

# EDIBLE LANDSCAPES GARDENING GUIDE

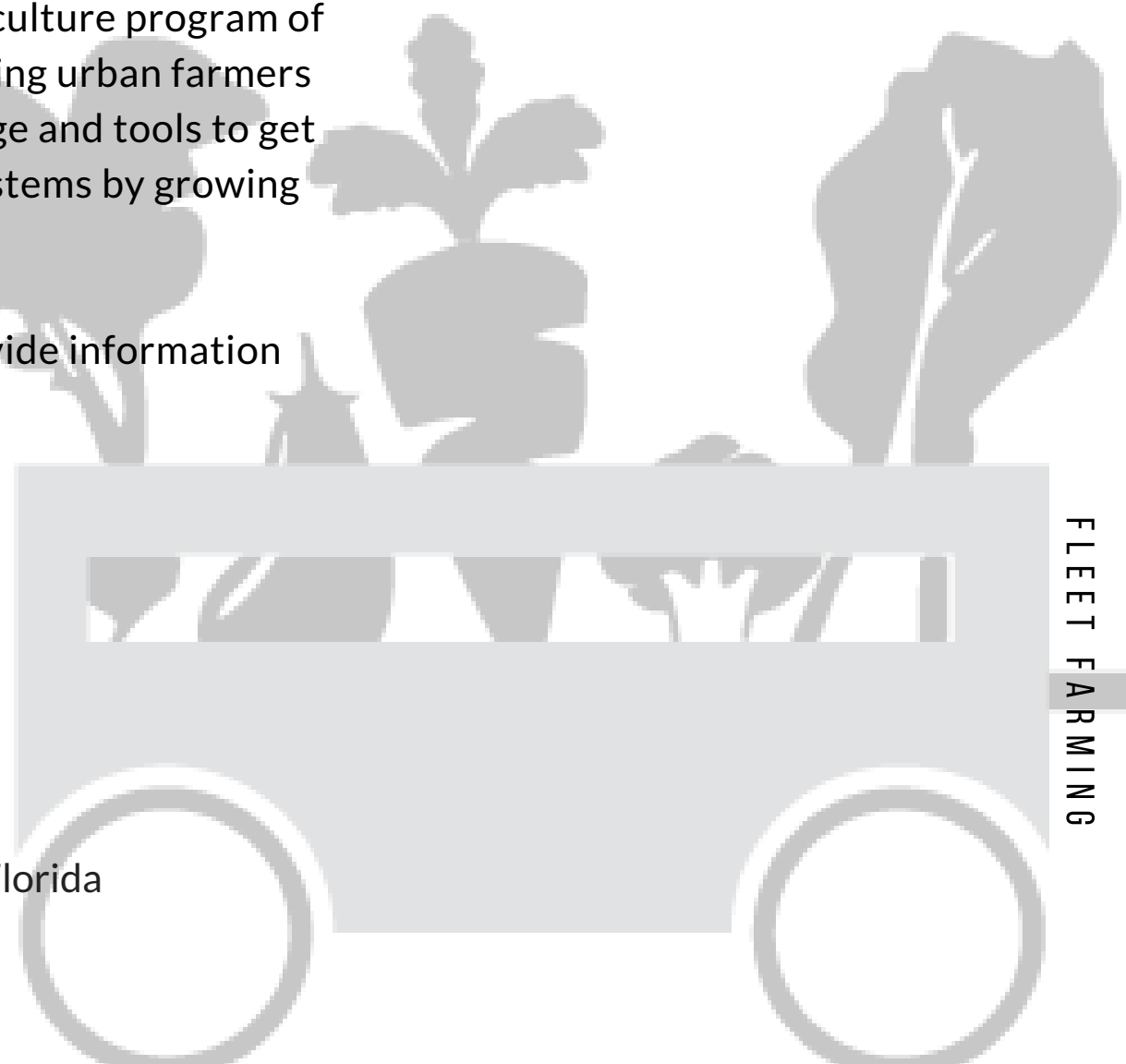


# HELLO FARMER!

**Fleet Farming** is an urban agriculture program of IDEAS For Us that is empowering urban farmers just like **you** with the knowledge and tools to get connected of our local food systems by growing delicious food!

This Gardening Guide will provide information regarding:

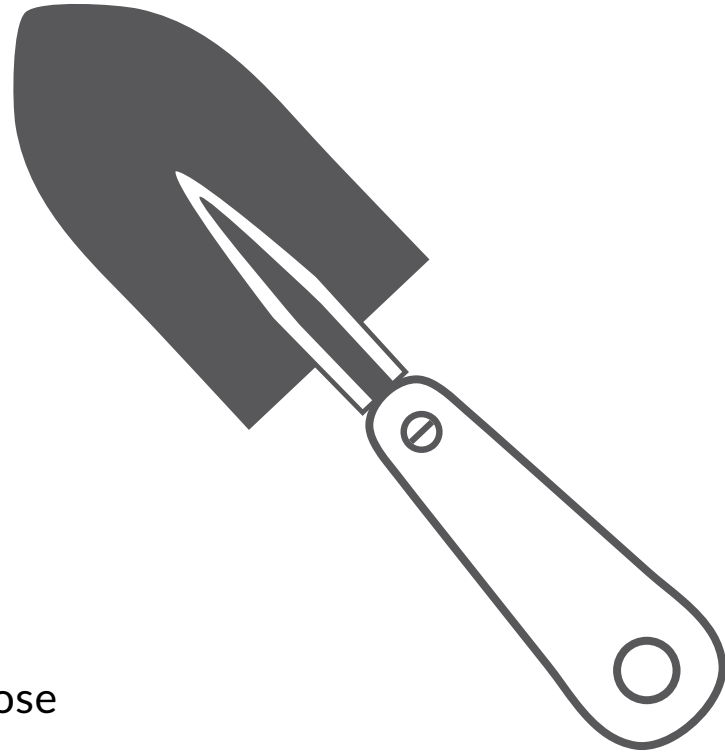
- Essential Gardening Tools
- Seeding
- Transplanting
- Harvesting
- Maintenance
- Soil PH
- Natural Pest Management
- Planting Guides for Central Florida
- Resources



# 01

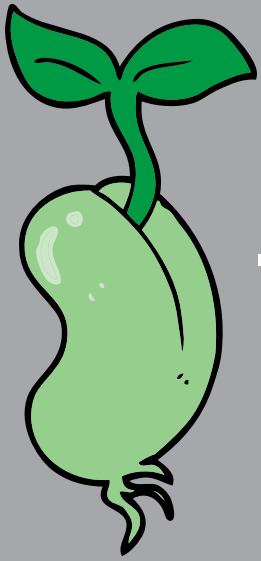
## GARDENING TOOLS

- Gardening Gloves
- Garden Scissors
- Hand Rake
- Hand Shovel
- Spray Bottle
- Watering Bucket or Hose



## PLANTING TIPS

In order to maintain soil quality, it is important to rotate crops each time you are planting. Planting the same crop in a space two or more times in row, can lead to soil diseases and unbalanced nutrient levels.



# PLANTING SEEDS

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1. Use a hand rake to loosen and mix the soil in the area that is being planted
2. Determine the seed spacing based on the size of the plant when it is mature.
3. Seeds should be planted at a depth of two times the thickness of the seed. \*\*Plants which grow closer together, such as carrots and greens, can be scattered then covered with a thin layer of topsoil.
4. Plant a few seeds in each space
5. Cover the seeds with soil & then water thoroughly
6. Water the seeded area consistently to prevent the soil from drying out.

# 02

# PLANTING TRANSPLANTS

# 03

- Use a hand rake to loosen and mix the soil in the area that is being planted
- Dig a hole the size of the container the transplant is in
- "Fluff" the roots by cutting off any circling roots to encourage sprawling root growth
- Place the plant into the hole and pack it in well
- Water the plant and surrounding soil
- Water the area consistently to prevent the soil from drying out. Avoid overwatering! (every 2 days until the plant is established)



# 04 WATERING

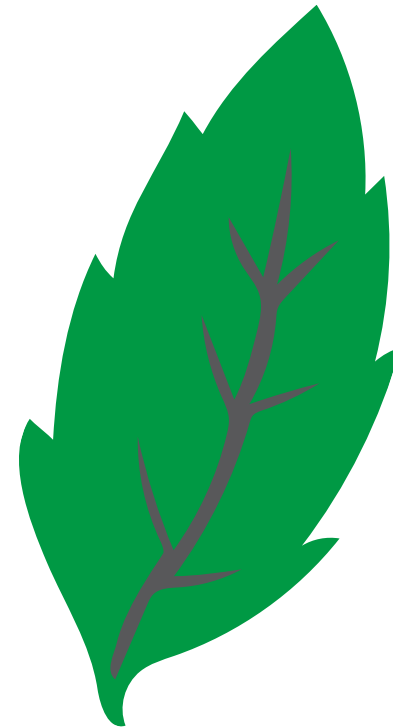
Watering correctly is the key to having Healthy, Productive plants! To determine whether to water or not, you need to check if the soil is dry by digging 3-4 inches in the soil & checking for dryness and observing any wilted/ bending over plants.

## Watering Tips

- Thoroughly moisten the soil at each watering, and then allow the soil to dry out before watering again. Too much water in a soil causes oxygen deficiency, resulting in damage to the root system. Plant roots need oxygen to live.
- Add drip irrigation to your garden to water once during raining season and winter and perhaps twice during the summer. Best Times to water are 6am and 6pm,.
- Water infrequently and deeply rather than frequently and shallowly. Watering lightly, even when done frequently, only gets the top few inches of soil. Watering schedules will depend on weather and how well the soil holds onto water. Sandy/lighter soils don't hold water as long as dense soil does.
- Mulch can be a huge tool in the Florida garden! Mulch is great for retaining moisture and as it breaks down, it decomposes into rich soil.

# HARVESTING GREENS

- For greens such as Kale and Chard, harvest the larger leaves, leaving the smaller leaves for the next harvest.
- To harvest greens that grow densely such as Arugula and Greens Mixtures, grab a section of the plants and cut the greens about 5 inches from the soil. (Giving them a “haircut”) These greens will generally provide three harvest before it’s time to compost the plant and start growing something different.
- When it’s time to harvest greens that grow in a bunch or a head such a Lettuce & Poc Choi, cut the base of the plant just above ground level

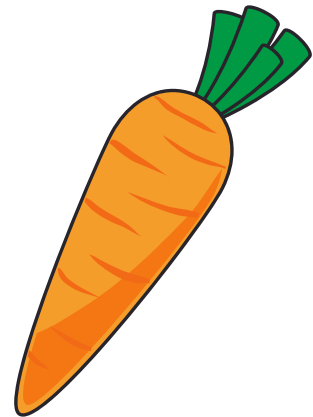


# HARVESTING VEGETABLES, ROOTS, & FRUITS

**Vegetables:** Once you can see the vegetable has reached its stage of maturity and is just beginning to ripen, use scissors to cut the vegetable off the plant. If you allow the vegetables to completely ripen on the plant, it is likely that something else will get to it before you.

**Root crops:** Carrots, beets, and radishes grow in the soil and are ready to be harvested when the top of the vegetable comes up through the ground. Once the vegetable shows that it is ready, pull the entire plant out of the ground and compost the plant material.

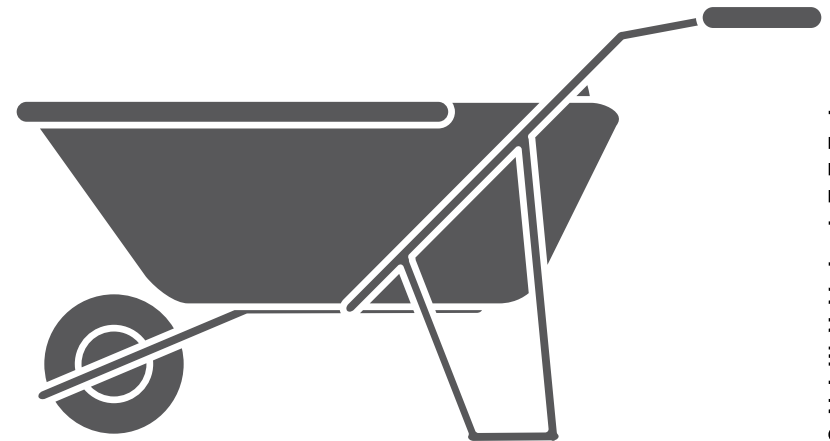
**Fruits:** Fruit plants will first produce flowers before the fruit grows. Once you can see the fruit has grown to its usual size & begins to ripen, remove the fruit from the plant or tree.





# MAINTENANCE

- **Trimming / Pruning-** To maintain productive plant growth, it is important to cut back overgrown plants as needed and remove dying leaves. If the plant has grown to be too dense, air cannot flow properly throughout the foliage of the plant which will attract pest, fungus and other diseases.
- **Weeding-** Remove unwanted pioneer plants from the garden. Make sure to remove not only the plant but also their roots.



# 07 NATURAL PEST MANAGEMENT

Pesticides are harmful chemicals that can contaminate the soil, plants, and the environment. Thanks to homemade and natural pest management strategies, Fleet Farming grows healthy produce without the use of pesticides!

## Neem Oil

- Neem Oil is a great product for natural pest control. Derived from the Neem seed, Neem oil is an excellent all purpose insecticide, miticide, and fungicide for organic gardening, it can be used on virtually any plant. Kills all stages of insects - eggs, larvae and adults.
- Mix a few teaspoons of neem oil and into a gallon of water.
- Use a spray bottle to apply to the mixture onto the leaves.



# SOIL PH

Soil pH is a measure of the soil's acidity or alkalinity. Most plants prefer a soil pH of 6-7. You can test this level at home using household products.

- Scoop a soil sample into a container for mixing. Add half a cup of vinegar. If the soil fizzes, it's alkaline. If no reaction, scoop a fresh soil sample into a separate container. Add a half cup water and mix. Then, add half a cup baking soda. If fizzes or bubbles, the soil is highly acidic.
- Your local hardwood store also sells pH probes if you are looking for better soil pH accuracy. Simply dig a hole, fill with water, and insert probe.
- Lime or wood ash is great to add to your garden if your soil is acidic. Oak leaves or pine needles are great for alkaline soils.



# PLANTING SCHEDULE

# 09

Winter/Spring November-April

**November-** Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard, Endive, Garlic, Kale, Leek, Lettuce, Mustard, Onion, Parsley, Peas, Potato, Radish, Rutabaga Spinach, Swiss Chard, Turnip

**December-** Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard, Eggplant, Endive, Kale, Leek, Lettuce, Mustard, Onion, Parsley, Parsnip, Peas, Pepper, Potato, Radish, Rutabaga, Spinach, Swiss Chard, Tomatoes, Turnip

**January-** Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard, Eggplant, Endive, Kale, Leeks, Lettuce, Mustard, Onion, Parsley, Peas, Pepper, Potato, Radish, Rutabaga, Spinach, Swiss Chard, Tomatoes, Turnip

**February-** Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Cantaloupe, Carrots, Cauliflower, Collard, Corn, Cucumber, Eggplant, Endive, Kale, Leek, Lettuce, Mustard, Onion, Parsley, Peas, Pepper, Potato, Radish, Rutabaga, Spinach, Squash, Swiss Chard, Tomatoes, Turnip, Watermelon

**March-** Beans, Beets, Cabbage, Cantaloupe, Carrots, Collard, Corn, Cucumber, Kale, Lettuce, Mustard, Okra, Peanuts, Pumpkin, Radish, Pea, Spinach, Squash, Swiss, Chard, Tomatoes, Turnip, Watermelon

**April-** Beans, Cantaloupe, Collard, Mustard, Okra, Peanuts, Pumpkin, Radish, Peas, Spinach, Sweet Potato, Tomatoes, Turnips, Watermelon

# PLANTING SCHEDULE

# 10

Summer/Fall May-October

**May-** Beans, Collard, Mustard, Okra, Peanuts, Pumpkin, Peas, Spinach, Sweet Potato, Tomatoes, Turnip, Watermelon

**June-** Collard, Eggplant, Mustard, Okra, Pepper, Peas, Spinach, Turnip

**July-** Celery, Collard, Eggplant, Mustard, Okra, Pepper, Peas, Spinach, Turnip

**August-** Beans, Cabbage, Celery, Collard, Corn, Cucumber, Eggplant, Endive, Garlic, Lettuce Mustard, Okra, Pepper, Radish, Rutabaga, Pea, Spinach, Squash, Tomatoes, Turnip

**September-** Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Collard, Cucumber, Endive, Garlic, Kale, Leek, Lettuce, Mustard, Okra, Onion, Parsley, Peas, Radish, Rutabaga, Pea, Spinach, Squash, Swiss, Chard, Tomatoes, Turnip

**October-** Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard, Endive, Garlic, Kale, Leek, Lettuce, Mustard, Onion, Parsley, Peas, Potatoes, Radish, Rutabaga, Spinach, Swiss, Chard, Turnip



# 11 RESOURCES

Here is some additional information to help your garden flourish!

## Seeds

- Johnny's Selected Seeds – [www.johnnyseeds.com](http://www.johnnyseeds.com)
  - Baker Creek Heirloom Seeds – [www.rareseeds.com](http://www.rareseeds.com)
  - **Florida Seed Companies:**
    - Marys Heirloom Seeds - [www.marysheirloomseeds.com](http://www.marysheirloomseeds.com)
    - Healthy Harvest - [www.healthyharvestseedcompany.com](http://www.healthyharvestseedcompany.com)
- Sources: <https://edis.ifas.ufl.edu/vh020>

## Books

- **Robert Bowden**, Florida Fruit & Vegetable Gardening: Plant, Grow, and Harvest the Best Edibles
- Curtis Stone, The Urban Farmer

WELCOME TO THE SWARM,  
FARMER!

**READY, SET,  
GROW!**

TO SCHEDULE  
MAINTENANCE, EMAIL  
[ORLANDO.INSTALLS.ORG](mailto:ORLANDO.INSTALLS.ORG)

HAPPY GROWING