

The Everlasting Harvest: growing a year-round edible garden

Lisa Taylor, Garden Speaker / Educator / Author / Consultant
 Author of *Your Farm in the City, Maritime Northwest Garden Guide*
www.gardenwithlisa.com

Organic Checklist

- Build healthy soil
- Work with nature
- Encourage diversity
- Right plant right place right time
- Use the least toxic approach and see what happens
- Water Wisely
- Conserve resources

Keys to success

Start small and get some success right away
 Keep veggies close and visit often
 Water at regular intervals
 Give plants more space = bigger yield

Succession planting
 Season Extension, growing undercover
 Edible Perennials
 Keep a garden journal

Criteria Planting Edibles

How much time to do you have?
 What do you like to eat?
 How much space and sun do you have?
 What are soil and wind conditions?

Big production from a small space
 Harvest over a long period of time
 Varieties well suited to our climate
 Make your plan. Start your rotation.

Crop Rotation

Changing the crops planting in the same garden bed from one season to the next. Crop rotation increases the variety of plants grown, encourages biological diversity and helps reduce pests and disease while maintaining healthy soil.

Rotate by family to control diseases and pests.

Allow 3-5 rotations (more if pests or disease were present) before replanting the same family

Rotate for soil fertility

Rotate by family and the part of the plant consumed so that soil nutrients are kept in balance.

Year at a Glance Planting Calendar

January - onions, leeks, scallions

February - greens, peas, onions, leeks, scallions

March - tomatoes, peppers, greens, peas, leeks, scallions

April - squash, cucumbers, pumpkins, tomatoes, peppers, greens, flowers, carrots, beets

May - beans, transplant everything, greens, flowers, carrots, beets

June - basil, beans, cucumbers, summer squash, carrots, beets, select greens

July - peas, select greens, bush beans, carrots, beets

August - snow peas, greens, carrots, beets

September - spinach, cilantro, lettuce, kale

October - garlic, cover crops

November - garlic, cover crops

December - alliums

Spring and Summer crops

In the hottest, sunniest spot plant your earliest, quickest crop. Spinach, cilantro, mustard, radish, arugula – 30-50 days. This spot will be for late May summer crop.

Interplant slow growing and quick growing plants to maximize space.

Pick a date each month (February-August) to sow seeds. Sow very few seeds, buy fewer than you think you need.

Cool Season Vegetables

Sow indoors to transplant in February and March. Transplant kale and lettuce to garden 4 to 6 weeks after sowing. Transplant to the garden: onions mid-March through April and leeks mid-March through mid-May. Direct sow everything except peas April through May.

Mustards, choy, tatsoi, broccoli raab, brussels sprouts, cabbage, collards, kale, kohlrabi, radish turnip greens, arugula, lettuce, onions, scallions, leeks, cilantro, swiss chard, spinach, peas

Cool to Warm Season Direct sow April through early June; July through late August.

Beets and carrots

Warm Season Vegetables Sow indoors to transplant from March through late April; transplant under cloche late May to early June. Direct sow beans, cucumbers and squash mid-May to mid-June.

Beans, tomatoes, peppers, eggplant, cucumbers, summer and winter squash, pumpkins, potatoes

Cool Growing Strategies

- Pick 4-6 vegetables you will grow
- Sow seeds mid-July through mid-September at three-week intervals
- Sow a few seeds in the ground for a quicker crop
- Sow a few seeds in pots to transplant
- Keep a journal so you know when things grew and when you harvested
- Protect against cabbage butterfly, slugs, snails and cutworms

Fall and Winter Harvest Timeline

Fall Harvest

Sow June 25-July 25

Harvest September 1-November 1

Overwintering -- brassicas

Sow July 15-August 30

Harvest March 1-April 30

Winter Harvest

Sow July 15-August 15

Harvest November 1-February 28

Other Overwintering vegetables

Sow August 30-September 30

Harvest March 1-April 30

Books

Maritime Northwest Garden Guide, 2nd edition, Lisa Taylor, 2014

Your Farm in the City, Lisa Taylor, 2011

Winter Gardening in the Maritime Northwest, Binda Colebrook, 2012

Living with Wildlife in the Pacific Northwest, Russell Link, 2004

1. Giant list of vegetables, herbs and flowers to grow – list varieties What seeds you have and what to buy

Beans bush French Soliel (have)
 pole Malibu (buy)
 runner Scarlet (have)

2. Cool Season

Spring

lettuce
cilantro
kale
collards
snap dragons, nigella, calendula, yarrow , pansies

Fall/winter

ruby streaks mustard
OW cilantro and spinach
peas
carrots
snapdragons, pansies

3. Warm Season

bush beans	pole/runner beans	cucumbers
peppers	summer squash	broom corn
zinnias, sunflowers, cosmos, monarda, poppies		

4. Assign to beds and containers, consider crop rotation

5. Transplant dates and work backward

tomatoes	transplant end of May	sow indoors mid-March
cucumbers	transplant end of May	sow indoors mid- April
		sow outside mid-May thru June

6. Sow dates

leeks
lettuce
tomatoes

inside

Dec, Jan, Feb
Feb, Mar, Apr, May
mid-late March

transplant outside

March, April, May
late March, April, May, June
Late May/early June

7. Monthly Sowing/transplanting dates for the year

January	sow seeds indoors	onions, leeks, scallions,
February	sow seeds indoors	kale, collards, cilantro, lettuce, greens
March	sow seeds indoors	peas, cilantro, lettuce, greens, tomatoes
	sow seeds outside	peas, cilantro, lettuce, greens,
	transplant	leeks, onions, scallions, lettuce, greens
April	sow seeds indoors	peppers, cucumber, squash, flowers
	sow seeds outside	carrots, beets, greens
	transplant	lettuce, greens, peas, leeks, onions
May	sow seeds indoors	beans, squash, cucumber, flowers
	sow seeds outside	carrots, beets, greens, beans, squash family, flowers
	transplant	tomatoes, squash, beans, cucumber, flowers, greens, leeks
June	sow seeds outside	flowers, fall greens
	transplant	tomatoes, peppers, eggplant, beans, squash family
July	sow seeds outside	fall greens, peas, bush beans, carrots, beets
	transplant	fall greens, peas,
August	sow seeds outside	fall greens, crimson clover
	transplant	fall greens
September	sow seeds outside	greens, cover crops
	transplant	overwintering greens
October	sow seeds outside	overwintering greens, peas, cover crops, garlic
November	sow seeds indoors	onions, leeks, scallions, micro and baby greens
December	sow seeds indoors	onions, leeks, scallions, micro and baby greens

**1. Giant list of vegetables, herbs and flowers to grow – list varieties
What seeds you have and what to buy**

2. Cool Season

Spring

Fall/winter

3. Warm Season

4. Assign to beds and containers, consider crop rotation

5. Transplant dates and work backward

6. Sow dates

inside

outside

7. Monthly Sowing/transplanting dates for the year

January

February

March

April

May

June

July

August

September

October

November

December