



# Gardening Simplified

February 25, 2024



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Association of Seniors of Indian Origin

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# 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:  
<https://www.youtube.com/c/CharlesDowding1nodig/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:  
<https://www.youtube.com/watch?v=eW2aVZkjJa0>





# Improving Soil With Compost & Mulch

→ Suppress weeds, improve moisture retention, feed the soil ecosystem

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



- 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:  
<https://portlandnursery.com/docs/Veggies/VeggieCalendar.pdf>

January	February	March	April	April	May	May	June	July	August	September	October
<i>Seed indoor</i> Artichoke Arugula Fava Beans Kale Leeks Lettuce Mustard Onions* Peas Scallions Spinach	<i>Seed indoor</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard Onions* Peas Scallions Spinach	<i>Seed indoor</i> Broccoli Cabbage Cauliflower Celeriac Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard Onions* Peas Scallions Spinach	<i>Seed indoor</i> LATE APRIL Artichoke* Basil Arugula Asian Greens Beets Broccoli* Brussels Sprouts Cabbage (early types)* Carrots Cauliflower* Celery* 4/15 Chard Choi Cilantro Cucumbers Dill Endive* Fennel Garlic (cloves) Jer. Artichoke* Kale* Kohlrabi Leeks* Lettuce Mustard Greens Peas Radicchio Salad greens Scallions Spinach	<i>Starts</i> Artichoke* Basil Arugula Asian Greens Beets Broccoli* Brussels Sprouts Cabbage (early types)* Carrots Cauliflower* Celery* 4/15 Chard Choi Cilantro Cucumbers Dill Endive* Fennel Garlic (cloves) Jer. Artichoke* Kale* Kohlrabi Leeks* Lettuce Mustard Greens Peas Radicchio Salad greens Scallions Spinach	<i>Seed indoor</i> Basil Cucumber Melon Beets Broccoli* Brussels sprouts* Cabbage (early types)* Carrots Cauliflower* Celery Chard Cilantro Collards Coriander Cucumbers Dill Endive Fennel Garlic (cloves) Jer. Artichoke* Kale* Kohlrabi Leeks Lettuce Mustard Greens Peas Radicchio Salad greens Scallions Spinach	<i>Starts</i> Artichoke Arugula Asian greens Basil 5/15 Beans Beets Broccoli Brussels sprouts* Cabbage (early types)* Carrots Cauliflower Celery Chard Cilantro Collards Coriander Cucumbers Dill Endive Fennel Garlic (cloves) Jer. Artichoke* Kale* Kohlrabi Leeks Lettuce Mustard Greens Peas Radicchio Salad greens Scallions Spinach	<i>Seed indoor</i> Arugula Asian greens* Beets Broccoli Brussels sprouts* Cabbage (early types)* Carrots* 6/1 Celeriac Celery Cauliflower Chard Cilantro Collards Coriander Cucumbers* 6/1 Dill Endive Fennel Garlic (cloves) Jer. Artichoke* Kale Kohlrabi* Leeks Lettuce Mustard greens Peas Radicchio Salad greens Scallions Spinach	<i>Seed indoor</i> Arugula* Asian greens Beets Broccoli Brussels sprouts Cabbage (early types)* Carrots* 4/1 Cauliflower* Celery* 4/15 Chard* Choi* Cilantro* Collards Dill Endive Fennel (bulbing) Jer. Artichoke* Kale* Kohlrabi* Leeks* Lettuce Mustard greens Peas Radicchio Salad greens Scallions Spinach	<i>Seed indoor</i> Arugula* Asian greens Beets Broccoli Brussels sprouts Cabbage (early types)* Carrots* 4/1 Cauliflower* Celery* 4/15 Chard* Choi* Cilantro* Collards Dill Endive Fennel (bulbing) Jer. Artichoke* Kale* Kohlrabi* Leeks* Lettuce Mustard greens Peas Radicchio Salad greens Scallions Spinach	<i>Seed indoor</i> Fava Beans Kale Leeks Lettuce Mustard Greens Peas Scallions Spinach	
<b>* Indicates best times and methods of planting.</b>											
<b>Shading indicates either a Fall Harvest or Overwintering Crop</b>											
<b>Please note: Planting times may be altered depending on elevation, location, and the use of a cold or row cover.</b>											
<i>Starts</i> Artichoke Peas Garlic Onions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach	<i>Starts</i> Artichoke Asparagus Broccoli Cabbage Celery Cauliflower Celery Celeriac Leeks Lettuce Mustard greens Onions Peas Scallions Spinach
<b>November</b>											
<i>Seed indoor</i> Fava Beans Kale Leeks Lettuce Mustard Greens Peas Scallions Spinach											
<b>December</b>											
<i>Seed indoor</i> Fava Beans Kale Leeks Lettuce Mustard Greens Peas Scallions Spinach											

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



# Seeds

→ try different varieties and new vegetables

- **Indian Vegetable Seeds**  
from Seeds of India:  
<https://www.seedsofindia.com>
- **Pinetree Seeds:**  
<https://www.superseeds.com>
  - 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/watch?v=fE59HrNodZY>

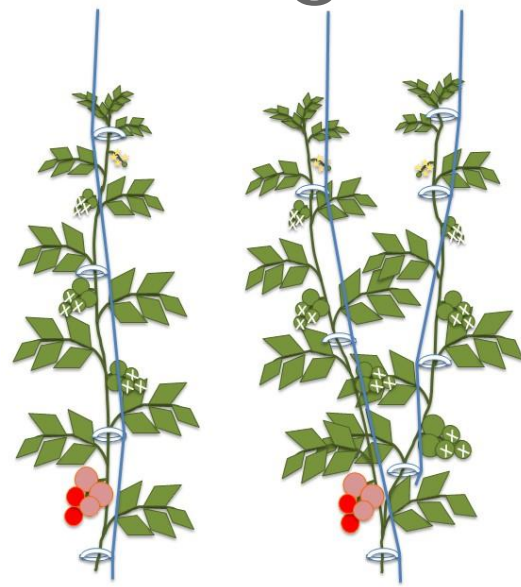
**Potting Mix** to grow seedlings:  
Costco has good price each spring for organic potting soil

**Seedling Trays** from  
Bootstrap Farmer:  
<https://www.bootstrapfarmer.com/collections/1020-trays-and-flats/products/extra-strength-seedling-propagation-tray>





# Trellising & Support



Single leader

Two leaders







# Make Your Own Compost

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





# Free Bark Chips (& firewood logs)

[www.chipdrop.com](http://www.chipdrop.com)



Chop



Enjoy





Tip: Saffron Thrives in PNW  
→ flowers in October for fall harvest







## Q&A

