



# Grow Your Own Salad Bar

**Sharon Billings & Dana Klimas**

Orange County Extension Master Gardener Volunteers

February 22, 2020



**Sharon Billings: Vegetable Gardening 101-  
The Basics for a Successful Spring Salad Bowl  
Garden**

**Dana Klimas: Vegetable Gardening 102—  
Special Tips from Experience**

**Questions: Please hold until end of both  
presentations!!!**

# Why Bother?



# Advantages

## Home Garden

- Saves \$\$\$
- Control of pesticides
- Source of hard to find vegetables (Kohlrabi, Chinese cabbage, horseradish, etc.)
- Quality & freshness superior
- Good hobby & satisfaction
- Exercise
- = better health

## Spring Vegetable Garden

- Cooler weather
- Rain more plentiful
- Fewer insects
- Fast growing crops



\*Homes and Land



# Site Selection and Setup



- Sun 6-10 hours/day--some veg's tolerate less sun (spinach, lettuce, collards)
- Good Soil Drainage and Air flow
- Reliable water source—can use rain barrels
- Locate near to house for convenience
- Monitor frequently



# Soil Preparation and Composition

- Texture needs to be crumbly (clay vs. sand)
- Possible soil amendments: compost (leaves, vegs, etc), vermiculite, perlite, manure, (lime & fertilizer)
- Good soil depth about 12”



# Take soil samples to be tested at Orange Co. Extension Office

- Results will guide you on soil nutrient and pH needs
- pH optimum is 6.5; max. boundary 5.5-7.5
- Macronutrients: NPK (Nitrogen, phosphorous, potassium)
- Micronutrients: boron (B), copper (Cu), iron (Fe), manganese (Mn), molybdenum (Mo), zinc (Zn), nickel (Ni) and chloride (Cl).



# Planning Garden Location

- Size –can be small or large—Approx 25 sq ‘ ample for most families
- Options are a) traditional in-ground rows, b) containers, c) raised beds, d) row covers-hoop houses
- Right plant and right place—can be separate or incorporated into ornamental beds
- Gardening should be fun and manageable, not a burden
- Start small, improve soil, manage weeds, expand as needed



# Plan a garden to suit your needs and capabilities

## Small and Simple



NC State, Anne Moyer

## Large and Complicated



Grayson, VA Landcare



# A Deer-Proof Garden Design

\*\* Raised Bed Gardens—“Outdoor Living Today”







Earth easy.com





**My Mountain Garden  
Fries, VA**





# Key to success good planning

- Draw a plan
- For spring, need to select cool season crops
- Plant what you like to eat and can take care of
- Use the NC State home vegetable gardening guide
- Seed needs to be planted 2-3 X diameter into soil
- Run rows East to West with taller plants North



# Garden organization

- Run rows across slope (if it is sloping)
- Trellis plants such as peas
- Rotation and succession plantings
- Planning crops, location, etc makes it easier to decide what to plant
- Keep a journal



# Timing of Planting---Handout (earliest dates)

Frost dates: March 22\*, Apr. 9\*\*, Apr. 22\*\*\*

## First Spring Planting

Peas



Onions



## Last Spring planting group

Beets

Broccoli

Cauliflower

Celery

Swiss Chard

Collards

Kale

Leeks

Potatoes

Parsley

Spinach



## Second Spring Planting

Lettuce

Cabbage

Carrots

Radish

Turnips

Arugula

Cilantro

Rutabaga



# Weeding, Watering and Waiting

- Reliable water source is critical (1 inch/week)
- When starting with seeds, need daily or every other day watering
- Transplants also need to be kept damp until acclimated
- Mulching—prevents weeds, holds in water, prevents erosion, cools soil temp.
- Mulches: organic or inorganic



# Our animal opponents



## Solutions:

- Fencing (18" Rabbit or 7' deer)
- Animal repellent spray on edging of plants

# Spring Crop insect/disease management

## Cabbage Looper



## Solutions

- IPM: Identify the pest, Learn about its life cycle, Try to prevent pest without using pesticides
- Pesticides: Bt, Sevin
- Remay cloth
- Collars for grubs
- Resistant varieties

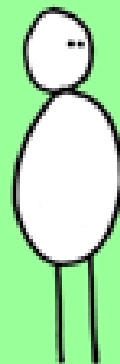


# Success!!!

- And now on to more tips from Dana, an expert in vegetable gardening
- Peek into her stunning Garden here in Hillsborough

What do you mean  
'I'll see you in a few  
months'.

Where are you  
going?



The Garden

















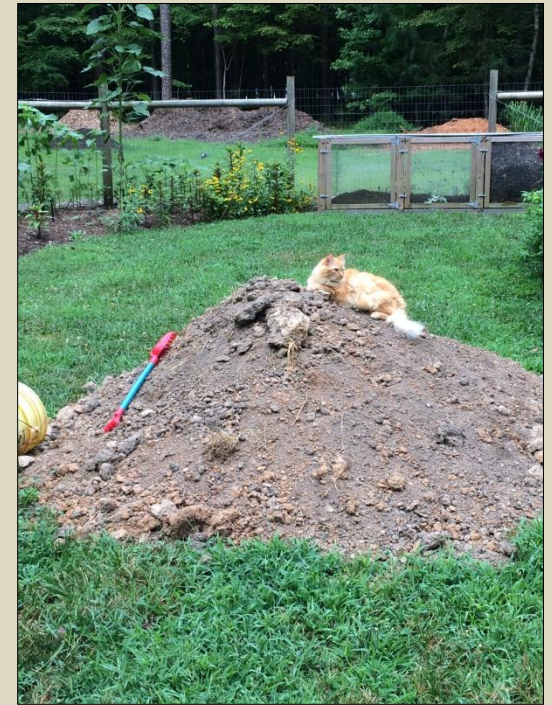
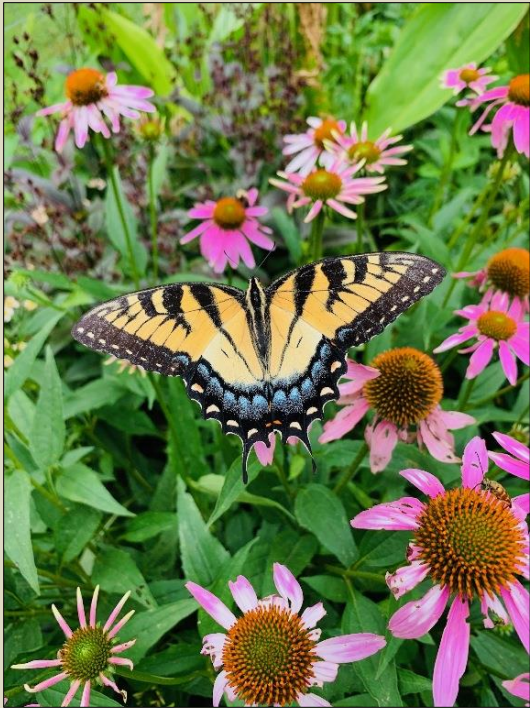


Your garden should bring you joy—





And it should bring joy to others!





And as an added bonus—food





Grow your own salad bar

---



# How do we achieved this diversity?



**Transplants or seeds?**

# Transplants

## Pros:

- Convenient, immediate impact
- Broccoli, cabbage, brussel sprouts and lettuce available at local stores

## Cons:

- Limited choices, some not timely
- Have to rely on stores to maintain

# Seeds

- More choices
- Can select for color, size, disease resistance, cold/heat tolerance, organic
- More economical
- Satisfying



## More choices

















# You can direct sow:



## **But, there can be problems:**

- Variable germination
- Insect/bird pressure

And, then there is this problem—

- Thinning required





---

*“The mere fact that you get a lot of seeds in a packet doesn’t mean you have to plant all of them.”*

Henry Mitchell  
The Essential Earthman

---

## Seed Starting Indoors using artificial lighting

- Allows you to time your planting or jumpstart the season
- Grow exactly the number of plants you need
- Plants with greater root mass can tolerate the cold better













*Baker Creek Heirloom Seeds*

Annual Pure Seed Book!

**SOUTHERN EXPOSITION**  
**SEED EXCHANGE**  
2019 CANADIAN GARDEN

**FEDCO**

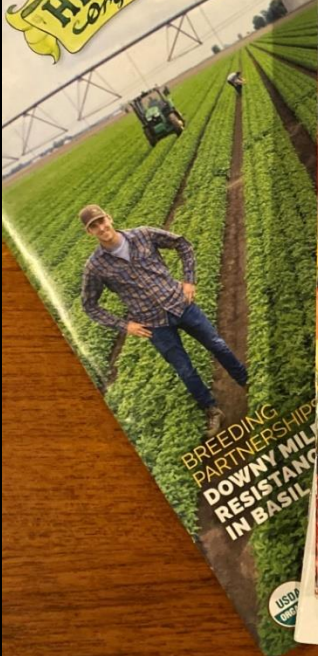
Seeds and Supplies

Spring 2019

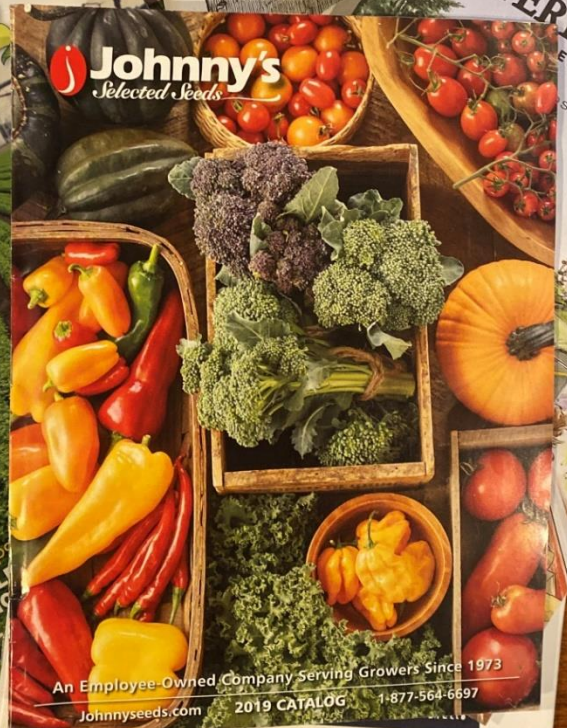
20

2020 ORGANIC SEED CATALOG

**HIGH MOWING**  
*Organic Seeds*



BREEDING PARTNERSHIP  
DOWNY MIL  
RESISTANT  
IN BASIL



**Johnny's**  
*Selected Seeds*

An Employee-Owned Company Serving Growers Since 1973  
Johnnyseeds.com 2019 CATALOG 1-877-564-6697

**TERRITORIAL**  
ED COMPANY  
S. PLANTS & SUPPLIES

Seed Catalog and Planting Guide  
**SOW TRUE SEED**



# Extending the Season

**Succession planting—**  
sow every ten days;  
works well for greens



# Select seeds with different days to maturity

## Katarina



### **Product Description:**

45 days. Fast to mature, and absolutely delicious. This AAS award-winning cabbage produces, light green globes on compact plants.



## Green Mariner

### **Product Description:**

75-80 days. This superb green ballhead cabbage has its roots in Germany where it was bred to withstand cold winter weather.



# Choose varieties appropriate for the season

## Fedco Seed Company Website



The screenshot shows a web browser window with the address bar displaying 'fedcoseeds.com'. The website header features the Fedco Seeds logo on the left, which includes an illustration of a pumpkin and the text 'FEDCO SEEDS'. On the right side of the header, the text 'Winter Lettuce Mix' is prominently displayed in a large, bold font. To the right of this title, there is a 'Log in to order' link with a right-pointing arrow icon and a red 'Save' button with a pin icon. Below the header, a list of lettuce varieties is presented. The first variety is '2931 Webb's Wonderful'. The second variety is '2988 WINTER LETTUCE MIX', which is bolded. The remaining varieties are listed in a standard font: '2740 OG Green Deer Tongue', '2744 OG Really Red Deer Tongue', '2773 OG Hyper Red Ruffled', '2786 OG Red Tinged Winter', '2788 OG Oscarde', '2789 OG Merlot', '2791 OG Tango', '2793 OG Dark Lollo Rossa', '2805 Bronze Mignonette', '2814 OG North Pole', '2816 OG Winter Marvel', '2849 Winter Density', '2852 OG Pandero', '2854 OG Blushed Butter Cos', '2865 Rouge D'Hiver', '2877 OG Marshall', '2886 OG Winter Wonderland', '2905 OG Cardinale', and 'OG Brun D'Hiver (not in catalog)'. On the left side of the page, there is a navigation menu with three items: 'About Ordering' with a downward arrow, 'About Our Seeds' with a downward arrow, and 'Seeds Library' with a downward arrow. Below the menu, there is an 'Ordering Deadline' section stating 'October 31, 2018' and a note: 'We will begin shipping seed orders on January 3, 2018.'

fedcoseeds.com

Save

**FEDCO SEEDS**

**Winter Lettuce Mix**

Log in to order →

2931 Webb's Wonderful

**2988 WINTER LETTUCE MIX**

2740 OG Green Deer Tongue

2744 OG Really Red Deer Tongue

2773 OG Hyper Red Ruffled

2786 OG Red Tinged Winter

2788 OG Oscarde

2789 OG Merlot

2791 OG Tango

2793 OG Dark Lollo Rossa

2805 Bronze Mignonette

2814 OG North Pole

2816 OG Winter Marvel

2849 Winter Density

2852 OG Pandero

2854 OG Blushed Butter Cos

2865 Rouge D'Hiver

2877 OG Marshall

2886 OG Winter Wonderland

2905 OG Cardinale

OG Brun D'Hiver (not in catalog)

About Ordering ▾

About Our Seeds ▾

Seeds Library ▾

**Ordering Deadline:** October 31, 2018

We will begin shipping seed orders on January 3, 2018.

# Provide frost protection







## Rowcovers

- Non-woven, reusable fabric
- Prolongs the season
- Allows light, water, and air to pass through
- Can be an insect barrier



















# Rowcovers

Product	Purpose	Weight/ sq yd.	Frost Protection	Light Transmission
<b>Agribon-19</b>	Insect control Frost protection	.55 oz	2-4 degrees	85%
<b>Agribon-30</b>	Medium frost protection	.9 oz	4-6 degrees	70%
<b>Agribon-50</b>	Heavy frost protection	1.5oz	6-8 degrees	50%
<b>Agribon-70</b>	Extra heavy protection	2.0 oz	8+ degrees	30%







500 Fraxi

500 Fraxi

500 Fraxi

500 Fraxi

# Using Mulches

- Can regulate soil temperature
- Reduce weeds
- Improves soil structure
- Prevent erosion



# Wheat straw





# Leaf Mulch





**Compost**









**“The best fertilizer is the gardener’s own shadow.”**





