

BES 2015 Species List and Planting Instructions

General planting tips and notes

Hardening plants

- All plants purchased from *inside* a greenhouse will need to be hardened before set in the garden. Hardening plants is getting them used to the outside slowly to prevent the shock of sunburn or windburn. To harden, slowly expose them to sun over a 2-3 day period by first setting plants in the shade or part shade for a day, then to a few hours of direct sun the next day, and finally to full sun.

Watering and fertilizing at planting time

- When seeding, water the soil well before laying in seed. The soil should be moist to a few inches in depth but not muddy. Spray the ground until it just begins to puddle then stop and let the water soak in. Repeat until the water does not disappear quickly after puddling.
- When transplanting seedlings, first dig a hole, add compost and/or fertilizer, mix well, then fill the hole with water and allow to drain fully. Put in plant, cover to soil level. Water again, with fish fertilizer.
- Most plants benefit from a tablespoon of fertilizer mixed in at planting time. Heavy feeders like tomatoes like more than that.
- Seeds can be burned by fertilizer, and will not sprout.

Watering through the season

- Watering is best done in the early morning or evening, not at times when the sun is directly on the garden. Water droplets can act as magnifying glasses and cause plants to burn.
- Established plants with roots secured deep in the soil, prefer $\frac{1}{4}$ - $\frac{1}{2}$ inch of water every other day, ideally. Young plants do not like to dry out and may need daily watering in heat or drought, until the plants are established. All plants prefer a gentle watering.
- Raised beds dry out more quickly.

Watering and fertilizing through the season

- Plants that were started from seed in the gardens can be watered with fish fertilizer or side-dressed with pelletized fertilizer once the second set of true leaves has formed.
- Fish fertilizer is immediately available to plants. When watering with fish, the whole plant benefits. Coat the leaves and saturate the drip line of the plant. The drip line is the outer perimeter of the leaves (and is also where the feeding root tips lie under the ground.)
- Pelletized fertilizer slowly releases nutrients over a sustained period. To side-dress with pelletized fertilizer, scratch in a small handful to the drip line of the plant. To scratch in, use your fingers or a hand tool to carefully work the mix into the soil with as little disturbance to the roots as possible. To side-dress rows of plants, scratch in fertilizer to the soil an inch or so away from the outer leaves from the plants, the length of the row. Tomatoes benefit from fish fertilizer every 2 weeks until flowering and a side-dress of pelletized fertilizer at the start of flowering.
- Some plants like a side-dress of compost midway through the season. If a plant's roots have become exposed, as is often the case with corn in raised beds, pile on several inches of compost all around the base of the plant. Corn likes a side-dress of compost mixed with fertilizer, usually in mid July.

The species list

- I've recommended more seedlings than seed due to the later planting date in this first year. In future years more can be grown from seed. Items easy to grow from seed are marked with an *.

Three Sisters Bed

* easy to grow from seed

direct seed <ul style="list-style-type: none">• *black dakota popcorn• *dry bean (indeterminate variety) - recommend cranberry beans, scarlet runner, or rattlesnake	plant starts <ul style="list-style-type: none">• *4 seedlings, winter squash or pumpkins -recommend delicata squash or baby pam pumpkins
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Notes on corn

Dakota Black Popcorn is a great variety producing small ears that are ready to harvest when the first light frosts come in October. It pops to very white, tasty popcorn. Once dried it lasts indefinitely, on or off the ear, in dry, cool storage conditions. I will send Nancy the popcorn seed in the mail.

Planting tips:

- The map shows the pattern for planting the corn in 3 flat circles, and the squash on four mounds.
- Plant the corn 1" deep spaced 6" apart around the perimeter of each circle.
- When the corn is 1-foot tall, the beans will be planted.
- When the corn is 2-foot tall, side-dress with compost mixed with a heavy handful of fertilizer per 5-gallon bucket. Add a few inches depth of compost around the perimeter of each circle, centered on the corn, and lightly tamp down around the corn roots.

Notes on beans

- There are many types of vining (indeterminate) dry beans. Choose one with a 80-100 day growing time. Scarlet runners have beautiful red flowers, large pods, and large spotted purple beans - very popular with kids as 'gems'. Also delicious as a dry bean or eaten when the pods are young.
- I can provide dry beans too if you need them.

Planting tips:

- When the corn is 12-inches tall, plant five bean seeds inside the corn circles, close to the corn and spaced evenly apart from one another. The beans will grow up the corn. They may need some help to find their way up.

Notes on squash

- Choose the variety to plant. You could choose two of each. Squash and pumpkin can cross in the garden affecting only the seed, not this years' fruit. Baby Pam are a small pie-like pumpkin. They are edible. Delicata is beautiful and a delicious semi-hardy winter squash.

Planting tips:

- Plant one healthy plant per mound. Add 2 tablespoons of pelletized fertilizer and a heavy handful of compost to the planting hole. Water in with fish.

OR

- Plant 3 squash seeds per mound. When the first true leaf appears, thin to one healthy plant per mound. Fertilize this lone baby by scratching in a small handful of fertilizer to the side of each mound. Be careful not to go too deep lest you'll disturb the roots. Side-dress each mound with a couple of inches of compost.
- As the vines grow, train them to trail over the front and sides of the beds, and backward through the corn and beans.

Rainbow Pollinator Bed

* easy to grow from seed

direct seed calendula, orange (or 8 seedlings) <ul style="list-style-type: none">• *sunflower, yellow or red (or 8 seedlings)• *morning glory, blue (or 3 seedlings)• *nasturtium, red/orange, standard trailing type (or 3 seedlings)	plant starts (4-6 packs or 4" pots) <ul style="list-style-type: none">• 4 thyme, any varieties, mix it up.• 3 snapdragons, yellow• *4 kale: white russian, defender or winterbor• 2 verbena, purple• 2 alyssum, white• 1 sage• 1 rosemary• *4 zinnia, any color• *1 bachelor button, blue• 1 ageratum, blue, taller kind
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Notes on flowers and herbs

- All seeded varieties: Sow more than you need and thin to the healthiest plants. Generally you want at least 4-6" between most plants. We plant raised beds very full to reduce weeding and to add beauty.
- Flower colors: Don't really matter. My choices are purely for rainbow aesthetics.
- Sunflowers: Any variety will do. My choices are 'summer sensation', growing 5' tall with large blossoms, or 'the joker', a 5-7' tall multi-stemmed variety. Follow planting instruction on seed packet.
- Morning Glory: 'Heavenly Blue' are my choice but any variety will do. These will grow up the sunflowers. They may need a short tripod or trellis to allow them to grow up while the sunflowers are forming height and strength. Three somewhat sturdy sticks tied at the top and poked into the soil at the bottom to form a tripod, will do just fine.
- Calendula: The petals are edible.
- Nasturtium. The leaves, blossoms, and seedpods are all edible. They have a strong peppery flavor.
- Thyme and sage are usually perennials but are easily over-wintered. They can be divided, thinned, and moved to a new bed each year. Or, transplant to a pot to bring inside, or give them away in the fall. The leaves and flowers are edible.
- Rosemary is sometimes perennial in CT. Treat like sage and thyme.
- Snapdragon blossoms are edible.
- Alyssum will trail over the front of the bed with many tiny, sweet-scented blossoms to attract beneficial insects.
- With deadheading, verbena blooms all season long. Attracts butterflies and many species of beneficial insects.
- Kale: The dark green large leaves will provide food and a beautiful contrast to the flowers in the bed. Always harvest the bottom leaves first. The tops will grow through the frost if they do not get cut off. Remove any unsightly yellowed or brown leaves.
- Flowers tip: If you deadhead spent blooms continually, you will have lots of flowers in the fall when school starts.

Nightshade Bed

* easy to grow from seed

direct seed <ul style="list-style-type: none">*nasturtium, red/orange, standard trailing type (or 1 seedling)	plant starts <ul style="list-style-type: none">*7 basil plants*4 marigolds4 peppers2 alyssum, white2 snapdragons8 slicer tomato plants (see notes)
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Notes on tomatoes

- If you are comfortable pruning tomatoes I highly recommend the indeterminate vining varieties. They offer the best tasting flavors. My hybrid choices are any of the ‘big boy’, ‘new girl’, or ‘beef master’ varieties. Of the heirlooms, green zebra, goldie, brandywine, indigo rose, and striped German are among my favorites. Indeterminate varieties produce more fruit, for longer, often until frost. They do well with an overhead staking system for which I have included instructions, a photo and materials list.
- If pruning does not interest you, go with the determinate bush varieties like ‘celebrity’ or ‘roma’ that typically produce less fruit, mostly in August. These require very little pruning or staking. Use one 1x wooden post for each plant, installed securely 12” deep in the soil, near the main stem, at the time of planting. Cross twine would need to be woven in as the plants grow, to hold them up off of the ground.

planting notes:

- Dig an 8-10 deep hole for each plant, spaced 12-16” apart on center. Add a few handfuls of compost and about 2T. of fertilizer to the hole and mix in. Fill the hole with water and allow to drain.
- Set tomato plant in the hole and trim any lower leaves back to the main stem (these nodes will produce roots under the ground adding more stability to the plants.)
- If you chose determinate (bush) varieties, insert your stake now.
- Fill the hole with remaining soil and gently tamp down.

Notes on flowers and herbs

- Marigolds offer some deterrent to a nematode pest in the soil. The blossoms are edible.
- Snapdragons attract bumblebees, the choice pollinator for tomatoes. The blossoms are edible.
- Alyssum will trail over the front of the bed. It’s multitude of tiny blossoms attract many beneficial insects.
- Basil produced best when the growing tips are pinched often, during June and July. The flowers are edible but it’s best not to let the plant flower so that you get more of the tasty leaves through to the frost.