



WHISPERING
ROOTS

ELLEN SEXTON MEMORIAL GARDEN

SUMMER 2024





WHISPERING
ROOTS

BED I



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)



NASTURTIUM

EASY TO GROW ANNUAL PLANT
EDIBLE FLOWERS WITH A PEPPERY FLAVOR



 FULL SUN & WELL DRAINED, SLIGHTLY ACIDIC SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER)


 HARVEST ANYTIME DURING THE SEASON (55 DAYS)



ZINNIA

BEAUTIFUL AND POPULAR FLOWERING ANNUALS
NATIVE TO SCRUB AND DRY GRASSLAND IN
SOUTHWESTERN UNITED STATES TO SOUTH AMERICA

 FULL SUN & WARM, WELL-DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), SPIDER MITES (USE NEEM OIL), & WHITEFLIES (DISH SOAP & WATER)

 USE THE WIGGLE TEST TO HARVEST: GRAB THE STEM 8" DOWN FROM THE FLOWER., WIGGLE IT. (FIRM STEM MEANS ITS READY) (60 DAYS)



CHIVES

EDIBLE LEAVES & FLOWERS, ONION &
GARLIC FLAVOR, RICH IN VITAMIN C & K
GREAT AS A GARNISH!

 FULL SUN & WELL DRAINING SOIL

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

 HARVEST AS SOON AS LEAVES ARE LONG ENOUGH TO USE IN THE KITCHEN (60 DAYS)





WHISPERING
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BED 2



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)



BUSH LAKE BEAN

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)



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)



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)



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)





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CELEBRITY TOMATO

HYBRID TOMATO VARIETY (4" FRUIT)
DISEASE RESISTANT, ROBUST GROWTH
BEST ON SANDWICHES



 FULL SUN & WELL-DRAINED SOIL



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



READY TO HARVEST WHEN FRUIT IS A MEDIUM TO DEEP RED COLOR & ABOUT 4" WIDE (ABOUT 70 DAYS)



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)



PARKS WHOPPER

LARGE, JUICY TOMATO VARIETY
GREAT ON SANDWICHES!



 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 (60-80 DAYS) 

BEEFSTEAK TOMATO

ONE OF THE LARGEST TOMATO VARIETIES
MEATY TEXTURE WITH SLIGHTLY SWEET TASTE
BEST SLICING TOMATO FOR SANDWICHES



 FULL SUN & WELL-DRAINED SOIL

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

 READY TO HARVEST WHEN FRUIT IS A MEDIUM TO DEEP RED COLOR (ABOUT 85 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





WHISPERING
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CHERRY TOMATO

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



 FULL SUN & MOIST SOIL

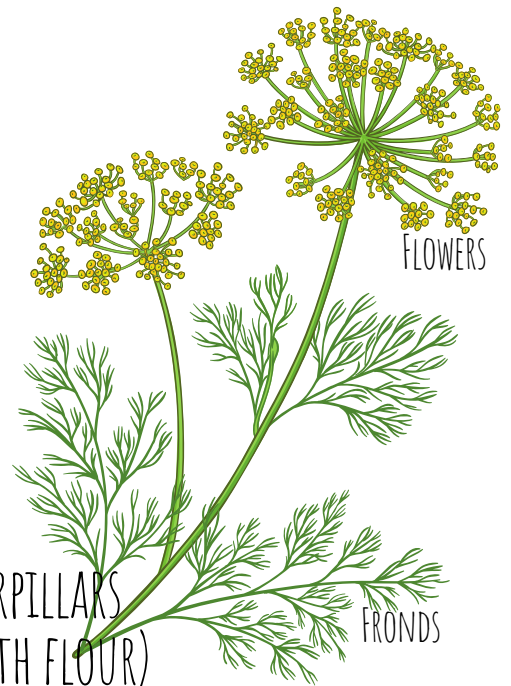
 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/SOAP SPRAY), & EARWORMS (INTRODUCE LADYBUGS)

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



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!



SUMMER SQUASH

SQUASH VARIETIES HARVESTED WHEN THE RIND IS STILL SOFT, MULTIPLE VARIETIES BEST ENJOYED ROASTED & SAUTÉED!

 FULL SUN & MOIST, WELL-DRAINED SOIL

 WATCH FOR VINE BORERS & SQUASH BUGS (USE HOMEMADE SOAP OR COFFEE GROUND SPRAY)

 HARVESTING VARIES BETWEEN VARIETIES, HARVEST WHILE SKIN IS STILL SOFT (IN SUMMER SEASON)



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)





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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)




BEEFSTEAK TOMATO

ONE OF THE LARGEST TOMATO VARIETIES
MEATY TEXTURE WITH SLIGHTLY SWEET TASTE
BEST SLICING TOMATO FOR SANDWICHES



 FULL SUN & WELL-DRAINED SOIL

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

 READY TO HARVEST WHEN FRUIT IS A MEDIUM TO DEEP RED COLOR (ABOUT 85 DAYS)




ROMA TOMATOES

DESCENDED FROM THE FAMOUS ITALIAN
HEIRLOOM SAN MARZANO TOMATO
BEST IN STEWS, SALSAS, SAUCES, & PASTA



 FULL SUN & WELL-DRAINED, LOAMY SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), CUTWORMS (MAKE A COLLAR AROUND STEM WITH CARDBOARD), & HORNWORMS (REMOVE BY HAND)

 RIPE AND READY TO HARVEST WHEN THEY ARE AN EVEN RED COLOR AND STILL FIRM (ABOUT 80 DAYS)



RADISH

EDIBLE ROOT VEGETABLE ORIGINATING
FROM ASIA, FULL OF VITAMINS AND MINERALS
BEST RAW ON SALADS & SANDWICHES!



 FULL SUN & SANDY, WELL DRAINING SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), CUTWORMS (HAND PICK & DROP IN SOAPY WATER), & FLEA BEETLES (NEEM OIL/ DISH SOAP)

 HARVEST WHEN TOPS OF RADISH TOP BEGINS TO SHOW ABOVE SOIL AND IS ABOUT 1 INCH IN DIAMETER (22-60 DAYS)





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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)



OLYMPUS PEPPER

SWEET, DELICIOUS PEPPER VARIETY
BELL PEPPERS HAVE A VARIETY OF COLORS
GREAT RAW OR ROASTED & STUFFED!

 FULL SUN & DRY, WELL-DRAINED SOIL

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

 HARVEST AFTER PEPPERS CHANGE COLOR! A RIPER PEPPER HAS MORE HEALTH BENEFITS (60-80 DAYS)




LUNCHBOX PEPPER

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



 FULL SUN & WELL-DRAINING SOIL

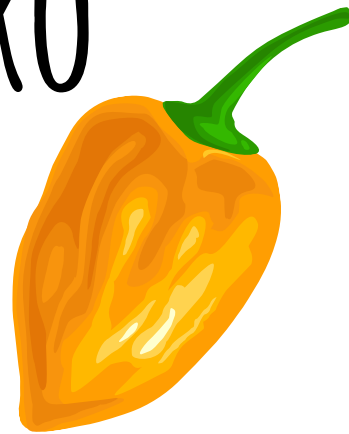
 WATCH FOR APHIDS (SPRAY WITH WATER), THRIPS (USE OVERHEAD IRRIGATION), & SPIDER MITES (SPRAY WITH WATER)

 HARVEST WHEN PEPPERS ARE 1-3" AND ORANGE, RED, OR YELLOW IN COLOR (55-83 DAYS)




HABANERO

VARIETY OF CHILI PEPPER
SPICIER THAN A JALAPEÑO
GREAT FOR SALSA & HOT SAUCE



 FULL SUN & WELL DRAINING SOIL

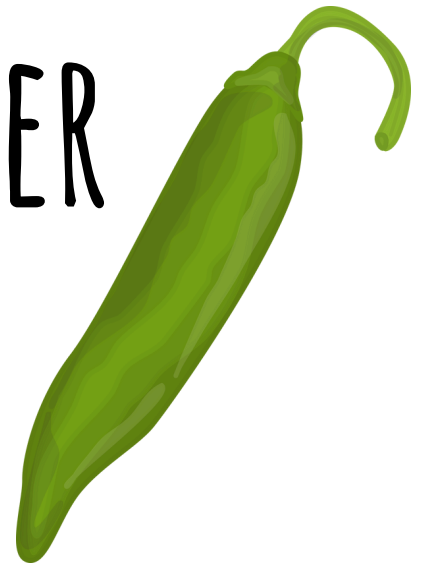
 WATCH FOR APHIDS (SPRAY WITH WATER), FLEA BEETLES (NEEM OIL/SOAP SPRAY), ARMYWORMS (NEEM OIL), & CUCUMBER BEETLE (NEEM OIL)

 HARVEST WHEN PEPPERS ARE 1-2.5" LONG & BRIGHT ORANGE OR RED (75-90 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)



BIG THAI PEPPER

HEIRLOOM THAI CHILI PEPPER
MUCH SPICIER THAN A JALAPEÑO
GREAT FOR CURRY AND SAUCES!



 FULL SUN & WELL DRAINING SOIL

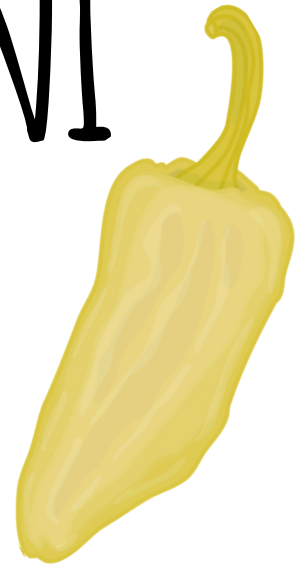
 WATCH FOR APHIDS (SPRAY WITH WATER) & SPIDER MITES (SPRAY WITH WATER)

 HARVEST WHEN PEPPERS ARE 4-5" LONG, RED PEPPERS WILL BE HOTTER THAN GREEN PEPPERS (69 DAYS)



PEPPERONCINI

MILDLY SPICY AND TANGY PEPPER
RICH IN VITAMIN C AND ANTIOXIDANTS
DELICIOUS WHEN PICKLED!



 FULL SUN & WELL DRAINING LOAMY/SANDY SOIL

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

 HARVEST WHEN PEPPERS ARE 2-6" LONG & BEFORE PEPPERS TURN PINK/RED (75 DAYS)





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SUNFLOWER

FLOWERING PLANTS, NATIVE TO NORTH AMERICA, ATTRACTS POLLINATORS
THE SEEDS CAN BE ROASTED AND EATEN!



 FULL SUN & WELL-DRAINED SOIL

 WATCH FOR SUNFLOWER MOTH CATERPILLARS (USE SAFE INSECTICIDE), VARIOUS WEEVILS (USE SAFE INSECTICIDE), & APHIDS (SPRAY WITH WATER)

 ALLOW THE HEAD TO DRY OUT ON OR OFF THE STEM, THE BACK OF SUNFLOWER HEAD WILL TURN BROWN (80 DAYS)




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)




ZUCCHINI

NATIVE TO CENTRAL AMERICA & MEXICO
ZUCCHINI IS A SUMMER SQUASH
BEST FOR SOUPS, SAUTÉING, & MAKING BREAD!



 FULL SUN & MOIST SOIL

 WATCH FOR APHIDS (SPRAY WITH WATER), CUTWORMS (HAND PICK & DROP INTO SOAPY WATER), CUCUMBER BEETLES (NEEM OIL), 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 ZUCCHINI IS OVER 6 INCHES LONG (50 DAYS)



CARROT

ROOT VEGETABLE FIRST GROWN IN AFGHANISTAN
PROMOTES VISION AND SKIN HEALTH
BEST FOR EATING RAW WITH DIP & ROASTING!



 FULL SUN & WELL-DRAINED, LIGHT SANDY LOAM SOIL

 WATCH FOR WIREWORMS (LIFT CARROT AND REMOVE BY HAND) & VEGETABLE WEEVILS (NEEM OIL)

 HARVEST WHEN CARROT TOP BEGINS TO SHOW ABOVE SOIL AND IS ABOUT 1 INCH IN DIAMETER (60-80 DAYS)

