

*The Welsh Family
Forget-Me-Not Gardens*



*Gardening
Guide*

*1614 Davidoff Street
Sitka, Alaska 99835
<http://sitkavores.blogspot.com>
sitkavore@gmail.com*

TABLE OF CONTENTS

	PAGE
Introduction.....	1
I. Plants, Bushes & Trees.....	3
Annuals.....	3
Biennials.....	4
Perennials.....	5
Bulb & Tubers.....	6
Bushes & Shrubs.....	7
Groundcover.....	8
Roses.....	9
Trees.....	10
Vines.....	11
II. Edibles.....	13
Berries.....	13
Fruit Trees.....	13
Herbs & Mints.....	14
Vegetables.....	15
III. Seed Starting Timeline.....	23
IV. Big Problems.....	25
Invasive Plants	25
Insects.....	26
V. Useful Catalogs & Web Sites.....	27

The Welsh Family Forget-Me-Not Gardens

Our family has gardened on our property here in Sitka, Alaska since 1984. Sitka is located on the western shore of Baranof Island in a temperate rainforest. The forest is rooted in volcanic ash atop uneven, rocky terrain. Countless hours of soggy labor went into landscaping and developing our garden beds. Finding and growing suitable flower, fruit and vegetable varieties involved lots of trial and error. So far, the outcome of our efforts has been more than favorable. No one has been more surprised and delighted with our success than we are!

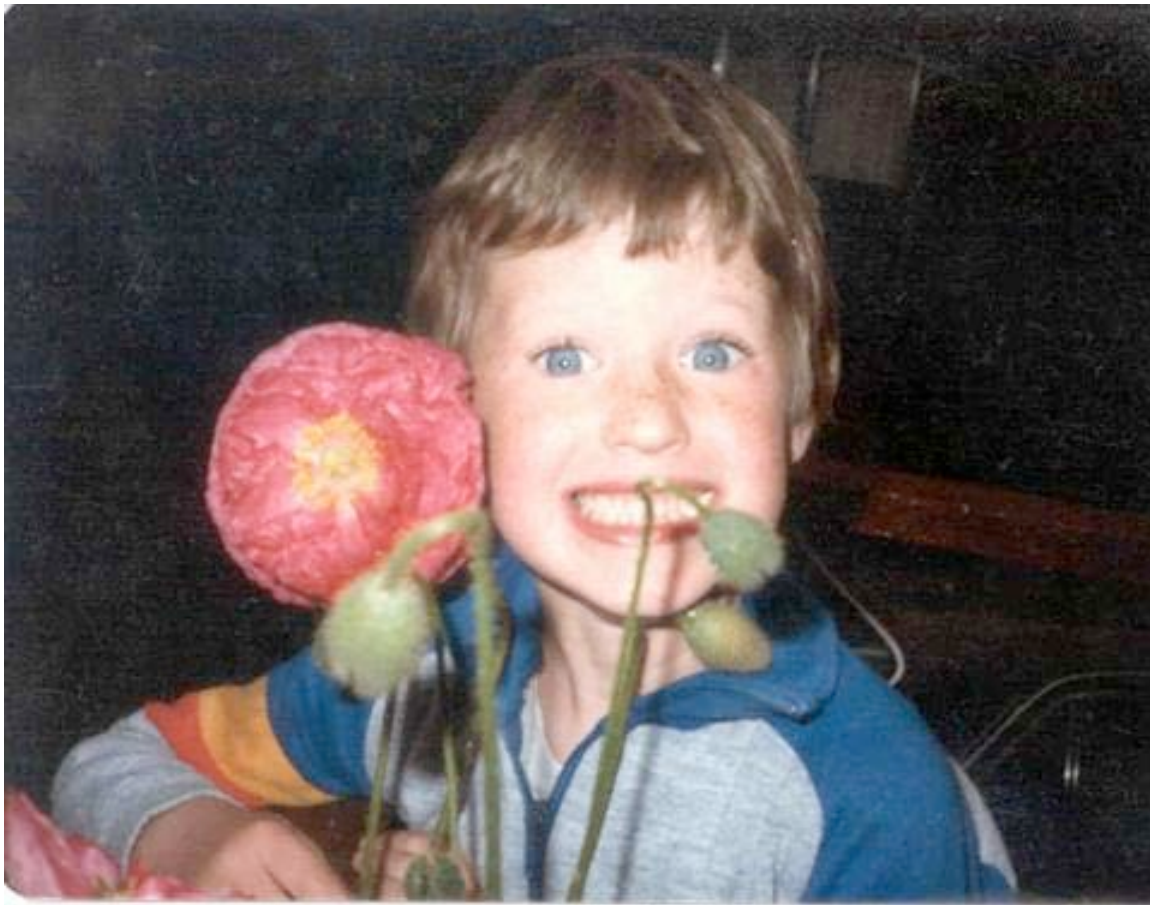
We are essentially organic gardeners. Our plants are produced with fertilizers of plant or animal origin as opposed to chemically formulated fertilizers and pesticides.

Many of the flowers, herbs and vegetables we grow need to be started indoors from seed in February, March and April. We use our own seeds as well as purchased seeds. We use our own soil for the starts as well as locally purchased seed starting soil. We designed our woodstove hearth to hold lots of plant trays. The woodstove warmth promotes seed germination. For four to six weeks after germination, the young plants get the best natural light we can offer inside our home before they go out to our greenhouse. Plants are gradually moved out of our home and into our greenhouse for hardening off. Hardening off acclimates the plants to our cool days and nights. The move to the greenhouse depends on plant sensitivity, size and weather. Finally, around the end of May, most plants are moved out of the greenhouse to the outdoor garden beds.

We have grown the bulk of our vegetables in several large garden plots each year. Crops are rotated in these plots. Flowers and berries are grown in and around the vegetable plots as well as in separate locations.

Our garden soil is rich and healthy. We started each of our many plots the same way. After removing as much of the tenacious salmonberry bushes and weeds as possible, we brought in equal amounts, as much as we could get, of sand and seaweed. We never pull attached seaweed off of rocks. We collect the loose stuff piled up at the high tide line at the top of beaches ... preferably after the annual spring herring spawn so as to include a good spattering of herring eggs. We also add more loose seaweed and sand each spring to established garden plots. When any of the plots need sweetening (need a higher pH), we like to till in fine, broken shell found high up on some beaches. Lime is also available commercially.

After adding spring nutrients and supplements, we rototill our vegetable plots thoroughly. Next, we shovel the soil into raised rows or beds. We have periodically underlined raised beds for root crops with fish scraps from local canneries and starfish from beaches at low tide. No boards or other supports are necessary. After the starts are transplanted into the rows, each row is covered loosely with a floating row cover. This is a lightweight material that keeps out insects and pests while allowing rain and sunlight to pass through. It also causes the soil temperature to increase significantly. Most years, we remove many of the floating row covers permanently by the end of July. Large, healthy plants are revealed and are truly a joy to behold!



**ANNUAL SHIRLEY POPPIES
SON ROY AGE 4**

SOME OF THE PLANTS, BUSHES AND TREES WE HAVE GROWN

UNDERLINED indicates fragrant.

Gratitude to the person named in (PARENTHESES) for the seed or start.

ANNUALS

grow, flower and die in one season

BEE BALM: *Monarda citriodora*

CHINESE FORGET-ME-NOT *Cynoglossum* 'amabile blue' (Les Brake)

CINERARIA *Senecio*, masterpiece mix, grandiflora British Beauty mixed

DRAGON'S HEAD *Dracocephalum moldavica*

ENGLISH MARIGOLD *Calendula kablouna*, radio extra slecte, officinalis

FORGET-ME-NOT *Myosotis sylvatica*

GODETIA *Clarkia amoena*

HELIOTROPE *Heliotropium arborescens* 'fragrant delight' 'marine'

LADY'S SLIPPER *Calceolaria scrophulariaceae*

MALLOW *Lavatera trimestris* 'ruby regis'

MONARCH OF THE VELDT *Venidium fastuosum* 'jaffa ice' 'zulu prince'

NEMESIA 'paintbox' 'carnival mixture' 'shooting stars'

PETUNIA *hybrida* 'purple wave'

POPCORN *Calceolaria mexicana* (Les Brake)

POPPIES *Papaver laciniatum* 'burnt orange' 'white' 'pink' 'red' (Connie Ellingson)

Papaver paeoniflorum "heavenly angels" 'angels choir'

Papaver rhoeas Shirley Double (Roy Uber)

SCHIZANTHUS 'angel wings'

SNAPDRAGON *Antirrhinum azalea*, majus

STRAWFLOWERS

Helipterum roseum 'pierrot'

Helichrysum bracteatum 'rose icicle' 'celosia' 'flamingo feather'

SUNFLOWERS *Helianthus annuus* 'sunrich lemon' 'sunbright' 'soraya' 'mammoth'

'giant russian' 'Paul Bunyan' 'giganteus' 'joker' 'tarahumara' 'dorado' 'mexican'

'kong' 'go bananas' 'American giant' 'humongous' 'golden cheer' 'teddy bear'

'giant sungold' 'gedera sunshot' 'big smile'

SWEET PEAS *Lathyrus odoratus* 'old spice' 'mammoth choice' 'Unwin's butterfly'

'royal family mix' 'snoopea' and many more of the fragrant types

BIENNIALS – PRODUCE FOLIAGE THE FIRST YEAR, FLOWER THE SECOND YEAR AND USUALLY DIE AFTER BLOOM

FORGET-ME-NOT *Myosotis sylvatica*, *alpestris*

HOLLYHOCK *Althaea rosea* (biennial or short-lived perennial)

CANTERBURY BELLS *Campanula medium*

SWEET WILLIAM *Dianthus* mixed colors

SILVER DOLLARS *Lunaria annua* (shade loving) (Al Richter)



CANTERBURY BELLS

PERENNIALS – COME BACK YEAR AFTER YEAR

ANGEL TRUMPET *Brugmansia sanguinia* (annual for me) (Chris Hoffman)
ASTILBE
ASTRANTIA ‘major ruby wedding’
BEE BALM *Monarda didyma* ‘Jacob Cline’
BLAZING STAR *Liatris spicata*
BLEEDING HEART *Dicentra spectabilis* ‘alba’
BOTTLE BRUSH /BUGBANE, *Cimicifuga* ‘white pearl’
CAMPANULA white peachbells, *takesimana alba* (Sylva), *glomerata* (Florence Donnelly)
CENTAUREA *Macrocephala*, Armenian Basketflower (Dave Mochak)
CHIVES *Allium schoenoprasum* (Steve Thielke)
COLUMBINE *Aquilegia caerulea*
DAMES ROCKET *Hesperis matronalis*
DELPHINIUM *Elatum* ‘giant pacific’, ‘white swan’, ‘Galahad’
ENGLISH DAISY *Bellis perennis* (often treated as an annual)
EUPHORBIA *griffithii* ‘Fireglow’
FALSE DRAGONHEAD *Physostegia virginiana* ‘variegata’
FEVERFEW *Chrysanthemum parthenium* ‘white wonder’
FORGET-ME-NOT *Myosotis scorpioides*
FOXGLOVE *Digitalis*
GAYFEATHER *Liatris* ‘Kobold’
GENTIANA *septemfida* (Les Brake)
GERANIUM x *magnificum* (Dena Weathers)
GEUM *chiloense* ‘Mrs. Bradsaw’
GLOBE FLOWER *Trollius chinensis* “golden queen”, *xculturum*, ‘alabaster’ (Les Brake)
GLOBE THISTLE *Echinops ritro*
HOSTA ‘Shade Fanfare’ ‘albo marginata’ ‘fortunei francee’ ‘twilight’ (Claudia Leccese)
JACOB’S LADDER *Polemonium acutiflorum*
LEOPARD’S BANE *Doronicum cordatum*
LIGULARIA *przewalski* ‘the rocket’, *dentate* dark form
LYTHRUM *hyb.* ‘Morden’s Gleam’ (Les Brake)
LUPINE *Lupinus perennis*
MEADOW RUE THALICTRUM *Delavayi* ‘hewitt’s double’, ‘decorum’ (Les Brake)
MONKSHOOD *Aconitum* ‘napellus’ ‘stainless steel’
OBEDIENT PLANT *Physostegia virginiana* ‘variagata’ ‘rosea’
PAINTED DAISY *Tanacetum coccineum* ‘Robinsons pink’
PEONY *Paeonia* double pink, double red ‘Karl Rosenfield’ *veitchii* (Les Brake)
 ‘Anemoniflora Rosea’, ‘sorbet’
POPPY *Papaver orientale* ‘Brilliant’ ‘Coral Reef’ ‘Perry’s white’ *Papaver atlanticum*
 HIMALAYAN *Meconopsis grandis*, *Meconopsis x sheldonii* (Al Richter)
PRIMROSE *Primula capitata*, *vialii* (Laurie Adams)
RED HOT POKER *Kniphofia uvaria*, *tritoma*
SPEEDWELL *Veronica gentianoides*
SWEET WILLIAM *Dianthus barbatus*
VALERIAN *Valeriana officinalis*, *Centranthus ruber* ‘Coccineus’
YARROW *Achillia ptarmica* ‘The Pearl’

BULBS / TUBERS

Bulbs come back year after year.
In our climate, dahlia tubers need to be dug up and stored for winter. Replant dahlia tubers in spring.

CROCUS *Sativus*

DAFFODIL / NARCISSUS

DAHLIA 'Kelvin Floodlight' 'Oriental Dream'

'Eveline' 'Ecstasy' 'Polka' 'Otto's Thrill' and many more.

GAYFEATHER *Liatrix*

GLADIOLUS *Communis*

HYACINTH *Hyacinthus orientalis*

IRIS from rhizomes: Japanese W *Lilium*, oriental hybrids

From bulbs: x *hollandica* (Penny Brown)

LILY LILLIUM Asiatic many varieties

LILY-OF-THE-VALLEY *Convallaria majalis* (Clothilde Bahovec)

PEONY *Paeonia* (herbaceous)

SNOWDROP *Galantus*

WINDFLOWER *Anemone*

TULIP *Tulipa*



DAHLIA Kelvin Floodlight
DAUGHTERS CORY AGE 10, RACHEL AGE 8

BUSHES / SHRUBS



MIXED LILAC BOUQUET

ANGEL'S TRUMPET (Brugmansia) Datura acnisius, metel, solanaceae

AZALEA (Karin Johnson)

BUDDLEIA davidii (David Hunt)

DAPHNE odora (Janice Webb)

FORSYTHIA

HELLEBORUS royal heritage

HYDRANGEA (Kathy Swanberg) Macrophylla 'Bailmer' endless summer

LILAC Syringa, several varieties including favorite 'Miss Kim'

MOCK ORANGE Virginalis philadelphus

RHODODENDRON Virginia Richards

GROUNDCOVERS

AJUGA reptans, bronze
ARABIS Alpina white caucasica and pink rosea (Dave Harnum)
AUBRIETA Novalis Blue
CARNATIONS Dianthus caryophyllus, plumarius 'clove pink', sonate
FALSE ROCKCRESS Aubrieta x cultorum "Novalis Blue"
HOSTA fortunei 'francee' undulate 'albo marginata' (Claudia Leccese)
LAVENDER Lavandula munstead
LILY-OF-THE-VALLEY Convallaria majalis (Clothilde Bahovec)
OXALIS Crassipes rosea
POLKA DOT PLANT (BETHLEHEM SAGE) Pulmonaria saccharata
SAXIFRAGE Saxifraga urbium
SEDUM STONECROP Sedum Crassulaceae 'ruby glow' (Clothilde Bahovec)
SNOWCAP/WALLCRESS Arabis caucasica
SNOW-IN-SUMMER Cerastium tomentosum (Dave Harnum)
SWEET WOODRUFF Galium odoratum (Beth Garrison)
THYME Thymus
VINCA CREEPING MYRTLE, PERIWINKLE 'expoflora' (Diana Stephens)
 'illumination'
VIOLA Viola odorata (old city hospital) sororia 'freckles'
WOOD SORREL Oxalis crassipes 'Rosea'

ROSES

AUSTIN ROSE Graham Thomas bush

CLIMBING ROSE New Dawn, William Baffin, Pearly gates

HEDGE ROSE Robin Hood Red, Yellow Simplicity, Pink Simplicity

HYBRID TEA Perfume Delight, Sheer bliss

MOSS ROSE Madame Louis Leveque (Jamie Chevalier and Judy Johnstone)

RUGOSA snow owl uhlensch white (Karen Case), Yankee Lady (Cheryl Stromme)

SHRUB ROSE Bonica , Morden Blush, Ausbuff, Moss, Outta the Blue



NEW DAWN, PERFUME DELIGHT and BONICA

TREES

APPLE 'Akane', 'Pristine', 'William's Pride'
CHERRY 'Lapin', 'Early Burlat'
CRABAPPLE 'Centennial' M/7
HAWTHORNE 'Crimson Cloud'
HEMLOCK
MAPLE
MOUNTAIN ASH *Sorbus aucuparia* or *decora*
MOUNTAIN ASH 'Sorbus cashmeriana' (Les Brake)
from western Himalayas started from seed
RED CEDAR
SPRUCE
YELLOW CEDAR



HAWTHORNE *Crimson Cloud*

VINES

CATHEDRAL BELLS *Cobaea scandens* (annual) grown indoors

CLEMATIS 'Jackmanii' 'Ramona' 'Montana rubens' 'Montana alba'

'alpina Helsingborg' 'alpina Willy' 'Markhams Pink' 'Bees Jubilee' 'Tangutica Bill

Mackenzie' 'blekitney aniol' 'pink perfection' 'Mrs Cholmondeley' 'viticella madame Julia

Correvo'n' 'Ville de Lyon' 'matka siedliska' 'Nelly Moser' 'Dr. Ruppel' 'Barbara jackman'

(many from Penny Brown)

CLIMBING HYDRANGEA *Hydrangia petiolaris*

MAGNOLIA VINE *Schizandra chinensis*

MORNING GLORY *Convolvulus* 'royal ensign' (annual) *Ipomoea nil* 'flying saucer'

(annual) grown indoors *Ipomoea alba* 'white moonflower' fragrant evening bloomer

(annual) grown indoors

TRUMPET VINE *Campsis radicans* (perennial)

WISTERIA *Sinensis* 'prolific' (perennial) (seed from my sister Marie Briggs)



CLEMATIS *Montana rubens*

NOTES

EDIBLES

BERRIES

RASPBERRY – many unrecorded, delicious varieties.

STRAWBERRY - Tri-Star, Seascape, Eversweet, Temptation, Musk ‘Capron’
Alpine strawberries: *Fragaria vesca* Pineapple crush , Alpine mignonette, Alpine rügen, Alpine yellow wonder, Alpine red and Alpine white soul.
Favorite: wonderful, small, orange, prolific of unknown origin from Eve Grutter.

TAYBERRY – a large, slightly tart cross of blackberry and raspberry... requires a warmer summer than we usually have.

FRUIT TREES

APPLE The varieties below ripen here by late September:
‘Akane’ on EMLA 27: Medium sized, red, crisp, scab & mildew resistant.
‘Pristine’ on EMLA 106: Yellow, crisp, tart, resistant to scab & mildew.
‘William’s Pride’ on EMLA 26: Large, red, sweet, immune to scab.
CRABAPPLE ‘Centennial’ M/7: 2 inch apple, sweet, crisp & juicy!

CHERRY ‘Lapins’: self fertile with large, reddish black, delicious fruits.
‘Early Burlat’: Large, sweet, dark red, early fruit.

PEAR After doing some research, the following pear trees were purchased and planted early spring of 2013. It will probably be many years before we see the results, but these are the pears that might be happy here if we continue to see warmer weather:
‘Shipova’ (*Sorbus aucuparia* x *Pyrus*), ‘Orcus European Pear’ (*Pyrus communis*), ‘Harrow Delight’, ‘Baby Shipova’ (*Sorbopyrus auricularis*), ‘Bella di Guigno’, ‘Doyenne de Juillet’, ‘Morettini’, ‘Ubileen’



WILLIAM'S PRIDE APPLE TREE

HERBS/MINTS

APPLE MINT /WOOLLY MINT *Mentha suaveolens* (Karen Lucas)
BASIL *Ocimum basilicum*
BURDOCK *takmogawa long* (Hope Merritt)
CHIVES *Allium schoenoprasum* (Steve Thielke)
CHICKWEED *Stellaria media*
DILL *Anethum graveolens*
DRAGON'S HEAD *Dracocephalum moldavica*
ELFWORT *Inula helenium*
FINOCCHIO / FENNEL *Foeniculum vulgare*
GERMAN CHAMOMILE *Matricaria recutita*
GINGER MINT variegated *Mentha gentilis variegata*
LAVENDER *Lavendula augustifolia*
LEMON BALM *Melissa officinalis*
LEMON MINT *Monarda citriodora*
LICORICE MINT (ANISE HYSSOP) *Agastache foeniculum*
LOVAGE *Levisticum officinale*
MARSHMALLOW *Althaea officinalis*
MOUNTAIN MINT *Pycnanthemum virginianum*
OREGANO *Oreganum vulgare* (Hope Merritt)
PEPPERMINT *Mentha piperita*
SAVORY –SUMMER *Satureja hortensis*
SOAPWORT *Saponaria officinalis*
SPEARMINT *Mentha viridis*
SPILANTHES *Spilanthes acmella* (Hope Merritt)
STEVIA *rebaudiana* Sugar Bush
STINGING NETTLE *Urtica dioica* (Hope Merritt)
THYME *Thymus vulgaris*
VALERIAN *Valeriana officinalis*, *Centranthus ruber* 'Coccineus' (Hope Merritt)

VEGETABLES

ARTICHOKES – Start seeds indoors by mid February...two per 4” pot. Transplant healthy looking plants to gallon pots when too large for 4” pots. By late April move to outdoor cold frame or greenhouse. Transplant 3 feet apart in raised beds late May. Expect plenty of large artichokes in September.

Varieties: VIOLETTO, IMPERIAL STAR, ROMANESCO and GREEN GLOBE

ASPARAGUS – Plant one year old crowns in fertile soil 15 inches apart end of April. Do not pick the first year. Enjoy lots of shoots the second year and thereafter. Asparagus is perennial.

Varieties: JERSEY GIANT CROWNS, JERSEY KNIGHT CROWNS

BEANS – Bush varieties: start one seed per 4” pot in late April. After about 2 weeks, harden off in a cold frame or greenhouse for a week or two. Transplant outdoors into raised beds and keep covered with a floating row cover to increase heat. We have also successfully grown pole varieties in our greenhouse throughout the summer.

Varieties: BUSH: RENEGADE, JADE, VENTURE

POLE: KENTUCKY WONDER, BLUE LAKE, RED NOODLE

BEETS – Beets do very well here. Sow seeds outside directly into soil of a raised bed about ½ inch deep and 5 inches apart mid May. Soak bed well after seeding. Protect with a floating row cover until plants are about 4 inches tall. Steamed young greens are a delicacy. Beetroots are delicious baked in foil. Extras at end of season can be partially boiled and frozen in own juice in meal-sized containers.

Delicious marinated in vinegar.

Varieties: We have enjoyed all varieties.

BROCCOLI – Start several varieties indoors late in March. Sow 2 or 3 seeds per 4” pot ¼ inch deep. After about a month in a south facing window, transfer out to a cold frame or greenhouse for hardening off. After a week or two, depending on weather, separate plants out of the 4” pots and transplant individually into raised beds. Give plenty of space per plant...at least 2 feet. Water well. Floating row covers are a must right away to prevent the root maggot fly from laying eggs at the base of the plant. Don’t worry about the flies and bugs you will see buzzing around under the cover. They are from the soil, seaweeds and other compost and have proven to be harmless. A big head of broccoli will be ready to eat as soon as mid July depending on variety and weather. Let plants continue to grow well into October/November and you will continue to harvest successively smaller side shoots. We eat lots of broccoli fresh all summer and fall and give lots away. Late in the season we dehydrate. Also, we blanch (this simply means to dip into boiling water) broccoli florets for about a minute or two, rinse in cold water, drain, vacuum and freeze...and always have enough broccoli to last until the next growing season. Watch for slugs!

Varieties: ARCADIA, FIESTA, BELSTAR, PACKMAN, SOUTHERN COMET and many more. All did well in our climate. For a continuous harvest throughout the summer and into fall, sow several different varieties.

BRUSSELS SPROUTS – Follow the same plan as broccoli. However, brussels sprouts are slower to develop. Harvest after the first frost to get the best, sweet flavor. Begin harvesting at the bottom of the stem snapping off the leaf below each of the sprouts you pop off. Brussels sprouts hold up well left in the garden to harvest gradually well into winter... even after a freeze. Varieties: LONG ISLAND, CATSKILL, ROODNERF, RUBINE, DIABLO.

CABBAGE – Start the same as broccoli. Heads will be ready to eat at various times throughout the summer depending on the variety. We have found that leaving cabbage in the garden well into winter is the best way to keep them. We harvest one every week or two throughout the fall and winter. Cabbage can also be buried in about a foot of soil or mulch...or put in a root cellar type environment for storage. Delicious made into sauerkraut. Dehydrates nicely! Watch for slugs! Varieties: EARLY JERSEY, DERBY DAY, EARLY JERSEY WAKEFIELD, COPENHAGEN MARKET EARLY, FERRY'S ROUND DUTCH, EARLIANA, DANISH BALLHEAD, GOLDEN ACRE, RED ACRE, RUBY BALL and many more.

CARROTS – Most varieties grow very well here, but Nantes varieties are the best all around. (Nantes are pretty much all of the varieties with a blunt end). We use an herb shaker to shake seeds sparingly directly on top of an outside raised bed in late April or early May. Take a rake and rough the seeds into the soil...or cover the seeds with about ¼ inch of fine soil. Water well with a fine mist to help prevent soil crusting. After watering, immediately cover with a floating row cover before any cats find the bed to use for a litter box! Don't get discouraged. It can take up to three weeks for carrot seeds to germinate. After a few weeks of growth, uncover to weed and thin so each carrot has plenty of space to grow. Replace cover and thin and weed again after about 2 more weeks. When the carrot greens have some size to them, we sometimes remove the floating row cover permanently...usually in July. Baby carrots are good for eating often by August. We grow lots of carrots. We use the majority of them for juicing from September through April. When the weather starts getting bad in October, we cover the carrot bed with a tarp and then about 2 feet of mulch. The carrots are then protected from freezing. We simply remove the mulch as we dig out the carrots. We prefer using seaweed for mulch. The seaweed can easily be tossed aside and then incorporated into the garden as fertilizer the next spring. Over the years we have grown many nantes varieties including: TAMINO F1, MERIDA, SUGARSNAX, NELSON, MOKUM, YAYA, NAPA, SOLAR YELLOW, WHITE SATIN, INGOT, ATOMIC RED, COSMIC PURPLE, NEW KURODA, PRODIGY, TENDERSWEET, NAPOLI.

CAULIFLOWER – Start the same as broccoli. Cauliflowers will be ready to harvest usually from mid-summer to fall if you grow several different varieties. They are so delicious fresh! Cauliflower can also be dehydrated or blanched/frozen. Watch for slugs!

Varieties: EARLY SNOWBALL, CASSIUS, AMAZING, SNOW CROWN, CANDID CHARM, CHEDDAR, GRAFFITI.

CELERY – Start indoors in early March by sprinkling seeds in a large tray of seed starter with drainage. Cover seeds lightly with soil and water well. Once sizeable (3 to 4 weeks), transplant individual plants one per 4” pot. After about 4 more weeks, harden off in cold frame or greenhouse. Plant a foot apart in a raised bed end of May. Water well and regularly. Keep covered with a floating row cover for at least a month. Big, delicious celery bunches will be ready in September. When we have lots, we chop, blanche and freeze for soups, chowders, casseroles etc. Watch for slugs and aphids!

Varieties: Absolutely recommend UTAH 52-70 R IMPROVED.

CUCUMBERS – Start 1 seed per 4” pot indoors any time in April. We like the burpless and the long English varieties. When the plant is too big for the 4” pot, transplant into larger pot. Let plant climb up a string or stick. We only grow cucumbers indoors...in our south facing bay window or in our greenhouse. Varieties: ORIENT EXPRESS, SATSUKI MADORI, MARKETMORE, MUNCHER, TELEGRAPH, CRUISER, MANNY.

FENNEL – Considered a European, perennial green, fennel is so delicious and a beautiful addition to the garden. We eat the base, the hollow stalks and the greens as well as utilizing the more mature greens for bouquets. We start the seeds early in March (and again in April, May and June) planting one or two seeds ¼ inch deep in 4 inch pots. After about six weeks, we transfer the fennel plants to the greenhouse, into larger pots when necessary. By the beginning of June plant the large, healthy fennel starts outside in a prepared, sandy, raised bed.

Varieties: FINOCCHIO, BRONZE SMOKIN, PERFECTION.

GARLIC – Plant early in October, if possible, so the roots get well established before the winter weather. Separate cloves and plant about 4 or 5 inches apart, two inches deep. We mulch with several inches of seaweed for the winter and then fertilize in spring with the seaweed mixture. Harvest in late summer when there are only a few green leaves remaining on the stems. Dry, clean off dirt, then store in a cool, dry, shady, airy location.

Varieties: There are many different hardneck and softneck varieties. Softneck is often smaller, but stores longer. Experiment with varieties because, with garlic, it has a lot to do with taste preferences. Local garlic queen, Eve Grutter, recommends MUSIC and BAVARIAN PURPLE.

JERUSALEM ARTICHOKE (*Helianthus tuberosus*) – Also known as sunchokes, they are tubers from the sunflower family. Jerusalem artichokes are a good source of iron, vitamin C, phosphorus and potassium. The taste is similar to water chestnut and is tasty sliced raw into salads, shred into a slaw, cooked in soup, sautéed or made into chips. Introduced to us by Stan Schoenig. Plant in somewhat sandy soil for good drainage in late April. Plant each tuber in a raised bed about 6 inches deep and 18 inches apart. Jerusalem artichokes will grow over 6 feet high with tubers forming late in the summer and up to 4 inches long. In our environment it is best to let these plants over winter and harvest in

spring. It is important to know that Jerusalem Artichokes are strong perennials with the potential of becoming invasive. It is important to remove any volunteers after the spring harvest. Also, be sure to rotate Jerusalem artichokes to a different location for each spring planting.

KALE – About mid May plant kale seeds outside about ½ inch deep four inches apart. As plants grow, thin until about 12 inches apart. (Enjoy thinned plants in salads). Harvest whole plant or only lower and outer leaves if you want to keep the plants going. Kale keeps well in the garden throughout the winter and into spring. Some people harvest all of their kale in late fall and place it in a large plastic bag or other container...keeping it outside in the container all winter for use in salads and cooked dishes.

Varieties: TUSCAN, RUSSIAN RED, SIBERIAN, WINTERBOR, REDBOR, UKRANIAN, DINOSAUR, BLUE CURLED SCOTCH, RED CHIDORI, WHITE RUSSIAN.

We also grow the perennial **SEA KALE** (*Crambe maritima*). It is not a true kale but rather a member of the cabbage family. Europeans customarily like to blanch the young shoots in the ground and then eat like asparagus. We love the stems, leaves and flower buds steamed like broccoli. This way it is a lot less labor intensive and just as delicious. Highly recommended.

KOHLRABI – In early May sow kohlrabi seed outside directly into raised bed. Seed needs to be about ¼ inch under surface about 8 to 10 inches apart. Water well and cover with a floating row cover for protection until plants are sizeable. We like kohlrabi best raw – cut into pieces for munching, dipping or in salad. Varieties: PURPLE VIENNA, SUPERSCHMELZ.

LETTUCE – Late in March or early April, indoors, we start about 4 seeds per 4” pot of lettuce, many varieties. Six weeks later we harden off these starts in our greenhouse. Before planting these starts outside, we sprinkle a mixture of lettuce seeds in the bed prepared for the lettuce starts. Then we separate each of the lettuce starts and plant them about 8” apart in that same raised bed. We water well and cover with a floating row cover. By the time the lettuce transplants grew and were harvested, the seeds that were sprinkled in the same bed have grown large enough to start eating. We practice successive planting as well. We usually start a new bed of lettuce in June and another again mid August. In the fall when the rains get heavier, be sure the lettuce beds are covered with floating row covers. Most years we are eating delicious, fresh lettuce from early summer through fall. Watch for slugs, aphids and green caterpillars!

Some of our favorite varieties: RED ICEBERG, RED AMISH, YUGOSLAVIAN RED, RED ROMAINE, PRIZEHEAD, ESMERALDA, SUMMERTIME, DEER TONGUE, REINE DES GLACES, RED SAILS, PARRIS ISLAND ROMAINE, TROUT’S BACK, REVOLUTION, MARSHALL, GRAND RAPIDS, BUTTERCRUNCH, BLACK SEEDED SIMPSON.

ONIONS/LEEKS/CHIVES – We grow plenty of onions. If growing from seed, it is a good idea to start them inside by mid March. Harden off in the greenhouse six weeks later.

Transplant into a raised bed shortly after. If starting from small bulbs (also known as sets), simply plant individual bulbs (or small clump in case of chives) early in May just under the surface in a garden bed. We like to grow several varieties and often plant them in beds with other edibles like strawberries to better utilize the space. Harvest September/October and store in a cool, dry place. Our favorites are perennial: EGYPTIAN/WALKING ONIONS (*Allium cepa* L.) used like scallions when young. Usually by mid summer they are producing small bulbs at the tops of stems. Separate and plant tiny bulbs for more scallion sized plants. CHIVES (*Allium schoenoprasum*). BUNCHING ONIONS (*Allium fistulosum*). Favorite LEEKS are SCOTLAND, LANCELOT, ROXTON AND GIANT MUSSELBURGH.

ORIENTAL/CHINESE CABBAGE – There are several different, delicious varieties of oriental cabbage that grow well and quickly. We grow at least 3 crops because of this throughout the season. Mid April, start 2 or 3 seeds per 4” pot indoors. After about 4 weeks, put pots in a cold frame or greenhouse to harden off for a week or so. Transplant outside in a raised bed 12” to 18” apart. Water well and be sure to cover with a floating row cover because root maggots love these plants. In a month or so we have large tight heads of cabbage especially delicious in soups and stir fries. We blanch and freeze extras in chicken broth for a tasty base for winter soups. Better yet, dehydrate! Also watch for slugs and green caterpillars! Varieties: CHINA EXPRESS, TENDERHEART.

PARSNIPS – Sow seeds outside directly into soil of a raised bed about ½ inch deep mid May in sandy soil. Seeds are slow to germinate and need to be kept moist. Soak bed well after seeding. Cover with a floating row cover. Thin to 4 or 5 inches apart when sizeable enough. Begin harvesting after the first frost. Mulch heavily to protect from freezing and leave in ground to harvest throughout winter. Varieties: ANDOVER, GLADIATOR.

PEAS – We grow shell and edible pod peas most often, although all kinds of peas seem to do well here. We have quite a few fences around our property. We prepare the soil below the fences in late April or early May. We then plant the seeds about 1 inch apart, ½ inch deep after soaking the seeds overnight in water. We prefer several varieties with lots of grabbing tendrils (self-supporting) so that no tie-ups are necessary. Peas are ready to eat as early as July and can be planted again around the end of June for a second harvest by summers end.

Varieties: SUGAR LACE, TACOMA, TALL TELEPHONE (ALDERMAN).

POTATOES – So easy and fun to grow! When the ground has thawed, hopefully by March, dig a long ditch two feet wide and two feet deep. Line the ditch with seaweed, starfish and plenty of pine needles (to help prevent scab). Cover with black plastic for four to six weeks. Around mid April take seed potatoes and cut them into sections with at least one eye per section. Roll the pieces in bone meal and let them sit to dry out for a day or two in a tray in a dry, shady location like a garage. Take up the black plastic and place the seed potato pieces in the ditches about 12 to 18 inches apart. Cover the seed potato pieces with dead sedge beach grass or hay and then dirt. This method was recommended to us years ago by Cliff Lobaugh of Admiralty Island. As the potato plants grow, mound more sand or dirt around the base of plants to increase number of potatoes

per plant. Water well. We cover the potato rows with floating row covers to increase the soil temperature. Most years we are eating small, new potatoes by August. In August and September we don't pull up the plant, but rather reach in and dig out potatoes nearest to the surface without disturbing the plant. We harvest all of our potatoes entirely sometime in October, sort them by size and /or type and bury them in pits a foot or two deep in our greenhouse. All winter long we simply dig up the potatoes in the greenhouse as needed. Be sure to rotate potatoes to a different location for each spring planting. Varieties: RUSSET, YUKON GOLD, ROSE FINN, ROSE GOLD, ALASKA ROSE, TLINGIT, BRIGUS (purple skin, white inside), PURPLE MAJESTY (purple inside and out), RUSSIAN BANANA, YELLOW FINN, OZETTE, CARIBE, TO-LE-AK and INCA BELLA.

RADISH – Early in May, plant radish seeds outside about 2 inches apart, ¼ inch deep in a raised bed. Water well. Famous for rapid growth, they are also famous in Sitka for harboring root maggots! No problem when the plants are kept covered with a floating row cover. We have tried many different radish varieties and all do well. The past few years we have grown the **RAT TAIL RADISH** (*Raphanus sativas*) which is a South Asian heirloom introduced to us by Jamie Chevalier. It is the tender, young seed pods on the large bushy plant, rather than the roots, that are harvested. The seed pods grow plentifully throughout the summer. They have a milder flavor than most radish varieties and have a crispy, juicy texture. Young rat tail radish seed pods are delicious with dips, in salads, stir fries, curries or pickled. One or two plants will be more than enough for the average family. Start the seeds late in April in pots indoors or direct seed outside in a location preferably with fencing for support. Harvest and dry some of the mature seed pods for use the next year. Likely to self seed.

RHUBARB - Often considered a fruit, this perennial vegetable is highly nutritious. The leaves are toxic, but the stalks are safe and tartly delicious. Plant should be divided about every 4 years. Plant a crown at least 4” deep and 3 to 4 feet apart in organic well drained soil. Rhubarb thrives in our cool, damp climate. Harvest about half of the stalks per plant until mid summer. Eat fresh or wash, chop and freeze in containers. We enjoy the giant pale variety common in Sitka from the experimental gardens of long ago on Geodetic Way. It is tender and sweet.

SORREL - Sow indoors or out in May from seed or take a division from a grown plant mid April. This tangy lemon flavored, spinach-like green is perennial and grows well in our climate. Especially good in omelets, soups and salads. Best variety is FRENCH SORREL with low oxalic acid.

SPINACH –Start indoors about mid April. Plant 1 or 2 seeds about ½ inch deep in 4” pots. After 4 to 6 weeks, place pots in a cold frame or greenhouse to harden off for a week or two. Separate plants and set in raised bed about 1 foot apart. Cover with a floating row cover. Varieties: One of our favorites is a variety named MONNOPA. It is low in oxalic acid and grows very well here. TYEE is an outstanding variety. Another is **NEW ZEALAND SPINACH** (*Tetragonia tetragonoides*) which is not really a spinach, but has a spinach

like taste. Most people prefer its delicious taste and texture lightly steamed. It is perennial but is often grown as an annual.

SWISS CHARD – Start the same as spinach. Swiss chard grows very well in our climate and is so delicious in salads or cooked. We harvest tender leaves all summer and into fall from a single planting. Varieties: BRIGHT LIGHTS, GOLDEN, FORDHOOK GIANT, PERPETUAL, ORANGE FANTASIA, SILVERADO.

TOMATOES – Start 2 seeds per 4” pot indoors in February. After about a month of growth, transplant healthy starts individually into larger containers. Mid April harden off in cold frame or greenhouse. By the end of May, move tomato plants into the ground or larger pots in the greenhouse for the summer, into deck containers or outside into your sunniest raised bed with plenty of space, at least 2 feet apart, and support with fencing. Water well and, if growing outdoors, cover with a floating row cover. Tomatoes can be picked and directly stored in a container in the freezer. Green tomatoes can be ripened at room temperature in a dark container, cabinet, drawer, or sack. When we have a big harvest, we also stew some of the tomatoes and freeze for later use in soups, salsa and sauces.

Choose short season varieties: GLACIER, SILETZ, STUPICE, NORTHERN DELIGHT, SUB-ARCTIC, BEAVERLODGE, OREGON SPRING, LEGEND, EARLY GIRL. The most popular tomato we have ever grown is the cherry sized, orange colored SUNGOLD. It is so sweet and delicious. A real treat! Our favorite yellow variety is YELLOW PERFECTION.

TURNIP – Plant seeds in an outdoor bed about mid May ¼ inch deep gradually thinning to about 6 inches apart. The greens are delicious when young and tender. Harvest and eat roots when they are small and sweet. They grow quickly, so a second planting in mid July will be ready for a fall harvest. As with other brassicas, keep this root crop brassica covered with a floating row cover to prevent root maggot damage. Varieties: GOLDEN BALL, PURPLE TOP WHITE GLOBE, VERTUS.

YACON – Start individual or small clusters of rhizomes in early February in gallon-sized pots. If possible, grow in a south-facing window as long as possible. Move to larger pots if necessary and into greenhouse until the beginning of June.

Plant out in your warmest location in fertile soil with good drainage. Harvest some of the top, tender leaves periodically throughout the summer to use as fresh greens and/or for a nutritious tea.

By fall you should see the small, yellow daisy-like flowers at the top of the tall plant. Even if it does not flower, harvest the plant when it starts to die back around the end of September. Cut off the top of the plant leaving about 12” of stems. (Harvest and dehydrate all the healthy leaves for tea.) Insert a pitchfork about 18 inches from the base of the plant and gently lift the entire plant out of the bed. You will see a bundle of rhizomes at the base of the stem and about a dozen tubers below the rhizomes. Gently twist when removing the tubers from the plant. Rinse, then place the tubers for a week or so in a sunny, dry location, if possible. This improves the flavor and sweetness. The skins will wrinkle. To eat, peel the skin off like a potato and eat the entire sweet, juicy,

delicious contents raw or cooked. I also like to peel and slice some of the tubers and dehydrate into delicious vanilla flavored chips! Store the entire rhizome bundle (still attached to the stem) in sand in a cool (but not freezing), dark, dry location to grow next years crop. Because I grow so many yacon plants and harvest them all at the same time, I put many of my harvested plants in large plastic buckets or tubs covered with sand. I leave both the rhizomes and uneaten tubers on the stems and reach into the sand and pull tubers out all winter long for peeling and eating. Yum.

ZUCCHINI – Start 1 seed one inch deep per quart sized pot in late April indoors. Just dampen the soil because seeds will rot if too wet. At the same time, make up a raised bed of sand and soil mixed with seaweed, starfish, and lots of broken bits of shells. (Fine broken shells are often found high up on sandy beaches in Sitka Sound). Cover the raised bed with black plastic until time for planting.

Early in June, take the black plastic off the raised bed and rototil. After tilling, reshape the raised bed and cover with black plastic. Cut an X every three or four feet and plant a zucchini start through the X under the plastic. Cover the entire row with a floating row cover or a clear plastic tent held up with hoops. These plants need very little water. Water very lightly after planting. Water infrequently throughout the summer only if it does not rain. This method was recommended to us years ago by Cliff Lobaugh of Admiralty Island.

We usually have plenty of zucchini by late summer for ourselves and for sharing. Harvest zucchini when small or medium sized for best texture and flavor. We chop, blanch and freeze fall zucchini for winter use in soups and stews. Better yet, dehydrated zucchini makes a wonderful chip snack and can also be rehydrated in soups and casseroles!

Varieties: BLACK BEAUTY, COURGETTE, CAVILI, JACKPOT, CASERTA, SUNGREEN, PARTENON, BLACK HAWK, GOLD RUSH, EIGHT BALL, GIAMBO.

- EDIBLES - SEED STARTING TIMELINE

These suggested times are flexible depending on weather and soil temperature.

START INDOORS:

FEBRUARY	early mid late	yacon artichokes tomatoes
MARCH	early mid late	celery, fennel, onions herbs, strawberries(seed) broccoli, Brussels sprout cabbage, cauliflower sea kale
APRIL	early mid late	lettuce, sunflowers, mustard, fennel cucumbers, oriental cabbage, sorrel, spinach, Swiss chard basil, beans, rat tail radish, zucchini

SOW SEED DIRECTLY INTO PREPARED GARDEN BEDS:

		asparagus crowns, Jerusalem artichokes, carrots, peas, potatoes
MAY	early mid	kale, kohlrabi, lettuce, radish, more fennel beets, parsnips, turnips
JUNE	mid	start cabbage, oriental cabbage and fennel again indoors...then transplant out in 2 or 3 weeks
JULY	early	sow another bed of lettuce and peas
AUGUST	mid	one last time...oriental cabbage and lettuce
FALL		chives, garlic, mints, onions, strawberries, raspberries (use runners, starts, cloves or divisions)

NOTES

BIG PROBLEMS

INVASIVE PLANTS

BACHELOR BUTTON *Centaurea Montana*
BUTTERCUPS *Ranunculus repens*
CHICKWEED *Cerastium vulgatum/Stellaria media*
CHINA MARY *Campanula glomerata*
COMFREY *Symphytum officinale /uplandicum*
DAISIES *Chrysanthemum frutescens* (marguerite type)
DANDELIONS *Taraxacum officinale*
HORSETAIL *Equisetum*
IRISH MOSS *Sagina subulata*
MORNING GLORY (creeping jenny, field bindweed) *Convolvulus arvensis*
RASPBERRIES *Rubus idaeus*
SALMONBERRIES *Rubus subulata*
YARROW *Achilles millefolium*



RASPBERRIES
A delicious problem

INSECTS

APHIDS have enjoyed hanging out in our greenhouse most summers with a big appetite for the leaves of basil, green beans and tomatoes. As soon as we noticed aphids in the greenhouse, we shook them off the plants into our hands or containers and killed them on a daily basis. By being persistent, it did not take long before the problem was eliminated. Outside of the greenhouse, aphids have often targeted roses, foxglove and lettuce during rare, dry times. Spraying regularly with a water hose and keeping floating row covers on the lettuce eliminated the problem.

CRANE FLY LARVAE have been an occasional problem. They munched on tender starts in our gardens crawling out from just beneath the surface at night to do their damage. I learned that they can be reduced or eliminated by introducing nematodes into the garden bed. We sure enjoy watching birds pluck the larvae from our small lawn.

GREEN CATERPILLARS (CABBAGE LOOPER) apparently love our late season lettuce and oriental cabbage. Even though the plants are a visual delight, cover these crops with floating row covers to keep the small white moths from laying the eggs that hatch into these caterpillars with voracious appetites.

SLUGS are not much of a problem at first. Once slugs sniff out your garden, watch out! In our gardens, slugs are particularly fond of dahlias, strawberries and most vegetables. Everyone in our family has developed slug picking skills. Nowadays, we also utilize Sluggo. It is a fairly effective, safe garden product. The iron phosphate pellets are eaten by slugs causing them to lose their appetite and die.

ROOT MAGGOTS were an overwhelming problem for us until we discovered floating row covers. Broccoli, cabbage and many related vegetables are affected by these critters. If left uncovered, young plants are exposed to the flies when they lay eggs near the plant stem and roots. The eggs transform into maggots. The maggots eat away at the plant root and gradually kill the plant. A floating row cover simply prevents the flies from accessing the plants.

USEFUL CATALOGS & WEB SITES:

Abundant Life Seeds
Box 772
Port Townsend, Wa. 98368
www.abundantlifeseeds.com

Gardener's Supply Company
128 Intervale Road
Burlington, Vermont 05401
www.gardeners.com

Nichols Garden Nursery
1190 Old Salem Road NE
Albany, Oregon 97321
www.nicholsgardennursery.com

One Green World
28696 S. Cramer Road
Molalla, Oregon 97038
www.onegreenworld.com

Pinetree Garden Seeds
Box 300
New Gloucester, Me 04260
www.superseeds.com

Raintree Nursery
391 Butts Road
Morton, Wa. 98356
www.RaintreeNursery.com

Seeds of Change
Po Box 15700
Santa Fe, NM 87592
www.seedsofchange.com

Seymour's Selected Seeds
335 S. High Street
Randolf, Wi. 53956
www.seymourseedusa.com

Territorial Seed Co.
PO Box 158
Cottage Grove, Oregon 97424
www.territorialseed.com

Thompson & Morgan
Box 1308
Jackson, NJ 08527
www.thompsonmorgan.com

Vermont Bean Seed Company
335 South High Street
Randolph, Wi. 53956
www.vermontbean.com

NOTES