



Growing Nutritious Herbs & Vegetables

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

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

SOIL

- Vegetables prefer moist, well-drained soil

FERTILIZE

- A soil test is a great place to start. The report tells you what type and how much fertilizer is needed.

- 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 1,000 ft² of garden
 - For containers
 - 2 T for 1 gallon pot
 - 4 T for 2 gallon pot
 - 2/3 cups for 5 gallon pot

WATER

- 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
- Check containers once a day
 - Smaller pots in hot weather check twice

MULCH THE SOIL

- Leaves
- Evergreen needles
- And other organic mulches
 - Conserves moisture
 - Suppresses weeds
 - Improves the soil as it decomposes

INCORPORATE WILD VALLEY WOOL PELLETS INTO THE PLANTING MIX

- Adds air space for better plant growth
- Absorbs water and releases it into soil as needed
- Reduces watering by up to 25%

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.



SHORT SEASON VEGETABLES

- Radishes
- Leaf lettuce
- Carrots
- Beets
 - 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

Some of the Most Nutritional Vegetables

ASPARAGUS

- Perennial vegetable hardy in Zones 2 to 8
- Selection
 - Look for disease resistant and productive varieties
 - White, purple and green varieties
- Full sun to light shade, well-drained soil
- Plant
 - 6" deep and 12" apart in rows 36" apart
- Harvesting
 - Harvest for 1 month the following spring after planting 2 year old crowns
 - Harvest for 6 to 8 weeks 3 year and older plants
 - Snap or cut 6 - 8" stems off just below the ground
 - Allow ferny greens to grow and strand through winter
- Weeds biggest problem
 - Regular hand removal, mulching
- Asparagus beetle
 - Hand removal of beetles, larva and eggs early in the season

- Control weeds
- Fall cleanup
- Remove ferny greens at the end of the season if beetles were a problem

GREENS, ESPECIALLY DARK GREEN AND SPINACH

- Plant early spring (mid to late April) through late season for fall harvest
 - Most thrive in cooler temperatures
- Harvest regularly to keep plants producing
 - Cutting lettuce when outer leaves 4 - 6"
 - Chard and kale when 8 - 10"
- 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

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.

Want to review some gardening basics?

- Helpful Ideas for New Plant Parents
 - Includes various options for improving your soil, creating great soil and raised bed gardens
- How to Plan a Vegetable Garden
- Getting Started Growing Vegetable & Flower Gardens
- Tomatoes: Tips & Tricks to Maximize Your Harvest and Minimize Insect & Disease Problems

These 2021 webinars and handouts are now available on my website.

• 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

• Red Kingdom Mizuna

• Kale

- Baby kale indoors

• Swiss Chard

- Growing from seed

• Ornamental Cabbage and Kale

• Kalette

- Cross between Brussels sprouts and kale
- Crispy, mild kale flavor with nutty hints of Brussels sprouts
- Grow like Brussels sprouts
 - Full sun

- Speed harvest by pinching out growing tip when bottom sprouts 1/2" in diameter
- Harvest sprouts when 1.5 - 2" in diameter

Vegetables included in webinar

- Freckles Romaine Lettuce
- Red Giant Mustard
- Spinach
- Heat tolerant Salad Bowl, Sandy, Red Sails
- Bright Lights Swiss Chard
- Kale
 - Prizm
 - Tuscan Baby Leaf
 - Lacinato
- Collards

BEETS & CARROTS

- Plant early spring (mid to late April in WI) and throughout the season (planting and thinning tricks)
 - Pelletized seeds and seed tapes make planting smaller seeds easier
- Grow in containers, raised beds, in ground
 - Space 2 - 3"

The Conservancy for Healing and Heritage

The Conservancy for Healing and Heritage is a nonprofit organization dedicated to conserving an exceptional 36 acre parcel of forestland and glacial lake and offering our Reiman Healing Chapel, We Energies Foundation Healing Garden and Lake & Nature Trails for all who seek nature's tranquility and improved well-being. We are especially passionate about supporting and comforting those experiencing physical, emotional or mental distress or disease. The Conservancy promotes respect and appreciation for the natural world through educational opportunities for all ages.

We provide a conduit to the healing power of nature, outstanding environmental education opportunities and unique community enrichment experiences focused on health, wellness, nature and personal development, and a commitment to conserving this beautiful land and its rich resources for future generations.

For more information, visit
theconservancy.org



- Harvest
 - Carrots - 60 to 70 days, roots are $\frac{3}{4}$ - 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)
- Interplant radishes with carrots
 - When radishes are ready to harvest, gives carrots room to mature
 - Overwinter in garden
 - Mulch soil when crunchy
 - Harvest during winter thaw
- Bull's Blood Beets
 - Ornamental and edible
- Interplanting Carrots with Okra
- Proper Spacing

Root Crops that Don't Sprout or Form Roots

- Improve soil drainage
- Monitor soil nutrients
 - Milorganite and compost benefits
 - Make phosphorus (good for rooting, flowering and fruiting) and potassium (hardiness and disease resistance) available to the plants

- 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

Dealing with Small Seeds

- Use:
 - Pelleted seeds
 - Seed tapes for better spacing and less thinning
 - Make your own
 - Paper
 - Glue - 1 cup flour in $\frac{1}{4}$ cup water
- Storing carrots, turnips and parsnips in the garden for winter

PEAS

- Plant early spring (mid April in WI) or 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

Varieties shown in webinar

- Sugar Ann
- Snak Hero
- Patio Pride



About Melinda

Nationally known gardening expert, TV/radio host, author & columnist Melinda Myers has over 30 years of horticulture experience and has written over 20 gardening books, including *Can't Miss Small Space Gardening*, the *Midwest Gardener's Handbook*, and *Jackson and Perkins' Beautiful Roses Made Easy*. She hosts the nationally-syndicated "Melinda's Garden Moment" program airing on over 115 TV and radio stations throughout the U.S. Melinda also hosts the internationally distributed *Great Courses "How to Grow Anything"* DVD series, including the latest *Food Gardening for Everyone* DVD set. She is a columnist and contributing editor for *Birds & Blooms* magazine, writes the twice monthly "Gardeners' Questions" newspaper column and 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

ONIONS

- Plant seeds indoors 8 to 10 weeks before planting outside (late February in WI)
 - Move transplants into the garden in early May
- Plant sets early spring (mid April in WI), transplants just before last frost (May in WI) through summer
- Harvest sets for green onions when 6 - 8" tall
 - Storage onions best from plants, harvest when tops fall
- Long and day-neutral varieties suited to our area
- A few to try - Benny's, Southport Red, Yellow Spanish, White Sweet Spanish, Walla Walla Sweet, Super Star Sweet (AAS), Warrior (AAS, green or bunching)

CABBAGE, BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS

- Plant mid spring (early May in WI), protect plants from frost and mid season for fall harvest
- Harvest
 - Cabbage - when head is full size and firm - cut, leaving lower leaves for additional heads
 - Broccoli - when flowerhead is full size, before buds open, leave stem for re-sprouting
 - Cauliflower - blanch when head is size of quarter - ready in 5 to 7 days
 - Blanching Cauliflower and Celery
 - Brussels 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)
 - Cauliflower - Snow Crown (AAS), Snow King (AAS), Violet Queen, Green Goddess Hybrid
 - Brussels sprouts - Hestia (AAS), Redarling, Long Island
- Eco-friendly Control of Cabbage Worms
 - Cover with floating row cover to prevent egg laying

- *Btk* organic insecticide that only kills true caterpillars

BEANS

- Plant several weeks before tomato and eggplants - through early August
- 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
- Seychelles
- Mascotte

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 or in any other state at call811.com/811-In-Your-State

CUCUMBERS

- Plant when the air and soil are warm (late May in WI)
- 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

CUCAMELONS

- Cucumber with crunchy cucumber citrus flavor
- Rapid growing vine can reach 10'
- Train up support - handle with care as vines are easily damaged
- Full sun and moist, well-drained soil
- Heat, drought and pest tolerant
- Harvest in 70 - 75 days
- Fruits fall off when ripe
 - AAS recipe **Cucamelon Bloody Mary Salad**
- **Saving cucamelon seeds**

WINTER SQUASH

- Plant when the air and soil are warm
- Grow sprawled on ground in rows or hills, **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
 - When full size, rind is hard, portion touching the ground is cream or orange
- 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)

Varieties shown during webinar

- Bush Delicata
- Sunshine

SWEET POTATOES

- Grow in full sun, warm soil
- Plant slips 4" deep and 12" apart
- Use young leaves in soups and stews
- Harvest roots in 90 to 110 days
- Cure at 80°F with high humidity for 4 to 14 days
- Store at 65°F
- **Treasure Island**
 - Ornamental and edible sweet potato

Find out more about All-America Selections (AAS) listed in the handout on their website, 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 (early April in WI)
- Move transplants into the garden (late May to early June in WI) when soil and air are warm
 - Or jump start the season
- Trench tomatoes only
 - Trench tall, leggy plants to encourage rooting
- 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
- Indeterminate - grows, flowers and fruits until frost kills
 - Pinch tips late season to speed ripening of existing fruit
- Growing Tomatoes
- Hot and Cold Weather Tomatoes
- Planting Tomatoes
- Tomato Growing Tips
- Tomato troubles
- Septoria leaf spot
- Orange Chef's Choice
- Striped Paste Heirloom
- Early Resilience Roma
- Galahad
 - Late blight resistant
 - Crack resistant
- Yellow Apple
- Terenzo
- Patio Pride yellow cherry tomato
 - Compact, productive plant
- 4th of July

PEPPER

- 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
- Grow in ground or in a 2- to 3-gallon container
 - Space 18" apart
- Sweet, hot or ornamental
- 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)
- Just Sweet
- Great Stuff - sweet
 - Huge fruit
- Scotch Bonnet - very hot
- Pot-o-Peño - hot
- Roulette Habanero
- Cayenne - hot
- Giant Ristra - hot
- Mama Mia
- Shishito

GARLIC

- Hardneck - better in north, large bulbs and complex flavors
- Softnecks best where summers are hot and winters are mild
 - Productive and store well
- Plant in fall after frost or early spring
 - Set cloves 2" deep and 4 - 6" apart
- Winter mulch in north to prevent frost heaving
- Harvesting garlic scapes
- Harvesting garlic bulbs
 - Carefully dig when $\frac{1}{3}$ and less than $\frac{1}{2}$ leaves turn brown
 - Cure for 3-4 weeks in warm, ventilated location
 - Remove soil, long roots and only outermost damaged papery skin
 - Store in cool, moderately humid location for up to 8 months



Herbs

CILANTRO

- Annual
- Sunny, cool location
 - Cool temperatures delay flowering
- Plant seeds directly in the garden
 - $\frac{1}{2}$ " 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

UPCOMING APPEARANCES & WEBINARS

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

April 2nd

Siouxland Garden Show
[More Information](#)

April 5th Webinar

[Managing Water on Your Property](#)

April 7th Webinar

[Fragrant Plants Sure to Elevate Your Mood and Garden Enjoyment](#)

April 9th

Grand Forks County Extension's Gardening Saturday
[More Information](#)

April 12th

Elm Grove Beautification Committee
[More Information](#)

April 14th Webinar

[Jump Start Your Season and Protect Your Plants](#)

April 27th Webinar

[Organic Pest Management for Vegetable and Flower Gardens](#)

April 30th

Connecting with Nature for Your Well-being
[More Information](#)

May 4th Webinar

[Food Gardening in Containers](#)

May 12th Webinar

[How to Plant a Rain Garden](#)



*Thank You to We Energies for
Sponsoring this Webinar*

Visit we-energies.com



Upcoming Programs

April 7th Webinar

Fragrant Plants Sure to Elevate Your Mood and Garden Enjoyment

April 30th Event at the Conservancy

Connecting with Nature for Your Well-being

Join gardening expert Melinda Myers, Kate Bast of Shinrin-Yoku, and Ryan Sallmann of Badgerland Birding for a day to connect with nature, enhance your mind, body & spirit through gardening and spending time in nature bird watching and exploring the grounds of the Conservancy for Healing and Heritage.

The event is FREE and open to the community. Registration is required for capacity requirements.

To register email susan@theconservancy.org and please note which program you are attending:

1. Gardening for Your Mind, Body and Spirit
2. The Wonderful World of Birding
3. Nature Therapy Hike

