Vegetable & Herb Gardening Basics

Edible Landscapind

> Paula Glogovac Alameda County Master Gardener

5 Reasons Why I Garden

- Fresh
- Therapeutic
- Vitamin D
- Reduces Waste
- Organic



Step 1 - Picking Your Garden Site



Sun and Shade Matters

Affects performance and yield of food crops
 Need at least 6 hours of sunlight per day, prefer 8

Plan for seasonal variation in shade and sun angle





Water Source Close By

- Sprinklers
- Garden Hose
- Drip Irrigation











Other Factors

- Close to home
- Raised Beds, Containers or In Ground









Step 2 - Planning



Planning Tools

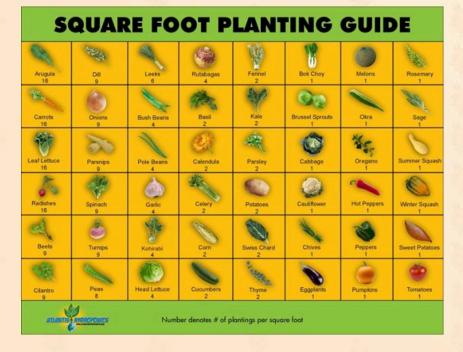
- Planting Plan
- Planting Table
- Check List for planting and growing
- Garden Record

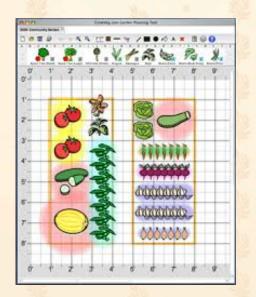


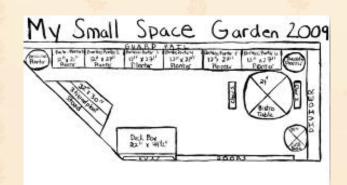


Garden Planting Plan

- Map/Draw it Out or Use Sticky Notes
- Plan for Crop Successions and Rotations
- Just Enough Space







Assigned Spring 2009 by Tennille

Selecting Vegetable Plants

Cool Season

Warm Season

Efficient Use of Space











Garden Planting Table

- Simple Chart
- Details at a Glance
- Take Notes

Update Based on Your Experiences

Plant List for 20	10: Veg	etable G	Sarden :	ng tina	8		- Se	in indon in outdo rvest			Í	
Plant	Number	Spacing	Spacing in Rows	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
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3027

Provider Heirloom Bush Beans

START SEEDS OUTDOORS

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DAYS TO GERMINATE 5 - 10 days

N/SHADI Full sun In spring, once weather is warm and settled and night temperatures stay securely above 55°F(13°C) plant seeds in well-worked, fertile soil in full sun. Poke seeds in 1 inch deep and 4 inches apart in rows 1½ to 2 feet apart. Make several sowings several weeks apart until the end of June to provide long continued harvests.

GROWING NOTES

Tender crispy garden beans are an easy and reliable crop to grow, but don't plant seeds too early as cold conditions prevent good germination. If first sowing comes up unevenly, replant right away; new seedlings will catch up quickly. Birds are often attracted to young bean seedlings, so watch carefully and protect with netting or floating row covers if necessary. Avoid cultivating plants or picking pods when plants are wet.

HARVEST AND USE

The vigorous plants bear strong harvests of top quality pods that hold well without getting stringy. The more you pick, the more the plants will produce, and the nitrogen fixing bacteria on the roots of bean plants actually improves your soil. Sow another crop about three weeks after your first planting and you'll have a welcome second harvest in late summer. Enjoy tasty Provider beans cooked just until tender crisp. The pods also freeze well if blanched first.

Renee's Garden 6060 Graham Hill Road, Felton, CA 95018 888-880-7228 • www.reneesgarden.com

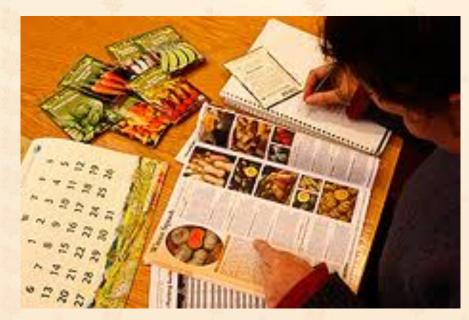
Garden Check List

- A Way to Remember What You Need to do When
- Use Your Planting Table as a Guide
- Use Your Previous Years Garden Record



By Month or By Week

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Garden Record

- Record of Results
- Keep it Simple
- Blueprint for Next Year





Step 3 - Planting and Maintenance



Preparing Garden Soil

- Healthy Rich Soil
- Soil Preparation
- Amend







Container Soil Preparation

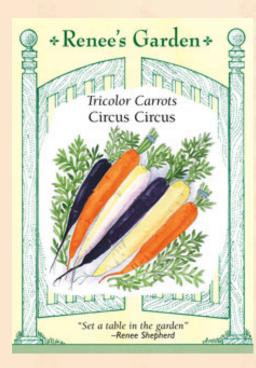
Pre-Packaged SoilMake Your Own



Planting Time

Seeds

Plants





Watering

Drip irrigation – Conserves water
 Hand Water – Takes more time
 Sprinkler – Not as precise



Use soil amendments and mulches to help with soil water retention

General Maintenance

- Weeds
- Thinning
- Harvest
- Storing









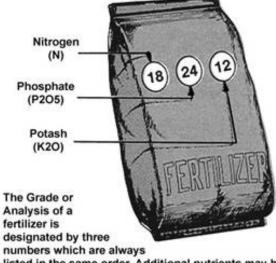


Fertilizing the Garden

Initially at planting time
Only if required
More is not better
Organic vs. Chemical



What's in a fertilizer "Grade" or Analysis



listed in the same order. Additional nutrients may be listed elsewhere, but are not typically considered part of the Grade.

Fertilizers

- Chemical fertilizers:
 - Precise, quick and low cost
 - Non-renewable fossil fuels
- Organic fertilizers:
 Renewable and Biodegradable
 Nutrient content is often lower
- Improve soil nutrition







Organic Fertilizer Categories

Animal-based

- Animal killed (blood, bone, & feather meals and fish products)
- Animals not killed (bat guano, manures)

Plant-based

Alfalfa, cottonseed, and soybean meals, kelp/seaweed

Compost & Vermiculture

- Usually considered a soil amendment, not fertilizer
- Worm castings do have some fertilizer affects
- Mined organic fertilizers
 - Phosphorus: Soft rock phosphate
 - Potassium: Muriate of potash, sulfate of potash, greensand





Resources

Alameda County Master Gardeners

- Plant Doctor Booths
- Trial Gardens
- Fall Seminar
- Speaking Engagements
- Private Consults
- Hotline
- Website http://acmg.ucdavis.edu/





Other Resources

Books

Sunset Western Garden Book of Edibles

- Sunset Western Garden Book
- The Garden Primer By Barbara Damrosch

Online

- Peaceful Valley Farms <u>http://www.groworganic.com/</u>
- Pollinate Farm & Garden <u>http://pollinatefarm.com/</u>
- Renee's Garden Seeds <u>http://www.reneesgarden.com/</u>
- UC Davis ANR Catalog http://anrcatalog.ucdavis.edu/

The Glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.



Alfred Austin