

## Gardening 101 Class Outline

- 1) Challenges and benefits of home garden
  - i) Healthy tasty food, exercise outdoors, economics, community
- 2) Home gardening basics
  - i) The 500G standard garden
    - (a) Cardboard or newspaper under bed to suppress weeds
    - (b) Wood sided raised bed 4'x 8'x 8": pressure treated wood, lag bolts (SPAX) on corners, soil and compost
  - ii) What plants need: soil, water, sun
    - (a) Soil is where plants get nutrients, better soil means better plants, but be cautious of over fertilizing
    - (b) Water in morning or late evening to help prevent diseases
      1. Mother nature is the best at watering, don't compete just supplement
      2. 1" of water every 7-10 days (depending on weather)
    - (c) Plants need at least 6 hours of sunlight a day
      1. Cooler temperatures plants (lettuce, kale, broccoli) vs. warmer temperatures plants (tomatoes, cucumbers, peppers)
  - iii) What gardeners need
    - (a) Reasonable expectations: Serenity Prayer
    - (b) Time, tools, knowledge
- 3) Gardening (We recommend *Square Foot Gardening* by Mel Bartholomew)
  - i) What do you want to grow?
  - ii) What grows well here? We are considered "Zone 6"
    - (a) Some plants don't grow well in small beds in Ohio
      - (i) Corn, wheat, pumpkins, melons, and potatoes due to space
      - (ii) Coconut, bananas
  - iii) Spacing guidelines
    - (a) Some plants need support systems for vines (tomatoes, cucumbers, peas, etc.)
  - iv) Timing- planting, harvesting, and replanting
    - (a) Annuals (live one season) vs. perennials (live more than one season)
- 4) Working in the 500 gardens program
  - i) Register and pay fee (\$50 for Madisonville residents)
    - (a) Pick garden spot- one with at least 6 hours of sunlight
    - (b) Plan your garden
      1. Planting and harvesting schedule to maximize your space
  - ii) Schedule a garden build day
  - iii) Getting seeds and starts from us
  - iv) Stay connected
    - (i) [www.sidestreams.org](http://www.sidestreams.org), [sidestreamsfoundation@gmail.com](mailto:sidestreamsfoundation@gmail.com)
    - (ii) @500gardensmadisonville on Facebook
    - (iii) @500gardens on Twitter, Instagram and Pinterest
- 5) Questions?



## Garden Season Calendar

These are suggestions for our region. Please always watch the weather for timing activities.

**Feb. 13-Feb 28:** Plant seed starts indoors for cool weather crops (lettuce, kale, collards, spinach)

**March 13-April 30:** Acceptable time to plant cool weather crops from seed (peas, radishes, turnips, carrots, beets, plus the leafy greens)

**March 20-31:** Plant seed starts indoors for warm weather plants (tomatoes, beans, peppers, okra, eggplant, squash, cucumber, herbs)

**HARVESTING** leafy greens and radishes can begin at end of April

**May 5:** Average last day of frost

**May 1- May 15:** Plant root crops

**May 15- May 31:** Plant warm weather crops – both transplants and seeds (tomatoes, beans, peppers, okra, eggplant, zucchini, cucumber, herbs)

**Late Spring HARVESTING** cool weather crops through end of May

Garden maintenance: Remove cool weather plants that done producing; Prune tomato branches 6-12" off ground; Remove basil flowers

**June 1-June 30:** Plant beans and summer squash seed

**July & August HARVESTING** peppers, squash, beans, herbs and root crops, tomatoes, squash, beans

**Sept. 1- Oct 31:** Plant cool weather crops seed for late fall/early spring harvest (carrots, onions, beets, radishes, kale, collards, lettuce, arugula, spinach)  
Prepare low tunnels for winter gardening

**Sept. 1-Sept 16:** Plant cover crops (remove summer plants before cover cropping)

**Fall HARVESTING** tomatoes, squash, beans, eggplant, squash, and herbs

**Oct. – Nov:** Plant garlic

**Oct. 20-25:** Average first frost Remove all frozen plants and plant debris

In our area the cool weather crops that grow best in spring and fall are: carrots, onions, beets, radishes, kale, collards, lettuce, arugula, spinach, broccoli, cauliflower, and cabbage.

In our area the warm weather crops that grow best are: tomatoes, peppers, cucumbers, squash, beans, eggplant, okra, squash, turnips, parsnips, beets, onions, radishes, and herbs.