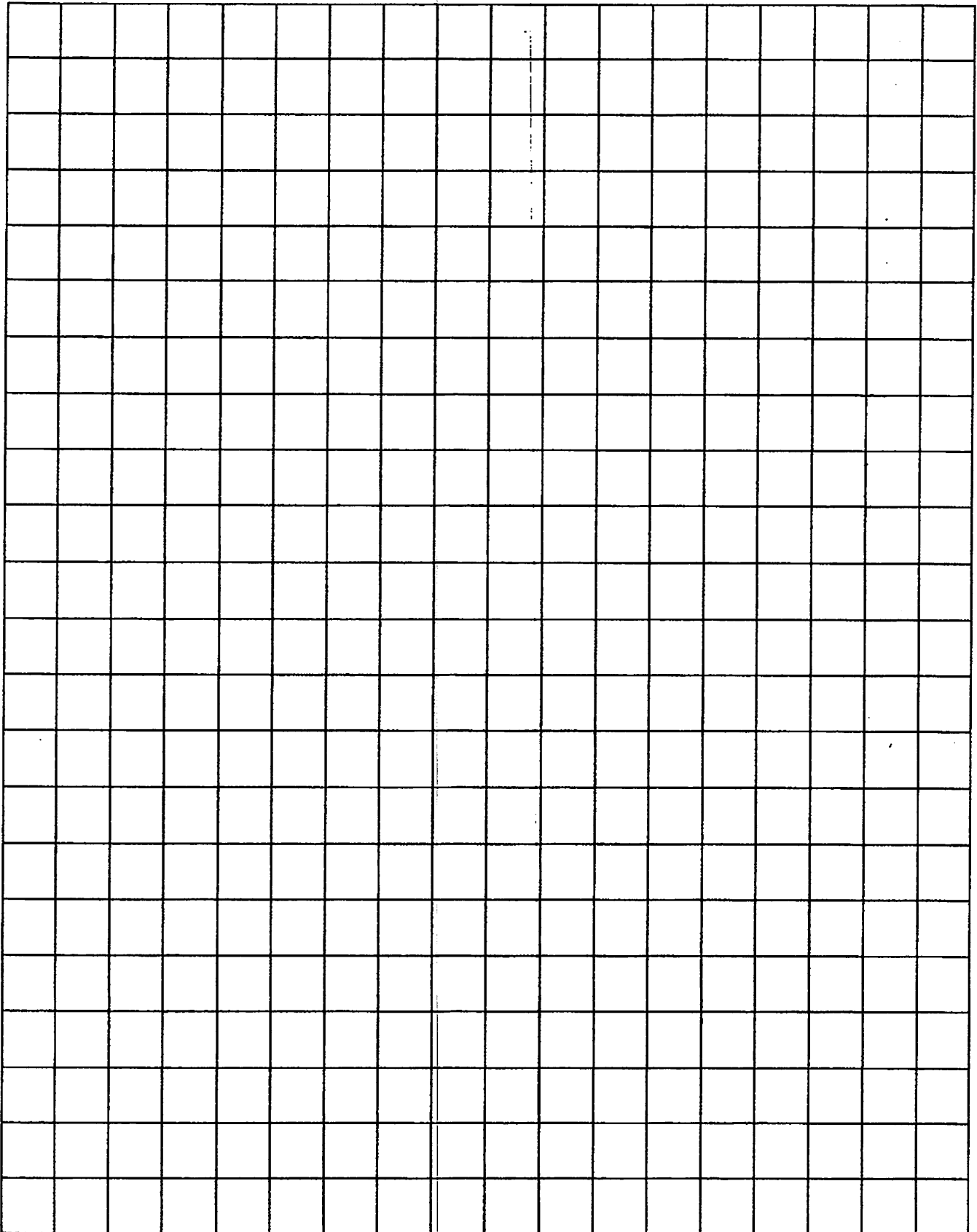
Personal planting plan

Crop	Varieties	Date to plant	Days to Harvest	Foot-print	Height	Some shade ok?	Planting method	Single or 2-week succession	Number of plants /seeds	Notes
Example: Tomatoes	Stupice, Sungold, Early Girl	May 30	60-65	36"x36"	Tall	Full sun only	Transplant	Single	3	need to be supported

Personal planting map



Personal planting map



Worksheet: Planning your garden

Define: Vocabulary words for the week

Spend time as a group defining these gardening terms:

Succession planting:

Row planted:

Crop rotation:

Banded:

Plant spacing:

Transplanted:

Planting calendar:

Footprint:

Hill planted:

Planting window:

Reflection:

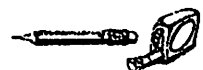
What's your earliest memory of being in a garden? Was there anything about that garden that you would like to see in your garden today?

Class activity: Planning your garden

Step 1: Write or draw a list of all the fruits or vegetables you would like to eat.

Step 2: Work with a partner to identify which plants on your list will grow well in your region. Refer to the common crop chart on page 14 for a sample of what grows well in your area. Put a question mark next to the ones you are not sure about.

Step 3: From the list you made in step 2, make a new list of five to ten fruits or vegetables that you would like to grow in your garden this year.



Review: Choosing your site

1. What are some important things to consider when planting a garden?

2. Give some reasons why they are important.

Tip: Remember to think about the direction of the sun. Taller plants will cast shadows on shorter plants. Keep taller plants to the north and east side to avoid shading out the rest of your garden.

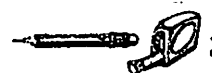
Class activity: Crop planning

As a group, choose five crops. Create a planting plan and discuss where plants should be placed and why.

1. Where is the sun? How will it affect the placement of crops?

2. Are you going to be doing succession planting? Explain.

3. What did you learn from this exercise that will help you plan your garden?



How Much To Plant

This sheet is for reference

Suggested amounts are for one adult, and assume that the garden is the main source of that vegetable.

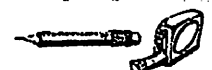
Vegetable	Average amount of garden bed feet required	Footprint per plant	# of Plants
Bush Beans	15-20 ft.	12"x12"	15-20
Pole Beans	5-6 ft.	4"x4"	15-18
Beet	5-10 ft.	4"x4"	15-30
Broccoli	3-5 ft.	12"x12"	3-5
Cabbage	5-10 ft.	12"x12"	5-10
Carrot	5-10 ft.	3"x3"	20-40
Cauliflower	3-5 ft.	12"x12"	3-5
Chard	3-5 ft.	12"x12"	3-5
Collards	5-10 ft.	12"x12"	5-10
Sweet corn	10-15 ft.	12"x12"	10-15
Cucumber	4-6 ft. trellised	6"x6"	2-3
Eggplant	2-3 ft.	12"x12"	2-3
Kale	5-10 ft.	12"x12"	5-10
Lettuce	5 ft.	6"x6"	10
Onion	3-5 ft.	4"x4"	9-15
Parsnip	10 ft.	3"x3"	40
Peas	3 ft.	4"x4"	9
Pepper	3-5 ft.	12"x12"	3-5
Potato	25-30 ft.	12"x12"	25-30
Pumpkin	6-12 ft.	6'x6'	1-2
Radish	3-5 ft.	3"x3"	12-20
Spinach	5-10 ft.	4"x4"	15-30
Summer Squash	6 ft.	36"x36"	2
Winter Squash	6-12 ft.	6'x6'	1-2
Tomato	9-15 ft.	36"x36"	3-5
Watermelon	2-4 ft. trellised	12"x12"	2-4

How Much To Plant

Based upon the discussions in class and the book, use this tool to plan out your garden.

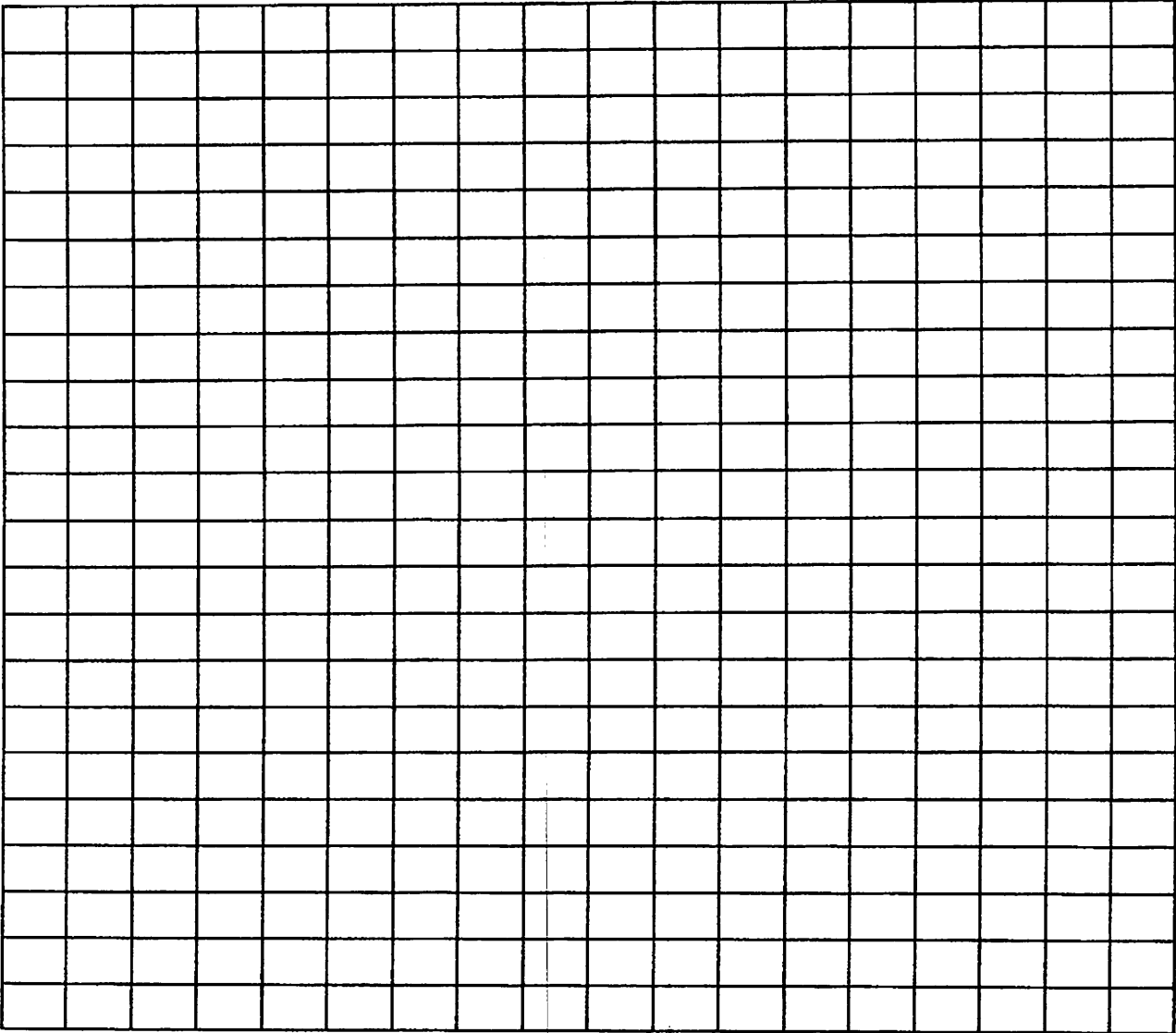
Vegetable	Average amount of garden bed feet required	Footprint per plant	# of Plants

Reference page 26. Also see page 14 for the common crop chart.



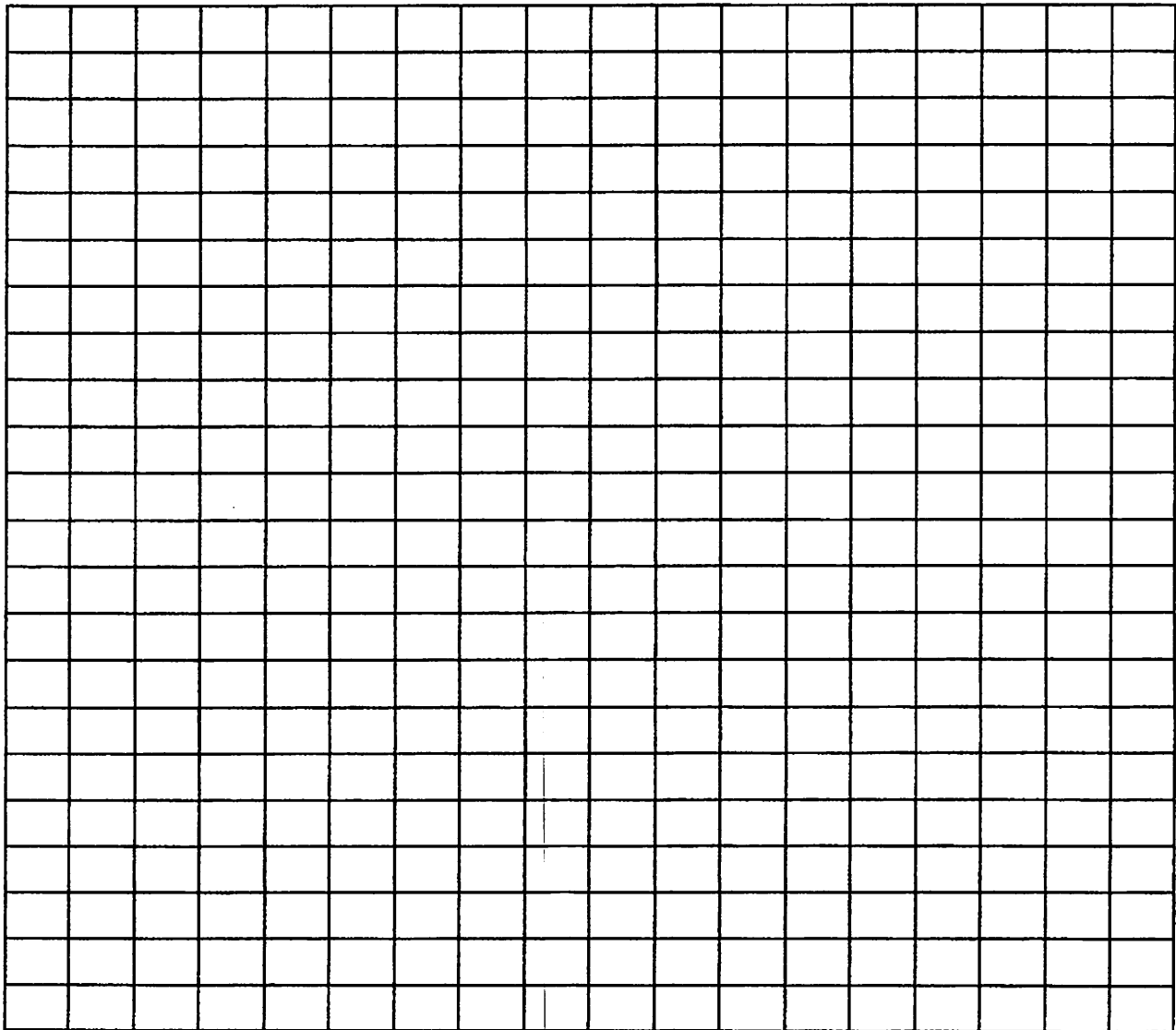
Multi-season garden map:

Spring crops:



Multi-season garden map:

Fall crops:



Wrap Up for Week 1:

1. What are three things that you took away from this class?

2. What are some things that are still confusing?

Getting ready for next week:

- Bring a soil sample (if you have a garden site).
- Take a photo of your garden to share (if you have a camera).