

# Herbs & Vegetable Gardening

- I. **Assess the garden area.**
  - a. How much sun/shade
  - b. Most vegetable prefer at least 6-8 hours of afternoon sun.
- II. **Materials Needed**
  - a. Garden, or Containers if container gardening.
  - b. Seeds or seedlings
  - c. Soil amendments
- III. **Getting your garden plot ready**
  - a. Plot out your garden and decide which herbs and vegetables you are going to be growing and where.
  - b. Most soil here is clay so it needs to be amended.
  - c. Mushroom compost or regular compost can be tilled in to help break up the clay soil and improve drainage.
- IV. **If container gardening, make sure to use potting mix not potting soils. If growing tomatoes and peppers make sure to get containers that are at least 16" deep.**
- V. **Selecting which vegetables and herbs you want to grow**
  - a. Certain vegetables are easy to grow from seeds, some are better to start from seedlings.
    - Easy to grow from seed are lettuces, kale, cucumbers, carrots (any root crops), green beans, herbs such as dill, cilantro, parsley
    - Grow from seedling: tomatoes, peppers, broccoli, cauliflower, and herbs such as rosemary and basil.
    - Also throw in some flowers to attract pollinators which will help increase yield. Cosmos, zinnias, sunflowers etc...
  - b. **Organic, Hybrid, Heirloom?**
    - GMO crops have been genetically modified to increase yield, hardiness, flavor, etc...
    - Hybrids are plants that have been selected for certain traits
    - Heirloom are the original seed and have not been modified at all
    - Organic means no chemicals have been used.
    - PHN veggies are non GMO, but are not certified Organic

**VI. Once the soil has been amended and your vegetables and herbs are picked out, it's time to plants.**

- a. Cold weather crops include lettuces, kales, broccoli, cauliflower, cilantro, can all be planted now.
- b. Warm weather crops, such as tomatoes, peppers, green beans, basil and rosemary should be planted mid to late May.
- c. Bio tone can be used to help establish a good root system.

**VII. Caring for your garden**

- a. After planting seeds and seedlings, make sure to water in well.
- b. Make sure not to overwater, especially if we have a wet spring.
- c. Most plants like to dry out as it establishes a deeper and stronger root system.
- d. Water in the morning whenever possible, especially on hot days, as the water can evaporate very quickly and dries off the leaves throughout the day, helping to prevent scorch and fungus.
- e. Soaker hoses are a great way to get a good, deep watering to the root system

**VIII. Pests and Diseases**

- a. Prevention is the best way to deal with this
- b. Morning watering of the root systems and good air circulation will help to prevent fungus.
- c. Planting marigolds can help keep pests away.
- d. Look for disease and pest resistant varieties.

**IX. Garden Journal**

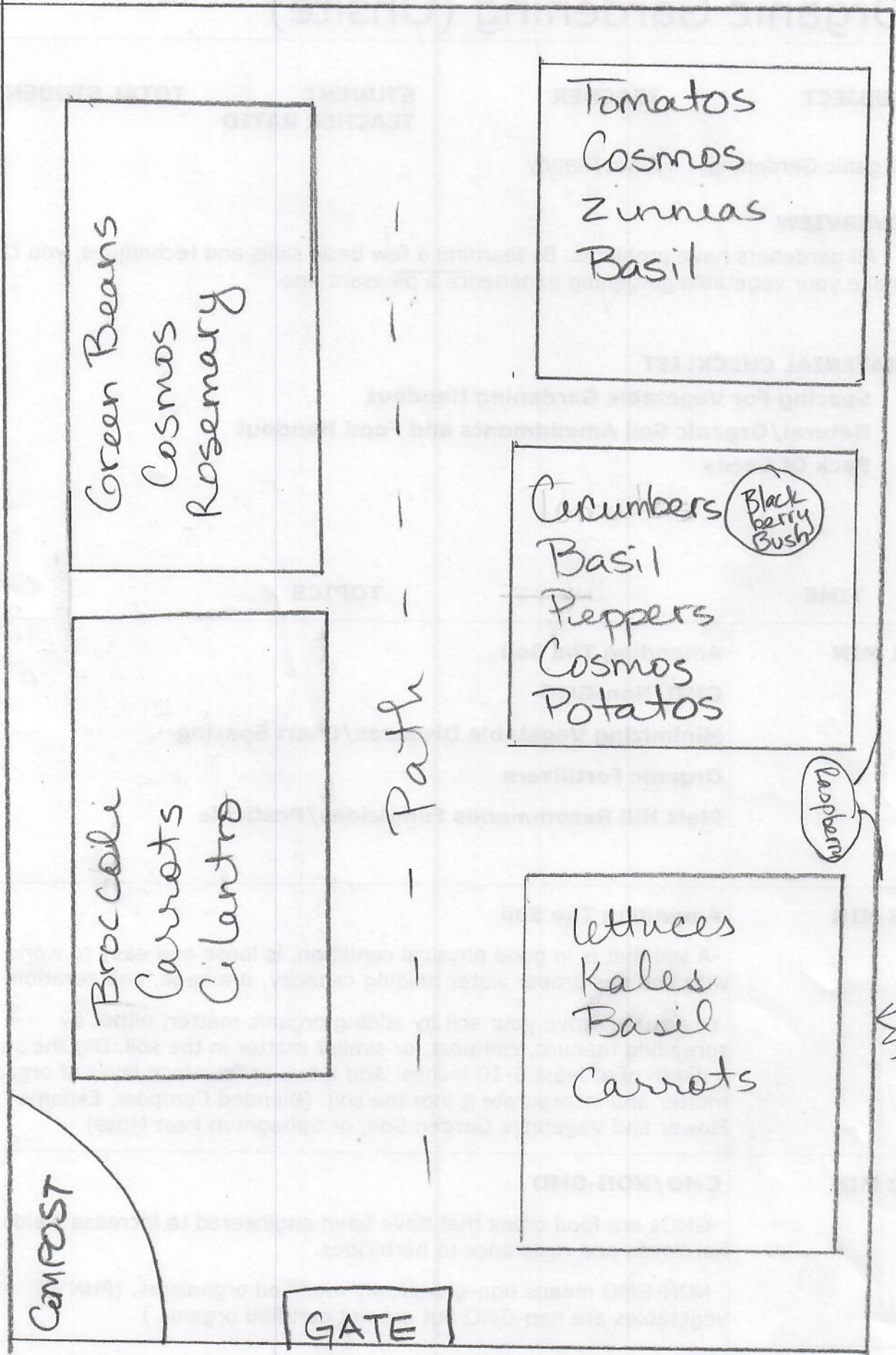
- a. Keeping a garden journal helps to keep track of what you grew where, and how it did in your garden.
- b. Make sure to rotate crops. Tomatoes, peppers, potatoes can not grow in the same spot for 3 years so they need to be moved. Some bacteria and viruses can overwinter in the soil and can affect next years' crop.
- c. Planting and harvesting dates
- d. Varieties grown, insect or disease issues.
- e. Too many tomatoes? Grow less and use the space to try something different!

**X. Vegetable and herb gardening is an experiment every year. Try new things, different varieties, move plants to different locations! Put different flowers in. Be creative, have fun, and enjoy!!!**

EAST 10'

40'

NORTH



SOUTH

Path

Compost

GATE

WEST

Raspberries

Black berry Bush

Shady