



# Spring & Summer Vegetables

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El Dorado County Master Gardeners

This class is being recording and will be posted publicly at  
[https://ucanr.edu/sites/EDC\\_Master\\_Gardeners/Public\\_Education\\_Classes/Handouts\\_-\\_Presentations/](https://ucanr.edu/sites/EDC_Master_Gardeners/Public_Education_Classes/Handouts_-_Presentations/)

**How's does your  
garden grow?**

**Why?**



**Chinese Haw  
Cornelian Cherry  
Goumi  
Hardy Kiwi  
Japanese Plum  
Loquat  
Medlar  
Mountain Ash  
Paw Paw  
Sea Buckthorn  
Suhosine Mulberry**





**Western Chokecherry**  
*Prunus virginiana var. demissa*

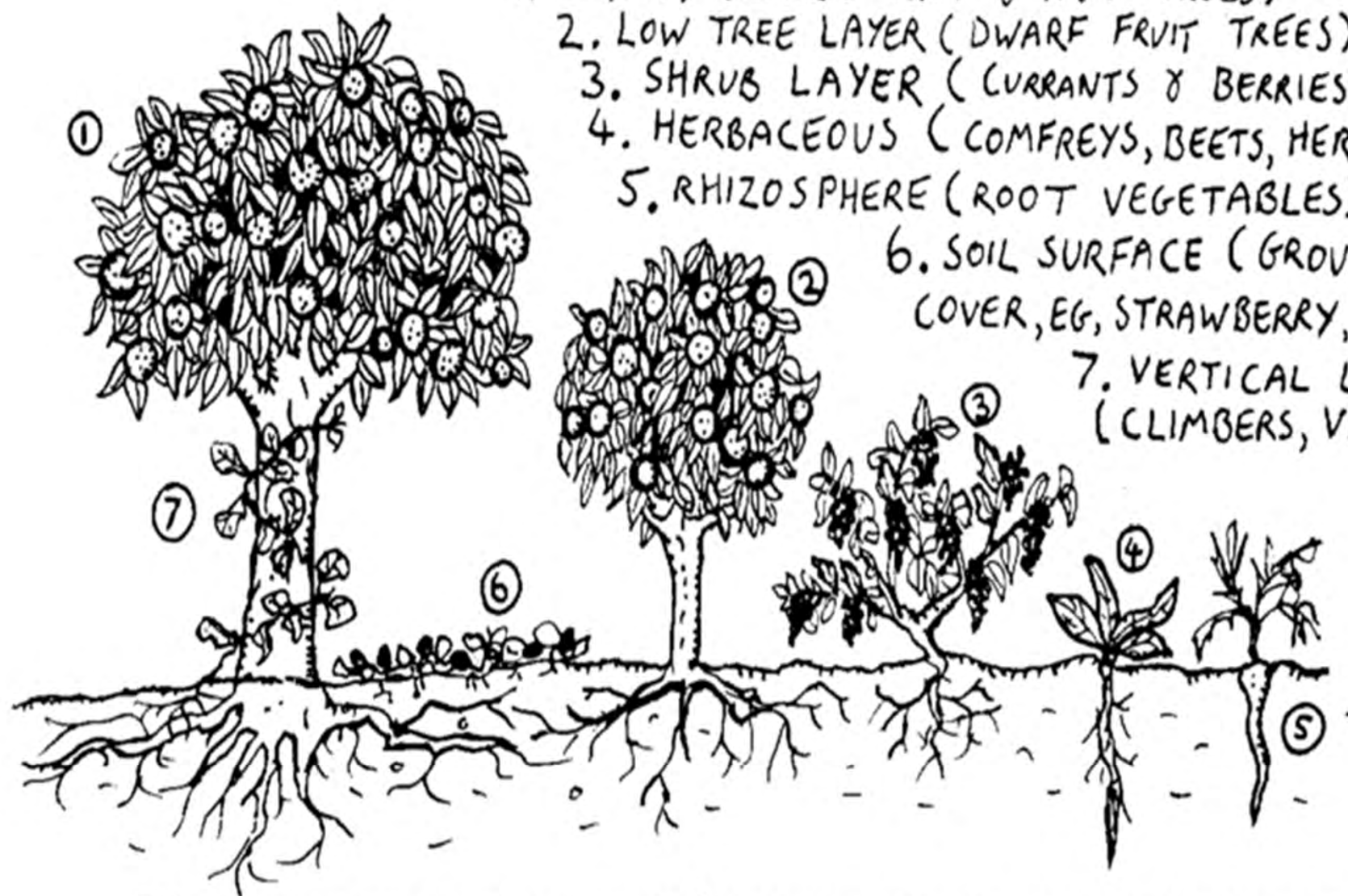
**Pink Sierra Currant**  
*Ribes nevadense*

**Oregon Grape**  
*Mahonia aquifolium*

**Wild Strawberry**  
*Fragaria vesca*

**Hollyleaf Cherry**  
*Prunus ilicifolia*

1. CANOPY (LARGE FRUIT & NUT TREES)
2. LOW TREE LAYER (DWARF FRUIT TREES)
3. SHRUB LAYER (CURRANTS & BERRIES)
4. HERBACEOUS (COMFREYS, BEETS, HERBS)
5. RHIZOSPHERE (ROOT VEGETABLES)
6. SOIL SURFACE (GROUND COVER, EG, STRAWBERRY, ETC)
7. VERTICAL LAYER (CLIMBERS, VINES)



THE FOREST GARDEN: A SEVEN LEVEL BENEFICIAL GUILD



**Field to Fork**



Produce in this garden is  
harvested to provide food for  
the hungry and homeless.

**Please do not pick.**



UBC Botanical Garden  
and Centre for Plant Research

**Close  
Your  
Eyes...**

**No peeking!**



# **Overview**

**Garden Planning/Management**

**Spring Vegetables**

**Summer Vegetables**

**Perennials**

**Resources**

# **Outcomes**

**Plant or expand a vegetable garden**

**Grow healthy, nutritious vegetables**

**Adopt IPM strategies**

**Share your surplus**



# Garden Planning & Management

Location - Timing - Soils/Fertilizer - Irrigation - Seeds -  
IPM



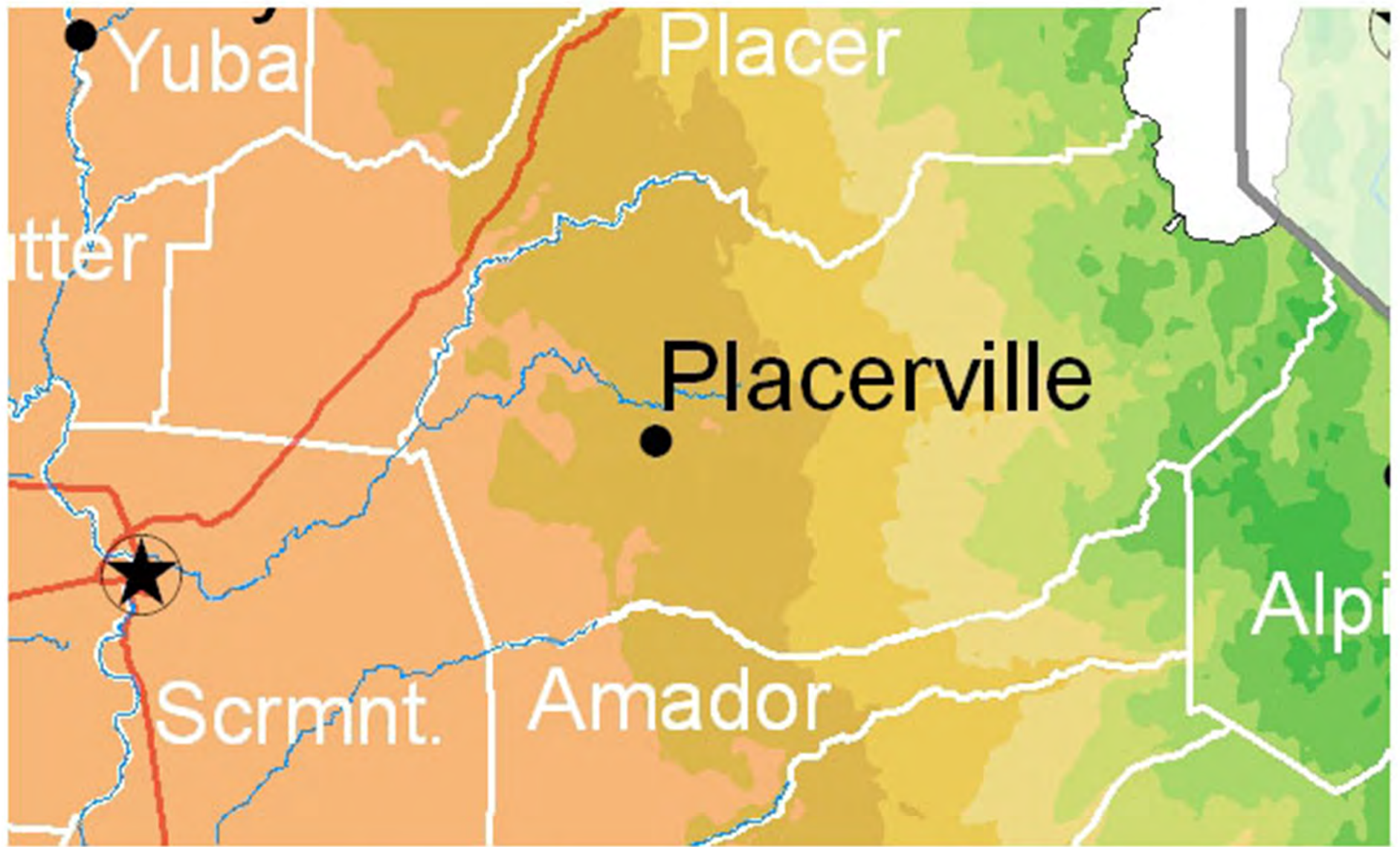
# Location



# Location

- 6-8 hours of sun
- Level ground
- Water source
- Microclimates
- Accessibility





**Maximum Yield**  
**Minimum Space**





# Timing



# El Dorado County Master Gardeners

# Winter/Spring Vegetable Planting Guide

### Winter/Spring Planting Guide

Planting and harvest dates are for a typical garden in Placerville. Adjust planting dates by about one week for each 1000' above or below Placerville, earlier for lower elevations and later for higher. These are guidelines only. Microclimates can vary.

El Dorado County topography is quite diverse. Official elevations for some areas are provided below for reference.

Cameron Park	1340'
Canby	810'
East	1512'
Diamond Springs	1780'
El Dorado	1650'
El Dorado Hills	822'
Fair Play	2300'
Garden Valley	1990'
Georgetown	2664'
Grays Flat	3880'
Lead Hill	4150'
Placerville	1880'
Pollock Pines	3580'
Rancho	1280'
Strong Springs	1470'
Suscolt	2080'

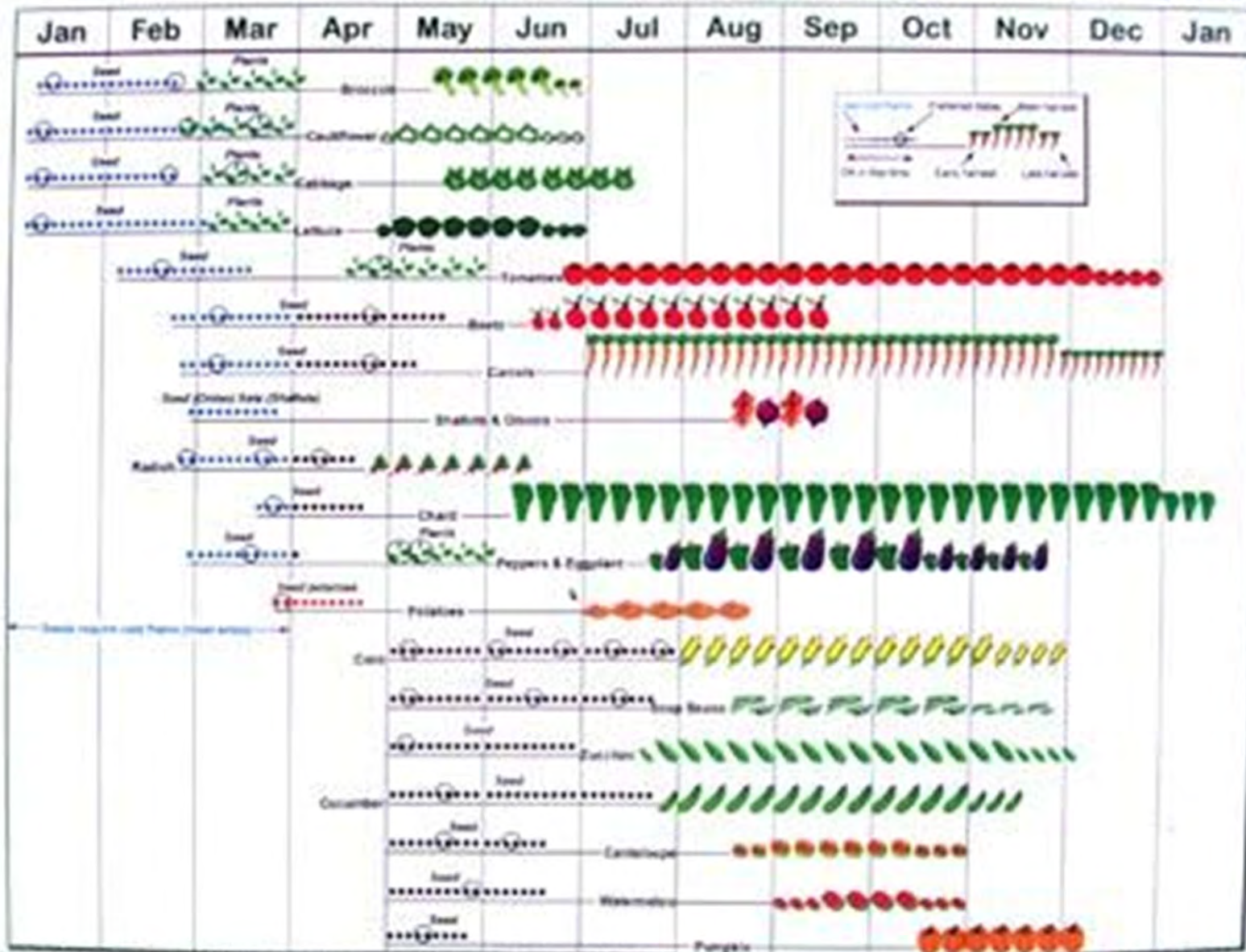
While weather can be unpredictable, these rules of thumb for seed frost dates can be useful.

1900'	April 15
2000'	April 22
3000'	April 30
4000'	May 7



University of California  
Cooperative Extension

311 Fair Lane, Placerville 95867  
(925) 621-6212



Adapted for El Dorado County by a Master Gardener team directed by Carolyn Stenborg and Randy Rogers. The chart is based on a guide created for Sacramento by Dr. Robert F. Norris of U.C. Davis.



# Garden Planning

## Plan on paper

- Record keeping

## Things to consider:

- Crop rotation
- Plant growing habits
- Water

Onions		Garlic	
Broccoli			
Kohlrabi		Cauliflower	
Cabbage		Mustard	
Chard		Lettuce	
Peas			
Asparagus			

# Soils/Fertilizer

**pH 5.5-7.5 (6.5 opt)**

- **soil test kit**

**Plants require:**

**N - nitrogen**

**– leafy green growth**

**P - phosphorous**

**– root development**

**K - potassium**

**– blossom, fruit size**



ORGANIC

**BIOLINK**

ALL-PURPOSE FERTILIZER

3-3-3





**Compost**











# Cover Crop











**We Eat because we Work**



**We belong to the -  
U.S. School Garden Army**

ISSUED BY THE U. S. SCHOOL GARDEN ARMY BUREAU OF EDUCATION, DEPARTMENT OF INTERIOR,  
WASHINGTON, D. C.







**Feed your soil,  
not your plants**



# Strategies



**Mulch**  
**Soil**  
**Plant Selection**  
**Drip**





**LABEL  
GMOs.org**

OUR RIGHT TO KNOW!

CALIFORNIA BALLOT  
INITIATIVE CAMPAIGN

Free Non-GMO Seeds

**TOMATO**

**SAN MARZANO**

A favorite of  
California  
gardeners for  
generations



**BAKER CREEK HEIRLOOM SEEDS**  
MASSIELO • MISSOURI 65704

SUGAR  
PUMPKIN  
2011

Old  
GOLE  
SHO  
2

CANTABRY  
BEANS  
2011

ITALIAN

LEEK  
2012

MELON 2012

COLUMBIAN  
MIXED CUCUMERS  
LONG-SPEEDED  
2011

2012  
HONSWIFE  
BEAN

**SOUTHERN EXPOSURE  
SEED EXCHANGE**  
TODD  
MICHARDSON  
E. Salem, OR  
85%  
Feb 12

BLACK HOLYMOCK  
Aster nigrum

BIRDHOOD  
GOULD  
2011

© 2011  
MICHARDSON

SUGAR STEAK  
2011






**TOMATO**  
Folsom Lake College Seed Library  
[www.flseedlibrary.org](http://www.flseedlibrary.org)

BEAN  
CARROT  
BEET  
GOURD  
CUCUMBER  
CAULIFLOWER  
LEEK  
EGGPLANT  
CHARD  
BROCCOLI  
SPINACH  
PEPPER  
LETTUCE  
HERBS  
CABBAGE

**Soil**  
**Temperature**  
**Water**  
**Air**



# Sierra Seeds

## Red Kuri Winter Squash

These teardrop-shaped, strikingly red-orange squash from Japan have smooth, sweet, dry, deep orange flesh. The most reliable yield even in cool, short seasons. Fruits are 3-4 lb size and productive.

Adapted seeds for the  
a foothills.  
Community Seed Source.

[www.sierraseeds.org](http://www.sierraseeds.org)

[info@sierraseeds.org](mailto:info@sierraseeds.org)

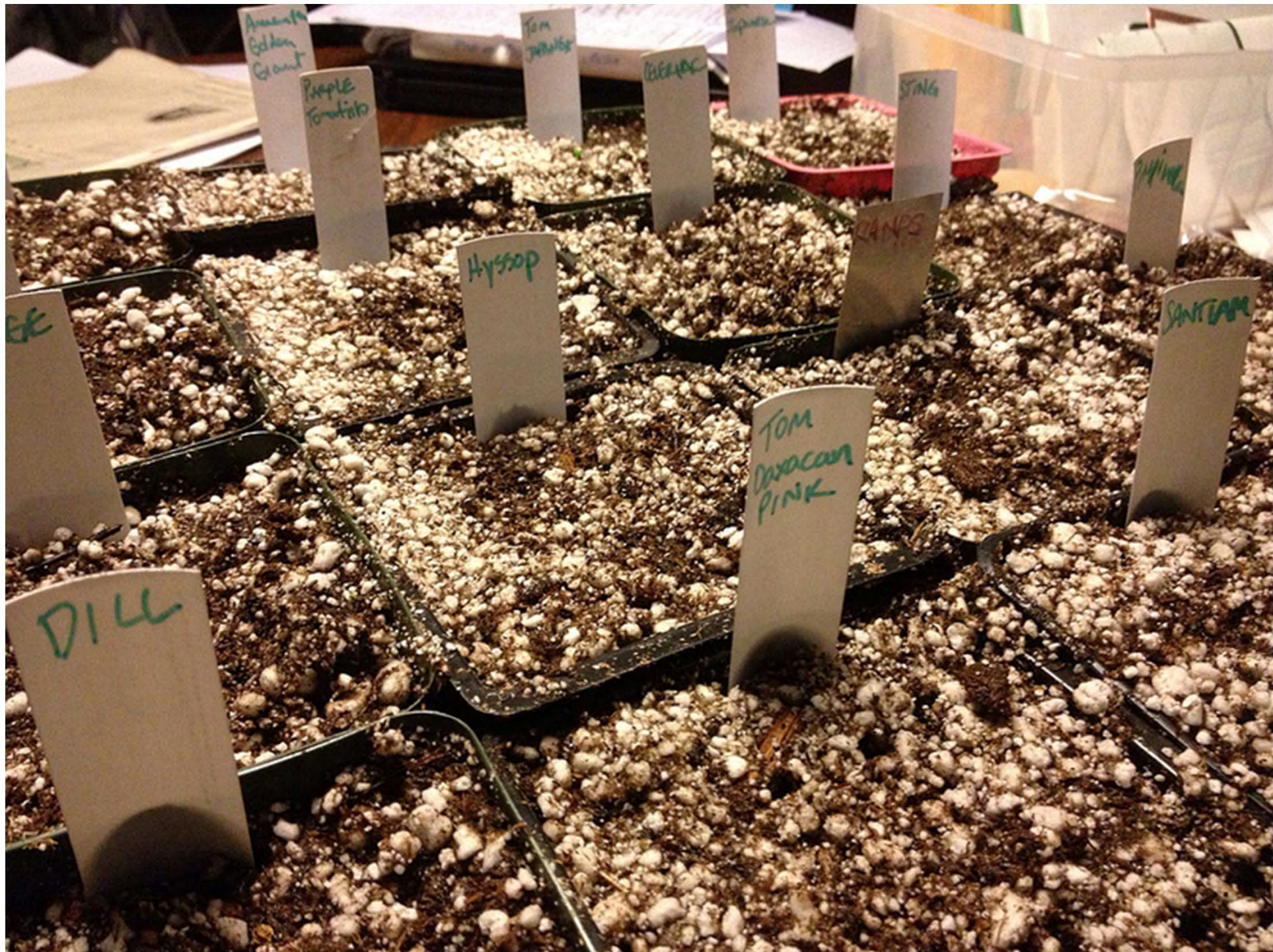
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# **Integrated Pest Management (IPM)**

**Prevent**  
**(Keep Plants Healthy)**



**Identify**  
**(Know Your Adversary)**













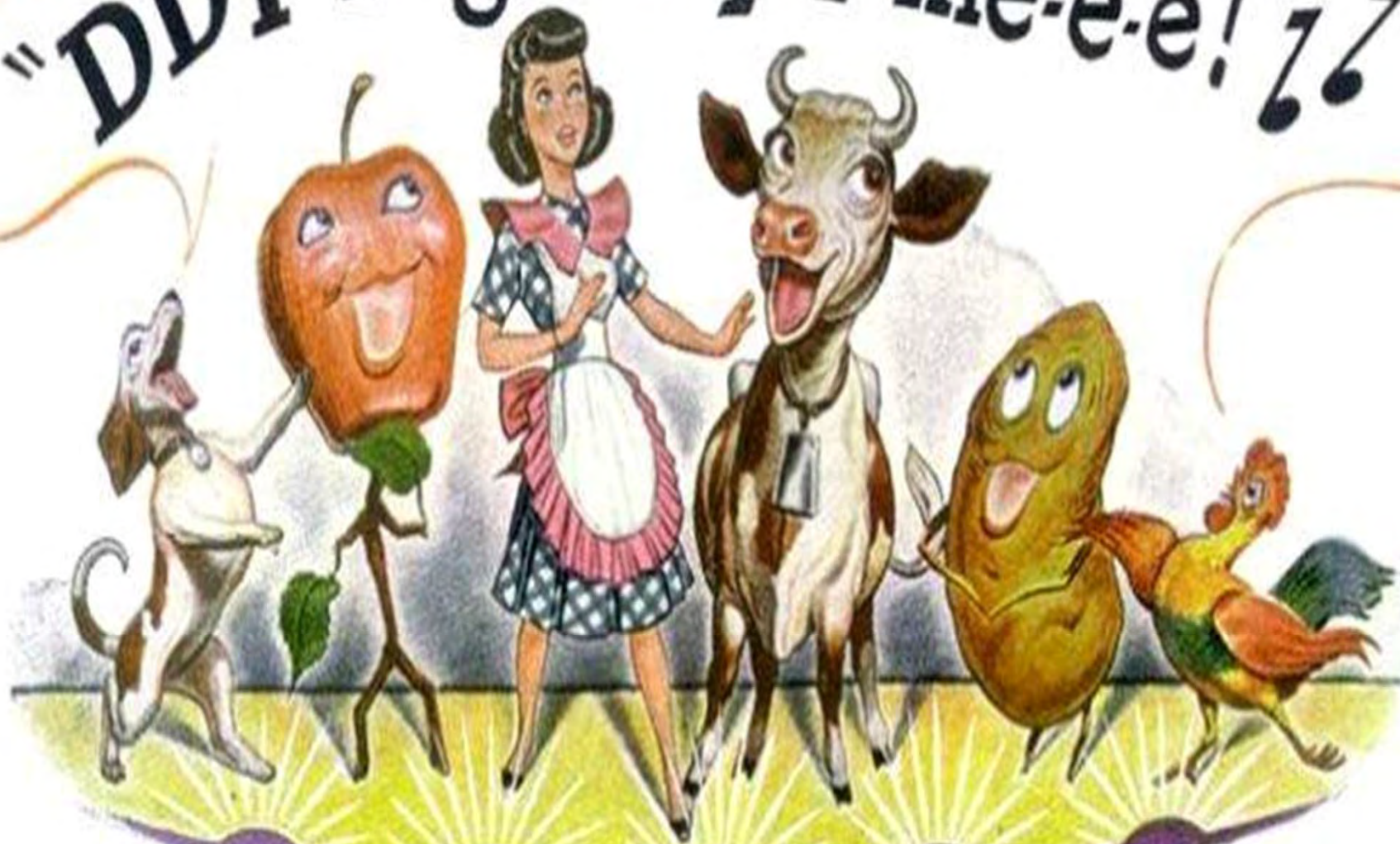






**Control**  
**(Deal With It)**

"DDT is good for me-e-e!" ♪♪



# Control

## Mechanical controls

Accept minor damage

Use less toxic alternatives

- **Bacillus thuringiensis (Bt)**

- **Insecticidal soap**

Use chemicals prudently\*



























# Spring Vegetables

- Broccoli
- Cauliflower
- Cabbage
- Lettuce
- Carrots
- Radishes
- Onion
- Chard





# Cole Crops: Growing Tips

**Soil: rich and deep**

**Varieties: short  
maturation (Early)**

**Best time is fall**

**Pests: lots!**

**Fertilizer – use side  
dressings**









# Broccoli

- **Matures in 60 to 110 days**
- **For spring crops, choose earliest varieties**
- **Pests – aphids and worms**
- **Row covers very effective**
- **Calabrese\*\*\***



























# Lettuce Growing Tips

**Soil**

**Sowing Instructions**

**Thinning**

**Fertilizing**

**Watering**

**Harvesting**

**Problems**

# Lettuce

## Four Types:

### Loose Head

- Butterhead
- Bibb

### Loose Leaf

### Romaine

- Cos

### Crisphead

- Iceberg



# Lettuce

## Loose Head

- Buttercrunch

## Loose Leaf

- Red Oak Leaf
- Black-Seeded Simpson
- Thai Green

## Romaine

- Paris Island Cos





# **Root Crops - Growing Tips**

**Soil – super important**

**Timing – plant early**

**Variety – very important**

**Thinning**

**Pests**

**Fertilizer**

**Phosphorous (P)**

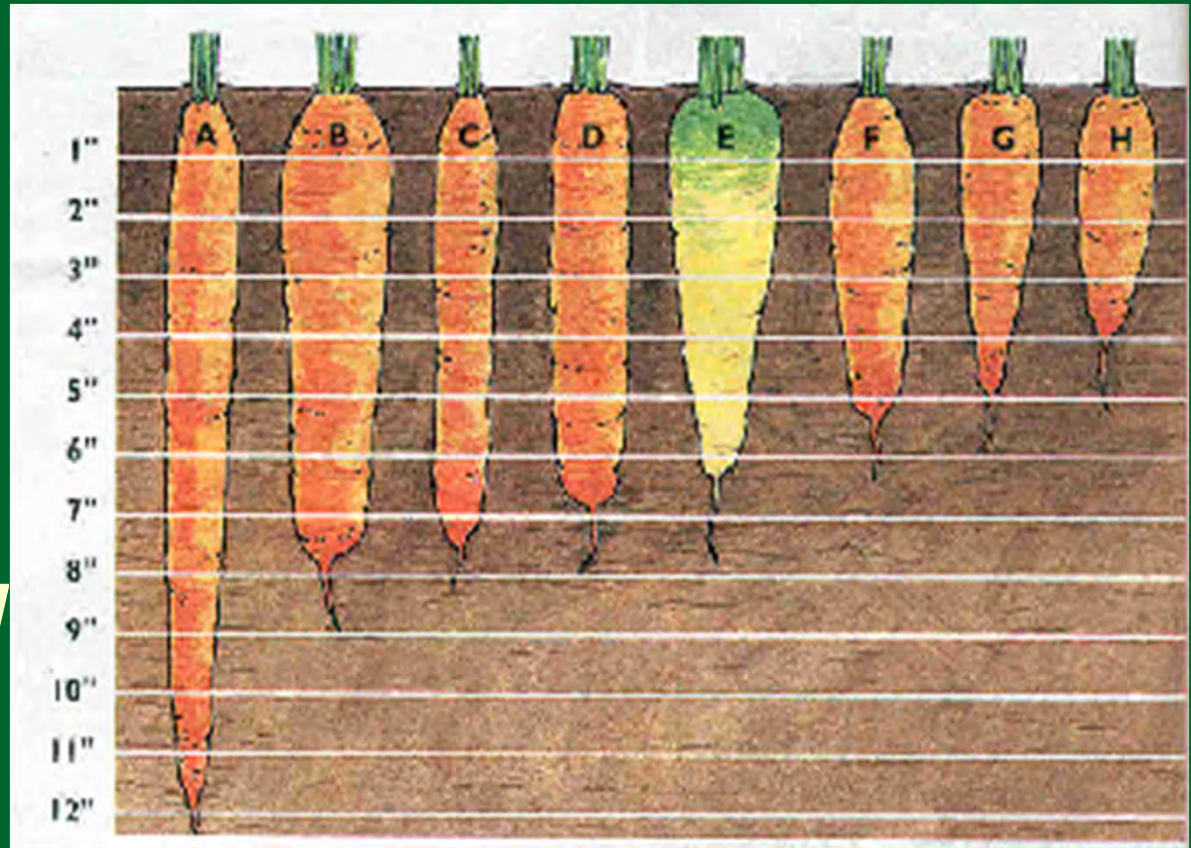
# Carrots

## Growing Tips

- **Use shorter varieties**
- **Long harvest period**
- **Tapered carrots easier to pull**

# Carrots

- A. Burpee Hybrid
- B. Orange Rocket
- C. Toudo II
- D. Nantes\*, Danver\*
- E. Sweet Sunshine
- F. Red Core Chanterey
- G. Sweet Treat
- H. Short n' Sweet







# Radishes

## Growing Tips

- Use as a nurse plant
- Interplant in garden
- Use tops in salads







**Dragon's Tongue  
(Podding Radish)**



# Onions

- **Strong (American)**
  - **Red, yellow and white**
- **Mild (European)**
  - **Red, yellow and white**
- **Bunching (Scallions)**
- **Multiplier/Potato**
- **Topsetting**
- **Long day (Spring) or Intermediate (Fall)**



























# POTATOES

## Growing Tips

- Certified Seed Potatoes
- Hilling up
- Light, frequent watering
- Don't over fertilize











# Potatoes

## Suggested Varieties

- Peruvian Blue
- Yukon Gold
- Yellow Finn
- Red Lasoda
- Bintje
- Caribé







# Summer Vegetables

- Tomatoes
- Peppers
- Eggplant
- Squash
- Melons
- Cucumber
- Beans
- Corn



# Tomatoes

**Rich Soil - Consistent Water - Crop Rotation**







**Determinate**  
**vs**  
**Indeterminate**





















# TOMATOES

- **Arkansas Traveler**
- **Oaxacan Pink**
- **Yellow Perfection**
- **Bull's Heart**
- **Ropreco, Amish Paste**
- **Peacevine Cherry**
- **Black Krim**
- **Martian Giant**
- **Kootenai**
- **Red House Freestanding**









# Peppers

## Growing Tips

- **Slow to germinate – be patient**
- **Warm temperatures**
- **Afternoon shade**
- **Mulch to conserve moisture**
- **Plants brittle and top-heavy – support!**





































# Hot Peppers

- Anaheim
- Fresno
- Jalapeño
- Serrano
- Ring O' Fire Cayenne
- Habanero
- Yatsufusa
- Shishito



# Eggplant

- Get VF varieties
- Tomato cages
- Plant only a few
- Start indoors
- Mulch
- Sensitive to cold







# Squash

- Don't over-plant
- Insect-pollinated
- Direct seed
- Pick often





# Squash

## Zucchini

- **Black Beauty**
- **Gold Rush (yellow)**

## Yellow

- **Yellow Crookneck**

## Patty Pan

- **Peter Pan**







# Pumpkin

- Keep leaves dry
- Remove all but 1 or 2 fruits per vine
- For giant pumpkins, protect fruit from sun
  - Snack Jack\*\*\*\*\*
  - Kakai Hulless









# Cantaloupe

## Growing Tips

- Bees are required for pollination
- Warm soil required for germination - start in greenhouse
- Ripe fruit will slip from the vine
- Harvest by smell





# Watermelon

## Suggested Varieties

- Sugar Baby
- Crimson Sweet
- Bush Snakeskin
- Early Moonbeam
- Moon and Stars





# Cucumber

- **Direct-seed for best results**
- **Train vines up to reduce disease and maximize yield**
- **Avoid cool or shady locations**
- **Water evenly and consistently**



- **Liberty**
- **Sweet Success**
- **Lemon**
- **Japanese Suyo Long**











# Mexican Sour Gherkins



# Beans

- **Plant after danger of frost**
- **Sow to moisture**
- **Plant in succession**
- **Pole vs. bush types**











# Corn

## Growing Tips

- Heavy feeder
- Irrigation required
- Plant corn in blocks
- Plant early-, mid-, and late-season varieties
- Pick just before cooking



# Corn

## Suggested Varieties

- Sweet
  - Triple Play (white/yellow/blue)
  - Silver Queen
- Sweet (SE)
  - Kandy Korn
- Super Sweet

# Perennials

Prepare soil

Add Phosphorous

- Artichokes
- Asparagus
- Rhubarb













# Perennials – Asparagus



- UC 157, Jersey Giant
- Seed vs roots
- Plant in trenches
- Slowly fill in as plant grows
- 1st yr. - let grow
- 2nd yr. - pick a few, *smaller than pencil size*
- 3rd yr. - pick until size of pencil
- Mulch to feed & control weeds

# Perennials - Asparagus



# Perennials - Asparagus



**Female**



**Male**



## Resources - Online

### El Dorado County Master Gardener Website

- [http://ceeldorado.ucdavis.edu/master\\_gardener/](http://ceeldorado.ucdavis.edu/master_gardener/)

### UC IPM Website

- <http://www.ipm.ucdavis.edu/>

### UC Vegetable Research and Information

- <http://vric.ucdavis.edu/>

# Resources

## Plant A Row for the Hungry

- <http://www.par-edc.org>

## food|forest|garden

- <http://www.foodforestgarden.org/>
- @EatTheForest on Twitter



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