

**B.A.W.S.C.A.**

**SUMMER  
VEGETABLE GARDENING**

**SUSTAINABLE METHODS TO CREATE  
HEALTHY SOIL & CONSERVE WATER**

**ALANE O'RIELLY WEBER  
BOTANICAL ARTS**

# **ASSESSING YOUR ASSETS:**

- WHERE TO GROW VEGGIES?**
- HOW MUCH LIGHT IS THERE?**
- WHAT IS YOUR SOIL LIKE?**
- ON SITE ORGANIC RESOURCES?**
- HOW MUCH TO WATER?**
- TIME FOR DAILY MAINTENANCE = 15 MIN/DAY**

# WHERE WILL YOU GROW VEGGIES ?

- **DEDICATED RAISED BEDS?**

CONSIDER ALTERNATIVES TO REDWOOD

- **CONTAINERS - LOCATION FLEXIBILITY**

PURCHASED, REPURPOSED OR RECYCLED

- **INSERTED INTO EXISTING LANDSCAPE:**

TRY A RED LETTUCE & PARSLEY BORDER  
OR CLUMPS OF SWISS CHARD & KALE

- **NEW GROUND: NEVER BEEN WORKED?**

# RAISED BED ALTERNATIVES TO WOOD



**STRAW WATTLE**



**CINDER BLOCKS**



**STACKED URBANITE ROCK**

# WHERE IS YOUR GARDEN SPACE?

- **DEDICATED RAISED BEDS?**  
CONSIDER ALTERNATIVES TO REDWOOD:  
CINDER BLOCK, URBANITE, OR TREX
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# CONTAINERS:



**CONTAINERS DON'T HAVE TO BE FANCY  
FUNCTIONAL WORKS JUST FINE  
PLASTIC HOLDS IN MOISTURE BETTER  
COLOR AFFECTS SOIL TEMPERATURE  
SIZE IS VERY IMPORTANT HERE!**



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# INTERESTING FOLIAGE = EDIBLE BEAUTY



**Dino Kale**



# PLANTING INTO EXISTING LANDSCAPE

- GROUP PLANTS WITH SIMILAR H<sub>2</sub>O NEEDS
- MATCH PLANTS WITHIN IRRIGATION ZONES
  - WATER LOVERS NEXT TO LAWN (NO TOMATOES)
  - PERENNIALS W/DEEPER ROOTS AWAY FROM WATER-LOVING PLANTS
- CULTIVATE THE PLANTING HOLE ONLY
- ADD A PINCH OF ORGANIC FERTILIZER
- MULCH AROUND ROOTS – AWAY FROM STEM

MORE EDIBLE BEAUTY...



SWISS  
CHARD

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- **IN THE GROUND – DEDICATED VEGGIE BED**

# HOW MUCH SUNLIGHT?

THE AMOUNT & QUALITY OF SUNLIGHT WILL DETERMINE WHAT VEGETABLES GROW WELL

**TYPICAL SUMMER “FRUITED VEGGIES”**

**WANT HEAT & NEED AT LEAST 6 HOURS/DAY**

(TOMATOES, EGG PLANT, PEPPERS, SQUASH, CORN, MELONS...)

**SMALLER FRUITS & LEAFY VEGGIES NEED LESS**

(CHERRY TOMATOES, KALE, SWISS CHARD, STRING BEANS, ONIONS)

(SUMMER HERBS LIKE BASIL WILL BENEFIT FROM SOME SHADE)

# GETTING STARTED

- GROW YOURSELF OR PURCHASE
- SEEDS OR 'STARTS'
- HOW TO PREPARE YOUR SOIL
- PLANTING OUT YOUR VEGGIES
- ON-GOING CARE & MAINTENANCE

# **GROWING FROM SEED: DIRECT SEEDING IN GROUND**

- **FULLY PREPARE SOIL FIRST**
- **ROOT VEGGIES A MUST**
- **EASY FOR LARGE SEEDS: CORN, BEANS...**
- **ORGANIZED IN ROWS EASIER**
- **PLANTED IN CLUMPS - "HILLED" OR "POLED"**
  - SQUASH, BEANS, CUCUMBERS
- **ARRANGED IN PARTNERSHIPS OR GUILDS**
  - THREE SISTERS: CORN, BEANS, SQUASH

# GROWING FROM SEED

- **GERMINATED IN CONTAINERS AHEAD OF TIME**
  - GIVES YOU A HEAD START OVER WEEDS & PESTS
  - REUSE DISCARDED CELL PACKS FROM NURSERIES
  - USE BEST QUALITY COMPOST CAN AFFORD
    - HOMEADE BEST, OR BAGGED OR BULK
  - INNOCULATE BAGGED MIXES W/LIVING SOIL
  - $\frac{3}{4}$  FILL CONTAINER, WATER, ADD SEEDS, COVER
  - CAREFUL WATERING AGAIN OR SIT IN WATER
  - WATCH MOISTURE CLOSELY IN FULL SUN
  - MAY GIVE WEAK ORGANIC FERTILIZER
  - TRANSPLANT WHEN ROOT HOLDS SOIL TOGETHER

# NURSERY GROWN VEGGIE STARTS

- **CHECK OUT THE ROOTS**
  - FEEL THE CONTAINER – SQUEEZE ROOTBALL
- **ROOTS OUT THE BOTTOM = TOO OLD**
- **DON'T BUY TOO MANY AT A TIME**
  - START SMALL
  - AVOID OVER PRODUCTION
  - PLANT IN BATCHES FOR CONTINUED HARVESTS



# **SOIL PREPARATION:**

- **NEW GROUND OR EXISTING VEGETABLE BED**

- **3 METHODS FOR DIGGING IN THE SOIL**

- **DOUBLE DIGGING METHOD – 2 FORKS DEEP**

- **SINGLE DIG AND TURN**

- **MINIMALIST: CRACKING THE SOIL**

- **CULTIVATE ONLY WHERE PLANT IS GROWN**

- **ORGANIC FERTILIZERS & COMPOST ADDED NOW**

- **READY FOR PLANTS TO USE AS THEY GROW**

# **SOIL AMMENDMENTS:**

## **1. “COMPOST” = DECOMPOSED ORGANIC MATERIAL**

- SMELLS LIKE FOREST FLOOR, DARK BROWN, NEVER BURNT
- TEEMING WITH BENEFICIAL MICROBES

## **2. ORGANIC FERTILIZERS = RAW NUTRIENTS**

- MADE FROM PLANTS: LEGUMES, KELP
- MINERAL BASED: MINED FROM SOIL
- ANIMAL BASED – FISH, BIRD FEATHERS
- POOP BASED: VEGETARIANS ONLY

## **3. “ORGANIC AMMENDMENTS”**

- FINELY GROUND-UP FOR DIGGING INTO SOIL
- CHUNKED/SHREDDED RAW PLANT MATERIAL - MULCH

# GROWING MAINTENANCE:

- **WATERING - CHECK UNTIL YOU KNOW**
  - **YOUR FINGER KNOWS MORE THAN YOUR EYE**
  - YOUNG SEEDLINGS MAY NEED DAILY MOISTURE
  - YOUNG PLANTS? WHERE ARE THE ROOTS?
  - **AS ROOTS GROW, WATER DEEPER, LESS OFTEN**
  - SOIL ***SHOULD*** DRY ON TOP FOR OLDER PLANTS
  - WATER IN THE MORNING WHEN POSSIBLE
  - DON'T BE FOOLED BY MID-DAY HEAT WILT

# **GROWING MAINTENANCE:**

- **WATERING - REDUCE THE NEED**
  - REDUCE EVAPORATION = **MULCH**
    - MULCH – VARIOUS MATERIALS, LAYERS
    - LIGHT COLORED MULCH COOLS SOIL
  - OVERSTORY OR PARTNER PLANTS GIVE SHADE
    - GOOD W/ LEAFY GREENS IN SUMMER HEAT
  - INCREASE ORGANIC MATTER IN SOIL
    - LIKE LITTLE SPONGES
    - GROWS MORE MICROBES TO HOLD MORE H<sub>2</sub>O

# **GROWING MAINTENANCE:**

- **OBSERVATION IS YOUR BEST CLASSROOM**

- QUICK CHECK EVERY DAY, BUT REALLY L-O-O-K

- LEAF COLOR AND TEXTURE – BITE HOLES?
- LEAF WILTING – DON'T WATER FOR MID-DAY WILT
- BLOOMING ? BUD FORMATION?
- FRUIT FORMATION – NEED THINNING?
- BUG BITES – ALLOW A FEW/SHARE
- WEED GROWTH – WEED AS NEEDED AROUND PLANT
- REMOVE WEEDS WHEN VERY YOUNG/CLOSE TO VEGS
- MOISTURE CHANGES SOIL COLOR – LOOK UNDER MULCH

# ON-GOING MAINTENANCE:

- FROM YOUR OBSERVATIONS:
- WATER AS NEEDED, CHANGES OVER TIME WITH THE AGE OF PLANT & DEPTH OF ROOTS
- NO NEED TO ADD ADDITIONAL FERTILIZERS
- MAY ADD MORE MULCH, BUT CAREFULLY
- MONITOR FOR SNAILS/SLUGS
  - HAND PICK EARLY OR VERY LATE, OR SLUGGO
  - LEAVE BLACK GROUND BEETLES – GOOD!

# HARVESTING

- OVERSEEDING NEEDS THINNING, SO...
  - MAKE THIS YOUR FIRST HARVEST
    - YOUNG CARROTS, RADISHES, ONIONS, LETTUCE...
- PATIENCE IS A VIRTUE, BUT DON'T OVER DO IT
  - HARVEST THOSE GREENS, DON'T LET THEM SIT
- PICK SEPARATE LEAVES OR WHOLE TOPS
- EAT SOME IN THE GARDEN – DELIGHT!
- PLAN MEALS AROUND YOUR GARDEN

# ON GOING MAINTENANCE: POST HARVEST

- AS THE SEASON CHANGES - COOLS OR HEATS UP YOUR SEASONAL VEGGIES NEED CHANGING
- CUT OFF SPENT PLANTS LEAVING IN ROOTS
- DISPOSE OF WHOLE TOMATO PLANT IN GREEN BIN
- INTERPLANT WITH YOUR NEW STARTS
- ADD MULCH AND COMPOST AS NEEDED
- WATCH WATERING BASED ON NEW ROOTS
- MODERATE FERTILIZER APPLICATIONS AS NEEDED
- KEEP MONITORING FOR PESTS OF NEW SEASON



A photograph of a farmers market stall. In the background, there is a wooden structure with a corrugated metal roof. A man in a blue shirt and brown pants is bent over, working in a garden bed. The garden bed is filled with soil and various plants, including yellow and purple flowers. There are several black pots with plants and a wooden barrel. The scene is set in a large, open space, likely a market or greenhouse.

**BE INSPIRED**

**APPRECIATE FARMERS MORE**

**SHOP FARMERS MARKETS**

**(FOR WHAT YOU DON'T GROW)**

**THE END**