



Today's program will be recorded and posted on our website and our Facebook page.

https://ucanr.edu/sites/Amador_County_MGs/

Look under "Classes & Events" then "Handouts & Presentations" from our home page. Today's handouts will also be posted here.

<https://www.facebook.com/UCCEAmadorMG/>

Look for "Facebook Live" during the meeting or find the video link on our feed.



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Gardener Program
Amador County

Have a Gardening Question?

UC Master Gardeners of Amador County are working by phone and email to answer your gardening questions!

Phone: 209-223-6838

Email: mgamador@ucanr.edu

Facebook: @UCCEAmadorMG

Not in Amador County? Find your local Master Gardener program by doing a web search for “UCCE Master Gardener” and your county name.

Kitchen Gardens

Noreen Goff

UCCE Master Gardener

of Amador County

May 8, 2021



Objectives

- Learn which growing conditions are most desirable.
- Learn which special considerations should be addressed for a successful kitchen garden.
- Learn how to plan your garden and get started.

Harvest Garden versus Kitchen Garden

Harvest Garden



Kitchen Garden



Characteristics

- Circular, not linear
- Seasonal cooking is a major factor
- Will vary by elevation
- Intensively planted but not fussy
- Trial and error process of planting



A kitchen garden supplies fresh vegetables,
fruits, herbs, and flowers to your family
on a daily basis throughout the year.

Noreen's definition

Noreen's definition

Why grow a kitchen garden?

- Continually evolves according to your needs and tastes
- Translates well to any size
- Promotes biodiversity
- Supplies food at peak of freshness
- Supplies safe and healthy food

Growing Conditions

- 6-8 hours full sun
- Available water
- Proximity to house
- Soil (pH, raised beds, well-drained)
- Climate (zone, frost dates, California Interactive Heat Zone Map)

Questions to Ask Yourself

- Is "it" worth the space in the garden?
- How many ways can I use "it"?
- Do I have space for perennial herbs, vegetables, and fruits?

Perennial Herbs



Fruits



Questions to Ask Yourself

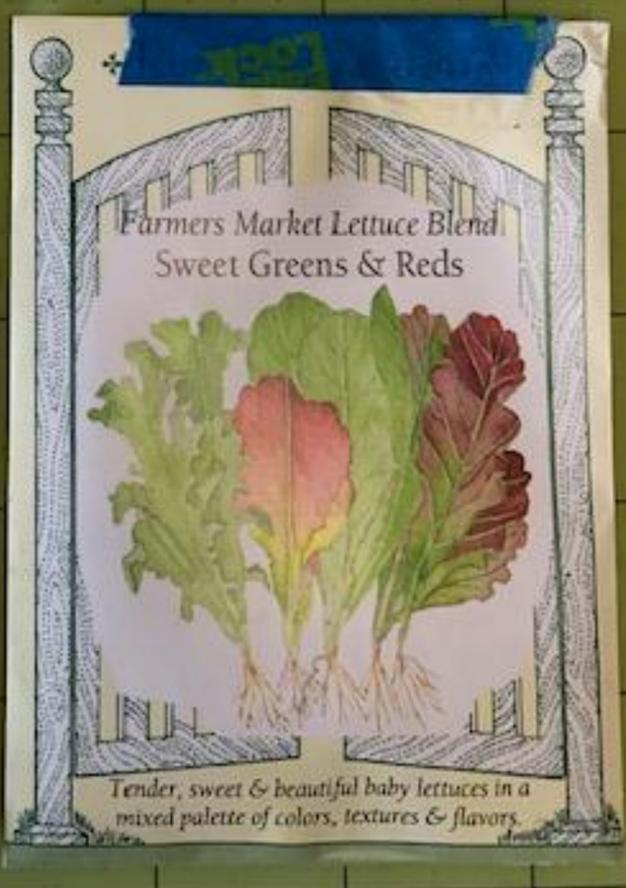
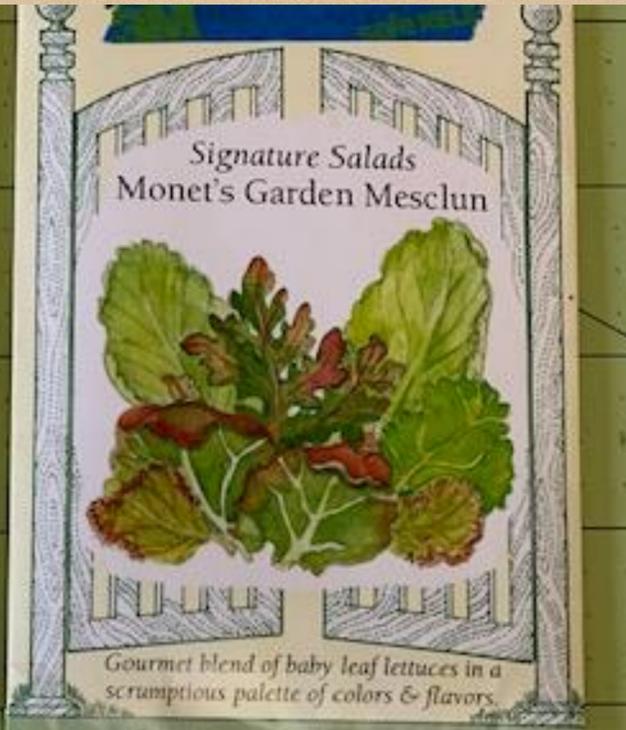
- Will I compost to add nutrients/fertilizer to the garden, or will I be purchasing compost or manure?
- How will I tackle pests?
- Will I direct seed, start transplants, or buy transplants?

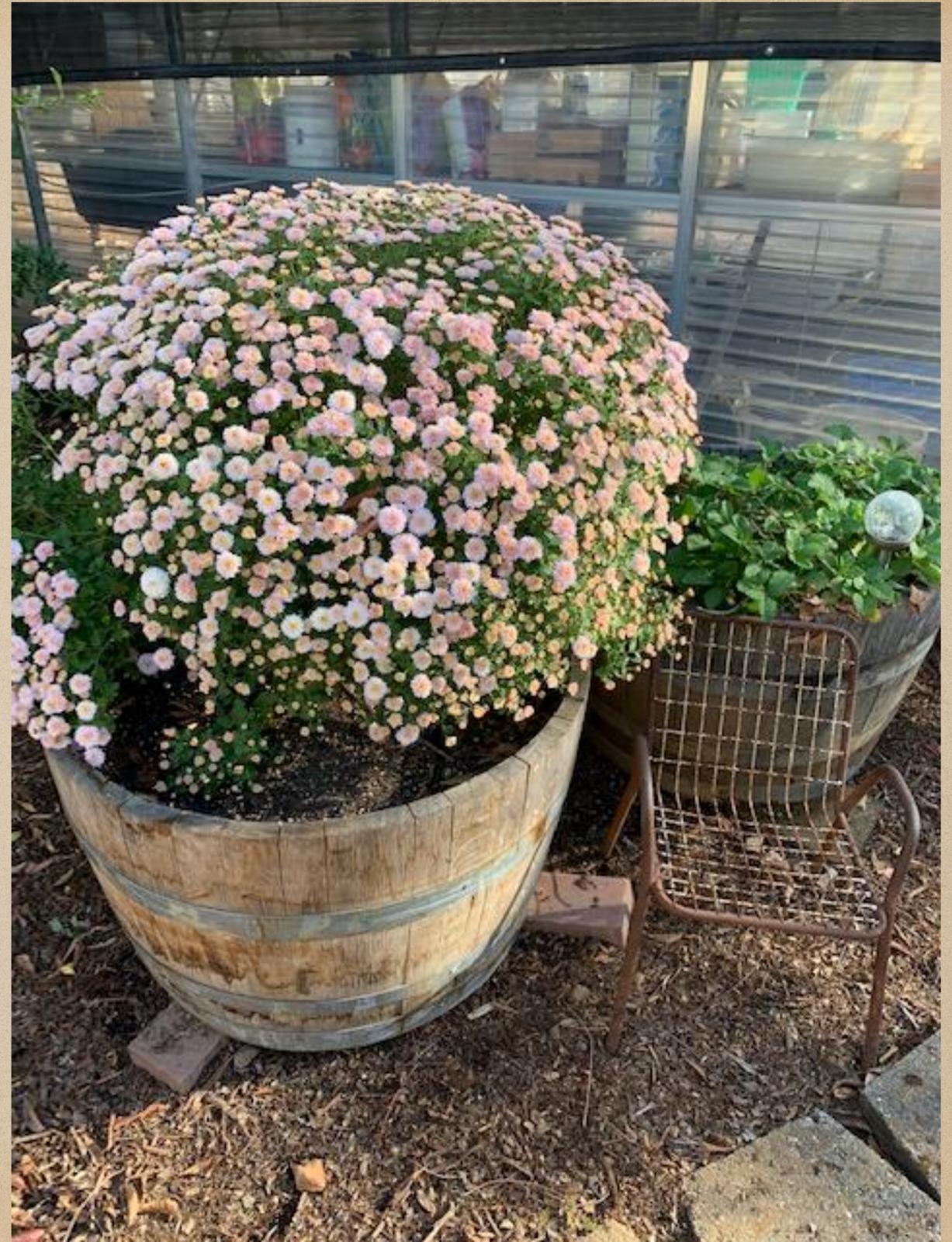
Transplants Started from Seed



Questions to Ask Yourself

- Do I have time to make daily visits to the garden?
- How will I fill the empty space after I harvest something?
- What can I grow vertically on a trellis?









Questions to Ask Yourself

- Is there sufficient water nearby? Will I use drip irrigation?
- Will I only grow heirlooms, or should I include hybrids?
- What herbs do I use most in my cooking?

Questions to Ask Yourself

- Do I really want a harvest garden?
- Does someone in my family like to cook?
- How will I rotate crops?

VEGETABLE FAMILIES Adapted from George Pessin -- 5/06		
Botanical Family	Common Name	Edible Members
Alliaceae*	Allium or Onion Family	chives, garlic, leeks, onions, shallots
Amaranthaceae or Chenopodiaceae *	Amaranth or Beet family	amaranth, beet, chard, epazote, quinoa, spinach
Apiaceae or Umbelliferae*	Carrot or Dill family	angelica, anise, caraway, carrot, celery, chervil, cilantro, cumin, dill, fennel, lovage, parsley, parsnip
Asteraceae or Compositae*	Aster, Daisy, or Sunflower family	artichoke, chicory, cardoon, endive, escarole, jerusalem artichoke, lettuce, radicchio, shungiku, (<i>sunflower</i>)
Brassicaceae or Cruciferae*	Brassica, Cabbage, or Mustard family	arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, kale, kohlrabi, mizuna, mustard, radish, rapini, rutabaga, tat soi, turnip
Cucurbitaceae	Cucumber, Gourd, Melon, or Pumpkin family	chayote, cucumber, melon, pumpkin, squash, watermelon
Fabaceae or Leguminosae*	Legume Family	(<i>beans</i>), fava beans, lentils, peas, peanuts, and soybeans
Lamiaceae*	Mint Family	(<i>basil</i>), marjoram, mint, oregano, rosemary, sage, thyme
Poaceae or Gramineae	Grass Family	bamboo, barley, corn, rice, rye, sugarcane, wheat
Solanaceae	Nightshade, Potato or Tomato Family	eggplant, pepper, (<i>potato</i>), tomato
*Cool weather crop (can be grown through the winter in California) (<i>Italics</i>) are contrary to the rule		

Some Planning Basics

Be realistic.



Enclose
your
space.



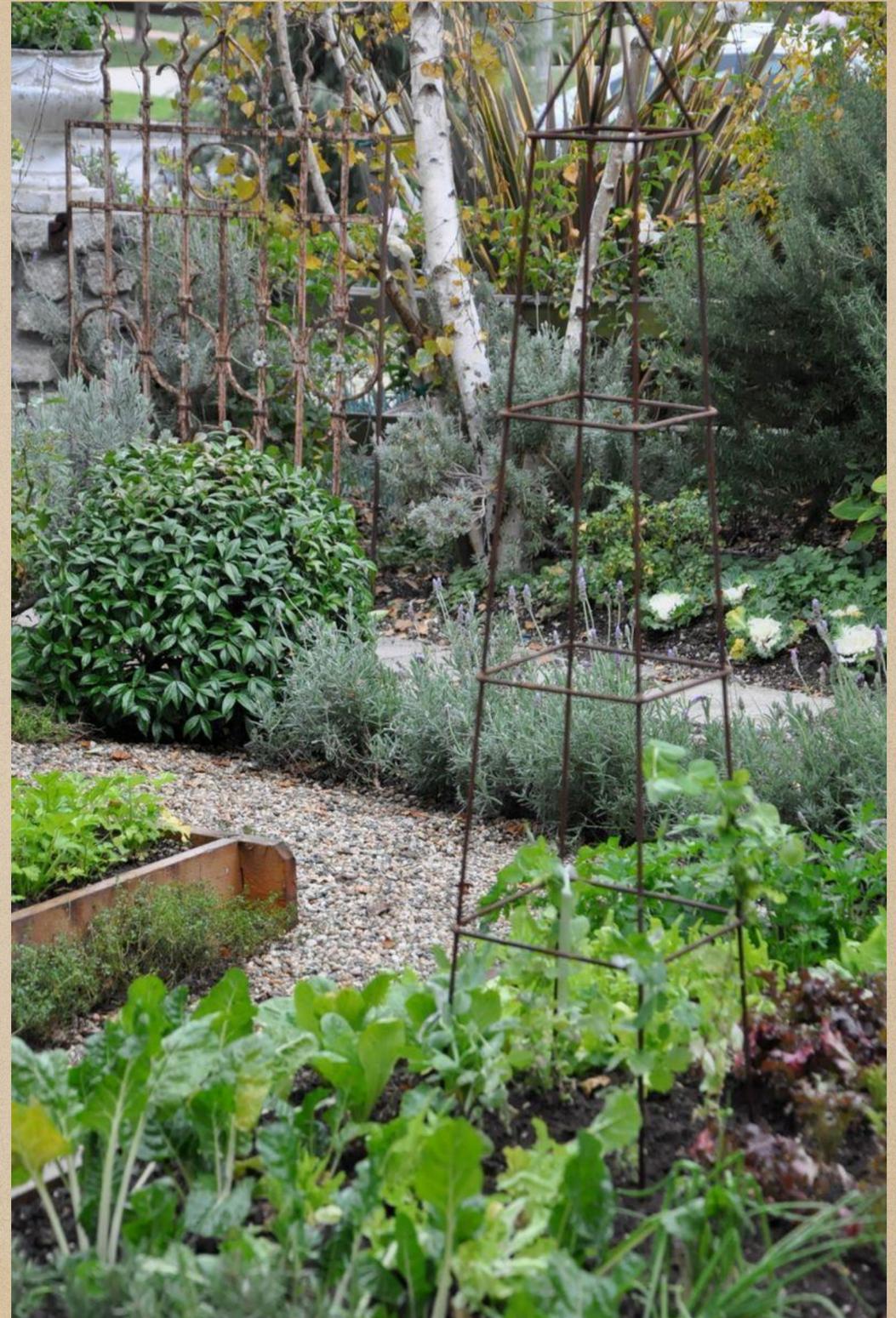
Options

- Short fences
- Perennial vegetables like asparagus, rhubarb, artichokes
- Blueberries in barrels, espaliered fruit trees, citrus in pots
- Perennial herbs like sage, oregano, marjoram, chives, thyme, rosemary, sweet bay
- Flowers like roses or sunflowers

Include paths.



Grow vertically
to save space.



Pole beans, peas,
squash,
cucumbers







Grow bags
accommodate
special growth
needs.



Half barrels
accommodate
different pH levels.



Consider multi-
grafted fruit trees



Flowers can attract
pollinators.



Let's get started!

WARM WEATHER VEGETABLES--SPRING AND SUMMER PLANTING GUIDE

4/1/17

Warm weather vegetables grow best when the days are long
and hot (between 65 and 95 degrees)

MID ELEVATION (ABOUT 1000-2500) CHART

lower elevations--shift dates about 2 weeks later into the fall and about 2 weeks earlier in the spring

higher elevation --shift date about 2 weeks earlier in the fall and about 2 weeks later in the spring

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Days to Yield
Beans, pole					DS	DS	DS						60-70
Beans, bush					DS	DS	DS	DS					45-65
Corn, sweet					DS	DS	DS						65-95
Cucumbers					DS	DS	DS						60-75
Cucumbers, pickling					DS	DS	DS						50-60
Eggplant		ST	ST		T	T							60-80 from T
Gourds					DS	DS							90-130
Melons, cantaloupe					DS	DS	DS						85-95
Melons, casaba					DS	DS							90-110
Melons, honeydew					DS	DS							90-110
Melons, watermelon					DS	DS							85-95
Okra					DS	DS							50-60
Peas, black eyed					DS	DS							60-90
Peppers	ST	ST			T	T							60-80 from T
pumpkins					DS								90-120
Spinach, Malabar					DS	DS							85
Squash, winter					DS	DS							70-120
Squash, summer					DS	DS	DS						50-60
Tomatoes		ST	ST		T	T							55-100 from T
Parsnip						DS	DS						85-90
Rutabaga							DS	DS					80-90

DS=DIRECT SEED

LAST FROST DATE

FIRST FROST DATE

ST=START TRANSPLANTS

T= TRANSPLANT

WARM WEATHER VEGETABLES--SPRING/SUMMER PLANTING GUIDE

MID ELEVATION (ABOUT 1000-2500) CHART

lower elevations--shift dates about 2 weeks later into the fall and about 2 weeks earlier in the spring

higher elevation --shift date about 2 weeks earlier in the fall and about 2 weeks later in the spring

HERBS	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.	Days to Yield
Basil				ST	DS	DS							85-90
Cilantro			ST	DS/T					DS/T	DS/T			40-50
Dill				ST	DS	DS	DS						70
Parsley		ST	ST/DS	ST/DS	DS/T	DS/T	DS/T	DS/T	DS/T	DS/T			85-90

LAST FROST DATE

FIRST FROST DATE

PERENNIAL HERBS

such as chives, oregano, rosemary, sage, thyme. . .

may be transplanted into your garden in the spring

DS=DIRECT SEED

ST=START TRANSPLANTS

T= TRANSPLANT

Approximate elevations:

Plymouth 1100

Carbondale 200

Jackson 1200

Pine Grove 2500

lone 300

Sutter Creek 1200

Daffodill Hill 2900

Comanche 300

Quartz Mountain 1400

Pioneer 3000

Dry Town 600

Martell 1500

Mt. Zion 3000

Sunnybrook 800

Westover Field 1700

Buckhorn 3400

Amador City 950

Fiddleetown 1700

Sherwood Forest 3600

River Pines 2000

Amador Pines 3800

Jackson Butte 2300

Hams Station 5500

COOL WEATHER VEGETABLES--FALL/WINTER PLANTING GUIDE

1/14/17

MID ELEVATION (ABOUT 1000-2500) CHART

lower elevations--shift dates about 2 weeks later into the fall and about 2 weeks earlier in the spring

higher elevation --shift date about 2 weeks earlier in the fall and about 2 weeks later in the spring

GREENS	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	GERM.
Arugula			DS	DS	DS			DS	DS	DS			28-35	40-55
Bok Choy			ST	DS/T	DS/T				ST	ST	DS/T	DS/T	25-55	50-80
Collards		DS	DS	DS					ST	DS/T			65-85 T	45-85
Kale		DS	DS	DS				ST	T	DS/T			56-80	45-85
Lettuce		DS/T	DS/T	DS/T	DS	DS	DS	DS	DS	DS	DS/T		45-60	40-85
Mustard Greens		DS	DS	DS					DS	DS	DS		40-60	45-85
Spinach		ST	DS/T	DS/T	DS			DS	DS	DS/T			40-60	40-75
Swiss Chard	DS/T	DS/T	DS/T	DS/T	DS				DS/T	DS/T	DS/T	DS/T	55-65	40-95

ROOT CROPS	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	GERM.
Beets			DS	DS				DS	DS	DS	DS	DS	55-65	50-85
Carrots		DS	DS	DS						DS	DS		60-80	50-85
Fennel	DS	DS								DS	DS		80-110	60-90
Kohlrabi	DS	DS								DS			60-70	45-85
Parsnips	DS	DS							DS	DS			85-90	50-85
Radish			DS	DS					DS	DS			25-40	55-85
Turnips			DS	DS				DS	DS	DS			45-60	45-85

COLE CROPS	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	GERM.
Broccoli	ST	ST/T	T					ST/T	T				60-80 T	45-85
Brussel sprouts	ST	ST/T	T										80-90 T	45-85
Cabbage	ST	ST/T	ST/T				ST/T	T					65-95 T	45-85
Cauliflower	ST	ST/T					ST/T	T					55-65 T	45-85

FIRST FROST DATE

LAST FROST DATE

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HERBS	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	GERM.
Cilantro			DS/T	DS/T					ST	DS/T			40-50	55-70
Parsley	DS/T	DS/T	DS/T	DS/T				ST	ST/DS	ST/DS	DS/T	DS/T	85-90	55-85
ALIUMS	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	
Garlic		DS	DS	T	T								150-180 CLOVES	
Leeks		DS	DS	T	T					T	T		80-90 T	
Onions		DS	DS	T	T								120-150 T, 95-120 BULBS	
Shallots		DS	DS	T	T									
PERRENIALS	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	
Asparagus								*	*				crowns, 2 yrs.	
Artichoke				*	*			*	*				root divisions, 3 yrs.	
rhubarb				*	*	*							roots, 1 yr.	
LEGUMES	July	August	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Days to Yield	GERM.
Fava beans			DS	DS	DS	DS							85-90	40-75
Peas		DS	DS	DS				DS	DS	DS			65-85	40-85

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Amador Pines 3800

Jackson Butte 2300

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Approximate Harvest Schedule (Depends on Elevation)

Spring

April through June

Vegetables: Carrots, peas, salad greens, spinach, arugula, Swiss chard, kale, broccoli, cauliflower, cabbage, fava beans, beets, onions, leeks

Fruits: Apricots, blueberries, cherries, figs, peaches, nectarines, plums, raspberries, strawberries

Herbs: Parsley, winter savory, lemon balm, rosemary, thyme, French tarragon, marjoram, oregano, mint, chervil, chives

Flowers: Dianthus, roses

Approximate Harvest Schedule (Depends on Elevation)

Summer

July through September

Vegetables: Cucumbers, beans, eggplant, peppers, pumpkins, summer squash, Swiss chard, kale, tomatoes
Fruits: Apples, Asian pears, pears, figs, grapes, melons, peaches, pomegranates, plums, quince
Herbs: Basil, summer savory, sage, thyme, dill
Flowers: Zinnias, marigolds, sunflowers

Approximate Harvest Schedule (Depends on Elevation)

Autumn

October through December

Vegetables: Broccoli, cauliflower, cabbage, radishes, salad greens, spinach, arugula, stored winter squash, Swiss chard, kale

Fruit: Pomegranates, persimmons, Meyer lemons, mandarins, apples, Asian pears, Bearss limes, kiwi

Herbs: Marjoram, mint, sorrel, oregano, parsley

Flowers: Stock, snapdragons, asters

Approximate Harvest Schedule (Depends on Elevation)

Winter

January through March

Vegetables: Broccoli, cauliflower, cabbage, radishes, salad greens, spinach, arugula, Swiss chard, kale, stored winter squash, carrots, peas

Fruits: Kiwi, mandarins, Meyer lemon, oranges, rhubarb

Herbs: Parsley, winter savory, rosemary, thyme

Flowers: Calendula, primrose, pansies, violas

Suggested Reading and Reference

- Sunset Western Garden Book of Edibles
- In the French Kitchen Garden, Georgeanne Brennan, 1998
- Potager, Georgeanne Brennan, 1992
- The Edible French Garden, Rosalind Creasy, 1999
- The Edible Heirloom Garden, Rosalind Creasy, 1999

