



FALL VEGETABLE GARDENING FOR BEGINNERS

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- Arizona Native
- Owner of Southwest Victory Gardens
- Former Pima County Certified Master Gardener
- Former President of Tucson Organic Gardeners
- SmartScape Certified





WWW.SOUTHWESTVICTORYGARDENS.COM/DOCUMENTS

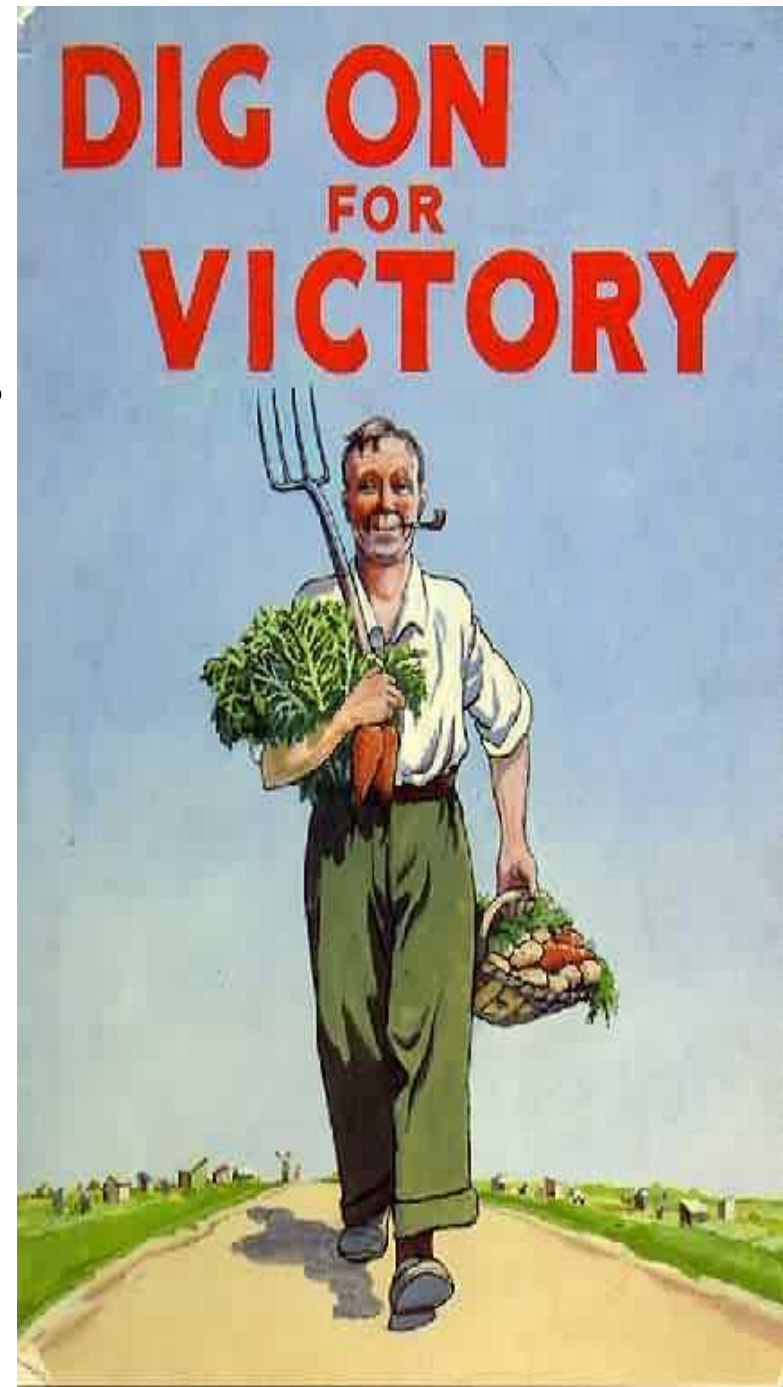
UPCOMING EVENTS IN TUCSON

- Uncommon Vegetables – September 17th Oro Valley Library
 - DIY: Make your own Potting Mix – September 21st CFB
- Heirloom Seeds of Africa – September 30th Dunbar Pavillion
 - DIY: Make your own Fertilizers – October 5th CFB
- Vegetable Gardening for Beginners – October 7th at Dunbar Pavillion
 - DIY: Make your own Worm Bin – November 2nd CFB
 - DIY: Protect your Plants from Frost – November 16th CFB

www.facebook.com/southwestvictorygardens/events

OUR PHILOSOPHY

- Healthy soil encourages healthy plants
- Healthy plants care for themselves
- Limit external inputs
- Reduce water usage
- Garden with our climate not against it
- Encourage a natural ecosystem
- Build community through gardening



WHAT IS SUSTAINABLE GARDENING?

- Reducing or Eliminating the Use of Inputs
- Focus on improving soil
- Enhancement of entire ecosystem
- Reduction of water use
- Working Smarter



Food is
Ammunition-
Don't waste it.

WHY GARDEN?

- It's Fun
- Variety
- Year Round
- Healthy
- Community
- Cost





THE CHALLENGES

- Learning Curve
- Poor Soil Quality
- Extreme Weather
- Water Scarcity/Quality
- Mother Nature/Bugs
- Maintenance



Tucson
Organic
Gardeners

soiling our hands since 1971

TUCSON ORGANIC GARDENERS PLANTING GUIDE

FOR TUCSON AND THE LOW DESERT

Jan 1 – Feb 15

FROM SEED

Arugula, Broccoli, Cabbage, Chinese Cabbage, Cauliflower, Celery, Cilantro, Collards, Dill, Fennel, Kale, Lettuce, Mustard Parsley, Bulb Onion (See Graphic), Potato

FROM SEEDLING TRANSPLANT

Artichoke, Broccoli, Cabbage, Chinese Cabbage, Cauliflower, Celery, Cilantro, Collards, Dill, Fennel, Kale, Lettuce, Mustard, Parsley, Spinach, Swiss Chard.

April 15 – May 31

FROM SEED

Amaranth, Basil, Cantaloupe, Cowpea, Cucumber, Malabar Spinach, Melon, Okra, Sorghum, Sweet Potato Slips, Summer Squash, Watermelon

FROM SEEDLING TRANSPLANT

Basil, Eggplant, Pepper

July 15 – August 31

FROM SEED

Bush Beans, Pole Beans, Corn (all types), Cowpea, Cucumber, Cantaloupe, T'itois Onion (See Graphic), Pumpkin, Sorghum Summer and Winter Squash

FROM SEEDLING TRANSPLANT

Tomato (July 15 - Aug 15)

Oct 15 - Nov 15

FROM SEED

Beets, Carrots, Garlic, Greens, Lettuce, Mustard, Pea, Radish, Turnip, Wheat (December – January)

FROM SEEDLING TRANSPLANT

Broccoli, Cabbage, Chinese Cabbage, Cauliflower, Celery, Cilantro, Collards, Dill, Fennel, Kale, Lettuce, Mustard Parsley, Spinach, Swiss Chard

LATE WINTER

SPRING

LATE SPRING

EARLY SUMMER

MONSOON

EARLY FALL

LATE FALL

March 1 – April 15

FROM SEED

Amaranth, Basil, Bush Bean, Corn (Sweet), Cucumber, Jerusalem Artichoke, Malabar Spinach, Melon, Pumpkin, Sesame, Sorghum, Summer and Winter Squash, Tobacco, Watermelon

FROM SEEDLING TRANSPLANT

Basil, Eggplant, Pepper, Tomato, Tomatillo

June 1 – June 15

FROM SEED

Pole Beans, Cantaloupe, Cowpea, Melon, Sweet Potato Slips

Sep 1 – Oct 15

FROM SEED

Arugula, Beet, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Celery, Chia, Chicory, Chinese Cabbage, Cilantro, Collards, Escarole, Fava, Garbanzo, Greens, Kale, Kohlrabi, Leek, Lentils, Lettuce, Maché, Mustard, Onion (See Graphic), Parsley, Parsnip, Pea, Radish, Rape, Rutabaga, Turnip, Spinach, Swiss Chard

FROM SEEDLING TRANSPLANT

Broccoli, Brussels Sprouts, Cabbage, Chinese Cabbage, Cauliflower, Celery, Cilantro, Dill, Fennel, Kale, Lettuce, Mustard, Parsley, Spinach, Swiss Chard

ONIONS



"SHORT-DAY" BULB ONION SETS

January 1 – February 15

TOHONO O'ODHAM I'TOIS MULTIPLIER ONION

July 15 – February 1

GREEN BUNCHING/SCALLION

August 15 – February 1



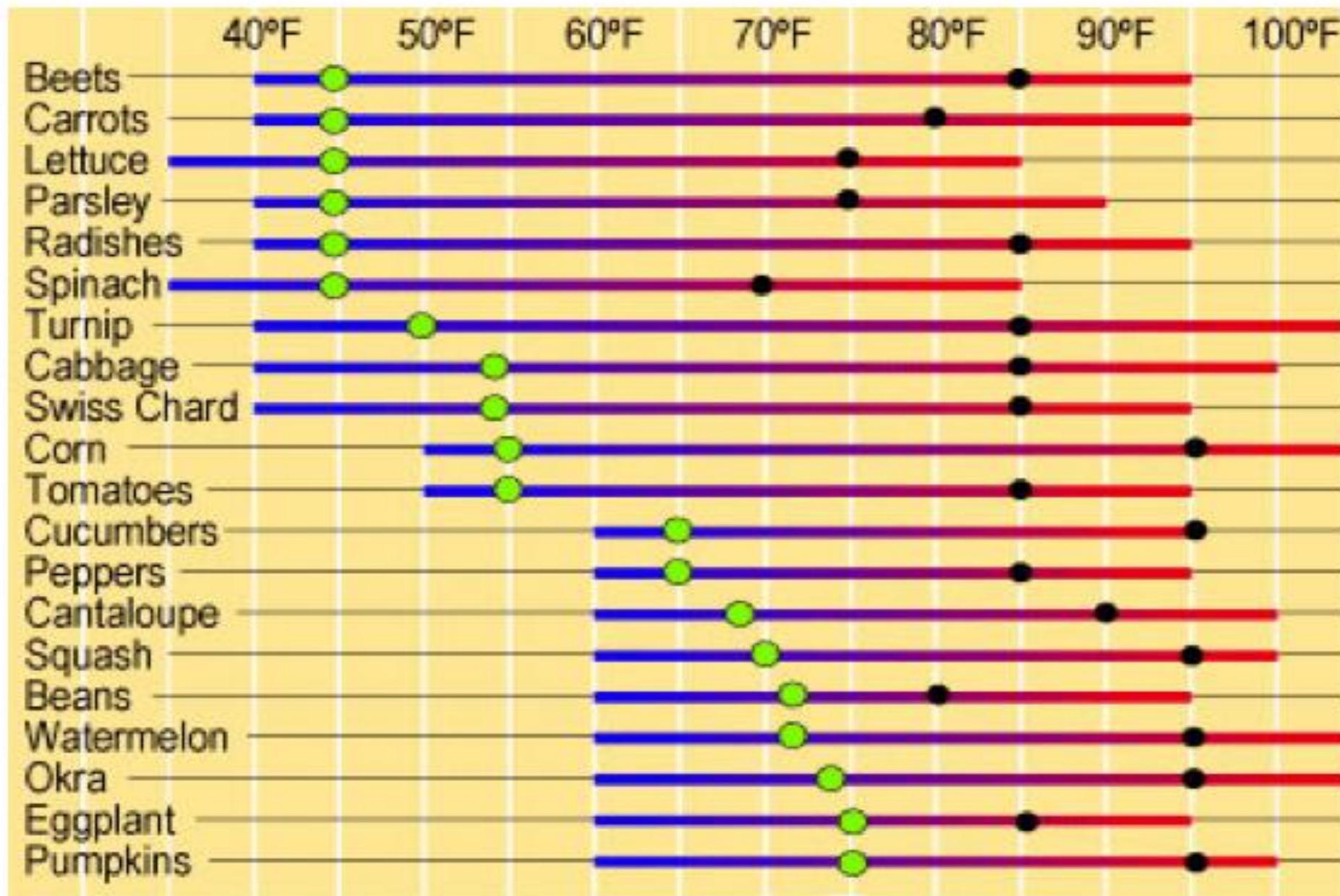
Dig for Victory



**GROW
YOUR OWN
VEGETABLES**

FALL/WINTER PLANTING SCHEDULE

- **Leafy Greens and Root Crops**
 - Early Fall: Sep – Oct
 - Mid Fall: Oct – Mid-Nov
 - Late Fall: Mid Nov – Jan
 - Winter: Jan – Feb

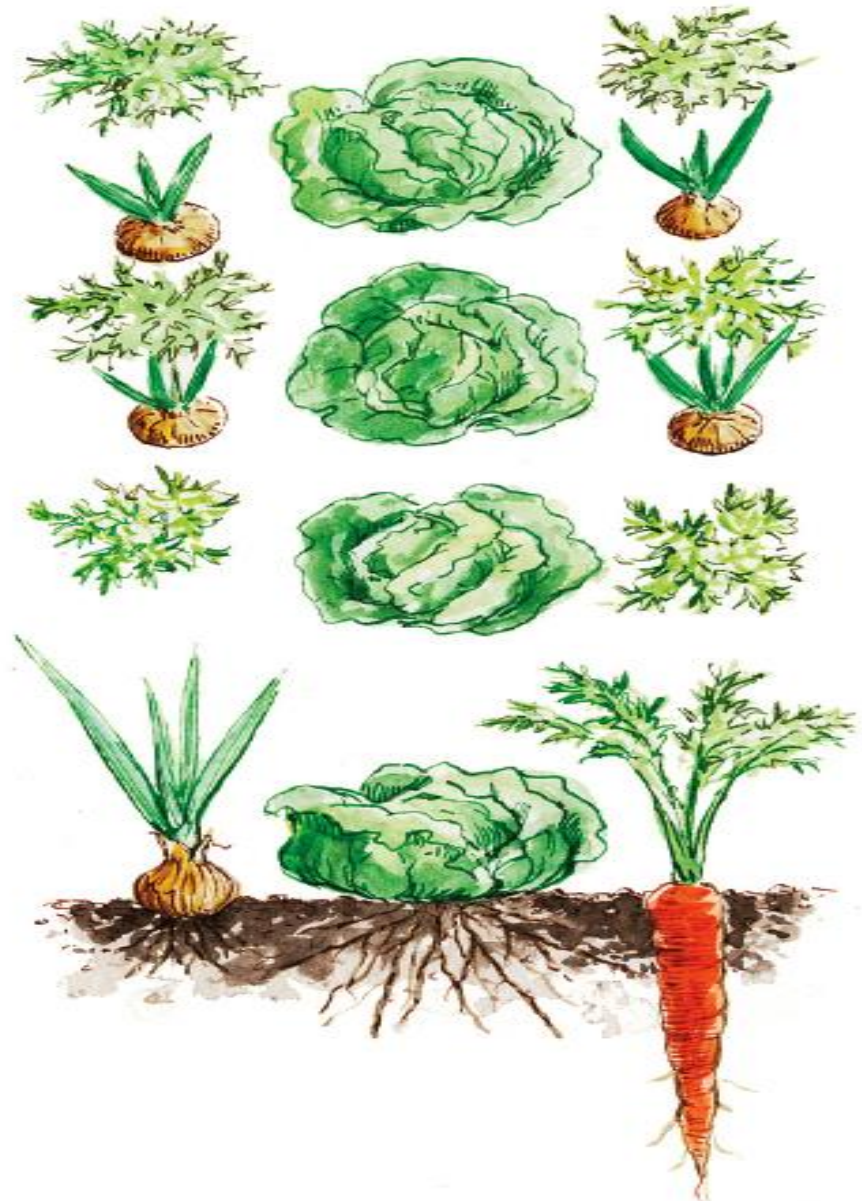


● = Practical temp. for planting

● = Optimal temp. for germination

WHAT DOES A GARDEN NEED?

- Sun
- Water
- Healthy Soil
- Seeds and Plants
- Garden Buddies
- Love



SITE SELECTION

HAPPY GARDEN REQUIREMENTS

- 6-8 Hours Direct Sunlight
- Need a Water Source
- Protection from predators
- Afternoon sun protection
- Cool and Warm Season
- Garden locations
- Close to Kitchen







Groundwork for Victory



GROW MORE IN '44

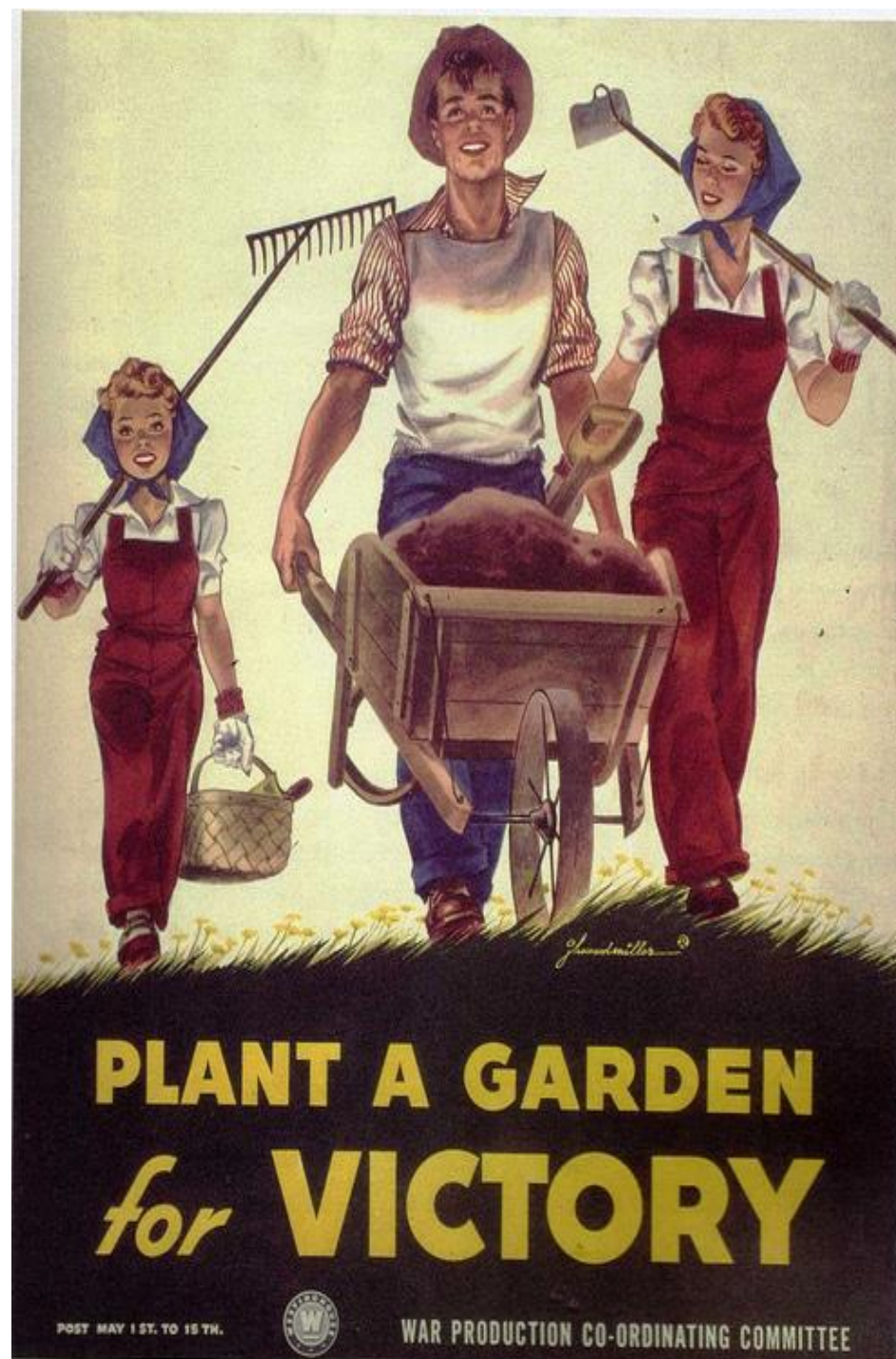
IN-GROUND SUNKEN BEDS

- Traditional growing method for the desert.
- Can be lower water use
- Requires more time and labor to achieve good soil quality.



RAISED BEDS

- Less work than sunken beds
- Start with better soil
- Higher initial cost
- Season Extender
- Roots can be an issue







CONTAINERS

- Can be placed on patios/decks
- More Frequent Water
- Limited Varieties
- Can be moved to Protect from frost





The kind words can be short and easy
to speak but their echoes are truly endless
-mother teresa

OUTSEAR
COMMUNITY
food
Tucson Commu

Characteristics of Soil

Desert Soil

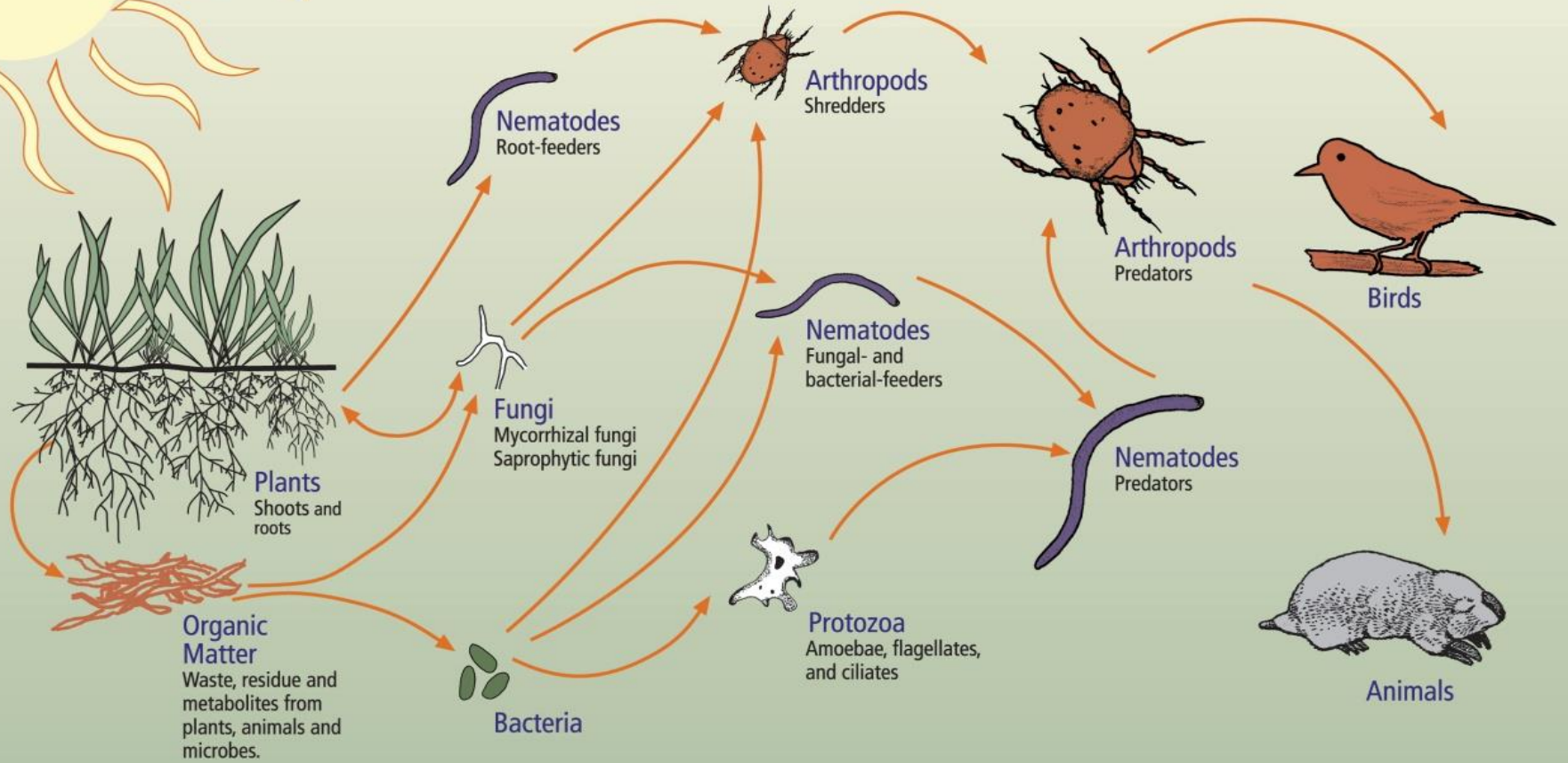
- Low Populations of Micro-Organisms
- Low in Organic Matter
- Lacks Nutrients
- Compacted
- High Ph

Healthy Soil

- High Population of Micro-Organisms
- High in Organic Matter
- No Toxins/Pesticides
- Balanced Nutrients/Ph
- Porous
- Good Tilth/Structure



The Soil Food Web



First trophic level:
Photosynthesizers

Second trophic level:
Decomposers
Mutualists
Pathogens, Parasites
Root-feeders

Third trophic level:
Shredders
Predators
Grazers

Fourth trophic level:
Higher level predators

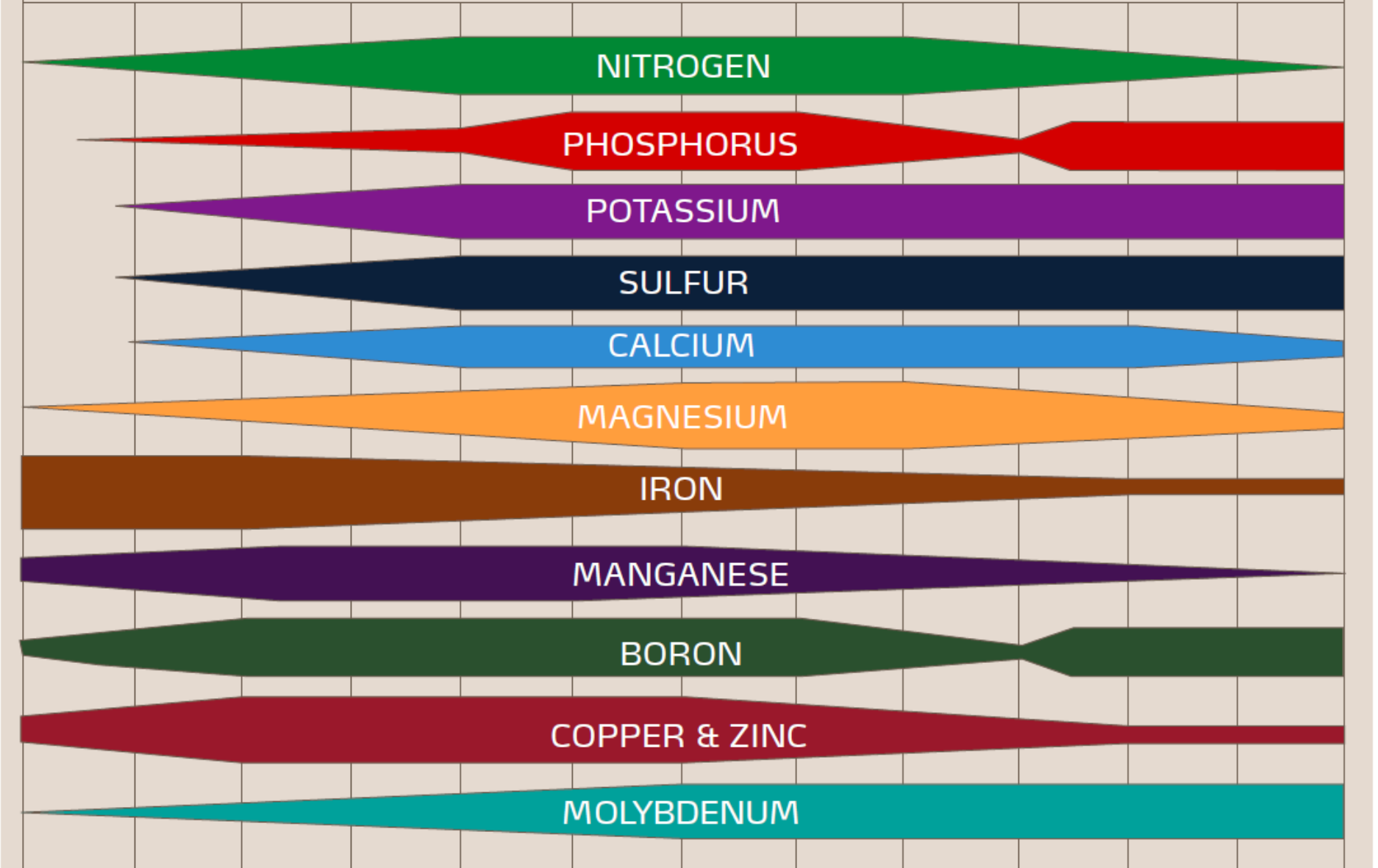
Fifth and higher trophic levels:
Higher level predators

The Influence of Soil pH on Nutrient Availability

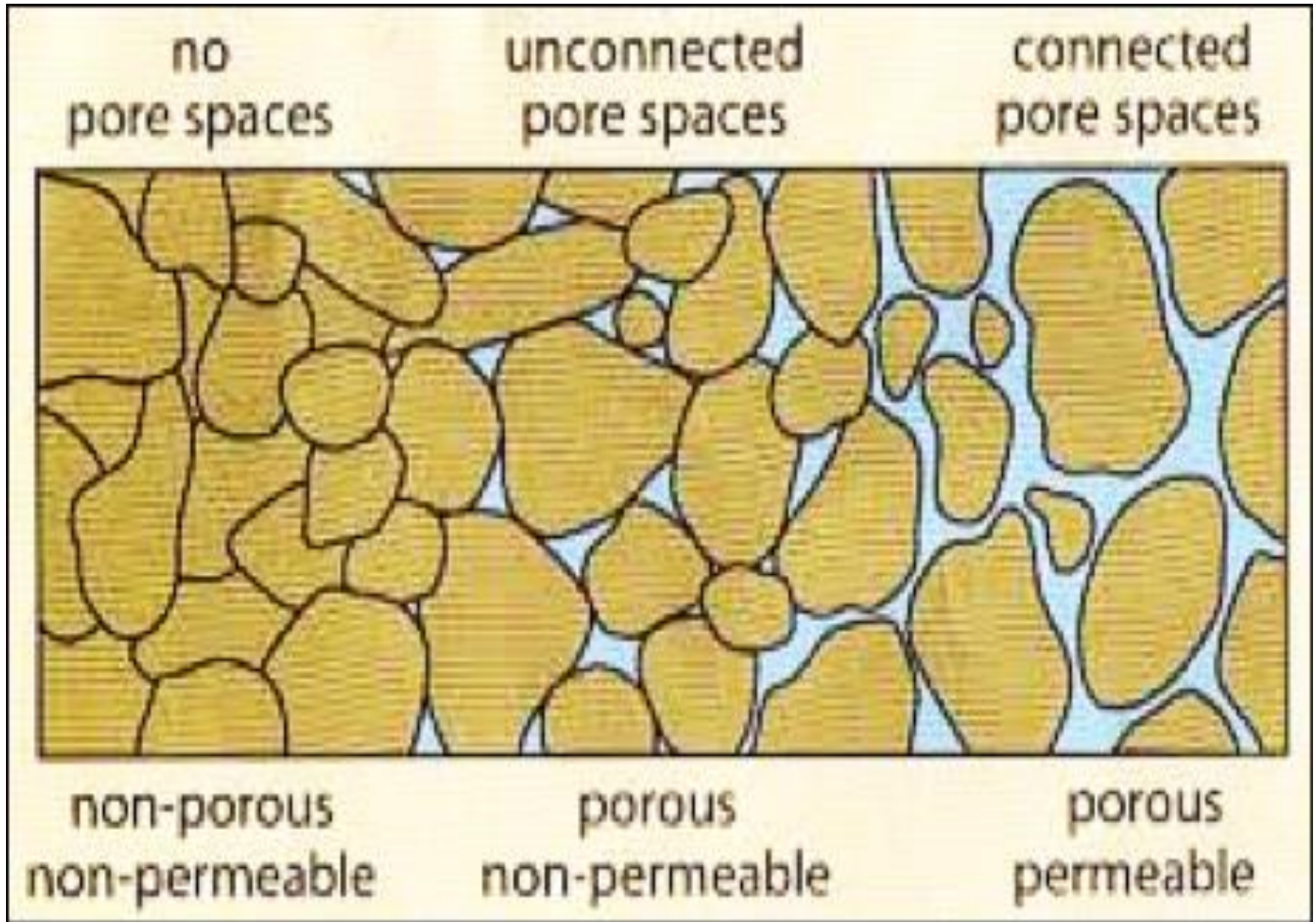
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RANGE OF ACIDITY

RANGE OF ALKALINITY

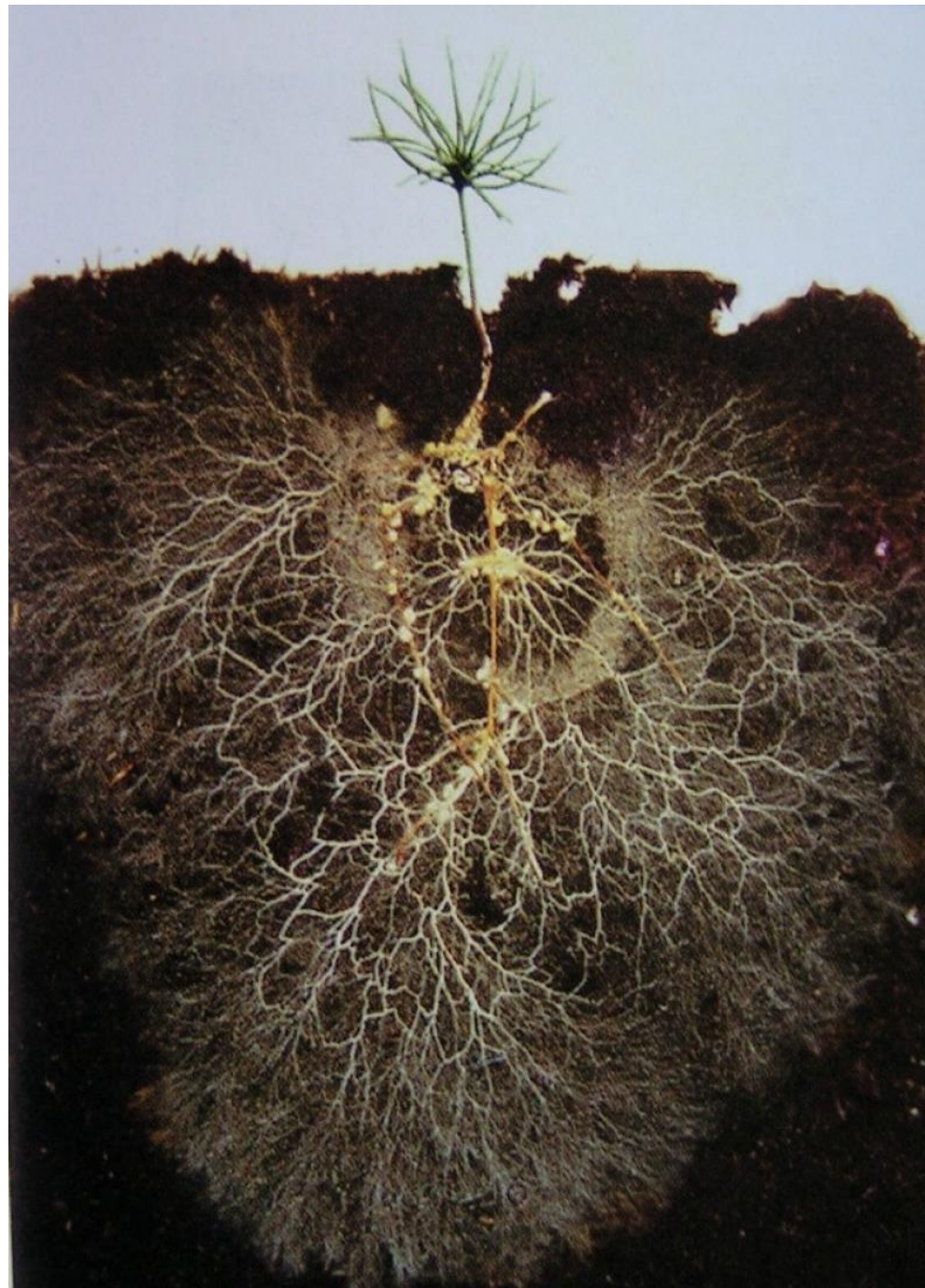


TILLING DESTROYS SOIL TILTH



BUILDING HEALTHY SOILS

- Eliminate Synthetic Pesticides/Fertilizers
- Encourage the Soil Food Web
- Use Compost and Compost Teas
- No Till or Low Till
- Use Supplements if Needed
- Grow Roots Not Plants





BUILD THE SOIL WITH COMPOST

- Adds Soil Life
- Improves Tilth and Water Holding Capacity
- Balances Ph
- Eliminates Food Waste
- For New Gardens, Replace 50% of Native Soil with Compost.

PROTECT AND FEED THE SOIL WITH MULCH

- Mulch, Mulch, Mulch
- Wood Chips for Trees and Shrubs
- Alfalfa Hay for Vegetable Gardens
- Avoid Straw
- Biologic not Geologic



FILLING YOUR CONTAINER OR RAISED BED

- Avoid Native Soil
- Avoid Peat Based Mixes
- Avoid Woody Mixes
- Avoid Synthetic Mixes
- Avoid Expensive Mixes
- Make your Own and Save
- Gravel Unnecessary

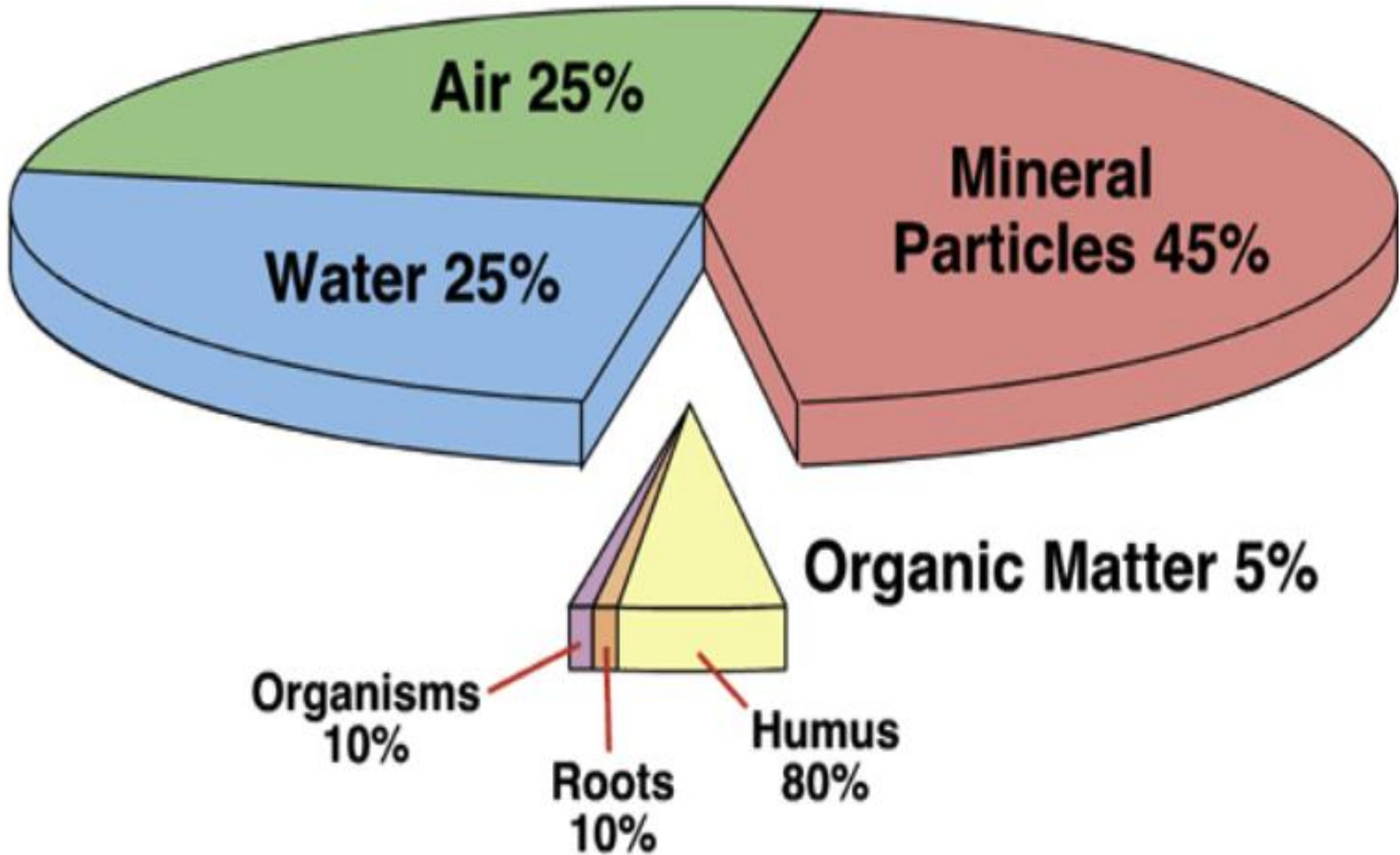
• **DIY: Make your Own**

Potting Mix September

21st 9-11am!



WHAT IS SOIL?



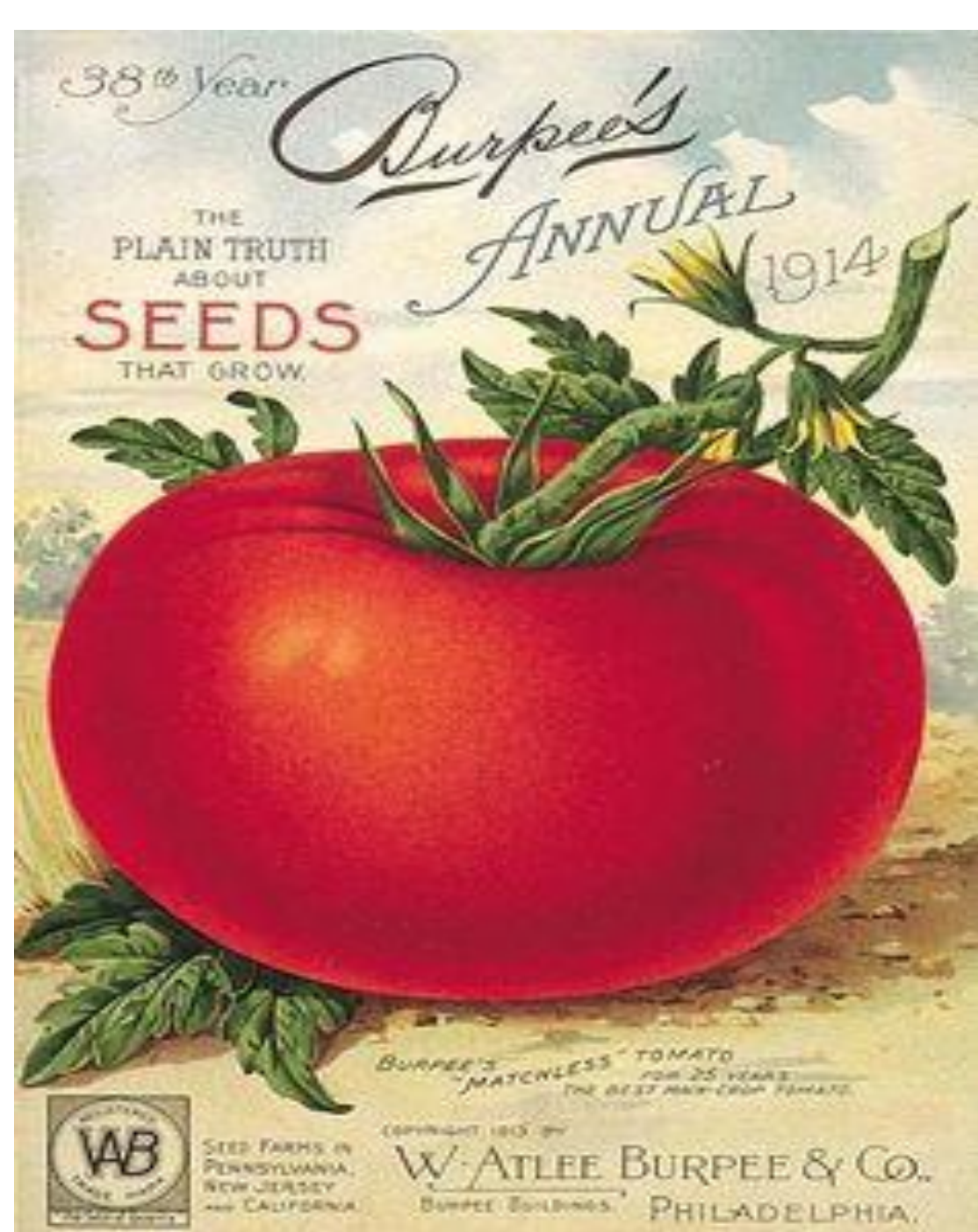


WHAT IS POTTING MIX?

- Compost
- Coco Coir*
- Perlite
- Vermiculite
- Pumice
- Fertilizers
- Amendments

POTTING MIX RECIPES:

- Seedlings & Small Pots
 - 2 parts coco peat
 - 1 part compost
 - ½ part perlite
 - ½ part vermiculite
 - Organic fertilizer
- Large Containers
 - 1 part coco peat
 - 2 parts compost
 - ½ part perlite
 - ½ part vermiculite
 - Organic fertilizer
- Raised Beds
 - 5 parts compost
 - 4 parts coco fiber
 - ½ part perlite
 - ½ part vermiculite
 - Organic fertilizer
- Root Cuttings
 - 1 part coco fiber
 - 1 part perlite



SEEDS AND PLANTS

- Heirloom, Open Pollinated, Hybrid
- Fast Maturity Dates
- Drought Tolerant
- Hybrids can be Helpful
- Use Local Sources
- You're not in Kansas anymore!

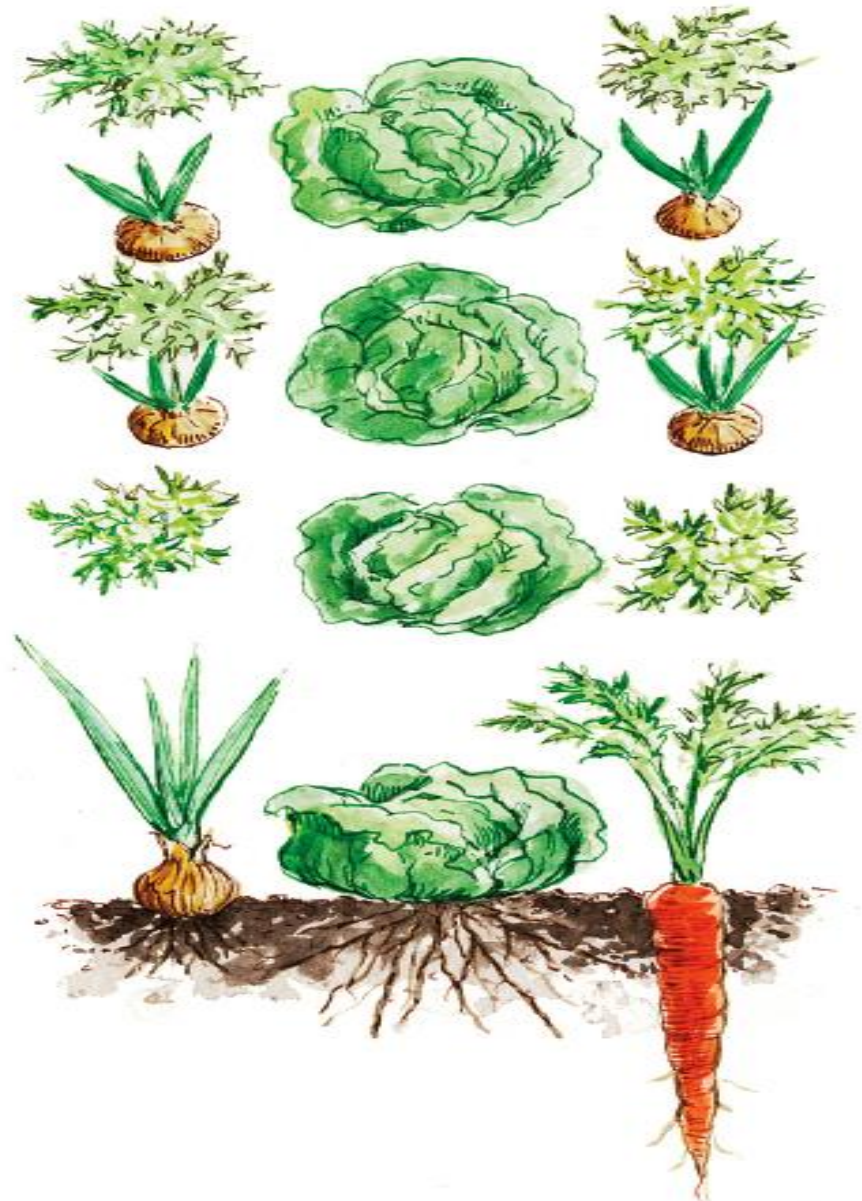
GROW NATIVE

- Native is Best
- Adapted is OK!
- Native Insects
- Native Wildlife



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- Seeds and Plants
- Garden Buddies
- Love



GARDEN PLANNING

THE LOVE

- Plan Ahead
- Timed Planting
- Intensive Planting
- Companion Planting
- Crop Rotation
- Plant Diversity
- Native Plants
- Save Seed



TUCSON URBAN FARM ACADEMY

SPRING 2020



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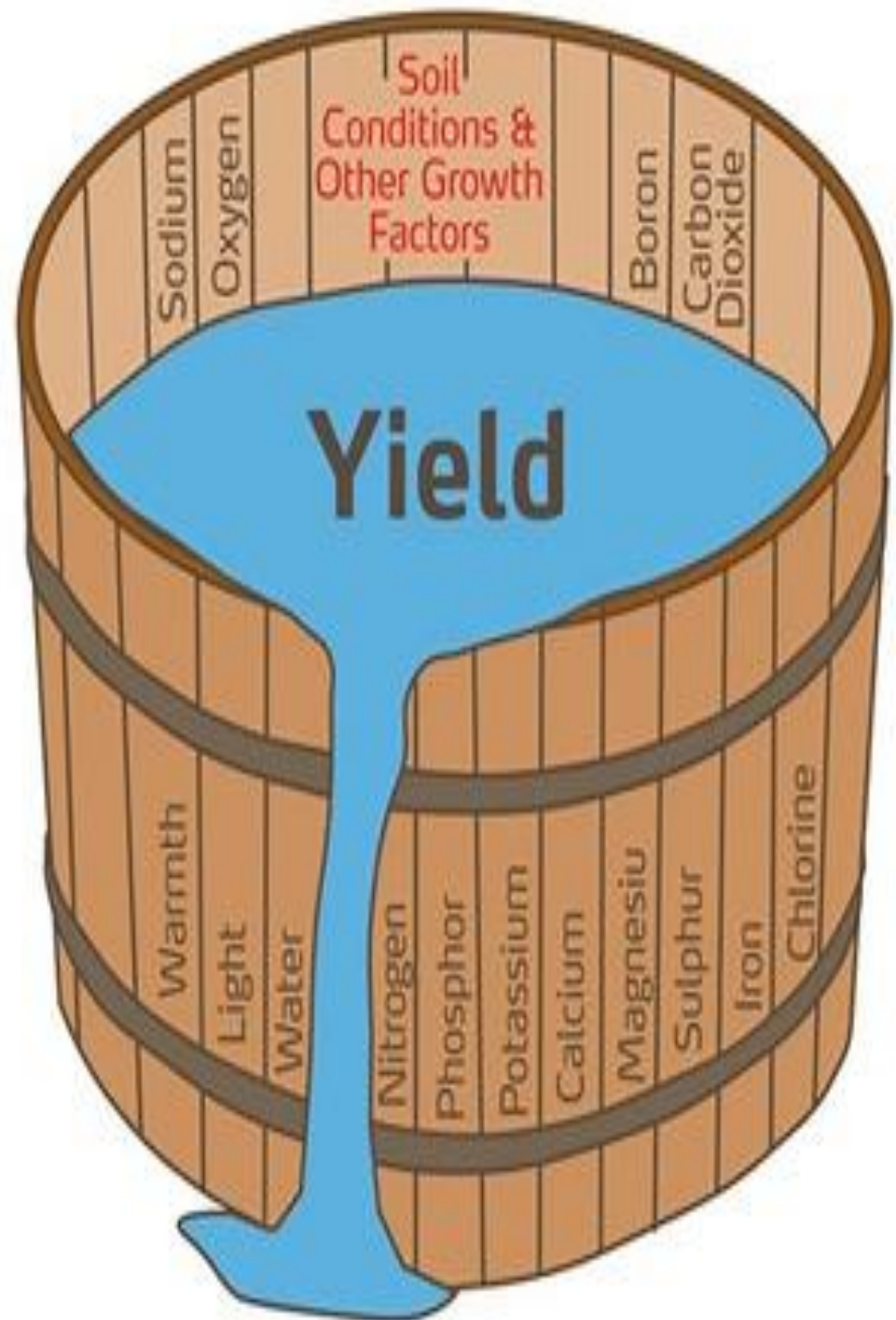
August 15 – February 1



MAINTENANCE ISSUES

- Fall Insects
- Frost Protection
- Grow Healthy Plants
- Law of Limiting Factors
- Start with Low Impact
- Avoid Pesticides
- **DIY: Frost Protection**

Nov 16th 9-11am!





WWW.SOUTHWESTVICTORYGARDENS.COM/DOCUMENTS

RESOURCES

- Community Food Bank
- EcoGro
- Tanks Green Stuff
- ARBICO Organics
- Native Seeds/SEARCH
- Community Gardens
- **Low-cost garden items
for sale downstairs**





THANK YOU!

WWW.SOUTHWESTVICTORYGARDENS.COM

(520) 576-7085