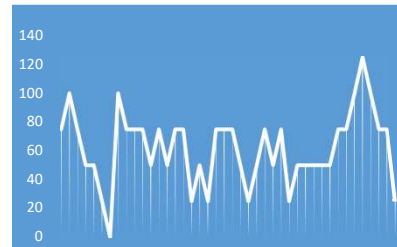


What is gardening done right?

Florida-Friendly Landscaping™ Principles



1. Right plant, right place
- 2. Water efficiently**
3. Fertilize appropriately
4. Mulch
5. Attract wildlife
6. Manage yard pests
7. Recycle
8. Reduce stormwater runoff
9. Protect the waterfront



Growing Food in Your Landscape

- Follow the science-based recommendations from UF/IFAS and your local extension.
- Keep it simple, learn from your mistakes and try again.
- We all have farmers in our family trees.



Growing Food in Your Landscape

- Why grow food at home?
- What are the major challenges?
- Where can food grow?
- How do I start?



Why grow food at home?

- Gardeners gotta garden.
- The earth is always growing food and the earth at your home can be productive, too.
- Easy access to the season's pick.
- Save money on fresh food.
- Experience the flavor and health benefits of freshly harvested food.
- Because our baby gardeners need our gardens to learn and to practice.



Why grow food at home?



What's in those dark leafy greens?

molybdenum
vitamin A
vitamin B complex
vitamin C
vitamin E
vitamin K
boron
calcium
iron
silicon
sodium
sulfur
enzymes



Experience the flavor and health benefits of freshly harvested food.

Why grow food at home?



Save money on fresh food.
Organic fresh arugula costs \$6.37 - \$11.17/pound.

Why grow food at home?



January

Organic fresh sugar snap peas can cost \$8 per pound.

The nutrition in 1 cup of peas:

7 gram carbs
0.3 gram fat
2 gram protein
2 gram fiber
6% DV calcium
6% DV iron
15% DV vitamin A
25% DV vitamin C



February

Vitamin C losses in vegetables stored at 39°F for 7 days range from 15% for green peas to 77% for green beans.

Why grow food at home? Why not?!



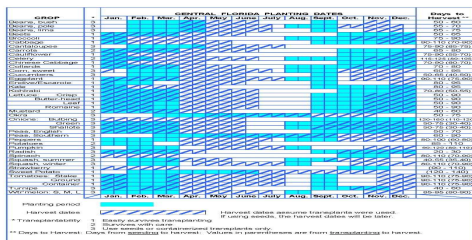
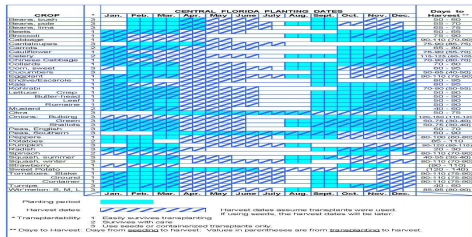
Share food. Inspire others.

What are the major challenges?

- Get your timing right.
 - Central Florida Gardening Calendar, Sydney Park Brown, ENH1189/EP450
 - Florida Vegetable Gardening Guide, Sydney Park Brown, Danielle Treadwell, J.M. Stephens, and Susan Webb, SP103/VHO21
 - Vegetable Gardening by Season, <https://gardeningsolutions.ifas.ufl.edu/care/planting/vegetable-gardens-by-season.html>
- Keep your food plants safe from:
 - Pets, critters and pests
 - Established yard maintenance routines
- Weather and water and sun and soil



What are the major challenges?

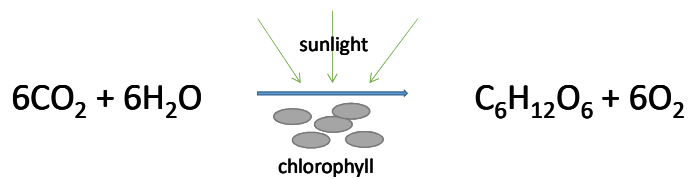


CROP	*	CENTRAL FLORIDA PLANT							
		Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.
Beans, bush	3								
Beans, pole	3								
Beans, lima	3								
Beets	1								
Broccoli	1								
Cabbage	1								
Cantaloupes	3								
Carrots	2								
Cauliflower	1								
Celery	2								
Chinese Cabbage	1								
Collards	1								
Corn, sweet	3								
Cucumbers	3								
Eggplant	1								
Endive/Escarole	1								
Kale	1								
Kohlrabi	1								

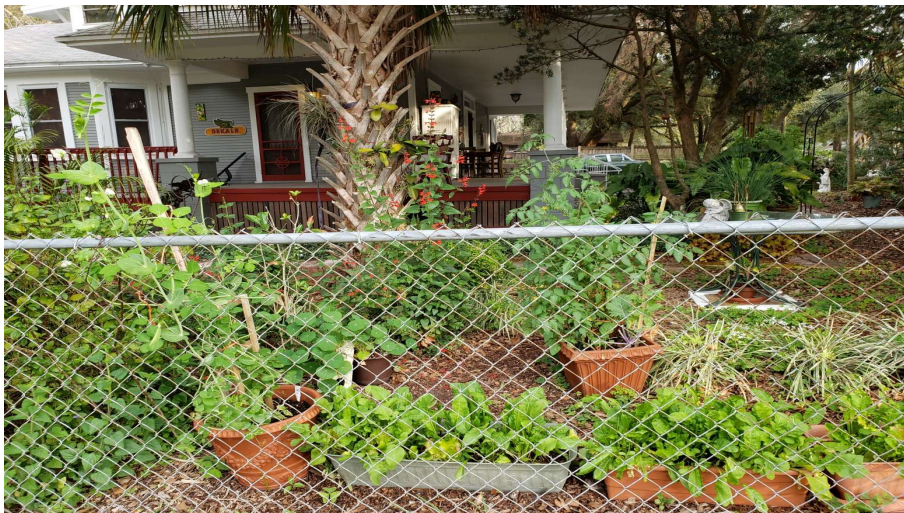
Get your timing right.

Where can food grow?

- Find the sunniest spots.
 - Those spots change with the seasons and as your landscape matures.
- Establish easy access for watering, monitoring and harvesting.
- Dirt. Soil. Terra firma. Mother Earth. ~~Humus~~. Humus.
- Microclimates.
- Containers.
- Out of sight, out of mind, out of order, *and out of control!*

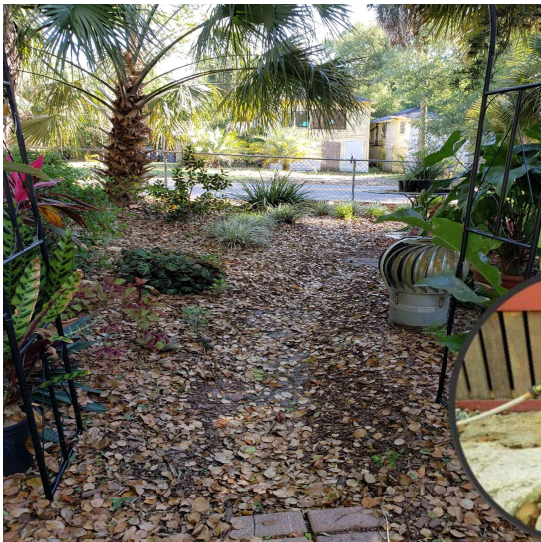


Where can food grow?



Find your sunny spot.

Where can food grow?



Establish easy access

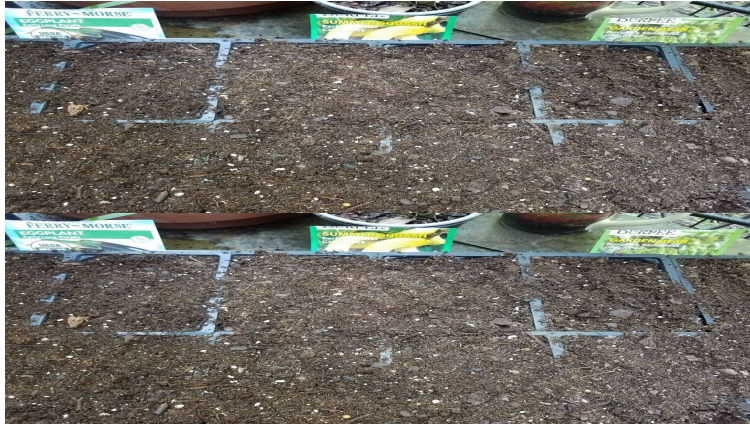
How do I start?

- Gloves, kneeling pad
- Feed the earth and it will feed you
 - leaves, detritus, compost, other people's leaves
- Scissors, trowel, stakes, twine
- Hose, nozzle, watering can
- Pots, starter packs, bagged soil, compost
- Fertilizer: granular and liquid. Say 'yes' to worm tea. (*Learn about Vermi-composting from UF/IFAS Extension Hillsborough County.*)
- Patience



How do I start?

One, two, buckle my shoe.
Three, four, close the door.



March 29

How do I start?



April 7

Got pollinators?



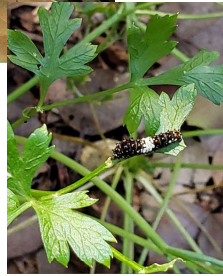
Some for you, some for the butterflies



January



March



September



October

Some for you, some for the birds & the bees



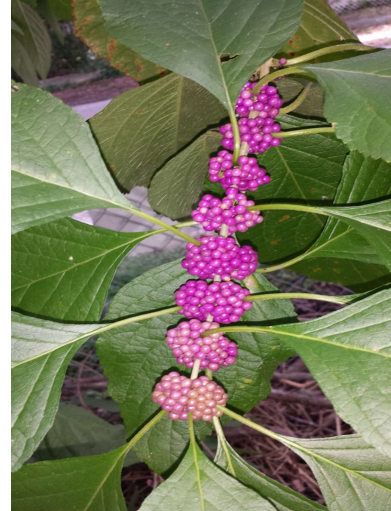
July



March

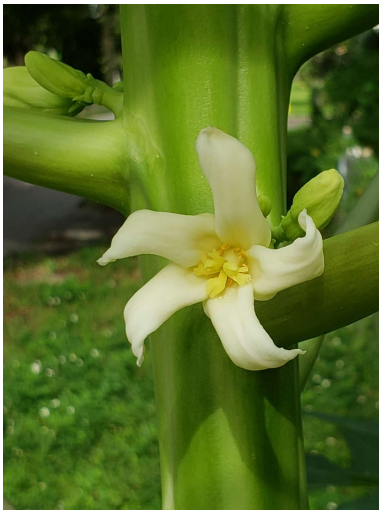


July



October

Birds are gardeners, too.



July



August



September

Quality, not quantity



April



May

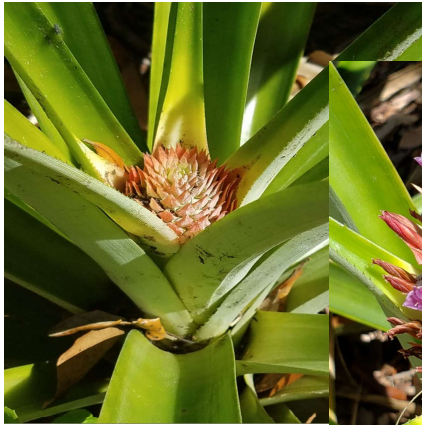


June



September

Reuse your purchased produce



February



April



July

A little effort, a lot of flavor

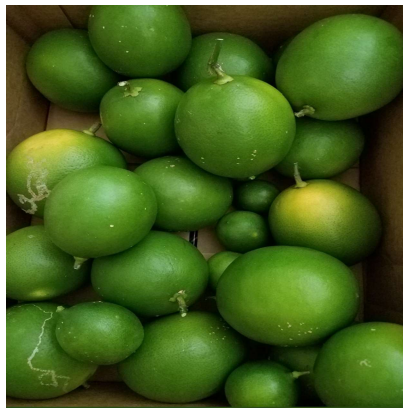


Save the rooted portions of green onions and celery.
Snip the green tops, yum!

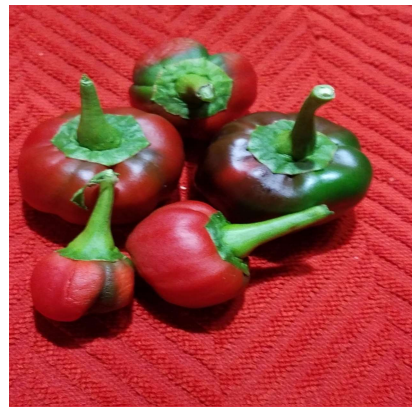
Perennials, potted citrus, gifts of the compost pile



July



August



October

Beautiful and Beneficial



April



August



Turmeric
(*Curcuma longa*)
18 phytochemicals plus
calcium, iron, manganese,
phosphorus, potassium, zinc, B₁, B₂,
B₃, and C.

Vines need your support



June

How do I start?



Tree removal companies will provide free mulch. *(Note: Make sure it is free of diseases and pests.)*

Gardening done right is good for you and good for your Florida yard.

