

# Growing a Bountiful Harvest

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[melindamyers.com](http://melindamyers.com)

# Growing Nutritious Herbs & Vegetables in a Garden or Container

## GARDENING IS GOOD FOR YOUR MIND, BODY AND SPIRIT

- Elevates your mood
- Reduces stress
- Increases flexibility and muscle strength
- Burns calories
  - Mow - 374
  - Prune - 306
  - Dig - 340
  - Garden - 272
  - Water - 102
- Start with a plan
  - Grow what you like
- Try some new things
- Grow what's economical
  - Space efficient
  - Productive
- Grow what's nutritional

## BUDGET-WISE TIPS

- Buy in bulk and share
  - Large packets of seeds
  - 6 packs or flats of transplants
- Use 5 gallon buckets for growing plants
  - Free of harsh chemicals
  - Drill holes for drainage
- Repurpose nursery pots for container gardens
- Don't discard saved seeds
  - Testing old saved seeds

## LOCATING YOUR GARDENING SPACE

- Convenient location
- Ease of planting, weeding and harvesting
- Provides plants with needed growing conditions

## A FEW VEGETABLE GARDENING BASICS

- Vegetables you eat the flowers and fruit need the most sunlight
- 8 hours or more

- Vegetables you eat the roots prefer full sun
  - Tolerate 4-6 hours of sunlight
- Greens prefer full sun, but tolerate shade
  - 4 hours of sunlight
- Moist, well-drained soil - more on that later
- Start small and expand as time and experience allow

## SPACE SAVING

- Self-watering elevated gardens
- Container Gardens
  - Patio Pride snap peas, shown
  - Right size pot
    - Small tomatoes in 1-2 gallon pot
    - Larger varieties in 3-5 gallon pot
  - One plant per pot more productive
  - Combinations - less productive, but more varieties
    - Plants require the same growing conditions
  - A garden of containers
  - Compact varieties
    - Patio Choice yellow cherry tomatoes
    - Fantastico red cherry tomatoes
    - Tiny Temptations and more
    - French Mascotte bush beans - elevated for easier picking
    - Hanging baskets

## RAISED BEDS

- Height - minimum 10" if not on existing soil
  - Higher for ease of maintenance
- Width - 4' or size that fits the space and your reach
- Consider lining with hardware cloth to discourage chipmunks and ground squirrels
- Built-in place to sit
- Eliminate the need to hand trim - surround with mowing strip

## **Utility-friendly Tree Planting Tips from We Energies**

Trees growing too close to power lines can cause sparks, fires, power outages and shock hazards. To avoid these problems, plant trees that won't interfere with power lines when fully grown. Small ornamental trees or shrubs that will not exceed 15 feet in height such as serviceberry, dogwood and low-growing evergreens are best to plant around power lines. Trees such as maple, basswood, burr oak, white pine or spruce grow more than 40 feet high and should be planted more than 50 feet from any overhead power lines.

And don't forget to call 811 at least three days before planting to check the location of underground services.

Learn more utility-friendly planting tips at [we-energies.com](http://we-energies.com).



## STRAW BALE GARDENING

- Condition straw with water and fertilizer for 15 days
- Creates raised bed and growing medium

## BUDGET-WISE NO TILL

- Lasagna gardening - convert plant-based kitchen scraps and landscape trimmings into planting mix
- Recycles plant waste
- Needs less water and fertilizer

## GROW-ROTATE-COMPOST

- I call it the Greiten Technique

## **ALWAYS CALL 811 BEFORE YOU START DIGGING**

## TIME IT RIGHT

- Check seed packets and plant tags

## MATCH VEGETABLES TO THE WEATHER

- Cool season vegetables tolerate cooler soil and air temperatures
  - Greens, root crops, broccoli, cabbage...
- Wait until soil warms and danger of frost passes to plant warm season vegetables
  - Tomatoes, peppers, beans, melons...

## MATCH VEGETABLES TO THE LENGTH OF THE GROWING SEASON

- Short versus long season
- Long season - buy transplants or start as seeds indoors

## SHORT SEASON VEGETABLES

- Greens
- Root crops, like carrots, radishes and beets
- Peas
- Cucumbers, beans...
  - Seeds planted directly in the garden
  - Ready to harvest (check seed packet) in 25 to 60 days

## LONG SEASON VEGETABLES

- Tomatoes, peppers, eggplants
  - Take a long time from seed to harvest
  - Usually started indoors from seeds

- Transplants directly in the garden

## MAXIMIZE SPACE AND BEAUTY

- Wide rows
  - Just enough space for mature veggies, all parts accessible
- Interplanting
  - Plant short season veggie in between long season veggies
- Succession planting (double cropping)
  - Replant row once it is harvested
    - Even in containers
- Go vertical
  - Save space
  - Reduce disease
  - Boosts productivity
  - Sling large fruit

## FUNCTIONAL AND EDIBLE

- Attracting pollinators and beneficial insects
  - Scarlet runner beans
- Screening
  - Trellised tomatoes

## A FEW ECONOMICAL & ECONOMICAL VEGETABLES TO GROW

## GREENS, ESPECIALLY DARK GREEN AND SPINACH

- Ruby Sky lettuce
- Grow your own
  - Save money
  - Best flavor
  - Nutritional value
- Red Kingdom Japanese mustard
- Plant early spring and late season for fall harvest
  - Most thrive in cooler temperatures
  - Tundra spinach
- Harvest regularly to keep plants producing
  - Cutting lettuce when outer leaves 4 - 6"
  - Chard and kale when 8 - 10"

## Landscaping Around We Energies Utilities

Plants and other landscaping features can interfere with utility equipment and cause safety risks. Remember to:

**Maintain equipment visibility:** Use techniques that camouflage rather than hide utility equipment. Hearty grasses and/or flowers are preferred. They provide aesthetic improvements and grow back quickly should equipment access be necessary.

**Ensure easy access:** When fencing is used, choose a split-rail type, which can be easily dismantled when equipment access is needed. Be sure fences are located more than 3 feet from transformer sides and no permanent fence post is located in front of transformer door.

**Keep proper clearance:** When woody shrubs or bushes are used, place them more than 3 feet from transformer sides and more than 10 feet from its door. Keep future growth in mind for the size of shrubs or bushes.

Learn more utility-friendly planting tips at [we-energies.com](http://we-energies.com).

- **Keep cool during harvest**
  - Submerge in cold water or place in cooler while harvesting
  - Dry before storing in refrigerator
- Heat tolerant lettuce varieties
  - **Sandy**, Red Sails, Oak Leaf, Black Seeded Simpson, Muir, Adriana, Tom Thumb (butterhead), **Buttercrunch** AAS bib
- **New Zealand Spinach**
  - Full sun, light shade in mid summer
  - Consistent moisture for best flavor, somewhat drought tolerant
  - Start indoors 2 to 3 weeks before last spring frost
    - Soak seeds 24 hours before planting
    - 14 to 21 days to germinate (sprout)
  - Direct seed in garden in Zones 6 and higher
- Space and time saving tip
  - Grow greens in containers
  - Mix with ornamental plants
  - Grow indoors

### **KALE, COLLARDS & CHARD**

- Collard greens
- Bright Lights Swiss Chard
- Kale
  - **Growing from Seed**
  - Prizm kale
  - Redbor kale
  - Tuscan Baby kale
- Harvesting
  - Leaves when full size (6 to 12" long)

### **RADISHES, BEETS & CARROTS**

- Need well drained soil
- Can grow in containers, raised beds, in ground
- Plant early spring and throughout the season
- Interplanting (carrots with okra shown)
- Give them room to reach mature size
- Thinning is critical for root development
  - Space 2 - 3"

- **Root Crops that Don't Sprout or Form Roots**
  - Improve soil drainage
  - Monitor soil nutrients
  - Compost benefits
- Grow shorts and half long carrots in heavy and rocky soil
  - Cover seeded row with lath after planting
  - Remove lath as soon as green appears
- Pelletized seeds and seed tapes **make planting smaller seeds easier**
- DIY seed tapes
  - 1 cup flour in 1/4 cup water
  - Dab glue onto paper towel strips or squares
- Harvest
  - **Carrots** - 60 to 70 days, roots are 3/4 - 1" in diameter, dig - don't pull, leave in ground for winter
  - **Beets** - 50 to 60 days, as greens 4 - 6", greens and beets when roots 1 - 1.5" and roots only 1.5 - 3" in diameter
  - **Radishes** - 25 to 30 days, when 1 - 1.5" in diameter
- A few to try:
  - Carrots - Shorts and Half Long, Purple Haze (AAS), Thumbelina (AAS)
  - Beets - Bull's Blood, Tall Top, Fresh Start, Candy Stripe, Golden, Avalanche (AAS, white)
  - Radishes - Watermelon, Easter Egg, Cherry Bell (AAS), French Breakfast, Sweet Baby (AAS)
  - Overwinter in garden
    - Mulch soil when crunchy



### **About Melinda**

Nationally known gardening expert, TV/ radio host, author & columnist Melinda Myers has over 40 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening, the recently revised Midwest Gardener's Handbook, and Jackson and Perkins' Beautiful Roses Made Easy. She hosts the nationally-syndicated "Melinda's Garden Moment" program airing on radio stations throughout the U.S. Melinda also hosts the internationally distributed Great Courses "How to Grow Anything" DVD/ Instant Video series, including the latest Food Gardening for Everyone DVD set. She is a columnist and contributing editor for Birds & Blooms magazine, and writes a nationally-distributed gardening column. She appears regularly as a guest expert on national and local television and radio shows.

Visit Melinda's website,  
[melindamyers.com](http://melindamyers.com)

## PEAS

- Plant early spring and mid to late summer for fall harvest (need cooler temps)
- Harvest in 60 to 70 days
  - Edible pod - swollen / no seeds showing
  - Peas - pod bright, swollen, peas full-size
- Garden Snow and Snap Peas
- A few to try:
  - Peas - Mr. Big (AAS), Green Arrow, First 13
  - Snow peas - Mammoth Melting, Oregon Giant
  - Edible podded - Sugar Snap (AAS), Sugar Daddy, Sugar Ann (AAS), Patio Pride (AAS container), Snak Hero (AAS)
- Powdery mildew usually only a problem as temperatures and humidity rise
  - Plant for early summer and fall harvests
  - Provide sufficient space

## CABBAGE, BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS

- Plant mid spring, protect plants from frost and mid season for fall harvest - mature plants tolerate frost
- Harvest
  - Cabbage - when head is full size and firm
    - Cut, leaving lower leaves for additional heads
    - Cabbage for Growing and Cooking
    - Green cabbage
      - Refrigerate and use raw within a few days
      - Up to 2 weeks for cooking
    - Savoy cabbage
      - Richly flavored, only keeps for about 4 days
    - Red cabbage
      - Slight peppery taste
      - Turns color when cooked with vinegar or prepared with anything other than with stainless steel knives and pans

## • Broccoli

- Remove flowerhead when full size, before buds open
- Leave stem for re-sprouting

## • Cauliflower

- Blanch when head is size of a quarter
- Ready in 5 to 7 days, unless self-blanching
- Blanching Cauliflower and Celery

## • Bussels sprouts

- Harvest when sprouts are firm and 1" in diameter

## • A few to try:

- Cabbage - AAS Winners - Katarina (container), Savoy Express, Savoy King, Red Ball
- Broccoli - Crosier, Comet (AAS), Green Goliath, Artwork (AAS - stem type), Purple Magic
- Cauliflower - Snow Crown (AAS), Snow King (AAS), Violet Queen, Green Goddess Hybrid
- Brussels sprouts - Hestia (AAS), Redarling, Long Island
  - Sylvia - shorter season

## • Eco-friendly Control of Cabbage Worms

- Cover with floating row cover to prevent egg laying
- *Btk* organic insecticide that only kills true caterpillars

Always call 811 at least 3 business days before putting the first shovel in the ground. In Wisconsin you can also file online at [DiggersHotline.com](http://DiggersHotline.com) or in any other state at [call811.com/811-In-Your-State](http://call811.com/811-In-Your-State)

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## BEANS

- Plant several weeks before tomato and eggplants - through early August, allowing enough time to mature
- Grow in ground, raised beds or containers
- Harvest in 50 to 80 days
  - Snap - before seeds swell and show
  - Dry - outer shell dry
- A few to try:
  - **Bush** - Blue Lake, Contender, Kentucky Blue Wonder (AAS), Tendercrop, Mascotte (AAS container)
  - Bush yellow - Cherokee Wax (AAS), Slender Wax
  - **Pole** - **Scarlet Runner**, Rattlesnake Pole, Purple Podded, Yardlong
  - Lima - Burpee Improved Bush, Fordhook 242 (AAS), Baby Fordhook
- **Eco-friendly Control of Bean Beetles**
  - Clean up in fall
  - Cover with floating row cover - beans do not need bees for pollination
- **Seed corn maggot**
  - Replant damaged rows
  - Wait for soil to warm for planting
- Scarlet Runner Beans with red flowers
- Royal Burgundy
- **Majesty pole bean**
- **Seychelles**
- **Mascotte**
  - Compact bush, great for containers

## CUCUMBERS

- Start planting when the air and soil are warm (late May in WI & UP MI)
- Grow sprawled on ground in rows or hills, trained on support or in container
- First flush of flowers are male
  - Second flush contains both male and female flowers for pollination to occur and fruit can form
- Harvest
  - Sweet pickles 1.5 - 2.5"
  - Dills 3 - 4"
  - Slicing 6 - 9", skin bright green

- Burpless 10 - 12"
- A few to try:
  - Pickles - Bush Pickle, Carolina, Parisian Gherkin (AAS)
  - Long slicers - Burpless, Marketmore 76, Straight 8 (AAS)
  - Long slicers (compact) - Bush Crop, Fanfare, Pick a Bushel (AAS), Salad Bush (AAS), Green Light (AAS)
- **Lots of Flowers, But No Fruit on Cucumbers, Squash and Melons**
- **Cucumber Beetles and Bacterial Wilt**
- Green Light

## **SUMMER SQUASH AND WINTER SQUASH**

- Plant when the air and soil are warm
- Grow sprawled on ground in rows or hills
- Save space
  - Bush varieties, like Astia zucchini
- **Trained on support or in container, sling large fruit**
- First flush of flowers are male
  - Second flush contains both male and female flowers for pollination to occur and fruit can form
- Harvest summer squash
  - 6-8" long and scalloped types when 3-6" in diameter
  - Rind is thin, seeds small
- Harvest winter squash
  - When full size, rind is hard, portion touching the ground is cream or orange
- **Harvesting and Storing Squash**
- A few to try:
  - Cream of the Crop (AAS), Table Queen (AAS), Table King (AAS), Bush Delicata (AAS), Sweet Dumpling, Vegetable Spaghetti, Early Butterbush, Butternut (AAS), Buttercup, Mooregold, Sweet Mama (AAS)

Find out more about  
All-America Selections (AAS) listed  
in the handout on their website,  
[all-americaselections.org](http://all-americaselections.org)



## TOMATOES

- Choose the Best Tomato for Your Favorite Recipes
- How to Grow Your Best Tomato
- Start seeds indoors 6 weeks before last spring frost
- Move transplants into the garden when soil and air are warm
  - Or jump start the season
- Grow sprawled, staked, towered, hanging, in a 3- to 5-gallon container, hanging basket
  - Space 24 - 36"
- Determinate - grows to certain height and stops - good for containers
  - Early Resilience Roma
- Indeterminate - grows, flowers and fruits until frost kills
  - BadaBing!
  - Green Zebra
  - Midnight Snack
  - Pinch tips late season to speed ripening of existing fruit
- Compact
  - Determinate or semi-determinate
  - Tiny Temptations
  - Fantastico
- Containers - with drainage holes or self-watering
  - 2-3 gallon container for small varieties
  - 5 gallon or larger for bigger varieties
  - 14", preferably 20" wide for greater results
- Planting
  - Waiting for danger of frost to pass and soil is 65°F
  - Plant long, leggy tomatoes several inches deep or in a shallow trench
  - Space plants 24 - 36" apart in the garden
- Training
  - Sprawled on the ground
    - Most fruit, but more lost to disease, insects and gardener's feet
  - Caged
    - 2<sup>nd</sup> best for productivity and lower risks of disease
    - Set cage in place at planting to avoid damage
    - Easier picking

- Staked
  - Earliest, but fewest fruit
  - Labor intensive
- Harvesting
  - When fruit is fully colored
  - Leave on plant 5-6 more days for best flavor
- Finish ripening indoors
  - Select tomatoes with blossom end greenish-white or starting to show color
  - Store your green tomatoes in a cool (60 - 65°F) location to extend their storage life
  - Spread out the tomatoes on heavy paper or wrap individually so the fruit do not touch
- Tomato Resources
  - Growing Tomatoes
  - Hot and Cold Weather Tomatoes
  - Planting Tomatoes
  - Tomato Growing Tips
  - Tomato Troubles
  - Septoria Leaf Spot

## PEPPERS

- Start seeds indoors when starting tomatoes
- Move transplants into the garden when soil and air are warm
  - Or jump start the season
- Plant at same depth as growing in container
- Just Sweet
- Grow in ground or in a 2- to 3-gallon container
  - Space 18" apart
- Sweet, hot or ornamental
- A few peppers shown
  - Scotch Bonnet - very hot
  - Ristra Cayenne - long, twisted fruit, moderate heat
  - Cayennetta - high yielding, compact
  - Pot-o-Péno - hot
  - Roulette Habanero - habanero flavor without the heat

- Sweet peppers shown
  - Shishito - 1 in 10 are hot
  - Bid Daddy - Marconi type
  - Pick n' Pop
  - Mama Mia Giallo
- **Harvest** in 60 to 70 days - fruit is firm and fully colored
- A few to try:
  - Sweet - Bell Boy (AAS), Lady Bell, Just Sweet, Lunchbox, Sweetie Pie (AAS, smaller bell), Giant Marconi (raw or grilling), Gypsy (AAS), Sweet Banana
  - Hot - Cayenne, Jalapeño, MaxiBell (AAS), Mad Hatter (AAS)
  - Other - Shishito (occasional hot one, char-grilled or pan seared), Roulette (AAS, resembles habanero with no heat)

## HERBS

### CILANTRO

- Annual
- Sunny, cool location
  - Cool temperatures delay flowering
- Plant seeds directly in the garden
  - 1/2" deep and thin to 8"
- Sow seeds every 2 to 3 weeks until early summer
- Plant in late summer / early August for fall harvest
- **Remove flowers as they appear and harvest regularly**
- Flowers are edible with milder flavor than leaves
  - Allow some seeds to form and use as coriander and others to reseed in the garden
- **Delfino** (AAS)
  - Finely dissected leaves
  - More heat tolerant
- Slo Bolt

### PARSLEY

- Biennial
  - First year producing leaves
  - Second year flowers and seeds
    - Some gardeners find the leaves more bitter the second year
- Full to part sun
- Moist, well-drained soil
- Start seeds indoors 6 to 8 weeks before last spring frost

- Soak seeds overnight to speed germination
- Move transplants into the garden after last spring frost
- Harvest leaves and use
  - Garnish, breath freshener, cilantro substitute, pesto, stuffing, soups, salads and vegetable dishes

### DILL

- Annual
  - Grow in summer in north
  - Winter annual in Zones 9 to 11
  - Spring and fall Zone 8
- Full sun
- Moist, well-drained soil
- Plant seeds directly in the garden just before last spring frost and every 2 weeks until early summer
- Thin plantings to 18 - 24"
- Reseeds readily
- **Fernleaf** (AAS)

### FENNEL

- Grow in full sun
- Moist, well-drained soil
- Plant seeds directly in the garden in spring or fall
  - Soak seeds for 4 to 5 days prior to planting for better germination
- Thin planting or place transplants 18 - 24" apart
- Reseeds readily
- Fennel root
  - Cooler temperatures and long season to form the bulb
  - Full sun
  - Moist, well-drained soil
  - Remove flowers as they appear to encourage bulb formation
  - Blanch root as soon as bulb begins swelling
  - Ready to harvest in several weeks after that
  - **Anteres** (AAS)

## **ROSEMARY**

- **Growing Rosemary Indoors**
- Perennial in Zones 7 to 10
  - Annual elsewhere
- Full sun
- Moist, well-drained soil
- **Overwintering Rosemary Indoors**
  - Moist soil - avoid overly dry and overly wet soil
  - Cool temperatures and bright light
  - **Find the location that works for you and the plant**
- Harvest and use
  - Meat dishes, soups, sauces, potato dishes, beverages, aromatherapy

## **BASIL**

- Annual
- Moist, not soggy soil - don't allow to go too dry
- **Warm air and soil** prevents stunting and reduces risk of downy mildew
- **Downy mildew** resistant varieties
  - **Purple**, Red, Siam Queen, Amazel
- **Sweet Dani** lemon basil (AAS)
  - Strong lemon scent
- Harvesting and using basil
  - Fresh for a variety of dishes, pesto, dry, freeze, vinegars, **beverages**
- **Dolce Fresca**
- **Siam Queen**

## **CHIVES**

- Perennial Zones 4 to 8
- Leaves and flowers are edible
- Full to part sun
- Well-drained soil
- Plant seeds directly - 45 - 95°F
- Space plants 12 - 18"
- Remove flowers to eat and prevent reseeding
- Reseeds readily
- **Geisha Garlic Chives** (AAS)
  - Mild garlic flavor
- Overwinter potted chives in sunny window or unheated garage

- Harvest
  - Cut a few leaves back to 2" above the soil surface
  - Use to flavor baked potatoes, salads, butter and any dish where mild onion flavor desired

## **OREGANO**

- Perennial Zones 4 to 8
- Full to part sun
- Well-drained soil
  - Gold leaf varieties may scorch in full sun
- Variegated oregano - ornamental and edible
- Spreads aggressively like mint
- Harvest leaves and use
  - Sauces, soups and stews, Italian, Mexican, Central American and Middle Eastern cuisine
- Humile
  - Very compact
  - Creeping growth habit
- **Cleopatra**

## **SAGE**

- Perennial Zones 4 to 8
- Full sun
- Well-drained soil
- Space plants 18"
- **Harvest and use**
- Golden and Tricolor varieties

## **THYME**

- Perennial in Zones 5 to 8
- Full sun
- Well-drained soil
- Space plants 6 - 12" apart
- Cut back late winter
- Older plants may become woody and need replacing
- Lemon Thyme
  - Attractive leaves
  - Lemon fragrance and flavor
  - Best to use fresh, add at end of cooking process or loses flavor
- Harvest and use
  - Used in a variety of cuisines

## FERTILIZING

- A soil test is a good place to start
  - The report tells you what type and how much fertilizer is needed
- Save time
  - Apply a low Nitrogen, slow-release fertilizer (Milorganite) in spring to gardens and containers and again mid season, if needed
  - For gardens
    - 3 pounds per 1,000ft<sup>2</sup> of garden or according to soil test report
  - **Milorganite rates for containers**
    - 2 T for 1 gallon pot
    - 4 T for 2 gallon pot
    - 2/3 cup for 5 gallon pot
- Try some new things
- Grow what's economical
  - Space efficient
  - Productive
- Grow what's nutritional

## COMPOSTING

- Check with municipality first
  - Some may have restrictions
  - Others may offer bins at discounted rates
- Convert plant-based kitchen scraps and garden trimmings into valuable soil amendment
  - No meat
  - No bones
  - No dairy
  - No diseased or insect infected debris (unless hot composting)
  - No weeds and invasive plants
- Dual bin composter
  - Requires less space and easier turning
- **Budget wise - make your own soil amendments**
- **Worm Composting**

## WATERING

- New plantings and seedlings often enough to keep the soil slightly moist
- Gradually reduce frequency and water thoroughly when top few inches are crumbly and dry
- Save time and conserve water
  - Soaker hoses and drip irrigation
  - Mulch the soil
    - Leaves
    - Evergreen needles
    - Other organic mulches
    - Conserves moisture
    - Suppresses weeds
    - Improves the soil as it decomposes
- Reduce maintenance - one task multiple benefits
- Conserve water - use shower warm up water
- Check containers once a day
  - Smaller pots in hot weather, check twice
  - Self-watering pots reduce watering frequency
  - DIY watering devices
    - Plant Nanny devices
  - Incorporate **Wild Valley Wool Pellets** into the planting mix
    - Adds air space for better plant growth
    - Absorbs water and releases it into the soil as needed
    - Reduces watering by up to 25%
    - Irrigation systems for containers

## PROTECT FROM BIRDS AND WILDLIFE

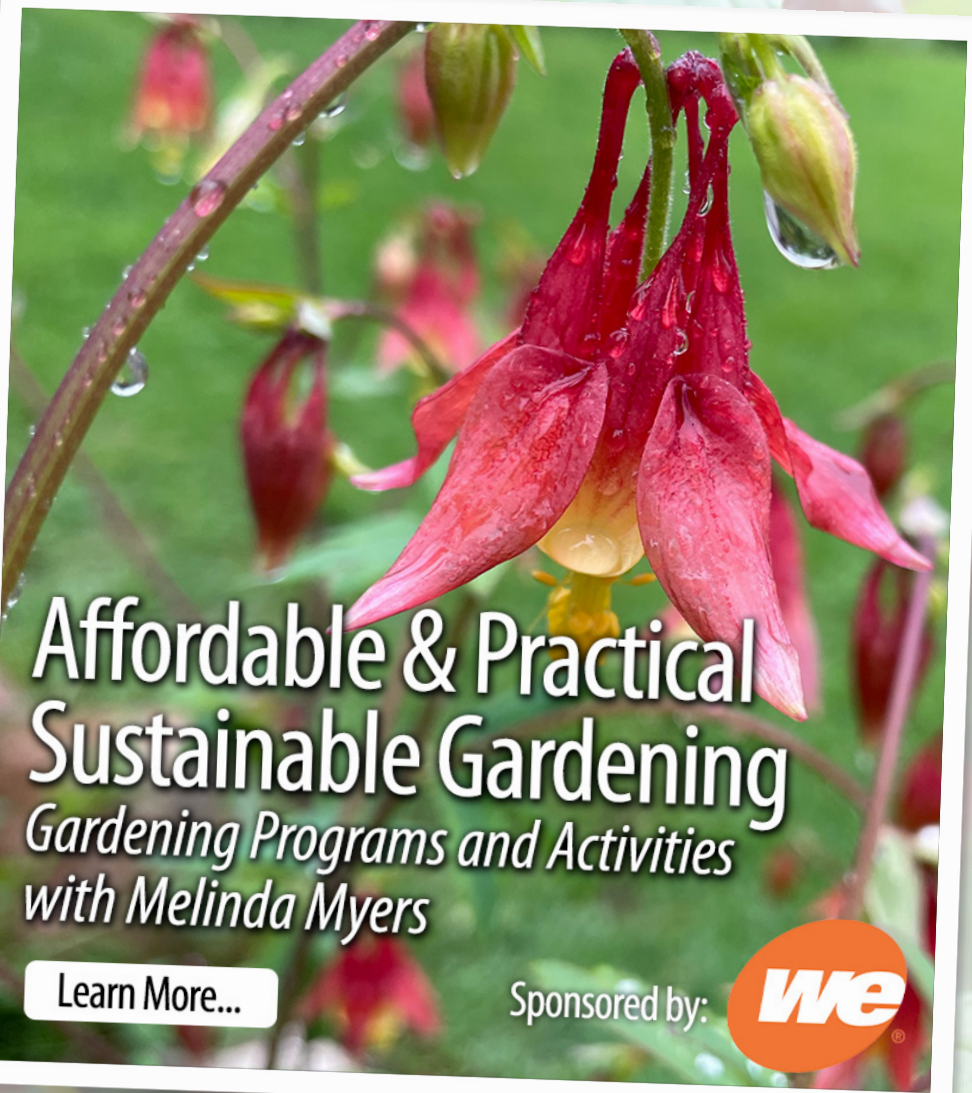
- Commercial or DIY screening
- Floating row covers
- Repellents, like Plantskydd, labeled for use around food plants
  - Plantskydd is organic, rain and snow resistant

## KEEP TOOLS HANDY AND EASY TO MOVE

- Wagon or mobile tool caddy


## GARDEN SAFELY AND LONGER

- Safety glasses and gloves
- Use ergonomic and other helpful tools
  - Pot Lifter and plant caddies
  - Kneeler - party bench
- Lighten the load
- Shorter work sessions
- Warm up, take breaks
  - Garden when the weather suits you
  - Drink lots of water
- Sun protection
  - Sun screen
  - Wide brimmed hat
  - Sunglasses
- Enlist help and consider making it social



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## UPCOMING APPEARANCES & WEBINARS

*Check often as more appearances and webinars continue to be added.*

### **Webinar April 9<sup>th</sup>**

*7 Steps to Managing Water on Your Property*

### **April 11<sup>th</sup>**

*A Day in the Garden - Fond du Lac, WI  
(Registration Deadline is April 2<sup>nd</sup>)*

### **April 18<sup>th</sup>**

*Spring Rally - Oshkosh, WI*

### **Ebert's Greenhouse Village April 19<sup>th</sup>**

*Deer Resistant Gardening*

### **Iowa State University Lectures April 23<sup>rd</sup>**

*Gardening for Health & Wellbeing*

### **Spring Seminar at Pasquesi April 25<sup>th</sup>**

*Top 5 Favorite Annuals, Perennials, Vegetables &  
Shrubs for the Landscape*

### **Ebert's Greenhouse Village April 26<sup>th</sup>**

*Common Tomato Problems & How to Solve Them*

### **Ebert's Greenhouse Village May 2<sup>nd</sup>**

*Ask the Plant Doctor*

### **Webinar May 6<sup>th</sup>**

*Adding Native Plants to Any Size Gardening Space*

### **May 7<sup>th</sup>**

*Grow Your Best Tomato Harvest Yet - Wauwatosa, WI*

### **Ebert's Greenhouse Village May 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>**

*Ask the Plant Doctor*

### **Roots & Branches May 13<sup>th</sup>**

*Creating a Pollinator Paradise - West Bend, WI*

### **Webinar May 21<sup>st</sup>**

*Planting & Care of Your Rain Garden*

### **Webinar June 3<sup>rd</sup>**

*Managing Your Landscape with Pollinators in Mind*



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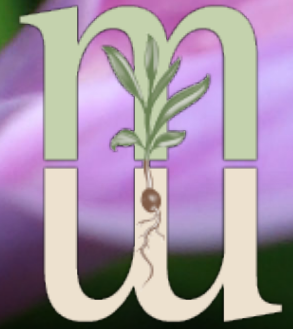


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