



Organic Gardening



Small scale vegetable production

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- Thanks to the Athens Foundation for funding this project as well as:
- The Amesville Grange 798
- Village Productions



Why organic gardening?

- Pesticides/herbicides can leach into water
- Chemicals can combine to potentiate
- Chemicals can kill helpful insects
- Traditional gardens increase erosion
- Eutrophication



Organic gardening

- Has three legs to its foundation
- QUALITY NUTRITION: SOIL/COMPOST
- BIODIVERSITY: PROPER VARIETIES
- TECHNIQUES: WATERING, MULCHING, PEST CONTROL, TIMING



Start with the soil...

- Soil is the foundation for plant nutrition
- It is alive
- It has particles:
- Clay, minerals, sand, organic matter



Organic soils are alive...

- Soil improvement can be achieved by:
- Adding compost
- Loosening soil
- Mulching
- Crop rotation



Seed and plant selection...

- What diseases in your area?
- Resistant plants
- Heirlooms
- Hybrids
- Starting seeds indoors



Heirlooms and hybrids

- Hybrids can have resistance to diseases: they are a cross between 2 varieties
- Heirlooms are single variety which breeds true



Seasonal differences

- **Early crops for spring:** peas, spinach, lettuce, chard, Chinese cabbage, rabe, radish, onions, cabbage, turnips, beets, carrots, mustard greens
- **Middle season crops:** potatoes, tomatoes, peppers, okra, beans, squash (winter and summer), cucumbers, tomatillos, melons, cauliflower, broccoli, Brussels sprouts, sweet corn, eggplant
- **Late season (fall) crops:** collards, kale, turnips, rutabagas, spinach, chard, lettuce

Starting seeds inside

- Frost date for SE Ohio is May 12th so many plants need a head start before going into the garden: tomatoes, peppers, tomatillos, eggplant
- Seed starting: needs sterile soil mix, light, kept moist, keep roots from tangling, nutrient mix



Varieties

- Lettuce: Black Seeded Simpson,
- Peas: Laxton
- Chinese cabbage: Michili and Bok Choy
- Cabbage: Early Jersey Wakefield
- Beets: Detroit globes
- Carrots: Nantes
- Beans: Kentucky Wonder, Royalty purple pod, Scarlet runners
- Mustard: Russian Red
- Corn: Country gentleman
- Tomatoes: Brandywine, Rutgers, Marglobe, Arkansas traveler, Mortgage Lifter
- Peppers: California Wonder
- Spinach: Bloomsdale Long Standing
- Collard or kale: Georgia, Vates and Lacinato
- Zucchini: Black Beauty Crookneck: Yellow Crook
- Okra: Clemson Spineless



Cultivational practices

- Watering
- Weeding
- Mulching
- Trellising
- Inter-planting
- Crop rotation
- Insect control



Cultivation

- Water: in morning, best with soaker hose
- Weeding: when soil is moist
- Mulching: leaves, compost, straw
- Trellis: best made early



Pest control

- Prevention is best start: good soil, right plants and proper planting schedule
- Small gardens you can hand pick bugs
- Small infestations can be tolerated
- Look under leaves for early detection
- Low toxicity spraying: soapy sprays, Neem, BT, hot pepper spray, diatoms
- Natural pesticides: rotenone, pyrethrum



The benefits of gardening

- Is an enjoyable form of exercise.
- Increases levels of physical activity and maintains mobility and flexibility.
- Encourages use of all motor skills – walking, reaching and bending – through activities such as planting seeds and taking cuttings.
- Improves endurance and strength.
- Helps prevent diseases like osteoporosis.
- Reduces stress levels and promotes relaxation.
- Provides stimulation and interest in nature and the outdoors.
- Improves wellbeing as a result of social interaction.
- Provides nutritious, home-grown produce.

Americans and veggies...

- Most consumed vegetables: potatoes, tomatoes, beans, peas, lettuce
- Most nutritious vegetables: collards, kale, beets, carrots, spinach, chard, broccoli



The yields...

