

## Removing Your Lawn and Putting in a Kitchen Garden

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### Location, location, location and layout

Full sun, consistent water – high care plants

Veggies need full sun and plenty of care – look for a sunniest, flattest, most convenient place you can find.

Close to main pathway or kitchen door.

Watering should be easy.

Easy Access. Wide paths and narrow beds.

Landscape zones – Zones 1 and 2. Zone 3 for large scale growing.

### Grow Organically to Protect our Watershed

Build healthy soil

Use the least toxic approach

Work with nature

Conserve resources, water wisely

Right plant, right place

Learn as you grow

Encourage biodiversity

### Mix it up

Few city lots have a big rectangle that can be tilled and planted.

Use lots of different techniques to grow the most food.

### Eat what you grow

There are so many things that you could grow in your garden – it is really difficult to decide. Start with the things you and your family like to eat. Determine where you will get a large enough harvest to warrant giving up garden space.

Plant things that are heavy producers or can be harvested over a long time.

### Raised gardens

Raised beds – definition and benefits

Straw bale beds – raising soil on a budget

Burlap sack and bags of potting soil

### Containers

Herbs, vegetables, fruit trees and berries can all be grown in containers – you just may need a really big container! Look for bush, compact, determinate or patio varieties.

Containers should be at least 3 or 4 gallon capacity and 12 inches deep. Most of my large containers are 15 – 30 gallon size.

Large containers allow more space for roots and also hold more moisture so watering is easier.

Plants in containers can't mine for mineral nutrients so fertilizing is key.

If you are growing in containers, use a liquid fertilizer rather than dry, granular – liquid fertilizer is immediately available to plants.

## Vertical Growing

Conserves space and increases diversity  
 Best growing practice for many species  
 Pest and disease control  
 Ease of harvesting  
 Creates visual interest and height

## Basics of Vertical Gardening

- Right trellis for right plant – think snakes and rock climbers
- Construct trellis when seeds or transplants go in the ground
- Taller than you think – build your trellis 1'-2' taller than plant's ultimate height
- Use biodegradable string which can be composted – jute twine, cotton clothes line, sisal string
- Build your trellis as though it will be a permanent feature. Anticipate the weight and stress of plants, fruit, rain and wind.
- No need to be fancy – if all goes well, your trellis will be hidden by plants
- Be creative – combinations of bamboo, wire fencing, string, an old ladder or crib sides make attractive and function vertical growing places
- Train and prune plants so that there is adequate spacing and good air circulation
- Have Fun

## Edible Perennials

Earliest harvest  
 Year-round harvest  
 Lower maintenance, Large, "no work" yields  
 Multi-functional element in the landscape  
 Require fewer inputs of water, compost and fertilizer  
 You can grow varieties that are not available locally  
 Increases diversity of plantings and nutrition  
 Perennials will grow in a wide range of conditions

## Varieties for Small Spaces

Plant compact or climbing varieties to get the most from a small space.  
 Varieties that ripen over a longer period of time. Glacier is Swedish heirloom tomato that is a determinate variety – it only grows so big, then it sets fruit.  
 Pole beans or peas will climb on a tepee or simple, sturdy trellis – they will take up about half of your bed allowing you to interplant lettuce or cilantro.  
 Cucumbers, winter squash, pumpkins and climbing summer squash will produce tons of food growing up a trellis.

Annual Vegetables**Snow Peas** Oregon Giant, Mammoth Melting**Sugar Snap Peas** Tai Chung, Cascadia, Opal Creek Yellow Snap Pea**Snap Pole Beans** Blue Lake varieties, Malibu, Rattlesnake**Dry/Shelling Pole Beans** True Red Cranberry, Mayflower, Rattlesnake**Runner Beans** Painted Lady, Scarlet Emperor, Lady Di**Tomatoes – all indeterminate varieties**

Chadwick's Cherry, Peacevine, Camp Joy, Sungold

Gill's All-purpose, Debarao, Burbank

**Cucumbers** Pickling, Lemon, Mexican Sour Gherkin**Summer Squash** Tromboncino**Winter Squash** Burgess Buttercup, Pumpkins – pie, mini or carvingAnnual Flowers

Sweet Pea, Nasturtium, Morning Glory

Perennial Climbers

Cane Berries – Blackberries, Raspberries, Marion berries, Loganberries

Kiwi, Grapes, Honeysuckle, Passionflower, Jasmine, Climbing Roses

**PERENNIAL EDIBLE PLANT LIST****Annual Self-Sowers**

Corn Salad or Mâche

Flowers – Calendula, Borage, Nigella

Gobo

Miner's Lettuce

Minutina

Parsley

Salsify

Scorzonera

**Herbs**

Agastache

Bay Laurel

Cardoon

Chamomile

Comfrey

Dianthus

Hops

Horseradish

Hyssop

Lavendar

Lemon Balm

Lovage

Mallow

Marjoram

Mint

Monarda

Oregano

Rosemary

Stinging Nettles

Sweet Cicely

French Tarragon

Thyme

**Vegetables**

Alpine Strawberry

Artichoke

Asparagus

Chives

Day Lily

Dandelion

Garlic Chives

Good King Henry

Mushrooms

Onions – Welsh, Rakkyo

Rhubarb

Salad Burnett

Sea Kale

Sorrel

Sunchoke / Jerusalem Artichoke

Tree Collards

Wild Arugula: Sylvetta

**Cane Fruit**

Blackberry  
Boysenberry  
Loganberry  
Marionberry  
Raspberry

**Shrubs and Berries**

Aronia  
Blueberry  
Cranberry  
Currant  
Elderberry  
Goji  
Goumi  
Huckleberry  
Lingonberry  
Rose  
Salal  
Serviceberry  
Strawberries  
Sumac

**Trees: Fruit**

Apple  
Cherry  
Cornelian Cherry  
Crabapple  
Fig  
Fruiting Quince  
Medlar  
Mulberry  
Peach / Nectarine  
Pear  
Persimmon  
Plum / Prune

**Trees: Nuts**

Chestnut  
Hazelnut or Filbert  
Walnut (English)

**Vines**

Grape  
Kiwi – Hardy or Fuzzy

**Books**

*Maritime Northwest Garden Guide, 2<sup>nd</sup> ed.* by Lisa Taylor, 2014.

*Your Farm in the City, An Urban Dwellers Guide to Growing Food and Raising Animals* by Lisa Taylor, 2011.

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

*Growing Vegetables West of the Cascades* by Steve Solomon, 2007.

*Edible Landscaping*. Creasy, Rosalind, 2010.

*How to Grow Perennial Vegetables: Low Maintenance, Low Impact Vegetable Gardening*. Crawford, Martin, 2012.

**Seed Houses**

**Adaptive Seeds** [adaptiveseeds.com](http://adaptiveseeds.com)

**Deep Harvest Seeds** [deepharvestfarm.com](http://deepharvestfarm.com)

**Fedco Seeds** [fedcoseeds.com](http://fedcoseeds.com)

**Kitazawa Seed Co.** [kitazawaseed.com](http://kitazawaseed.com)

**Peace Seedlings** <http://peaceseedlingsseeds.blogspot.com>

**Seed Savers Exchange** [seedsavers.org](http://seedsavers.org)

**Territorial Seed Company** [territorialseed.com](http://territorialseed.com)

**Uprising Seeds** [uprisingorganics.com](http://uprisingorganics.com)

**Burnt Ridge Nursery and Orchards** [burntridgenursery.com](http://burntridgenursery.com)

**One Green World** [onegreenworld.com](http://onegreenworld.com)

**Raintree Nursery** [raintreenursery.com](http://raintreenursery.com)