

GARDENING

FOR BEGINNERS

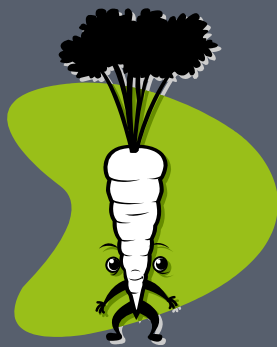


What do you want to eat?



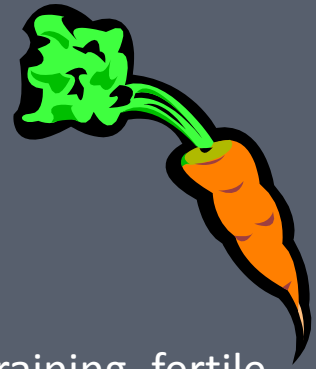
MY (too-long) LIST:

- Carrots
- Onions
- Lettuces
- Summer squash
- Kale
- Brussels sprouts
- Cucumber
- Arugula
- Peas
- Garlic
- Leeks
- Broccoli
- Rappini
- Peppers
- Tomatoes
- Spinach
- Chard
- Okra
- Bok Choi
- Collards
- Pole beans
- Sunchokes
- Beets
- Celeriac
- Potatoes
- Sweet potatoes
- Turnips
- Radishes
- Asparagus



Example:

CARROTS



Soil preparation: Carrots do best in **raised beds** filled with well-draining, fertile topsoil that contains plenty of organic matter. Remove rocks and debris from past crops to clear the path for maturing carrots and prevent misshapen roots.

Spacing: Space about 2 to 4 inches apart in **rows** that are 12 to 20 inches apart. When the plants are 2 to 3 inches tall, **thin** them to 4 to 6 inches apart.

Watering: Carrots need consistent soil moisture from the time you plant until harvest. Seedlings stressed by low moisture grow slowly and produce lower yields. Use an organic **mulch** around your carrots to retain moisture.

Fertilizing: If your soil has lots of organic matter in it, your carrots won't need anything extra.

Special hints: Carrots do very well planted in an area where **legumes** (beans, peas) were before, because of the extra **nitrogen** that these plants leave behind. Carrots increase carbohydrate (sugar) storage and develop the best root color, shape, and length if grown when days are warm (59 °F to 70 °F) and nights are cool (45 °F).

Vegetable Planting Schedule

For the Albany, NY Area

PLANTING DATES	4/1	4/10	4/20	5/1	5/10	5/20*	6/1	6/10	6/20	7/1	7/10	7/20	8/1	8/10	8/20	9/1	9/10	9/20
BEANS																		
BEETS																		
BROCCOLI																		
BRUSSEL SPROUTS																		
CABBAGE																		
CHIN. CABBAGE																		
CARROTS																		
CAULIFLOWER																		
CELERY																		
CHARD																		
CHIVES																		
COLLARDS																		
CORN																		
CUCUMBER																		
EGGPLANT																		
GARLIC*																		
KALE																		
KOHLRABI																		
LEEKS																		
LETTUCE																		
PLANTING DATES	4/1	4/10	4/20	5/1	5/10	5/20*	6/1	6/10	6/20	7/1	7/10	7/20	8/1	8/10	8/20	9/1	9/10	9/20
MUSKMELON																		
MUSTARD																		
OKRA																		
ONIONS																		
PARSLEY																		
PARSNIP																		
PEA																		
PEPPER																		
POTATO																		
PUMPKIN																		
RADISH																		
SHALLOT																		
SPINACH																		
SUMMER SQUASH																		
WINTER SQUASH																		
SWEET POTATO																		
TOMATO																		
TURNIP																		
WATERMELON																		

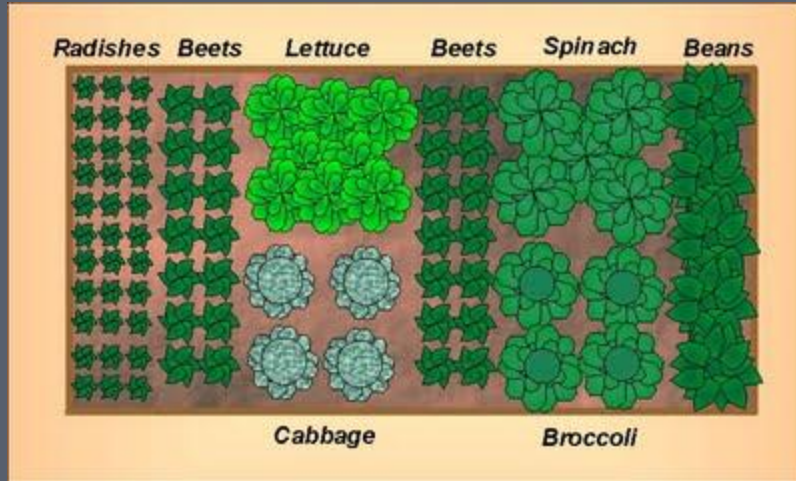
*Transplant between 10/10 & 11/1

Sow seed directly into garden

*Frost

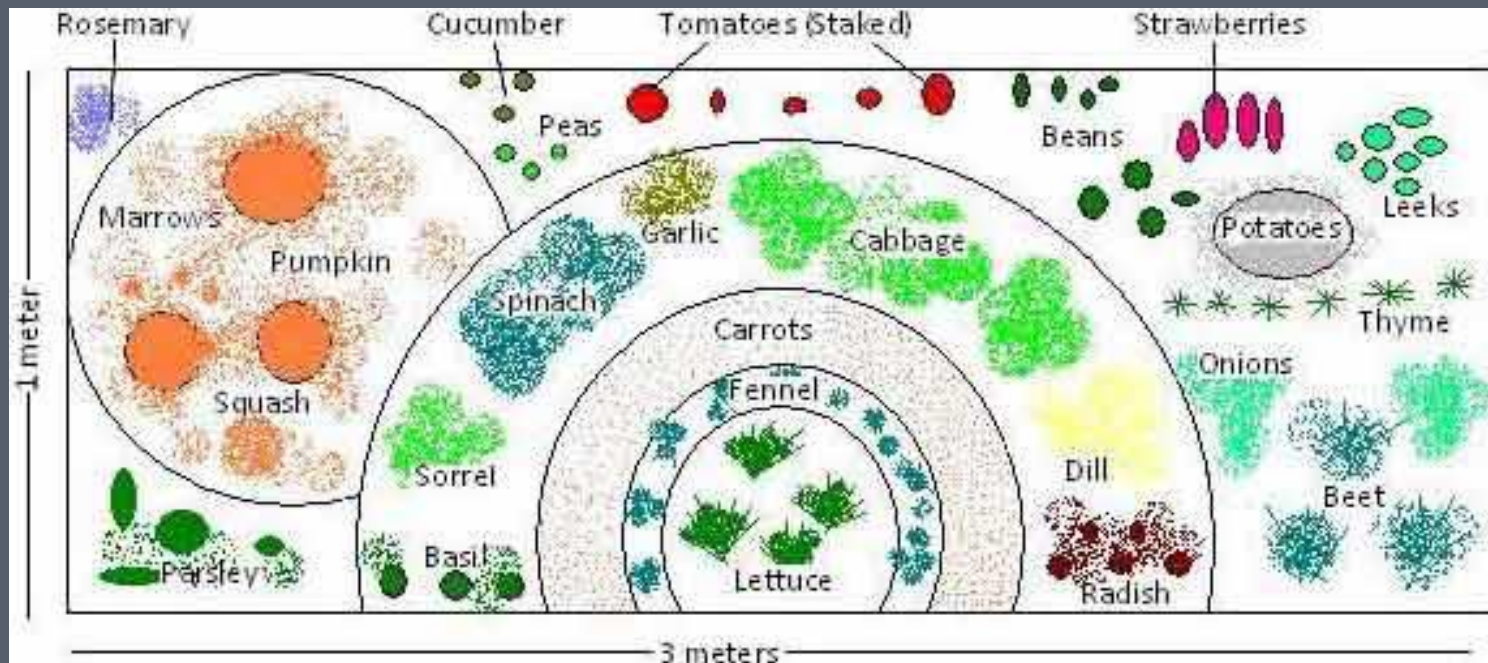
Plant transplants (purchase seedlings or start seeds indoors 6-8 weeks in advance)

Designing Your Garden

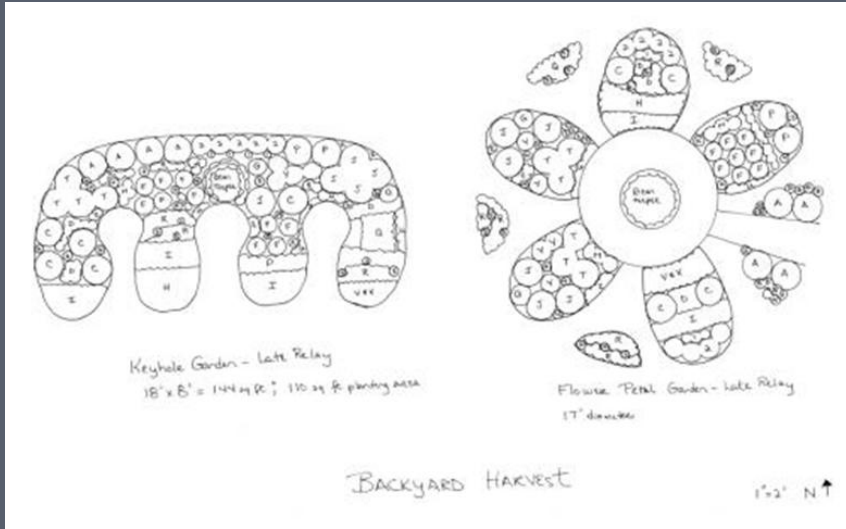


There are lots of different approaches to garden design.

Rows, squares, spirals, keyholes, and other shapes are all useful.




Permaculture Design



Square Foot Gardening

4 ft x 4 ft
Square Foot Garden

 1 Cabbage	 9 Green Beans	 1 Pepper	 16 Onions
 1 Broccoli	 9 Green Beans	 4 Lettuce	 32 Green Onions
 1 Cauliflower	 15 Sweet Peas	 4 Lettuce	 16 Carrots
 1 Cherry Tomato	 9 Spinach	 16 Lettuce	 32 Radish

Raised Bed Gardening



Rules of **thumb** for garden design

- Your **beds** should be no more than 4 feet across
- Optimize your use of **shade** and **sunlight**
- Consider growing **companions**
- Think about your **access points** to the garden

Getting DOWN to it

- Soil Type—Silt, Sand, Clay: LOAM
- Soil Structure, Tilth—space for air and water
- Organic Matter—compost, humus, manure, etc: adding Nitrogen to the soil

How to DIG a garden BED



PLANTING: what to sow & what to transplant

- **Sowing or direct seeding**
 - involves **turning** or **digging**, making a **furrow**, and reading the seed packet.
 - To **germinate**, seeds need a regular amount of gentle watering. The ground should not get too dry.
 - Once the seeds sprout and are a few inches tall, they will most likely need to be **thinned**.



- **Transplanting seedlings**

- Buy them at garden centers or grocery stores (and sometimes we have extra at CDCG).
- To plant, loosen a square of soil. Dig a bit deeper than the seedling's root. If the ground is very dry, water before planting.
- Mix in **compost** and/or **organic fertilizer**.





- Be gentle when pulling seedlings from containers. If they are **root-bound**, loosen the roots.
- Lower the seedling into the hole, cover its roots with soil, gently **tamp** down the soil around the plant with your hands, and make sure it's stable.

And as the season goes on...

- Weed control: **MULCH, MULCH, MULCH!**
- **Watering:**
 - After planting seeds or seedlings, water daily or as often as possible
 - After plants are established, water once or twice weekly, but DEEPLY
- Keep a garden **journal**
 - Record what you do, how your plants respond, and what the weather is like

Resources

- **Books:**

- *Garden Anywhere*, by Alys Fowler
- *Grow Your Own Vegetables*, by Carol Klein
- *The Four-Season Garden*, by Eliot Coleman

- **Websites:**

- www.cdcg.org
- www.organicgardening.com
- www.motherearthnews.com
- www.urbanfarmonline.com

- **Garden Centers & Shops:**

- Hewitts
- Honest Weight Food Co-op

CDCG RESOURCES

- A. CDCG Green Thumbs!
- B. Use the CDCG **Library**, **Fact Sheets**, & attend our **Demo Classes**
- C. Other questions? Call us!

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