



Beginning Veggie Gardening

OKLAHOMA COUNTY EXTENSION SERVICE
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Ask a Master Gardener
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Factsheets.okstate.edu

Why Veggie Garden?

- ALWAYS tastes better than the store
- Opens up more choices of delicious
- Option for chemical free
- Family activity
- THERAPY

Overview

- Basics
- Getting Started
- A few veggies

Where do they Grow?

- Containers
- Raised Beds
- Smart Pots
- Good old ground - front, side, or back!
- Window Sills



How Deep Do They Grow?

- Only about a foot
- Some just inches



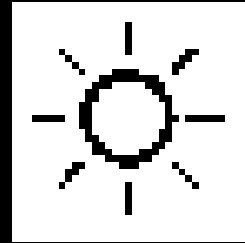
Where Should I Put It?

❖ Sun at least 6 hrs

❖ Easily Accessed

❖ Can Walk around it

- Boardwalk, Gravel, Rubber, Wood Chips



Site Selection

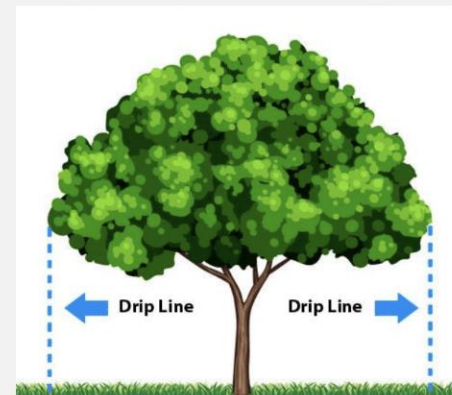
Ideal site has full sun in the morning and early afternoon

- Late afternoon shade can be a benefit in the summer
- Full sun during all other seasons



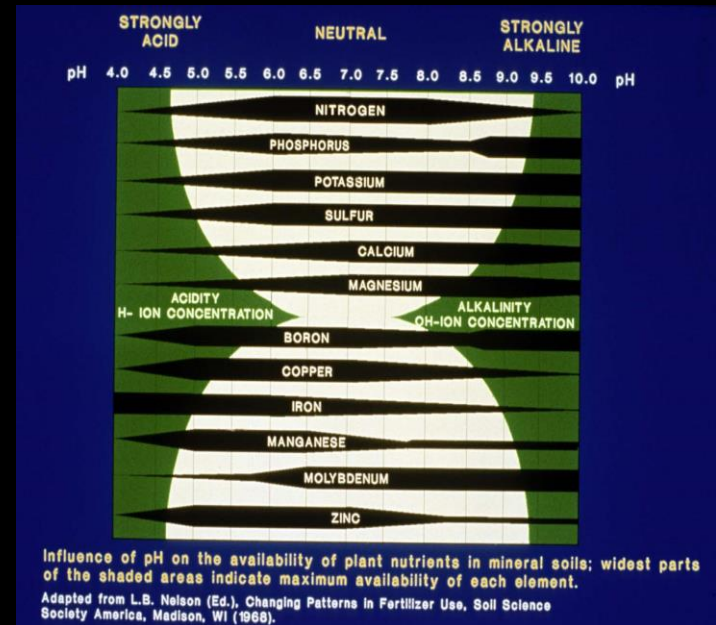
Avoid slopes

Keep garden at least 2x the distance of the tree diameter



How Can I Be Successful?

- Soil Sample
- Good Drainage
- Organic Matter
- Encourage Predators
- Companion Planting
- Mulch
- Smart Irrigation
- Mechanical Controls vs Pesticides
- Call Us if you need help



Irrigation

Best to avoid over-head watering

- Splashes soil back onto leaves
- Spreads disease

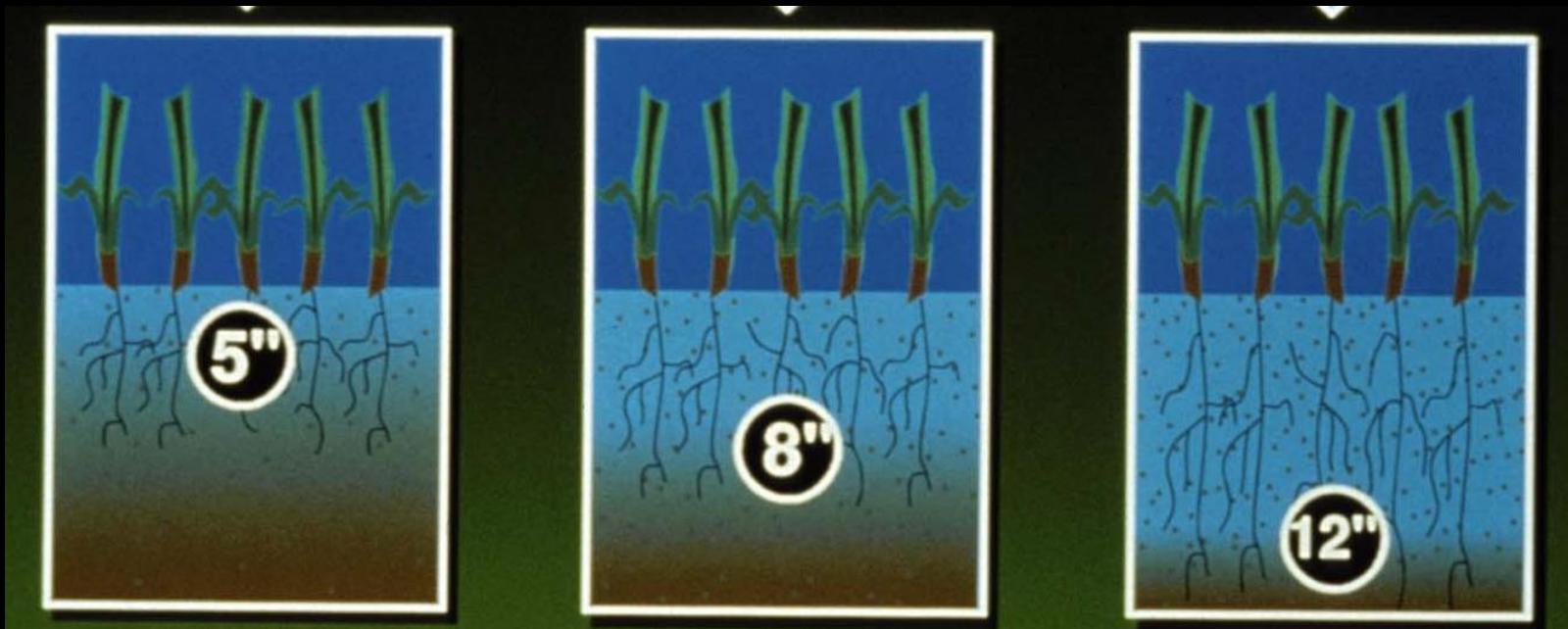
Alternatives

- Drip irrigation
- Planting in mounds and flooding the furrows



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Best Irrigation - Soaker Hoses



Water deeper and less often!!!

Limits diseases





Mechanical Protection

Row Covers

Milk Jugs

Tuna Cans

Toilet Paper Rolls

Aluminum Foil



Think Vertical Wind - Staking



Mulch Is Important

- ❖ Reduces fluctuation in soil temperatures
- ❖ Conserves water
- ❖ Weakens weeds

Cottonseed hulls in Summer
Level area before mulching



Mulches

Does NOT mean certified organic

Examples of organic mulches:

- Peat moss
- Saw dust
- Cotton seed hulls
- Straw
- Leaves
- Cotton Burrs
- Pine straw
- Hay
- Compost
- Wood chips
- Bark
- Wood shavings

Use your space wisely



**COMPANION PLANTING
THE OLD FASHIONED WAY
WITH A 3 SISTERS GARDEN**
corn, pole beans & squash

THE CORN SUPPORTS THE BEANS, THE BEANS ADD NITROGEN
AND THE SQUASH SHADES OUT THE WEEDS

- 1) Plant the corn after danger of frost has passed.
- 2) Plant the pole beans when the corn is 5 inches high.
- 3) Plant squash seeds one or two weeks later.

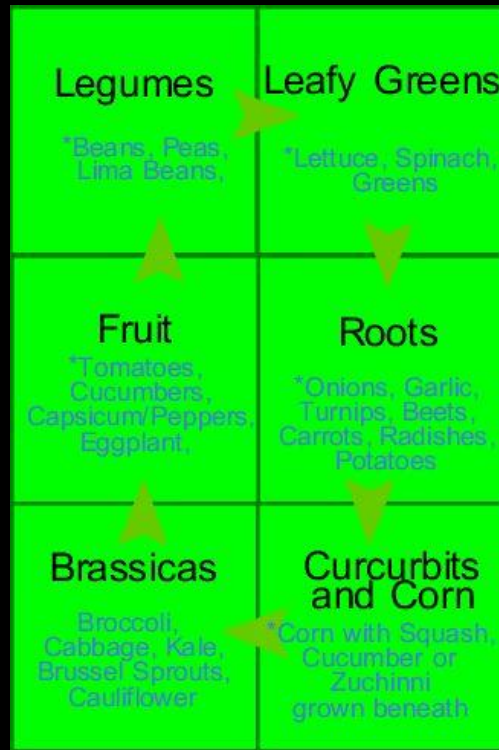
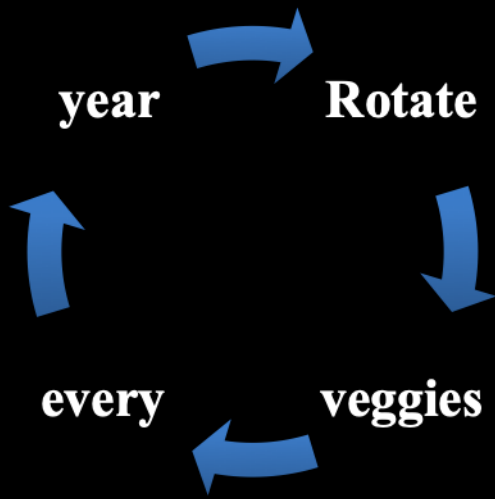


IMAGE CREDIT: ANOTHER EARTH NEWS

www.gnofreesia.org
www.facebook.com/gnofreesia
www.facebook.com/gnofreesiadogroup

Consider Marigolds, Garlic, or Onions around perimeter to deter critters





Seed Garden Journal

Type of seed	Date planted	Date Transplanted Outside	Date of expected Harvest	notes

SAVINGDOLLARSANDSENSE.COM

Plant in succession

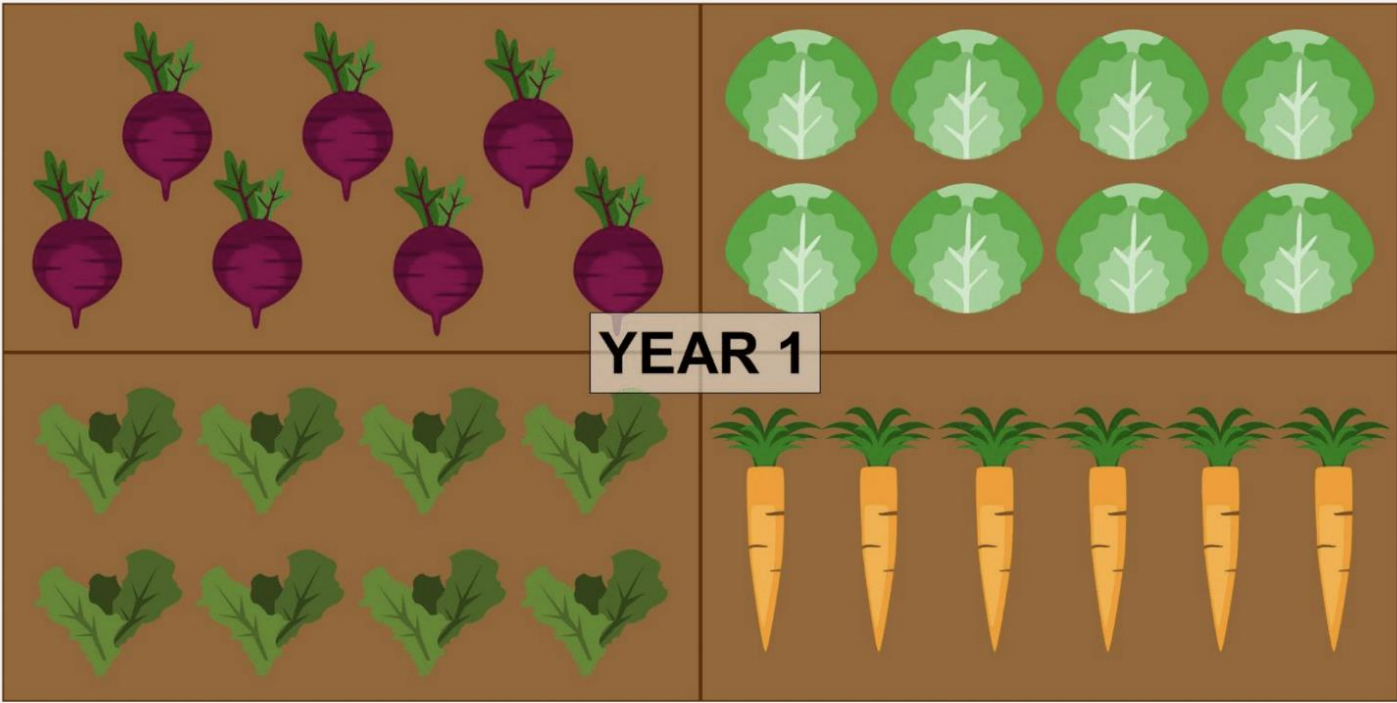
succession

succession

for continued harvest



Crop Rotation



Should I Purchase Transplants or Grow by Seed?

- ❖ First time choose transplants
 - ❖ Cost ranges from \$1 - \$5 a piece
- ❖ Seeds start indoor 8 - 10 weeks
 - ❖ Cost \$2 - \$3 packet (lots seeds)
 - ❖ More hands-on
 - ❖ Need space and resources
- ❖ Both require hardening off before planting in the garden

When Summer is Over

- Harvest Before Cold Temps
- What Roots Remain - Chop Up



- Cover Crop or Not

Or, Plant a Fall Garden

- Broccoli, Cauliflower
- Use Row Covers Again

Getting Started

Seasonal Classification

Reflects growing conditions a vegetable is best suited

Cool Season (In Oklahoma)

- Fall
- Late winter / spring

Warm Season

- Mid spring to fall

Always a gamble on the weather – frosts can be unpredictable!

Cool Season

Salad Greens – Lettuce, Celery

Potherbs and Greens – Spinach, Chard, Collards, Kale

Cole Crops – Cabbage, Broccoli, Cauliflower, Brussels Sprouts

Bulb Crops – Onion, Garlic

Cool Season Legume

Select an area to comment on

Root Crops – Beet, Carrot, Radish

White Potatoes

Light

Light Intensity

- Most vegetables are not shade tolerant
- Thickest stems develop at maximum light intensity

Light Duration

- Day length triggers some processes (photoperiod)



Light Duration Effects

Onion Bulbing

- Short day types (1015Y, granex)
 - April planting = small bulbs
- Intermediate day types (Candy)
 - April planting = normal bulbs

Spinach & Radish

- Both long day crops – bolting is induced when days become long



Variety Selection

Things to Consider

- Disease resistance
- Heirloom varieties are open pollinated – seed can be saved
- Hybrids – don't save seed
- Pelleted seeds facilitate planting
- Organic seed available
- Don't forget to do some experimentation yourself!



What and How to Grow?

- ❖ What YOU want - refer to Fact Sheet for best varieties for Oklahoma
- ❖ Each veggie has different requirements - refer to Fact Sheets
- ❖ Safely put out plants after last frost - usually around late April or early May
- ❖ Use mechanical controls for pests
- ❖ Chemical use necessary? Refer to fact sheets for each veggie

Deciding When To Plant

OKLAHOMA COOPERATIVE EXTENSION SERVICE HLA-6004



Oklahoma Garden Planning Guide

David Hillock
Extension Consumer Horticulturist

Brenda Simons
Extension Consumer Horticulturist

Oklahoma Cooperative Extension Fact Sheets
are also available on our website at:
<http://osufacts.okstate.edu>

OKLAHOMA COOPERATIVE EXTENSION SERVICE HLA-6009



Fall Gardening

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Gardening is a year-round activity. Those who garden
develop an appreciation and a desire for fresh, nutritious

proving the soil prior to and during the gardening season is
important.

Various fertilizer elements are necessary for plant growth

Deciding When To Plant



Getting veggies started

Getting Vegetables Started

Transplants – pepper, tomato, cole crops

Cuttings – Sweet potatoes

Seed pieces – Irish potato

Seed – Carrot, corn, okra, beets

Crowns - Asparagus



Getting Vegetables Started

Picking Healthy Transplants

- Should be free of any diseases
- Have a well-developed root system
- Not too leggy (light stretched)
- No flowers or fruit

Growing Transplants at Home

- Light can be an issue
- Soil must be kept moist consistently
- Not too cold – remember germination temps
- Fact sheet – HLA-6020

Getting Vegetables Started

Hardening Off

- Limits transplant shock when transitioning
- Place outside on warm days, cut back on watering, cut back on fertilizer, lightly brush



Fertilizing

Side dressing with additional fertilizer throughout the season can help with continued productivity



Insect Control

Scouting and early detection is key!

Control weeds that may harbor insect populations

Many insecticides are available – pay close attention to pollinator warnings



Tomatoes

Botany

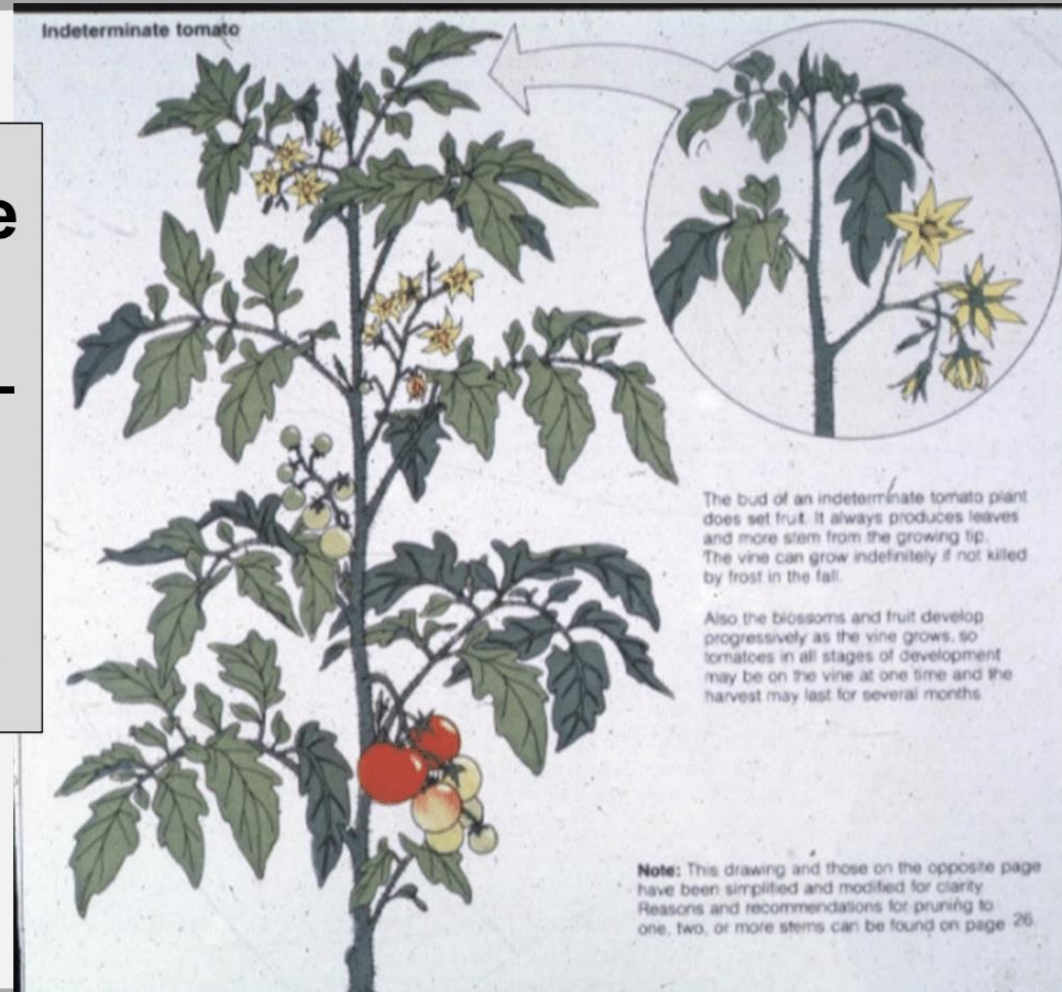
- Solanaceae
- Fruit

Climate Requirements

- 65°-85°F preferred
- Growth stop <55° and 95°
- Temperature has no effect on initiation, but require 65°F night temperatures for set
- Color development is best between 65°-75° ,
- >85° inhibits development

Tomatoes

Indeterminate
Ripens
progressively -
can be
harvested for
many months



Tomatoes

Determinate
Ripens all at
once

Anatomy of the Tomato

Determinate
tomato

STRONG
DETERMINATE



Terminal buds set fruit and
stop stem growth. The plant is
self-topping and seldom
needs staking.

SMALL DETERMINATE



All the blossoms and
fruit develop on a plant
at about the same time.
Harvest time is short,
only a week to ten days
for some varieties.

Tomatoes

(What Cindy Does)

- ❖ Heirloom? Bush? Determinate?
- ❖ Dig a hole deep enough to cover 2/3 of the plant and fill with cut bananas, $\frac{1}{4}$ cup sugar, and $\frac{1}{4}$ epsom salt
- ❖ Pinch bottom 2/3 of leaves then plant
- ❖ Continuously spread eggshells at base
- ❖ Air Flow very important

Tomatoes

(What Cindy Does)

- ❖ No splashing of leaves - use soaker hoses
- ❖ Verticillium Wilt will happen and will look horrible but stick with it for fall harvest
- ❖ Pick at first blush, wrap and ripen indoors
- ❖ Toad choking rains make them split so can pick prior and hope they ripen
- ❖ Rotate every 2 years
- ❖ Heavy cages or staking

Peppers

Botany

- Solanaceae
- Fruit

Climate Requirements

- Not nearly as picky as the tomato
- Plant after threat of frost

Soil Requirements

- Well-drained and slightly acidic



Peppers

Types

Bell – non pungent, includes pimentos

Anaheim – Most non-pungent, includes ancho and paprika

Jalapeno – pungent, but also mild and heatless types

Cherry – pungent and non-pungent

Wax – yellow mature, pungent and non-pungent

Tabasco – very pungent, mostly processed

Habanero – very pungent

Sweet Potatoes

Botany

- Convolvulaceae
- Storage Root

Climate Requirements

- Native to tropical Americas, can tolerate some heat
- Hot days and warm nights are ideal



Sweet Potatoes

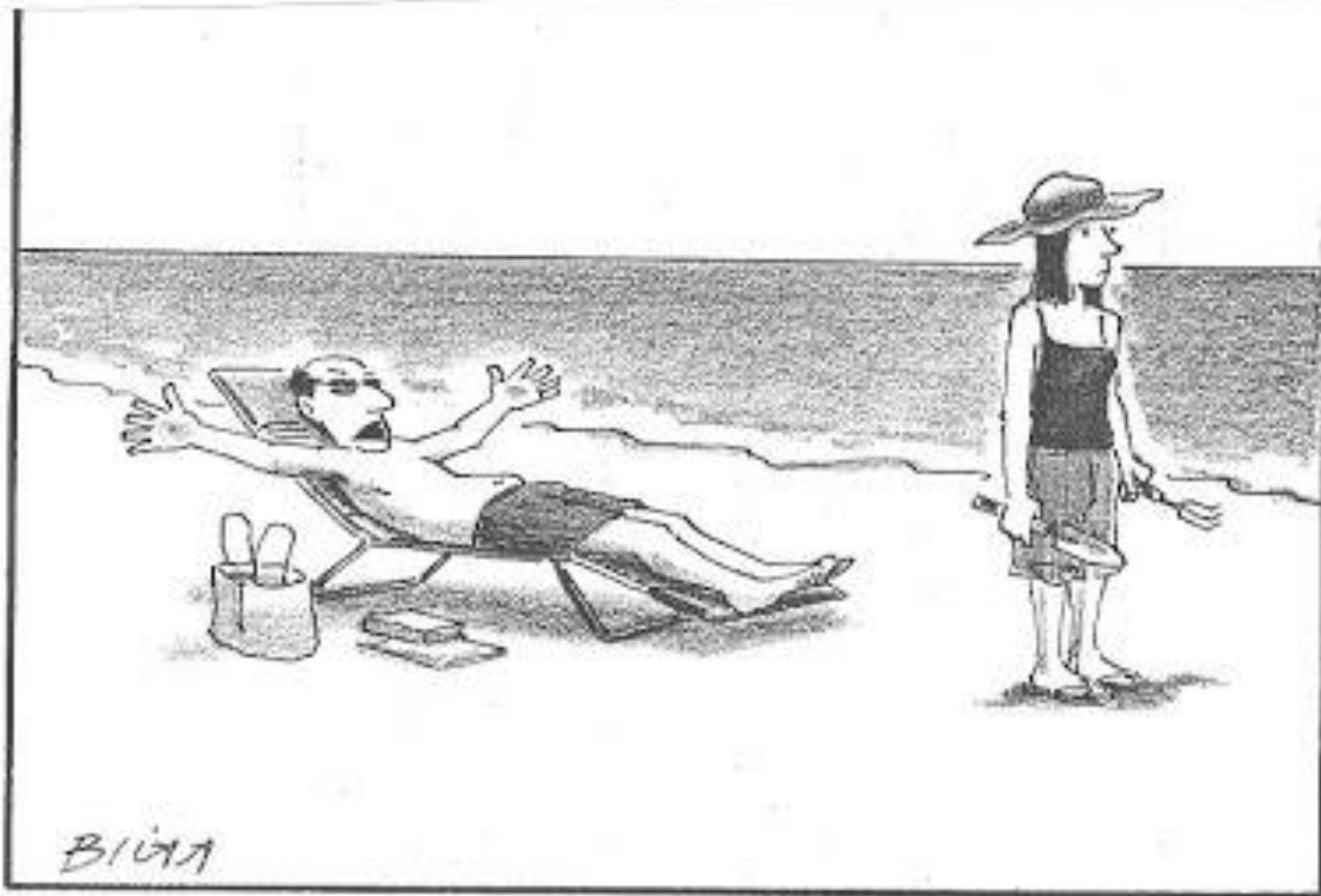
Soil Requirements

- Well-drained soil is an absolute must
- Sandier soil is ideal
- pH – 5.0-7.5
- Incorporate complete fertilizers prior to planting

Cultural Notes

- Propagated from slips
- Sweet potatoes have a delicate skin that is easily bruised at harvest





"It's a beach, Roslyn! There's nothing to garden!"

questions
anyone?

