

## **Gardening Resources**

These resources have been prepared to help you learn more about gardening! These resources are meant to supplement the Roots to Harvest Webinar Series in summer 2020 with additional topics and links. This document will be updated and posted after each webinar. These resources are a starting point for you – please feel free to google your questions and explore more websites as well! This document was prepared as a partnership among Roots to Harvest, the Sustainable Food Systems Lab, and Lakehead University by Health Sciences PhD student, Rachel Portinga. This is meant to support a larger project about agroecology and seed saving in Northwestern Ontario. Enjoy the garden this year!

### **General**

The West Coast Seeds' Garden Wisdom Blog has many wonderful articles, resources, and wisdom to be found there! We have posted some specific articles below, but feel free to peruse their website for useful information. <https://www.westcoastseeds.com/blogs/garden-wisdom>

The Old Farmer's Almanac website is a wealth of information about gardening (and other topics such as weather and astronomy). Their gardening resources include planting calendar, garden planner "app" that lets you design your layout based on how big your plants will become, pests and disease information, frost dates, info on raised beds and container gardening, hos-to videos, and podcasts. It is worth exploring their website! <https://www.almanac.com/gardening>

In general, a google search on any topic will allow you to find lots of helpful resources about gardening – feel free to research your own questions too!

### **How to start a Garden**

This article has 10 steps to walk you through initial questions to ask and consider <https://commonsensehome.com/start-a-garden/>

### **Container Gardens**

"Growing Food in Containers" by Mark Macdonald was published by West Coast Seeds. It contains lots of helpful advice about the sun, water, soil, and plants to consider in container gardening. It ends with suggested veggies, herbs, and flowers.

<https://www.westcoastseeds.com/blogs/garden-wisdom/growing-food-containers>

Morning Chores has a 10 minute video about container gardening (what containers to use, what to plant, what to consider, with creative options for tiny spaces as well:

[https://www.youtube.com/watch?v=tGeWM4R1G5A&feature=emb\\_logo](https://www.youtube.com/watch?v=tGeWM4R1G5A&feature=emb_logo)

This guide to container gardening makes it sound like the perfect option for everyone (a bit oversimplified), but there are some very useful concepts and tips in the article and worth a look when deciding which type of container(s) to use <https://morningchores.com/container-gardening/>

## **Raised Beds**

This article explains the benefits of raised beds, the dimensions to consider, and which building materials to use. While your raised bed construction is up to you, this is a great article for suggestions. <https://www.westcoastseeds.com/blogs/garden-wisdom/raised-garden-beds-1>

This article explores how to prepare a garden bed by considering mulch, compost, cover crops, and mineral soil additions. This article may be most applicable if you already have a garden bed you are looking to re-invigorate this spring: <https://www.westcoastseeds.com/blogs/garden-wisdom/preparing-garden-beds>

This is a comprehensive website regarding the options for making (or buying) raised beds. This includes videos and picture instructions. <https://learn.eartheasy.com/guides/raised-garden-beds/>

## **Indoor Gardening**

If you are interested in gardening indoors, there are a number of considerations – and you may end up needing a grow light or other equipment to support this goal. Your specifics will depend on your space and window situation. It's definitely possible, but you'll want to read about the options ahead of time. This article from Popular Mechanics provides an good introduction:

<https://www.popularmechanics.com/home/lawn-garden/how-to/g786/how-to-start-your-indoor-garden/>

This video has helpful information about growing indoors (based in Alberta):

<https://www.youtube.com/watch?v=pPR2Gq18RPo>

## **Where should I place my garden?**

This article provides 12 guiding topics to consider when choosing a garden location:

<https://morningchores.com/vegetable-garden-location/>

## Testing soil

This article offers basic advice on quick ways to test your soil with no (or a little bit of) money <https://commonsensehome.com/soil-testing/>

If you want to send your soil to a lab for testing in Canada, use this website for guidance <https://www.alcanada.com/>

If you want to send your soil to a lab for testing in the USA, you will end up using a lab in your state (often affiliated with the USDA, Universities, Co-ops, or Extension services). Since it is different in each state, our best suggestion is to do a google search for “soil testing in lab [name of state]”, or ask family and friends who may already know the answer.

## Soil Mix Recipe from Lucie LaVoie (Superior Seed Producer member; Panelist in R2H Starting Seeds webinar)

This is the mix Lucie uses for peppers grown in containers. Makes about 15 large pots.

- 7 gallons peat
- 8 gallons compost / rotted manure
- ½ cup horticultural lime
- 2 cups bloodmeal
- 2 cups rock phosphate
- 2 cups kelp meal
- 1 cup bonemeal
- ½ cup wood ashes.

## Soil Resource (Roots to Harvest Grower Janna Van Blyderveen shared this with the webinar)

Regeneration Canada provides numerous excellent resources, articles, and workshops about soil <https://regenerationcanada.org/en/>

## Plant Hardiness Zones – Canada

<http://planthardiness.gc.ca/>

## Plant Hardiness Zones – USA

<https://planthardiness.ars.usda.gov/PHZMWeb/>

## **When to transplant**

Although not specific to NW Ontario, this link provides great general advice on the timing of transplanting. <https://www.westcoastseeds.com/blogs/garden-wisdom/waiting-to-transplant>

## **How to protect seedlings from pests**

<https://www.westcoastseeds.com/blogs/garden-wisdom/how-to-protect-seedlings>

## **Companion Planting**

This article is a guide to planting certain plants together to increase their yield, reduce pest damage, and support pollinator populations. This article lists plants alphabetically and then includes a short list of companion plants to consider.

<https://www.westcoastseeds.com/blogs/garden-wisdom/companion-planting>

## **How to Start Seeds**

A short article with useful tips on picking seeds, considering their soil, air, water, temp, and light needs, and determining when to plant them:

<https://www.westcoastseeds.com/blogs/garden-wisdom/success-seeds>

## **Saving Seed and Seed Advocacy**

Seeds of Diversity is a Canada-wide organization protecting seed biodiversity. They have many resources, publications, videos, and store at their website – check it out!

<https://seeds.ca/sw8/web/home>

This Seed Works Video Series provides videos on how to breed, select, and harvest the seeds from kale, brassicas, beans, carrots, radishes, beets, and lettuce.

<https://www.farmfolkcityfolk.ca/knowledge-pantry/seed-resources/seed-works/>

# Vegetable Planting Chart • Northern Gardens

Vegetables	LEGEND											
	WINTER			SPRING			SUMMER			FALL		
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Arugula					—	—	—	—	—			
Broad beans			.....		*	—			—			
Soya beans						—						
Beans bush & pole					.....	**	—					
Beets						—	—					
Broccoli			.....		**	—						
Brussels Sprouts			.....		**	—						
Cabbage				.....	**	—						
Carrots						—	—					
Cauliflower				.....	**							
Celery/celeriac			.....		**							
Corn salad					—			—				
Cucumbers					...	**						
Eggplant				.....	**	—						
Endive/Radicchio			.....		**	—						
Fennel				.....	**	—						
Garlic					—							
Kale & Collards				.....	**	—						
Kohlrabi				.....	**	—						
Leeks			.....		**	—						
Lettuce				.....	—	—		**				
Melon					..	**						
Onion sets					—							
Onions scallions			.....		**	—	—	—				
Pac Choi					—	—						
Parsley			.....		—							
Parsnips					—	—						
Peas			.....		**	—						
Peppers			.....			**						
Pumpkin					....	**						
Radishes					—	—		—				
Rutabagas					—	—						
Spinach					—	—		—				
Squash					....	**						
Swiss chard					—	—						
Tomatoes			.....			**						
Turnips					—	—						

Gardening in the far north involves a short growing season and long daylight hours. We recommend starting the bulk of vegetables indoors, or direct sowing with frost protection. With greenhouse protection, many northern growers can extend the season by several weeks in the spring and fall. The dates shown above are approximate, and may need to be adjusted forward or backward by one or two weeks, depending on the year.

Frost dates: Anchorage, AK May 8 - Sept. 23 (138 days)  
 Fairbanks, AK May 15 - Sept. 8 (116 days)  
 Juneau, AK May 8 - Oct. 4 (149 days)  
 Dawson City, YK June 13 - Aug.17 (65 days)

Whitehorse, YK June 11 - Aug. 25 (75 days)  
 Yellowknife, NT May 27 - Sept. 15 (111 days)  
 High Level, AB June 2 - Aug. 29 (88 days)  
 Ft. McMurray, AB June 2 - Sept. 4 (94 days)



## West Coast Seeds

1-888-804-8820 | [www.westcoastseeds.com](http://www.westcoastseeds.com)

Retail Store: 4930A Elliott Street, Ladner, BC, Canada, V4K 2Y1  
 Warehouse: 3925 64th Street, Delta, BC, V4K 3N2