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# Edible Gardening in Small Spaces



Left: Courtesy, P. Allen Smith; Right: Kate Smirnova/Stock.com





# Edible Gardening In Small Spaces

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## On The Cover

Fresh picked tomatoes paired with sweet basil is almost too pretty to eat... almost. See story on page 56.

PHOTOGRAPH BY GAP PHOTOS/GARY SMITH

## Grow Your Groceries!

The rewards of growing my own food goes beyond the bounty. It's also about connecting with the soil, watching a seed sprout, and nurturing what will soon nurture me. And, of course, there are the bragging rights of serving friends and family food grown fresh from the garden.

Let this be the year you finally try your hand at growing fresh food right out of your own back (or front!) door. Even for those with the limited space of a patio, porch, or balcony, we have tips that will help you create a harvestable crop. And we'll show you ways to plan raised beds where soil doesn't naturally exist, how to garden in all seasons, and also how to grow from seed.

True beginner? Get your hands dirty with a pleasing herb pot (page 50), which offers an inexpensive and satisfying way in to the world of growing and tending to edible plants. But of course there's much more: dig into an on-growing salad garden (page 8), plant a cocktail garden (30), or grow a salsa garden (28). Or, plant our basic beginner's garden, and find growing tips and recipes starting on page 58 for the bounty.

Celebrate the thrill of seasonal harvests with us in *Edible Gardening in Small Spaces*, and learn how to grow like a pro!

*Helen Yoest*  
-EDITOR





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GAP PHOTOS/FRIEDRICH STRAUSS

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# inspiration gardens

Learning to garden is a love affair that only grows with time; let us show you how. Our experienced gardeners will take the guesswork out of planting your first crop.



# Harvest for Beginners

A family of four answers “What’s for dinner?” by stepping into the back yard and snapping up the freshest picks.



**SANTA BARBARA COUPLE** Elizabeth and Jon Raith enjoy coming together with their kids at the end of the day to not just eat the family meal but to plan and prepare it as well. While not the reason for building the garden, this became an unplanned benefit. Once the crops began to produce, a new connection was formed.

Each family member has a role in caring for the garden and a voice in selecting what to grow. Jon does most of the cooking, which of course involves a lot more than just putting food on the table. He also was integral in planning the garden’s design, working with local landscape

architect Rob Maday. Rob took Jon’s layout and did a sketch that showed the potential beyond the plants. That was the just the beginning.

The 7x10’ garden bed is as beautiful as it is productive. At one end, English thyme spills onto the gravel paths, and the scent of thyme wafts throughout. Rows of colorful lettuces are reseeded every 10 days for a succession of growth. At the opposite end of the bed, perennial chives come back year after year, and onions are replanted each fall. In other parts of the potager’s paths, oregano grows unchecked.





**1. the coop** houses hens offering fresh eggs daily. The look of the outbuildings on the property is important to the family. Instead of an off-the-shelf coop, they slowly acquired special pieces to custom build their own.

**2. the orchard** produces fresh citrus year round, including blood oranges, Meyer lemons, limes, and mandarin trees. In other climates, container-grown citrus grows well indoors during the winter. In zones 9 or colder, bring your citrus inside for the colder months.



**3. colorful crops** like red Swiss chard, purple basil, red cabbage, or lettuce add more than flavor to your dinner-time meals. They also add a splash of color to brighten an otherwise utilitarian garden.

**4. cold frames** extend growing times and allow you to get a jump-start on the season. Jon built his out of wood he had stored for a rainy day project. He starts seeds early and places flats in the cold frames to give them extra protection until they're ready to plant.

## Put Pretty (and Productive) on the Menu

**ARTFUL PLANTING** Alternate rows of vegetables with different colors and textures to please the eye. Add annual lettuces and kale to line or alternate borders.

**TRADE UP** Don't worry about building the perfect garden from the start. Begin with the basic

framework and upgrade when you find a better edging material, door, or container.

**HAPPY ACCIDENTS** Jon believes in letting volunteer seedlings stay. These surprise visitors include tomatoes, red mustard, purple mizuna, and arugula. Don't get too

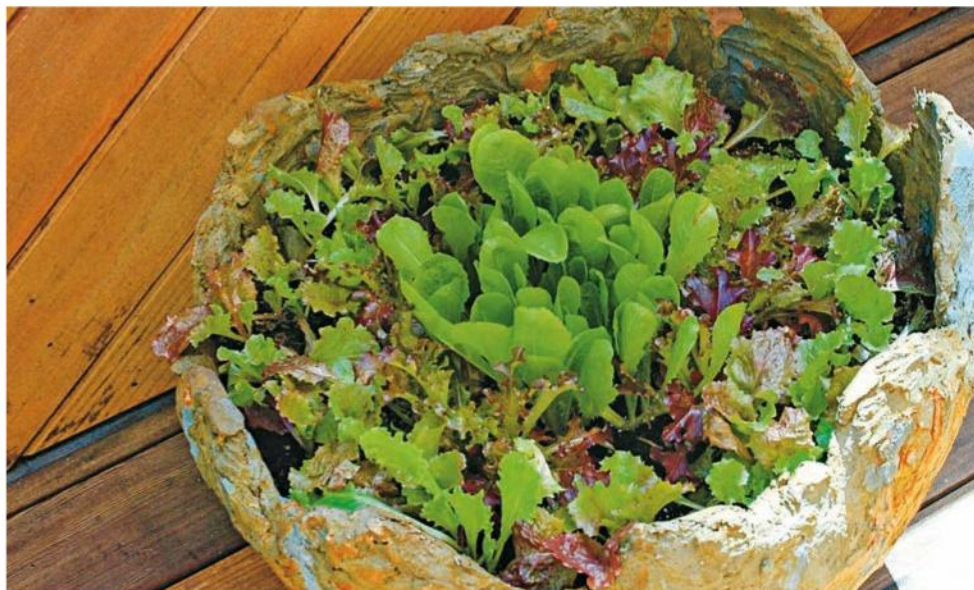
hung up on the design—volunteers add unexpected vitality.

**FINE FOLIAGE** Consider planting small-fruited tomato varieties, such as grape and cherry tomatoes. Their fruit clusters are very pretty, and their foliage doesn't deteriorate as rapidly as large-fruit forms.



# Salad-Lovers Garden

Craving a fresh, healthy dinner? It doesn't get better than picking it right from your deck, patio, or balcony.



## ► just one pot

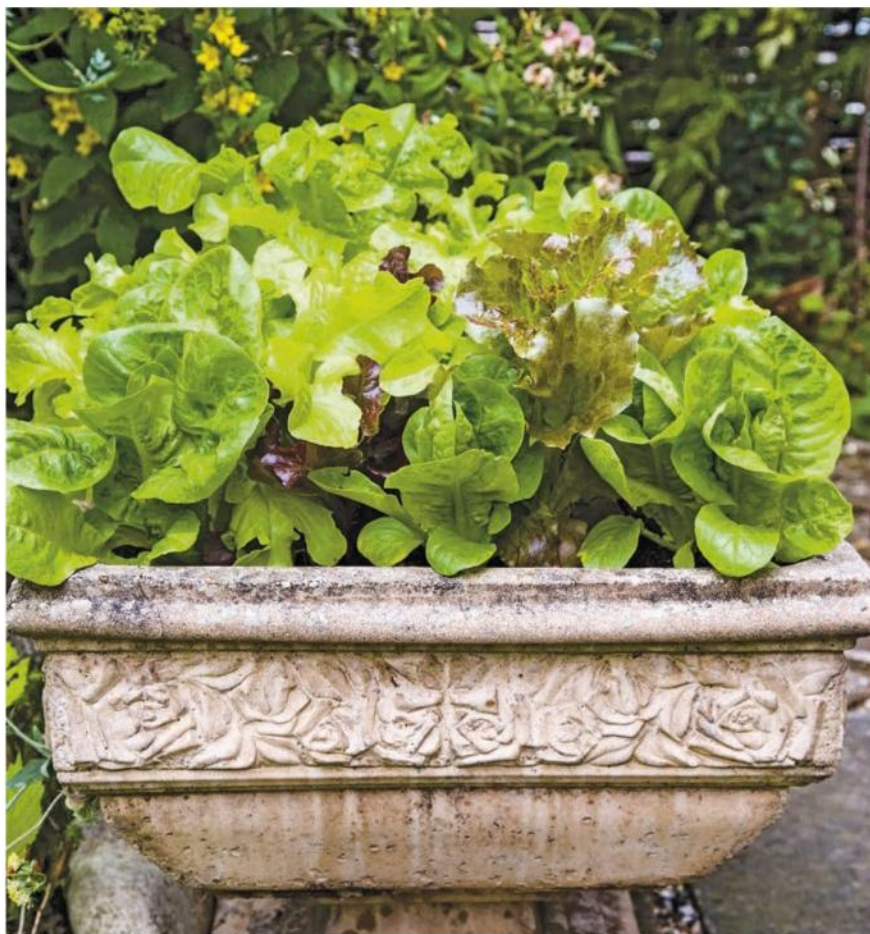
of a cherry tomato plant will provide all the bite-size fruits you'll need in a season. High-yield, easy-grow varieties include 'Golden Sweet', 'Isis Candy', 'Sungold', 'Sunpeach', 'Sugar Snack', 'Sun Sugar', 'Wild Sweetie' and 'Super Sweet'.

## ▲ plant lettuces

that are as pretty as they are practical. Red oak leaf lettuce covers the perimeter of our lettuce bowl, with mâche, a chic salad green, in the center. For the most delicate flavors for both greens, pick at the baby-leaf stage.

## ► ultra-easy

to grow, lettuce likes full sun and cooler weather. If growing in the summer, give your containers some afternoon shade. Plant multiple pots at staggered times—this way, you'll always have fresh lettuce for easy picking. Our bowl includes the delicious Romaine, red and green-oak leaf, 'Brune D'Hiver', and butterhead lettuces. Water daily.



Photos, This page, Top: Designed and photographed by Kate Michels, Kate Michels Landscape Design; Left: GAP Photos; Opposite: The Garden Collection/FP/Meyer-Rebentisch







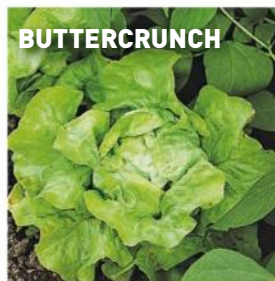


## best lettuces for taste & texture

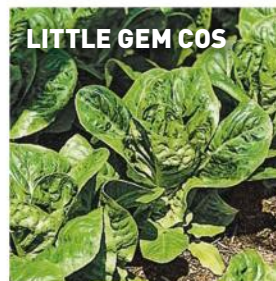
**LETTUCES ARE AS PRETTY** as they are tasty, especially the loose leaf types. When harvesting, pick the outer leaves near the bottom of the plant—the plant will continue to grow. For romaine or butterhead varieties, cut off the entire head. Daily watering is a must. Lettuces will start easily from seed sown directly into the soil, but to jump-start your season, starter packs are readily available and inexpensive. Try these new varieties:



Soft yet strong, this leaf is pliable for salad wraps.



Winning combo: buttery tops; crispy bottoms



This compact romaine variety matures quickly.



The classic iceberg, it's loved for its crunch.

Top, far left and opposite: Landscape design and photos by Steve Masley, Grow-It-Organically.com; Bottom, second from left to right: Thompson & Morgan



# Plant Your Own SaladScape

**BLOGGER STEVE MASLEY** at [grow-it-organically.com](http://grow-it-organically.com) has been growing food organically for 30 years. Over this time, he has perfected what he calls the SaladScape. It's effectively a raised bed for the deck or patio with a four-inch removable tray on top and side planters to maximize space in a minimal footprint.

The top tray is convenient since it can be lifted and taken indoors for harvesting fresh from the garden. Side containers are deeper than the tray so that they can be planted with deep-rooted perennial herbs such as rosemary or lavender. Note, too, that the planter is on wheels, so the SaladScape can be easily moved to take advantage of or hide from the sun—or simply moved out of the way when company comes.

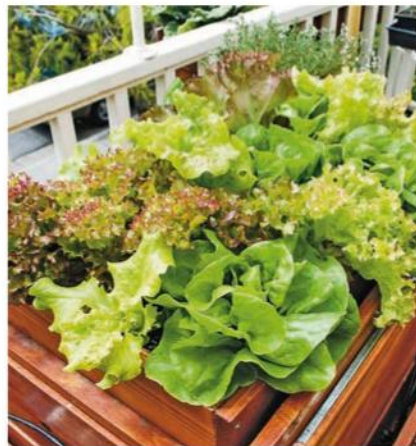
If you're handy, this system of boxes and trays is something you could build out of cedar in a weekend. But you can also purchase ready-made wooden containers (think main box with deep windowboxes hinged to the sides) to craft your own. To make it a moveable feast, consult your local home center to purchase add-on wheels that can support the weight of the planted ensemble. Then, simply plant your salad garden. Here's how:



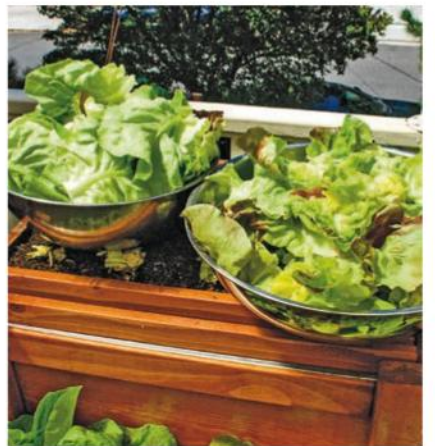
**1. PREPARE THE SOIL** Add enough potting soil mix to fill the 4"-deep tray to the top since the soil will settle. Add high-nitrogen fertilizer if the potting mix doesn't already contain it. Spread the fertilizer on top of the soil, and then work it into the SaladScape tray to the full depth.



**2. TRANSPLANT SEEDLINGS** of various lettuce plants, spaced evenly throughout the tray. Water in well. Once the soil settles, add organic mulch, such as compost or shredded bark, to help retain moisture. Water when the top inch is dry; poke a finger into soil to determine if water is needed.



**3. GROW A VARIETY** of colorful and fast-growing looseleaf lettuce types to have a season-long harvest. These open-head varieties can be harvested a few leaves at a time or the whole plant at once, if needed. Cut down to 1" above the ground with sharp scissors, and they will resprout in a couple of weeks for a second cutting. Try Red or Green Oakleaf, Red Sails, Drunken Woman Frizzy Headed, or Speckled.



**4. HARVEST** salad bowls from one or a variety of the lettuces, washing the leaves before eating. Here's a tip for cramped decks and patios: While looseleaf lettuces are grown in full to part sun, adding wheels to your SaladScape means you can move your contained garden out of very hot, high summer sun, or simply wheel it out of the way to make room for alfresco dining and entertaining.



A photograph of a balcony garden. In the foreground, there are several potted plants. On the left, a blue pot holds a plant with small pink flowers. Next to it is a silver metal bucket containing a bushy green herb with small white flowers. To the right of that is another silver metal bucket filled with a large, leafy green herb, likely basil. Further back, there are more plants, including one with bright green, curly leaves. On the right side of the image, a climbing plant with large green leaves and tendrils is growing on a trellis. The background shows a white wall and a window with light-colored curtains. A green square is in the top left corner.

# Balcony Gardener

In as much as three feet square or as little as a window ledge, even apartment dwellers can grow fresh herbs, berries and English sweet peas.

**A NATURAL FIT** When plants hang high, they are more exposed to wind and drying out. But most herbs hail from the Mediterranean, where it's hot and dry, so it's a breeze for them to thrive in a balcony garden. Lavender, rosemary, mints, and parsley are just a few herbs that will thrive high up.





## Watering Up High

**LETTUCE** varieties grow in five general forms: bibb, stem, iceberg, romaine, or looseleaf. For balcony gardens, looseleaf is most adaptable. You can cut what you need since it's the individual leaves you're harvesting, not a whole head.

**LOOSELEAF LETTUCE** is considered a cut-and-come-again variety providing for perpetual salad greens. They'll grow in most any container with drainage—like these gutters, cut to fit the space. **Tip:** Make a low-pressure watering can by punching holes in the cap of a recycled milk jug so you can target a gentle spray.



**YOU MAY THINK** that being a city dweller means that you're confined to a few house plants at best, but as long as your home gets at least a little sun each day, you too can grow nibbles. Above left, an old cane coat rack, painted to match the exterior trim, becomes a hanging garden perfectly suited for this balcony's country style. What's more, it maximizes vertical space without the need to build anything permanent, bringing color and culinary life up to eye level so it can be spied through a window for added greenery that also provides a bit of privacy in an urban setting.

Any vessel with drainage is open season for a hanging container. No drainage? A few whacks with a hammer to a large nail and you've got a plantable container. Reach into the recycle bin and bring out the plastic jugs. A touch of spray paint designed to adhere to plastic will color up your container for a bright, fresh look. Punch holes in the sides to thread jute so you can hang the container along the side of a balcony.

Once you've gathered your containers, consider edibles like always-pleasing herbs, fanciful nasturtiums whose vibrant petals dress up a salad, sweet pea vines and even strawberries.



# Fresh for Entertaining

Expert P. Allen Smith shares his secrets for planting a delicious little garden that's worthy of company.

**GARDENING IS MORE** than watching seeds develop. Once it grows, it's only natural to want to share your gardening success with friends.

Gardening expert and tastemaker P. Allen Smith does just that at his farm outside Little Rock, Arkansas. He may do it on a grander scale than most, but the size doesn't matter. Entertaining from the heart, Smith manages to blur the lines between garden and home, growing fresh food for meals served at the farm to both his friends and family, as well as the guests who tour the property. Take a cue from a pro and share your own farm-ette-to-table bounty harvested from pots and petite patches.



## ◀ root veggies

line up for easy picking, so be sure to include a participatory dish in your menu. Have one person pull carrots and another some beets (get recipe ideas starting on page 58). Everything fresh from the garden tastes better, and being a part of the process makes it all the more fun.

## ▶ contained

vegetables make a nice display as well as a productive farm-ette. A tight group of container veggies is as pretty as an expensive floral arrangement, but you can eat it, too. Never worry about destroying the look of the vignette of contained fresh vegetables—the pots can be rearranged once a crop has been harvested.



## Share Your Bounty with Friends

**SHOW WHAT YOU GROW** Try growing a few specialty foods for their entertainment value. Did you know carrots come in purple, yellow and white? How about a loose-headed romaine with wine-red speckles, known as 'Trout's Back', or 'Merveille des Quatre Saisons', a butterhead-type lettuce with red-tinged crinkled leaves? Despite their unique coloring, they're each just as tasty as the familiar varieties.

**MAKE FRESH DISPLAYS** Decorate the table with the fruits of your labor. Instead of store-bought flowers, set out a bowl of fresh-picked tomatoes or line the table with potted herbs.

**A PARTING GIFT** As your guests are leaving, send them home with a bundle of, say, rosemary or mint from your garden that will remind them of a wonderful evening both when they get home and when they cook with it later in the week.





**Feel like a real chef** by growing larger vegetables, like Japanese and other compact eggplants, tomatoes or even green beans in pots. Stake them to support stalks and group them together for easy watering.

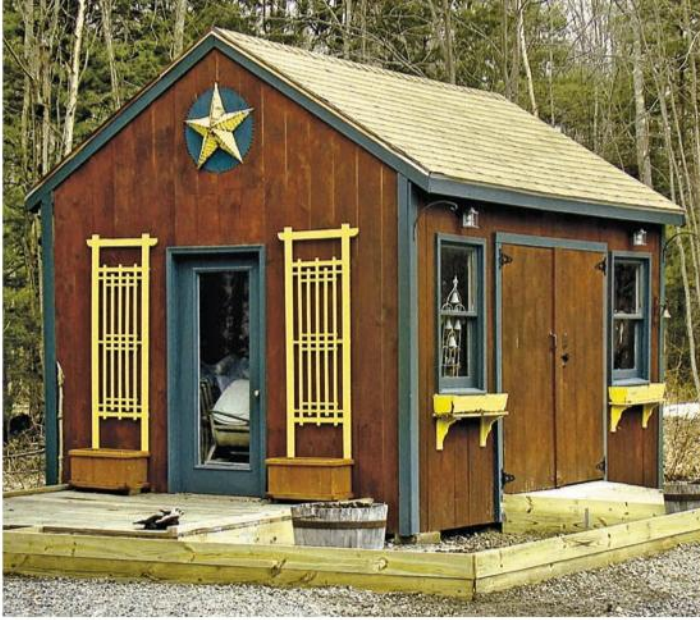


# Woodland Garden

Turn a shady grove into a compact oasis using a pre-fab shed as an anchor and strategic plants and layouts to bring it to life.







### ◀ veggies grow up and out

from the area surrounding a standard box shed. Every inch of accessible space is used for growing, and rightly so: Land is too valuable to leave uncultivated.

▼ **sketch a layout** of your future garden on paper. Don't worry if you can't draw well—it's only for placement. Can you see where to put the planters and trellis? What about squaring off the shed with raised beds? Remember to accommodate entryways! To accomplish the same visual on the ground level, lay a garden hose as a border.

### ▲ consider your shed

as a blank slate, with your imagination as your only limitation. Painting accents like the trellis and window boxes in a favorite color will add interest all year long. No soil? No worries. Notice what this garden is growing on? That's right, a slab. By adding raised beds, you can cultivate a veggie garden where there is no native soil.

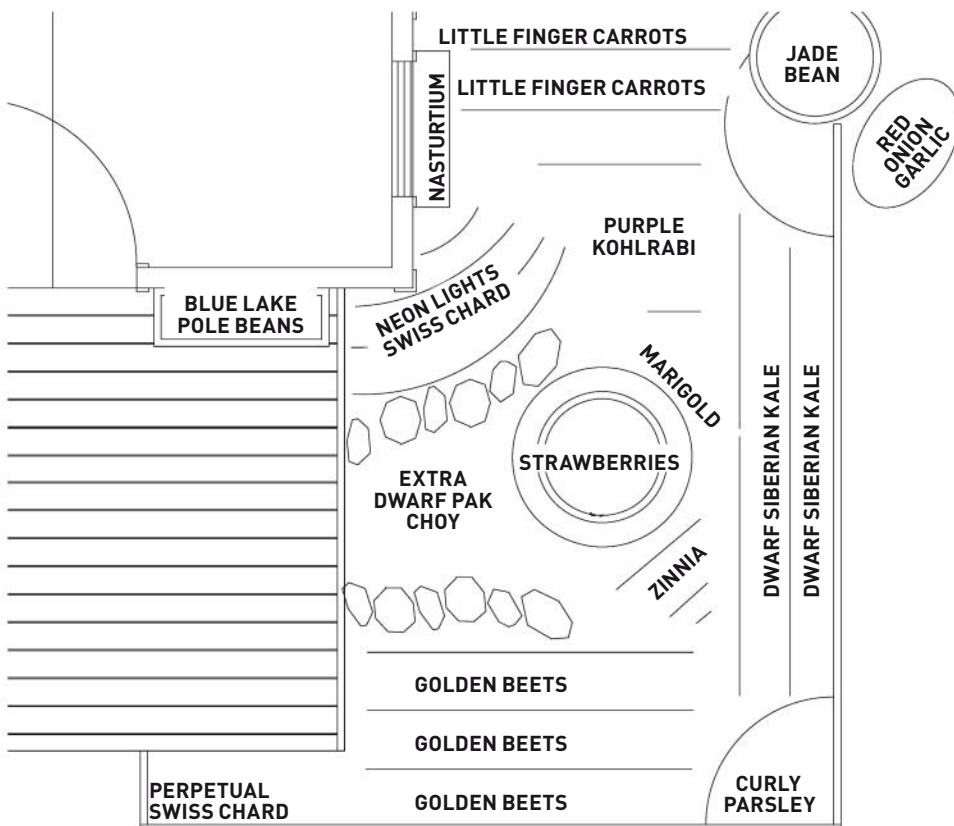
## Growing in Shade

**EVALUATE your shade.** In some cases, you don't have to accept the shade you have. If possible, remove low-hanging branches and thin out upper branches to bring in more light.

**RAISED BEDS** are ideal when gardening under trees. Those with a floor liner will discourage tree roots from sharing your veggie garden's water.

**SHADE-TOLERANT** edibles include arugula, beets, broccoli, Brussels sprouts, cauliflower, chard, collards, kale, lettuce, legumes, scallions, and spinach.

**RULE TO REMEMBER:** If you grow it for the fruit or root, the plant needs full sun. If you grow it for the leaves, stems, or buds, a little shade is just fine.



Photos & Landscape Design by Robin Amorello, atmoscapdesign.com









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# getting started

From seedling to salad, once you learn the basics, growing your own food is easy and enjoyable. Plus, find out which techniques work best for your garden type, and why.

GAP Photos/Juliette Wade



# Get Growing!

Learn the basics for planning, prepping, planting and harvesting with these seven essential gardening steps.





## 1. Choosing Your Site

Most edible crops need full sun to grow—at least 6–8 hours per day.

**RAISED BEDS** allow you to make a garden where there is none and work for areas with poor or compacted soils. You can even put a raised bed on a concrete slab.

**BORDERS** Landscape borders are designed to add beauty to the edges of your garden. By mixing edibles with flowers, your garden will look fresh all season long.

**POTS & PLANTERS** Container gardening allows you to garden on decks, patios, and balconies, with the flexibility of changing crops out for the seasons.

## 2. Preparing Your Soil

Healthy plantings start with healthy soil. Get it right in the beginning, and you're good to grow for years to come.

**CONTAINERS & RAISED BEDS** ensure you have the best soil for growing because you're adding it yourself. Choose an all-purpose potting mix specific for vegetables, with or without fertilizers. This soil can be reused every year; just add fertilizer, if needed. (See no. 4)

**SOIL TEST** When gardening in the ground, get a soil test. DIY with a home test kit or contact your County Extension Agency. Many states provide this as a free service. Amend soil with recommended nutrients and adjust pH. Most veggies like a pH between 6–7.

## 3. Watering

Make watering easier by siting your garden near a water source. None in your area? Try snaking a hose, hidden discretely under bushes or mulch, to your garden bed.

**RAIN GAUGE** Get an inexpensive rain gauge and keep track of how much water your garden is getting. If your garden didn't receive an inch or more of rain that week, supplement it from the hose.

**WHEN TO WATER** Early mornings or evenings are the best times to water. Water at the base of each plant, not overhead. Water containers and raised beds when dry. For ground plantings, water weekly, as needed. Mulch helps retain moisture.



## 4. Feeding Plants

To feed your plants, you must nourish the soil. Fertilizing will improve plant health, pest and disease resistance, and flower and fruit production.

**FERTILIZER** provides the added nutrients needed to amend your soil. Plants require large amounts of nutrients, so they often need replenishing. This is particularly true for annual vegetable plants.

**NPK** Fertilizers use a 3-number identifier, represented by NPK. N is for nitrogen, which helps the foliage. P is for phosphorous, which helps roots and flowers develop and grow. K is for Potassium; it helps with overall plant health.

**WHEN TO FERTILIZE** Give all of your plants a good start by fertilizing at planting time. Containers and raised beds should be fertilized twice a week; fertilize ground plants every two weeks. Look for an NPK analysis like 4-6-6.

### Seeds or Seedlings?



**THE BASICS** Some vegetables take several months to mature from seed. If you live in an area with a short growing season, you should start from seeds indoors or plan to purchase seedlings. Also, keep in mind that not all vegetables transplant well. This is particularly true for any of the root vegetables, like carrots. Crops with taproots are best seeded directly in the ground.

**HOW IT WORKS** Growing from seed opens the door to a much greater plant selection. Start indoors—a cold frame, greenhouse, or kitchen table—about 6–8 weeks before your area's last spring frost date. Care for these seeds just like you would any new planting. You can transplant outdoors when the weather warms.



## 5. Protecting with Mulch

Mulching is one of the best things you can do to achieve great gardening success.

**PREVENT HEAVING** Mulching helps retain moisture, adds nutrients back into the soil, suppresses weeds, and keeps the garden looking tidy. A 2–4" annual mulching also moderates your soil temperature—keeping the ground cooler in the summer and warmer in the winter—thereby reducing the likelihood of heaving. Also called frost heave, heaving is when plants are pushed out from the ground during repeated freezing and thawing.

**TYPES OF MULCH** Organic mulches, such as compost, composted leaf mulch, and chopped autumn leaves, are an excellent source of mulch. In dry beds where you might grow rosemary or lavender, gravel mulch works well.

## 6. Chasing Away Pests

With a little planning, you can keep pests at bay—it all starts with prevention.

**BREATHABLE PLANTS** Allowing space between plants helps to reduce pest problems. Air circulation keeps the foliage dry, creating less hospitable conditions for opportunistic pests and fungus.

**BE OBSERVANT** One sneaky pest will turn a bad bug, like an aphid, into 100 or more if you aren't paying close enough attention. Pick and immediately squash the bad bugs as you find them—but before you do that, you need to know the difference between the good bugs and bad ones. Did you know less than 10% of insects are considered harmful to the garden? The other 90% are either benign or beneficial. Beneficial bugs include Aphidius wasp, Assassin Bug, Hover Fly, and Lacewing. Pests include: Aphid, Asparagus Beetle, Cabbage Worm, and Cutworm.



## 7. Harvesting Your Bounty

When the harvest starts to come in, you may wonder what to do with it all!

**SHARE THE WEALTH** Center meals around your harvests, and if there's a bumper crop, by all means, play it forward and share it with friends.

**PICK WHEN RIPE** Pick your veggies as soon as they're ripe; otherwise pests and disease may be attracted to your rotting foods, and affect other plants as well.

## Garden Must: Flowering Perennials



**HANDY HELPERS** Not only do flowering annuals and perennials look great mixed with your veggies but they also serve a purpose. Flowering plants attract pollinators, particularly the non-stinging native bees and honey bees. Most vegetable plants need this pollination.

**REPELLING AND ATTRACTING** Marigolds naturally control cutworms and also help to keep rabbits out of your garden. Tall, globe-shaped alliums act as insect repellent for tomatoes, peppers, carrots and more. For color to add beauty and to attract beneficial insects, try petunias, pinks, or cosmos.



## PLANNING YOUR GARDEN

In one 5x7' raised bed, you can grow a season's-worth of veggies. Use this plan as a spacing guide. Half the bed has cool-season crops, half warm-season ones.

- 1. HEAD LETTUCE** This is a cool-season crop. Plant on 10" centers.
- 2. CARROTS** This is a cool-season crop. Plant on 3" centers.
- 3. RED CABBAGE** This is a cool-season crop. Plant on 18" centers.
- 4. GARLIC** This is a cool-season crop. Plant on 4.5" centers.
- 5. DILL** This is a warm-season crop. Plant on 18" centers. Does not grow well as a transplant.
- 6. PURPLE BASIL** This is a warm-season crop. Plant on 12" centers. Tastes similar to green varieties, but with a punch of color.
- 7. GREEN BASIL** This is a warm-season crop. Plant on 12" centers.
- 8. ONIONS** is a cool-season crop. Plant on 3" centers.
- 9. SQUASH** This is a warm-season crop. Plant on 18" centers.
- 10. RADISH** A "most anytime" crop. Plant on 1" centers.
- 11. CHERRY TOMATOES** Warm-season crop. Plant on 3" centers.
- 12. BELL PEPPERS** Warm-season crop. Plant on 18" centers.
- 13. EGGPLANT** Warm-season crop. Plant on 18" centers.
- 14. PARSLEY** is a biennial. Plant on 18" centers.



Since there is overlap in harvesting times, this plan allows for cool-season crops on the upper end and warm-season crops on the lower end.



## MOST-ASKED QUESTIONS

Experienced gardeners make gardening look easy, but gardening is not without its challenges. Never be afraid to ask questions, which is how you learn.

### What are heirloom vegetables?

Heirlooms are old-time varieties, open-pollinated instead of hybrids. These seeds are preserved each year and are passed down by families or groups, like those sold in heirloom seed catalogs. It's often the case that new hybrid varieties were developed for longer shelf-life or ease in shipping, not necessarily taste. Growing heirlooms from seed gives greater choice in the varieties you can grow and, many say, more flavor.

### Why aren't my plants producing?

Non-producing plants can have numerous causes. 1) Malnourishment. If leaves and stems are yellowing, this could be a nutrient deficiency. Fertilize with an organic product. 2) pH. Most veggies grow best in a slightly acidic soil, pH between 6–7. Test your pH and adjust accordingly. 3) Competition. Weeds compete with water and weeds, so ensure your plants receive at least an inch of water a week, and your beds are weed-free. 4) Sunlight. When planting in the spring before the trees leaf out, we often underestimate the area's sunlight. Most vegetables will need 6–8 hours direct sunlight each day.

### I have room for one large container; what can I plant in one pot?

Try the "Three Sisters" garden technique by planting corn, beans, and squash. The corn supplies a natural way for the beans to climb. The beans add nutrients to the soil, and the squash shades out competing weeds.



# Extend the Season

In spring, we get the itch to start gardening, often earlier than we should. Here are some ways to provide protection for those plants and tender seedlings up until the final frost.



**GROWING FRESH HERBS** on a sunny windowsill is a welcome perk, year-round—and a great way to keep gardening when the weather keeps you indoors. The plants look pretty, plus you have instant flavorings for meals right at your fingertips. These simple pleasures are what make edible gardens, inside or out, such a joy.

Of course, other kinds of seedlings, such as tomatoes, need more space than a windowsill. These plants should be started indoors in colder climates; however, once spring has started, you can look for locations in

your garden to site them—as long as you plan for the necessary protection.

You have a couple options: If you aren't starting a lot of seeds indoors, you can leave seedlings outside when the weather is mild, and then bring them inside if/when there is a threat of frost. In the garden, protected space can come in the form of a makeshift greenhouse, a cloche, or even a cold frame made from unused materials. These simple precautions will keep plants safe and increase the time you get to spend tending your garden.





## 1. Temporary greenhouses

can easily be made out of existing raised beds. For frost-free protection, hoop cattle wire along two sides of your bed. By tucking in the wire on both sides, the wire will form a natural arch. Cover with plastic and keep closed during a threat of frost. For protection from bunnies nibbling your seedlings, cut wire sections to cap the ends.

## 2. Nurture seedlings

started indoors. When you only have a few, it's easy to bring pots into the house on cold nights and take out when weather warms up again—at least until the last threat of spring frost is over.



## 3. Cloches

can be made from items in your kitchen, like glass bowls turned upside down. Of course you can buy glass cloches; they are all the rage, but why bother? Storage space is always a precious commodity, and this way you have a cloche and a serving dish all in one!

## 4. Cold frames

are nothing more than framed boxes facing south to catch maximum sun. The transparent lid should be propped open during the day so as not to burn the seedlings. At night, close the lid to trap in warm air. That's it!

## Get a Jump on the Growing Season

**THE BASICS** With protection, you can jump-start salad season by about a month. This applies to cool-weather crops—beets, broccoli, cabbage, chard, kale, as well as arugula, spinach, lettuce, and mustard greens.

**HOW IT WORKS** Shelters will protect seedlings from ice, snow, and particularly desiccating winter winds. When the sun shines on the shelter, the soil heats up. It's that simple. And don't forget to water.

**HEAT ALERT** As the sun rises during the day, a closed protected system can become too hot for tender seedlings to handle. Make sure to vent on sunny days.

**FUNCTION FIRST** Did you know you could use a milk jug as a cloche? Cut out the bottom and cover tender seedlings with the jug. Remove the cap by day to vent, and replace it at night. It won't provide as much protection as glass, but a few degrees may be all you need.





# Interplanting Edibles

By mixing veggies with ornamental flowers, you not only enhance your garden's beauty but also bring in the pollinators.





**WAYNE & CHRIS ADDED** pizzazz to their garden space using the practice of the potager: gardening by interplanting flowers, both edible and non-edible, with their vegetables. By doing so, they found they not only expanded the beauty of their kitchen garden but the veggies also were healthier and produced a higher yield.

Flowers attract pollinators, particularly non-stinging native bees—did you know a cucumber flower needs to be visited by a bee at least 11 times for the fruit to be straight? Take a cue from the French, who place a garden within easy access to the kitchen, and create your own potager. For edible flowers, consider planting a vining nasturtium, Johnny jump-ups, and chives, which all add flavor to salads. Non-edible flowers work just as well at attracting the pollinators, so match up blooming times with what you are growing. For example, if you have a spring crop such as lettuce or spinach, plant spring flowers such as iris or pansies. Fall crops like broccoli and cabbage pair well with asters and butterfly weed. The summer typically has a steady supply of flowers, but French marigolds and zinnias are a favorite to interplant in a kitchen garden. Another option is to let some of your edibles, such as basil, fennel, and carrot, go to flower.



## Plant in Some Color

**BEAUTIFY** your edible containers or garden beds by adding annuals like this Wave petunia, a spreading variety with vivid magenta blooms. Wave varieties come in an assortment of reds, purples, and pinks. You might think pairing the color of flowers with the food you produce is over the top, but it ups your potager's cute factor.

**ANALOGOUS HUES** are those colors that are next to each other on the color wheel. These shades blend easily with each other. Bright yellow mixed with yellow-green and green makes an analogous color combination.

**CONTRAST COUNTS** Ever wonder why deep purple and yellow look so well together? They are contrasting colors, often called complementary colors. These colors lie directly opposite each other on the color wheel. Examples include blue and orange, yellow and purple, and red and green. These color pairings intensify each other and make a bold statement when combined, offering a striking contrast.





# Salsa Garden

Some like it hot, but you can have it your way with ingredients straight from the garden. Turn up the heat or make it sweet. Olé!



**AFTER A TEXAS VACATION**, David and Pam wanted to grow their own salsa garden. The Tex-Mex version of salsa was very different from the store-bought salsas they were used to. They got the idea to have friends over to custom-make their own salsa with ingredients picked from the garden, so they set up a salsa bar and guests could mix their own favorites and set their desired heat level. David and Pam laid out bowls with chopped tomatoes, crushed garlic, minced cilantro, chopped jalapeño, as well as bell peppers, onion, fresh lime juice along with cumin, salt, and black pepper for seasoning. Each guest made enough for their meal with extra to take home. While fresh salsa is a natural go-with for tacos and tortilla chips, leftovers are excellent mixed into or served over scrambled eggs. Or, you can easily add it to virtually any chili recipe so you don't let any fresh-grown goodness go to waste.

## WHAT TO GROW

What's great about a salsa garden is that all the ingredients are easy to grow and each will thrive in containers if you don't have planting beds.

**JALAPEÑO PEPPERS** start out green and turn red as they mature. If you prefer a milder flavor, pick them when they're still green and leave seeds out of the salsa. If jalapeños are too hot for you, try growing chiles verdes instead.

**TOMATOES** Jazz up your salsa with yellow, striped or black varieties, such as 'Golden Sweet', 'Green', 'Zebra' or 'Cherokee Purple'. Each needs a large container and lots of sun and water.

**ONIONS** are often sold as bare-root bundles. Most cooks like their onions sweet, such as 'Texas Sweet' in the south, and 'Walla Walla' in the north. Plant in full sun with good drainage.

**CILANTRO** should be planted in early spring (after last frost) or in the fall. It burns up in hot summer sun, so be sure to offer it afternoon shade, particularly in the south. It needs regular sun and well-draining soil and will reseed in some regions.



## Best Salsa Recipe + Variations

**MILD SALSA** Combine 2½ cups chopped tomatoes, 4 large minced garlic cloves, ¼ cup minced fresh cilantro, ½ cup each finely chopped sweet onion, green and red bell pepper and cucumber, 1½ fresh jalapeños, seeded and finely chopped and the juice of 1 lime. Season with salt and pepper.

**CHANGE IT UP** You can take a basic salsa recipe and add some

diced mango or ripe peach. Let it marinate for at least half an hour before serving to enjoy the fruit's bright tang. Or, pump up the protein with black beans and add a sweet burst with fresh corn.

**WATCH IT!** Be careful handling chili pepper seeds, particularly if taken from a ripe pepper. It's easy to forget and rub your eye. Wash hands well after touching peppers.



# Cocktail Garden

Best-selling author Amy Stewart, writer of the acclaimed book *The Drunken Botanist*, shares easy-to-make drink recipes crafted with delicacies that grow in the most compact of gardens.



**AMY STEWART** has had a lifelong interest in botany and well-made cocktails. Her book, *The Drunken Botanist*, explores hundreds of plants that are fermented, distilled, macerated, infused, mixed, and otherwise made into drinks.

Did you know that sake began with a grain of rice, or that Scotch emerged from barley, and tequila from agave, rum from sugarcane, and bourbon from corn? Yes, our libations are plant-based.

Here, Amy suggests an array of herbs to flavor cocktails you'll definitely want to try. Get out your cocktail shaker and muddle through the night with friends.



## Grow Your Own Ingredients



**SO LITTLE SPACE** is needed to have a herb garden—just a spot on the kitchen windowsill is enough to line up cilantro, mint, and basil. With a little more room for larger containers or in the ground by the back door, gherkins are super easy to grow, as are jalapeño, and lemon verbena. Whether you muddle these herbs into your drinks or use as a garnish, your green thumb and mixology skills will have your friends raising a glass.





### ◀ farmer's market

Combine 1½ ounces of **vodka**, 2–3 **gherkin cucumbers**, 1–2 stalks of **celery**, 2–3 sprigs of **cilantro or basil**, 2–3 slices of spicy or mild **peppers**, 6 **cherry tomatoes**, and a dash of **Worcestershire sauce** in a cocktail shaker and gently crush the vegetables and herbs. Be sure to muddle the cherry tomatoes well to release the pulpy juice, since “this drink is about the tomato flavor,” Amy notes. Shake with ice and strain into a tumbler filled with ice. Top with **tonic water**. Garnish with a **celery stalk**, **cherry tomato**, or **cucumber**.

### ▼ mint julep

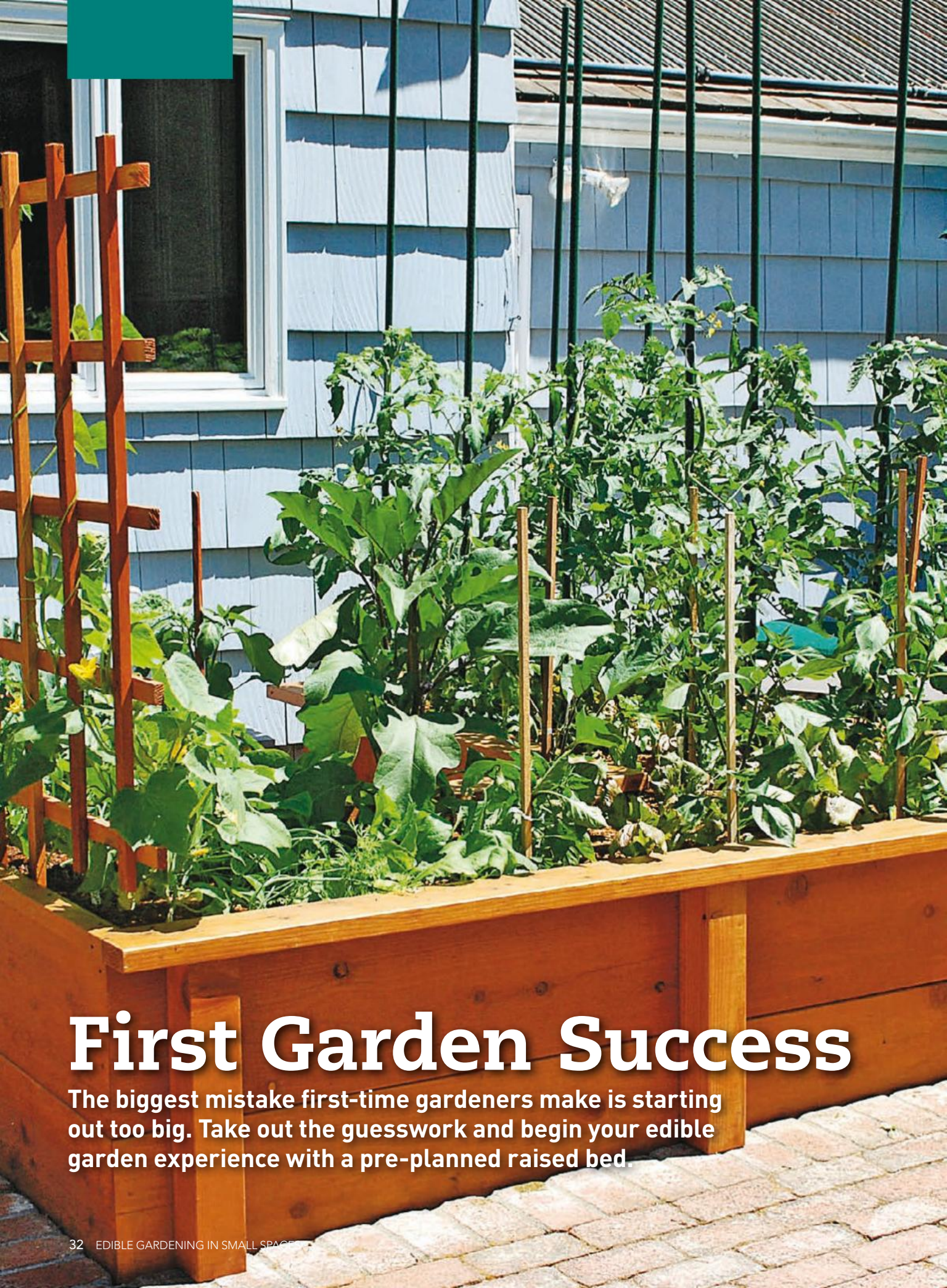
Into a silver julep cup, mason jar, or highball glass, press two tablespoons of **superfine sugar\*** with a small amount of water to create a paste. Add a layer of fresh **mint leaves** and crush gently. Top it with a layer of crushed ice. Sprinkle with **sugar** and another layer of **mint leaves**, then top with another layer of crushed ice. Continue until the glass is full, and then pour in 2 ounces of **bourbon**. Garnish with a fresh mint sprig.

**\*Superfine sugar** dissolves quickly, but regular sugar will work, too. Forego powdered sugar—it contains cornstarch that can gum up a drink.

▼ **strawberry frezier** Squeeze a **lemon wedge** into a cocktail shaker and add 1½ ounces of **white rum**, ½ ounce of **yellow Chartreuse**, which is a French herbal liqueur, 3–5 **strawberries**, and 3–4 **lemon verbena leaves**. Gently crush the berries and herbs with a muddler. Shake over ice and strain into a cocktail glass. Garnish with a **strawberry slice**.







# First Garden Success

The biggest mistake first-time gardeners make is starting out too big. Take out the guesswork and begin your edible garden experience with a pre-planned raised bed.



**THIS “POSTAGE STAMP” GARDEN** is just 7 x 8', but, located right outside the kitchen, it's the perfect place for growing herbs and vegetables. The design, by Steve Masley, features a keyhole raised garden bed with an L-shaped access so the client can slip out to clip herbs

or harvest salads, vine-ripened tomatoes, and other vegetables. The deep root zone of the bed allows for tight planting, since edibles are trained vertically to make maximum use of a small space. Here's how you can adapt the idea using a pre-fab raised bed from a garden center.



**1. START WITH PROTECTION** Pocket gophers can wipe out a small garden in a couple of days, so lay ½" hardware cloth under the bed to prevent them from getting in.



**2. FILL 'ER UP** Raised beds should be at least 20" deep so the root zone allows you to set plants close together. Fill the bed with a fast-draining, but rich, organic soil blend.



**3. FERTILIZE** Dust organic soil amendments over the surface and then mix into the top 10" of soil. Built-in fertilizer will release nutrients slowly over the growing season.



## plants to include

Get a staggered, ongoing harvest with these essential edibles.

- 1. LETTUCE:** Extend harvesting by staggering your plantings. Try Mâche, Tatsoi, or Cress.
- 2. TOMATOES:** Support indeterminate vining tomatoes with poles. Try Sweet Million, Black Cherry or Juliet.
- 3. PEPPERS:** There are many options, from sweet (bells, pimento, banana) to hot (Cheyenne, Chipotle, Thai).
- 4. EGGPLANT:** They can be egg-, globe-, or zucchini-shaped; try Indian, Albino, or Zebra.
- 5. POLE BEANS:** These yield 2–3 times more beans than bush. Try Kentucky Wonder, Romano, Dade.
- 6. KALE:** It's easy to grow and rich in vitamins. Try Curly, Dino, Redbor.
- 7. BASIL:** Grow based on use. Salads: Cinnamon; Tea: Holy; Drinks: Lemon; Pesto: Sweet.









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# adapting to small spaces

Learn how to use the space you have more effectively by combining crops in containers, borders, and raised beds. And then find bonus space by gardening up.



# 5 Ways to Garden Up

Go beyond ground level and make use of untapped walls, tabletops, and even ceilings to plant vertically and reap delicious rewards.



**CLEVER CONTAINERS** take gardening to new heights. Just about anything can become a vessel for veggies, as long as it can hold soil and drain. Using multiples of the same style makes a presence in a small space. Look to see what you might already have around the house (try using vegetable or coffee cans—just remove the label and paint) that can be hung, propped up, or attached to a vertical surface to harness the potential of “gardening up.”

◀ **1. board certified** Recycle a pallet into a vertical herb garden. Fill each row with a different herb and you’ll have your own fresh spice rack. Staple landscape fabric along the back to hold in the soil, and then plant with your favorites. Tip: Look for a pallet stamped with “HT” in the markings somewhere on the side, which indicates the pallet was heat-treated and not fumigated with chemicals.



◀ **2. hang out** In a tight, narrow space, hang three canvas totes in a series. We used clothespin bags, but any fabric bag will work. Plastic-coated reusable grocery bags make great containers, too—just make sure water can seep through. Tip: Paint canvas bags to match your decor.

▲ **3. pretty pots** Inexpensive beach pails become pop-art herb pots. Look for colorful ones or spray them yourself in an array of colors. Give pails drainage by hammering a few holes in the bottom, then hang on a sunny wall using brackets that can be easily moved.







#### **4. create a centerpiece**

by lining a three-tiered fruit stand with moss, filling it with soil, and then planting it with an assortment of lettuces. Not only will you have a beautiful display but your lettuce also will be within easy reach the next time you're enjoying a meal alfresco.



## 5. hang 'em high

Porch frames and pergolas make room for a hearty hanging garden that captures great sunlight. Be sure to attach containers securely, leave ample headroom below and to water daily.





# Grow a Harvestable Living Wall



**1. FIND A SUNNY SPOT** on an unused wall area, fence, or even the back of the door. Adding a hanging organizer is perfect for a balcony or porch location that's in a tight space. Begin by filling each pocket half full with potting soil.

**2. PLACE A PLANT** into each individual pocket. Remember to loosen the roots before putting the plant in place. If you see any dried leaves, remove them to give the plant a better appearance.

**3. ADD POTTING SOIL** again, this time around the roots. You want to restore the same depth the plant was in the nursery pot. Planting too deeply can cause rot. Lightly press the soil down to remove air pockets.

**4. WATER WELL** and keep plantings hydrated; these pockets can dry out quickly. Hand watering ensures good coverage. When ready, use long, sharp scissors to harvest so you don't tug too much on the plants and pull them out.

**CAROLYN FOUND** a second life for an unused hanging door organizer. What once held shoes now serves as a vertical living wall for lettuce, herbs, chives, and edible flowers like nasturtiums. With a profile of less than 4 inches, Carolyn was able to create a garden in an otherwise unusable space.

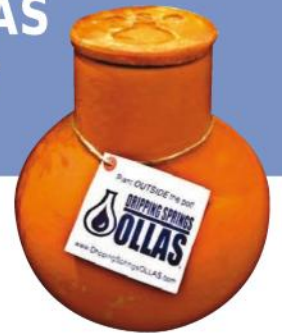
## MATERIALS

A once-used shoe storage container easily becomes a hanging edible garden. To start fresh, get your own 16-pocket Skubb shoe organizer from Ikea—it's deal of a container at only \$5.

- > hammer
- > nails
- > hanging shoe organizer
- > potting soil
- > 16 4" pots for planting

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# Containers 101

When purchasing a holder for your compact crops, good looks are only one factor. You also need to consider drainage, material, size, and weight.



## ◀ wide bases

tend to be more stable and will stay put during a wind gust. Low-profile pots work best for plants with shallow roots, like chard, corn, broccoli, kale, shallots, spinach, lettuce, and onions. These decorative glazed containers do more than hold soil—they also glam up your garden space.

## ▶ terra-cotta

has a classic garden feel, is produced in a nearly endless variety of shapes and sizes, and tends to be affordable. Plus, its timeless quality means it mixes well with other container materials. Here, interspersed red fiberglass containers add a punch of lively color.

**CONTAINER GARDENING** offers versatility galore. Not only can you grow things with no ground soil but you also can mix container styles and rearrange your garden in a snap. When choosing containers, consider drainage—pots without bottom holes (unless you drill one) are for decorative use only. Pot material also is important; non frost-resistant ones must be stored indoors during cold months. Glazed pots retain moisture better than terra-cotta, but plastic and fiberglass have the best moisture retention. The bigger the vessel, the more room it provides for roots, but a large container becomes heavy once potting soil and plants are added, so place it where it won't need to be moved, or put it on a plant dolly.



Photos: Left: GAP Photos; Right: Photo by Saxon Holt/photobotic.com, landscape design by rosalandcreasy.com









# Raised Beds

Compensate for a host of soil problems—shallow, rocky, compacted, highly alkaline—or, garden right on top of concrete.

**THE BEST BENEFIT** to raised beds—just boxes with no top or bottom—is that you can convert a non-garden area into a productive patch. Build them over brick, concrete, or even decking material, and then just add dirt, plants, and water. Raised bed gardening has added bonuses, too: since you don't have to step into the bed, you'll keep the garden soil from compacting. And the sides of the beds keep the soil intact, preventing erosion. Plus, the added height naturally becomes a barrier to pests such as slugs and snails.

In placing raised beds, keep in mind accessibility. You'll need to walk between beds for planting, harvesting, watering, and weeding. Amazingly, you get more planting room than in a conventional garden that loses half its space to paths. Translation: little garden, big harvest!





▲ **inexpensive wood** is commonly used to make raised beds. Double your growing depth by making the bed two boards deep. Stack one on top of the other and nail into a section of 1x1" decking material.

► **stone blocks** Ready to make a serious commitment to your veggie gardening relationship? Trade up the wood for these attractive bed edges. Block edging gives you more flexibility in the shape of your design.



## Raised Bed Basics

**WOOD BOXES** don't need to be square or rectangular; they don't even need to be the same height. Create a vignette with boxes of different sizes and shapes.

**BRICKS, PAVING STONE** and even cinderblocks are all good choices for making raised beds. Tip: A building materials supply store will have a better selection of materials than a home supply store.

**WHEN BUILDING** a tall raised bed, say taller than 12", put in a faux bottom to a depth of 12". It will save you from having to add more dirt than you need.

Photos, Far left & Box: judywhite/gardenphotos.com; Below: Tom Hewitt







# The Art of Espalier

Training fruit trees and vines to grow in two dimensions saves space and increases productivity. Garden expert P. Allen Smith shares his easy growing tips.





**ESPALIER** (pronounced ess-PAL-yay) is a French term meaning to train fruit trees to grow flat against a wall. The practice of espalier started because it was discovered that walls offered protection from late-season frosts. Today, we use this technique as a space saver, training plants along whatever open surface we find—any wall with an open expanse is fair game. It could be a retaining wall, the side of your brick or stone building, or even a flat, unsightly privacy fence.

There are several common espalier “templates.” We focused on a classic shape, but there are forms such as fans, grids or weaves, candelabra, and tiered or French cross styles.

Prune once a year in late winter while the plant is dormant. The wires used to train your tree against the wall are your plan, and branches that are not following those lines should be pruned back to the trunk. Also, cut back branches that are growing toward you. Avoid pruning in late summer or early fall, since the new growth will be damaged by the winter cold.

An espalier not only saves you space but it also is easier to care for than a conventional tree and will produce more fruit.

## ESPALIER AN APPLE TREE

### MATERIALS

- > Apple tree whip, ½-5" caliper
- > 12- to 14-gauge wire
- > ⅝- 3/16" eye bolts
- > Drill and bit to fit eye bolt used
- > Marker
- > Ruler
- > Wire clippers
- > Compost
- > Shovel
- > Nylon pantyhose strips

**1. FIND A SPOT** Choose a flat wall location that receives at least six hours of sun per day.

### 2. MEASURE TREE LINES

The tree trunk is the vertical line. The branching is three horizontal tiers, at 16, 32, and 48" in height. For each tier, measure and mark to 3' + 5" on either side of the center trunk.

### 3. BUILD A WIRE SUPPORT

Attach eyebolts at equal increments along the trunk line and also at the right- and left-hand sides of each vertical line. Thread wire through the eyebolts.

**4. PLANT THE TREE** Dig a hole 12–14" deep and wide in front of the vertical wire, about 4" out from the wall. Mix native soil with compost to enrich the soil and promote good drainage.

**5. SECURE** Using nylon hose strips, secure the tree trunk to the wire in a position below the bottom tier and at 1–2" above the top-tier wire.

**6. NOTCH** On the trunk sides, at the 2" mark above each of the three horizontal wires, make a small nick in the trunk to spur branching.



▲ **A Suitable Stand-In** To train a grapevine, purchase lathing or a flat trellis and attach to the wall. You can find these supplies at any garden center.



A lush garden scene featuring a central circular stone path that leads to a wicker planter box. The planter box is filled with a variety of plants, including purple flowers, yellow daisies, and green leafy vegetables. The garden is surrounded by dense foliage, including large green leaves and various herbs. The overall atmosphere is vibrant and well-maintained.

# Charming Mini Potager

In an area as tiny as only 5 square feet, you can design a useful and ornamental kitchen garden.



**A POTAGER IS A FRENCH TERM** for an ornamental vegetable or kitchen garden. The French often add flowers and herbs along with their veggies to enhance the garden's beauty and to invite pollinators. Pair those elements with wattle fencing and antique brick, and your potager has instant old-world charm and an heirloom quality.

Planning a circular shape for your small, bordered potager makes it easy to access, so you can maintain what's planted in the center. Even when the flowers and herbs fade out of season, your potager will still look like a charming work of art.

## MATERIALS

From digging the bed to planting, this step-by-step guide shows how to make a lovely mini potager surrounded by a practical and decorative path of reclaimed bricks. This is a great idea for adding formal structure to even the smallest of gardens.

- > Spade and shovel
- > Reclaimed bricks
- > Bamboo cane, string
- > Coarse sand
- > Brush
- > Woven edging
- > Mallet
- > Seeds and plants



**1. FIND A SPOT** Dig over the soil that will form the center of the bed, incorporating well-rotted compost to improve moisture retention. Mark out a circle from the center of the bed using a bamboo cane and string.



**2. MAKE A BORDER** Lay a bed of coarse sand (also known as sharp sand or concrete sand), firm it with your feet, and rake level. Working from the inner circle, place concentric rings of reclaimed bricks to form a circular path.



**3. SECURE THE BORDER** Brush additional sand into the gaps between the bricks, stepping down on them and wiggling your foot to help sand settle into crevices.



**4. PLANT YOUR POTAGER** Sow a selection of vegetables and flowers, or plant ready-grown plantlets. Mulch the surface of the soil with straw to conserve moisture if the weather in your area is dry.



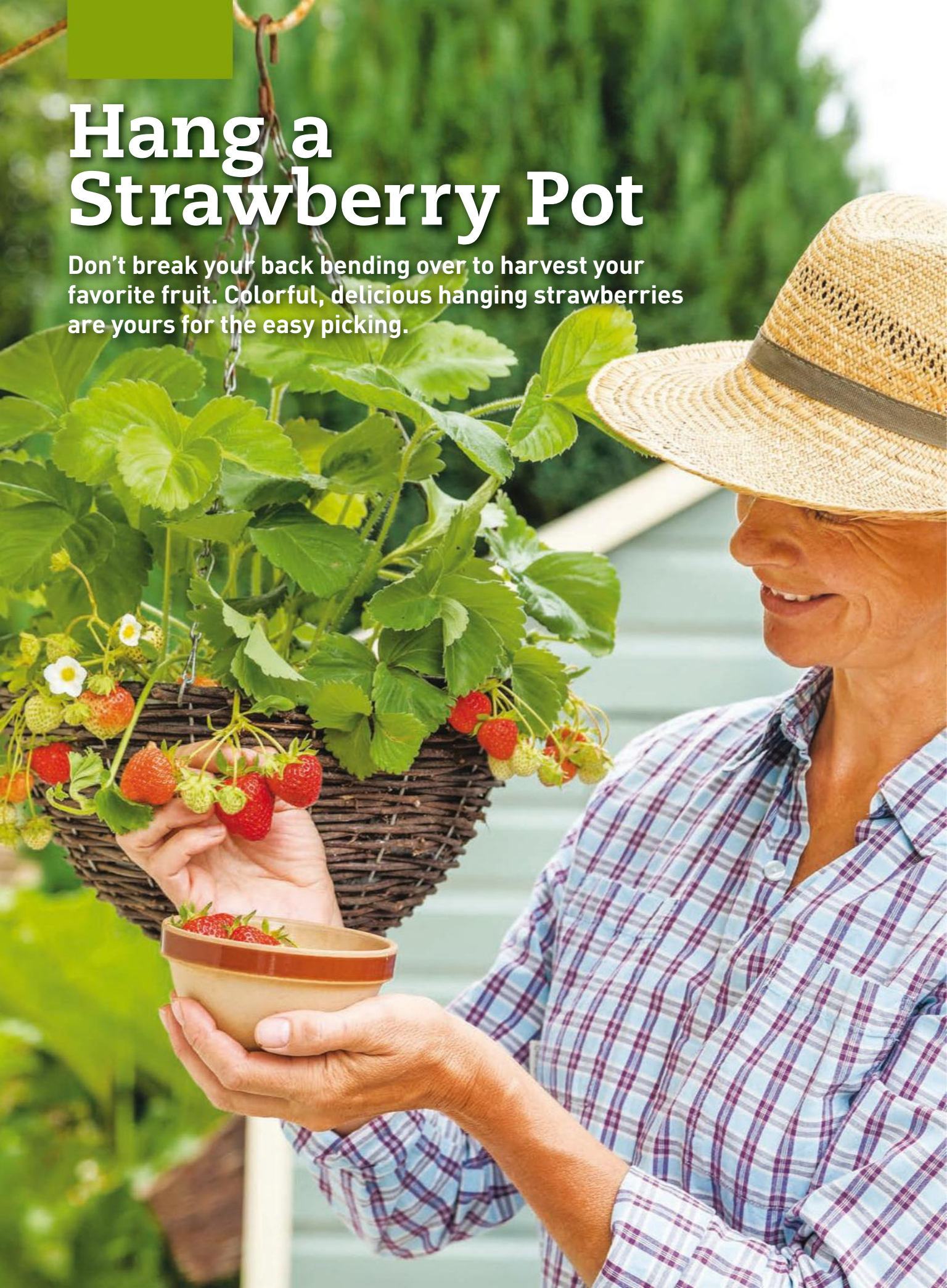
**5. FINISH WITH EDGING** Use short woven panels to form a low edging along the inside of the circle, and then extend it outside and along the brick path leading to the potager.

Photos: GAP Photos/Rice/Buckland



# Hang a Strawberry Pot

Don't break your back bending over to harvest your favorite fruit. Colorful, delicious hanging strawberries are yours for the easy picking.





**THERE ARE THREE TYPES** of strawberries: June-bearing, ever-bearing, and day-neutral varieties.

June-bearing strawberries bear fruit all at once, typically over a three-week period. This variety is especially convenient when you want to make preserves.

Ever-bearing varieties produce a big crop from spring flowers, but they also set fruit throughout the summer, although lightly.

Day-neutral strawberry varieties tend to produce smaller strawberries than the June-bearing and ever-bearing varieties, rarely exceeding one inch, but they are very tasty.

## MATERIALS

This simple DIY can be completed in less than an hour, tops!

- > Hanging basket lined with plastic
- > Potting soil
- > Trough
- > Watering can
- > Strawberry plants



**1. PREPARE AND FILL YOUR BASKET** You may have an old basket from years past, so just make sure that it's lined with plastic to help retain moisture. The plastic will keep the soil mixture from drying out too quickly. Remember to poke holes in the plastic for proper drainage—strawberries don't like wet feet.



**2. PLANT THE STRAWBERRIES** Once the basket is half-full of potting soil, take your strawberry plants out from their nursery pots and loosen roots. Place around the basket, putting one in the center. Backfill with more potting soil until roots are covered, just below the rim of the basket.



**3. FIND A SPOT AND WATER PLANTS** With the berries planted, find a spot to hang your basket. Strawberries, like most fruits, need 6–8 hours of full sun daily. Make sure the hanging hook is substantial enough to carry the weight of a watered-down basket. To check if your basket needs watering, stick your finger into the soil about an inch. If it is dry at that depth, it's time to water. In high summer, check the soil daily.



**4. HARVEST WHEN READY** The variety you are growing will determine when it's time to harvest, but of course you can just look for red berries. You know they are ready for picking when they look just like the ones in the grocery store. Here's a tip: Plant at least one of each type of strawberry variety so you are never without during the summer season.

Photos: GAP Photos



# Plant a Pot of Herbs

In just four simple steps, you can create a kitchen garden that smells and looks as good as it tastes. And it's perfect for beginners, too!

**GARDEN CENTERS AND FARMERS' MARKETS** sell inexpensive, already-grown herbs, so you can just grab your favorites, in 4" pots like we did here, and simply transplant in a larger container. We chose globe basil, golden curly oregano, a variegated thyme, chives, and Vietnamese cilantro, but you easily can substitute parsley, sage, or another type of thyme.

Be creative with your container as well. Scour garage sales, flea markets, and thrift stores for a vessel that will reflect your personal style and creativity. If your container doesn't have drainage holes, no worries—simply drill the base to provide the proper drainage.

Herbs are not only beautiful and aromatic garden plants but they are also surprisingly easy to grow. With their concentration of texture and aroma, herbs suit most areas of the garden. They are especially suited for pots, whether peeping out of a window box, spilling over containers by the kitchen door, or arranged on steps by a patio.

## MATERIALS

- > Container
- > Potting mix
- > Basil
- > Golden curly oregano
- > Variegated thyme
- > Chives
- > Vietnamese cilantro
- > Stones or gravel



**1. PREPARE YOUR CONTAINER** Select a vessel that has a drainage hole or adapt one by drilling holes in its bottom. Place a layer of stones or gravel in the base of the container to ensure good drainage. Herbs don't like to sit in soggy soil.



**2. ADD THE SOIL** Choose a potting mix (also sold as potting compost) that's designed for containers. It should contain organic material like peat or composted plant matter. Leave some room for planting; you will be topping up the soil later.



**3. START PLANTING** One at a time, remove the plants from their pots, carefully loosening the roots, and plant in potting mix. Arrange plants according to height—shorter around the edge and taller in the middle.



**4. FILL IN THE BUNCH** With all the plants in place, gently top up the container with potting mix and press it down to secure plants and remove any air pockets. Set pot in a sunny spot where it can drain easily.









# Raise the Stakes

Trellises provide space to grow...up. Peas, beans, and vine crops like squash, melons, and cucumbers produce better fruit when grown vertically.

## with just four sticks

you can build a teepee trellis for vining vegetables. Just secure at the intersection with jute, and then fill the area below with new growing medium. Top that with a layer of mulch to retain moisture and moderate soil temperature. Here's a tip: Tie a red bandana onto the trellis to invite hummingbirds, who are attracted to the color red.



▼ **a pup tent** skeleton becomes a trellis for English peas, cucumbers, or pole beans. Set “tent” stakes at both ends, with an added set in the middle for extra support. Space interior trellis poles based on the distance of the vining veggie you plan to grow.



▲ **add pizzazz** with terra-cotta pots and a standard tomato cage. Turn a wire tomato cage upside down and reinforce with three 1" lathing sticks to form a triangle. Secure sticks with an upturned 3" pot. Style by curling the “legs” of the cage.



▲ **easy-breezy ladder cage** This can be crafted from found or pruned sticks. Make four “ladders” of equal dimensions, about 1' apart, with a slight graduation from the ground up. To secure, offset and tie with jute or screw-in as shown here.



▲ **a ready-made** trellis is always at your service. Expandable bamboo trellises go up in a jiffy and give you flexibility for the size trellis needed. You'll find these inexpensive and readily available trellises at most garden centers or even crafts stores.





# Optimize Any Space

Narrow lots, lack of soil, shaded yards—there's no obstacle you can't overcome to create your dream edible garden.





### ◀ blueberry bushes are perfect

to plant in a sunny spot at the side of the house. They require pollinators so be certain to plant a second, different variety of blueberry bush no more than 5 feet away to ensure cross-pollination through bees and wind.

**I WAS TALKING** to a friend whose new garden is tiny, yet she dreams of growing fruits and vegetables. We talked about growing crops in boxes built and on a trellis to create vertical gardening. Tomatoes, squash, cukes, bush beans and peppers would thrive in a sunny location. Fruit trees could be espaliered along her fence, and multi-height raised beds could hold artichokes, asparagus and herbs. Strawberries could be a groundcover, and blueberries planted on the houses's sunny side. If she has room, she could add pineapple guava foundation plants. She, and you, could create the optimum edible garden.

### ◀ herbs thrive

in the shade and offer a vast selection to choose from. Try growing basil, chives, cilantro, garlic chives, golden marjoram, lemon balm, mint—contained to its own bed so it doesn't take over—oregano and parsley.

### ➤ root crops

also do well in partial shade. Beets, carrots, potatoes, radishes and turnips will thrive, but you'll have to wait longer for harvest. Some might see this as an opportunity to grow gourmet mini carrots and new potatoes.



## Fast-Growing Superstar: Mesclun

**MESCLUN** is a delicate salad mix that only requires two hours of sunlight a day and can be harvested within four weeks of planting.

**SHALLOW PLANTERS** like these wine boxes are a great way to grow lettuces and are easy to cover so birds and insects don't get at them.

**PRE-MIXED** seed packets include different blends, so choose based on taste

preference and plant according to packet directions.

**REMEMBER** that container plants need more water and fertilizer than those in the ground. For edibles, use compost tea instead of commercial fertilizers.

**TO HARVEST**, once plants are at least 4" high, simply grab a bundle and cut an inch above plants' base so they can regrow and be harvested again.









GAP PHOTOS/GARY SMITH

- 58 CARROTS**
- 60 SNAP PEAS**
- 62 GREEN BEANS**
- 64 PEPPERS**
- 66 EGGPLANT**
- 68 FAVA BEANS**
- 70 SQUASH**
- 72 BEETS**
- 74 CUCUMBERS**
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# growing & cooking

The fresh taste from a just-picked veggie has no equal. Read on for tips on growing your favorite edibles, plus try yummy new recipes that celebrate your garden-to-table bounty.



# Carrots

These sweet roots come in an array of colors—from red to purple to, of course, orange—and are super-easy to grow.



*Daucus carota*

**FIELD NOTES** A popular root vegetable that even a novice can grow. Any resistance in the soil, though, will cause the root to split or deform.

**SUN/SHADE** Full sun

**PLANT IN** Sandy or well-cultivated soil

**MATURE HEIGHT**  
12–16"

**ROOT DEPTH** 1–10", depending on variety.

**YIELD**  
1 per plant

**ZONES**  
4–10

**WHEN TO HARVEST** After 2–3 months when tops are about ½" diameter, or foliage is bushy. Can leave in ground until needed.

**CARE** Thin seed to 3" apart. Add mulch 6 weeks after sowing for better taste.



## ▼ Garden-Fresh Summer Rolls

Julienne fresh pickings and have fun rolling them in rice paper. Make them yourself or set up a station where guests can craft their own!

- 3 medium carrots
- 3 red peppers
- 2 cucumbers
- 1 bunch scallions
- ½ pound chicken tenders
- 1 package rice vermicelli
- 1 package large rice paper rolls

### DIPPING SAUCE:

- ¼ cup soy sauce
- 1 T. rice wine vinegar
- 1 clove garlic
- 1 tsp. red chili paste
- 1 tsp. sugar

**1. IN A SMALL** bowl, combine the ingredients for the dipping sauce, stirring until mixed. Set aside.

**2. SEASON** chicken tenders and pan fry or roast them until cooked, loosely cover with foil and leave to rest.

**3. JULIENNE** carrots, peppers, cucumbers and scallions, dividing each in a shallow bowl for assembling.

**4. COOK** 2 nests of rice noodles according to package directions. Place cooked noodles in a shallow bowl.

**5. TO ASSEMBLE**, dip a rice wrapper in very hot water to soften. Lay it on a plate and place a bit of each filling in the center. Fold in edges and roll to seal. Continue until finished. Serves 4



## ▲ Carrot Cake/Cream Cheese Frosting

This crowd pleaser is liked even by those who don't care for carrots.

- 2 cups all-purpose flour
- ½ tsp. salt
- 1 tsp. each baking powder, baking soda and ground cinnamon
- ¼ tsp. ground nutmeg
- 2 cups sugar
- 1½ cups vegetable oil
- 3 large eggs
- 4–6 large carrots, washed, peeled, and grated (about 2 cups); reserve a large pinch for garnishing

### FROSTING:

- 1 stick unsalted butter, softened
- 8 oz. cream cheese, softened
- 1 lb. confectioners sugar
- 2 tsp. vanilla extract
- ¼–½ cup milk

**1. PREHEAT** oven to 350°F. Butter and flour 12-cup bundt pan. Set aside.

**2. IN A LARGE** bowl, whisk flour, salt, baking powder, baking soda, and spices until blended. Set aside.

**3. BEAT** sugar and vegetable oil in a mixer until combined. Add eggs. Stir in dry ingredients until smooth. Stir in the carrots until completely blended.

**4. POUR** batter into the bundt pan. Smooth out surface; tap pan against the counter to release any bubbles.

**5. BAKE** for 40–45 minutes or until a toothpick comes out clean. Un-mold the cake; allow to cool before icing.

### FROSTING:

**1. BEAT** together butter and cream cheese until smooth.

**2. SLOWLY** beat in the confectioners sugar and vanilla extract.

**3. BEAT** in milk, starting with ¼ cup. Add small amounts until smooth.

**4. SPOON** over fully cooled cake.

**5. GARNISH** with freshly grated carrots.



# Snap Peas

Edible pods make sugar snaps a “best value” crop, but you can also let 'em go and just shell out the peas.

*Pisum sativum* var. *macrocarpon*

**FIELD NOTES** Peas are a nitrogen-fixing crop, meaning they provide the soil with important nutrient benefits.

**SUN/SHADE** Full sun or partial shade

**PLANT IN** well-drained soil, high in organic matter.

**MATURE HEIGHT** 6', trellised

**YIELD** 1 lb. per plant

**ZONES** Annuals: Plant as early as possible once soil reaches 60°F.

**HARVEST WHEN** pods are swollen to get peas and pods. For pod only, pick when tender, with immature seeds.

**CARE** Peas need little care after planting; mulching will help retard weed growth and retain moisture.





## ▲ Spring Linguine with Spinach, Peas, and Walnuts

A great weeknight supper, this is also a deceptively easy dinner party dish.

- 5 oz. baby spinach leaves, torn
- 5 Tbs. extra-virgin olive oil
- 2 tsps. minced or crushed garlic
- 2 garlic cloves, peeled and crushed
- ½ tsp. salt
- Red pepper flakes
- ¾ lb. whole-grain linguine
- ½ cup Parmesan cheese, grated
- 1 cup California walnuts, toasted
- ½ lb. fresh sugar snap peas, trimmed and cut in half crosswise

**1. PUT** a large pot of water to boil. Place spinach in a large bowl, pour in olive oil, sprinkle in garlic, salt, and a big pinch of red pepper flakes. Mix.  
**2. WHEN** water boils, add linguine, keeping heat high. Cook according to package directions. When linguine is al dente, transfer it to the bowl with the spinach mixture and toss it to coat with olive oil. The spinach will wilt.



**3. SPRINKLE** in the Parmesan and toss well so the cheese will distribute itself, melting nicely in the process. Add the walnuts and the peas, mixing very gently so you don't break the peas.

**4. SERVE** warm or at room temperature with extra Parmesan and red pepper flakes. *Serves 6*

## ▲ Painless Paella

This recipe uses on-hand ingredients, but chorizo and fresh seafood are easy to add to make it more traditional.

- 2 lbs. chicken thighs
- 2 cups short-grain white rice
- 1 cup peas
- 1 qt. chicken stock
- 1 onion, coarsely chopped
- 1 red bell pepper, coarsely chopped
- 6 Tbs. extra-virgin olive oil
- 1 Tbs. paprika
- 2 tsps. dried oregano
- 3 cloves garlic, crushed
- 1 tsp. crushed red pepper flakes
- 1 pinch saffron threads
- ½ bunch flat-leaf parsley, chopped
- 2 lemons, cut in wedges
- Salt and black pepper, to taste

**1. IN A** medium mixing bowl, stir together 2 Tbs. olive oil, paprika, oregano, and salt and pepper. Stir in chicken pieces to coat. Cover and marinate in the refrigerator for 30 minutes (or longer, up to 24 hours).

**2. HEAT** 2 Tbs. olive oil in a large skillet and cook marinated chicken thighs at medium-high until skin is brown.

**3. REDUCE** heat, then add red bell peppers and cook for 40 minutes or until meat is done.

**4. WHILE** chicken is cooking, heat 2 Tbs. olive oil in a large skillet over medium heat. Add garlic, red pepper flakes, and rice. Stir to coat rice with oil, about 3 minutes.

**5. ADD** saffron threads, parsley, and chicken stock. Bring to a boil, cover, and reduce heat to medium low. Simmer 20 minutes.

**6. WHEN** rice is done, add chicken, with its sauce, to the paella and cook for an additional 5 minutes.

**7. SERVE** directly out of the pan, or transfer to a serving platter with rice on bottom and chicken on top.

**8. GARNISH** with lemon wedges. *Serves 4*





# Green Beans

One of the easiest vegetables to grow, these side dish staples contain an impressive amount of antioxidants.

*Phaseolus vulgaris*

**FIELD NOTES** Bush varieties grow well in containers. For pole beans, grow in the ground using a pole or trellis for support.

**SUN/SHADE** Full sun

**PLANT IN**  
Organic-rich, acidic soil; pH range of 5.8 to 6.6

**ZONES** 5–8

**MATURE HEIGHT**  
Pole beans: 6–10'  
Bush beans: 1–3'

**YIELD**  
Pole beans: 6–8 lbs/10' row; bush beans: 1 lb/plant

**HARVEST WHEN** they're young as baby snaps, or wait until they're full size.

**CARE** Keep beans watered, weeded, and mulched between plants to conserve moisture.





## ▼ Green Beans with Olives, Sun-Dried Tomatoes & Walnuts

A bed of crisp green beans showcases the striking flavors of olives, sun-dried tomatoes, and walnuts in this attention-grabbing dish.

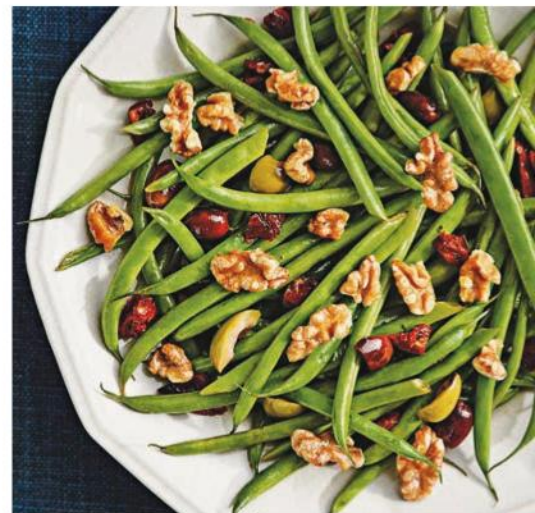
- ½ cup coarsely chopped California walnuts
- 1 Tbs. extra-virgin olive oil, or oil from sun-dried tomatoes
- ¾ pound fresh green beans, ends trimmed
- ¼ cup mixed olives, pitted and coarsely chopped
- 2 Tbs. chopped sun-dried tomatoes
- 1½ Tbs. lemon juice
- ½ tsp. sea salt, smoked or plain

**1. PLACE** walnuts in a large skillet set over medium heat. Cook for 5 minutes or until toasted and fragrant, stirring frequently. Remove from skillet and set aside.

**2. HEAT** oil in same skillet over medium-high heat. Add green beans and cook for 5 minutes or until crisp-tender, stirring frequently.

**3. ADD** olives, tomatoes, lemon juice, and salt; cook for a minute or two more until all ingredients are hot.

**4. SPRINKLE** with walnuts and serve. Serves 4



## ▲ Bibb Lettuce with Lemon Pesto Beans

This tasty salad is a variation on a classic that's usually made with basil.

- ½ lb. green beans
- ¼ lb. Parmesan cheese wedge
- 1 lemon
- ½ cup chopped almonds
- 1 bunch parsley
- 2 garlic cloves
- ½ cup extra-virgin olive oil
- 1 head bibb lettuce

**1. BRING** a pot of water to a boil while you trim green beans and cut them in half. Immerse them in boiling water for 1 minute, and then transfer to an ice water bath to cool. Drain beans in

a colander and set aside.

**2. PLANE** curls of Parmesan cheese from the wedge and set them aside for a garnish. Chop the remaining cheese into smaller pieces and pulse in a food processor until grated. Pour into a bowl and set aside to add later.

**3. PROCESS** garlic, juice from the lemon (and rind, if you have a fine grater), parsley, and most of the almonds, and then pour in grated Parmesan. Continue to process while drizzling in olive oil. Season as desired.

**4. TOSS** beans in pesto and arrange over a platter lined with lettuce leaves. Garnish with Parmesan curls and remaining chopped almonds. Serves 4





# Peppers

Whatever the color, these festive favorites add visual punch to dishes.

*Capsicum Annuum*

**FIELD NOTES** Pepper heat is measured in a scale, with values that range from 0 for Bell peppers to 200,000+ for Habaneros.

**SUN/SHADE** Full sun

**PLANT IN** well-drained soil, spaced 18" apart

**MATURE HEIGHT** From 6" to 3' high

**YIELD** Up to 12 peppers per plant

**ZONES** Warm-season crop: Doesn't tolerate temps below 50° F.

**HARVEST WHEN** they are full-size or the size you want them. As they mature, they will turn from red to green.

**CARE** Give them a deep watering weekly.





## ▲ Roasted Red Pepper & Carrot Soup

Roasted red peppers take on a flavor quite different from fresh bell peppers. Use them to flavor most any dish.

- 2 large red bell peppers: slice into 1"-thick strips
- 5 large carrots: chop into 1" pieces
- 1 yellow onion: slice into 1"-thick slices
- 2 garlic cloves, crushed
- ¼ cup fresh cilantro, minced
- 3 cups low-sodium chicken broth (or vegetable broth)
- 3 Tbs. extra-virgin olive oil
- Red pepper flakes, to taste
- Kosher salt + black pepper, to taste

**1. PREHEAT** oven to 400°F. Line a baking sheet with parchment paper.  
**2. IN A** bowl, toss peppers, carrots, onion, and garlic with oil. Roast 20–25 minutes or until vegetables are tender.  
**3. WHEN** tender, remove from oven and purée in batches in a food processor or blender. Scrape sides. Pour the puréed vegetables into a large stock pot and add the remaining chicken broth and red pepper flakes.  
**4. LET** simmer for 20 minutes, stirring occasionally until thick and creamy. Season with kosher salt and black pepper to taste, and top-dress with fresh cilantro. *Serves 4*

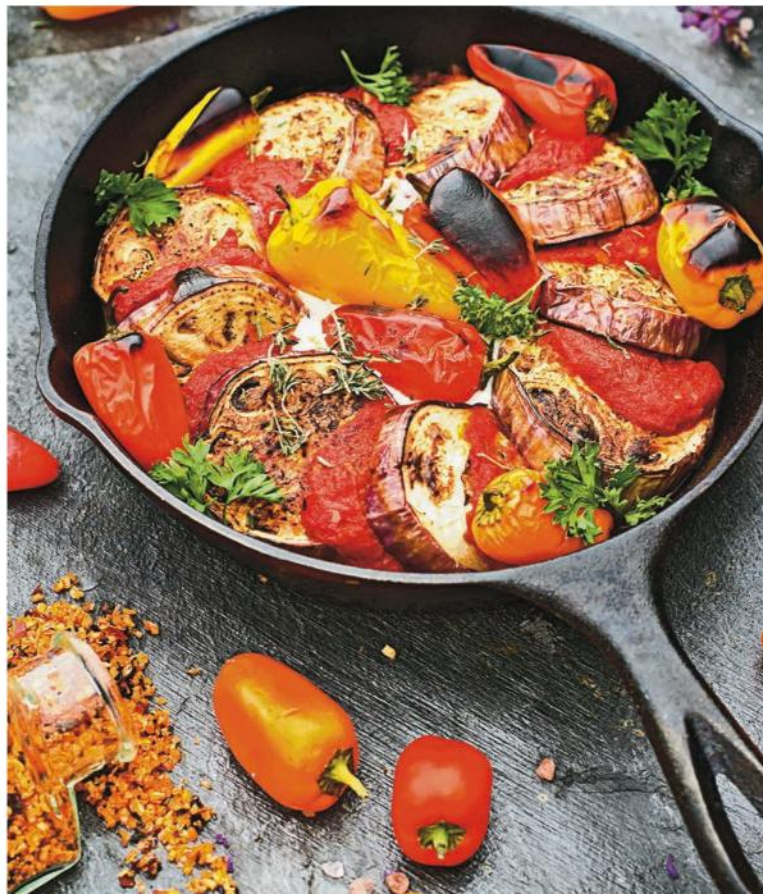
## ▼ Grilled Eggplant, Peppers & Mozzarella

Dried pepper flakes boost the heat in this pretty side dish that's sure to dress up any meal.

- 2 red or yellow bell peppers, seeds and stems removed, quartered
- 2 small eggplant, cut round, ½"-thick slices
- 1 Tbs. extra-virgin olive oil
- Dried pepper flakes, to taste

- ½ lb. fresh mozzarella, sliced to cover bottom of cast-iron skillet
- 1 Tbs. chopped fresh parsley
- Salt and pepper, to taste

**1. PREHEAT** oven to 400°F.  
**2. PLACE** peeled and sliced eggplant and quartered bell peppers on an oven sheet.  
**3. DRIZZLE** with olive oil and sprinkle seasonings over the vegetables.  
**4. ROAST** in the oven for 15 minutes, turning once or twice, or until the vegetables are brown around the edges.  
**5. ADD** mozzarella cheese to the bottom of a cast-iron skillet. Arrange eggplant and bell peppers on top of the cheese.  
**6. PUT BACK** into the oven for about 5 minutes or until cheese just begins to melt. Top-dress with fresh parsley. *Serves 6 as a side dish*







# Eggplant

Its rich, gorgeous color makes this nightshade fruit a garden standout; its depth of flavor makes it a culinary star.

*Solanum melongena*

**FIELD NOTES** To minimize pests and disease, don't plant where related crops have been grown within the last 3–4 years.

**SUN/SHADE** Loves full sun and humidity

**PLANT IN** well-drained soil

**MATURE HEIGHT** 2–4' tall

**MATURE WIDTH** 1–4' wide

**YIELD** 6–10 fruit per plant

**ZONES** Grown as an annual

**HARVEST WHEN** they are 4–5" long. Look for shiny skins; dull skin indicates the eggplant is overripe.

**CARE** Keep soil evenly moist to ensure the best and fastest growth.





## ▲ Aubergine Dip

A Middle Eastern treat and a perennial favorite, it's perfect for parties or as an appetizer or side dish.

- 2 lbs. eggplant, 1 large or 2 small
- 3 Tbs. extra-virgin olive oil
- 2–3 Tbs. roasted tahini (sesame paste)
- 1–2 garlic cloves, crushed, to taste
- 1 tsp. ground cumin
- Juice of one lemon
- Salt and cayenne pepper, to taste
- 1 Tbs. chopped parsley

- 1. PREHEAT** oven to 400°F.
- 2. PIERCE** the skin a few times with the tines of a fork.
- 3. CUT** eggplants in half lengthwise and brush cut sides lightly with 1 Tbs. olive oil.
- 4. PLACE** on an oven pan, flesh-side down.
- 5. ROAST** until tender, about 35–40 minutes.



**6. REMOVE** from the oven and allow to rest for 15 minutes, or until the pan is cool enough to handle.

**7. SCOOP** out the eggplant flesh into a large bowl and mash well with the back of a fork.

**8. COMBINE** the mashed eggplant with minced garlic and remaining 2 Tbs. olive oil, tahini, cumin, parsley, and lemon juice. Salt to taste.

**9. MIX** well and top with cayenne pepper. Serve with pita chips.

## ▲ Grilled Veggie Sandwiches

Healthy, fresh and oh-so satisfying!

- 1 small eggplant, halved and sliced (enough to make 2 sandwiches)
- 1 Tbs. extra-virgin olive oil
- 2 cloves garlic, crushed
- 2 6-inch French sandwich rolls
- 1 tomato, sliced
- 2 large slices of red onion
- 6 slices of roasted red pepper

- ½ cup cubed cooked chicken breast
- Several lettuce leaves
- Mayonnaise and garlic, to taste

- 1. PREHEAT** broiler.
- 2. BRUSH** eggplant slices with olive oil and place them on an oven sheet.
- 3. BROIL** for 10 minutes, or until tender and toasted.
- 4. SPLIT** French rolls and broil until toasted.
- 5. IN A SMALL** bowl, sift together mayo and garlic. Spread this mixture on the toasted bread.
- 6. FILL** rolls with lettuce, onion, and tomato slices, then roasted eggplant, cubed chicken, and roasted red peppers. Serve warm or cold. Serves 2



# Fava Beans

These double-duty veggies are tasty, and after harvesting you can turn the plant into the soil to use as a green fertilizer.



*Vicia faba*

**FIELD NOTES** Fava beans can be prepared either fresh or dried. Both make a uniquely flavored dish.

**SUN/SHADE**  
Full sun

**PLANT IN** Ideal for containers

**MATURE HEIGHT**  
3–3.5' tall

**YIELD** 15 pods per stem

**ZONES** When soil temperatures range from 60–65° F. but before 75°F. highs

**WHEN TO HARVEST** For fresh cooking, pick when they droop. For dry beans, pick when most of the leaves have fallen or turned yellow.

**CARE** Keep evenly moist but don't overwater.



## ▼ Fresh Fava Bean and Tomato Salad

It's pretty on the plate, and this dish is good for you, to boot.

- 2 cups fresh fava beans, shucked
- ¼ cup fresh lemon juice
- 2 Tbs. minced garlic
- ¼ cup extra-virgin olive oil
- 2 large tomatoes, cubed
- ¼ lb. Asiago or Romano cheese, shaved thinly
- 6 lettuce leaves
- Micro-green leaves to garnish
- Salt, freshly ground black pepper

- 1. IN LARGE** saucepan, bring 4–5 cups water to boil. Add fava beans and cook until just tender, 3–4 minutes.
- 2. IN THE** meantime, fill a large bowl with ice and water.
- 3. DRAIN** beans and then add the ice water to stop the cooking process.
- 4. REMOVE** beans from ice water and drain again. Remove outer skins. Put beans back into bowl. Add tomatoes.
- 5. COMBINE** lemon juice, garlic, and olive oil in a small bowl, and whisk until blended. Salt and pepper to taste.
- 6. POUR** lemon/garlic/olive oil mixture over beans and tomatoes. Mix well.
- 7. PLATE** lettuce leaves. Top-dress with cheese, and garnish with micro-greens. *Serves 4*



## ▲ Green-Flecked Barley Salad

California walnuts boost the texture, while raisins add a sweet note.

- 1 cup barley
- 2 cups fava beans (from whole pods), freshly shelled and peeled
- 1–2 cups chopped broccoli florets
- ½ cup minced red onion
- ¼ cup extra-virgin olive oil
- 2 Tbs. white wine vinegar
- 1 Tbs. fresh lemon juice
- 1 tsp. agave nectar or light-colored honey
- 1 tsp. minced garlic
- 2 scallions, minced
- 1 stalk celery, finely minced + celery leaves, for serving
- 1–2 Tbs. mayonnaise
- Salt and black pepper, to taste
- 1 cup golden raisins
- 1 cup California walnut halves, lightly toasted
- Lemon wedges, for serving

- 1. PLACE** barley in a pot with 3 cups water and ¼ teaspoon salt. Bring to a boil, then lower heat, cover, and simmer until tender, about 45 minutes.
- 2. PUT** the fava beans, broccoli, and minced onion in a colander in the sink. Drain the cooked barley directly into the vegetables, cooking them slightly in the process. Refresh under cold water, then shake out excess water and leave in the sink to drain thoroughly.
- 3. COMBINE** olive oil, vinegar, lemon juice, agave nectar (or honey), garlic, and ½ teaspoon salt in a large bowl, whisking to blend. Transfer veggies to the bowl and stir to combine. Stir in the scallions, minced celery, and mayonnaise, and taste to adjust salt. Add some black pepper to taste.
- 4. SERVE** topped with raisins and walnuts, and with a wedge of lemon on the side. Garnish with celery leaves. *Serves 6*  
Recipe and image courtesy of California Walnut Board.





# Squash

Grow hard-skinned “winter” squash—so named because it stores well in that season—during the summer and into the fall.

*Cucurbita moschata*  
(featured)

**FIELD NOTES** Known as butternut squash. Other winter squashes: acorn, spaghetti, buttercup, kabocha, carnival

**SUN/SHADE**  
Full sun

**PLANT IN** cultivated, well-drained soil. Plant as soon after the last frost as possible.

**MATURE HEIGHT**  
4' wide x 7' tall, trellised

**YIELD** 3–5 squash per plant

**ZONES** 6 and warmer

**HARVEST WHEN** you can't pierce the rind with your fingernail. Immature fruit doesn't store well.

**CARE** Squash grown on a trellis need more water than plants grown on the ground.



## ▼ Spaghetti Squash With Marinara

You won't believe it's not pasta!

- 2 whole spaghetti squash
- ¼ cup extra-virgin olive oil
- Salt and pepper, to taste
- 4 cups of a favorite jarred marinara sauce
- Parmesan cheese, shredded

- 1. PREHEAT** oven to 450°F.
- 2. SPLIT** the squashes in half and scrape out seeds.
- 3. LINE** an oven tray with aluminum foil. Season the spaghetti squash with olive oil, salt, and pepper. Place flesh-side down and roast for 30–40 minutes. Remove from the oven and let rest until cool enough to handle.
- 4. HEAT** marinara sauce in a large saucepan.
- 5. ONCE** squash is cool enough to handle, scrape out spaghetti-like strands from inside the skin. Lay spaghetti squash on a large platter and pour warmed marinara over top. Top with shredded Parmesan cheese. *Serves 6*



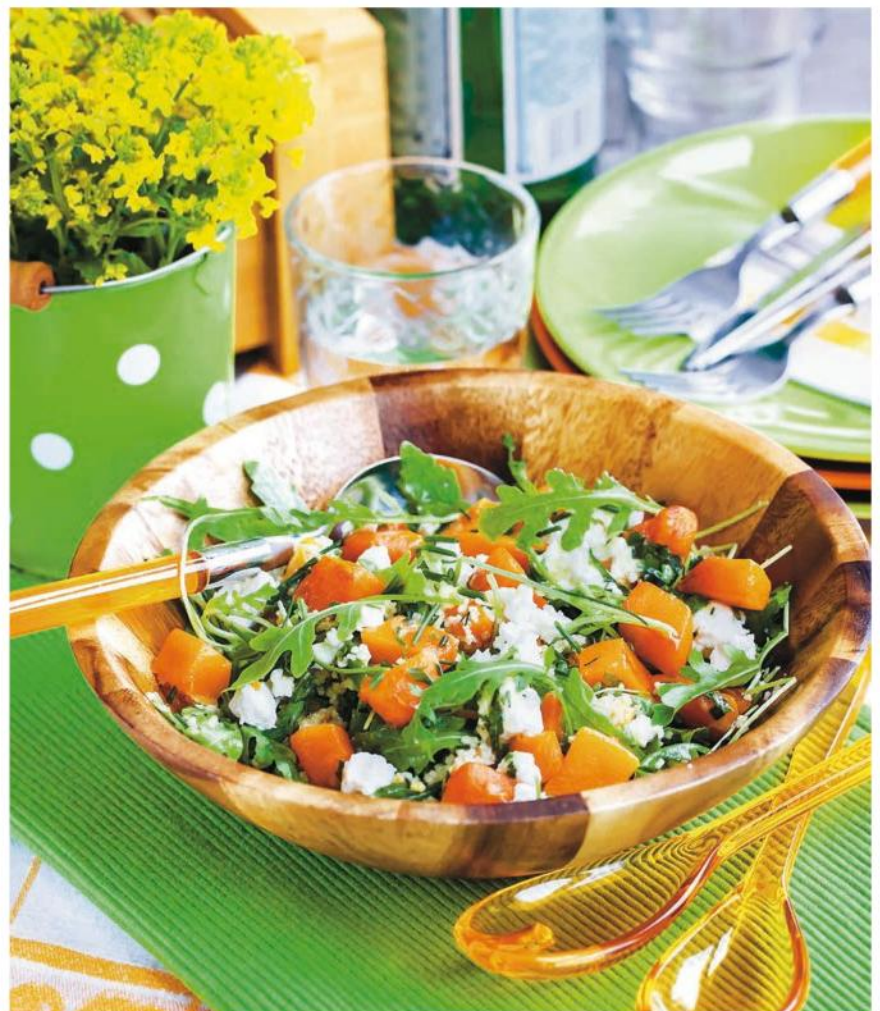
## ▼ Roasted Squash Salad with Feta

Sweet squash meets tangy arugula meets salty feta for a taste treat.

- 1 butternut squash, peeled and cubed to ¾" pieces
- ½ cup + 2 tsps. extra-virgin olive oil
- 4 oz. baby arugula, washed and dried
- ¾ cup feta cheese, crumbled
- 1 Tbs. honey
- ¾ cup apple cider
- 2 tsps. apple cider vinegar
- 2 Tbs. Dijon mustard
- Salt and pepper to taste

- 1. PREHEAT** oven to 400°F.
- 2. PLACE** the cubed butternut squash

- on an oven pan. Add olive oil, honey, and salt and pepper, to taste. Toss.
- 3. ROAST** squash for 15–20 minutes or until tender, turning once.
- 4. WHILE** the squash is roasting, combine apple cider and vinegar in a small saucepan and bring to a boil over medium-high heat.
- 5. COOK** for 6–8 minutes, until the cider is reduced to about ¼ cup.
- 6. WITH** the cider off the heat, make vinaigrette by whisking in the mustard and the ½ cup olive oil.
- 7. PLACE** arugula in a large salad bowl and add roasted squash mixture and feta. Spoon just enough vinaigrette over the salad to moisten and toss well. Serve warm. *Serves 4*







# Beets

Once passed by in the produce section but now grown for both flavor and health benefits, beets are hard to beat!

*Beta vulgaris*

**FIELD NOTES** High in immune-boosting vitamin C, fiber, and essential minerals, beets are fast becoming the new “it” food.

**SUN/SHADE** Full sun

**PLANT IN** cool, moist weather in well-drained soil

**MATURE HEIGHT** 6” tall and deep.

**YIELD** 10 greens or 1 root/plant

**ZONES** In the north, plant this annual in spring–mid summer. In the south, plant in fall–early spring.

**HARVEST WHEN** you see the bulb forming, up to any size. The smaller, the sweeter.

**CARE** Thin seedlings to stand 4” apart if growing for roots. If growing for the greens, no thinning is necessary.





## ▲ Beet Pesto Bites

Glam up a weekday dinner with a few appetizing, earthy beet pesto nibbles. This recipe is easy to adapt to larger quantities and makes an affordably festive hors d'oeuvre.

- 2 beets, peeled, roasted, and puréed
- ¼ cup each pine nuts, walnuts, extra-virgin olive oil, basil
- ½ cup coarsely cut Parmesan cheese
- 3 garlic cloves, crushed
- Salt and pepper to taste
- ¼ cup micro-greens
- Crackers

**1. PREHEAT** oven to 400°F. Trim ends of beets. Leave the root unpeeled at this time. Wrap in aluminum foil and roast for about an hour or until you can pierce the top of the beet with the tip of a sharp knife. Let cool, and then peel beets. Meanwhile, reduce heat to 350°F. and roast walnuts in an oven pan for 5 minutes. Set aside.

**2. IN A BLENDER** or food processor, process walnuts into large pieces and

then pour out into a bowl. Cut beets into 1" cubes and then process to purée. Add coarsely chopped walnuts, crushed garlic, basil leaves, and half of the Parmesan cheese.

**3. CONTINUE PROCESSING**, slowly adding olive oil. Remove and cool for about 15 minutes, seasoning with salt and pepper, to taste.

**4. SPREAD** a spoonful of beet pesto on each cracker, using the back of a spoon to distribute it—leave a slight hollow at the center.

**5. TOP** each cracker with Parmesan shavings, micro-greens, and pine nuts—and maybe a twist of pepper.

Serves 4

## ► Beetroot Juice

Start your day with a powerful punch of vitamins and other nutrients known to improve stamina and blood flow and lower your blood pressure.

- 3 beetroots, peeled and coarsely chopped
- 1 cucumber, peeled and chopped
- 1 cup pineapple, diced
- 2 tsp. fresh lemon juice
- 1 cup cold water

**1. IF** you have a juicer, all ingredients except water can simply be processed together that way. If you don't, then in a blender or food processor, purée beetroot, cucumber, and pineapple.

**2. STRAIN** purée and set juice aside. Add the pulp back to the blender, pour in the cold water, and process again.

**3. MIX** strained juice and reprocessed pulp along with lemon juice. Stir or shake, and serve immediately.

Serves 2





# Cucumbers

Bush varieties are easier for container culture. Salad Bush, Bush Champion and Spacemaster are the gold standards for cukes.

*Cucumis sativus*

**FIELD NOTES** Young cucumbers are often pickled; those left on the vine are better in salads. Use old pantyhose to sling fruit up off ground.

**SUN/SHADE**  
Full sun—the hotter, the better

**PLANT IN**  
Well-drained, cultivated soil

**MATURE HEIGHT**  
6-7' tall

**YIELD**  
10-20 cukes/plant

**ZONES**  
Grown as an annual

**HARVEST** depending on its use. Pick before cucumber turns yellow. Plant more 4 weeks after first planting.

**CARE** Trellis at planting. Mulch. Keep cucumber plants evenly moist for sweetness.





## ▲ Crunchy Cucumber and Salmon Bites

Keep the kitchen cool this summer with these tasty and healthy snacks.

- 1 large cucumber
- Smoked salmon
- ½ cup whipped cream cheese
- 1 branch fresh dill
- ½ lemon

**1. PLACE** the whipped cream cheese (or you can use regular cream cheese and simply whip it yourself with a mixer to lighten the texture) in a bowl to soften slightly. After about 30 minutes, chop all but a few sprigs of dill for garnish and add it to cream cheese along with a squeeze of lemon (and some lemon zest, if you have a fine grater). Mix all elements well and then place them in a plastic sandwich bag.

**2. PEEL** skin from cucumber, cut it in approximately ¼" slices and then arrange them on a plate.

**3. CUT** off a corner of the sandwich bag to create a piping bag. Twist the bag at top to seal it over cream cheese and then squeeze a thick dollop onto each cucumber slice. Garnish with a small piece of lox and a sprig of dill.

Serves 4

## ▼ Classic Tea Sandwiches

Cucumber sandwiches never go out of style and are always a cool treat.

This makes a quick summer lunch or ultra-fast appetizer if guests pop by.

- 1 large cucumber, thinly sliced
- 1 cup whipped cream cheese
- Soft, sliced whole wheat bread
- 2 scallions
- Sprigs of mint

**1. LEAVE** out the cream cheese to soften a bit. Meanwhile, very finely chop the white parts of scallions, reserving green parts for another recipe, and mince about 10 mint leaves. With a mixer or by hand, mix these into cream cheese and set aside.

**2. PREPARE** cucumber by peeling it and then chopping it into fine slices, either by hand or on a mandolin.

**3. LAY OUT** eight slices of whole wheat bread and spread an even amount of cream cheese on each, spreading mixture right to edges.

**4. TOP** four of the pieces with cucumber slices and then place tops on each one. Use a sharp chef's knife to remove crusts from each sandwich, and then cut each on a diagonal twice to create little triangles. Place a fancy toothpick in each and garnish with mint to serve.







# Scallions

Plant them thickly and pick them young, and you'll enjoy the sweetest tasting spring onions going.

*Allium fistulosum*

**FIELD NOTES** Scallions, also known as green onions, can be harvested several times throughout the season. They grow well in containers.

**SUN/SHADE**  
Full sun

**PLANT IN** well-drained soil

**MATURE HEIGHT** 6"

**ROOT DEPTH** 1"

**YIELD** 1 bulb per plant

**ZONES** Zones 7 and higher

**HARVEST WHEN** the stalks are about 1/2" thick and 8-12" tall. Scallions should be green, upright, and succulent.

**CARE** Pull weeds by hand. Mulch.





## ▲ Seafood Pajun

This Korean dish is always a crowd-pleaser and, though easy to prepare, it's sure to impress your guests.

- 18 oz. fresh shrimp
- 2 oz. oysters
- 7 oz. fresh calamari
- 2 cups all-purpose flour
- 2 large eggs, lightly beaten
- 1½ cups ice-cold water
- 1 bunch scallions, halved and cut to 2" lengths. Reserve some minced scallions to add to dipping sauce.
- Oil for cooking
- Soy sauce with scallions for dipping

**1. CLEAN** shrimp, oysters, and calamari, and cut into thin slices. Set aside.

**2. IN A** bowl, mix flour, water, and eggs until combined.

**3. ADD** the shrimp and the calamari to the bowl and combine. Then add the



oysters and scallions.

**4. HEAT** a thin layer of oil in a saucepan over medium heat.

**5. POUR** ½ of the batter to fill the bottom of a 12" saucepan.

**6. COOK** 3–4 minutes, until egg has set and bottom is golden brown.

**7. TURN** over with a spatula and cook 1–2 minutes more.

**8. REPEAT** until all batter is cooked.

Serve with soy sauce with minced scallions added. *Serves 8–10 as an appetizer or side dish*

## ▲ Pad Thai

Once you've soaked the noodles, this is a pleasing quick-cook dish with lots of comfort food appeal.

- 12 oz. package of rice noodles
- 2 Tbs. butter
- 1 pound shrimp, peeled and deveined
- ¼ cup vegetable oil
- 4 large eggs

- 1 Tbs. white wine vinegar
- 2 Tbs. each fish sauce and sugar
- ¼ Tbs. crushed red pepper
- 2 cups bean sprouts
- 3 bunches scallions, chopped
- 1 lime, cut into wedges

**1. SOAK** rice noodles in cold water for 30–50 minutes, or until soft. Drain and set aside.

**2. HEAT** butter in a wok or large, heavy skillet. Sauté shrimp until the color turns from translucent to white-pink. Remove, and set aside.

**3. HEAT** oil in wok over medium-high heat. Crack eggs into very hot oil. Scramble lightly, until firm. Stir in shrimp, and cook for 5 minutes. Add noodles, vinegar, fish sauce, sugar, and red pepper. Mix while cooking until noodles are tender.

**4. ADD** bean sprouts, and cook for 3 minutes. *Serves 6*



# Swiss Chard

Packed with vitamins A and K, this hardy, leafy green is rarely sold in grocery stores but very easy to grow at home.



*Beta vulgaris subsp. vulgaris*

**FIELD NOTES** Easy to grow. One of the few greens that tolerates both cool weather and some heat, if properly watered.

**SUN/SHADE**  
Full sun

**PLANT IN** rich, moist soil.

**MATURE HEIGHT** 1½' both tall and wide

**YIELD** As leaves are removed, more growth will occur.

**ZONES** Annual in cooler zones; a perennial in frost-free zones

**HARVEST WHEN** leaves are 6" or taller; cut from the outside to encourage new growth inside (ribs are also edible).

**CARE** Provide 1½" of water a week. Don't let plant dry out.



## ▼ Rainbow Party Slaw

This slaw works great with grilled vegetables or fish, or as a side dish.

- 8 cups finely sliced green cabbage (1 large cabbage)
- 1 cup thinly sliced chard leaves
- 2 cups finely sliced carrots (about 4 carrots)
- 1 small sweet onion, thinly sliced
- 1 cup thinly sliced red chard stems (about 4 chard stems)

### DRESSING:

- Juice of 1 lemon
- ⅔ cup white wine vinegar
- 1 tsp. salt
- ¾ tsp. celery seeds
- ⅓ cup vegetable oil
- 3–4 Tbs. frozen apple juice concentrate
- Freshly ground black pepper, to taste

- 1. IN A SMALL** bowl, combine the lemon juice, vinegar, salt, celery seeds, oil, apple juice, and pepper.
- 2. STIR** until well blended. Set aside.
- 3. PLACE** cabbage in the bottom of a large bowl. Arrange chard leaves, then carrots, then onions. Place chard stems on top of the cabbage.
- 4. POUR** dressing over the sliced vegetables and serve. The salad may be refrigerated for a few hours, but



the dressing will separate and the red chard stems will lose some of their color if it sits too long. *Serves 8 to 10*

## ▲ Baked Eggs with Swiss Chard

These flavorful eggs are easy to bake up. Garnish with herbs and serve with thick slices of your favorite bread.

- Butter for ramekins
- 2 tsps. extra-virgin olive oil
- 2 large cloves garlic, sliced
- 4 cups thinly sliced Swiss chard leaves or other hearty green leaves (reserve stems for another use)
- ¾ cup coarsely grated Parmigiano Reggiano cheese, divided
- 1 small tomato, halved, seeds removed, diced and divided
- 4 large eggs
- ¼ tsp. fine sea salt
- ¼ tsp. ground black pepper

**1. PREHEAT** oven to 350°F. and generously butter four (6-ounce) ramekins or small gratin dishes.

**2. IN A LARGE** skillet, heat oil over medium heat. Add garlic and cook 1 minute. Add chard; cover the skillet and cook, stirring frequently, until chard is tender, 8 to 10 minutes. Add a few tablespoons of water if the skillet begins to dry out. Remove from the heat and pour off any excess liquid.

**3. STIR** in ½ cup of the cheese and half of the tomato. Spoon the mixture evenly into the prepared ramekins. Break an egg into each ramekin and sprinkle with remaining cheese. Pile remaining tomato around eggs; season with salt and pepper. Place on a baking sheet and bake until egg whites are almost completely set, 15 to 20 minutes. Cool 5 minutes before serving. *Makes 4 servings* (Recipe and image courtesy of Whole Foods Market.)



# Kale

A nutrient-packed cabbage cousin, kale has deeper flavors than lettuce and makes an excellent, healthful addition to soups.

*Brassica oleracea*

**FIELD NOTES** A biennial, it is one of the easiest crops to grow. Eat the leaves the first year; to save seeds, let plant go to seed the second year.

**SUN/SHADE**

Full sun, part shade

**PLANT IN**

Moist, fertile soil

**MATURE HEIGHT**

12-18" tall and wide

**YIELD**

Continuous in cold season; it's a cut-and-come-again crop

**ZONES**

Frost hardy; grown as an annual

**HARVEST WHEN**

leaves are salad size—simply snap them off at the base.

**CARE** Keep watered and feed with a well-balanced fertilizer like 10-10-10.





## ▲ Kale Feta Bread

Try this savory quick bread made with einkorn flour (which is derived from an ancient grain), kale, and feta by Gina of Running to the Kitchen.

- 1½ cups einkorn all-purpose flour
- 1 cup whole wheat white flour
- 1½ Tbs. baking powder
- Generous pinch kosher salt and black pepper
- 2½ cups shredded Tuscan kale
- 1 cup crumbled feta
- 2 eggs
- ¾ cup plain Greek yogurt (2% or full fat)
- ¾ cup whole milk
- ¼ cup chopped walnuts (optional)

**1. PREHEAT** oven to 350°F. and grease a loaf pan with baking spray or line with parchment paper.

**2. COMBINE** the flours, baking powder, salt, pepper, kale, and feta in a large bowl.

**3. WHISK** together the eggs, olive oil, yogurt, and milk in another bowl.

**4. POUR** the wet ingredients into the dry ingredients and mix together until just combined. Transfer the batter into the loaf pan. Sprinkle the chopped walnuts on top, if using.

**5. BAKE** for 45-50 minutes until a toothpick inserted in the middle of the loaf comes out clean and edges start to brown. Let sit for 10 minutes before removing to a cooling rack.

*1 loaf will serve 12*

## ► Kale & Artichoke Dip with 5 Cheeses

Cream cheese hosts a blend of shredded Asiago, Provolone, Parmesan, and Fontina in this sinfully good dip!

- 2 heads garlic
- 3½ oz. kale
- 12 oz. cream cheese, softened
- 1 cup sour cream

- ¼ cup plus 2 Tbs. mayonnaise
- 6 oz. frozen artichoke hearts, thawed and finely chopped
- 1¼ cups shredded cheese blend
- 1-2 Tbs. flat-leaf parsley, chopped
- 1 tsp. salt
- ½ tsp. fresh-cracked black pepper
- 1½ tsps. lemon juice

**1. PREHEAT** oven to 400°F. and lightly mist a small baking dish with cooking spray. Cut tops off of garlic heads, drizzle with olive oil, wrap in foil, and roast for 40 minutes. When cool, squeeze out cloves. Mash them into a paste; set aside. Turn oven to 450°F.

**2. WHILE** garlic roasts, blanch kale for 30-45 seconds in boiling water, then plunge it into ice water. Drain, squeeze out excess water, pat dry, and finely chop kale. Set aside.

**3. PLACE** cream cheese in a large bowl, add sour cream and mayonnaise, and mix until fairly smooth. Mix in artichoke, kale, and roasted garlic, along with ¼ cup of the cheese blend. Add parsley, salt, pepper and lemon juice, and blend mixture thoroughly.

**4. TURN** mixture into prepared baking dish, smooth top with a spoon, and sprinkle with remaining cheese blend. Bake for 20-22 minutes, until dip is hot and bubbly, and the top is golden.





# Zucchini

You can pick zucchini at any stage, but don't let the fruit get too large or you will compromise flavor.

*Cucurbita pepo*

**FIELD NOTES** This summer squash is easy to start once the last frost has passed. Once seedlings are established, mulch around plants.

**SUN/SHADE**  
Full sun

**PLANT IN** well-drained soil or pots at least 12" deep and wide. Allow 3'-square per plant.

**MATURE HEIGHT**  
4' wide x 7' tall, trellised

**YIELD** Produces fruit throughout growing season; one plant feeds a family of 4.

**ZONES** Grown as an annual

**HARVEST WHEN** fruits are small for a more tender and flavorful taste.

**CARE** Zucchini will need 2" of water a week.





## ▲ Grilled Stuffed Zucchini Rolls

Bite-size and healthy, these delicious snacks taste as fresh as they look.

- 2½ cups Dole baby spinach, divided
- ¼ cup packed fresh basil leaves
- 1 4-oz. package goat cheese, at room temperature
- 3 Tbs. chopped Dole green onions
- 1½ tsps. grated lemon peel
- Salt to taste
- 2 Tbs. olive oil
- 1–2 garlic cloves, finely chopped
- 4 medium zucchini

**1. PROCESS** 2 cups baby spinach leaves and basil in a food processor until coarsely chopped. In a mixing bowl, combine spinach mixture, goat cheese, green onions, lemon peel, and a pinch of salt. Set aside. You can make this mixture a day in advance to save time day-of if you plan to serve these at a party.

**2. COMBINE** olive oil and garlic. Cut zucchini lengthwise into ¼" slices. Save outer slices for another use. With remaining 16 slices, brush both sides with oil mixture; sprinkle with salt. Grill for 3 minutes per side or until tender. Remove and cool slightly.

**3. SPOON** 1 tablespoon spinach mixture on the end of each zucchini slice. Top with some remaining spinach

leaves. Roll up slices and arrange, seam-side down, on a platter. Serve at room temperature or warm a few minutes in the oven. *Serves 16*

## ▼ Spicy Sausage Zucchini Boats

Stuff zucchini with a mixture of sausage and cheese, and then grill.

- 6 (6–8") zucchini
- ½ lb. spicy Italian sausage
- 1 Tbs. Land O'Lakes butter
- 1 small onion, chopped
- 1 tsp. finely chopped garlic

- ¼ tsp. salt
- ¼ tsp. pepper
- 1 14.5-oz. can petite diced tomatoes, drained
- 12 (¾-ounce) slices Land O'Lakes deli four-cheese Italian blend, cut diagonally

**1. HEAT** gas grill to medium.  
**2. CUT** zucchini in half lengthwise. Scoop out center of each zucchini and chop. Set aside.

**3. PUT** sausage in skillet; cook over medium heat, breaking up, until browned and cooked through. Remove from heat; drain. Add in chopped zucchini; set aside.

**4. MELT** butter in another skillet over medium heat. Add onions, garlic, salt, and pepper. Cook 5 minutes or until onions are softened. Stir in tomatoes; cook 5–8 minutes, until liquid has absorbed. Remove from heat.

**5. LAY** 2 pieces of cheese side-by-side, overlapping slightly, in bottom of each zucchini half. Spoon sausage mixture evenly over cheese; top each with tomato mixture.

**6. PLACE** zucchini onto grill and close cover. Grill 15 minutes or until zucchini is softened and cheese is melted. Serve warm. *Serves 6*





# Tomatoes

These colorful pick-and-eat classics are easy to grow in containers, so plant them where they'll get the most sun.



*Solanum lycopersicum*

**FIELD NOTES** There are two types of tomatoes: Determinates grow bush-like, with 1-3' branches. Indeterminates grow on large vines.

**SUN/SHADE** Full sun

**PLANT IN** well-drained soil. Tomatoes perform better buried deep. Plant the rootball up to the lowest branch.

**MATURE HEIGHT & YIELD** are both type dependant; one plant will grow 1-12' and produce enough for a family.

**ZONES**  
Grown as an annual

**HARVEST WHEN** fruit has ripened to its final color. Most tomatoes are red, but some are deep maroon or yellow.

**CARE** Feed with standard mix fertilizer once a month to keep them growing well.





## ▲ Garlic Basil Chicken with Pasta

A tomato butter sauce brings a light but tangy flavor to this basic dish.

- 1 lb. boneless, skinless chicken breasts
- ¼ cup olive oil
- 5–6 Roma tomatoes, diced
- 3 cloves garlic, minced
- 1 handful fresh basil, loosely packed, cut into ribbons
- ¼ cup Land O'Lakes® European Style Super Premium Salted Butter
- 8 oz. pasta, like spaghetti, linguini, or bucatini
- Salt and pepper

- 1. COVER** the chicken with plastic wrap and pound each piece to an even thickness, about 1" or so in the thickest parts (this helps it cook faster and more evenly). Remove plastic and sprinkle chicken generously with sea salt and freshly ground pepper.
- 2. PREP** the tomatoes, garlic, and basil and set aside. Make the pasta according to package directions.
- 3. HEAT** olive oil in a large, heavy skillet until a drop of water sizzles across

the top. Add chicken and pan-fry for several minutes on each side, until it gets a nice browning on the outside. When the chicken is done, set aside.

**4. GIVE** the oil a few minutes to cool, then add the tomatoes and return to heat. Simmer to cook the tomatoes down into a chunky sauce-like mixture. Add garlic and butter; stir until butter is melted. Add back chicken to soak in the sauce for a few minutes.

**5. JUST** before serving, stir in the basil. Top servings of pasta with the chicken and the sauce. *Serves 4*

## ▼ Baked Parmesan Tomatoes

Warming and satisfying, try this for breakfast or lunch, or as a side dish.

- 2 large tomatoes, cut into 3 slices each
- ½ cup Parmesan cheese, grated
- 1 tsp. dried oregano
- Salt and pepper, to taste
- Olive oil for drizzling over the top (optional)
- Parsley for garnish (optional)

- 1. PREHEAT** oven to 400°F.
- 2. IN A** small bowl, toss together the Parmesan cheese, dried oregano, salt and pepper. Top each tomato slice evenly with the Parmesan cheese mixture. Drizzle with a bit of olive oil; this is optional.
- 3. BAKE** for about 5–10 minutes or until you notice the cheese starts to turn gold. Garnish with parsley and serve. *Serves 6*











## ◀ Roasted Tomato & Goat Cheese Tarts

Puff pastry makes the foundation for these luscious, single serve “tarts.”

- 1 sheet puff pastry, thawed
- 1 Tbs. all-purpose flour, for rolling
- 6 ripe plum tomatoes
- ¼ cup extra-virgin olive oil
- 1 tsp. fresh thyme
- 4 oz. goat cheese
- Salt, fresh-ground black pepper

**1. UNFOLD** sheet of puff pastry onto a surface dusted with the all-purpose flour. Sprinkle with additional flour and roll out gently until you have a 12"-square sheet of dough.

**2. USING** a sharp knife, cut dough in half. Then, cut each half at 4" intervals, so you end up with 6 rectangles of dough. Lay each rectangle on a parchment-lined cookie sheet, fold in edges to make a “crust” and refrigerate. Heat oven to 425°F.

**3. CUT** tomatoes into slices and crumble goat cheese. Remove dough from fridge, brush with olive oil, lay tomatoes over top, and then sprinkle with salt, pepper, and thyme. Bake for 20-25 minutes, or until crust is brown. Top with goat cheese, returning pan to oven to soften, if desired, and then serve hot or warm. *Serves 2-4*

## ▲ Shakshuka

Tracing its roots to North Africa, eggs cooked in a tomato and red pepper sauce is a one-dish wonder that has found its way onto menus worldwide.

- 1 Tbs. olive oil
- ½ yellow onion, diced
- 1 red bell pepper, cut into ribbons
- 1 Tbs. tomato paste
- 1 tsp. harissa or sweet paprika
- 1 tsp. cumin
- 3 ripe Roma or vine tomatoes, chopped
- 2 eggs
- Salt and pepper, to taste

**1. OVER** medium heat, warm olive oil in a small cast-iron or non-stick frying pan. Add onions and red peppers and cook until very soft, about 15 minutes.

**2. ADD** tomato paste, harissa or sweet paprika, and cumin; stir and cook for about 1 minute. Add in tomatoes, season with salt and pepper, and simmer until sauce has thickened, about 5-8 minutes, depending on tomatoes.

**3. CREATE** little “holes” for each egg and gently crack one into each. Season with more salt and pepper and allow egg whites to set in the sauce. Cover with a lid to speed cooking.

**4. SERVE** with crusty bread to sop up the yolk and sauce. *Serves 1-2*



## Easy-Grow Container Picks

Here are the best compact indeterminate varieties to grow:

**GOLDEN SWEET** Grape type; very sweet; considered the best-tasting yellow

**ISIS CANDY** High-yielding cherry type; golden fruits, streaked with red

**MATT'S WILD CHERRY** Currant type; the most flavorful of all the currant types

**SUN GOLD** Classic cherry type; golden-orange in color; sweet, tangy, and delicious flavor

**SUNPEACH** Cherry type related to the Sun Gold; long clusters with abundant fruit

**SUGAR SNACK** Super-sweet cherry type; some of the sweetest tomatoes around

**SUN SUGAR** Sweet cherry type, comparable to Sun Gold; sweet and tart; very disease-resistant

**SUPERSWEET 100** Super-sized cherry type; high yields, hence the name; best eaten when fruit is fully ripe

**SWEETIE** Rambling vine; super-sweet, firm currant type





# Herbs

Herbs are great gateway plants: Success in growing them will give you the confidence needed to branch out to other edibles.

**the life cycle** of herbs varies by plant. Annuals like basil and dill live only one year, while biennials like parsley complete their life cycle in two years. Other herbs are perennials, lasting at least three years. These include rosemary, sage, tarragon, and thyme. By planting them together, you can create year-round interest in one container.



# Plant and Grow a Delicious, Useful Herb Garden

Growing herbs is super easy. Just fill a large container with a variety of these plants, and place the pot near the kitchen door. Then, simply snip and add to dishes for can't-beat fresh flavor.



## Basil

**PLANTING** Annual. Plant when the ground temperature is at least 60°F. Likes full sun.  
**CARE** Water 1"/week.  
**HARVESTING** Pinch flowers and pick leaves often; this will encourage more growth.



## Chives

**PLANTING** Perennial. Full sun/partial shade.  
**CARE** Water 1"/week. Can divide in early spring.  
**HARVESTING** As soon as they can be cut. Clip from the outside of the clump, about 1/2" above soil level. Flowers are edible, too.



## Cilantro

**PLANTING** Annual. Zones 3-8, plant in spring. Zones 9-11, plant in the winter. Full sun/partial shade.  
**CARE** Water 1"/week.  
**HARVESTING** Clip leaves when big enough to eat. Harvest seeds (known as coriander) when dry.



## Dill

**PLANTING** Annual. Heat and cold tolerant. Full sun/partial shade.  
**CARE** Water 1"/week.  
**HARVESTING** Cut leaves close to stems. Harvest seeds when lower ones turn brown. Finish drying upside down in a cool, dark place.



## Lemon Verbena

**PLANTING** Annual in Zones 3-8. Perennial in Zones 9-11. Full sun.  
**CARE** Water 1/2"/week. Well-drained soil.  
**HARVESTING** Anytime—but don't pick more than one-third of the leaves at a time.



## Oregano

**PLANTING** Perennial. Full sun (Zone 6 and cooler); part shade (Zone 7 and warmer).  
**CARE** Drought tolerant. Well-drained soil. Pinch back.  
**HARVESTING** Once plants reach 4-5", cut stems to the ground to encourage growth.



## Parsley

**PLANTING** Biennial. Full sun/partial shade.  
**CARE** Keep soil moist. Will seed the second year.  
**HARVESTING** When leaf stems have three segments, clip as needed. Harvesting promotes new growth.



## Rosemary

**PLANTING** Perennial shrub (Zone 8 and warmer). Full sun.  
**CARE** Drought tolerant. Dry, well-drained soil. Prune after flowering.  
**HARVESTING** Can harvest several times in a season.



## Sage

**PLANTING** Perennial (Zones 5-8); annual (Zones 9-11). Full sun.  
**CARE** Well-drained soil. Cut to promote new growth.  
**HARVESTING** Annual: as needed. Perennial: harvest lightly the first year.



## Spearmint

**PLANTING** Perennial. Full sun/partial shade.  
**CARE** Vigorous plant, will spread. Keep evenly moist.  
**HARVESTING** Keep plant in check by harvesting tips regularly, pulling where you don't want it to grow.



## Tarragon

**PLANTING** Perennial, but doesn't like hot, wet summers. Full sun.  
**CARE** Afternoon shade in hot areas. Drought tolerant. Cut back brown foliage in spring.  
**HARVESTING** Can be dried.



## Thyme

**PLANTING** Perennial. Full sun.  
**CARE** Drought tolerant. Needs excellent drainage. Cut stems back by one-third in spring. In summer, pinch back tips of stems.  
**HARVESTING** As needed.



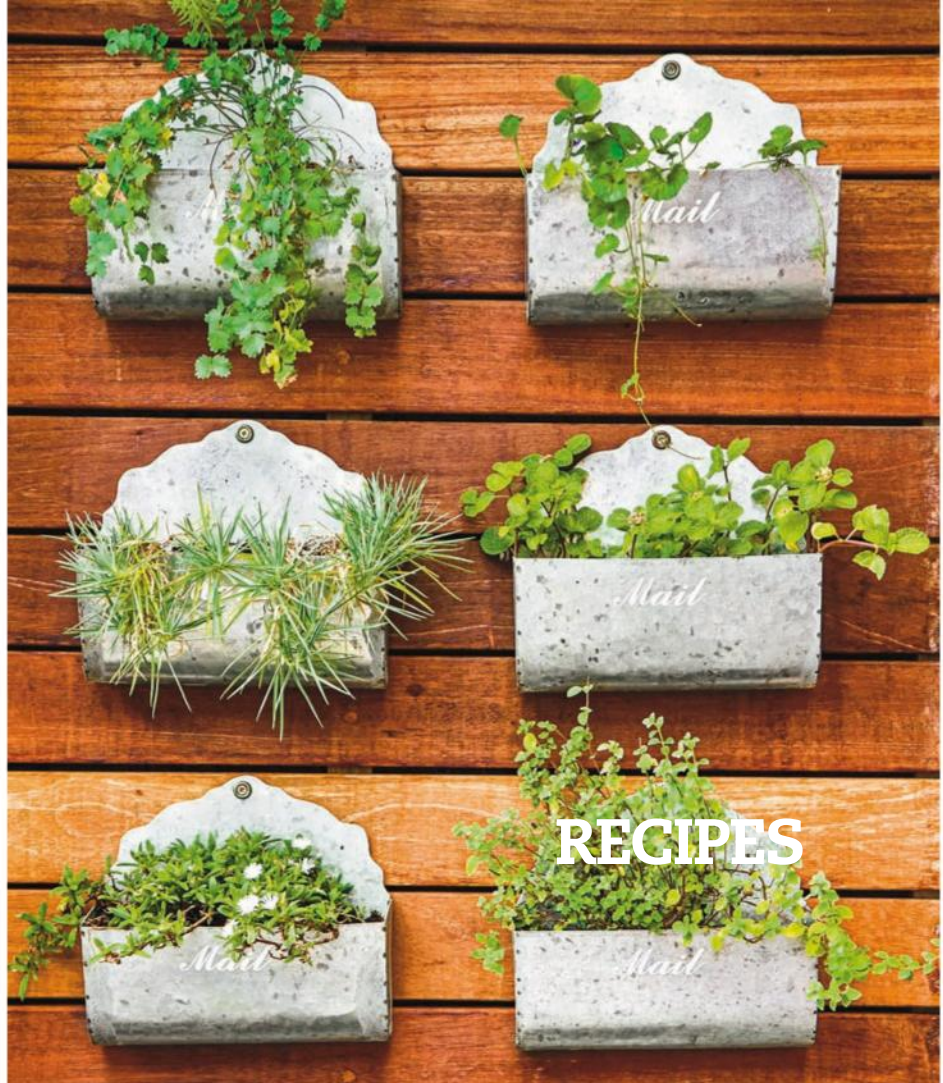
# PROJECT

## ► grow herbs on a wall

Plant frequently used herbs to create a living spice rack. Fun mail pockets keep things tidy and decorative, but you can get the look using any hangable container.

## Dried to Fresh Herb Conversion

If your recipe calls for dried herbs and you plan to use your fresh herbs, remember this easy conversion: 1 to 3. For instance, if your recipe calls for 1 teaspoon of dried thyme, use 3 teaspoons (1 tablespoon) of fresh thyme instead. The 1 to 3 conversion is true for any dried-to-fresh herb use.



## RECIPES

## ◀ HERB TOWER

### MATERIALS

Stacking your pots gives your container herb garden height and spunk! It also lets you use old, recycled, cracked pots.

- > 1 16" terra-cotta pot\*
- > 1 12" terra-cotta pot
- > 1 8" terra-cotta pot
- > Basil, chives, oregano, thyme, fennel, or other herbs of your choice

\*Or other pot material of your choice

**1. EXPAND YOUR GROUND** Tuck a large pot into a tight spot, and then add more visibility by "planting" two more pots within the base container. You gain not only a little more planting space but also big interest and style. Change up the materials by using ceramic, metal, or even colorful plastic containers.

**2. RISING ABOVE** The only rule of thumb here is to grow whatever herbs you love and will use the most. Put trailers on the bottom and an upright on top. We chose Italian basil and chives for the top tier, but other good choices include parsley, lavender, and rosemary.





## ► Oregano & Asiago Breadsticks

These fresh-from-the-oven herb and cheese breadsticks taste homemade. They're delicious on their own, or serve with a marinara dipping sauce.

- 1 medium egg
- 1 Tbs. water
- 3 oz. (¾ cup) freshly grated Asiago cheese
- 1 Tbs. dried oregano or 3 Tbs. minced fresh oregano
- 1 can (11 oz.) refrigerated breadsticks; can also use 1 can (13.8 oz.) pizza crust

- 1. PREHEAT** oven to 350°F. Spray oven sheet with nonstick cooking spray.
- 2. LIGHTLY** beat egg with water in a medium-size bowl.
- 3. UNROLL** breadstick dough and separate into 12 breadsticks; place on oven sheet 1" apart. Pinch ends. Coat dough with herb and Asiago cheese.
- 4. BAKE** for 14–19 minutes, or until golden brown. Serve warm, with marinara sauce, if desired.



## ► Herb-Crusted Chicken Breasts

This “breading” helps to keep chicken from drying out as it cooks and imparts a fresh, lively flavor.

- 4 chicken breasts
- 1 Tbs. salt
- 2 Tbs. extra-virgin olive oil
- 4 cloves garlic, minced
- 1 tsp. dried or 1 Tbs. fresh minced each thyme, basil, and rosemary
- ½ cup grated Parmesan
- 1 Tbs. grated lemon zest

- 1. PREHEAT** oven to 425°F. Rinse and pat-dry chicken breasts.
- 2. COMBINE** the remaining ingredients in a small bowl.
- 3. RUB** the herb/oil/cheese mixture onto the chicken. Bake it for 25



minutes or until cooked through; cooking times will vary depending on thickness of the breasts.

- 4. TEST** for doneness using an instant-read thermometer. When the internal temperature reaches 165°F., remove chicken from the oven.

- 5. ALLOW** to rest for about 5 minutes before cutting into serving-size pieces. You can adapt this recipe to finger food by rubbing crust mixture on chicken tenders and baking on a cookie sheet. Serves 4–6



# Best Garden Tips

Growing vegetables can be rewarding but challenging—until you learn the ABCs of proper plant care. Our quick reference guide can help.

WARM-SEASON/SUMMER CROPS REQUIRE NIGHT TEMPS ABOVE 45-50°F.



**CUCUMBERS**

**PLANTING:** Cucumbers hate to be transplanted, so if container growing, start seeds in the same vessel that will be placed outside, using soil that contains a pH of 6.0 or higher.  
**GROWING & HARVESTING:** Jump-start the season by starting seeds indoors 6-8 weeks before the last average frost date. To extend harvest, sow again outdoors 4-5 weeks later for an early fall harvest. Cucumbers can grow with or without support, but trellising maximizes space—just pinch first lateral shoots at leaf axils so that growth creates a natural umbrella for the fruit. Water, water, water and mulch to retain moisture. Harvest early and often. To do: Hold vine in one hand and quickly twist the cucumber with the other. It should snap off easily. Slicing cukes are ready at about 7" and picklers when they are about 2.5" long.



**PEPPERS**

**PLANTING:** This crop grows best outdoors as a transplant. Start inside in a 4" pot, 8-10 weeks before the average frost date. Plant outdoors 15-18" apart and at the same depth as in the pot.  
**GROWING & HARVESTING:** Peppers love heat and humidity, so mulching helps. They grow best at 70-75°F. and will drop their blossoms above or below this temperature. If growing in containers (both hot and sweet peppers grow well this way), place them in a sheltered location to maintain conditions, and bring inside if/when temperatures top 90°F. or dip below 60°F. Most sweet peppers will turn red—and get sweeter—if you let them grow long enough.



**SWEET CORN**

**PLANTING:** Corn should be planted one week before the frost-free date. It will take 2-3 months to mature. Corn is wind pollinated, so know which direction the wind blows; another way to ensure good pollination is to plant several short rows, at least 8x6-feet long, in a block. Mix 10-10-10 fertilizer at a rate of half a pound every 10 feet of row before planting.  
**GROWING & HARVESTING:** Corn is always starving, so three times during the growing season add ¼-pound of nitrogen/50 feet of row. Sow corn 1.5" deep and 3-4" apart, and make sure it gets 1.5" of water/week. Pinch side shoots when corn is about ½' tall and mound up soil around stems to keep stalks upright. Harvest when silk tips are dark brown and dry. Protect from corn earworm by clipping silk ends with a clothespin as stalks start to tassel.



**BEANS**

**PLANTING:** Green beans and pole beans should be sown in cultivated soil 2-4" apart and 1" deep, depending on the variety. Beans need rich soil, as they are heavy feeders.  
**GROWING & HARVESTING:** Beans can be kept going all season long and do great in containers. The secret is to put seeds in the ground when it is warmer, usually about the second week of May, and then replant several times to keep the harvest rolling. Seed at two-week intervals to mid-July and this should keep you in beans until frost. Do not overfeed or fruit will be supplanted by foliage. Pick when fruit is fully formed but before it becomes overly big.



**WATERMELON**

**PLANTING:** Plant in a hill with compost dug into the bottom. Mounds should be 6" high and 4' apart (10' for large varieties). Let mounds settle 24 hours (to ensure settling will not bury seeds too deeply), then plant two seeds/mound—no more or crowding will inhibit growth. Watermelon can grow in a container; pick a variety that produces small fruit.  
**GROWING & HARVESTING:** Fertilize when vines are about 12-14" long and again when first fruits form. Keep soil consistently moist. Use straw mulch to keep melons off the ground, or trellis them as their weight increases—old pantyhose work well as hammocks. A yellow spot where fruit touches the ground indicates ripeness. Ripe melons will detach from vines easily.

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**TOMATOES**

**PLANTING:** Jump-start by starting seeds indoors 6-7 weeks before the last average frost date. Sow 18-24" apart and ¼-½" deep, depending on variety. Before planting, pinch off 2-3 lower branches. Plant in full sun. Time container planting with lilac blooms.

**GROWING & HARVESTING:** Set up trellises, cages, or stakes for support. Plant early-, mid-, and late-season types to extend the harvest. Water 1"/week and mulch to retain moisture. Tomatoes are heavy feeders, so side-dress with a small amount of fertilizer once or twice during the growing season. Red plastic mulch will help tomatoes thrive.

**How to tell if your tomatoes are nitrogen deficient:**

Slow growth with slender stems = nitrogen deficiency.

Lessening of the number of buds in newly formed clusters = nitrogen deficiency.

Drop of unfertilized flowers = nitrogen deficiency.



**EGGPLANT**

**PLANTING:** This is a warm-season crop. Sow seed in early summer, 18-25" apart and ¼" deep, depending on variety. Use 2 gallons of soil/plant, and site in the warmest part of the garden.

**GROWING & HARVESTING:** Jump-start the season by starting seeds indoors 2 months before the last average frost date. Eggplant requires hot weather, so cooler climates should grow it in black plastic containers, which raises the temperature. Grows best where no related crops were grown within 3-4 years. Plant in full sun, water 1" per week, and mulch to retain moisture. Pick fruit before skin loses gloss—overripe fruit is bitter.



**SQUASH**

**PLANTING:** It is helpful to note that squash have both male and female flowers, so be sure to choose a variety that has a lot of female flowers. Sow seed 18-24" apart and ½" deep. Squash do not like acidic soil, so make sure the pH is 6.0 or higher.

**GROWING & HARVESTING:** Summer squash are harvested when tender and still immature. They do not store well; eat within a few days of harvesting. Winter squash are a vine-type plant. Harvest in the fall when fully mature. Winter squash stores well in a cool, dry place. Plant in full sun. Water 1"/week. Mulch to retain moisture. Flowers are also edible.



**SWISS CHARD**

**PLANTING:** Plant your chard just after the last frost-free date in your area. Sow 5-6 seeds in small clusters ½" deep and about 3" apart.

**GROWING & HARVESTING:** As seedlings emerge, thin so your plant clusters are about 6" apart to give them plenty of breathing space—ultimately, you do not want the leaves of separate plants to touch. Fertility is important for this relative of beets: Use a 10-10-10 fertilizer at 6 ounces/15 row feet. Harvest leaves from the outside to let new leaves grow up from the center of the plant. Keep your pH between 6.2-6.8 because acid soils result in stunted plants.



**SWEET POTATOES**

**PLANTING:** Sweet potatoes are a bit of a space hog, and they need at least 150 days without frost. Sweet potatoes are usually planted as pieces with sprouts. They will do best in friable soil with a large sand component. The pH of the soil should be 5.6-6.5. Avoid a pH of 7 or above because of the potential to encourage disease. Also, avoid excess nitrogen, as this can cause potatoes to split.

**GROWING & HARVESTING:** Mulch and then harvest potatoes after the first frost kills back vines. Be careful when digging due to thin skins on the tubers, and then let them cure in a warm, dry place for two weeks. The final storage area should be cool and dry.



**BEETS**

**PLANTING:** Beets prefer cool, moist weather. Sow seed in cultivated soil, 1" apart and ½" deep. Plant in full sun. Beets grow well in containers. In the north, sow seed 30 days before last average spring frost and continue with successive plantings at 3-4 week intervals. In southern regions, plant beets in the fall and early spring.

**GROWING & HARVESTING:** Ensure plants are watered 1" per week. Mulch to retain moisture. Thin plants when they reach approximately 2" high. The leaves are as tasty as the root. Harvest when greens are full and tops of beets are just poking through the soil.





**LETTUCE**

**PLANTING:** Cultivate soil 12–15" deep, mixing with organic matter. Sow seed in early spring: 3–4" apart for leaf lettuce, 6–8" for loose-headed types, and 12–16" apart for head lettuces. Plant  $\frac{1}{4}$ – $\frac{1}{2}$ " deep. Water plants 1"/week.

**GROWING & HARVESTING:** Early plants start in full sun, but as summer approaches, plant in part-shade, and mulch to keep soil cool. Chilling the seed for a couple of weeks before making that late-July or early-August planting in the shady area also helps to keep the crop sprouting and growing until cooler weather sets in. A great trick to keep lettuce going longer and stronger is to snip the outer leaves of a plant and let the inner ones keep going when you start harvesting.



**CARROTS**

**PLANTING:** To maximize space, plant with radishes, because they come and go before carrots really grow. Use a minimum 14"-deep container with soil that has a pH of 6.5 or higher.

**GROWING & HARVESTING:** Carrots will be bitter with prolonged cold weather, so bring containers inside if temps dip below 50°F. for longer than a week. How do you know they're ready to pull? If the foliage is bushy, you are good to go. Did you know that you also can eat the tops? They are bitter; however, a snip or two of the foliage in a salad or soup is a fun addition.



**COLLARDS**

**PLANTING:** In cultivated soil, sow seed 3" apart and  $\frac{1}{2}$ " deep three weeks before the average last spring frost and again in the fall, 10 weeks before the first frost.

**GROWING & HARVESTING:** Collards will grow just fine in a container, and since leaves grow from a center stalk, these plants are perfect for an individual small container. Pick leaves when they are small and tender; they actually improve their taste with a light frost. Make them part of your autumn decorations along with the beautiful blue leaves of cousin lacinato kale.



**RADISHES**

**PLANTING:** In cultivated soil, sow radish seed 1" apart and  $\frac{1}{2}$ " deep. Radishes grow so fast, you don't need a dedicated area. Plant next to other transplants.

**GROWING & HARVESTING:** Plant in full sun to part-shade. Ensure plants are watered 1"/week. Mulch to retain moisture. The ideal growing temperature for radishes is 60–65°F. Temperatures outside of this range can result in harsh-tasting crops. Radishes grow well in containers. Windowbox your radishes along with colored lettuce varieties and parsley for an interesting spring and fall harvest. Mulch your radishes when the second set of leaves appear—this will keep them from getting hot and bitter to some extent.



**SPINACH**

**PLANTING:** Spinach must have 6 weeks of cool weather from seeding to harvest. Sow seed 12" apart and  $\frac{1}{2}$ " deep. Plant in full sun in short rows, and plant more spinach every 10 days or so up until daytime temperatures reach 70°F.—then you can begin planting again in late August.

**GROWING & HARVESTING:** Water plants 1"/week. Mulch to retain moisture. Fertilize when spinach reaches about 8", using 3 ounces of fertilizer for each 10' of row. Keep spinach going by harvesting outer leaves until a bud forms in the center, and then harvest the entire plant as it is about to bolt. Spinach grows well in containers. Plant a deep container with a strong support in full sun next to your pole beans for a vegetation summer screen!



**BROCCOLINI**

**PLANTING:** Broccolini is a bit of a challenge to grow. It is a hybrid of Gai-lan and broccoli. It is intolerant of temperature extremes and not as cold-tolerant as broccoli. Plant seedlings 12" apart in rows 2' apart. Like broccoli, broccolini prefers to grow in the spring and fall of the year, and it needs a greater amount of fertilizer (fish emulsion types work well). Broccolini plants also prefer a pH between 6–7. Seedlings can be planted in the ground at a depth  $\frac{1}{2}$ " deeper than they were in the containers they were grown or purchased in. Be sure to mulch plantings and work compost into earth before planting.

**GROWING & HARVESTING:** Make sure the plants have 2" of water/week, and harvest 60–90 days after planting: Yellow leaves mean you have waited too long to harvest. Remove heads with stalks only and leave green leaves, because more heads can be produced.





**STRAWBERRIES**

**PLANTING:** Plant everbearing strawberries in spring. Double-dig planting bed with 2 gallons of compost/square yard. You can add garden fertilizer as a top dressing.

**GROWING & HARVESTING:** Water crowns well the first weeks after planting. In first year, remove any spring blossoms. In the fall, cut off any runners (replant these) and fertilize in late winter (keep it off foliage). Pinch off 48 hours after full coloring occurs for sweetest berries.



**ASPARAGUS**

**PLANTING:** For best results, purchase pre-grown 1-year-old asparagus crowns. Plant in April before buds break dormancy in a 6-8"-deep trench with 12-18" between crowns.

**GROWING & HARVESTING:** Keep crowns evenly moist and do not snap stalks in the first two years; let them mature to ferns to build strong roots. In fall, cut ferns to a height of 2" above ground level. To harvest, snap (do not cut) off about 3" below soil level. Halt harvest mid-June.



**LAVENDER**

**PLANTING:** Seedlings are fragile, so it's better to start from cuttings. Note that lavender is not easily transplanted after two years.

**GROWING & HARVESTING:** Lavender likes light soil, low rain, high pH, and good air circulation. Cut back in spring when new growth begins but not beyond point of new buds, usually 6-8" above ground. Shear after blooming to maintain compact shape. Pick when fully open. It takes five years to produce a good crop.



**RHUBARB**

**PLANTING:** Dig holes 24" deep, 24" wide and 36" apart. Fill with 6" of compost, mix the removed soil plus 3 ounces of 10-10-10 fertilizer, and back fill to an additional 12" depth. Put a crown in the hole so tops and buds are about 4" below the surface. Top up with soil/compost mix.

**GROWING & HARVESTING:** Likes full sun, and lots of water and fertilizer. Never let flower. Harvest only a few stalks the first year by twisting base of stalks; harvest half the stalks in successive years. And NEVER eat the leaves!



**CHIVES**

**PLANTING:** Chives are easy to grow from seed; plant 1' apart in spring in full sun or light shade. Plant in rich, well-drained soil with a pH of 6-8.

**GROWING & HARVESTING:** Chives need evenly moist soil around their roots. They will spread to about a 1'-diameter clump. To reduce chive invasion, cut flower heads off close to the ground as flowers begin to fade. Both flowers and leaves are edible, but note that allowing plants to flower will make leaves tougher.



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# Reduce **Body Fat**

## **Increase Energy**

### Improve Skin Appearance...

## **and More!**

**BREAKTHROUGH NATURAL PRODUCT HELPS FIGHT AGE RELATED SYMPTOMS.**

**By Marjorie Williams**

For some time, science and technology have sought to turn back the clock and reduce - or even eliminate - the negative effects of aging. But is it really possible to successfully fight unwanted signs of aging such as cellulite and weight gain, lower energy levels - even memory loss and wrinkles?

Increasingly, researchers are saying, "Yes," to that question - and some of the most promising results have been found in the study of human growth hormone (GH), the regulator of almost every hormone (progesterone, testosterone, melatonin, etc.) in the human body.

#### **What Can GH Do for Me?**

The human body naturally produces GH in abundance until the age of 21. Unfortunately, our natural GH levels fall about 14% per decade until production is reduced in half by age 60. A number of studies indicate that replenishing this critical hormone can actually help restore many youthful characteristics that were once thought to be out of reach for aging men and woman.

After more than 15,000 GH replacement therapy studies in the last 60 years, maintaining optimum levels of GH has been found to: increase energy; promote weight loss and lean muscle without exercise; improve

vision, **!! EGH-1 has helped me increase my energy levels and has reduced wrinkles around my eyes. !!** *Dr. Faith Leuschen, D.C*

reduce depression; reduce high blood pressure and improve cardiac output; improve cholesterol profile; improve skin and appearance; restore natural hair color and restore hair growth.

#### **Can GH Help Me Lower My Body Fat?**

A recent study (Rudman, Journal of the American Geriatrics

Society) reported that people who took GH achieved an average of 14.4% loss of body fat and an 8.8% increase in lean body mass (muscle) without exercise over a six-month period. After his studies, Dr. Daniel Rudman, M.D., concluded: "The effects of six months of GH on lean body mass and fatty tissue were equivalent in magnitude to the changes incurred during 10-20 years of aging."

Edmond Chein, MD, and L. Cas Terry, PhD, tested over 800 individuals and reported in their 1995 study that GH has substantial benefits and no side effects.

#### **What other Health Benefits are Associated to HGH?**

Consistent use of GH is believed to stimulate the natural process in the human system in which the pituitary gland resumes secretion of GH at levels which occurred during youth, regulating the entire endocrine system, including modulation of hormones, blood pressure and cholesterol levels.

Researchers have Determined that Six or More Months of GH Replacement Therapy can produce impressive results that include:



#### **TOP 10 RESEARCH RESULTS**

- 1. Reduction in Appearance of Cellulite and Fat**
- 2. Increased Stamina and Vitality**
- 3. Improvement in Sleep**
- 4. Wrinkle Reduction and Smoothing**
- 5. Increased Muscle Mass without Exercise**
- 6. Improved Exercise Performance and Tolerance**
- 7. Enhanced Immune System**
- 8. Increased Energy and Performance**
- 9. Improved Memory**
- 10. Strengthening of Bones**

Users of GH replacement therapy enthusiastically report that they feel younger, more alive and vital than they have ever felt before!

#### **But Is GH Available - or even Affordable?**

Until recently, although GH has been a promising anti-aging weapon, it has not been easily accessible for most people. Due to high costs previously associated with GH, only the medical profession and the wealthy have commonly taken advantage of the power of GH. (Not surprisingly, it has become an anti-aging secret of numerous celebrities).



Today, however, technological developments have overcome the prohibitive cost factor. Now, a one month supply of growth hormone replacement costs less than \$40, a fraction of the price of traditionally injected GH, which can cost anywhere from \$1,200 to \$5,000 dollars per month.

In the past, delivery of GH into the body was another formidable challenge: the large GH molecule could once only be effectively administered through injections. However, recent technology has overcome this obstacle as well, making growth hormone replacement therapy available in an effective oral spray form.

### **An All Natural, Effective and Affordable Solution**

In 1991, Dr. Lawrence, a world-renowned polymer physicist developed an oral delivery system for GH with a unique vegetable-based enzyme polymer, which allowed a large molecule such as growth hormone to be absorbed via the oral mucosa.

Between 1991 and 1997, thousands of scientific studies were conducted in five major U.S. cities by Bushard Pharmaceuticals medical team. These studies verified the validity of the new oral application of GH.

Tested were people between the ages of 31 and 89 with average to fair health conditions. Protocols for the studies included: fasting from all nutritional vitamins and supplements two weeks prior to study, IRB Study Protocols, IGF-1 (insulin-like growth factor, type 1), HDL and LDL levels prior to and during all testing and S.M.A.C. test (liver enzymes and kidney enzymes). Levels of the above tests were conducted every 30 days to determine the efficacy of the new oral spray application.

### **Astounding Research Results**

The results were astounding -- not only were there no side effects, but test subjects had an average increase in their IGF-1 levels of 30% every 30 days. In 90 days, most of the test subjects had doubled their IGF-1 levels, which represented a measurable improvement in biological age as effective -- or in some

cases, more effective -- as had been found with patients taking injections of GH. Cholesterol levels were diminished in over 80% of patients by an average of 14.8%, and triglyceride levels also diminished by 31%. Noted were increases in mental stability, lean muscle mass, energy, libido, skin rejuvenation, and reacquired hair color and density. Also noted were reductions in excess weight, blood pressure and blood sugar.

"Thousands of studies were conducted in major US cities verifying the benefits of the oral spray for people between the ages of 31 and 89 with average to fair health conditions," says Lawrence. "Study participants showed reduced cholesterol and triglyceride levels, increase in lean muscle mass, improved energy, enhanced libido, skin rejuvenation, improved mental stability, reductions in excess weight, blood pressure and blood sugar."

**!! My diet and exercise patterns haven't changed much in the last two weeks. However, since I've started taking EGH-1, I wake up refreshed and ALWAYS get a full night's sleep. This stuff's amazing! !! John H., Age 33, Seattle, WA**

### **Suggested Use of EGH-1**

Suggested usage of the GH spray, for the recommended dosage successfully used in research studies, is 3 sprays in the morning (2,000 ngs) and 3 sprays at bedtime (2,000 ngs), for a total of 4,000 ng daily.

### **Selecting the Right Oral GH Solution**

While several formulas are currently available, experts caution users to look for a formula that offers a high hormone concentration and effective delivery. For example, EGH-1 oral spray offers *twice* the strength of other oral GH products on the market, containing 2,000 ng of recombinant growth hormone per dose, the highest concentration of biologically active growth hormone available. It is also completely absorbed into the cells of the oral mucosa and goes directly to the pituitary gland, avoiding inactivation in the digestive process.

Consumers should also look for the

vegetable-based polymer rather than a petroleum-based polymer, which is a proven hazard to health and can settle in the lymph glands of the body for a lifetime. Containers of oral GH spray should be amber colored and shrink-wrapped for thorough UV protection, because GH is an extremely volatile molecule that can be damaged very quickly in the presence of sunlight (UV rays).

### **How Long Does It Take to Work?**

Many users report that the effects are instantaneous. GH is considered the "smart hormone" because it first benefits that part of your system most in need of help, repair or rejuvenation. Then it moves to the next area most in need. Feelings of well-being and weight loss may not appear overnight, but as damaged tissue is repaired, users begin to see and feel the youthful effects of a well-balanced hormonal system.

People who have taken EGH-1 have reported benefits that include: reduction in fat deposits such as love handles and fat on the thighs and upper arms, improved energy levels and emotional states, a more toned and attractive

physique, better focus and concentration ability, overall mood elevation, reduced signs of aging such as wrinkles and thinning hair, better sleep patterns and even improved health factors such as cholesterol and blood pressure profiles and increased immunity.

With its long list of potential benefits GH will undoubtedly remain at the forefront of the anti-aging research field.

**For more information about how to get your FREE 30-day Supply of EGH-1, call 1-888-882-8245 and ask for Dept. EDIBLE17 or visit: [www.egh1.com](http://www.egh1.com)**





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