

# HOMEGROWN VEGETABLES

CHOICE VARIETIES FOR THE  
HOME VEGETABLE GARDEN  
GROWN AT MUN BOTANICAL  
GARDEN

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# Why grow your own?



- ▣ Fresher
- ▣ Cost less (maybe)
- ▣ Peak of flavor
- ▣ Fresh air and exercise
- ▣ Good family activity
- ▣ Feel good activity

# Location



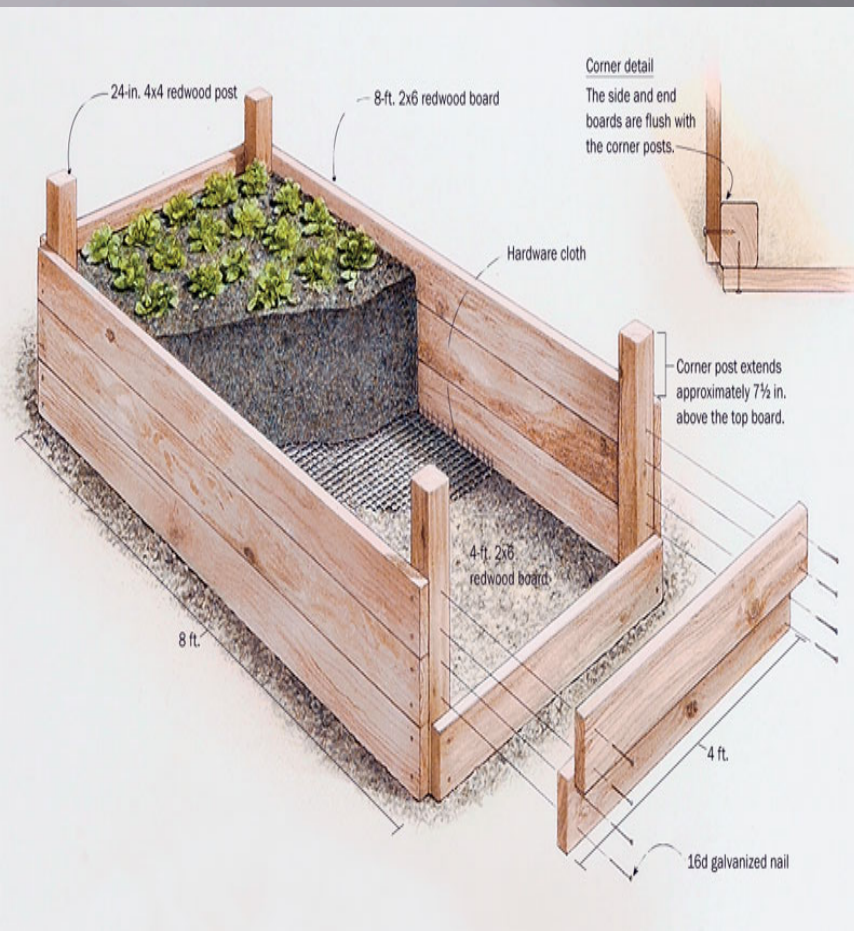
- ▣ Sunny
- ▣ Southern exposure
- ▣ Away from large trees
- ▣ Away from buildings
- ▣ Can be seen from kitchen
- ▣ Wherever it will fit

# Raised Bed Vegetable Garden



- ❑ Raised beds are a easy way to plan and design a starter garden.
- ❑ After the initial work, planting and tending the garden is much easier.
- ❑ Puts crops in full view, easy to reach, and promotes good drainage.

# Building a Raised Bed Garden



- ❑ A raised bed can be made by mounding 6-12 inches of soil on top of the ground, raking the top flat and sloping the sides.
- ❑ Better to use boards, bricks or rocks to form edges.
- ❑ Better looking materials made a better looking bed.

# Construction steps



- ❑ 1. Choose location and clear existing vegetation.
- ❑ 2. Use stakes and string to make outline of bed. Four feet wide is good, so you can reach the middle from each side.
- ❑ 3. Build the edges. Avoid pressure treated lumber.
- ❑ 4. Loosen soil inside edges. Fill bed with soil mix to within 2 inches of the top.

# Soil Mix



- ❑ Well drained.
- ❑ Lots of organic matter, (composted manure, leafmold, compost).
- ❑ Remove rocks.
- ❑ Apply fertilizer (6-12-12) in early May.
- ❑ Lime should be added to areas where you are going to grow crops that like a “sweeter” soil.
- ❑ Don’t let poor soil stop you, everyone had poor soil to start.

# Layout



- ▣ North-south rows
- ▣ Taller plants to north end.
- ▣ Mid height plants in the middle
- ▣ Shorter plants at the south end
- ▣ Maximize space by going vertical.
- ▣ Mix fast and slow growing crops (lettuce between rows of cabbage)

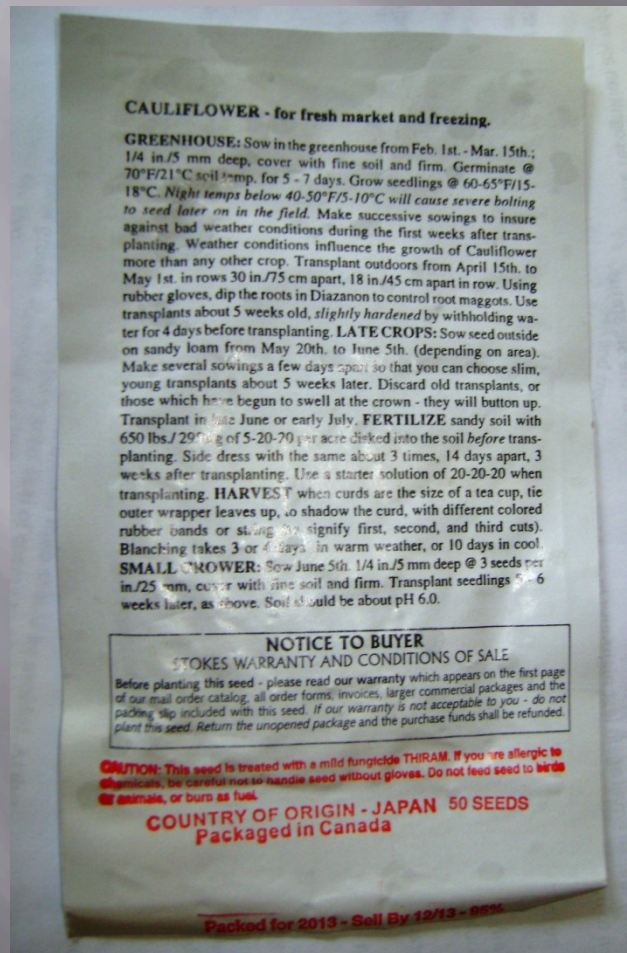


# Benefits of a Raised Bed



- ❑ Often easier to go up than down.
- ❑ No walking on bed so no compaction.
- ❑ Allows for a soil mix rather than adding amendments to existing soil.
- ❑ Warms up faster than a in ground bed.
- ❑ More effective use of space.
- ❑ You don't have to bend over so far.

# Read the Seed Packet



- ❑ Most of what you need to know is here.
- ❑ Sow dates
- ❑ Depth
- ❑ Transplant date
- ❑ Spacing
- ❑ Fertilizer
- ❑ Harvest info
- ❑ Date packed
- ❑ Germination %

# Frost Hardy Seeds

- ❑ Does not mean they won't freeze, but are hardy enough to withstand a few degrees of frost.
- ❑ Can be sown ahead of frost tender types because they will germinate at lower temperatures.
- ❑ Broccoli, cabbage, leaf lettuce, onion, radish, peas, spinach, turnip, parsnip.

# Semi-Frost Hardy Seeds

- ❑ Sown almost as early as the frost hardy types because they will not germinate in cold soil.
- ❑ Generally remain in the soil for a couple of weeks before emerging.
- ❑ Beet, carrot, cauliflower, head lettuce, potato

# Frost Tender Seeds

- ▣ Should be sown after last frost.
- ▣ Beans, cucumber, peppers, squash, pumpkin.

# Seeding and Transplant Dates

MAY 15 - JUNE 1

- ▣ Peas – seeds
- ▣ Onion – sets
- ▣ Parsnip – seeds
- ▣ Radish – seeds
- ▣ Spinach – seeds
- ▣ Potatoes- seed potatoes
- ▣ Turnip – seeds
- ▣ Leaf lettuce - seeds

JUNE 1 – JUNE 15

- ▣ Beet – seeds
- ▣ Broccoli – transplants
- ▣ Cauliflower – transplants.
- ▣ Cabbage – transplants
- ▣ Leaf lettuce – seeds
- ▣ Carrots – seeds
- ▣ Onion - transplants

# After June 15th

- ▣ Beans – seeds
- ▣ Peppers – transplants
- ▣ Pumpkin- transplants
- ▣ Tomatoes – transplants
- ▣ Squash – transplants
- ▣ Wait until the cold and wet has passed. Seed can rot before it germinates.

# Crop Rotation



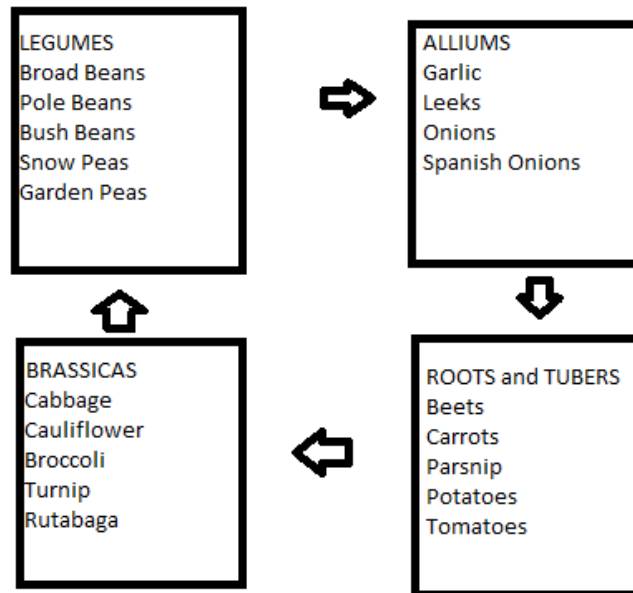
- ❑ Disease and insect prevention – breaks up life cycle of pest.
- ❑ Makes the most of soil nutrients – different crops use different nutrients.



# Basic Rotation and Liming Scheme

- **Year 1:** Lime area and plant broccoli, spinach, cauliflower, cabbage, lettuce.
  - **Year 2:** Do not lime area and plant peas, beans onions, squash.
  - **Year 3:** Do not lime area and plant potatoes, carrot, beet, turnip, parsnip
  - **Year 4:** Lime area and start over
- **pH Requirements**
  - **Acid sensitive (pH 6-7)**  
Beets, carrots, cauliflower, leeks, lettuce, onions, parsnips, peas, spinach
  - **Moderately acid sensitive (pH 5.5-6.8)**  
Beans, broccoli, cabbage, chard, radish, squash, tomatoes, turnip

# Basic Four Bed Rotation



# Vegetable varieties grown at MUN Botanical Garden



# Pole Beans



Sow after soil has warmed.

Full sun, average fertility, well drained soil.

'Scarlet Runner' 70 days.

'Royal Burgundy' 50-60 days.

# Broad Beans



Sow after soil has warmed.  
Full sun, average fertility,  
well drained soil.

‘Broad Winsor Long Pod’  
65 days.

‘Aquadulce’ 65 days.

# Bush Beans



Sow after soil has warmed.  
Full sun, average fertility,  
well drained soil.

'Provider' 52 days.

'Gold Rush' 53 days.

# Beets



Sow around last frost date.  
Full sun, fertile, moist, well  
drained soil.

'Red Ace' 53 days.

'Merlin' 53 days.

# Broccoli



Sow indoors, 4-6 weeks before last frost date.

Full sun, fertile, moist, well drained soil.

Use row cover.

'Goliath' 75 days.

'Everest' 85 days.



# Cabbage



Sow indoors 4 weeks  
before last frost date.

Full sun, fertile, moist,  
well drained soil.

Use row cover.

'Winner' 75 days.

'Stonehead' 67 days.

'Red Dynasty' 76 days.

# Carrots



Sow after last frost and soil has warmed up.

Full sun, average fertility, well drained and deeply dug soil. Row cover.

‘Bolero’ 56-66 days.

‘Touchon Deluxe’ 58 days.

‘Royal Chantenay’ 60 days.

# Cauliflower



Sow indoors about 4 weeks before last frost date.

Full sun, fertile, moist, well drained soil. Row cover.

'White Sails' 68 days.

'Snow Crown' 48 days.

# Garlic



Plant cloves around the middle of October.

Full sun, fertile, moist, well drained soil.

Remove flowers.

'Polish Gem' Oct. - Aug.

'Music' Oct. - Aug.

# Leeks



Sow indoors 8 weeks before planting date.

Full sun, fertile, moist, well drained soil.

Plant in 6 inch deep furrows. Fill in with soil as they grow.

‘Tadorna’ – 108 days.

‘Chinook’ – 105 days.

# Lettuce



Sow in garden about 1<sup>st</sup> week in June.

Full sun to light shade in a sheltered spot.

Fertile, moist, well drained soil.

'Buttercrunch' 47 days.

'Green Towers' 74 days.

'Red Salad Bowl' 51 days.

# Onions



Plant sets in garden around  
3<sup>rd</sup> week of May.

Full sun, fertile, moist, well  
drained soil.

'Norstar' 78 days.

'Frontier' 98 days

# Spanish Onions



Sow indoors, mid Feb.  
Plant in garden around  
June 1<sup>st</sup>. Full sun,  
average fertility, moist  
well drained soil. A  
pinch of bonemeal in  
the hole for luck.

'Kelsae Sweet Giant' 110  
days.

'Candy' 105 days.



# Parsnip



Sow in garden as soon as soil can be worked.

Full sun, average fertility, moist well drained soil.

'Andover' 110 days.

'Gladiator' 120 days.

# Snow Peas



Sow in garden as soon as soil is dried out and can be worked.

Full sun, average fertility, moist, well drained soil. Use netting or trellis for support.

'Oregon Giant' 60 days.

'Little Sweetie' 60 days.

# Garden Peas



Sow in garden as soon as soil can be worked.

Full sun, average fertility, moist, well drained soil. Use trellis or netting for support.

'Bolero' 66 days.

'Spring' 52 days.

# Potatoes



Plant seed potatoes in garden around the end of May.

Full sun, acidic, fertile, moist, well drained soil.

‘Kennebec’ 120 days.

‘Frontier Russet’ 120 days.

‘Yukon Gold’ 120 days.

# Radish



Sow in garden as soon as soil has warmed up.

Light shade to full sun, fertile, well drained soil. Two or three sowings per season.

'Red Jewel' 22 days.

'Champion' 20 days.

# Spinach



Sow in garden as soon as soil can be worked.

Full sun, fertile, well drained soil.

'Longstanding Bloomsdale Dark Green' 48 days.

'Sardinia' 44 days.

# Summer Squash



Sow indoors around  
May 1<sup>st</sup>. Plant in  
garden around June  
15<sup>th</sup>.

Full sun, moist, fertile,  
well drained soil.

'Golden Delight' 47 days.

'Butterstick' 48 days.

# Turnip



Sow in garden as soon as soil can be worked.

Full sun, fertile, well drained soil.

'Purple Top White Globe'  
60 days.

'White Lady' 35 days.



# Rutabaga



Sow in garden between  
May 15<sup>th</sup> and May  
30<sup>th</sup>.

Full sun, fertile, moist,  
well drained soil.

‘The Laurentian’ 90 days.

‘American Purple Top’  
90 days.

# Tomatoes



Sow indoors around May 1<sup>st</sup> for June 15<sup>th</sup> transplanting.

Full sun, fertile, moist, well drained soil. A windbreak is a good idea.

'Better Boy' 72 days.

'Big Beef' 73 days.

'Ultra Girl' 62 days.

# Cherry Tomatoes



'Sweet 100' 60 days.

'Sweet Million' 60 days.

'Sweet Gold' 60 days.

# Don't Bug Me



- ▣ Row Covers can protect plants from insects . Use on carrots for carrot rust fly and cabbage, cauliflower and broccoli to protect against the cabbage white butterfly.
- ▣ Also can trap a little daytime heat and help protect from a late frost.

# IT WILL GROW

JULY 17, 2007



AUGUST 6, 2007



# The Real Fun Part



Big or small, simple or fancy.  
Just grow it! It's good karma.

