

Create a Beautiful & Edible Landscape

Continued from HG 2

sliced it at the top, and soak the contents with a garden hose. Start the planting process by digging out the garden bed to a depth of 12 inches. Shovel the backfill dirt onto a tarp to make soil preparation and cleanup easier. Break up the clods of dirt and remove rocks, roots, weeds and other undesirable materials. Then mix in a ratio of one-third to one-half moistened Canadian Peat, depending on the type of soil — sandy, clay or depleted.

While using a water-retentive soil amendment will cut down on the number of times plants need to be watered, it is important to give the garden a deep, penetrating soaking when insufficient rainfall leaves the ground dry to the touch. Mornings are the best time to water. Adding nutrients to the soil, such as an organic fertilizer, is also recommended.

Suggested Vegetables

For an "instant" garden, buy inexpensive transplants from the nursery or start seeds indoors. When getting ready to plant, take note of each vegetable's expected size and the time of season it will bear fruit. Make every inch of the garden count by interplanting tall with low-growing, and quick with slow-growing vegetables. A wide selection of varieties of plants, such as the following, will also make the garden more beautiful.

Asparagus — showing up in dishes ranging from pasta to soup, spears of this easy-to-plant veggie will begin to appear in early spring and continue into early summer. Mature fronds are fern-like, with red berries, and can be added to floral arrangements.

Beans — a staple for any garden, beans come in endless varieties, which can be grown on a pole or trellis.

Chamomile, Roman — this fast-growing perennial groundcover bears tiny, fragrant flowers which can be eaten and used for making tea once in full bloom. Sprigs of this herb can be eaten as a seasoning, like the bay leaf.

Chives — this onion-like herb has beautiful purple flowers. Its grasslike stalks grow in dense clumps about eight inches long. Perfect for adding zing to an endless array of recipes, chives can be used fresh, dried or frozen; and, the flowers can garnish salads. Chives are perennial, so they will come back year after year.

Kale — these leafy greens are sprouting up everywhere, especially because the National Cancer Institute recommends them for their carotenoids, which may reduce the risk of some forms of cancer. They also have vitamin C, calcium, potassium and fiber.

Nasturtium — this edible flower has red, yellow and orange blossoms high in vitamin C, with a peppery taste good in

salads or as a garnish. The tiny, green seedpods can be pickled and used as a substitute for capers. The pretty round leaves, which grow quickly once summer is underway, can also be eaten.

Spearmint — an aromatic creeping groundcover which has pear-shaped purple flowers in summer and grows 1-2 feet tall. The edible leaves are high in vitamins A and C and can be added to summer

favorites such as lemonade.

Squash — an old summer stand-by, squash comes in all kinds of shapes, sizes and colors, each with their own set of culinary uses.



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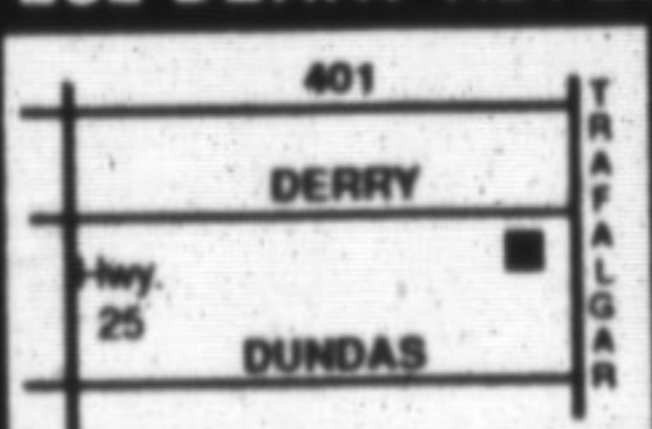
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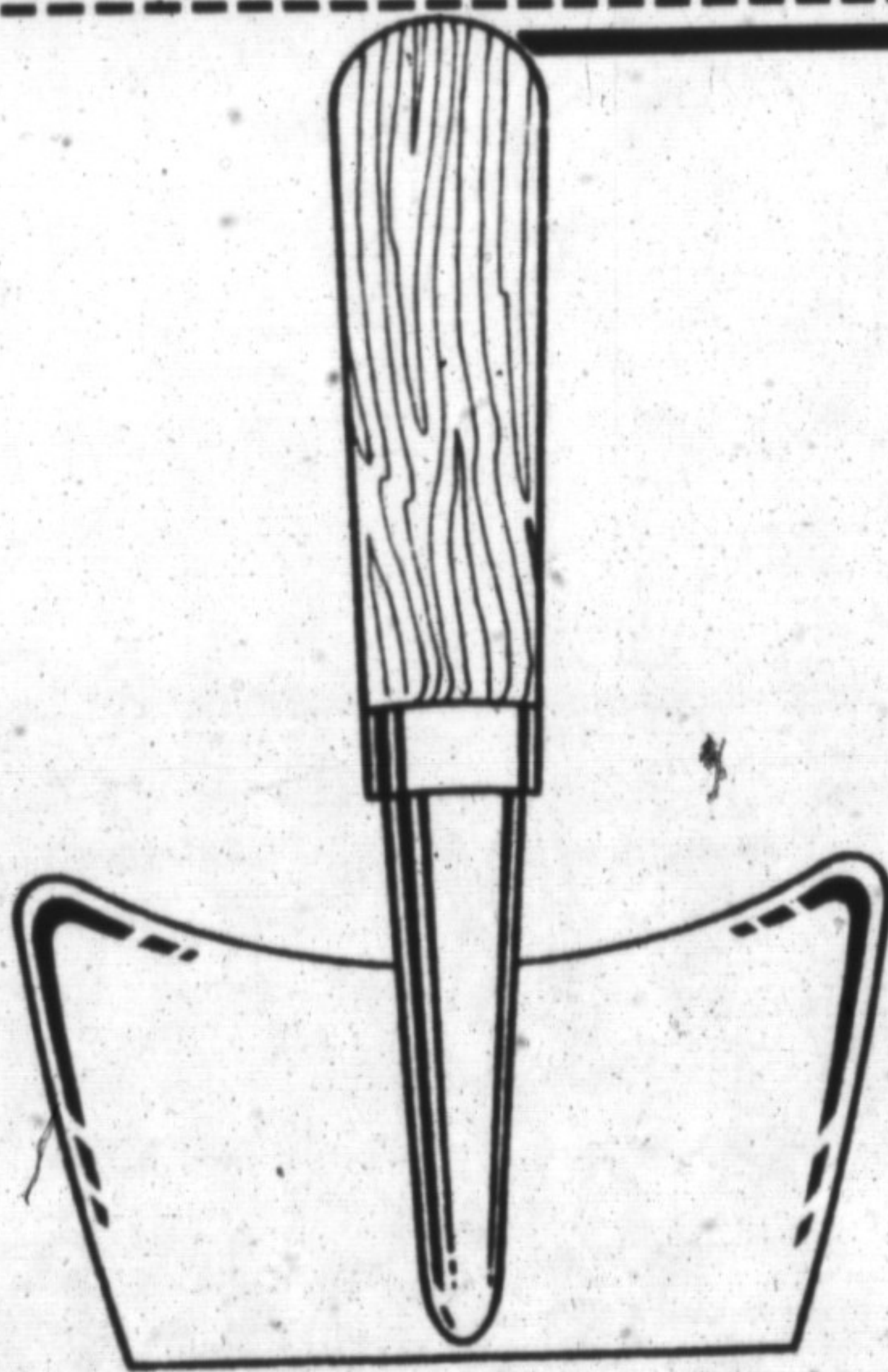
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