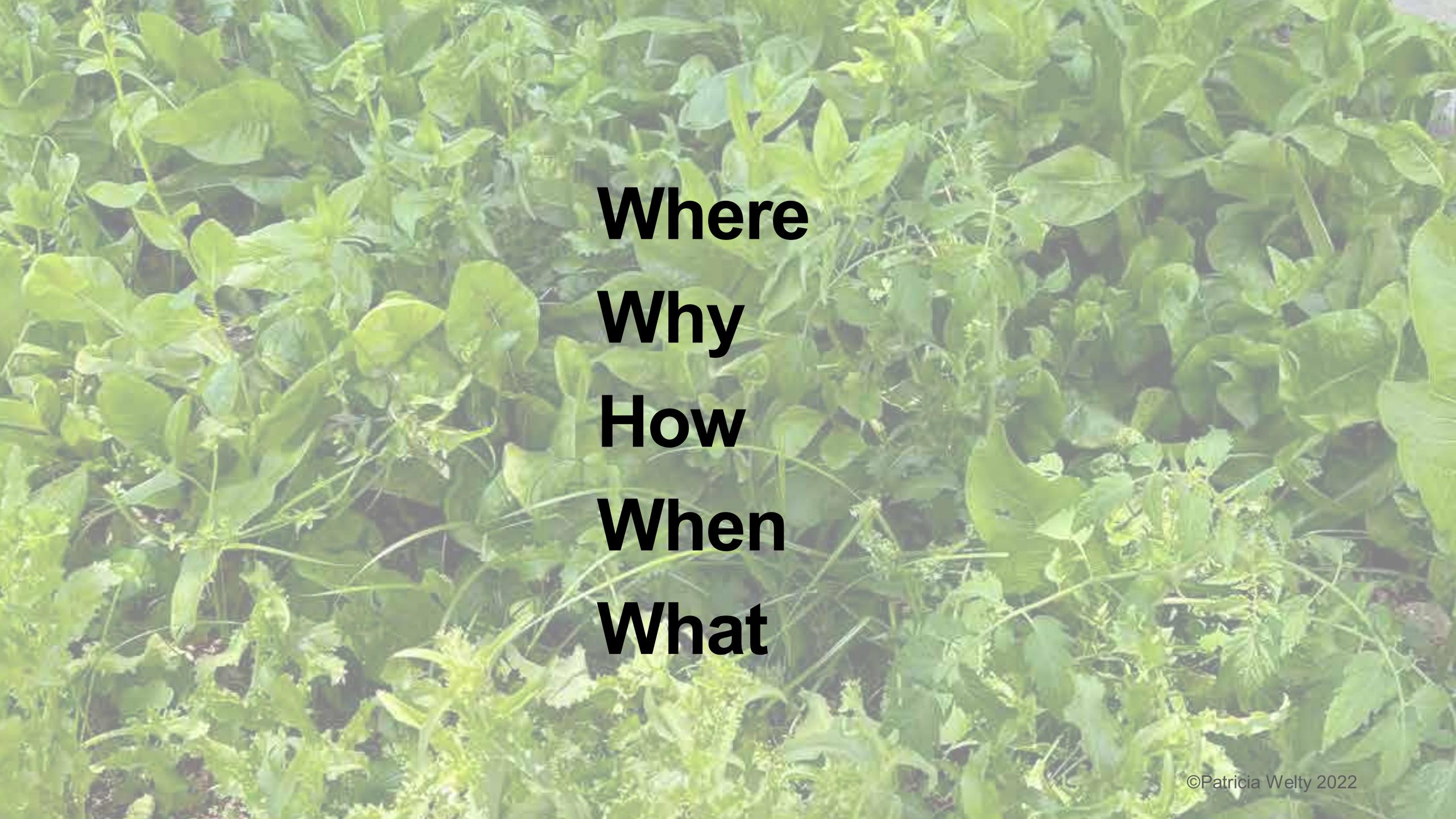
Urban Gardening

Make your yard work for you!

Patricia Welty June 25, 2022



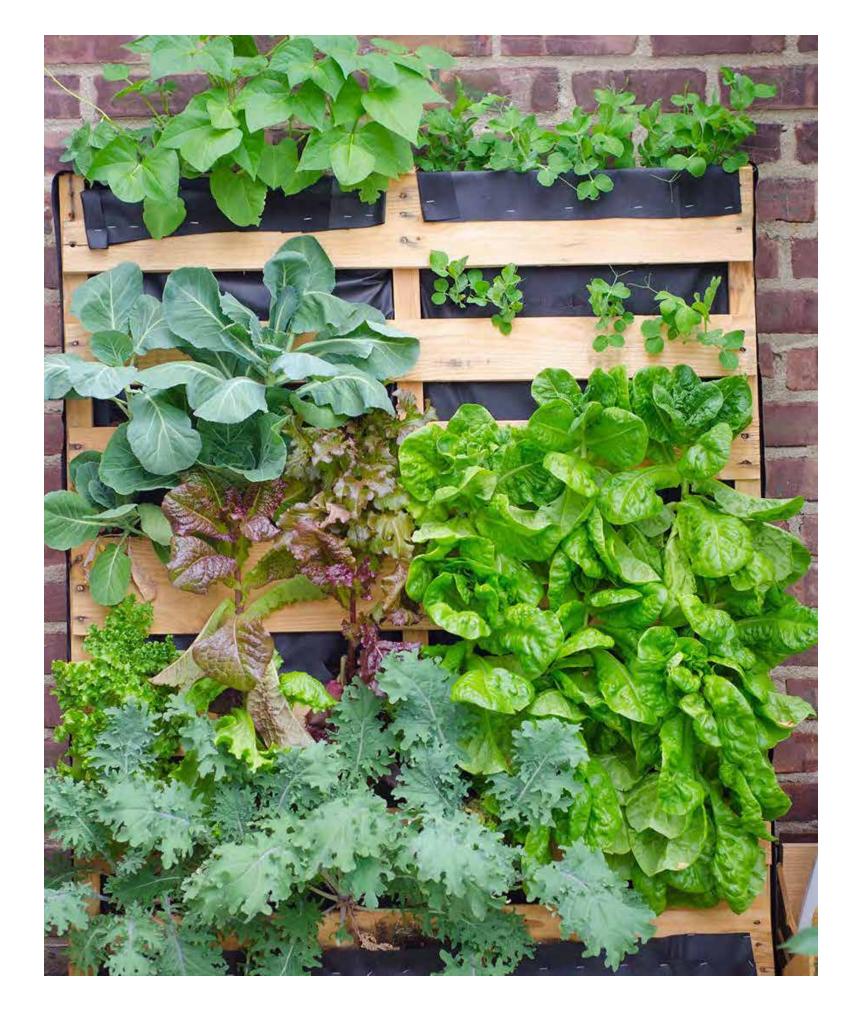


Where?

...anywhere

- Containers
- Raised bed
- Vertical spaces
- Community space
- Common areas







Vertical spaces





Containers / Raised Beds

Community spaces



Sunlight

- Does you place face north, south, east, west?
- What veggies will grow best in the amount of sun available?
- What foods will your plants produce (plants are food factories that need the sun to produce)?



Full Sun 6-8 hours

- Tomatoes
- Basil
- Cucumbers
- Eggplant
- Peppers
- Squash
- Watermelon

- Cantaloupe
- Corn
- Okra
- Sweet Potatoes
- Peas
- Beans
- Yams

Partial Shade 4-6 hours

Asparagus

Beans

Beets

Broccoli

Cabbage

Carrots

Cauliflower

Celery

Chives

Cilantro

Garlic

Leek

Mint

Onions

Oregano

Parsley

Peas

Radish

Shallots

Turnips

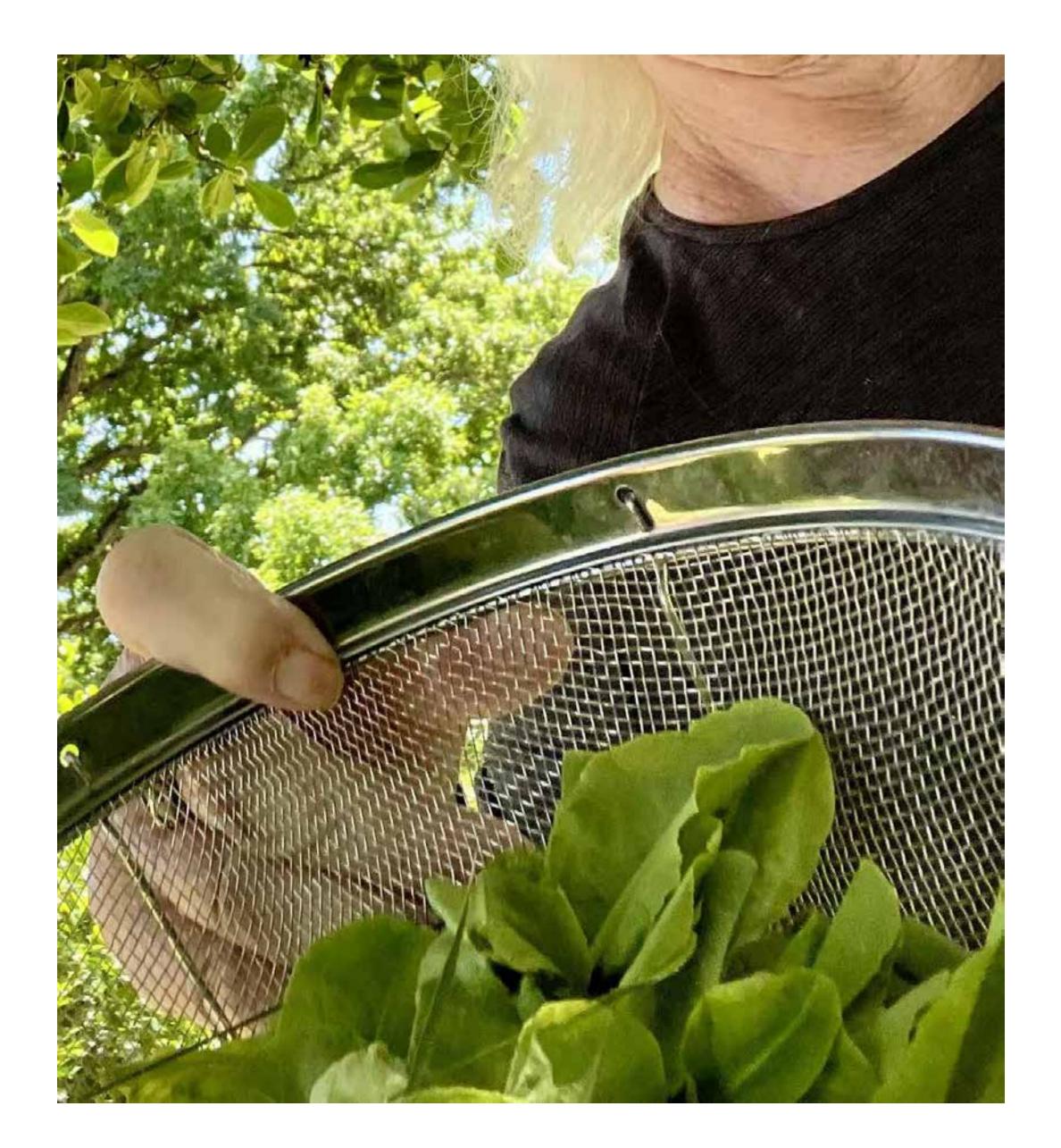
Low Light 2-4 hours

- Arugula
- Brussels Sprouts
- Bok choy
- Kale
- Lettuce
- Mustard Greens
- Spinach
- Swiss Chard

Why?

Make a yard work FOR you

- Economical
- Healthier
- Climate/environmental friendly
- Less upkeep
- Sustainable
- Rewarding



Bell peppers can range from \$2 to \$4 per pound, depending on the type, time of year, and geographical location.

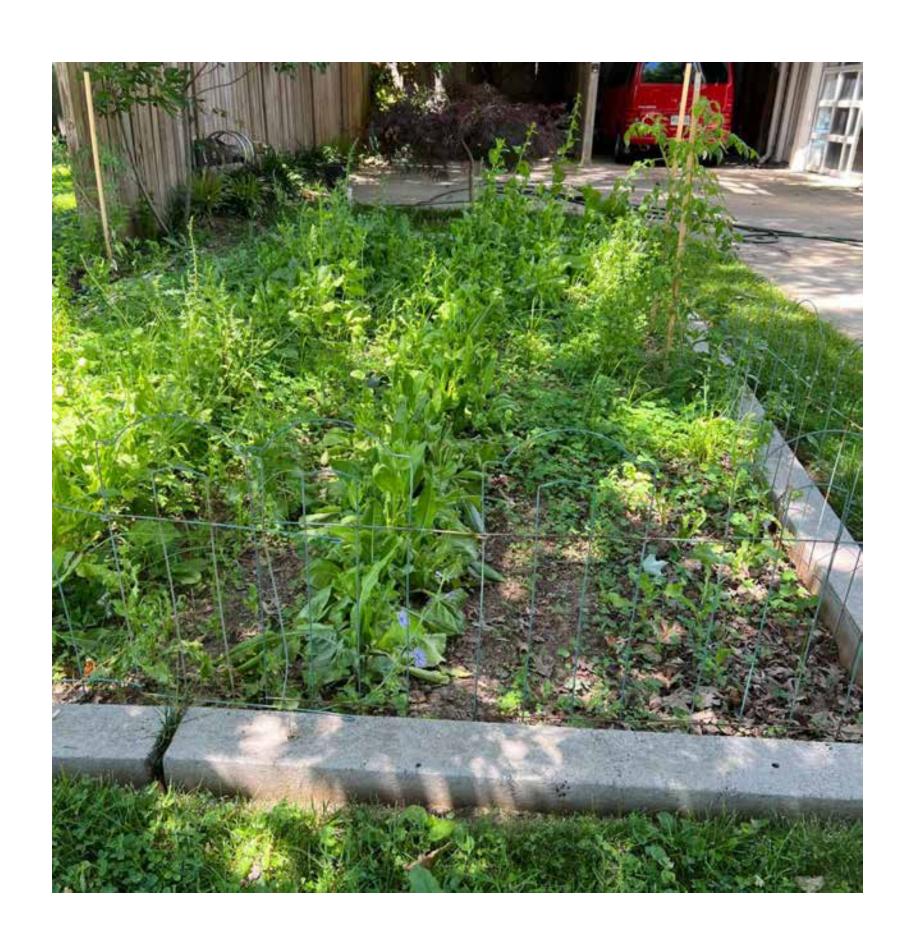


How

- STEP 1: MARK OUT YOUR GARDEN AREA
- STEP 2: REMOVE GRASS AND VEGETATION
- STEP 3: LAY OUT GARDEN BEDS AND PATHWAYS
- STEP 4: SOURCE GOOD GROWING SOIL
- STEP 5: CREATE GROWING ROWS
- STEP 6: MULCH GROWING ROWS
- STEP 7: MULCH PATHWAYS
- STEP 8: FENCE GARDEN



Mulch around growing plants



Create paths

Crops that should be started indoors:

- susceptible to cold temperatures
- have a long growing season
- need a head start
 - Tomatoes
 - Peppers
 - Eggplant
 - Broccoli
 - Cauliflower
 - Brussels sprouts



Root crops are best sown directly in the garden because they do not like having their roots disturbed.

Squash and watermelon can also be direct sown.

- Carrots
- Radishes
- Beets
- Squash
- Watermelon





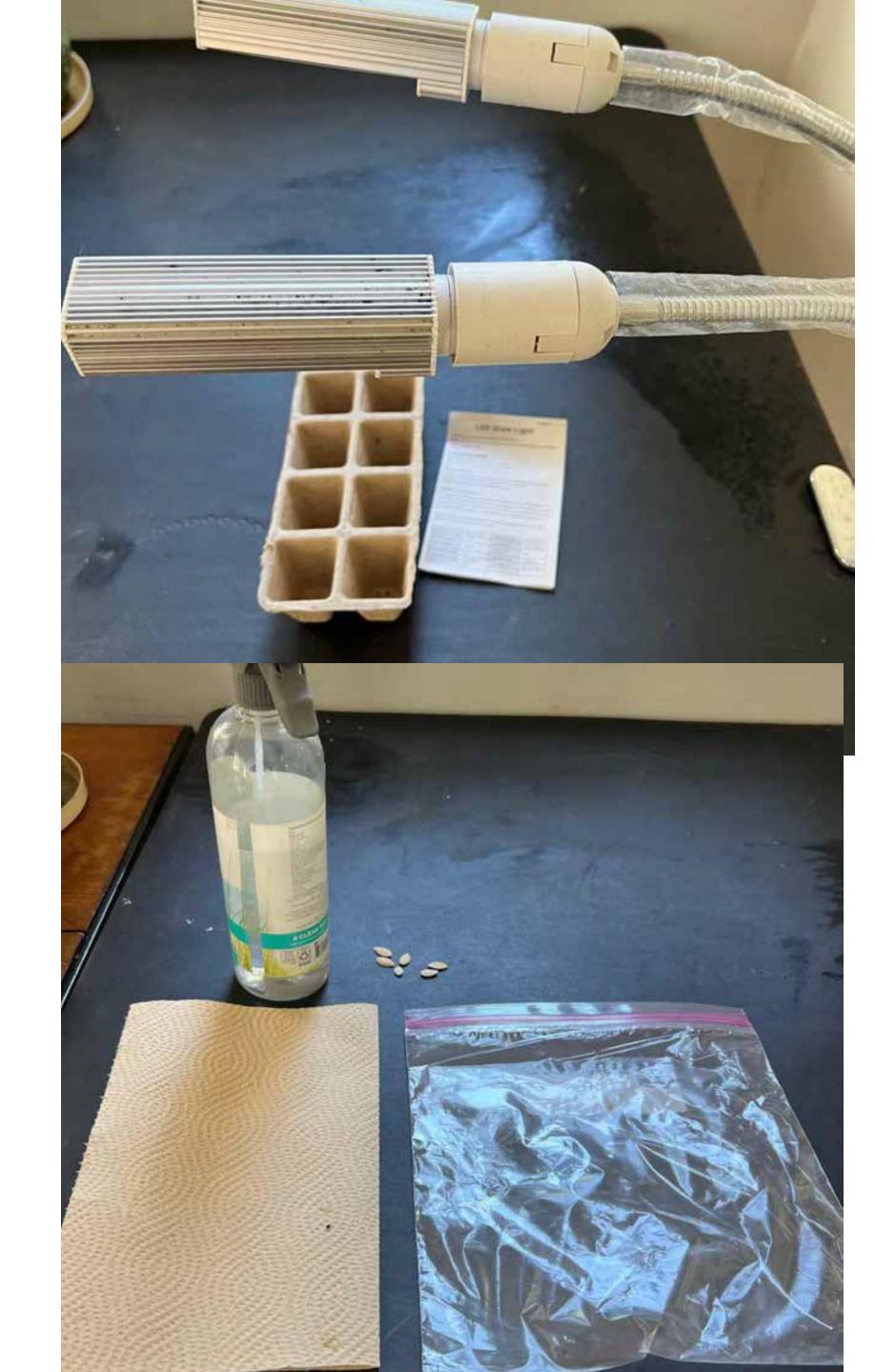


Tomatoes - germinate indoors

Squash - direct sown

How to germinate

- Determine the seeds that should be started indoors
- Have a dedicated space with natural light
- Create a mini greenhouse
- Moisten paper towel
- Add seeds
- Insert in plastic bag
- Keeping moist
- Utilize a grow light to mimic sunlight





Use commercial seed starter





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Make your own Soil Mixes to Start the Growing Process

Soilless Mix

- 2 parts peat moss
- 1 part vermiculite
- 1 part perlite

Easy-Mix Recipe

- 1 part milled (sphagnum) moss, peat moss, or screened compost
- 1 part vermiculite
- 1 part perlite

<u>Amended Potting Mix</u>

- 2 parts potting soil
- 1 part screened compost
- 1 part perlite









Pot seedlings

- Seed Starter
- Any container works
- Continue using a grow light
- Keep soil moist
- Gradually begin hardening off

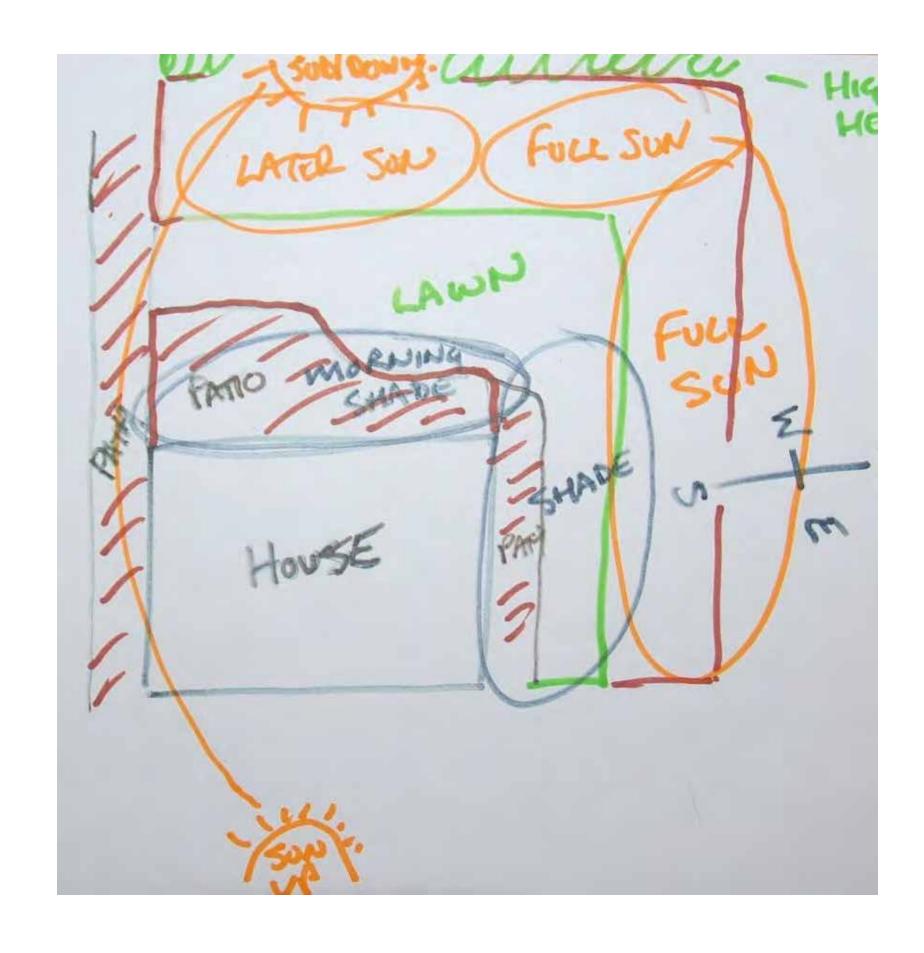




Hardening off

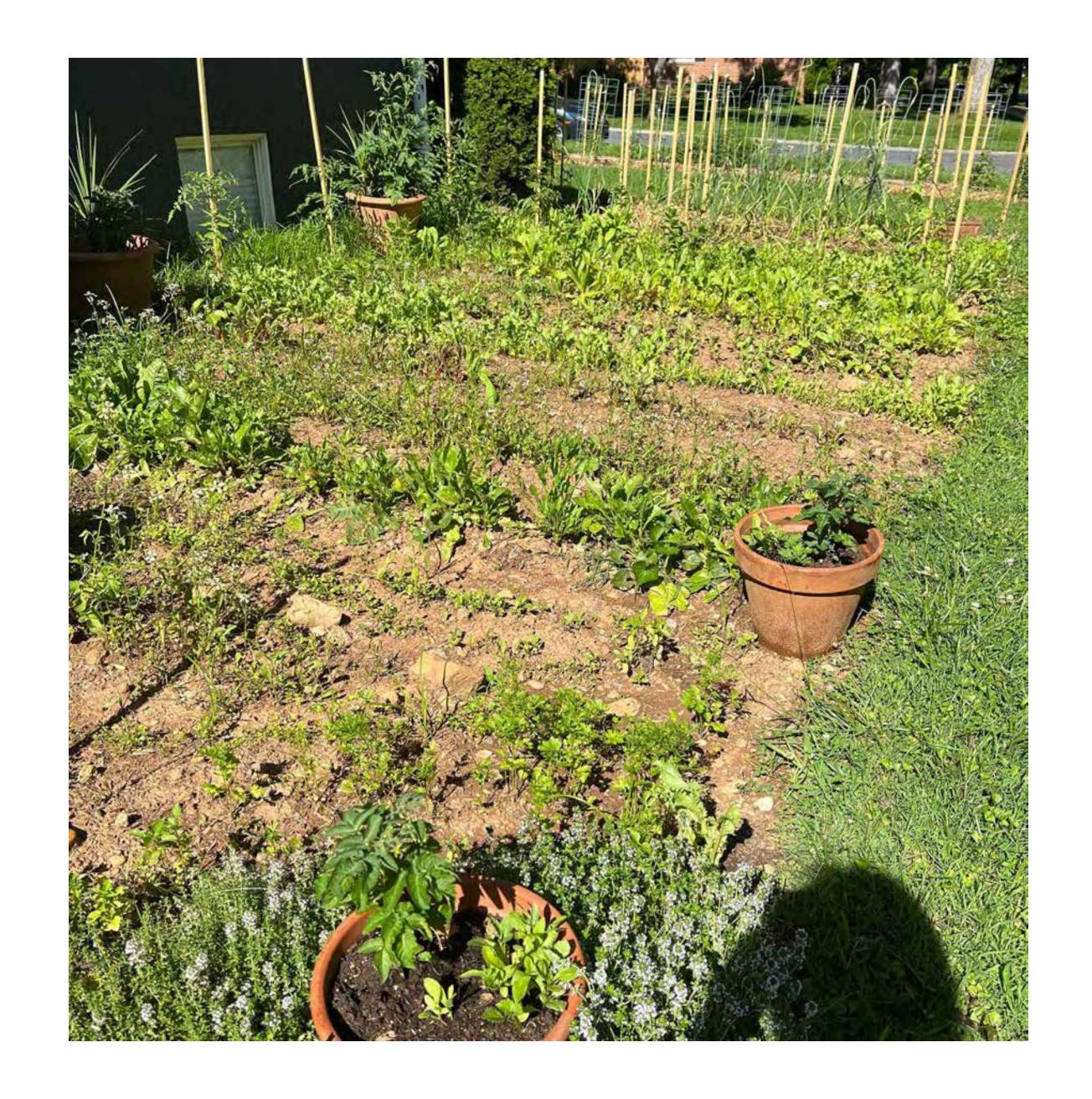


Make a Plan

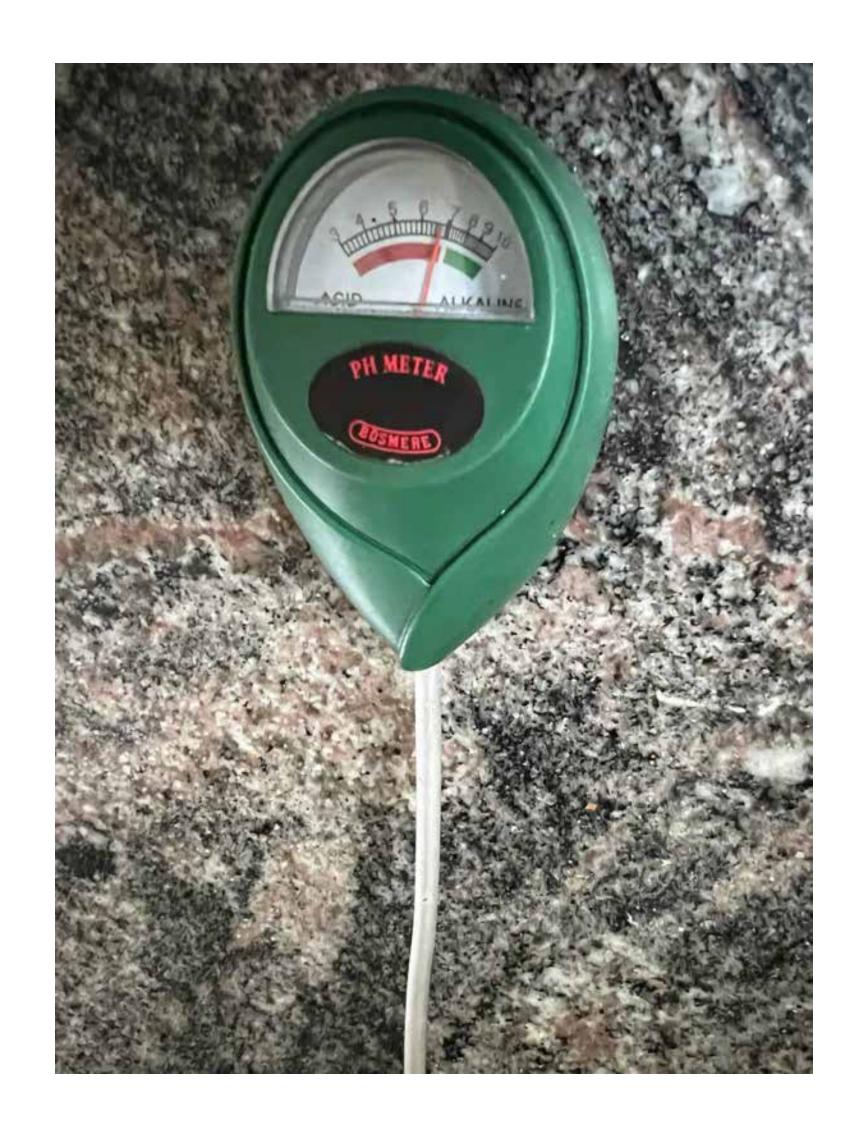


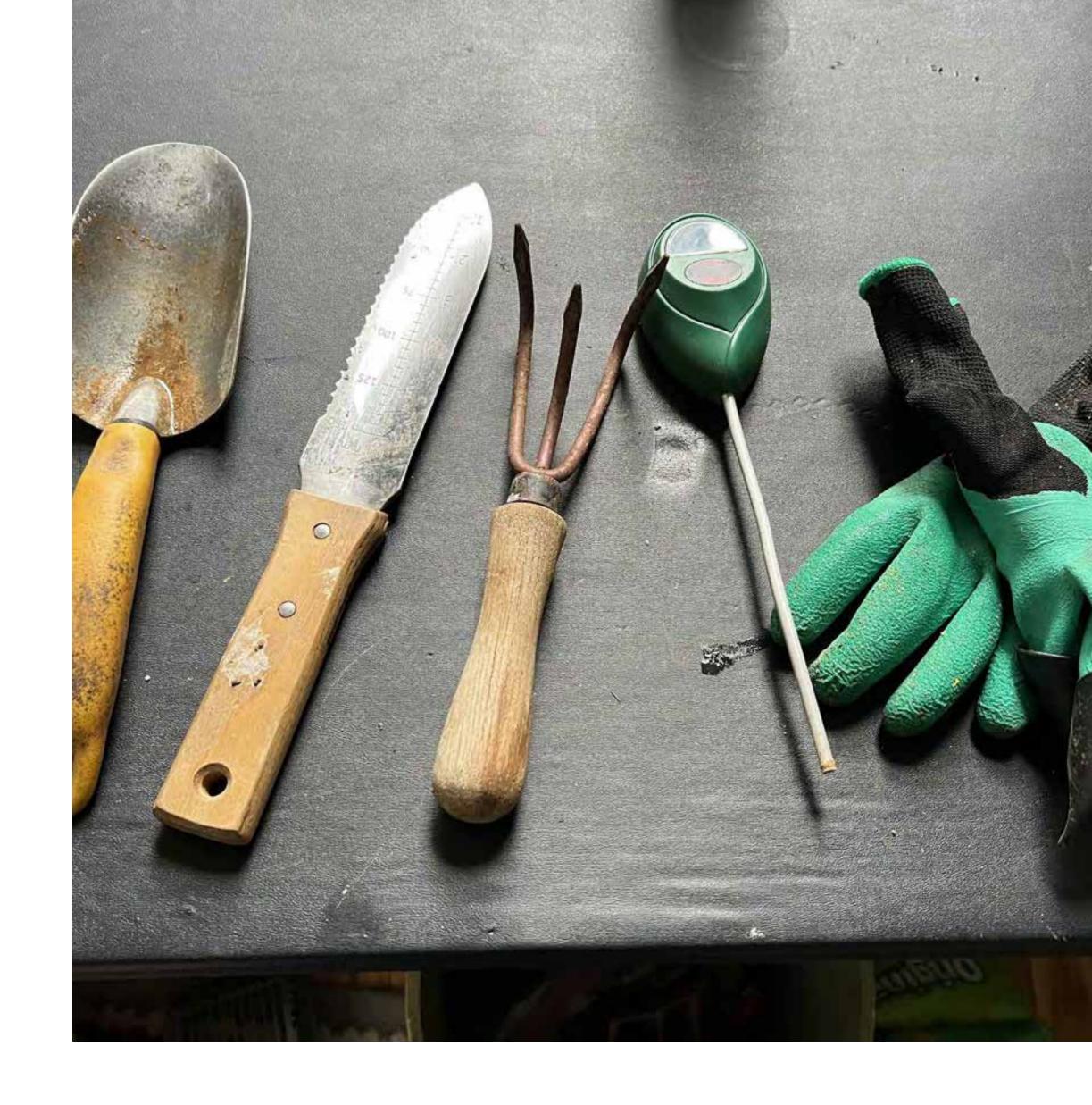


Follow your plan



Hand tools







Transplanting:

After seedlings have been 'hardened off' they can be transplanted in your garden.



Direct Sown

Plant according to package instructions late May/early June (after last frost)

- Chard
- Garlic (November)
- Lettuce
- Carrots
- Peas
- Parsley
- Spinach









- Tomato cages
- Stakes for tomatoes & climbing beans
- Ties



When to plant

- Inside vs outside
- March: (inside) tomatoes indoors
- May/June: (outside) peas, beans outside
- Fall: garlic



Planting Calendar for Washington, DC

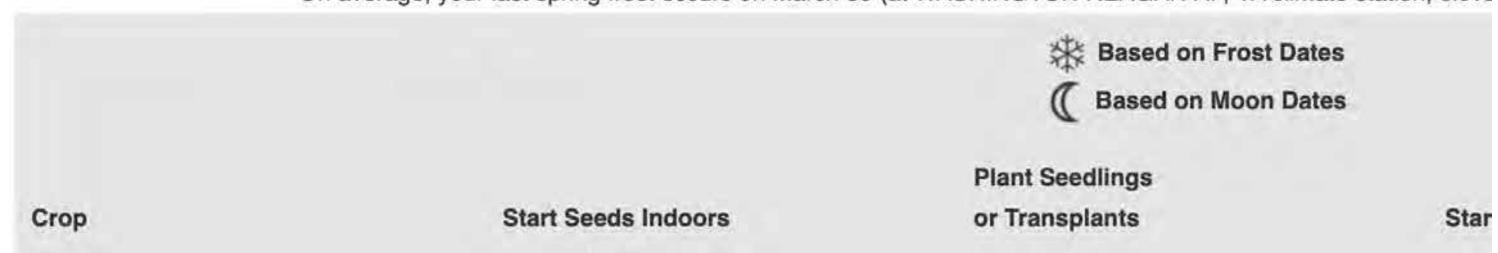


For the Almanac's <u>fall</u> and <u>spring</u> planting calendars, we've calculated the best time to start seeds indoors, when to transplant young seed into the ground.



Planting Dates for Spring

On average, your last spring frost occurs on March 30 (at WASHINGTON REAGAN AP, VA climate station, eleva-





Vegetable Planting Calendar for Central Maryland

NOTES

Plant seeds in ground (direct sow)

Plant seeds indoors to grow

Transplant seedlings outside

seedlings (transplants)

KEY	This calendar is based on a last and first frost date around May 1 and October 31, respectively. Dates may be adjusted by finding the average frost dates in your area at https://garden.org/apps/frost-dates/. The range of dates given are the time periods during which you can plant each vegetable and expect success. For a sustained harvest, plant a little bit of that vegetable every two weeks (succession planting).
	Directly sowing seeds in the ground is possible for many vegetables. This is the default method shown for each vegetable that produces well from direct sown plants. Plants marked with a * may also be planted as seedlings for a

Directly sowing seeds in the ground is possible for many vegetables. This is the default method shown for each vegetable that produces well from direct sown plants. Plants marked with a * may also be planted as seedlings for ar earlier harvest.

Plants that have a long period from seed to harvest compared to their preferred growing season must be started indoors and transplanted outside as seedlings. Growing seedlings indoors requires grow lights.

If you do not wish to grow your own seedlings, buy transplants to plant during the dates shown in purple.

Harvest dates are approximate based on planting on the earliest planting date and extending to latest possible date. Achieving a sustained harvest through this period may depend on planting several successions.

		Febr	uary		9	Ma	arch			Ap	oril		-	May	-		June	•			July	1.5	Augu	ist		Sep	tembe	r		Octob	oer	11	No	vemb	er		Dec	embe
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Crop																																						
Asparagus	plant harvest									Ħ																												
Beans, Lima	plant harvest																																					
Beans, Snap	plant harvest																																					
Beets	plant harvest																																					
Broccoli	plant harvest																																	1				
Brussels sprouts	plant harvest																				Н																	
Cabbage	plant harvest																																					
Cabbage, Chinese*	plant harvest																											_										
Cantaloupe/ Muskmelon*	plant harvest																																					
Carrots	plant harvest																1																					

1		February	,		Mar	ch	1	,	pril			May	,			June	е	9		July		1		Augu	ıst	ı İ	S	epten	ber	1	10	Octobe	r	Ė	Nov	ember	. 1	D	ecemi	ber
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Cauliflower	plant harvest											1																1												
Chard, Swiss*	plant harvest																																							
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Cucumbers*	plant harvest														7																									
Eggplants	plant harvest											Į				- J																								
Garlic	plant harvest				- 1										-																	ı								
Kale*	plant harvest																																							
Kohlrabi*	plant harvest						1																٦																	
Leek*	plant harvest																																							
Lettuce, Head	plant harvest																																							
Lettuce, Leaf*	plant harvest																																							
Lettuce, Romaine*	plant harvest											٦																												
Mustards*	plant harvest																																							-
Okra*	plant harvest																										-													
Onions	plant harvest																				7																			
Parsley	plant harvest																																							
Parsnips	plant harvest																																							
Peas	plant harvest				- 11																																			

		F	ebrua	у		М	arch			-	pril		1	N	/lay			Jı	ıne			J	ıly			Aug	gust			Septen	ber		Oc	tober		1	Nove	mber		0	ecem	ber
Week Crop		1	2 3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3 4	1	2	3	4	1	2	3	4	1	2	3 4
Peas, Southern	plant harvest							I																																		
Peppers	plant harvest																																									
Potatoes	plant harvest																																					_				
Pumpkins*	plant harvest																																									
Radishes	plant harvest													H								1																				
Rutabagas	plant harvest																																									
Salsify	plant harvest																																									
Shallots*	plant harvest																																									
Soybeans	plant harvest																																									
Spinach	plant harvest											H																		-												
Squash, Summer*	plant harvest																																									
Squash, Winter*	plant harvest																																									
Sweet Corn	plant harvest																																									
Sweet Potatoes	plant harvest											spre	out sli	ps																-												
Tomatoes	plant harvest																					4	-																			
Turnips	plant harvest																																									
Watermelon*	plant harvest																																									

Sweet potato slips

Fill a box or large container with peat moss and add enough water to make the moss damp not soggy.

Lay a sweet potato on the moss, cover with a 2" layer of sand.

Sprinkle water on the sand until it's thoroughly moist, cover with a sheet of glass, a plastic lid, to keep in moisture.

Check after four weeks to make sure the slips are growing.

Keep checking, pulling from the sand when the slips are about 6".

Take the slips from the sweet potato root by twisting them while tugging on the slip.

Once you have the slip, place it in a glass or jar of water for 2 weeks, until fine roots have developed on the slip.

Plant the rooted slips in the garden, burying them completely & spacing them 12 to 18 inches apart.

Keep the slips well-watered until you see green shoots appear, then water normally along with the rest of the garden.



Vegetables as decor

Growing flowers & veggies together

- Can lead to a bigger / better harvest!
- Helpful in repelling pests
- Can help keep certain diseases in the garden at bay

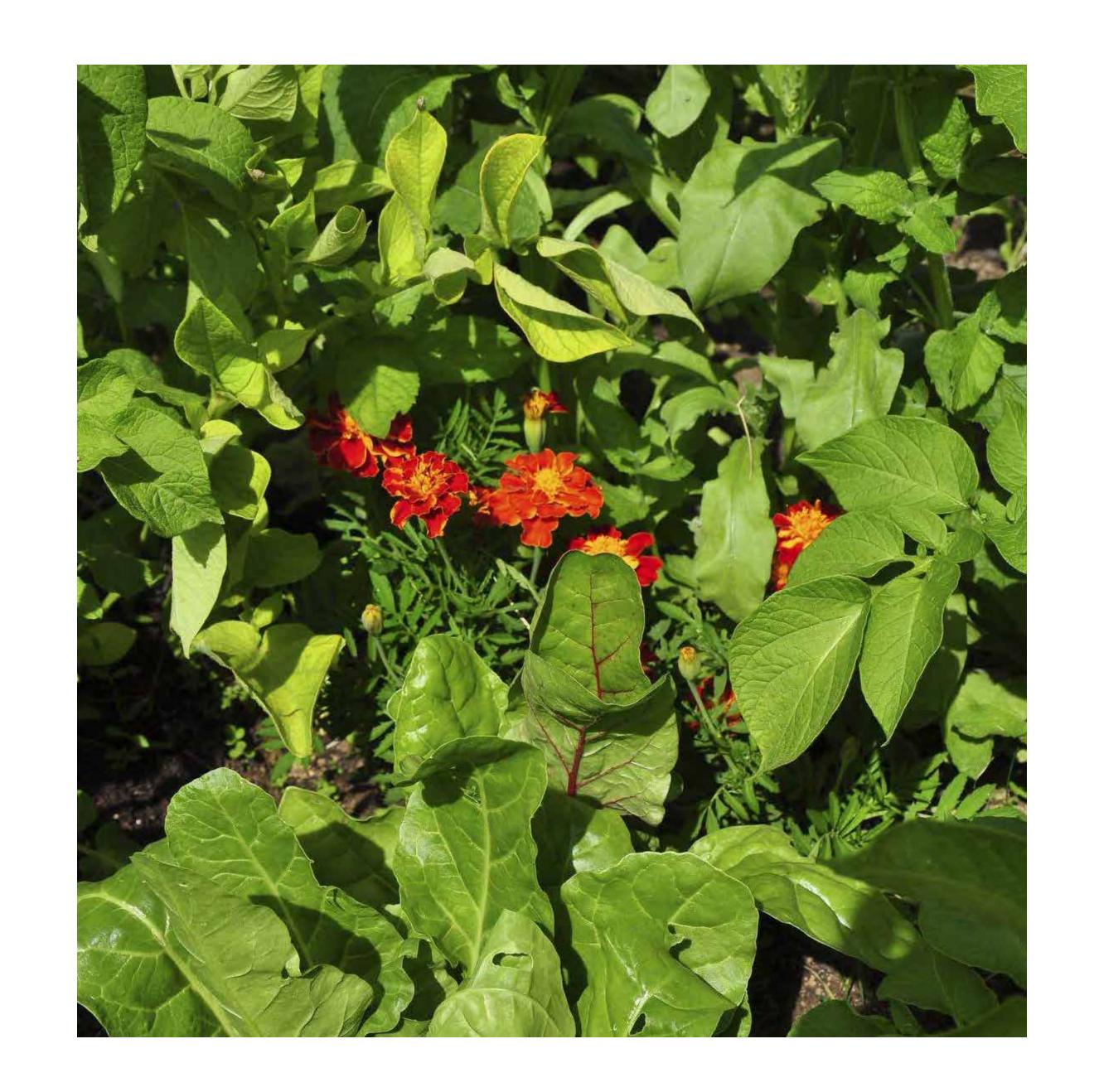


Helpful Companion Plants

Planting flowers in your vegetable garden known to repel pests is an organic solution.

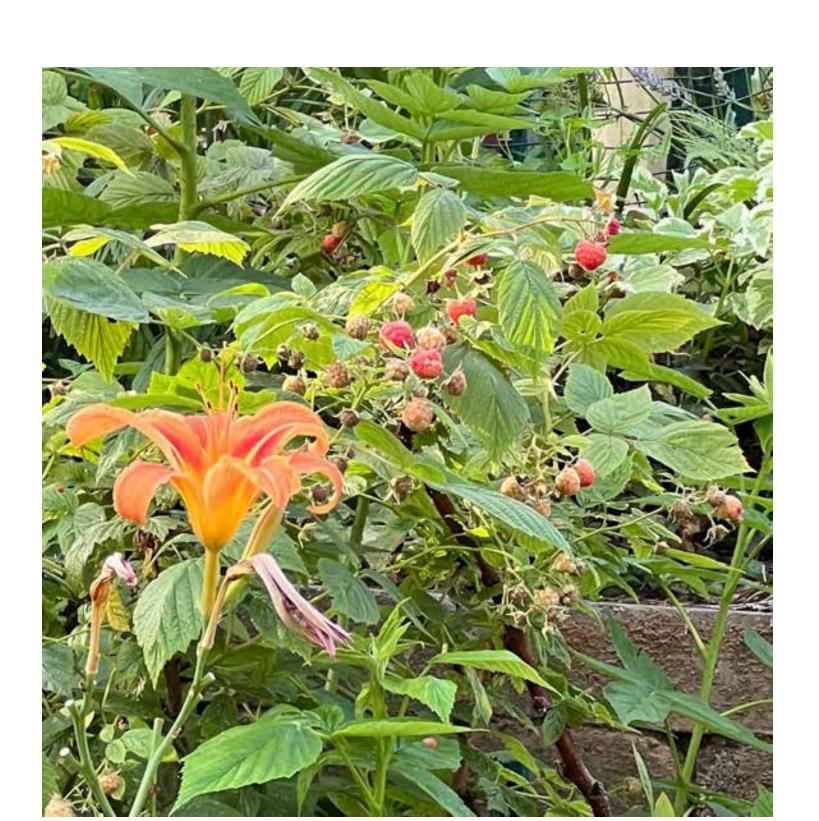
Marigolds, lavender, and other plants with a strong scent deter deer and rabbits from eating your plants.

Scientists have discovered that using marigolds around plants such as roses, strawberries, potatoes, and tomatoes deters root knot nematodes, tiny worms that live in the soil.



Fruit

Raspberries



Blueberries



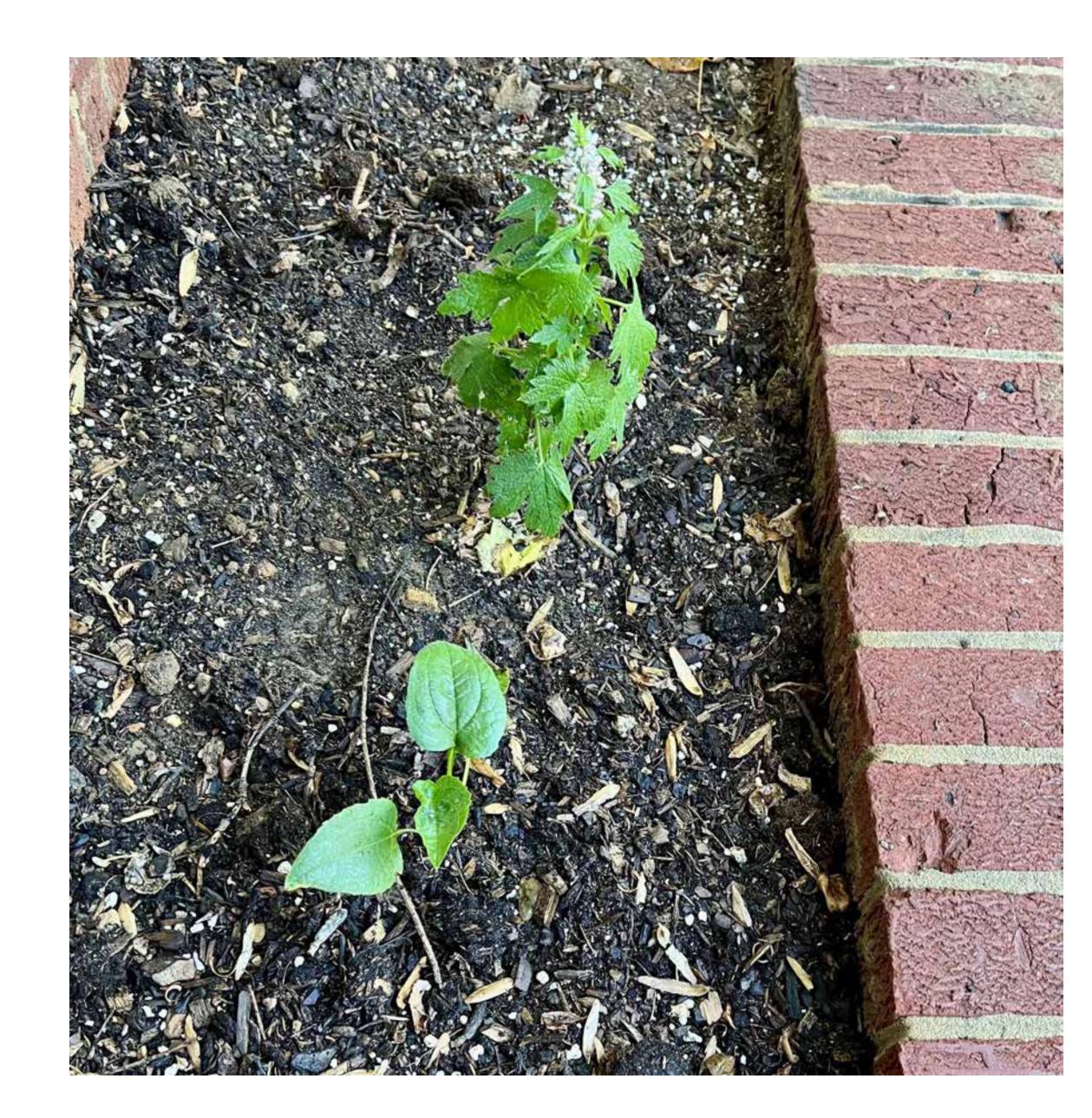
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Herbs

Basil, Rosemary, Oregano, Lavender, Parsley, Sage, Thyme, Mint, Chives, Cilantro, Dill, Fennel, Chamomile

Marshmallow Root

Marshmallow root - a perennial herb used as a folk remedy for thousands of years to treat digestive, respiratory, and skin conditions.



Rosemary







Resources

- University of Maryland Extension
- Almanac
- The Veggie Gardener's Answer Book by Barbara Ellis

