



WHISPERING  
ROOTS

# GIRLS INC GARDEN

SUMMER 2024






WHISPERING  
ROOTS

BED 1



# PICKLING CUCUMBER

SHORT, ROUND CUCUMBER WITH THIN SKIN, CULTIVATED FOR PICKLING  
BEST CUCUMBER FOR MAKING PICKLES!

 FULL SUN & LOOSE, WELL-DRAINED SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), ARMYWORMS (NEEM OIL), AND CABBAGE LOOPERS (NEEM OIL)

 HARVEST SPROUTS FROM THE BOTTOM OF THE STEM FIRST, WHEN THEY ARE ABOUT 1 INCH IN DIAMETER



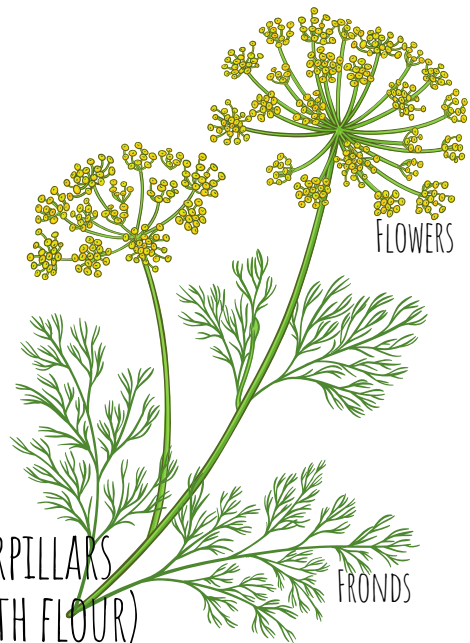
# DILL

HERB IN THE CELERY FAMILY, NATIVE TO EURASIA AND THE MEDITERRANEAN  
BEST FOR MAKING PICKLES & RANCH

 FULL SUN & WELL-DRAINED SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), VARIOUS CATERPILLARS (REMOVE BY HAND), AND GRASSHOPPERS (DUST DILL WITH FLOUR)

 HARVEST ONCE PLANT IS 6 INCHES & BEFORE THEY FLOWER. YOU CAN USE THE DRIED SEEDS & THE FRONDS IN PICKLING!





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# GREEN BEANS



CULTIVATED IN SOUTH & CENTRAL AMERICA  
RICH IN VITAMIN C AND BETA-CAROTENE  
GREAT FRESH, CANNED, PICKLED, OR FROZEN!

 FULL SUN & WELL DRAINED SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), MEXICAN BEAN BEETLE (CRUSH BY HAND),  
& BEAN LEAF BEETLE (NEEM OIL)

 HARVEST WHEN BEANS ARE 4 INCHES LONG & THE  
WIDTH OF A PENCIL (50 DAYS)



# CILANTRO

FRAGRANT HERB WITH CITRUSY FLAVOR  
POPULAR IN MEXICAN CUISINE  
BEST IN SALSAS, CHUTNEYS, AND CURRIES!



 FULL SUN & WELL DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), ARMYWORMS (NEEM OIL),  
& CABBAGE LOOPER (REPELLED BY THYME)

 HARVEST WHEN PLANT REACHES 6 INCHES TALL, PICK  
INDIVIDUAL LEAVES OR CUT ENTIRE STEM (50 DAYS)




# BASIL

POPULAR CULINARY HERB IN THE MINT FAMILY  
NATIVE TO TROPICAL ASIA  
BEST FOR PIZZA, PASTA, & SAUCES!



 FULL SUN & MOIST WELL DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/ DISH SOAP), & SLUGS (REMOVE BY HAND)

 HARVEST LEAVES REGULARLY (IN THE MORNING) ONCE PLANTS REACH 6-8 INCHES TALL (NEVER TAKE MORE THAN 1/3 OF THE PLANT) 28 DAYS




# ARUGULA

EDIBLE LEAF WITH A TART, PEPPERY FLAVOR  
HIGH IN ANTIOXIDANTS  
GREAT USED RAW IN SALADS!



 FULL SUN TO PARTIAL SHADE & MOIST SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER) & FLEA BEETLES (NEEM OIL/ SOAP SPRAY)

 HARVEST BY CUTTING OUTSIDE LEAVES ALL THE WAY DOWN AT THE BASE OF PLANT (20 - 60 DAYS TO MATURITY)



# MARIGOLD

FLOWER NATIVE TO NORTH AMERICA  
INSECT REPELLING PLANT  
GREAT FOR ATTRACTING POLLINATORS!



 FULL SUN & MOIST SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), CATERPILLARS (REMOVE BY HAND)

 HARVEST MARIGOLDS AND ALLOW THEM TO DRY, SAVE THE SEEDS FOR NEXT YEAR! MARIGOLDS HAVE LOTS OF SEEDS (60 DAYS)




# MICROGREENS

GREENS HARVESTED IN THE EARLY STAGES OF LIFE  
WHEN ALL NUTRIENTS ARE CONCENTRATED,  
GREAT RAW ON SANDWICHES & SALADS!



 FULL SUN & MOIST WELL DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/ DISH SOAP), & SLUGS (REMOVE BY HAND)

 HARVEST AS SOON AS LEAVES APPEAR BY CUTTING JUST ABOVE THE SOIL LINE (14-21 DAYS)





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# BED 3






# YUM YUM PEPPER

MINIATURE SWEET PEPPER  
SWEET FLAVOR AND CRISPY TEXTURE  
PERFECT FOR SNACKING!



 FULL SUN & WELL-DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), THRIPS (USE OVERHEAD IRRIGATION), & SPIDER MITES (SPRAY WITH WATER)

 HARVEST WHEN PEPPERS ARE 5-7CM LONG (55 DAYS)




# JALAPEÑO PEPPER

MILD PEPPER FROM MEXICO  
2,500 TO 8,000 SHU ON THE SCOVILLE SCALE  
BEST IN SALSAS, PICKLED, OR STUFFED



 FULL SUN & WELL-DRAINED, LOAMY SOIL

 WATCH FOR APHIDS (SPRAY HEAVILY WITH WATER)

 HARVEST WHEN THE PEPPER IS DARK GREEN WITH LINES IN THE SKIN (THIS IS CALLED CORKING!) OR WHEN THE PEPPER TURNS RED (AND GETS SWEETER!) (ABOUT 80 DAYS)





# JULIETTE TOMATO

SWEET, JUICY, PLUM SIZED  
TOMATO VARIETY  
GREAT FRESH ON SALADS!



 FULL SUN & WELL DRAINING SOIL

 WATCH FOR TOMATO HORNWORMS (REMOVE BY HAND), APHIDS (SPRAY WITH WATER), & SMALL RODENTS LIKE SQUIRRELS

 HARVEST WHEN FULLY RIPE & RED (60-70 DAYS)





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# BLACK CHERRY TOMATO

SWEET, BITE-SIZED TOMATO VARIETY  
CAN BE ROUND OR OBLONG  
GREAT FOR EATING RIGHT OFF THE VINE!

 FULL SUN & MOIST SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/SOAP SPRAY), & EARWORMS (INTRODUCE LADYBUGS)

 HARVEST WHEN TOMATOES ARE A DEEP RED COLOR (60 DAYS)



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INSECT REPELLING PLANT  
GREAT FOR ATTRACTING POLLINATORS!

 FULL SUN & MOIST SOIL

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# ONION


YELLOW: MOST FLAVOR, BEST FOR COOKING

RED: MILD, BEST FOR PICKLING

WHITE: MILD, BEST RAW AS A TOPPING

 FULL SUN & MOIST, WELL-DRAINED SOIL

 WATCH FOR ONION THRIPS (USE OVERHEAD IRRIGATION) & ONION FLIES (PLACE SAND AT THE BASE OF THE PLANT)

 HARVEST ONCE BULBS ARE LARGE & GREEN TOPS BEGIN TO YELLOW AND FALL OVER (90-120 DAYS)



# ASTER

EASY-TO-GROW FLOWERING PLANT  
GREAT FOR ATTRACTING POLLINATORS!

 FULL SUN & WARM, WELL-DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER) & SPIDER MITES  
(USE NEEM OIL)

 HARVEST FOR DECORATION WHEN OUTSIDE BUDS FINALLY  
BLOOM (110 DAYS)




# RED VEINED SORREL

EDIBLE ORNAMENTAL LEAF WITH A  
CITRUS-LIKE FLAVOR  
GREAT COOKED LIKE SPINACH!

 FULL SUN TO PARTIAL SHADE & MOIST SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER) & FLEA  
BEETLES (NEEM OIL/ SOAP SPRAY)

 HARVEST WHEN LEAVES ARE 4-6" BY CUTTING AT THE BASE OF  
THE LEAF (60 DAYS)





# SUNGOLD TOMATO

SWEET, BITE-SIZED TOMATO VARIETY  
CAN BE ROUND OR OBLONG  
GREAT FOR EATING RIGHT OFF THE VINE!



 FULL SUN & MOIST SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/SOAP SPRAY), & EARWORMS (INTRODUCE LADYBUGS)

 HARVEST WHEN TOMATOES ARE A DEEP RED COLOR (60 DAYS)

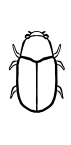


# AMISH PASTE TOMATO

MEDIUM SIZED, OBLONG TOMATO VARIETY  
GREAT FOR CANNING & SAUCES!



 FULL SUN & MOIST SOIL

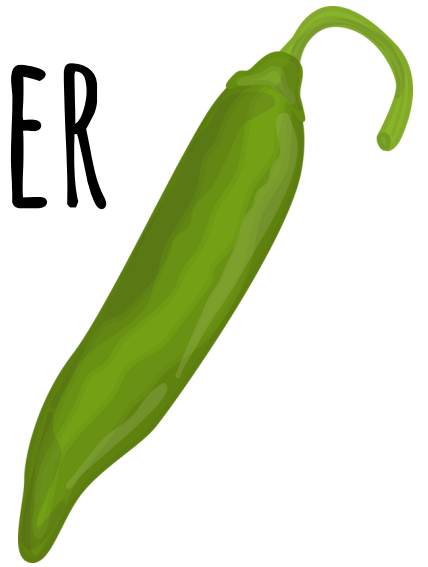
 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/SOAP SPRAY), & EARWORMS (INTRODUCE LADYBUGS)

 HARVEST WHEN SKIN LOOKS SMOOTH AND WAXY (60 DAYS)



# SERRANO PEPPER

CHILI PEPPER NATIVE TO MEXICO  
SPICIER THAN JALAPENO  
GREAT FOR HOT SAUCES!



 FULL SUN & WELL DRAINED SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER) & SPIDER MITES (SPRAY WITH WATER)

 HARVEST WHEN PEPPERS ARE DARK GREEN, TURNING RED (80 DAYS AFTER TRANSPLANTING)





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# HYACINTH BEAN

MULTIPURPOSE CROP NATIVE TO AFRICA  
BEST FOR ATTRACTING POLLINATORS, ADDING BEAUTY  
TO GARDEN, & USING FOR LIVESTOCK FORAGE!



FULL SUN & MOIST SOIL



WATCH FOR JAPANESE BEETLES (SPRAY WITH DILUTED  
RUBBING ALCOHOL)



HARVEST SEEDS JUST BEFORE FIRST FROST TO REPLANT THE  
FOLLOWING YEAR! (DO NOT CONSUME SEEDS/SEED PODS)



# OKRA

HAIRY, NUTRIENT-PACKED SEED POD  
POPULAR IN SOUL FOOD & BLACK CUISINE  
BEST IN GUMBO, FRIED, OR PICKLED!



FULL SUN & SANDY, WELL DRAINING SOIL



WATCH FOR APHIDS (SPRAY WITH WATER), THRIPS (USE OVERHEAD IRRIGATION),  
& SPIDER MITES (SPRAY WITH WATER)



HARVEST WHEN SEED POD IS THE SIZE OF YOUR FINGER  
(SMALLER SEED PODS ARE MORE TENDER (50 DAYS))




# MINI PUMPKIN

SMALL PUMPKIN VARIETY  
DELICIOUS WHEN COOKED SWEET OR SAVORY  
GREAT FOR DECORATION & CRAFTING!



 FULL SUN & MOIST SOIL

 WATCH FOR SQUASH BUGS (HAND PICK & DROP IN SOAPY WATER), SQUASH VINE BORERS (ROW COVERS WORK BEST BUT YOU CAN ALSO USE HOMEMADE SOAP & COFFEE GROUND SPRAY)

 HARVEST WHEN THE RIND IS TOO HARD TO PUNCTURE WITH YOUR FINGERNAIL (95 DAYS)

