

# Vegetable Gardening

from SHP Solutions (Susan Parker)

- I. What is a vegetable?
  - A. Mostly annuals; a few perennials
  - B. Plant parts that are eaten
    - ◆ Stems
    - ◆ Roots
    - ◆ Leaves
    - ◆ Bulbs
    - ◆ Seeds
    - ◆ Flowers
- II. Know your Climate
  - A. Moisture – If less than 1” rainfall/week, must have a plan for watering
  - B. Growing Season: Spring Frost-Free date – May 30; Fall Frost-Free date – September 30
- III. Siting your Garden
  - A. Level area with 6-8 hrs. of sunlight
  - B. Avoid low spots – colder and wetter
  - C. Avoid windy locations
  - D. Locate near accessible water
  - E. Avoid planting near trees & shrubs
  - F. Avoid areas shaded by buildings and trees
  - G. Avoid planting edibles near roadways
  - H. Genetically similar crop should be rotated every 3 yrs
- IV. Designing the Vegetable Garden
  - A. Taller plants where they are unlikely to shade sun-loving smaller plants
  - B. Plant attractive vegetables in you perennial beds
  - C. Raised beds if soil is bad: 16” of equal parts of compost, topsoil, & leaf mold on top of soil
  - D. Add organic material to the plot annually and spade fork it in
  - E. Select varieties that meet culinary needs, maturation times that match the climate, and produce throughout the growing season either singly or in combination with other varieties
- V. Garden Preparation
  - A. Test the soil every other year
  - B. pH should be ~ 6.5
  - C. Add organic material annually
  - D. Add nutrients to fulfill the plant requirements
  - E. Mix in
- VI. Seed Starting
  - A. Direct sown seeds (cold crops between 3/15 & 4/1; Warm crops after 5/31):

B. Transplants of purchased or grown plants

C. Starting seeds for transplant

- ◆ Start date = harvest date – (germination period + germination period + maturation period)
- ◆ Planting medium
- ◆ Containers
- ◆ Light
- ◆ Heat
- ◆ Water
- ◆ Fertilizer
- ◆ Air circulation
- ◆ Transplanting
- ◆ Seed saving

D. Cold Weather Veggies: Beets, lettuce & other greens, peas, sugar snap peas, onions, Swiss chard

E. Tomatoes (Transplants)

- ◆ Early
- ◆ Late
- ◆ Paste
- ◆ Cherry tomatoes

F. Peppers (Transplants)

- ◆ Sweet peppers
- ◆ Hot peppers
- ◆ Ornamental Peppers

G. Warm Weather Vegetables (Cucumbers, Kale, Summer and Winter squash, corn, beans...)

VII. Maintenance

A. Water: 1" per week; soaker hoses; mulch

B. Monitoring for insects and disease

VIII. Plant plants that attract beneficial insects

IX. Sources for tools and organic treatments

- ◆ Gardeners Supply – <http://www.gardeners.com>
- ◆ Gardens Alive – <http://www.gardensalive.com>

X. Herbs

XI. Edible flowers

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>● Bachelor Buttons</li><li>● Calendula</li><li>● Carnations</li><li>● Dianthus</li><li>● Hollyhock</li><li>● Marigold</li></ul> | <ul style="list-style-type: none"><li>● Monarda</li><li>● Nasturtium</li><li>● Salvia</li><li>● Scarlet Runner Bean</li><li>● Sunflowers</li><li>● Viola</li></ul> |
|---|--|

XII. References

- *Good Bugs, Bad Bugs* by Jessica Walliser, 2008.

- *Grow Organic* by Doug Oster & Jessica Walliser, 2007.
- *The Garden Primer* by Barbara Damrosch, 2008

XIII. Catalogs with web access

Burpee – [www.burpee.com](http://www.burpee.com) --1-800-487-5530

Johnny's Select Seeds (many organic products) -- <http://www.johnnyseeds.com> 1-877-8564-6697

Kitchen Garden Seeds (John Scheepers) – [www.kitchengardenseeds.com](http://www.kitchengardenseeds.com) 1-860-567-6086

Park Seed Company -- <http://www.parkseed.com> 1-800-845-3369

Pinetree Garden Seeds – [www.Supersedes.com](http://www.Supersedes.com) (207) 926-3400 (small numbers of seeds for reduced price)

Seeds of Change (certified organic seeds) -- [www.seedsofchange.com](http://www.seedsofchange.com) 1-888-762-7333

Territorial Seed Company – [www.territorialseed.com](http://www.territorialseed.com) 1-800-626-0866

The Cook's Garden -- [www.cooksgarden.com](http://www.cooksgarden.com) 1-800-457-9703

Thompson & Morgan – [www.tmseeds.com](http://www.tmseeds.com) -- 800-274-7333

Tomato Growers – [www.tomatogrowers.com](http://www.tomatogrowers.com) 1-888-478-7333

Totally Tomatoes -- [www.totallytomato.com](http://www.totallytomato.com) 1-800-345-5977

---

Susan Parker  
SHP Solutions, LLC  
[www.gardensgorgeous.com](http://www.gardensgorgeous.com)  
[shpsolutions@verizon.net](mailto:shpsolutions@verizon.net)  
(412) 492-7021