

2020 MASTER GARDENER INTERN PROJECT

BE OUR GUEST

AN EDIBLE EXPERIENCE

# THE BEGINNING OF A GREAT PLOT



Group 6: Paul Webb, Brenda Reed, Nicole Reed, Tina Cantrell, Kay Morreale, & Jenifferlee Dager

# INITIAL THOUGHTS

## Gathering Ideas:

- Antioxidant garden: focused on Nightshade veggies
- Sensory Experience: focused on Opposites
- Ratatouille Garden: Italian food ingredients

# POINTS TO CONSIDER

- Cold weather crops vs warm weather crops
- Full sun vs partial sun
- Sizing needs of full grown plants
- Harvest time / Flowering period
- Compatible growth ???

OUR TEAM:  
PAUL  
WEBB



KAY MORREALE



This years first certified  
Master Gardener!

# BRENDA REED & NICOLE REED



# TINA CANTRELL & JENIFFERLEE DAGER



# DESIGNING THE PLOT



Artistic design



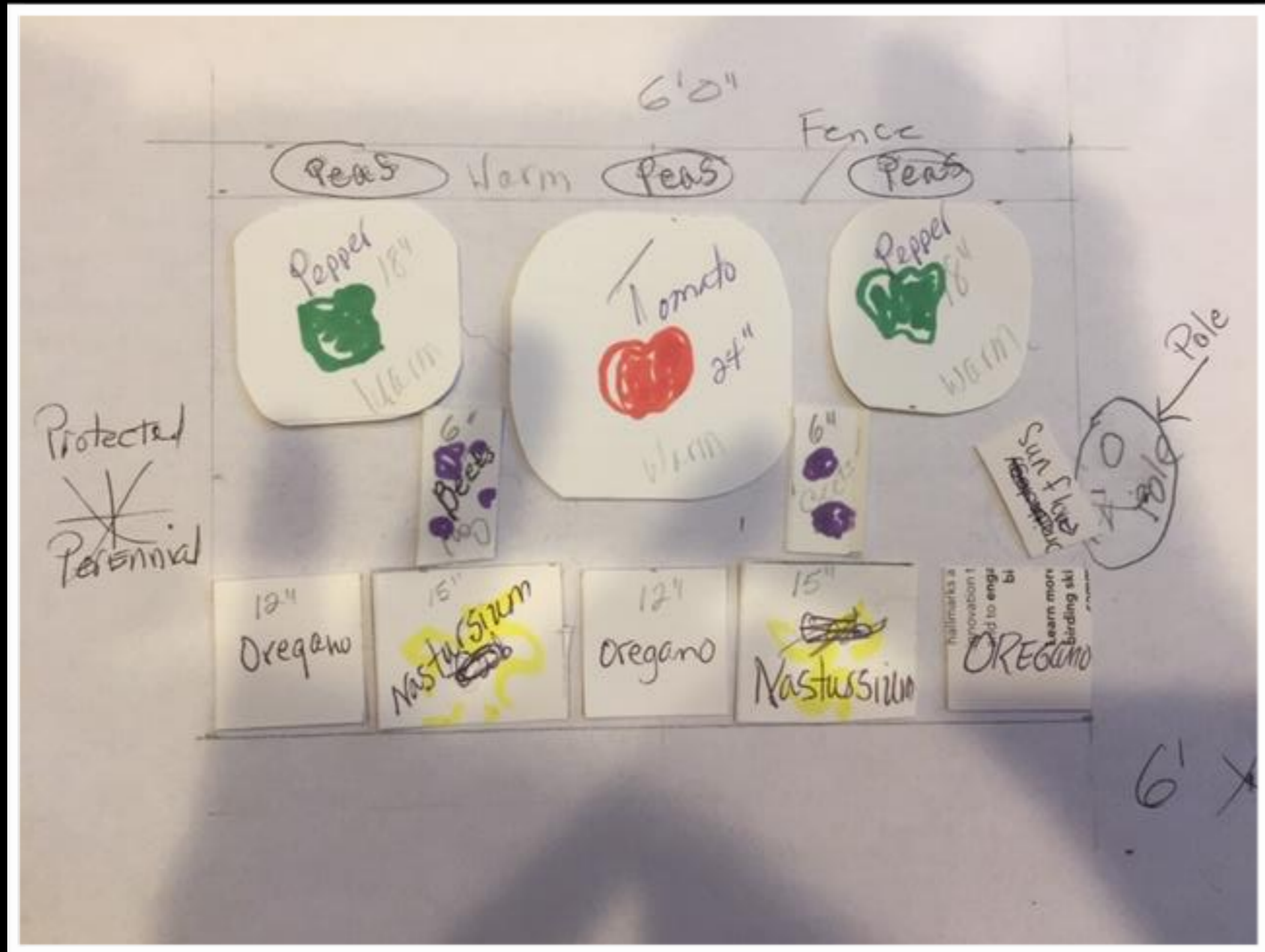
Distancing graph

# ARTISTIC PLOT LAYOUT



Thanks Nicole!

# THE FINAL DESIGN



Thanks Kay!

# PREPARING THE GARDEN PLOT

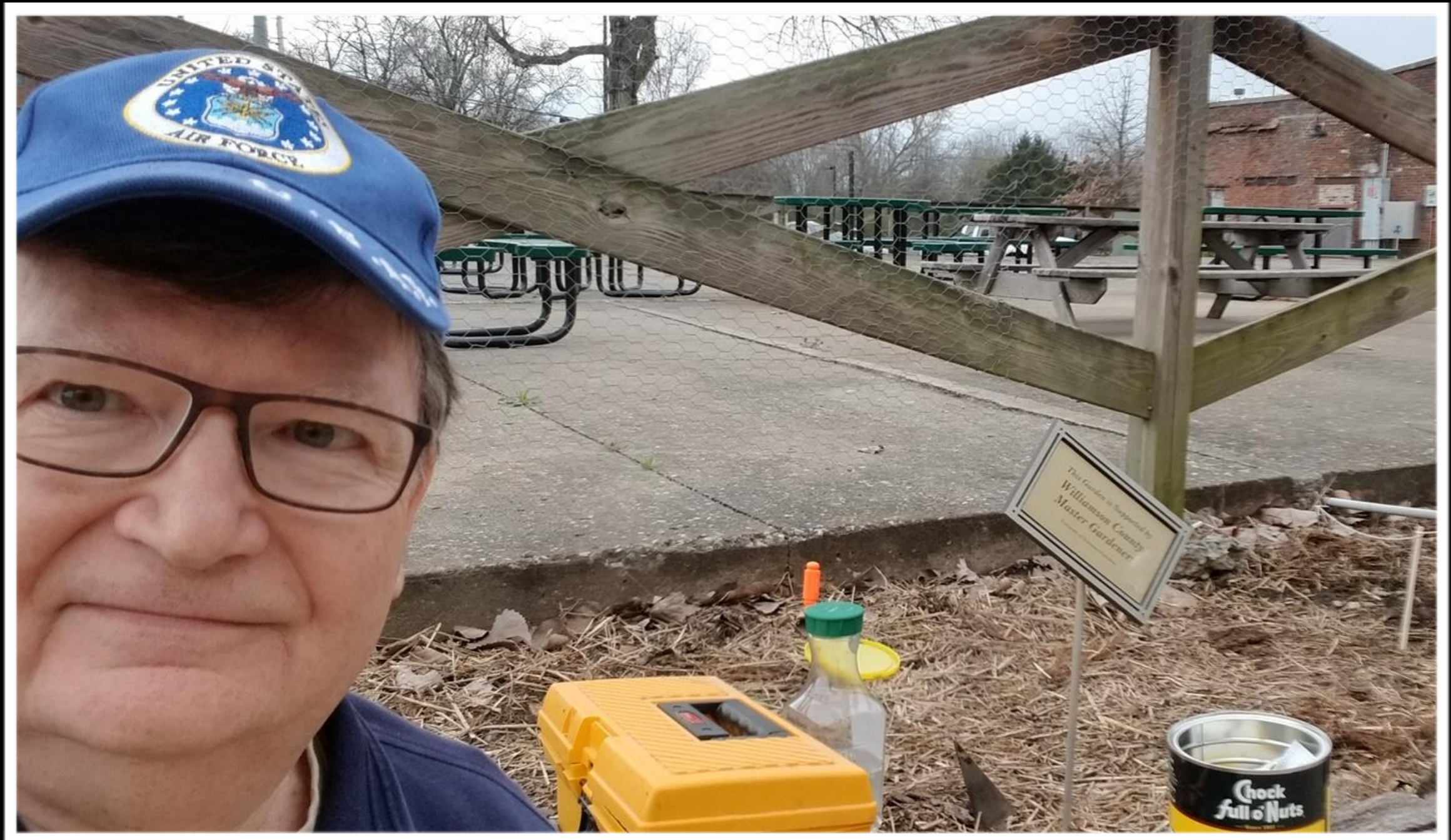
- Weeding the plot, but NOT disturbing the soil.
- Adding chicken wire to prepare for peas to grow and climb.



# CHICKEN WIRE ADDED

THANKS

PAUL!



# FINAL SELECTIONS

## Nasturtium: Black Velvet *Tropaeolum minus*

### Why:

- leaves and flowers can both be eaten
- flowers make an attractive garnish
- leaves have a peppery flavor
- they will help repel whitefly
- Add a pop of color to garden bed



### Needs for optimal growth:

- **Position:** full sun or partial shade
- **Soil:** poor, well-drained soil
- **Rate of growth:** average
- **Flowering period:** June to September
- **Hardiness:** tender

# FINAL SELECTIONS

## Red Cherry Tomato *Solanum lycopersicum*



### Why:

- boosts immunity / antioxidant
- Packed with vitamin C
- Lycopene in **cherry tomato** naturally protects the skin from sun and acts as a sunblock
- **good** source of vitamin K and potassium.
- Heat tolerant and easy to grow
- When caged will add height to garden

### Needs for optimal growth:

- **Position:** full sun
- **Soil:** Humus-rich, moisture retentive soil
- **Sow:** January-March
- **Harvest:** August-September
- **Hardiness:**

# FINAL SELECTIONS

## Common Oregano *Origanum vulgate*



### Why:

- a good ground cover
- a pest repellent
- Very hardy herb
- Anti-bacterial agent (contains phytonutrients)
- excellent source of fiber, vitamin K, manganese, iron, vitamin E, tryptophan and calcium

### Needs for optimal growth:

- **Position:**
- **Soil:**
- **Rate of growth:**
- **Flowering period:**
- **Hardiness:**

# FINAL SELECTIONS

## Sweet Pepper: Carnival Blend *Capsicum annuum*

### Why:

- excellent sources of:
  - vitamins A and C
  - potassium
  - folic acid
  - fiber
- Low calorie food
- Disease resistant plant
- Grow vertical and thus looks more contained



### Needs for optimal growth:

- **Position:** full sun
- **Soil:** humus-rich, moisture retentive soil
- **Sow:** February-April
- **Harvest:** August-September
- **Hardiness:**

# FINAL SELECTIONS

## Tall Top Early Wonder Beets Remolacha



### Why:

- excellent sources of:
  - fiber
  - folate (vitamin B9)
  - manganese
  - potassium
  - iron
  - vitamin C
- Grow quickly
- Can survive a frost
- Colorful

### Needs for optimal growth:

- **Position:** full sun or partial shade
- **Soil:** tolerates most
- **Sow:** April-July
- **Harvest:** June to October
- **Hardiness:**

# FINAL SELECTIONS

## Sunflower



### Why:

- excellent sources of:
  - rich in the B complex vitamins (nervous system)
  - phosphorus, magnesium, iron, calcium, potassium, protein and vitamin E
- Used practically to hide a pole
- Great to attract pollinators

### Needs for optimal growth:

- **Position:** full sun
- **Soil:** moderately fertile, humus-rich, moist but well-drained, neutral to alkaline soil
- **Rate of growth:** fast-growing
- **Flowering period:** July to September
- **Hardiness:** hardy annual

# FINAL SELECTIONS

## Peas

### Why:

- Improves the soil
- Provides us a living wall paper along the back wall
- Will add nitrogen to soil (leave the roots in your garden)
- helpful for preventing high blood pressure
- Good source of Fiber



### Needs for optimal growth:

- **Position:** full sun
- **Soil:** fertile, moist but well drained
- **Sow:** April-May
- **Harvest:** July-September
- **Hardiness:**

# STARTING TO FILL OUT



# OUR TABLE



# STAGES OF GROWTH

## Sunflower



# HARVEST: TOMATOES



# HARVEST: BEETS



# HARVEST: OREGANO



# HARVEST: NASTURTIUM



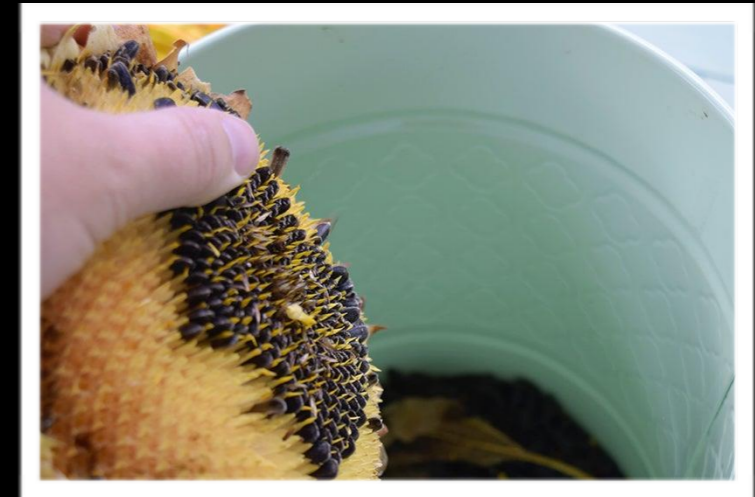
# HARVEST: PEPPERS



# HARVEST: PEAS



# HARVEST: SUNFLOWER



# RECIPES FROM OUR TABLE



## Beet, Pea, Oregano Avocado Salad

### Ingredients:

- 4 small or 2 medium beets, peeled and sliced paper-thin
- 1/2 small red onion, sliced thin
- 1 1/2 tablespoons sherry vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon superfine sugar
- 2 teaspoons Cholula Hot Sauce
- 1 medium avocado, peeled, pitted and sliced thin
- 1/3 cup oregano leaves
- a few mint leaves
- 1/3 cup pea shoots
- 1/2 cup frozen peas, blanched quickly and rinsed in cold water
- salt
- freshly ground black pepper

# RECIPES FROM OUR TABLE

## PEPERONATA

**Sweet Bell Peppers With Olive Oil,  
Onion, Oregano, and Tomatoes**

### Ingredients:

- 3/4 cup extra-virgin olive oil, divided
- 6 medium cloves garlic, thinly sliced
- 2 medium yellow onions, sliced 1/4 inch thick
- 4 pounds red, yellow, and/or orange bell peppers (about 6 large bell peppers), stemmed, seeded, and sliced lengthwise
- 1/2 inch thick
- 1 cup pureed tomatoes (see note)
- 2 sprigs oregano
- Kosher salt
- 1 tablespoon white wine vinegar or red wine vinegar



# RECIPES FROM OUR TABLE

## BAKED TOMATOES

### Ingredients:

- ripe vine-ripened tomatoes
- 2 tablespoons olive oil, plus more for tossing and drizzling
- Kosher salt and freshly ground black pepper
- 3/4 cup panko breadcrumbs
- 1/4 cup grated Parmesan
- 1 tablespoon finely chopped fresh parsley
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped
- Pinch red pepper flakes



# RECIPES FROM OUR TABLE

## ROMANIAN STUFFED PEPPERS

### Ingredients:

#### For Peppers

- 10 medium peppers
- 1 1/2 lb ground pork
- 1/2 cup rice uncooked
- 1 onion chopped
- 1 egg
- 1/4 cup fresh dill chopped
- 1/4 cup fresh parsley chopped
- 1/2 tsp salt
- 1/4 tsp pepper



#### For Sauce

- 2 cups [tomato puree](#) or passata
- 1/2 cup sour cream
- 2 cups water
- 1/2 tsp salt or to taste
- 1/4 tsp pepper or to taste

# ACKNOWLEDGEMENTS

- Thank you to:
  - Linda Horton for the continued support and seeds to help our project grow!
  - WCMGA for helping us learn so much this semester in the midst of the 2020 chaos.