

Home Vegetable Gardening Variety Selection Quick Reference Guide for Guilford County



NC COOPERATIVE EXTENSION GUILFORD COUNTY CENTER

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Seed or Plants	Amount Per Person Per Year	Suggested Varieties (Italics are Favorites of Forsyth Extension Staff)
Asparagus (crowns)	10	<i>Jersey Giant, Jersey Knight</i>
Beans, snap	1/4 pound	Roma (flat), Tenderette, <i>Blue Lake, Provider, Contender</i>
Beans, pole	1/4 pound	Kentucky Wonder 191, Blue Lake Stringless, Romano (flat), <i>Half Runner</i>
Beans, bush lima	1/2 pound	Fordhook 242
Beans, pole lima	1/2 pound	King of the Garden
Beets	1/4 packet	Ruby Queen, Early Wonder, <i>Red Ace</i>
Broccoli	15 plants	DeCicco, Premium Crop, <i>Pakman</i>
Brussel sprouts	25 plants	Long Island Improved, Jade Cross Hybrid, <i>Oliver, Masterline</i>
Cabbage (plants)	25 plants	Round Dutch, Early Jersey Wakefield, Red Acre, <i>Golden Acre</i>
Cantaloupe	12 plants	Burpee Hybrid, Ambrosia
Carrots	1/4 packet	Danvers Half Long, <i>Mokum</i>
Cauliflower	25 plants	<i>Snowcrown</i>
Collards	25 plants	Vates, Morris' Improved Heading, Carolina
Corn, sweet	1 packet	Silver Queen, Senneca Chief, Honey 'n Pearl, How Sweet It Is, Bodacious
Chinese cabbage	1/4 packet	Michihli, Hybrid G, Chieftain Savoy
Cucumbers, pickling	1/4 packet	Carolina, Calypso, Liberty, County Fair '83
Cucumbers, slicing	1/4 packet	Poinsett, Sweet Slice, Marketmore, County Fair '83, Salad Bush, Fanfare
Eggplant (plants)	2 plants	Florida Highbush, <i>Parks Whopper, Casper</i>
Kale	1/4 ounce	Green Curled Scotch, Early Siberian, Vates, Dwarf Blue Curled Scotch
Kohlrabi	1/4 ounce	White Vienna, Grand Duke Hybrid, <i>Kolibri</i>
Lettuce (leaf)	1/4 packet	Grand Rapids, Salad Bowl, Buttercrunch, <i>Green Ice</i>
Lettuce (head)	15 plants	<i>Summertime</i>
Mustard	1/4 ounce	Southern Giant Curled, Tendergreen
Onions (seed)	1/4 ounce	<i>Granex, Candy, Superstar</i>
Onions (sets or plants)	50	Ebenezer, Early Grano
Okra	1/4 packet	Clemson Spineless, Lee, Annie Oakley, Burgundy
Peas (edible-podded)	1/2 pound	Sugar Snap, Mammoth Melting Sugar, Snowbird
Peas, garden	1/2 pound	Wando, Green Arrow, <i>Tall Telephone, Knight</i>
Peas, southern	1/2 pound	Dixilee, Mississippi Silver, Colossus, Hercules, Mississippi Purple Hull
Peppers, sweet (plants)	4 plants	California Wonder, <i>Charleston Belle</i>
Peppers, hot (plants)	2 plants	Red Chili, Cayenne, Hungarian Yellow Wax, <i>Early Jalapeno</i>
Potatoes (Irish)	10 pounds	Kennebec, <i>Yukon Gold</i>
Pumpkins	1/4 packet	Autumn Gold, Howden's Field, Baby Bear, Connecticut Field
Radishes	1/4 packet	Early Scarlet Globe, Cherry Belle
Rutabagas	1/4 packet	American Purple Top, Laurentian
Spinach	1/4 packet	Dark Green Bloomsdale, <i>Noble</i>
Squash, summer	1/4 packet	Seneca Prolific (yellow), Zucchini Elite (green), Sun Drops, Goldbar
Sweet potatoes	75 plants	Porto Rico 198, Jewel, Pope, <i>Beauragard</i>
Swiss chard	1/4 packet	Lucullus, <i>Fordhook Giant</i>
Tomatoes (plants)	15 plants	Whopper, Mt. Pride, Celebrity, Big Beef, <i>German Pink</i>
Turnips	1/4 ounce	Purple Top White Globe, Tokyo Cross Hybrid, White Egg
Watermelons	1/2 ounce	Congo, Sugar Baby (small)

Suggested Planting Dates	Distance	Planting	Approx. No.		Days to Maturity
	Plants (Inches)	Depth (Inches)	Min. Soil Temp. (oF)	of Seeds Per Ounce	
Nov 15 - Mar 15	15	6	-	-	2 years
Apr 15 - July 15	3	1	60	100	50-55
Apr 15 - July 1	6	1	50	100	65-70
May 1 - July 1	6	1.5	65	70	65-80
May 1 - June 15	6	1.5	65	70	75-95
Mar 15 - Apr 15; July 15 - Aug 15	2	0.5	50	1,600	55-60
Mar 15-31; July 15 - Aug 15	18	0.5	45	9,000	70-80
July 1-15	20	0.5	45	9,000	90-100
Feb 1 - Apr 1; Aug 1-15	12	0.5	45	9,000	70-80
Apr 20 - June 1	24	1	70	1,000	85-99
Feb 15 - Mar 1; July 1-15	2	0.25	45	23,000	85-95
Mar 15-31; Aug 1-15	18	0.5	45	10,000	55-65
July 15 - Aug 15	18	0.5	45	8,000	60-100
Apr 15 - June 1	12	1.5	50	150	85-90
Mar 15 - Apr 1; Aug 1-15	12	0.5	50	9,500	75-85
Apr 20 - May 15; Aug 1-15	10	1	65	1,000	40-50
Apr 20 - May 15; Aug 1-15	10	1	65	1,000	40-50
May 1-31	24	0.5	70	6,000	80-85
Mar 1 - Apr 1; Aug 15 - Sept 1	6	0.5	45	10,000	40-50
Mar 1 - Apr 15; Aug 1 - Sept 1	4	0.5	55	8,000	50-60
Mar 1 - Apr 1; Aug 1 - Sept 1	6	0.25	45	25,000	40-50
Feb 15 - Mar 15; Aug 15-31	10	0.25	45	25,000	70-85
Mar 1 - Apr 1; Aug 1 - Sept 15	2	0.5	40	15,000	30-40
Jan 15 - Mar 31; Sept 1-30	4	0.5	50	9,500	130-150
Feb 1 - Mar 15; Sept 1-15	4	-	-	-	60-80
May 1-31	12	1	70	500	60-70
Jan 1 - Mar 1	1	1	40	200	60-70
Jan 1 - Mar 1	1	1	40	200	65-70
May 1 - July 1	4	1	70	125	55-65
May 1-31	18	0.5	65	4,500	75-80
May 1-31	15	0.5	65	4,500	75-80
Feb 15 - Apr 1	10	5	40	-	95-120
Apr 15 - June 15	48	1.5	70	110	115-120
Feb 1 - Apr 1; Aug 15 - Sept 15	1	0.5	45	2,000	25-30
Feb 1 - Apr 1; July 1 - Aug 1	4	0.5	60	12,000	70-80
Feb 15 - Mar 15; Aug 1-15	6	0.5	45	2,800	50-60
Apr 15 - May 15; Aug 1-15	24	1.5	60	300	50-60
May 15 - June 15	10	-	70-		95-125
Mar 15 - May 1	6	0.5	50	1,600	60-70
Apr 20 - July 15	18	0.5	60	10,000	75-85
Feb 1 - Apr 15; Aug 1-31	2	0.5	60	13,000	55-60
Apr 15 - June 1	60	1.5	70	250	90-100

Sandy Korn

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.

Johnny's Selected Seeds

877-564-6697
www.johnnyseeds.com
Supplies a wide variety of
seeds and tools.

Seed Savers Exchange

563-382-5990
www.seedsavers.org
A non-profit member
supported organization that
saves and shares 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.

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.

Park Seed Co.

800-213-0076
www.parkseed.com
Supplies a wide variety of
seeds, annual plants, garden
décor, supplies and tools.

Southern Exposure Seed Exchange

540-894-9480
www.southernexposure.com
Supplies a wide variety of
heirloom seeds.