

Home Vegetable Gardening Variety Selection Quick Reference Guide for Forsyth County



NC COOPERATIVE EXTENSION
FORSYTH COUNTY CENTER

1450 Fairchild Road
Winston-Salem NC 27105

Phone: 336-703-2850
Website: www.forsyth.cc/ces

Prepared by
Larry Bass, Extension Horticulture Specialist

Localized by
Craig Mauney, Extension Horticulture Agent
And Derek Morris, Extension Horticulture Assistant



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Planning your Garden

- Using the table in this folder. Determine your vegetable needs based on your family preferences. Determine whether they are consistent with your garden space.
- If space is limited. Concentrate on vegetables that yield that greatest return for your effort, such as pole beans, tomatoes, cabbage, root crops, and leafy greens.
- Plan for year-round production through successive plantings.
- If practical, run rows east and west.
- Don't plant tall-growing vegetables on the south side of lower-growing ones. Group tall-growing crops together on the north side so they won't shade shorter plants.

Locating the Garden

Locate your garden near a source of water for irrigation and on fertile, well-drained soil. Avoid areas near trees and large shrubs because your garden will need full sunlight.

Soils and Fertilizer

Have your soil analyzed. Forsyth Cooperative Extension can provide a soil test kit. If the soil is crusty and sticky, add compost to improve its tilth.

Broadcast and till in fertilizer or apply it in furrows 3 inches to either side of the row in which your seeds or transplants will be planted. Sidedress with a light application of nitrogen each two to three weeks using 2 cups of sodium nitrate or calcium nitrate per hundred feet of row. To avoid fertilizer injury, keep the sidedressing material 4 to 6 inches from the stems of the plants.

Transplanting and Seeding

Plant seeds two to three times as deep as the greatest

diameter of the seed. Cover the seed and firm the soil lightly. Water young transplants with a starter solution made by dissolving 4 level teaspoons of 8-8-8 fertilizer or equivalent in 1 gallon of water.

For plants in peat cups or cubes, be sure to cover the containers well with soil when you transplant them to the garden. Provide temporary shade for tender transplants for two or three days after you set them out.

Mulching

Mulching helps to conserve moisture, reduce weeds, and reduce erosion. Use leaves, old shavings, straw, newspaper, or compost. Organic mulches keep the soil cool. If you use newspaper, be sure to hold it in place with rocks or soil.

Because organic mulches such as sawdust and compost can "tie-up" nitrogen, you may have to sidedress with nitrogen more often and in larger amounts when these materials are used.

Pest Control

Don't panic if you see one or two insects or minor disease symptoms on your plants. If damage is obvious contact Forsyth Extension to help identify the pest and recommend control measures. Be sure the insect or disease is properly identified before taking action.

Further Information

If you need more detailed information on home gardening, see North Carolina Cooperative Extension publication Home Vegetable Gardening, contact Forsyth Cooperative Extension for more help with your vegetable garden.

Below are some locations to purchase seeds from catalogs. We do not recommend one nursery over another. This is not an exhausted list, just a starting point. We do however recommend buying local if at all possible.

Baker Creek Heirloom Seeds

417-924-8917

www.rareseeds.com

Supplier of over 1400

heirloom variety of seeds.

Pinetree Garden Seeds

207-926-3400

www.superseeds.com

Supplies vegetable seeds, annual and perennial flower seeds, herb seeds, cover crop seeds, potato tubers, onion sets, strawberries, raspberries, rhubarb and bulbs.

Johnny's Selected Seeds

877-564-6697

www.johnnyseeds.com

Supplies a wide variety of seeds and tools.

Park Seed Co.

800-213-0076

www.parkseed.com

Supplies a wide variety of seeds, annual plants, garden décor, supplies and tools.

Seed Savers Exchange

563-382-5990

www.seedsavers.org

A non-profit member

supported organization that saves and shares heirloom seeds.

Southern Exposure Seed Exchange

540-894-9480

www.southernexposure.com

Supplies a wide variety of heirloom seeds.

Sustainable Mountain Agriculture Center

859-986-3204

www.heirlooms.org

Supplies collected family and community heirloom seeds and plants, primarily beans and tomatoes.

Seed or Plants	Amount Per Person Per Year	Suggested Varieties (Italics are Favorites of Forsyth Extension Staff)	Suggested Planting Dates	Distance Plants (Inches)	Planting Depth (Inches)	Min. Soil Temp. (oF)	Approx. No. of Seeds Per Ounce	Days to Maturity
Asparagus (crowns)	10	<i>Jersey Giant, Jersey Knight</i>	Nov 15 - Mar 15	15	6	-	-	2 years
Beans, snap	1/4 pound	Roma (flat), Tenderette, <i>Blue Lake, Provider, Contender</i>	Apr 15 - July 15	3	1	60	100	50-55
Beans, pole	1/4 pound	Kentucky Wonder 191, Blue Lake Stringless, Romano (flat), <i>Half Runner</i>	Apr 15 - July 1	6	1	50	100	65-70
Beans, bush lima	1/2 pound	Fordhook 242	May 1 - July 1	6	1.5	65	70	65-80
Beans, pole lima	1/2 pound	King of the Garden	May 1 - June 15	6	1.5	65	70	75-95
Beets	1/4 packet	Ruby Queen, Early Wonder, <i>Red Ace</i>	Mar 15 - Apr 15; July 15 - Aug 15	2	0.5	50	1,600	55-60
Broccoli	15 plants	DeCicco, Premium Crop, <i>Pakman</i>	Mar 15-31; July 15 - Aug 15	18	0.5	45	9,000	70-80
Brussel sprouts	25 plants	Long Island Improved, Jade Cross Hybrid, <i>Oliver, Masterline</i>	July 1-15	20	0.5	45	9,000	90-100
Cabbage (plants)	25 plants	Round Dutch, Early Jersey Wakefield, Red Acre, <i>Golden Acre</i>	Feb 1 - Apr 1; Aug 1-15	12	0.5	45	9,000	70-80
Cantaloupe	12 plants	Burpee Hybrid, Ambrosia	Apr 20 - June 1	24	1	70	1,000	85-99
Carrots	1/4 packet	Danvers Half Long, <i>Mokum</i>	Feb 15 - Mar 1; July 1-15	2	0.25	45	23,000	85-95
Cauliflower	25 plants	<i>Snowcrown</i>	Mar 15-31; Aug 1-15	18	0.5	45	10,000	55-65
Collards	25 plants	Vates, Morris' Improved Heading, Carolina	July 15 - Aug 15	18	0.5	45	8,000	60-100
Corn, sweet	1 packet	Silver Queen, Seneca Chief, Honey 'n Pearl, How Sweet It Is, Bodacious, <i>Kandy Korn</i>	Apr 15 - June 1	12	1.5	50	150	85-90
Chinese cabbage	1/4 packet	Michihli, Hybrid G, Chieftain Savoy	Mar 15 - Apr 1; Aug 1-15	12	0.5	50	9,500	75-85
Cucumbers, pickling	1/4 packet	Carolina, Calypso, Liberty, County Fair '83	Apr 20 - May 15; Aug 1-15	10	1	65	1,000	40-50
Cucumbers, slicing	1/4 packet	Poinsett, Sweet Slice, Marketmore, County Fair '83, Salad Bush, Fanfare	Apr 20 - May 15; Aug 1-15	10	1	65	1,000	40-50
Eggplant (plants)	2 plants	Florida Highbush, <i>Parks Whopper, Casper</i>	May 1-31	24	0.5	70	6,000	80-85
Kale	1/4 ounce	Green Curled Scotch, Early Siberian, Vates, Dwarf Blue Curled Scotch	Mar 1 - Apr 1; Aug 15 - Sept 1	6	0.5	45	10,000	40-50
Kohlrabi	1/4 ounce	White Vienna, Grand Duke Hybrid, <i>Kolibri</i>	Mar 1 - Apr 15; Aug 1 - Sept 1	4	0.5	55	8,000	50-60
Lettuce (leaf)	1/4 packet	Grand Rapids, Salad Bowl, Buttercrunch, <i>Green Ice</i>	Mar 1 - Apr 1; Aug 1 - Sept 1	6	0.25	45	25,000	40-50
Lettuce (head)	15 plants	<i>Summertime</i>	Feb 15 - Mar 15; Aug 15-31	10	0.25	45	25,000	70-85
Mustard	1/4 ounce	Southern Giant Curled, Tendergreen	Mar 1 - Apr 1; Aug 1 - Sept 15	2	0.5	40	15,000	30-40
Onions (seed)	1/4 ounce	<i>Granex, Candy, Superstar</i>	Jan 15 - Mar 31; Sept 1-30	4	0.5	50	9,500	130-150
Onions (sets or plants)	50	Ebenezer, Early Grano	Feb 1 - Mar 15; Sept 1-15	4	-	-	-	60-80
Okra	1/4 packet	Clemson Spineless, Lee, Annie Oakley, Burgundy	May 1-31	12	1	70	500	60-70
Peas (edible-podded)	1/2 pound	Sugar Snap, Mammoth Melting Sugar, Snowbird	Jan 1 - Mar 1	1	1	40	200	60-70
Peas, garden	1/2 pound	Wando, Green Arrow, <i>Tall Telephone, Knight</i>	Jan 1 - Mar 1	1	1	40	200	65-70
Peas, southern	1/2 pound	Dixlee, Mississippi Silver, Colossus, Hercules, Mississippi Purple Hull	May 1 - July 1	4	1	70	125	55-65
Peppers, sweet (plants)	4 plants	California Wonder, <i>Charleston Belle</i>	May 1-31	18	0.5	65	4,500	75-80
Peppers, hot (plants)	2 plants	Red Chili, Cayenne, Hungarian Yellow Wax, <i>Early Jalapeno</i>	May 1-31	15	0.5	65	4,500	75-80
Potatoes (Irish)	10 pounds	Kennebec, <i>Yukon Gold</i>	Feb 15 - Apr 1	10	5	40	-	95-120
Pumpkins	1/4 packet	Autumn Gold, Howden's Field, Baby Bear, Connecticut Field	Apr 15 - June 15	48	1.5	70	110	115-120
Radishes	1/4 packet	Early Scarlet Globe, Cherry Belle	Feb 1 - Apr 1; Aug 15 - Sept 15	1	0.5	45	2,000	25-30
Rutabagas	1/4 packet	American Purple Top, Laurentian	Feb 1 - Apr 1; July 1 - Aug 1	4	0.5	60	12,000	70-80
Spinach	1/4 packet	Dark Green Bloomsdale, <i>Noble</i>	Feb 15 - Mar 15; Aug 1-15	6	0.5	45	2,800	50-60
Squash, summer	1/4 packet	Seneca Prolific (yellow), Zucchini Elite (green), Sun Drops, Goldbar	Apr 15 - May 15; Aug 1-15	24	1.5	60	300	50-60
Sweet potatoes	75 plants	Porto Rico 198, Jewel, Pope, <i>Beauragard</i>	May 15 - June 15	10	-	70-	-	95-125
Swiss chard	1/4 packet	Lucullus, <i>Fordhook Giant</i>	Mar 15 - May 1	6	0.5	50	1,600	60-70
Tomatoes (plants)	15 plants	Whopper, Mt. Pride, Celebrity, Big Beef, <i>German Pink</i>	Apr 20 - July 15	18	0.5	60	10,000	75-85
Turnips	1/4 ounce	Purple Top White Globe, Tokyo Cross Hybrid, White Egg	Feb 1 - Apr 15; Aug 1-31	2	0.5	60	13,000	55-60
Watermelons	1/2 ounce	Congo, Sugar Baby (small)	Apr 15 - June 1	60	1.5	70	250	90-100