



**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources

UC Master Gardener Program  
Amador County

Today's program will be recorded and posted on our website and our Facebook page.

[https://ucanr.edu/sites/Amador\\_County\\_MGs/](https://ucanr.edu/sites/Amador_County_MGs/)

Look under "Classes & Events" then "Handouts & Presentations" from our home page. Today's handouts will also be posted here.

<https://www.facebook.com/UCCEAmadorMG/>

Look for "Facebook Live" during the meeting or find the video link on our feed.



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## Have a Gardening Question?

UC Master Gardeners of Amador County are working by phone and email to answer your gardening questions!

Phone: 209-223-6838

Email: [mgamador@ucanr.edu](mailto:mgamador@ucanr.edu)

Facebook: [@UCCEAmadorMG](https://www.facebook.com/UCCEAmadorMG)

*Not in Amador County?* Find your local Master Gardener program by doing a web search for “UCCE Master Gardener” and your county name.

# Kitchen Gardens

Noreen Goff

UCCE Master Gardener

of Amador County

May 8, 2021



# Objectives

- Learn which growing conditions are most desirable.
- Learn which special considerations should be addressed for a successful kitchen garden.
- Learn how to plan your garden and get started.

Harvest Garden versus Kitchen Garden

# Harvest Garden



# Kitchen Garden



# Characteristics

- Circular, not linear
- Seasonal cooking is a major factor
- Will vary by elevation
- Intensively planted but not fussy
- Trial and error process of planting



A kitchen garden supplies fresh vegetables,  
fruits, herbs, and flowers to your family  
on a daily basis throughout the year.

Noreen's definition

Noreen's definition

# Why grow a kitchen garden?

- Continually evolves according to your needs and tastes
- Translates well to any size
- Promotes biodiversity
- Supplies food at peak of freshness
- Supplies safe and healthy food

# Growing Conditions

- 6-8 hours full sun
- Available water
- Proximity to house
- Soil (pH, raised beds, well-drained)
- Climate (zone, frost dates, California Interactive Heat Zone Map)

# Questions to Ask Yourself

- Is "it" worth the space in the garden?
- How many ways can I use "it"?
- Do I have space for perennial herbs, vegetables, and fruits?

# Perennial Herbs



# Fruits



# Questions to Ask Yourself

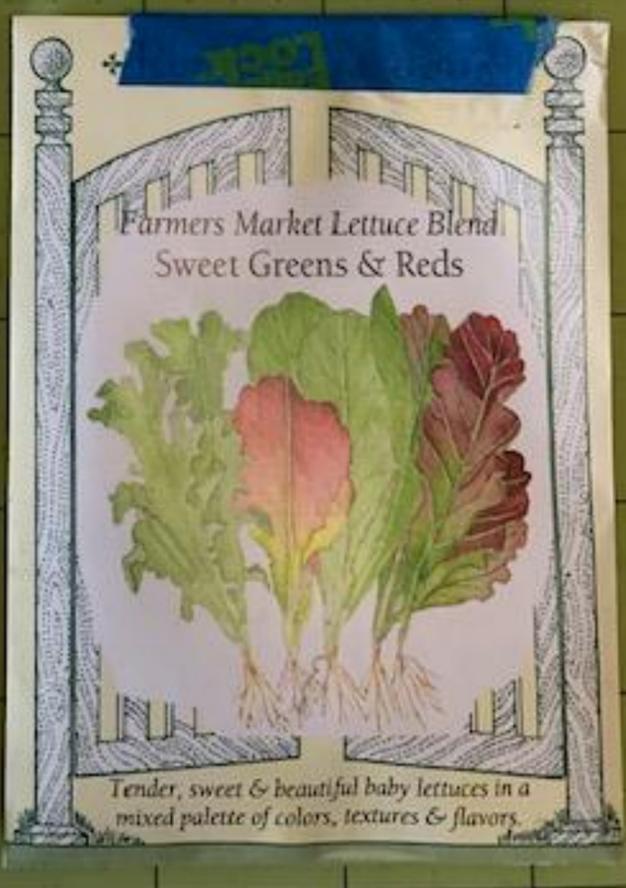
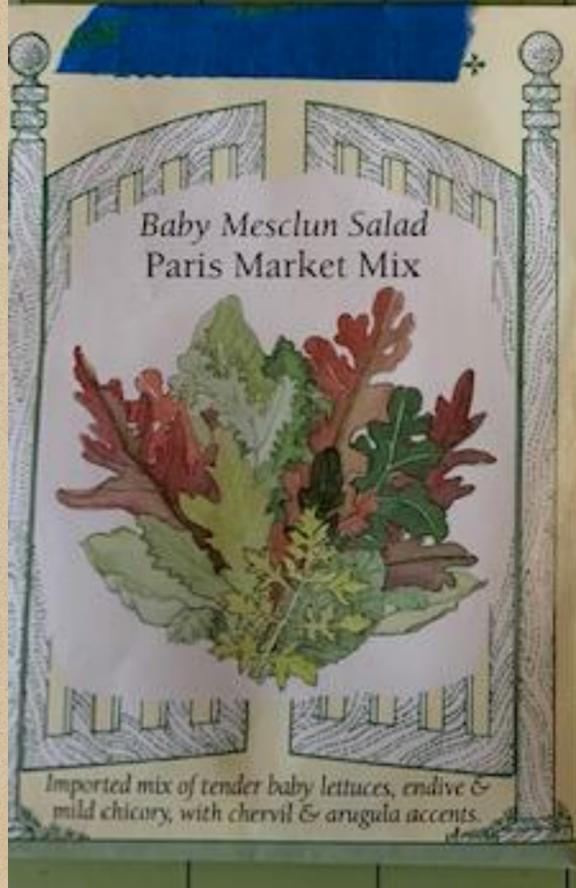
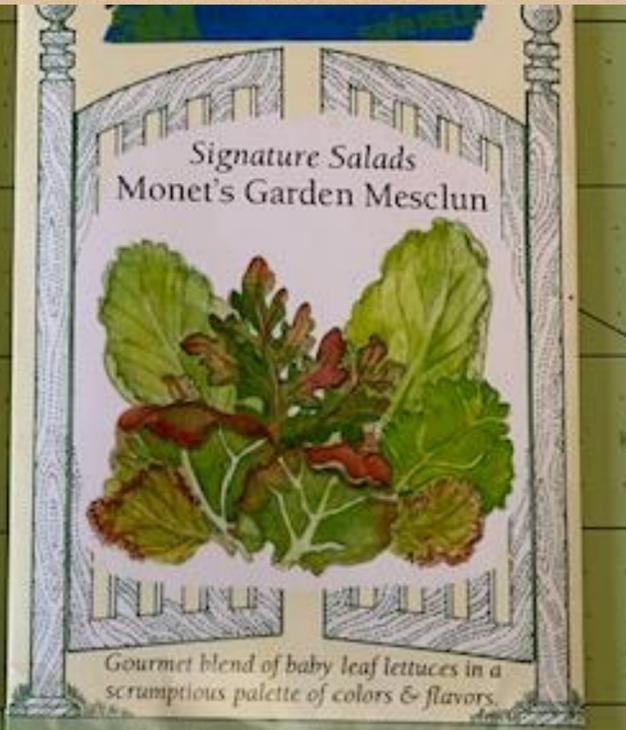
- Will I compost to add nutrients/fertilizer to the garden, or will I be purchasing compost or manure?
- How will I tackle pests?
- Will I direct seed, start transplants, or buy transplants?

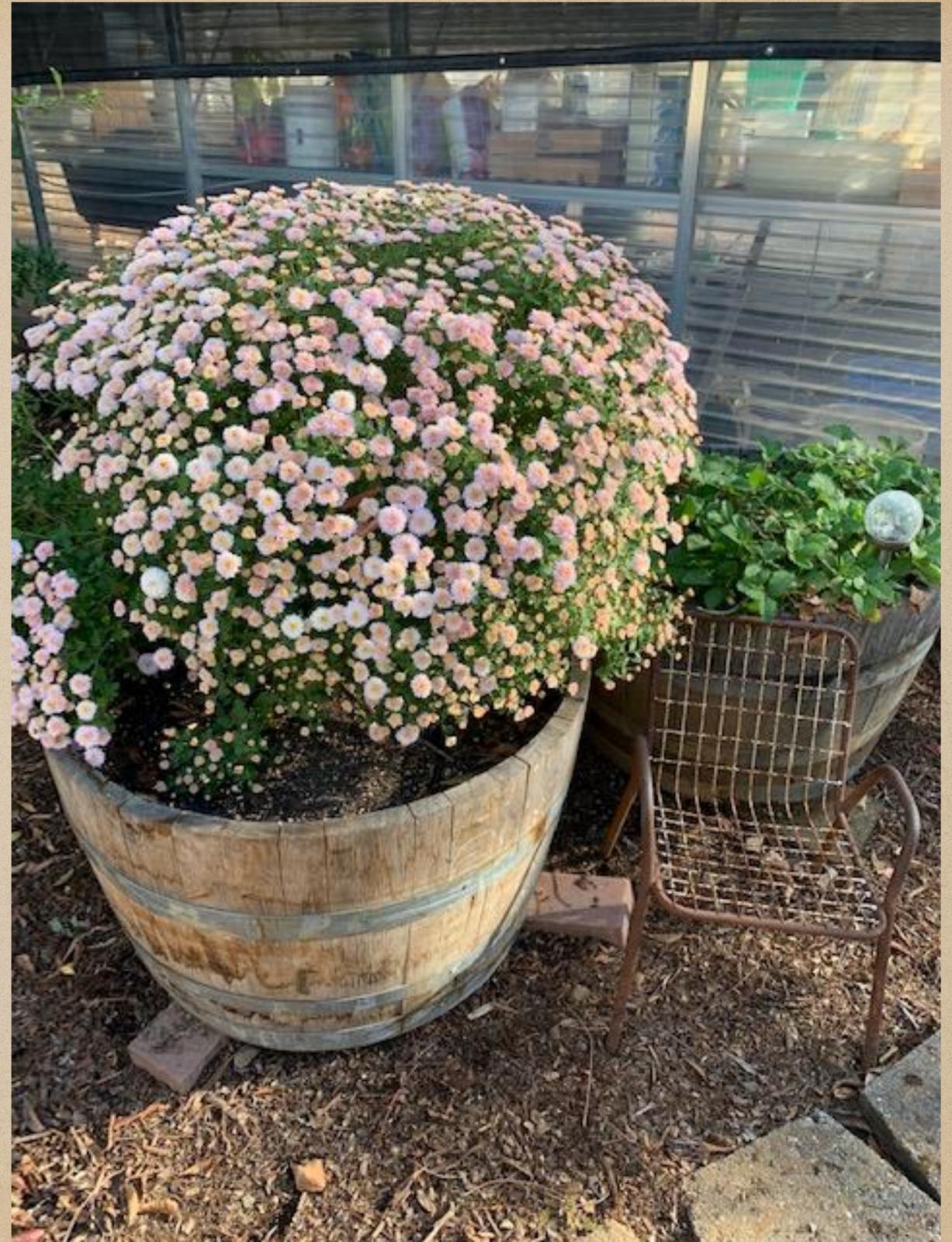
# Transplants Started from Seed



# Questions to Ask Yourself

- Do I have time to make daily visits to the garden?
- How will I fill the empty space after I harvest something?
- What can I grow vertically on a trellis?









# Questions to Ask Yourself

- Is there sufficient water nearby? Will I use drip irrigation?
- Will I only grow heirlooms, or should I include hybrids?
- What herbs do I use most in my cooking?

# Questions to Ask Yourself

- Do I really want a harvest garden?
- Does someone in my family like to cook?
- How will I rotate crops?

| <b>VEGETABLE FAMILIES</b><br>Adapted from George Pessin -- 5/06   |   |   |
|---|---|---|
| Botanical Family  | Common Name                               | Edible Members  |
| Alliaceae*  | Allium or Onion Family                    | chives, garlic, leeks, onions, shallots   |
| Amaranthaceae or Chenopodiaceae *   | Amaranth or Beet family                   | amaranth, beet, chard, epazote, quinoa, spinach   |
| Apiaceae or Umbelliferae*   | Carrot or Dill family                     | angelica, anise, caraway, carrot, celery, chervil, cilantro, cumin, dill, fennel, lovage, parsley, parsnip                                      |
| Asteraceae or Compositae*   | Aster, Daisy, or Sunflower family         | artichoke, chicory, cardoon, endive, escarole, jerusalem artichoke, lettuce, radicchio, shungiku, ( <i>sunflower</i> )                          |
| Brassicaceae or Cruciferae*   | Brassica, Cabbage, or Mustard family      | arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, kale, kohlrabi, mizuna, mustard, radish, rapini, rutabaga, tat soi, turnip |
| Cucurbitaceae   | Cucumber, Gourd, Melon, or Pumpkin family | chayote, cucumber, melon, pumpkin, squash, watermelon   |
| Fabaceae or Leguminosae*  | Legume Family                             | ( <i>beans</i> ), fava beans, lentils, peas, peanuts, and soybeans  |
| Lamiaceae*  | Mint Family                               | ( <i>basil</i> ), marjoram, mint, oregano, rosemary, sage, thyme  |
| Poaceae or Gramineae  | Grass Family                              | bamboo, barley, corn, rice, rye, sugarcane, wheat   |
| Solanaceae  | Nightshade, Potato or Tomato Family       | eggplant, pepper, ( <i>potato</i> ), tomato   |
| *Cool weather crop (can be grown through the winter in California)<br>( <i>Italics</i> ) are contrary to the rule |   |   |

Some Planning Basics

Be realistic.



Enclose  
your  
space.



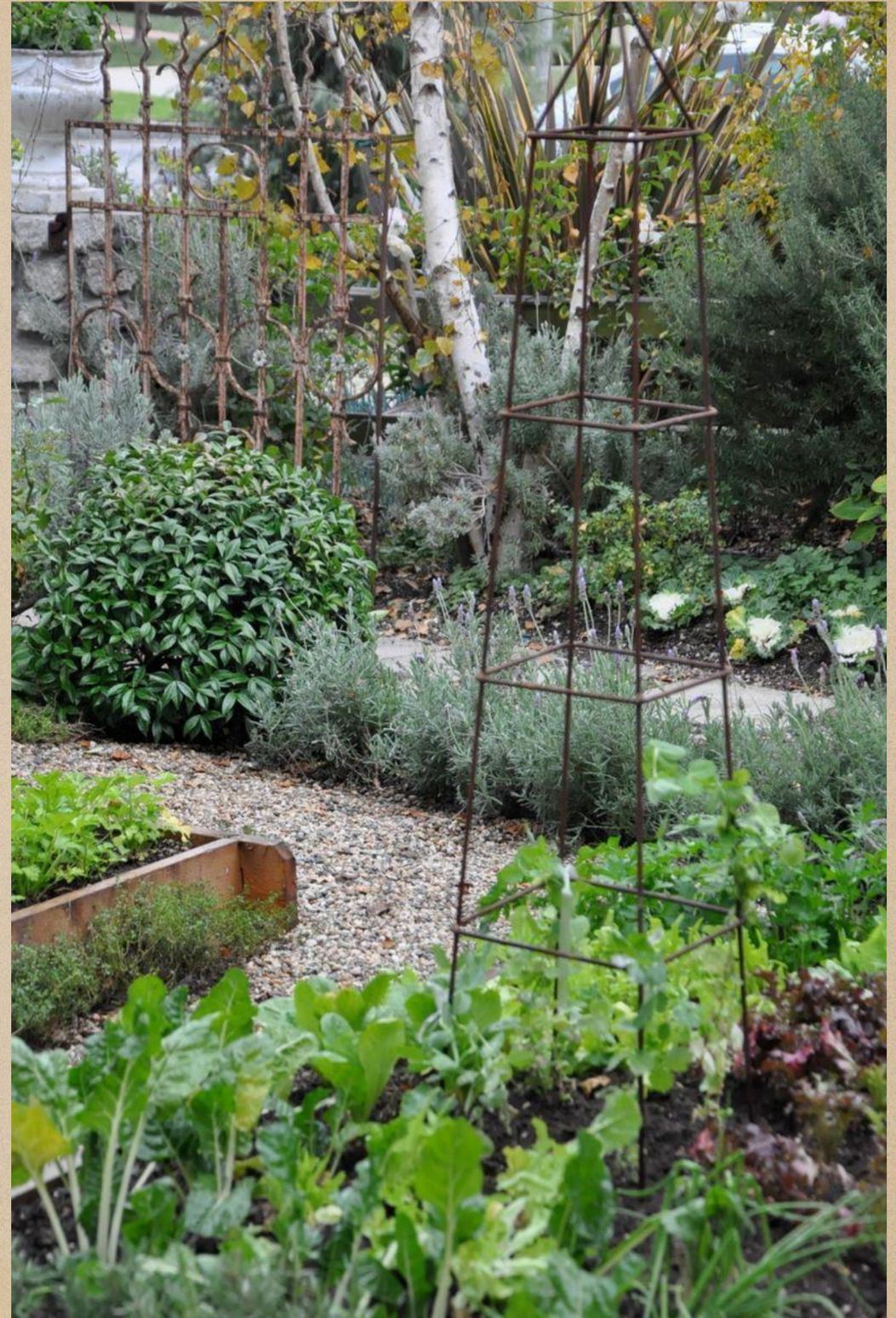
# Options

- Short fences
- Perennial vegetables like asparagus, rhubarb, artichokes
- Blueberries in barrels, espaliered fruit trees, citrus in pots
- Perennial herbs like sage, oregano, marjoram, chives, thyme, rosemary, sweet bay
- Flowers like roses or sunflowers

Include paths.



Grow vertically  
to save space.



Pole beans, peas,  
squash,  
cucumbers







Grow bags  
accommodate  
special growth  
needs.



Half barrels  
accommodate  
different pH levels.



Consider multi-  
grafted fruit trees



Flowers can attract  
pollinators.



Let's get started!

# WARM WEATHER VEGETABLES--SPRING AND SUMMER PLANTING GUIDE

4/1/17

Warm weather vegetables grow best when the days are long  
and hot (between 65 and 95 degrees)

## MID ELEVATION (ABOUT 1000-2500) CHART

*lower elevations--shift dates about 2 weeks later into the fall and about 2 weeks earlier in the spring*

*higher elevation --shift date about 2 weeks earlier in the fall and about 2 weeks later in the spring*

|                     | Jan. | Feb. | March | April | May | June | July | Aug. | Sept. | Oct. | Nov. | Dec. | Days to Yield |
|---------------------|------|------|-------|-------|-----|------|------|------|-------|------|------|------|---------------|
| Beans, pole         |      |      |       |       | DS  | DS   | DS   |      |       |      |      |      | 60-70         |
| Beans, bush         |      |      |       |       | DS  | DS   | DS   | DS   |       |      |      |      | 45-65         |
| Corn, sweet         |      |      |       |       | DS  | DS   | DS   |      |       |      |      |      | 65-95         |
| Cucumbers           |      |      |       |       | DS  | DS   | DS   |      |       |      |      |      | 60-75         |
| Cucumbers, pickling |      |      |       |       | DS  | DS   | DS   |      |       |      |      |      | 50-60         |
| Eggplant            |      | ST   | ST    |       | T   | T    |      |      |       |      |      |      | 60-80 from T  |
| Gourds              |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 90-130        |
| Melons, cantaloupe  |      |      |       |       | DS  | DS   | DS   |      |       |      |      |      | 85-95         |
| Melons, casaba      |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 90-110        |
| Melons, honeydew    |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 90-110        |
| Melons, watermelon  |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 85-95         |
| Okra                |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 50-60         |
| Peas, black eyed    |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 60-90         |
| Peppers             | ST   | ST   |       |       | T   | T    |      |      |       |      |      |      | 60-80 from T  |
| pumpkins            |      |      |       |       | DS  |      |      |      |       |      |      |      | 90-120        |
| Spinach, Malabar    |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 85            |
| Squash, winter      |      |      |       |       | DS  | DS   |      |      |       |      |      |      | 70-120        |
| Squash, summer      |      |      |       |       | DS  | DS   | DS   |      |       |      |      |      | 50-60         |
| Tomatoes            |      | ST   | ST    |       | T   | T    |      |      |       |      |      |      | 55-100 from T |
| Parsnip             |      |      |       |       |     | DS   | DS   |      |       |      |      |      | 85-90         |
| Rutabaga            |      |      |       |       |     |      | DS   | DS   |       |      |      |      | 80-90         |

DS=DIRECT SEED

LAST FROST DATE

FIRST FROST DATE

ST=START TRANSPLANTS

T= TRANSPLANT

## WARM WEATHER VEGETABLES--SPRING/SUMMER PLANTING GUIDE

### MID ELEVATION (ABOUT 1000-2500) CHART

*lower elevations--shift dates about 2 weeks later into the fall and about 2 weeks earlier in the spring*

*higher elevation --shift date about 2 weeks earlier in the fall and about 2 weeks later in the spring*

| HERBS    | Jan. | Feb. | March | April | May  | June | July | August | Sept. | Oct. | Nov. | Dec. | Days to Yield |
|----------|------|------|-------|-------|------|------|------|--------|-------|------|------|------|---------------|
| Basil    |      |      |       | ST    | DS   | DS   |      |        |       |      |      |      | 85-90         |
| Cilantro |      |      | ST    | DS/T  |      |      |      |        | DS/T  | DS/T |      |      | 40-50         |
| Dill     |      |      |       | ST    | DS   | DS   | DS   |        |       |      |      |      | 70            |
| Parsley  |      | ST   | ST/DS | ST/DS | DS/T | DS/T | DS/T | DS/T   | DS/T  | DS/T |      |      | 85-90         |

LAST FROST DATE

FIRST FROST DATE

### PERENNIAL HERBS

such as chives, oregano, rosemary, sage, thyme. . .

may be transplanted into your garden in the spring

DS=DIRECT SEED

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### Approximate elevations:

Plymouth 1100

Carbondale 200

Jackson 1200

Pine Grove 2500

lone 300

Sutter Creek 1200

Daffodill Hill 2900

Comanche 300

Quartz Mountain 1400

Pioneer 3000

Dry Town 600

Martell 1500

Mt. Zion 3000

Sunnybrook 800

Westover Field 1700

Buckhorn 3400

Amador City 950

Fiddleetown 1700

Sherwood Forest 3600

River Pines 2000

Amador Pines 3800

Jackson Butte 2300

Hams Station 5500

# COOL WEATHER VEGETABLES--FALL/WINTER PLANTING GUIDE

1/14/17

## MID ELEVATION (ABOUT 1000-2500) CHART

*lower elevations--shift dates about 2 weeks later into the fall and about 2 weeks earlier in the spring*

*higher elevation --shift date about 2 weeks earlier in the fall and about 2 weeks later in the spring*

| <b>GREENS</b>  | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May  | June | Days to Yield | GERM. |
|----------------|------|--------|-------|------|------|------|------|------|-------|-------|------|------|---------------|-------|
| Arugula        |      |        | DS    | DS   | DS   |      |      | DS   | DS    | DS    |      |      | 28-35         | 40-55 |
| Bok Choy       |      |        | ST    | DS/T | DS/T |      |      |      | ST    | ST    | DS/T | DS/T | 25-55         | 50-80 |
| Collards       |      | DS     | DS    | DS   |      |      |      |      | ST    | DS/T  |      |      | 65-85 T       | 45-85 |
| Kale           |      | DS     | DS    | DS   |      |      |      | ST   | T     | DS/T  |      |      | 56-80         | 45-85 |
| Lettuce        |      | DS/T   | DS/T  | DS/T | DS   | DS   | DS   | DS   | DS    | DS    | DS/T |      | 45-60         | 40-85 |
| Mustard Greens |      | DS     | DS    | DS   |      |      |      |      | DS    | DS    | DS   |      | 40-60         | 45-85 |
| Spinach        |      | ST     | DS/T  | DS/T | DS   |      |      | DS   | DS    | DS/T  |      |      | 40-60         | 40-75 |
| Swiss Chard    | DS/T | DS/T   | DS/T  | DS/T | DS   |      |      |      | DS/T  | DS/T  | DS/T | DS/T | 55-65         | 40-95 |

| <b>ROOT CROPS</b> | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May | June | Days to Yield | GERM. |
|-------------------|------|--------|-------|------|------|------|------|------|-------|-------|-----|------|---------------|-------|
| Beets             |      |        | DS    | DS   |      |      |      | DS   | DS    | DS    | DS  | DS   | 55-65         | 50-85 |
| Carrots           |      | DS     | DS    | DS   |      |      |      |      |       | DS    | DS  |      | 60-80         | 50-85 |
| Fennel            | DS   | DS     |       |      |      |      |      |      |       | DS    | DS  |      | 80-110        | 60-90 |
| Kolhrabi          | DS   | DS     |       |      |      |      |      |      |       | DS    |     |      | 60-70         | 45-85 |
| Parsnips          | DS   | DS     |       |      |      |      |      |      | DS    | DS    |     |      | 85-90         | 50-85 |
| Radish            |      |        | DS    | DS   |      |      |      |      | DS    | DS    |     |      | 25-40         | 55-85 |
| Turnips           |      |        | DS    | DS   |      |      |      | DS   | DS    | DS    |     |      | 45-60         | 45-85 |

| <b>COLE CROPS</b> | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May | June | Days to Yield | GERM. |
|-------------------|------|--------|-------|------|------|------|------|------|-------|-------|-----|------|---------------|-------|
| Broccoli          | ST   | ST/T   | T     |      |      |      |      | ST/T | T     |       |     |      | 60-80 T       | 45-85 |
| Brussel sprouts   | ST   | ST/T   | T     |      |      |      |      |      |       |       |     |      | 80-90 T       | 45-85 |
| Cabbage           | ST   | ST/T   | ST/T  |      |      |      | ST/T | T    |       |       |     |      | 65-95 T       | 45-85 |
| Cauliflower       | ST   | ST/T   |       |      |      |      | ST/T | T    |       |       |     |      | 55-65 T       | 45-85 |

FIRST FROST DATE

LAST FROST DATE

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## COOL WEATHER VEGETABLES--FALL/WINTER PLANTING GUIDE

### MID ELEVATION (ABOUT 1000-2500) CHART

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| HERBS      | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May  | June | Days to Yield           | GERM. |
|------------|------|--------|-------|------|------|------|------|------|-------|-------|------|------|-------------------------|-------|
| Cilantro   |      |        | DS/T  | DS/T |      |      |      |      | ST    | DS/T  |      |      | 40-50                   | 55-70 |
| Parsley    | DS/T | DS/T   | DS/T  | DS/T |      |      |      | ST   | ST/DS | ST/DS | DS/T | DS/T | 85-90                   | 55-85 |
| ALIUMS     | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May  | June | Days to Yield           |       |
| Garlic     |      | DS     | DS    | T    | T    |      |      |      |       |       |      |      | 150-180 CLOVES          |       |
| Leeks      |      | DS     | DS    | T    | T    |      |      |      |       | T     | T    |      | 80-90 T                 |       |
| Onions     |      | DS     | DS    | T    | T    |      |      |      |       |       |      |      | 120-150 T, 95-120 BULBS |       |
| Shallots   |      | DS     | DS    | T    | T    |      |      |      |       |       |      |      |                         |       |
| PERRENIALS | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May  | June | Days to Yield           |       |
| Asparagus  |      |        |       |      |      |      |      | *    | *     |       |      |      | crowns, 2 yrs.          |       |
| Artichoke  |      |        |       | *    | *    |      |      | *    | *     |       |      |      | root divisions, 3 yrs.  |       |
| rhubarb    |      |        |       | *    | *    | *    |      |      |       |       |      |      | roots, 1 yr.            |       |
| LEGUMES    | July | August | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | March | April | May  | June | Days to Yield           | GERM. |
| Fava beans |      |        | DS    | DS   | DS   | DS   |      |      |       |       |      |      | 85-90                   | 40-75 |
| Peas       |      | DS     | DS    | DS   |      |      |      | DS   | DS    | DS    |      |      | 65-85                   | 40-85 |

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Martell 1500

Westover Field 1700

Fiddleetown 1700

River Pines 2000

Jackson Butte 2300

Pine Grove 2500

Daffodill Hill 2900

Pioneer 3000

Mt. Zion 3000

Buckhorn 3400

Sherwood Forest 3600

Amador Pines 3800

Hams Station 5500

# Approximate Harvest Schedule (Depends on Elevation)

## ***Spring***

April through June

Vegetables: Carrots, peas, salad greens, spinach, arugula, Swiss chard, kale, broccoli, cauliflower, cabbage, fava beans, beets, onions, leeks

Fruits: Apricots, blueberries, cherries, figs, peaches, nectarines, plums, raspberries, strawberries

Herbs: Parsley, winter savory, lemon balm, rosemary, thyme, French tarragon, marjoram, oregano, mint, chervil, chives

Flowers: Dianthus, roses

# Approximate Harvest Schedule (Depends on Elevation)

## ***Summer***

July through September

Vegetables: Cucumbers, beans, eggplant, peppers, pumpkins, summer squash, Swiss chard, kale, tomatoes  
Fruits: Apples, Asian pears, pears, figs, grapes, melons, peaches, pomegranates, plums, quince  
Herbs: Basil, summer savory, sage, thyme, dill  
Flowers: Zinnias, marigolds, sunflowers

# Approximate Harvest Schedule (Depends on Elevation)

## ***Autumn***

October through December

Vegetables: Broccoli, cauliflower, cabbage, radishes, salad greens, spinach, arugula, stored winter squash, Swiss chard, kale

Fruit: Pomegranates, persimmons, Meyer lemons, mandarins, apples, Asian pears, Bearss limes, kiwi

Herbs: Marjoram, mint, sorrel, oregano, parsley

Flowers: Stock, snapdragons, asters

# Approximate Harvest Schedule (Depends on Elevation)

## ***Winter***

January through March

Vegetables: Broccoli, cauliflower, cabbage, radishes, salad greens, spinach, arugula, Swiss chard, kale, stored winter squash, carrots, peas

Fruits: Kiwi, mandarins, Meyer lemon, oranges, rhubarb

Herbs: Parsley, winter savory, rosemary, thyme

Flowers: Calendula, primrose, pansies, violas

# Suggested Reading and Reference

- Sunset Western Garden Book of Edibles
- In the French Kitchen Garden, Georgeanne Brennan, 1998
- Potager, Georgeanne Brennan, 1992
- The Edible French Garden, Rosalind Creasy, 1999
- The Edible Heirloom Garden, Rosalind Creasy, 1999

