Native to the Americas
  Beans, blueberries, corn, cucumber, grapes, potatoes, squash, strawberries, sweet potatoes, prickly pear cactus, tomatoes

Fall and Winter Growing – “Cool Season”
  Part we eat
    Roots – beets, carrots, parsnips, radish, turnip
    Stems – asparagus, potatoes
    Leaves – cabbage, celery, lettuce, onion, spinach, pea shoots
    Immature flowers – artichoke, broccoli, cauliflower/broccoflower
    Exception – pea (we eat fruit)
  Best growing conditions
    Air temperature 55-75°F
    Direct sun minimum of 4-6 hours daily – but peas need more to blossom and develop fruit

Spring and Summer Growing – “Warm Season”
  Part we eat
    Mature fruit – melon, squash, tomatoes
    Immature fruit – beans, corn, cucumbers, eggplant, peppers, squash
  Best growing conditions
    Air temperature 65-95°F
    Direct sun minimum of 8 hours daily – more is better = more flavor development

Variety Selection
  Microclimates
  Stretch seasons
  Harvest times – per use
    All at once for preserving
    A few at a time for a long time
  “Baby” or “Gourmet” varieties

Germination
  Soil temperature
    Cool season crops = 50-65°F
    Warm season crops = 65-80°F
  Direct sowing
    Big seeds
    Root crops
  Speedling® tray

Transplanting
  Most – at same depth as in container
  Exceptions
    Tomato – Always deeper for sturdier roots
    Potato – Underground
  Growing point above ground
  Handle by leaves or roots, not stem – plant can’t repair damaged stem or resprout new one

Soil Preparation – “Feed the Soil, Not the Plants”
  Organic, Biodynamic, French Intensive
  “Rich” (fertile) or “Lean” (lacking in nutrients)
  “Sweet” (mid range Ph) or “Sour” (acidic Ph)
  pH – most vegetables prefer 6.5

Raised Beds
  Early-season and late-season warming
  Good drainage
  Easy working, uncompacted
  No walking within root zone
  Access for wheelchairs, elders (less bending, increased seating)
Succession Planting
Every 1 or 2 weeks for short harvest period or bolt-prone like cilantro or lettuce in summer
Every 3 or 4 weeks for long harvest period like lettuce in fall or winter or early spring

Companion Planting/Intercropping (Non-UC Research)
Helping each other grow – carrots/tomatoes
Deterring pests – garlic/aphids on roses
Moon-phase tasks – waxing & waning moon determine above-ground or below-ground “energy”
Steiner bio-intensive – same basic tenets as sustainable agriculture, aside from buried-cow’s-horn type information

Spacing
Germination and maturity rates – radish (quick) + carrot (slow)
Growing zone – root (garlic), surface (bok choy), mid-air (cabbage), trellis (peas)
Sun orientation – lettuce on north side of peas or corn during summer
Water zone – same water needs
Support + pest deterrent – 3 Sisters – corn, beans, squash
Mature size of plants – including square-foot gardening

Trellising, Staking
Using air space for growing
More intensive use of amended soil
Better air circulation
Fewer pest problems
Clean harvests

Lengthening Seasons
Plant despite weather – never know future
Row cover germination and shading
Fertilize
Continue watering
Continue harvesting – counter hormone shift

Irrigation
Depth – stays same year ‘round per foot depth so entire root zone remains evenly moist
Shallow – to 1’ – celery, lettuce, onion, radish, potato
Moderate – to 2’ – bean, carrot, cucumber, eggplant, pepper, squash
Deep – to 3’ – asparagus, globe artichoke, melon, pumpkin, tomato
Frequency – changes depending on weather and finger test below mulch
Spring – once every 3 weeks
Summer – once a week; more according to specific foliage bulk & respiration rate – like tomatoes when 95°F
Fall – once every 2 weeks
Winter – once a month if no rain

Methods
Hand-held hose – specific plant needs, clean foliage undersides (stomates, pests)
Overhead sprinkler – wash off dust for more effective photosynthesis
Mini-tube drip emitter – specific location
Soaker hose under mulch – entire root zone
Buried 5-gallon nursery containers

Mulch
Conserves soil moisture
Moderates soil temperature
Keeps weeds from germinating; easy to pull
Lessens erosion
Enriches soil nutrition and texture as decomposes, and feeds beneficial microorganisms

Harvest
Individual taste preferences
Uses – foliage, blossoms, immature fruit, stages of maturity, mature fruit, seeds
Harvesting outer leaves; plant continues growing until bolts – maybe 9 months – lettuce, chard, collard, kale, spinach

Saving Seeds
Wet – potential virus in mucous membrane around seed, so must ferment it off – tomato, melon, squash
Dry – dry till crispy – lettuce, pea, pepper

Eat Your Yard!