

## Gardening Simplified

February 25, 2024





### How to be successful a gardener?

- 1. Gardening does not require a green thumb
- 2. Gardening requires patience
- 3. Gardening requires sunlight/warmth & healthy soil
- 4. Gardening is an expensive hobby
  - Seeds
  - Compost/mulch
  - Support structures (trellis, cages, etc.)
- 5. Gardening requires planning
  - Sowing seeds
  - Planting seedlings
  - Harvesting
- 6. Gardening requires time
  - Watering
  - Enriching soil
  - Weeding



#### Many Different Gardening Methods

- Intent of this presentation is to share what has worked for my micro-climate and backyard
- This presentation leverages the ideas from "No Dig/Back to Eden Gardening" and "Square Foot Gardening"
- Ideas can be applied for container gardening
- Many gardening methods out there:
  - Hügelkultur Gardening
  - Hydroponics Gardening
  - Keyhole Gardening
  - Lasagna Gardening
- Trial and error along with detailed notes has served me well on my gardening journey



# Recommendation of a Single Source of Inspiration

- Charles Dowding No Dig gardening channel on YouTube
- UK climate is similar Pacific Northwest climate
- Watch his oldest videos first
- No Dig Gardening: <u>https://www.youtube.com/</u> <u>c/CharlesDowding1nodig/</u> videos





#### Benefits of Pacific Northwest

→ 9 months of harvest!





Note: Keep your soil covered with mulch or grow vegetables to keep weeds under control



#### Starting with No Dig Gardening

- → feed the soil ecosystem
- 1. Lay cardboard down to suppress weeds/grass
- 2. Put a thick layer of compost (~6" or more)
- 3. Start planting seedlings (not seeds 1st year)
- 4. Each year put 3" of compost (alternate with animal waste compost and vegetation compost)
- Just do step #4 if you already have a vegetable/garden bed
- Creating a bed: <u>https://www.youtube.com/watch?v=eW2aVZkjJa0</u>







 Improving your soil using No-Dig Method takes a few years, but is effective: <a href="https://youtu.be/YCtafUgoCX0">https://youtu.be/YCtafUgoCX0</a>



- Annually spread 3" of compost on top
  - alternate with animal waste compost (horse, chicken, rabbit, steer manure) one year
  - and vegetation compost (forest, straw, mushroom) another year

Note (bark chips will prevent seeds & seedlings from growing):

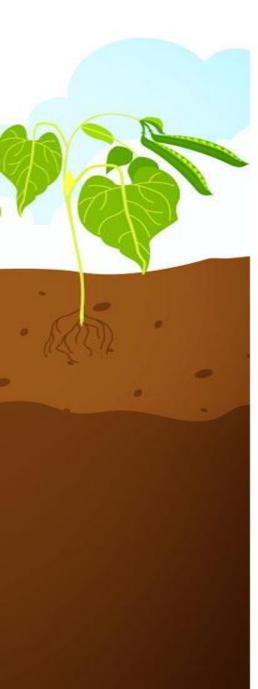
- Use compost to improve soil in vegetable bed
- Use bark chips for improving soil outside the vegetable bed





#### Vegetables By Season for PNW

- Spring/Fall
  - Cilantro, Methi, Carrots, Spinach, Lettuce
  - Kale, Lettuce, Bok Choi
  - Onions, Beets
  - Peas, French Beans, Asparagus (spring)
- Summer (June September)
  - Eggplant, Tomatoes, Potatoes, Peppers, Cucumbers
  - Squash & Indian Vegetables Bitter Gourd, Bottle Gourd, Ridge Gourd
  - Basil, Sweet Potato, Lemongrass
- Over winter
  - Garlic
  - Fava Beans
  - Mint, Rosemary, Parsley, Oregano
  - Saffron



#### PDX Planting Calendar

Portland Nursery:
<a href="https://portlandnursery.com/docs/veggies/VeggieCalendar.pdf">https://portlandnursery.com/docs/veggies/VeggieCalendar.pdf</a>

January	February	March	April	April	May	May	June	July	August	September	October
Seed indoor	Seed indoor	Seed indoor	Seed indoor	Starts	Seed indoor	Starts	Seed outdoor	Seed outdoor	Seed outdoor	Seed outdoor	Seed outdoor
Artichoke	Artichoke	Broccoli	LATE APRIL	Artichoke*	Basil	Artichoke	Arugula	Arugula	Arugula*	Arugula*	Fava beans*
Arugula	Asparagus	Cabbage	Basil	Arugula	Cucumber	Arugula	Asian greens	Asian greens*	Asian greens	Asian greens*	Garlic (cloves)*
Endive	Broccoli	Cauliflower	Cucumber	Asian Greens	Melon	Basil 5/15	Basil* 6/1	Basil	Beets	Beets	Onion (sets)*
Fava Beans	Cabbage	Celeriac	Melon	Beets		Beans	Beans* 6/1	Beans	Broccoli raab	Cabbage (for	Shallots (bulbs)*
Kale	Cauliflower	Celery	Pumpkin	Broccoli*	Seed outdoor	Broccoli	Beets	Beets* 7/1	Cabbage (early)*	spring)	
Leeks	Celeriac	Eggplant*	Squash, summer	Brussels Sprouts	Arugula	Cabbage (early	Broccoli	Broccoli* 7/1	8/1	Endive	
Lettuce	Celery	Leeks	Squash, winter	Cabbage (early	Asian greens	and late)	Bruss. sprouts*	Brussels Sprouts	Cauliflower	Fava beans*	
Mustard	Chard	Lettuce		types)*	Basil 5/15	Carrots	Cabbage (late)*	Cabbage (early)	Chard* 8/1	Garlic (cloves)*	Cover Crops*
Onions*	Chives	Peppers*		Carrots	Beans* 5/15	Cauliflower	6/1	Carrots* 7/1	Cilantro	Lettuce*	
Peas	Choi	Scallions	HARDEN	Cauliflower*	Beets	Celeriac	Carrots* 6/15	Cauliflower* 7/1	Collards	Kale	
Scallions	Eggplant 2/15* Endive	Tomatoes* Tomatillos*	OFF SEEDLINGS	Celeriac* 4/15 Celery* 4/15	Brussels sprouts*	Celery Chard	Cauliflower Chard	Chard Cilantro	Kale Lettuce*	Onions (sets)* Radish*	Starts Bok Choi
Spinach	Kale	Seed outdoor	SEEDLINGS	Chard	Cabbage	Collards	Cilantro	Collards 7/1	Mustard greens	Salad greens*	Cabbage (over
	Kohlrabi	Arugula*	Seed outdoor	Choi	Carrots	Com 5/15	Com*	Corn* until 7/15	Peas	Shallots (bulb)*	wintering)
Seed outdoor	Leeks*	Asian greens	Arugula	Cilantro	Cauliflower	Cucumbers	Cucumbers* 6/1	Fennel	Radish	Snanots (buib)*	Lettuce
Radish	Lettuce	Asparagus*	Asian greens	Collards	Celeriac	5/15	Dill	(bulbing)* 7/15	Salad greens		Salad greens
Natural Control	Onion*	(crown)	Asparagus	Dill	Celery	Dill	Endive	Kale*	Spinach* 8/1	Cover Crops*	omate greens
	Parsley	Chard*	(crown)	Endive*	Chard	Eggplant	Kale	Kohlrabi 7/1	Swiss chard	Cover Crops	
* Indicates best	Peppers 2/15*	Cilantro	Beets*	Fennel	Choi	(cover) * 5/15	Kohlrabi*	Lettuce	Tumips	Starts	
times and	Tomatillo	Choi	Broccoli*	(bulbing)*	Cilantro	Fennel	Lettuce	Parsnips		Kale	November
methods of	Tomatoes 2/15*	Fava Beans	Brussels sprouts	Jer. Artichoke*	Collards*	(bulbing)	Melons* 6/1	Peas	Starts	Lettuce	November
planting.		Garlic (cloves)	Cabbage (early	Kale*	Dill 5/15	Jer. Artichoke	Parsnips	Radish		Salad greens	
l	Seed outdoor	Kale	types)*	Kohlrabi	Fennel (bulbing)	Kale	Pumpkins* 6/1	Scallions	EARLY	Sorrel	Seed outdoor
Shading	Arugula*	Mustard greens*	Carrots* 4/1	Leeks*	Kale	Kohlrabi	Rutabaga*	Spinach	AUGUST	Dones	Fava beans Garlic (cloves)
indicates either	Asparagus*	Peas* 3/1	Cauliflower*	Lettuce	Kohlrabi	Leeks	Scallions	Squash, summer	Basil		Onion (sets)
a Fall Harvest	(crowns)	Potatoes (tuber)	Celenac* 4/15	Mustard Greens	Leeks (over	Lettuce	Squash, (all) *	until 7/15	Broccoli		Shallot (bulbs)
or	Cilantro	Scallions	Celery* 4/15	Peas	wintering)	Peppers (cover)	6/1	Turnips* 7/1	Cabbage		Similor (Duros)
Overwintering	Fava beans	Spinach*	Chard*	Radicchio	Lettuce	* 5/15	Turnips	<u>Starts</u>	Carrots		
Crop	Garlic (cloves)	Starts Artichoke	Choi* Cilantro*	Salad greens Scallions	Parsnips* Potatoes *	Radicchio Salad Greens	Starts Artichoke	Artichoke Basil*	Cauliflower Collards		Cover Crops
Стор	Mustard Greens Onion*	Artichoke	Collards	Scalhons Sorrel	(tubers)	Salad Greens Scallions	Artichoke Basil*	Broccoli*	Collards Dill		(some)
Please note:	Onion Bunches*	Asian greens	Dill	Spinach	Pumpkin 5/15	Sorrel	Beans	Bruss. sprouts*	Fennel (bulbing)		
Planting times	Onion sets*	Broccoli*	Endive*	эримси	Radicchio	Spinach	Broccoli	Cabbage*	reinter (buibling)		December
may be altered	Peas*	Cabbage (early)	Fennel (bulbing)		Radish	Squash (all)	Brussels	Carrots*	THROUGH		December
depending on	Potatoes (tubers)	Chard (carry)	Ier. Artichoke*		Rutabaga	5/15	sprouts*	Cauliflower*	AUGUST		0.11
elevation,	Radish	Choi	(tuber)	Herbs to	Salad greens	Tomatoes	Cauliflower	Collards*	Artichoke		Collect seed
location, and	Scallions	Cilantro	Kale	Plant any day	Scallions	(cover)* 5/15	Celery	Corn* until 7/15	Asian greens		catalogs, pour a
	Spinach*	Green onions	Kohlrabi*	of the year	Spinach*	Tomatillo	Com*	Cucumbers	Cilantro		cup of tea and
the use of a		Jer. Artichoke*	Lettuce*	Chives	Squash, summer	(cover)* 5/15	Cucumbers	Eggplant 'til	Kale*		plan for next
cloche or row	Starts	(tuber)	Mustard Greens	Oregano	5/15		Eggplant*	7/15	Leeks		year.
cover.	Artichoke	Kale*	Peas 4/1	Parsley	Squash, winter		Leeks	Kale*	Lettuce		
	Peas	Lettuce	Potatoes (tubers)	Rosemary	5/15		Melons	Leeks	Mustard greens*		Organize your
	Garlic	Mustard greens	Radicchio	Sage	Turnips		Peppers*	Lettuce	Salad greens		garden journal.
	Onions	Onion	Radish	Jage			Pumpkins	Peppers 'til 7/15	Scallions		
	Scallions	Peas	Scallions				Squash (all) *	Squash, summer	Spinach*		
		Salad greens Spinach	Sorrel Spinach*				Swiss chard Tomatoes*	untl 7/15			
		opinacii	Tumins*				Tomatoes*				
			runnps/								

March	April	April
Seed indoor	Seed indoor	Starts
Broccoli	LATE APRIL	Artichoke*
Cabbage	Basil	Arugula
Cauliflower	Cucumber	Asian Greens
Celeriac	Melon	Beets
Celery	Pumpkin	Broccoli*
Eggplant*	Squash, summer	Brussels Sprouts
Leeks	Squash, winter	Cabbage (early
Lettuce		types)*
Peppers*		Carrots
Scallions	HARDEN	Cauliflower*
Tomatoes*	OFF	Celeriac* 4/15
Tomatillos*	SEEDLINGS	Celery* 4/15
Seed outdoor		Chard
Arugula*	Seed outdoor	Choi
Asian greens	Arugula	Cilantro
Asparagus*	Asian greens	Collards
(crown)	Asparagus	Dill
Chard*	(crown)	Endive*
Cilantro	Beets*	Fennel
Choi	Broccoli*	(bulbing)*
Fava Beans	Brussels sprouts	Jer. Artichoke*
Garlic (cloves)	Cabbage (early	Kale*
Kale	types)*	Kohlrabi
Mustard greens*	Carrots* 4/1	Leeks*
Peas* 3/1	Cauliflower*	Lettuce
Potatoes (tuber)	Celeriac* 4/15	Mustard Greens
Scallions	Celery* 4/15	Peas
Spinach*	Chard*	Radicchio
Starts .	Choi*	Salad greens
Artichoke	Cilantro*	Scallions
Arugula	Collards	Sorrel
Asian greens	Dill	Spinach
Broccoli*	Endive*	
Cabbage (early) Chard	Fennel (bulbing) Jer. Artichoke*	
Choi	(tuber)	Horbo to
Cilantro	(tuber) Kale	Herbs to
Green onions	Kohlrabi*	Plant any day
Jer. Artichoke*	Lettuce*	of the year
(tuber)	Mustard Greens	Chives
Kale*	Peas 4/1	Oregano
Lettuce	Potatoes (tubers)	Parsley
Mustard greens	Radicchio	Rosemary
Onion	Radish	Sage
Peas	Scallions	Ü
Salad greens	Sorrel	
Spinach	Spinach*	
1	Turnips*	



#### Seeds

- → try different varieties and new vegetables
- Indian Vegetable Seeds from Seeds of India: <a href="https://www.seedsofindia.co">https://www.seedsofindia.co</a>
   m
- Pinetree Seeds: <u>https://www.superseeds.co</u> m
  - Free shipping until Monday
     Feb 25, 2024
- Dolar Seeds: https://www.dollarseed.com
- Rare Seeds (Baker Creek): https://www.rareseeds.com

Starting seedlings: https://www.youtube.com/watc h?v=fE59HrNodZY

Potting Mix to grow seedlings: Costco has good price each spring for organic potting soil

Seedling Trays from
Bootstrap Farmer:
<a href="https://www.bootstrapfarmer.co">https://www.bootstrapfarmer.co</a>
<a href="mailto:m/collections/1020-trays-and-flats/products/extra-strength-seedling-propagation-tray">https://www.bootstrapfarmer.co</a>
<a href="mailto:m/collections/">https://www.bootstrapfarmer.co</a>
<a href="mailto:m/collections/">https://w/collections/</a>
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#### Make Your Own Compost

- Compost Bin
   https://www.amazon.co
   m/BanKhok-Geobin Compost Bin/dp/B010V673AC/
- Turn the bin contents monthly or quarterly to speed up composting process



## Free Bark Chips (& firewood logs) <a href="https://www.chipdrop.com">www.chipdrop.com</a>







### Tip: Saffron Thrives in PNW

→flowers in October for fall harvest







