Farm and Home

VEGETABLE GARDEN

By A. G. B. Bouquet, Horticulturist (Vegetable Crops)

The Victory Garden furnishes an important contribution toward winning the war by releasing commercially-grown vegetables for fighting forces, and maintaining nutritional fitness on the home front.

1. Make a garden plan. Adjust the plan on page 4 to supply ample needs of the family for the year, including vegetables used directly from the garden as well as for preserving and storing. For highest food value include an abundance of tomatoes and green, leafy, and yellow vegetables.

2. Prepare the soil. Use five or more wheelbarrow loads of stable manure, if possible, to the square rod (16½ feet square); apply poultry and sheep manure in smaller quantities. Spade or plow under in advance. Strawy manure, especially, should be rotted under soil before planting season. Cover crops or green manures may be fall sown and turned under in the spring. Work soil thoroughly for a fine seedbed.

   Broadcast 5 to 8 pounds of Victory Garden complete fertilizer, 3-8-7, per square rod when soil is being prepared in the spring.

3. Buy seeds or plants. See chart for recommended varieties and amounts of seed or number of plants for the average garden. Seed should be sown carefully, as all samples are seeded. Buy plants of early cabbage, lettuce, tomato, the fall and in batches.

4. Plant seeds on approximate dates recommended or according to season and locality in the state.

5. Give consistent care to the garden. Systematic work in the garden is essential. Cultivate or hoe the soil only enough to eliminate weeds and maintain surface mulch. Irrigation will more than repay cost.

6. Control insect pests and rodents.
VEGETABLE CROP PRODUCTION

Beans. Successive plantings provide continuous harvestings. Choose bush varieties for quick production and pole types for longer season. Fertilize the soil well. Apply water alongside rows during summer and pick clean all pods large enough. Dust early for control of twelve-spotted beetle. Valuable for minerals and vitamins.

Beets. See planting chart for growing early as well as fall and winter roots. Thinnings of plants in rows provide valuable greens rich in vitamins A and G, phosphorus and iron.

Broccoli, green.* Used chiefly as a fall vegetable. Especially rich in vitamins A, C, and G, and calcium.

Brussels sprouts.* Grow like late cabbage. Spray or dust for aphids. Valuable for hardiness and content of vitamins A, B₁, and C.

Cabbage.* Set out early cabbage plants as soon as spring conditions permit. Control maggots by tarred-paper pads or corrosive sublimate. Lice and green worms must also be controlled. Grow abundance of late cabbage for winter storage. Rich in vitamin C and valuable for other vitamins when eaten raw.

Carrots. For early carrots, plant as soon as spring conditions permit. Make a few successive seedings. Grow an abundance of late carrots for winter use and storage. Quality is finest when grown quickly and harvested before becoming woody. Especially high in vitamin A, valuable for other nutrients.

Cauliflower.* Best grown as a summer-planted and fall-maturing crop.

Celery.* Important fall vegetable, economical of space. Celery or celery root may be grown as substitute.

Chard, Swiss.* Excellent all-season vegetable for greens. High in vitamin A, calcium, and iron. Space plants 6 inches or more apart in the row. Protect against twelve-spotted beetle.

Corn, sweet.† Make successive plantings of one variety, or plant different varieties that vary in season of maturity. Several short rows in a rectangle are better than a few long rows. Damage by earworm can be reduced by dusting silks at 3- to 5-day intervals. Irrigation improves size and quality and aids fall-maturing crops. Harvest in milk stage. Corn provides valuable vitamins and minerals and can be canned, frozen, or dehydrated.

Endive. A good substitute for lettuce in summer and fall. May be bleached yellow by tying heads. Unbleached endive valuable for vitamins C and G, iron, and calcium.

Kale.* Hardy greens grown as for late cabbage.

Lettuce.* Seed short rows at 10- to 14-day intervals to prevent waste and prolong usefulness. For earliest head lettuce, set out plants at same time as early cabbage. Sow seeds of head lettuce thinly, plants to be 12 to 14 inches apart after thinning. Matures best in late spring, early summer, and fall. Leaf lettuce is easily grown and high in vitamin A.

Mustard greens.* Fordhook Fancy is a mild variety with curled leaves. Sow seed in early spring or on occurrence of first fall rains. Especially rich in vitamins A, C, G, and B₁, and iron and calcium.
Peas.* Cool weather crop. Seed early and make successive seedings or use varieties differing in season of maturity. Seed treatments with copper or mercury compounds (Cuprocide, Semesan) help stand of plants of early seedings, which can be made after May 1 in coast counties but not in interior. Side dressings of fertilizer during spring rains stimulate growth. On first appearance of blossoms dust for control of weevils. Reduce pod distortion by dusting or spraying aphids. Good source of protein, iron, vitamins A and B₁.

Peppers. Set out plants when danger of frost is past. Water, if possible, during dry weather.

Potatoes.‡ Treat seed with corrosive sublimate* for disease control. Cut pieces should be dusted with landplaster. Plant early potatoes from early March to mid-April, late potatoes from mid-April to June. Planting depth should be 5 to 6 inches for level cultivation and 4 inches if rows are to be ridged. Potatoes contain calcium, iron, vitamins B₁, C, and G, and are especially high in energy value.

Spinach. Treat seeds as for peas to prevent seed rot. Make successive seedings but not after mid-April. Spinach is ready to harvest in about 2 months and can be followed by another crop. Valuable in containing vitamins A, C, B₁, and G, and iron. Can be canned, frozen, or dehydrated.

Squash.§ Dust young plants for beetle control. Important crop for storage. Yellow and orange-fleshed squash are especially high in vitamin A and valuable for other nutrients.

Tomatoes.¶ One of the most essential vegetables. Rich in vitamins C and A, even after canning. Work forkful of manure well into hill 2 or 3 weeks before transplanting. Grow early varieties. Set out well-grown plants after frosts and use commercial fertilizer high in phosphoric acid. Dust for flea beetle soon after setting out plants. Irrigation will assist in preventing dry rot. If space in a garden is limited, plants may be held up on a support without pruning away many of the fruit-bearing laterals. The harvesting season may be lengthened by gathering the mature green tomatoes before frost and storing according to suggestions in Extension Bulletin 601, "Vegetable Storage.”

Turnips and turnip greens are valuable for fall, winter and early spring use. Yellow turnips and turnip greens are high in all vitamins and minerals. See planting table for details.

Acknowledgment. The author wishes to acknowledge the assistance of Miss Lucy A. Case, Extension Nutritionist, in furnishing information concerning the nutritional value of vegetables, also the helpful suggestions of O. T. McWhorter, Extension Horticulturist, in formulating the manuscript.

* Cultural details discussed in Oregon Extension Bulletin 594, “Growing Fall and Early Winter Vegetables.”
† Garden insect pests discussed in Oregon Extension Bulletin 551, “Vegetable Insect-pest Control.”
‡ Details on storage discussed in Oregon Extension Bulletin 601, “Vegetable Storage.”
¶ Organic mercuries (such as Semesan Bel) may be substituted for corrosive sublimate when used strictly according to directions on container.
## SUGGESTED PLANTING PLAN FOR A FAMILY OF FIVE

Dates after crops approximate time of seeding or plant setting in western Oregon.

<table>
<thead>
<tr>
<th>Row No.</th>
<th>25’</th>
<th>50’</th>
<th>75’</th>
<th>100’</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Asparagus (3/15-4/8*)</td>
<td>(or Early Potatoes)</td>
<td>Asparagus</td>
<td>48</td>
</tr>
<tr>
<td>2</td>
<td>Asparagus</td>
<td>(or Early Potatoes)</td>
<td>Rhubarb (3/15-4/1*)</td>
<td>48</td>
</tr>
<tr>
<td>3</td>
<td>Spinach (3/10-4/15)</td>
<td>followed by late Beets (6/15-7/1)</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Lettuce (4/1-10*)</td>
<td>followed by late Carrots</td>
<td>Lettuce (seed 4/1)</td>
<td>followed by late Carrots (5/26-6/10)</td>
</tr>
<tr>
<td>6</td>
<td>Peas (4/8)</td>
<td>followed by late Cabbage (7/1-15*)</td>
<td>Peas (4/20)</td>
<td>followed by late Cabbage (7/10-*)</td>
</tr>
<tr>
<td>7</td>
<td>Early Cabbage (3/25*)</td>
<td>followed by Mustard (9/1)</td>
<td>Early Cabbage followed by Lettuce (8/15-)</td>
<td>30-36</td>
</tr>
<tr>
<td>8</td>
<td>Onions (sets 3/15)</td>
<td>followed by Turnips (8/10)</td>
<td>Onions (4/10*)</td>
<td>followed by Spinach (8/1-*)</td>
</tr>
<tr>
<td>9</td>
<td>followed by Mustard (9/1)</td>
<td>Turnips (3/20-*)</td>
<td>followed by fall Spinach (9/1)</td>
<td>24-30</td>
</tr>
<tr>
<td>10</td>
<td>Early Beets (4/10)</td>
<td>followed by Kale (6/25-*)</td>
<td>Early Carrots (4/10)</td>
<td>followed by Brussels Sprouts (7/10-*)</td>
</tr>
<tr>
<td>11</td>
<td>Lettuce in succession (4/10-)</td>
<td>followed by Rutabagas (8/15)</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Swiss Chard (4/10)</td>
<td>Early Cauliflower and Broccoli (4/25-5/1*)</td>
<td>followed by Kohl-rabi (8/15-*)</td>
<td>30</td>
</tr>
<tr>
<td>15</td>
<td>Bush Beans (6/1)</td>
<td>Pole Beans (5/10)</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Pole Beans (5/10)</td>
<td>Dry Beans (5/10)</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Tomatoes (5/10-15*)</td>
<td>Tomatoes (5/10-15*)</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Summer Squash (5/10)</td>
<td>Winter Squash and Pumpkin (5/10)</td>
<td>96</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Winter Squash and Pumpkin (5/10)</td>
<td>Pepper (5/20*)</td>
<td>Eggplant (5/20*)</td>
<td>96</td>
</tr>
<tr>
<td>20</td>
<td>Pepper (5/20*)</td>
<td>Eggplant (5/20*)</td>
<td>Musk melon (5/10)</td>
<td>96</td>
</tr>
</tbody>
</table>

* Date of setting out plants. Double cropping is suggested only for irrigated gardens.
When only a single row of vegetables is to be planted the main consideration of the gardener is to observe the distance between plants in the row, allowing the given space, as noted, before proceeding to plant the next vegetable. Dates are for western Oregon and may have to be modified according to season and locality in the state. Dates of maturity show whether a crop takes half or all of the growing season to grow to maturity.

<table>
<thead>
<tr>
<th>Crop</th>
<th>Variety</th>
<th>Distance of planting (inches)</th>
<th>When maturing</th>
<th>Probable yield of area planted (Column III)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cauliflower</td>
<td>Scarlet-tump white tipped, White Iride</td>
<td>12-18</td>
<td>May and in succession</td>
<td>25-50 bunches</td>
</tr>
<tr>
<td>Spinach</td>
<td>Giant Leaf, Thick Leaf</td>
<td>18-24</td>
<td>May 15-June 20</td>
<td>30-40 lbs.</td>
</tr>
<tr>
<td>Lettuce</td>
<td>New York B</td>
<td>12-14</td>
<td>June 1</td>
<td>3 doz. heads</td>
</tr>
<tr>
<td>Pea</td>
<td>World's Record, Thomas Laxon, Honsfeld, Strife, Telephone</td>
<td>12-23</td>
<td>June 10</td>
<td>2-4 bushels</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Golden Acre, Glory</td>
<td>18-24</td>
<td>June 8</td>
<td>100-150 lbs.</td>
</tr>
<tr>
<td>Onions-Scallion</td>
<td>Yellow Danvers, Sweet Spanish</td>
<td>24-36</td>
<td>July 1</td>
<td>75-90 lbs.</td>
</tr>
<tr>
<td>Beets</td>
<td>Early Model</td>
<td>24-3</td>
<td>July 10</td>
<td>4-6 doz. bunches</td>
</tr>
<tr>
<td>Carrots</td>
<td>Early Nantes</td>
<td>18-24</td>
<td>July 12</td>
<td>50-60 doz. ears</td>
</tr>
<tr>
<td>Lettuce</td>
<td>New York B, Imperial 44, Tsuchi, Oak Leaf</td>
<td>6-10</td>
<td>June 20</td>
<td>3-6 doz. heads</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>Fordhall, Giant, Rhubarb</td>
<td>24-3</td>
<td>July 1</td>
<td>50-100 lbs.</td>
</tr>
<tr>
<td>Onions</td>
<td>Early satin, late</td>
<td>24-3</td>
<td>Sept. 1</td>
<td>300 lbs.</td>
</tr>
<tr>
<td>Parsnip</td>
<td>Harris Model</td>
<td>18-24</td>
<td>Sept. 20</td>
<td>50-70 lbs.</td>
</tr>
<tr>
<td>Shallots</td>
<td>Winter</td>
<td>12-18</td>
<td>Sept. 15</td>
<td>30 lbs.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Snowball</td>
<td>18-24</td>
<td>July 10</td>
<td>30 heads</td>
</tr>
<tr>
<td>Corn, sweet</td>
<td>Golden Early Market, Golden Bantam, Golden Cross Bantam, Cartamess</td>
<td>30-60</td>
<td>July 25-frost</td>
<td>50-60 doz. ears</td>
</tr>
<tr>
<td>Beans, bush</td>
<td>Stronges Green Pod, Kidney Wax</td>
<td>12-14</td>
<td>July 20-frost</td>
<td>2-4 bushels</td>
</tr>
<tr>
<td>Beans-bean</td>
<td>Kentucky Wonder, Blue Lake, Oregon Giant</td>
<td>24-30</td>
<td>Aug. 1-frost</td>
<td>3-4 bushels</td>
</tr>
<tr>
<td>Beans, Lima</td>
<td>Oregon Pole Lima, Henderson's Bush</td>
<td>24-30</td>
<td>Aug. 1-frost</td>
<td>3-4 bushels</td>
</tr>
<tr>
<td>Tomato</td>
<td>Brown's Best, Pratonging, John Roes, Mastoncise, Gradeb</td>
<td>24-30</td>
<td>Aug. 1-frost</td>
<td>3-4 bushels</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>Zucchini, Giant Straightneck</td>
<td>18-24</td>
<td>Aug. 1-frost</td>
<td>3-4 bushels</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Pugh, Lemon, Boston Pickling</td>
<td>36-48</td>
<td>Sept. 15</td>
<td>80 lbs.</td>
</tr>
<tr>
<td>Squash—winter</td>
<td>Delicious, Banana, Hubbard, Table Queen</td>
<td>48-54</td>
<td>Sept. 1-frost</td>
<td>50-200 lbs.</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Winter Luxury</td>
<td>48-54</td>
<td>Sept. 1-frost</td>
<td>40-60 fruits</td>
</tr>
<tr>
<td>Pepper</td>
<td>California Wonder</td>
<td>48-54</td>
<td>Sept. 1-frost</td>
<td>2-4 doz. fruits</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Black Beauty</td>
<td>24-3</td>
<td>Sept. 15</td>
<td>150 lbs.</td>
</tr>
<tr>
<td>Carrots-late</td>
<td>Chantenay, Nantes</td>
<td>24-3</td>
<td>Sept. 15</td>
<td>75-100 lbs.</td>
</tr>
<tr>
<td>Beets-late</td>
<td>Detroit Dark Red</td>
<td>24-3</td>
<td>Sept. 15</td>
<td>4-6 doz. bunches</td>
</tr>
<tr>
<td>Carrots—Broccoli</td>
<td>St. Valentine</td>
<td>30</td>
<td>March 10</td>
<td>1/2 lbs. per plant</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Green Calahrese</td>
<td>30</td>
<td>Sept. 1</td>
<td>1/2 lbs. per plant</td>
</tr>
<tr>
<td>Celery</td>
<td>Golden Self Blanche, Utah Green</td>
<td>12-18</td>
<td>March 20 and in succession</td>
<td>June 20 and in succession</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Giant Easy Blancheing</td>
<td>12-18</td>
<td>May 10</td>
<td>30-150 lbs.</td>
</tr>
<tr>
<td>Cabbage—lute</td>
<td>Danish Ball Head, Savoy</td>
<td>24-3</td>
<td>Oct. 1</td>
<td>3-4 doz.</td>
</tr>
<tr>
<td>Broccol Sprouts</td>
<td>Ultra’s American, Long Island</td>
<td>24-3</td>
<td>Oct. 1</td>
<td>250-300 lbs.</td>
</tr>
<tr>
<td>Kale</td>
<td>Scotch Curled</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>30-36 qts.</td>
</tr>
<tr>
<td>Turnip—late</td>
<td>Purple Top White Globe, Golden Ball</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>2 bushels</td>
</tr>
<tr>
<td>Cabbage—Chinese</td>
<td>Wong Bok, Chihli</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>2 bushels</td>
</tr>
<tr>
<td>Rutabaga</td>
<td>Purple Top Yellow</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>2 bushels</td>
</tr>
<tr>
<td>Dry Beans</td>
<td>Great Northern, White Navy</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>2 bushels</td>
</tr>
<tr>
<td>Aquagrace</td>
<td>Washington</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>2 bushels</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Giant River</td>
<td>24-3</td>
<td>Oct. 20</td>
<td>2 bushels</td>
</tr>
</tbody>
</table>

1. Dates are for western Oregon and may have to be modified according to season and locality in the state.
2. Dates of maturity show whether a crop takes half or all of the growing season to grow to maturity.
3. The following successions of crops are suggested: (a) early radishes and lettuce followed by late carrots and beets; (b) early spinach followed by celery; (c) early peas followed by broccoli and fall cauliflower.
4. Turnips are usually broadcast for fall production. Ample supplies of “greens” can be grown with spinach, chard, kale, and broccoli.
5. According to general opinion, winter squash will not cross with pumpkin, cucumber, melon, or summer squash.
6. When only a single row of vegetables is to be planted the main consideration of the gardener is to observe the distance between plants in the row, allowing the given space, as noted, before proceeding to plant the next vegetable.
7. Where more than one variety of a vegetable is suggested, it is not wise to plant several kinds as in the case of Golden Acre, Glory and Ball head cabbage, and varieties of peas and sweet corn differing in season of harvest.

* Date of sowing seed under glass in greenhouse or hotbed.