GARDENING RESOURCES

ORGANIC GARDENING PRACTICES

"Organic Gardening" - Washington State University

http://gardening.wsu.edu/organic-gardening/

"Beneficial Insects: Vegetables & Cut Flowers" – North Carolina State Extension

https://growingsmallfarms.ces.ncsu.edu/growingsmallfarms-beneficials/

SOIL

"Improving Garden Soils with Organic Matter" – Oregon State University Extension ec1561
http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/19682/ec1561.pdf

"Composting with Worms" – Oregon State University Extension em9034
http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/23949/em9034.pdf

SEED & PLANT SELECTION FOR CENTRAL OREGON

www.gocomga.com

Garden Vegetables and Herbs publications

https://extension.oregonstate.edu/gardening/vegetables

"Learn the terms on seed packets to make the right selection"
https://extension.oregonstate.edu/news/learn-terms-seed-packets-make-right-selection

Succession Planting "Gardening for a Second Season"

https://www.reneesgarden.com/blogs/gardening-resources/gardening-for-a-second-season

SEED STARTING

58 Vegetable Growing Guides – Cornell University

http://www.gardening.cornell.edu/homegardening/scene0391.html

SEASON EXTENDERS

"Gardening Strategies for Short-Season, High-Altitude Zones" – University of Idaho Extension

https://content-hub.uidaho.edu/api/public/content/5dd2489f697d4fd4bbfc2bee3ea1d00e?v=e452a8b8

COMPANION PLANTING, INTERCROPPING, POLYCULTURE & PLANT ASSOCIATIONS

"Rotating Vegetables by Family" - Cornell

https://yardandgarden.extension.iastate.edu/how-to/crop-rotation-vegetable-garden

"Edible Landscaping" - Alabama Cooperative Extension Service

https://www.aces.edu/wp-content/uploads/2018/11/UNP-2098.pdf

"The Myth of Companion Plantings" - Washington State University, Puyallup Research and Extension

https://s3.wp.wsu.edu/uploads/sites/403/2015/03/companion-plantings.pdf

Princeton

As part of the community garden handbook, tips for companion plantings (page 6)

https://lawrence.princeton.edu/wp-content/uploads/sites/245/2019/03/Garden-handbook-2019-03-22.pdf

IPM - INTEGRATED PEST MANAGEMENT

"Kansas Garden Guide" – downloadable 202 page pdf document including Insect and Mite Pest Management (pg 81}

https://bookstore.ksre.ksu.edu/pubs/S51.pdf

"Organic Pest Control in the Vegetable Garden" – Washington State University

https://s3.wp.wsu.edu/uploads/sites/2053/2012/11/13Organic-Pest-Control.pdf

"Home Vegetable Garden Insect Pest Control" – Oklahoma State University Extension

http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-1317/F-7313web.pdf

More information:

Insect Identification Dichotomous Key

https://www.insectidentification.org/insect-key.php#google_vignette

Pest, Weed and Disease Management Handbooks

https://pnwhandbooks.org/

COMPOSTING (also see vermicomposting in "Soil" section)

"Composting for the Homeowner" - University of Illinois Extension

https://extension.illinois.edu/news-releases/composting-homeowner

"Composting with Worms" - Oregon State University em9034

http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/23949/em9034.pdf

"Composting" – Cornell Cooperative Extension

https://ccebroomecounty.com/sustainability/composting

"A Users Guide to Compost" - Composting Council of Oregon

https://www.oregon.gov/deq/FilterDocs/UsersGuideCompost.pdf

"Improving Garden Soils with Organic Matter" –

https://extension.oregonstate.edu/catalog/ec-1561-improving-garden-soils-organic-matter

MAKING COMPOST AND WORM CASTING TEA - NATURAL FERTILIZERS

"Inoculants and Soil Amendments for Organic Growers" – Ohio State University Extension (scroll down)

https://ohioline.osu.edu/factsheet/SAG-17

"About Worm Castings" – University of California Agriculture and Natural Resources

https://ucanr.edu/sites/default/files/2018-07/286155.pdf

GARDEN JOURNALING

"Maintaining a Garden Journal" - Washington State University

https://s3.wp.wsu.edu/uploads/sites/2073/2014/03/110212.pdf

SEED SAVING

"Saving Seeds" - Oregon State University Extension Service

https://extension.oregonstate.edu/sites/default/files/documents/12281/savingseeds.pdf

"The Complete Guide to Seed Saving" - National Gardening Association

https://garden.org/ideas/view/joseph/1157/The-Complete-Guide-to-Seed-Saving-An-Article-Containing-Every-Bit-of-Information-That-Could-Possibly-Be-Useful/

"Seed Saving Guide – 4th Edition" – Seed Ambassadors Project

https://www.seedambassadors.org/seed-saving-guide/

Vegetable Seed Saving Resources – Seed Saving Hub

https://howtosaveseeds.com/

HARVEST AND STORAGE OF CROPS (Potatoes, Onions, Carrots & Squash)

"Harvesting and Storing Vegetables" – Iowa State University Extension

https://store.extension.iastate.edu/Product/Harvesting-and-Storing-Vegetables-PDF

CARE OF THE MIDSEASON GARDEN (Notes from an August Master Gardener Growing Vegetables class)

1. HARVESTING & SUCCESSION PLANTING – Early Fall is the time to harvest many crops - lettuce, radishes, peas – and time to consider replacement crops. With cooler nights some vegetables are best - frost encourages sugar in sweet corn, carrots, parsnips, kale, collards, brussels sprouts and Jerusalem artichokes.

- prune tomatoes & support them as they grow
- harvest kale, spinach, leaf lettuce (leaf lettuce vs head lettuce)
- pull out old peas and plant carrots in their place
- harvest remaining beets and plant kale
- pull bolted broccoli and plant lettuce and salad greens (when cooler)
- replace tomatoes in the fall with overwintering crop of garlic or shallots
- compost any bitter lettuce and replace with scallion, leeks, or radishes
- remove spent squash plants and plant a cover crop to protect the soil over winter

Resources for mid-season harvest & selecting replacement crops for continuous harvest in late season:

"Winter Vegetable Production" OSU Extension publication PNW 548

https://extension.oregonstate.edu/sites/extd8/files/documents/12281/growingwintervegetables.pdf

"Scheduling Vegetable Plantings for Continuous Harvest"

https://attra.ncat.org/publication/scheduling-vegetable-plantings-for-continuous-harvest/

"Succession Planting – Keep the Good Times Rolling in the Garden"

https://philadelphiacountymastergardeners.blogspot.com/2012/07/succession-planting.html

2. COMPANION PLANTING

"Companion Planting in Home Gardens"- University of Minnesota Extension

https://extension.umn.edu/planting-and-growing-guides/companion-planting-home-gardens

"Cool Season Planting Chart for Companion, Interplanting & Square Foot Gardening" – Washington State U Ext

https://s3.wp.wsu.edu/uploads/sites/2056/2018/10/Cool-Season-Planting-Chart-for-Companion.pdf

3. JOURNALING - celebrate your successes, accept failures but RECORD it!!! Reflect on plantings, shading/light exposure, pests & remedies

"Time for a Garden Journal" – Washington State University

https://s3.wp.wsu.edu/uploads/sites/2073/2022/10/Start-a-Garden-Journal.pdf

4. WEEDING -

"Pull Weeds as They Pop" – Oregon State University Extension

https://today.oregonstate.edu/news/pull-weeds-they-pop-or-desired-plants-will-suffer

"Defeat Weeds by Eating" – Michigan State University Extension

https://www.canr.msu.edu/news/defeat_weeding_by_eating_kids_and_science_in_the_garden_part_1_identifying

5. FEED the soil and your plants at mid-season: Nitrogen – Phosphorus - Potassium (N - P – K)

- relative proportion of each is on the label (N-P-K) and listed with % by weight of each
- complete fertilizer contains all 3: 10-10-10 versus incomplete 30-0-0
- fertilizing provides nutrients to the plant, not the soil
- adding organic amendments feeds the soil and the plant, but slowly; organic fertilizers come from living sources that decompose over time
- timing and amount of application is important to prevent leaching into ground water and waterways.
- N: Nitrogen supports plant growth and makes plants green and leafy
- too much N makes plants leggy and inhibits flower and fruit development in plants like tomatoes and cucumbers
- P: Phosphorus supports root, flower and fruit development and plant growth
- too little P may cause stunted growth and reduced yield
- K: Potassium is needed for overall plant development
- Crops that need mid-season feeding:
    - N: corn, cukes, squash (when runners appear)
    - avoid N for mid-season tomatoes and give P for blooms
- Amending the soil with organic fertilizers to build the soil by enhancing the environment; nutrients are then released in a form available to the plant.
- N sources: bloodmeal, liquid fish fertilizer
- P sources: bonemeal, chicken manure
- Commercial synthetic fertilizers are manufactured from inorganic sources, Plants take up all their

nutrients from inorganic sources and the plant won't know the difference. Nutrients from natural (organic) sources tend to have lower concentrations of nutrients and may not contain all of the needed nutrients, but have the additional benefit of improving soil structure and water holding capacity. Since they are released slowly over time, they are more likely to be taken up by the plant than being released into groundwater. Amendments added in the fall after growing season to allow breakdown for spring planting are cover crops, manure & mulch.

"Fertilizing Your Garden" – Oregon State University Extension EC 1503

https://extension.oregonstate.edu/catalog/ec-1503-fertilizing-your-garden-vegetables-fruits-ornamentals

"Fertilizing Your Vegetable Garden" University of Nevada Cooperative Extension

https://extension.unr.edu/publication.aspx?PubID=3167#:~:text=Nevada%20soils%20are%20generally%20low,source%20of%20slowly%20released%20nutrients

6. SEASON EXTENDERS - plan for protection as air temperatures start to drop at night in late August

- raised bed cloches (https://extension.oregonstate.edu/catalog/ec-1627-how-build-your-own-raised-bed-cloche)

7. SUPPORT your growing plants

- Tomatoes really need support right now to maintain healthy, productive growth

"Plant Supports" – Washington State University Extension

https://s3.wp.wsu.edu/uploads/sites/2073/2020/03/Plant-Supports.pdf

"Three Options for Supporting Tomato Vines" – North Dakota State University Extension

https://www.ndsu.edu/agriculture/extension/extension-topics/gardening-and-horticulture/vegetables/3-options-supporting-tomato-vines

"Trellis, Staking and Caging"- University of Wisconsin Cooperative Extension

https://fruit.webhosting.cals.wisc.edu/wp-content/uploads/sites/36/2011/06/Trellising-Staking-and-Caging-1.pdf

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