Carolina Community Garden
Resource Guide

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1. If you must abandon the plot for any reason, you will notify Outdoor Recreation at 803-576-9397.
2. There will be a minimum of four people assigned to each plot.
3. There is a 3 strike system if the plot becomes neglected or unused. A notice will be sent out Monday if there is an issue with the plot. If the issue is not addressed within a 5 day period, the plot will be assigned a strike. Three strikes will be given, then the plot with be reassigned or tilled in.
4. Prior to planting, a list of plants planned for the season must be e-mailed to Outdoor Recreation for approval.
5. Be considerate of your neighbors. Do no plant sprawling or tall crops that might interfere with other plots. Plantings that extend beyond the assigned plot are subject to being trimmed.
6. Harvest only from your assigned plot. Gardeners harvesting from other plots will forfeit their plot.
7. There is a limit of one plot per group and use of the Community Garden is for purposes of personal consumption only.
8. Do not plant illegal or poisonous plants.
9. Do not bring pets to the garden.
10. Mulch only with composted (aged) grass clippings, leaves, or pine bark mulch. Plastic mulches are prohibited due to problems associated with clearing plots in the fall.
11. Only chemicals approved by the Parks & Recreation Department are allowed.
12. Following CCG procedure, place all plant residue and organic waste in designated compost areas only. Personal compost outside of the garden cannot go into the composting unit.
13. Keep trash out of the plot and compost units; respect neighboring plots.
14. Please take trash and litter and discard in appropriate waste containers.
15. Garden tools are available for daily use in the Community Garden shed. The combination to the shed lock will be provided at the beginning of each rental period.
16. Garden plot rental periods will be valid for a semester period for Fall, Spring, or Summer.
17. At least one representative of each plot must attend at least one garden clinic per rental period. All attendees are responsible to share any information with the group.
18. Plot members are responsible to join the CCG Facebook page for important updates.
19. Outdoor Recreation cannot guarantee protection against vandalism or theft. Any vandalism should be reported to Outdoor Recreation immediately. Any items left at the plot are at the gardener’s own risk and will be deemed abandoned at the conclusion of the lease term.

KNOW YOUR SOIL

The soil in your plot is a mixture of shifted topsoil, mushroom compost, and soil amendments. We use Shealy's Purely Organics for a well-rounded compilation of beneficial soil amendments. Shealy's Purely Organics is a carefully blended combination of alfalfa meal, cotton seed meal, fish meal, blood meal, steamed bone meal, soybean meal, finely ground rock phosphate, sul-po-mag, kelp (seaweed), greensand, and other natural ingredients.

This allows Outdoor Recreation to provided you with a strong foundation for which to grow your own vegetable garden. Organic fertilizers also make a great addition and can significantly enhance the output of your garden.

WHEN TO WATER & HOW MUCH?

Water is vital from the moment seeds are sown through sprouting to the end of the growing season. Plants need water for cell division, cell enlargement, and even for holding themselves up. If the cells do not obtain enough water, they will begin to wilt.

Generally, vegetables need lots of water, at least one inch of water a week. In the Spring and Fall we recommend watering your garden once to twice per week. During the hot Columbia summers your garden may need a good soaking every other day.

Make sure that you regularly water your garden. Do not water in the heat of the day. Water to wet the soil and allow the water to penetrate approximately 8 inches deep. This method of watering will promote deep root growth and not shallow root growth. Be careful not to over water though as this will lead to root rot.

Ideally, water for plants comes from rain or other precipitation and from underground sources. In reality, you will often have to do extra watering by hand. How often you should water depends on how often it rains, how long your soil retains moisture, and how fast water evaporates in your climate. Soil type is another important factor.
Other factors may also affect how often you need to water your garden:
- More water evaporates when the temperature is high than when it is low.
- Plants can rot if they get too much water in cool weather.
- More water evaporates when the relative humidity is low.
- Plants need more water when the days are bright.
- Wind and air movement will increase the loss of water to the atmosphere.
- Sometimes water is not what a wilting plant needs. When plants are growing fast, the leaves sometimes get ahead of the roots’ ability to provide them with water. If the day is hot and the plants wilt in the afternoon, don’t worry about them; they will regain their balance overnight. But if plants are wilting early in the morning, water them immediately.

### Watering Recommendations

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Critical Time(s) to Water for a 5-Foot Row</th>
<th>Gallons of Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>When flowers form and during pod-forming and picking</td>
<td>2 per week depending on rainfall</td>
</tr>
<tr>
<td>Beets</td>
<td>Before soil gets bone-dry</td>
<td>1 at early stage; 2 every 2 weeks</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Don't let soil dry out for 4 weeks after transplanting.</td>
<td>1 to 1 1/2 per week</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Don't let soil dry out for 4 weeks after transplanting.</td>
<td>1 to 1 1/2 per week</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Water frequently in dry weather for best crop</td>
<td>2 per week</td>
</tr>
<tr>
<td>Carrots</td>
<td>Before soil gets bone-dry</td>
<td>1 at early stage; 2 every 2 weeks</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Water frequently for best crop</td>
<td>2 per week</td>
</tr>
<tr>
<td>Celery</td>
<td>Water frequently for best crop</td>
<td>2 per week</td>
</tr>
<tr>
<td>Corn</td>
<td>When tassels form and when cobs swell</td>
<td>2 at important stages (left)</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Water frequently for best crop</td>
<td>1 per week</td>
</tr>
<tr>
<td>Lettuce/Spinach</td>
<td>Water frequently for best crop</td>
<td>2 per week</td>
</tr>
<tr>
<td>Onions</td>
<td>In dry weather, water in early stage to get plants going.</td>
<td>1/2 to 1 per week if soil is very dry</td>
</tr>
<tr>
<td>Parsnips</td>
<td>Before soil gets bone-dry</td>
<td>1 per week in early stages</td>
</tr>
<tr>
<td>Peas</td>
<td>When flowers form and during pod-forming and picking</td>
<td>2 per week</td>
</tr>
<tr>
<td>Potatoes</td>
<td>When the size of marbles</td>
<td>2 per week</td>
</tr>
<tr>
<td>Squash</td>
<td>Water frequently for best crop</td>
<td>1 per week</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>For 3 to 4 weeks after transplanting and when flowers and fruit form</td>
<td>1 gallon twice a week or more</td>
</tr>
</tbody>
</table>

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- Needs a lot of water during dry spells
- Needs water at critical stages of development
- Does not need frequent watering
PLANTING TIMELINE

BASED ON OUR LOCATION IN CENTRAL SOUTH CAROLINA, ZONE 7B

SPRING PLANTINGS

Late January
- Asparagus
- Mustard
- Garden Peas

February-March
- Beets
- Broccoli
- Cabbage
- Carrots
- Collards
- Lettuce

April
- Beans (Snap, Pole, Half-runner, Lima)
- Cantaloupe
- Honeydew
- Cucumbers
- Eggplant
- Okra

FALL PLANTINGS

August
- Beans (Snap, Half-runner)
- Beets
- Brussels Sprouts
- Cabbage
- Collards
- Cucumbers
- Turnips
- Kale

September
- Kale
- Onion Seeds
- Garlic
- Radish
- Onion Sets
- Spinach

October
- Garlic
- Radish
- Spinach

November
- Onion Sets
- Garlic

SUMMER PLANTINGS

May-June
- Beans (Edible Soy)
- Sweet potatoes

Late June
- Okra
- Peas (Southern)
- Pumpkins
- Watermelons

Late July
- Beans (Lima)
- Broccoli
- Cabbage
- Collards
- Cauliflower
- Eggplant
- Tomatoes

EASY PLANTS FOR BEGINNER GARDENERS

- Pepper
- Tomatoes
- Carrots
- Eggplants
- Beans
- Cucumbers
- Lettuce
- Radishes

WHAT CAN YOU START EASILY FROM SEED?

Here’s the deal: seeds are cheaper. But, starter plants are way easier, save a bunch of time, and more successful. If you have to plant seeds, pick up some of the vegetables below because they grow well from seed and just sink them right in the ground:

- Carrots
- Lettuce
- Cilantro
<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>SPRING</th>
<th>FALL</th>
<th>SPRING</th>
<th>FALL</th>
<th>SPRING</th>
<th>FALL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Early Feb.-Late Mar. (crowns)</td>
<td>—</td>
<td>Late Jan.-Early Feb. (crowns)</td>
<td>—</td>
<td>Early Jan.-Late Feb. (crowns)</td>
<td>—</td>
</tr>
<tr>
<td>Beans, Edible Soy</td>
<td>May 10-June 15</td>
<td>—</td>
<td>May 10-July 1</td>
<td>—</td>
<td>May 10-July 15</td>
<td>—</td>
</tr>
<tr>
<td>Peanuts</td>
<td>May 1-15</td>
<td>—</td>
<td>Apr. 15-May 15</td>
<td>—</td>
<td>Apr. 25-May 15</td>
<td>—</td>
</tr>
<tr>
<td>Peas, Southern</td>
<td>May 1-June 30</td>
<td>—</td>
<td>Apr. 10-30</td>
<td>June 20-30</td>
<td>Mar. 25-Apr. 15</td>
<td>Aug. 1-10</td>
</tr>
<tr>
<td>Potatoes, Sweet</td>
<td>May 10-June 10</td>
<td>—</td>
<td>May 1-June 15</td>
<td>—</td>
<td>Apr. 15-July 1</td>
<td>—</td>
</tr>
<tr>
<td>Pumpkins</td>
<td>—</td>
<td>June 1-15</td>
<td>—</td>
<td>June 15-30</td>
<td>—</td>
<td>July 1-15</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>Apr. 15-30</td>
<td>—</td>
<td>Mar. 20-Apr. 30</td>
<td>—</td>
<td>Mar. 10-Apr. 30</td>
<td>—</td>
</tr>
<tr>
<td>Tomato</td>
<td>May 1-May 30</td>
<td>July 10-20</td>
<td>Apr. 5-25</td>
<td>July 10-20</td>
<td>Mar. 25-Apr. 10</td>
<td>July 25-30</td>
</tr>
</tbody>
</table>

Data from Clemson Cooperative Extension: http://www.clemson.edu/extension/
COMPOSTING

We have a composting station that is located across the sidewalk to the right of the garden shed. Please be respectful of the designated composting areas. We are no longer sharing Mrs. Patricia Moore-Pastides’ compost. When adding to the compost, please turn the plant matter with 2 parts brown (dry leaves, mulch) and mix it up with a shovel. This compost available for your use, however we encourage you to wait a season or two to add this compost to your plot as the soil in your plot already has a great deal of amendments and nutrients.

In order to grow ripe, juicy veggies that scream “Eat me!” you need to make sure to supplement your soil with all of the necessary nutrients. Using compost and organic fertilizers is the best way to make sure your soil is fully nourished. Composting is an essential step in the beginning stages of growing a vegetable garden because it helps break down soil into rich, organic material. Mushroom compost is one of the best materials you can use when adding organic material to your soil. Making your own compost then this is a perfectly acceptable option as well.

To add compost to your plot, you first need to loosen up the native soil. This is especially important in South Carolina and surrounding regions, since the native soil is heavy in clay.

Use a pitchfork to loosen up the soil, then add your compost, extra topsoil, and any other soil amendments you might need. Then you’re ready to start planting!

What you can add:
- All plants residue
- Organic waste
- Coffee grounds
- Egg shells
- Brown dried leaves
- Dried grass
- Straw

What you can not add:
- Weeds
- Wire
- Dairy Products
- Whole eggs
- Bamboo sticks
- Plant tags/Paper
- Glass

Resource
http://lincoln.ne.gov/city/pworks/waste/sldwaste/recycle/orgwaste/compost/howto.htm

If you don’t have your own compost at home and would like to share your table scraps, you can find USC’s compost behind West (Green) Quad located between Sumter Street and Main Street.

TOOL LIST

Tools will be available for daily use in the shed located across the side walk. The shed will have a combination lock that will change every season. You will receive the combination code once you sign your rental agreement every season. Tools may only be used for daily use by Carolina Community Gardeners and may not be taken off the property.

1. Garden shovel- necessary for working compost and soil amendments into the soil, or when you need to dig a deep hole for deep-rooted plants.
2. Hoe (standard size: 4 or 6 in.)- a great tool to have when you need to loosen up the soil.
3. Hand trowel- you will need one of these when planting seedlings.
4. Rake- this will help facilitate tilling and the spreading of mulch.
5. Gardening gloves- these are a true savior (especially in the South Carolina heat) to avoid getting painful blisters on your hands. Gloves are not included but are recommended.
**IS THIS A WEED?**

As your garden starts to develop and grow, be aware of weeds and be sure to remove them from your plot. Not only do weeds take away from the aesthetic value of your plot, but they also take water from the plants you want to grow!

When removing a weed, be sure to remove the root completely, not just the visible weed.

**WEED IDENTIFICATION**

**Dallisgrass**
- Light green with leaves that are flat and wide and rolled in the bud,
- Spreads in clumps
- There are three to six spikes in the seedhead and seeds can be found on both sides

**White Clover**
- Has a shallow root and white flowers some of which have a pink tint
- Flowers grow in clumps of 20 to 40 flowers between the months of May and September

**Virginia Buttonweed**
- Bunker-like hairy stems with elongated leaves that grow apart from one another along the stem

**Carolina Geranium**
- Stems are covered with hair and stand straight up and branch out
- They have about five petals on the flower which form in clusters and range in color from white to pink

**Broadleaf**
- They have leaves that are broad, and are generally produced in pairs or multiples
- Wide, flat leaves situated on a stem
INSECT PREVENTION

Have you spotted a critter in your garden and don't know what to do? The best organic method we recommend is to remove the bugs by hand before considering applying anything to your garden. Follow this simple recipe to help keep away squash bugs and other critters:

- 2 parts biodegradable soap
- Dash of chili powder and garlic powder
- Mix with water until diluted
- Spray buds and under-side of affected plants

EXAMPLE PLOT DESIGNS

SQUARE FOOT GARDENING STYLE

TRADITIONAL ROW PLANTING

If you are thinking about plantings in rows, ORec staff suggests planting the rows about 18 inches apart leaving you room for about 5-6 rows. This is dependent on the type of crops you are planting as well.
There is a plethora of resources out there to help educate you on how to become a great gardener. For your convenience, we have compiled a list of some of our favorites:

**FAVORITE BOOKS**
- *Incredible Edibles* by Sonia Day
- *The Heirloom Gardener* by Jere and Emilee Gettle
- *Grow Great Grub* by Gayla Trail
- *Don’t Throw It Grow It* by Deborah Peterson
- *The Dirt Cheap Green Thumb* by Rhonda Massingham
- *All New Square Foot Gardening* by Mel Bartholomew
- *The Edible Front Yard* by Ivette Soler
- *Vertical Gardening: Grow Up, Not Out, for More Vegetables and Flowers in Much Less Space* by Derek Fell
- *I Garden: Urban Style* by Reggie Solomon and Michael Nola
- *Garden Anywhere* by Alys Fowler
- *Grow Vegetables* by Jo Whittingham & Alan Buckingam

**FAVORITE WEBSITES**
- Burpee.com
- Gardens.com
- Almanac.com
- Clemson.edu/extension/hgic/plants/vegetables/
- Yourgardenshow.com
- Zone7nursery.com/its-time-to.html
- Communitygarden.org/
- Motherearthnews.com

**FAVORITE BLOGS**
- awaytogarden.com
- www.veggiegardeningtips.com
- www.yougrowgirl.com
- www.gardenertofarmer.net
- themanicgardener.com
- tinyfarmblog.com
- www.asuburbanfarmer.com
- inmykitchengarden.blogspot.com
- www.cheapvegetablegardener.com
- www.gogogreengarden.com/asides-from-a-girl-on-the-gogo

**FAVORITE TWITTER ACCOUNTS**
- @margaretroach
- @ogmag
- @LifeOnTheBlcny
- @yougrowgirl
- @urbangardens
- @CoHorts

**FAVORITE SEED CATALOGS**
- Southern Seed Exposure (VA) - southernexposure.com
- Baker Creek Heirloom Seeds (MO) - rareseeds.com
- Seed Savers Exchange (IA) - seed savers.com
- Sow True Seeds (NC) - sowtrueseed.com
- Territorial Seed Company (OR) - territorialseed.com
- Park Seed (SC) - parkseed.com
- Renee’s Garden (CA) - reneesgarden.com
- Peaceful Valley (CA) - groworganic.com

**FAVORITE LOCAL NURSERIES**
- Cooper’s - 8244 Parklane Road
- Yandlee’s Roadside Market - 407 S. Assembly Street
- Wessinger’s Greenhouses - 2349 Parr Rd, Little Mountain, SC
- Woodley’s Nursery - 10015 Two Notch Rd. & 2840 Dreher Shoals Rd.

Also, feel free to stop by our office located on the lower level of the Strom Thurmond Wellness and Fitness Center, to check out some of our books on gardening and sustainability. Call our office at 803-576-9397, Monday through Friday, 4:00 PM to 8:00 PM and Sundays 6:00 PM to 8:00 PM.

**FIND US ON FACEBOOK**

We have created a Facebook page just for you! Find us on the group Carolina Community Garden for updates on upcoming events and gardening tips.