

Charles Drew Garden Planted 5-15-23

Bed #1

Bush Blue Lake green beans- crunchy and crisp green, snap bean. Excellent flavor, one of the best for freezing. Snap beans are ready to pick when the pod “snaps” or breaks in half cleanly. To take off the pod, hold the stem with one hand, and the pod with the other hand to avoid pulling off branches, which will continue to produce more beans. Easy to grow and space saving bush bean 16”-18” tall and wide. 6-inch-long bean. Beans help fight inflammation and are a good source of folate and potassium. Full sun. Ready in 60 days

Dill- A common aromatic garden herb known for its culinary properties and large seed heads with great flavor. It makes an excellent pickling spice. plant is multibranched and grows yellow flower clusters. Dill is aromatic, has a hint of caraway flavor, and is lovely in a cucumber salad. The Featherly leaves are used to season meats and fish, but not as popular as their seed counterpart. Dill is grown for its seeds as much as its leaves. They can be stored for several years. Bouquet dill seeds (the flower) are the main flavoring agent in pickling cucumbers, it is also used in teas. Dill is also known for being high in vitamin C and A, and magnesium. Gets 3 ft high. 65 Days

Bed #2

Gourmet lettuce- This exciting mix of butterhead, leaf, and romaine lettuce that are great tasting, even picked at full size. You can grow in containers, in the garden, or even on the border around your flower bed! Included in this lettuce is Buttercrunch (delicious with light green leaves and yellow core), Black Seeded Simpson (light green, crisp edges), Green Salad Bowl (Deep lobed, green leaves), Lolla Rossa (Deeply curled leaves with red edges), Rouge d’ Hiver (green leaves tinged with reddish-brown: rich buttery flavor) and Red Oak Leaf (medium green, oak leaf shaped). Baby greens are ready to harvest when they are 2”-4”. Harvest by cutting just above the soil line. Leave about ½" of leafy growth on the plant so they can regenerate. 21-58 days.

Spinach Savoy- Long standing, dark-green leaves. Can be eaten raw but are known for their cooked preparations, favored for their consistency, flavor, and coloring. They produce a thicker leaf with a crinkled texture. Full to Part sun. Harvest when leaves are 4-6 inches long. 29 days

Kohlrabi- Crisp in texture with a mild, sweet cabbage-like flavor. The cabbage flavored flesh is white and delicious cooked or raw. They are ready to be picked when the swollen part of the stem reaches 2-3" in diameter. Excellent source of vitamin C. The leaves are edible too. Ready in 55 days. June 20

Brussel Sprouts- Is part of the cabbage family, grown for its edible buds. Brussel sprouts mature from the bottom up. Buds should be picked when they are firm and about the size of a large cherry, between ¾" and 1" in size. Break off the leaf just below the buds and snap or cut off the sprout. Chilly weather sweetens the flavor. They can tolerate as low as 10 degrees F. They resemble miniature cabbages that grow on short, self-supporting stems, making it a fun vegetable to grow and eat. They are delicious steamed or sauteed. Brussel sprouts are low in calories and high in fiber, vitamins and minerals. Rich in vitamin K and vitamin C. 75-100 days

Lettuce tips and tricks: Plan to harvest lettuce leaves in the morning when they will be at their crispest. Cut the outer leaves about 1 inch above the crown. This protects the crown so lettuce can continue to grow. Leaves should be 3-6 inches when harvesting.

Bed #3

Cucumber Adam Gherkin-High yields with a great flavor, crisp texture, and even color, making them great for pickling. Pick at about 2-4" and pick daily to encourage more crop production. Cucumbers like warm soil and consistent watering. They do not like to get wet or dirty on leaves. Always pick when they are dark green and firm. Avoid picking when they are yellow, puffy, or have sunken areas or wrinkled tips. Likes to grow on support. 45 days

Cucumber Market More- A beautiful, dark green cucumber that is ready to pick when it is 6"-8" long. These fruits keep their size and shape even under poor weather conditions. Delicious and easy to grow. They will continue to produce with regular picking. Great for bread and butter pickles too. Grow with support. 60 days

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Pickling Cucumbers- A top producing pickling cucumber. Delicious, traditional cucumber taste. This cucumber grows 6-8" with a slightly tart and crisp texture. Likes to grow on support. Easy to grow and maintain, prefers warm temperature. Pick to encourage more crop production. Use mulch to retain moisture and avoid dirt getting on leaves. 55 days

**Cucumbers contain magnesium, potassium, and vitamin A, C, and K. A regular intake of cucumbers helps to decrease bad cholesterol and lower blood sugar. They are considered a superfood and help with hydration. Dip cucumbers in chilly water immediately after picking to give them a crisp texture.

Bed #4

Kale Green- Blue-green leaves have an attractive curl. Stems are loaded with probiotics and can be eaten. They are in the same family as the cabbage and is considered a cooking green. It can be bitter and have an earthy flavor, but if squeezed when cleaning, it can help with the bitter taste. They are considered a power food. Plant in full sun to part shade. It can tolerate some heat but does better in colder conditions. Plant in late summer and harvest only the outer leaves, and never the interior portion of new growth. This allows the plant to continue to produce. New leaves for multiple harvests. 1-2 ft tall and wide. 50 days

Kale Red Russian- Due to its tenderness, Red Russian is often grown for baby greens. These small leaves make great additions to salads. The purple color indicates the presence of compounds called anthocyanins which include antioxidants and antimicrobial properties. This type is great served raw in salads due to its tender texture and sweet taste. A light frost can increase the sweetness, so fall planting is ideal. Great with grapefruit, apple, and red onion, also great sauteed with onion and garlic. Plant in full sun. It can tolerate some heat but does better in colder conditions (late July). Harvest only the outer leaves, and never interior portion of new growth. This allows the plant to continue to produce new leaves for multiple harvests. 1-2 feet tall and wide. 50 days

Jalapeno- The most popular pepper. This medium-size pepper produces deep green 3-inch fruit that matures to a bright red. They love the sun and heat. They do not take up a lot of space and can be grown in a container. Jalapenos are rated 2,500-5,000 units in the Scoville heat scale. Start these plants outdoors when temperature reaches 70* Water thoroughly and mulch to hold in moisture. Peppers are ready when the skin gets cracks in it. Peppers will turn red and sweeten up but can be eaten green. 3 ½ to 4" in size. Mulch to protect from disease. Plant in full sun. 70 days green 93 days red ripe.

Bed #5

Swiss Chard- A member of the beet family, it does well in both cool and warm weather. A superfood high in vitamins A, C, and K as well as minerals, the leaves can be eaten raw or cooked. Adding color and nutrition to salads, pastas, pizza, quiches, sandwiches and more. Partial Sun to Full Sun, use compost to boost soil. Water consistently and during dry spells. Mulch plants to help conserve water. Harvest when leaves are 6-8 inches tall Cut the outer leaves 1-½ inch above the ground. Take the largest leaves first and leave the young ones to continue growing. 60 days

Coneflower- Full sun Bloom time Summer and Fall Attracts birds and butterflies. They are tough perennials. Deer resistant and attract songbirds. Good for humans, too, with medicinal properties in herbal tea that help strengthen the immune system.

Sage- Full sun used as an herb and blooms all summer. Easy to grow and wonderful culinary herb. Flavor meat and bean dishes including Thanksgiving stuffing! Loaded with antioxidants and rich in vitamin k. Grows in warm weather and can get 12-30 inches high. Prune heavier, woody stems. Sage tastes fresh, but it can be stored frozen or dried.

Mint- Full sun Mint practically grows itself. Adds flavor to foods, water, and tea, but it is also useful for health remedies such as aids in digestion. The hardest part of growing mint is keeping it confined and controlled. Plant mint near cabbage and tomatoes.

Cabbage- Full sun Cabbage is a cool season vegetable that weighs 2-5lbs. Easy to grow and prefers cool weather. Loaded with antioxidants and nutrients, this is a terrific addition for any gardener. Easy to grow and can be planted in early spring and late summer for two crops. Mulch to retain moisture in the soil. Harvest when head reach the desired size and are firm. If left too long, the head will split. Use a knife to cut the head at the base. 70 Days

Shasta Daisy- Perennial 9 in-3 ft tall Full Sun bloom in spring and summer. Toxic to pets. Beautiful white flowers that look great in gardens. Easy to grow and are hardy and deer resistant.

Bed #6

Onions Red- Can be harvested early as green onions. Full sun. Onions need a good soak every week and if it is hot twice. Stop watering red onions when leafy tops begin to fall over. They are ready to harvest two weeks after the stem has dried out. Red onions can be eaten raw or cooked. They are known for their mild and sweet flavor. They have a high sulfur content that helps the body ward off diseases. 85 days

Onions white- Easy to grow excellent for slicing, salsas, or cooking in your favorite recipe. They can be harvested immaturity for green onion. They promote good gut health and are loaded with fiber and prebiotics. Full sun and they like well-draining soil.

Carrots- Fresh carrots are like candy for supper. They have a sweet flavor and a crisp texture. They can reach up to 9 in long and are a gorgeous color. Carrots are fun to grow and fun to pull. They are slow growing so laying something. Like a piece of wood, over them until they germinate is best. They like light soil. Heavy soil makes it hard to pull them out. Grow great in containers. Carrots contain antioxidants and vitamin A which are great for your eyes. 75 days

Radishes Cherry Belle- Bright red with a mild flavor. They are ready in just 21 days. They add color and texture to salads, relish trays, and snacks. They store well in the fridge. 21 Days

Sugar Daddy Peas- Great for snacking and amazing taste. It has a natural sugar that makes it so delicious. The vines reach 24 inches tall and can grow with or without support. Each bushy vine produces a bounty of 3-inch-long pods that can be eaten whole or shelled. This is the perfect choice for beginner gardeners. Even the most ardent vegetable hater cannot resist the Sugar Daddy Pea! A healthy source of complex carbohydrates, offering fiber and protein. They also have Vitamin C, iron, and potassium. Full sun. 65 days

Bed #7 Bottom-

Black Beauty Green Zucchini- Delicious fried or baked, best picked young. It is extremely productive and divided into two categories. Summer squash (harvest in summer) and winter squash (harvest in winter). The skin of summer squash is edible. Sow 3-4 seeds close together in a mound and 3-6 feet apart. Mulch after planting. You can hand pollinate your squash for better yields. Harvest when 6-8 inches long. Cut fruit off the vine with a sharp knife. Leave at least 1 inch of stem on the fruit. Zucchini is rich in Vitamin B6. Full Sun 60 days

Yellow Summer Squash- Bright yellow with a firm texture and sweet, nutty flavor. Straight, yellow neck zucchini squash. They are excellent grilled, sauteed, baked, steamed, fried or stir fry! For the best flavor, harvest the squash at 5-6 inches. 3 to 4 seeds in a group on a mound. They need 48 inches of space to grow. 30" high. A good source of potassium, folate, and vitamin A. 60 Days

Bed #8-

Zinnia- Grows 30-49 inches tall a delightful mix of colorful flowers on strong, sturdy stems. They are sure to impress in the flower garden, vegetable garden or even containers. Easy to grow and minimal maintenance. Blooms from summer to frost. Attract bees and butterflies.

Chives- Pretty and flavorful, they are a long-lasting herb that can be harvested all summer. They have a pleasant, mild, onion like flavor. Ideal for edible landscapes. The leaves can be harvested all summer long. Flavor potatoes, eggs, soups, salads, and sauces. Many cooks love to grow them near a door, so it is easy to walk out and snip a few leaves, 80-90 days

Coneflower- Attracts birds and butterflies these flowers are used in a cut and dry floral arrangement. Some of the most useful perennials in the flower garden. The plants are known to stimulate immune responses and help the body resist viral and bacterial infections. Birds like to feast on the dried seeds in the fall. 24-48 inches tall.

Fever Fern- Daisy-like flowers that appear over an extended period in the summer. Easy to grow 1-3 feet high. Full Sun blooms all summer. Been known to treat tooth aches and headaches. Attracts pollinators.

Bed #9-

Pepper Shisito – Thin wall with no heat. Exceptionally good roasted, in stir fries, or sauteed. They are good cooked green but may be used red. Excellent in salads and coleslaws when red, they have a sweet flavor. Large and very productive. Pale green. Peppers prefer warm climates and grow slowly in cooler climates. Mulch to retain moisture. 60 days Green 90 days Red

Pepper Carmen 2- Italian style sweet pepper with a sweet and fruity flavor. Can be cooked or raw. Their medium-thick skin can hold up for grilling and cooking but can be sliced for raw eating in salads. 2-3 Feet. Full of vitamin A and C and is known to boost your immune system. Full Sun Green 60 days Red 80 Days

Sweet Pepper 2- Sweet and crunchy, bright yellow fruits 4-6 inches long. Makes an excellent pickling pepper. Great on salads and sandwiches or a sweet pepper jam. Also delicious on pizza! Grows great in garden or container. 18-36 inches. Full Sun. Green 60 days Red 80 days

Ancho pepper- Mexicans favorite Chile pepper! Ripened to red and dried, it is also used green for making rellenos. Mildly hot fruit that has a rich, mellow flavor. Produces continually need space when growing. Full sun Scoville Heat 1000-2000 75 Days

Cherry Tomato- Reliable, great tasting cherry tomato. It is produced in large clusters with a bright red 1-inch globe. It is one of the most nutritious tomatoes available with the highest vitamin C content. Indeterminate. Loves to be planted deep and leaves kept free from soil and water. Mulch to retain water in soil. Water at the base and likes a good watering schedule. Full sun 65 days

Bed #10-

Potato Leaf tomato- Streaked in orange, yellow, and red these tomatoes are even more beautifully sliced. Low acidity. These heavy producers have a gorgeous bicolor and are great for slicing. They are juicy and sweet and can grow up to one pound. Indeterminate. Plant in full sun. Sow seeds ¼ inch deep. Sensitive to cool temperatures. 85 days from seed

Roma- Prized for its use in tomato paste and sauces, Roma produces a large harvest of thick-walled, meaty, bright red, egg shaped tomatoes. This tomato is not juicy and is not sliced tomato. The flesh is thick and drier so it will cook down into a thick sauce. Cooking intensifies the flavor, too. If you can, make your own sauce, or chop tomatoes into an omelet, this is the tomato for you. Ready when it is 3 inches long. Determinate Container friendly. 73 days

Beefsteak- Among the largest tomatoes grown are those in the beefsteak class. Meaty and juicy, beefsteak tomatoes are a favorite for slicing to use in sandwiches and on burgers Can reach up to two pounds it has a deep red flesh and a good old-fashion tomato flavor. It is a favorite dark tomato. Full sun. 85 days from seed

Cherokee Purple- When ripe the Cherokee Purple tomato has a dark, dusty rose color with green-tinged shoulders. They are sweet and have a rich, smokey flavor with a thick skin and earthy, lingering flavor. Heirloom and indeterminate. Full Sun. 80 days from seed

Bed #11-

Marigolds- Attracts beneficial insects, marigold is an excellent choice for packs, pots, and garden planting. A great companion plant for tomatoes. The flowers are edible and can be used to dress up salads and desserts or cooked in egg or rice dishes. The flavor is floral with hints of citrus and spice. Supports skin healing. It has natural antiseptic and anti-inflammatory properties. It can protect you from UV damage and soothe throat pain. Easy to grow. Gets up to 12 inches. Planting depth 1/16 inch direct sow in the soil or start indoors. 50 days from seed

Basil Genovese- Authentic flavor and appearance. Tall and slow to bolt with large, dark green leaves about 3"long. Edible leaves and flowers are used in any recipe that calls for basil, or to garnish drinks, salads, soups, pasta, and desserts. Sow into soil or container. Plant ¼ inch deep Sun to part shade. Harvest continually to keep plant growing. Harvest top leaves and never take more than ¼ of the plant. Do not store at a temperature less than 50 degrees. 68 days

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Tomatillo- Yields large, apple-green fruit. The medium-sized, determinate plants need no staking.

Use in salsa or Mexican cooking. Just like a tomato, but once established, more tolerant to stress from drought, heat, cold, and low nutrients. Sensitive to cold. Full Sun. 60 days

Black Cherry- Wonderful tomato taste to eat straight from the garden. Heirloom. Indeterminate. Heat tolerant. Develops best when hot and sunny. Full sun. Start indoors. Plant ¼ inch. Easy to grow. 60 to 90 days to maturity

Determinate plants grow to a certain point, and then stop, with a shorter stature overall. They tend to grow to a fixed mature size and yield one large round of harvestable produce. Once this wave has ripened, the plant will begin to diminish in vigor and will provide little future production.

Indeterminate plants produce fruits and vegetables in a continuous fashion. The main stem will keep growing and flowering even as fruits and vegetables are harvested.