

The Garden's Edge



VOLUME 1, NUMBER 3, MARCH 2010

THANK YOU

Thank you very much to the following for their support:

BBM Products Inc.

Donated a wonderful truck-load of aged compost, a mix of manure, mulch, sand and ash, to be used for our transplanting. This arrived the last full week of March and was used for many, many transplants.

Strickland Trucking Inc.

In the last days of March, Strickland Trucking called to say they were on their way with a dump truck load of aged manure/compost! This dark matter has been mixed with our existing compost to continue using for transplanting. Some has also been spread around the greenhouse to fix the "clay mud" issue for volunteers.

Mudcats Radio

MudcatsRadio.com is about to kick off its first season, and have generously picked Grow And Share as their Cause of the Season. Grow And Share will be "advertised" during Mudcats game broadcasts on WDWG FM and WDOX AM.

Clyde And Margarita Tucker

Donors of our greenhouse currently housing 10,000+ plants, the Tuckers visited in March. We're pleased they came to see results of their generosity!

VOTE IN THE PEPSI "REFRESH EVERYTHING" FUNDING CONTEST

Please vote for the Grow And Share project every day during the month of April 2010. Help us "win" funding from Pepsi by voting each day. While you're there, you may vote for up to 9 more projects you feel are worthwhile.

Grow And Share's proposed project in Refresh Everything is a project to create a long-term food supply, starting in North Carolina, by planting fruit trees and berry bushes—a la Johnny Appleseed!

Details:

www.refresheverything.com/theappleseedconcept



Check back on the Pepsi Refresh Everything website at the beginning of May to find out if our project has been funded. (*Please do vote every day!*)

KEEPING YOUR GARDEN IN PERFECT TIME

By Claire Moylan

To Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn)
And a time to every purpose,
under Heaven

*– Lyrics by The Byrds taken from the
Book of Ecclesiastes*

While The Byrds may have had it right when they sang that it was never too late for peace, it can be too late or too early to plant certain vegetables, depending on the season. There's definitely a time to plant and a time to reap. To get it right you have to pay attention to your climate zone, the types of plants you're planting, and how you want to time the harvest. Whether you are a starting gardener or more seasoned, planting in spring is always a bit of an experiment. New gardeners can make the mistake of planting tomatoes too early or starting seeds too late. More experienced gardeners will try new types of plants and seeds, which may or may not work out depending on the weather that year. The more you start to pay attention to the seasons the better your results with gardening.

(continued)

Last Spring Frost Dates

Grow and share is going to provide plants for gardeners in North Carolina that pledge to share their harvest with others this season. The distribution date is April 17th. The reason for this is that you typically have to wait until the last spring frost to plant most of your plants. Some seeds, like peas, can be planted earlier outside, but plants require some protection from frost. The last spring frost will vary by your microclimate zone. In North Carolina for instance, the Farmer's Almanac has April 10th, 2010 as the last spring frost date for Raleigh/Durham. That means that there is only a 50% chance or less that it will frost after that date. It doesn't mean it won't frost, but much less likely than if you planted before that date. For Asheville, in the same state, you have to wait until April 12th because they are located up higher in the mountains. Your state may have different last frost dates, but that information is available online at [the Farmer's Almanac](#) online.

What to Plant

In North Carolina we are blessed with great year-round weather. That means we can get two sowings in on some crops. We can also grow things like okra, hot peppers, and eggplant. North Carolina is in Zone 7 - a temperate zone. When you buy seeds in the home and garden store, they are usually rated for zones and tell you when you can plant them based on the last frost date. Some can be started much earlier inside and transplanted, and other types of plants resent being transplanted and have to be started from seed. There's a lot more to gardening than just buying a plant or seed and sticking it in the ground. You have to be very

aware of your environment and the seasons.

Winter is when people usually plan their spring gardens, as it takes some thought and spring is a busy gardening season! You may decide you want to grow lettuce, beets, and carrots for a salad, and find out that the correct planting for carrots has passed! Just because the supermarket offers you that produce at one time, it doesn't mean your garden will be as obliging. The supermarket will transport food from Texas, Florida, and even Mexico or other countries to get that diversity of food on your plate. Carrots are easily stored in refrigeration so can be harvested, stored, and sold throughout different seasons. If you were to rely only on what's growing in your garden at the same time, your eating habits and diet would change drastically based on what's in season! Take a look at [NC State's vegetable planting guide for spring](#) to learn more about what to plant.

You may find the weather is still a bit crisp, so lettuce and beets are great choices. However, beets and carrots don't like to be transplanted and should be started from seed directly planted in the garden. Instead of waiting to harvest the beet tubers, you can also learn to use the beet greens for salad greens or as a vegetable side dish. Things like potatoes and peas are also perfect spring sowings. Potatoes are planted from seed potatoes in a very special manner, and will be discussed in a later issue. Peas you just plant directly in the ground from seed. Perennials like asparagus have to be planted in early spring from cuttings to get settled, and won't produce asparagus until the following year. Once you do have an asparagus bed

RESOURCES

- *Farmer's Almanac*
www.farmersalmanac.com
- *NC State Univ Planting Guide*
www.ces.ncsu.edu/depts/hort/consumer/quickref/vegetable/plantingguide.html
- *Square Foot Gardening* (book)
www.amazon.com/Square-Foot-Gardening-Mel-Bartholomew/dp/0878573410

established in can produce for up to 10 years with no further planting!

Stagger Your Planting

The biggest mistake a beginning gardener makes is to plant everything at once. If you look at the chart provided by NC State, you'll see you want to stagger your plants according to the best time to plant. In addition, you want to stagger multiple sowings so that they all don't produce at once and you get swamped with trying to take care of the garden chores. Another great resource that shows you appropriate planting times for different types of plants is the book called "[Square Foot Gardening](#)" by [Mel Bartholomew](#). It's chock full of great information on what to plant, how to space the plantings, what can be started from seed indoors, and what doesn't like to be transplanted.

A Schedule for a North Carolina Vegetable Garden

If you missed the chance to figure out what you want to plant in the winter, here's a couple of tables for April and May on what to plant in each season for North Carolina to get you going in 2010.

(continued)

APRIL

<i>Plant Name</i>	<i>Seed/Plant (S/P)</i>	<i>Timing</i>	<i>Stagger</i>
Beets	S	Spring: 2 weeks before last frost - April 1 st . Fall: 8 weeks before first frost.	Every two weeks. Resents transplanting.
Chinese Cabbage* (bok choy, choi sum, Pok choy)	S	Spring: March 15 th to April 1 st . Fall: August 1 st to August 15 th .	Will only grow in temperatures from 50 to 80°F.
Cabbage	P	Spring: February 1 st to April 1 st . Fall: August 1 st to August 15 th .	Only two sowings per season max.
Cantaloupes	P	Spring only: April 20 th to June 1 st .	One sowing only.
Corn	S	Spring only: April 15 th to June 1 st .	Sow multiples every two to four weeks.
Cucumbers	P/S	Spring: April 20 th to May 15 th . Fall: August 1 to August 15 th .	Best to sow many at one time each season and let vines produce.
Hot Peppers	S	Start indoors in April for transplanting in May.	Plant multiple varieties for a fun garden.
Kohlrabi	S/P	Spring: March 1 st to April 15 th . Fall: August 1 st to September 1 st .	No information on staggering.
Lettuce	S	Spring: March 1 st to April 1 st , depending on variety. Fall: August 1 st to September 1 st , depending on variety.	Every 2 to four weeks.
Potatoes	S	Seed potatoes are specially ordered, not the potatoes in your cupboard which are chemically treated. Spring: Feb 15 th to April 1 st .	Plant once and mound throughout the season.
Pumpkins	S	April 15 th to June 15 th .	One sowing only.
Summer Squash	S/P	Spring: April 15 th to May 15 th . Fall: August 1 st – August 15 th .	High producer. Can stagger every two weeks.
Swiss Chard	S	March 15 th to May 1 st	Stagger every two weeks within sowing season.
Tomatoes	P	April 20 th to July 15 th .	Multiple sowings at one time in the season is sufficient to bring in lots of tomatoes.
Watermelons	S	April 15 th to June 1 st .	Multiple sowings at one time.

MAY

<i>Plant Name</i>	<i>Seed/Plant (S/P)</i>	<i>Timing</i>	<i>Stagger</i>
Beans	S	May 1 st to July 1 st , depending on variety of bean.	Stagger different varieties for fun.
Bell Peppers	P	Late Spring: May 1 st to May 31 st	Plants can be planted every week from May 1 st to May 31 st to stagger planting.
Eggplant	P	May 1 st to May 31 st .	Sow multiples at one time in season.
Hot Peppers	P	Plants you started earlier can be transplanted now.	Stagger or plant all at once.
Okra	S	May 1 st to May 31 st .	Okra will grow tall and produce very late in the season. Don't plant too late.
Peas (Southern types only)	S	May 1 st to July 1 st .	Only southern types will tolerate the summer heat here planted this late.
Sweet Potatoes	P	May 15 th to June 15 th .	No information on staggering.

**Chinese cabbage seeds are sometimes found at home and garden centers. A large selection of Chinese*

vegetable seeds can also be obtained at [the Grand Asia Market](#) located here in Cary, NC.

Claire Moylan is a freelance writer, online instructor, and Grow and Share volunteer gardener. Follow her on Twitter at @ClaireMoylan.

VOLUNTEER OPPORTUNITIES

Volunteers help Grow And Share meet its goals and ensure many gardeners growing food and sharing it with the needy. If you are looking for a way to make a difference, please volunteer. Help we need right now includes:

- Watering plants in the greenhouse Wednesday or Saturday mornings
- Collecting donated pots and supplies, and delivering to the Zebulon greenhouse
- Organizing Summer produce collection and distribution in your area to ensure gardener and needy neighborhood families connect
- Arranging for Grow And Share to present, on food and gardening, to your local school, scout troop, 4H, FFA, or other group
- Calling food banks and soup kitchens for their details, so we may build our list of produce-accepting locations for our gardeners
- Calling local churches and organizations to find if they have a food pantry that accepts produce, and how frequently they distribute to the needy

- Setting aside part of your yard or patio for a Sharing Garden, and sharing your harvest
- Helping a neighbor build a garden so they may grow their own healthy foods to eat and share
- Building a greenhouse that can provide plants for you and your neighbors for future growing seasons
- Calling local companies and asking them to sponsor our community music festival and fundraiser in September
- Donating funds to Grow And Share to ensure supplies and costs are covered

If any of these tasks spark your interest, sound like fun, or both, please call for more details.

GARDEN PLANT GIVEAWAYS COMING SOON

To help more US residents become gardeners, Grow And Share is holding several Garden Plant Giveaways in April 2010:

- Saturday, April 17, 2010
10:00am to 12:00pm
Mt Zion United Methodist Church

15772 NC 50 North
Garner, NC 27529

- Saturday, April 17, 2010
1:00pm to 3:00pm
Private Residence
Knightdale, NC
Call for Location Details
- Saturday, April 24, 2010
10:00am to 12:00pm
Pilot Baptist Church
8103 NC 39 Highway
Zebulon, NC 27597
- Saturday, April 24, 2010
2:00pm to 4:00pm *tentative*
Cary, NC
Call for Location Details
- Sunday, April 25, 2010
1:00pm to 3:00pm *tentative*
Capital Boulevard & 401
Raleigh, NC
Call for Location Details

To receive our free garden plants, gardeners fill out and sign our pledge to share their harvest with those in need. So, come to one of the giveaways listed above, select your plants, sign our pledge, and get ready to grow your garden and share it with your community!

For more details, or to be added to our email notification list, contact us at info@growandshare.org.

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Grow And Share
70 Harrison Street
Zebulon NC 27597

