



OUTDOOR RECREATION
UNIVERSITY OF SOUTH CAROLINA®

Carolina Community Garden Resource Guide

CONTENTS

1	CAROLINA COMMUNITY GARDEN GUIDELINES	5	COMPOSTING GUIDELINES
1	KNOW YOUR SOIL	5	TOOL LIST
1	WHEN TO WATER & HOW MUCH?	6	IS THIS A WEED?
2	WATERING RECOMMENDATIONS	6	WEED IDENTIFICATION
3	PLANTING TIMELINE	7	INSECT PREVENTION
4	DATES TO PLANT IN SOUTH CAROLINA	7	EXAMPLE PLOT DESIGNS
		8	RESOURCES AND FURTHER READING

CAROLINA COMMUNITY GARDEN GUIDELINES

2

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 will 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 not 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 provide 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

VEGETABLE	CRITICAL TIME(S) TO WATER FOR A 5-FOOT ROW	GALLONS OF WATER
--	Beans	When flowers form and during pod-forming and picking
		2 per week depending on rainfall
-	Beets	Before soil gets bone-dry
		1 at early stage; 2 every 2 weeks
-	Broccoli	Don't let soil dry out for 4 weeks after transplanting.
		1 to 1 1/2 per week
-	Brussels sprouts	Don't let soil dry out for 4 weeks after transplanting.
		1 to 1 1/2 per week
---	Cabbage	Water frequently in dry weather for best crop
		2 per week
-	Carrots	Before soil gets bone-dry
		1 at early stage; 2 every 2 weeks as roots mature
---	Cauliflower	Water frequently for best crop.
		2 per week
---	Celery	Water frequently for best crop.
		2 per week
--	Corn	When tassels form and when cobs swell
		2 at important stages (left)
---	Cucumbers	Water frequently for best crop.
		1 per week
---	Lettuce/Spinach	Water frequently for best crop.
		2 per week
-	Onions	In dry weather, water in early stage to get plants going.
		1/2 to 1 per week if soil is very dry
-	Parsnips	Before soil gets bone-dry
		1 per week in early stages
--	Peas	When flowers form and during pod-forming and picking
		2 per week
--	Potatoes	When the size of marbles
		2 per week
---	Squash	Water frequently for best crop.
		1 per week
--	Tomatoes	For 3 to 4 weeks after transplanting and when flowers and fruit form
		1 gallon twice a week or more

		
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

4

SPRING PLANTINGS

Late January

Asparagus
Mustard
Garden Peas

February-March

Beets	Onion Sets
Broccoli	Onion Plants
Cabbage	Radish
Carrots	Spinach
Collards	Turnips
Lettuce	

April

Beans (Snap, Pole, Half-runner, Lima)	Peanuts
Cantaloupe	Peppers
Honeydew	Sweet Corn
Cucumbers	Summer Squash
Eggplant	Winter Squash
Okra	Tomatoes
	Watermelon

FALL PLANTINGS

August

Beans (Snap, Half-runner)	
Beets	
Brussels Sprouts	Lettuce
Cabbage	Mustard
Collards	Summer Squash
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	Pumpkins
Peas (Southern)	Watermelons

Late July

Beans (Lima)	Cauliflower
Broccoli	Collards
Cabbage	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

DATES TO PLANT IN SOUTH CAROLINA

VEGETABLE	PIEDMONT		CENTRAL		COASTAL	
	SPRING	FALL	SPRING	FALL	SPRING	FALL
Asparagus	Early Feb.- Late Mar. (crowns)	—	Late Jan.- Early Feb. (crowns)	—	Early Jan.-Late Feb. (crowns)	—
Beans, Snap	Apr. 15-30	Aug. 1-15	Apr. 1-15	Aug. 5-20	Mar. 15-30	Aug. 15-30
Beans, Pole	Apr. 15-30	July 15-25	Apr. 5-20	July 20-30	Mar. 20-30	Aug. 1-10
Beans, Half-runner	Apr. 15-30	Aug. 1-15	Apr. 1-15	Aug. 5-20	Mar. 15-30	Aug. 15-30
Beans, Lima	May 1-15	July 1-15	Apr. 5-20	July 20-30	Mar. 20-30	Aug. 1-10
Beans, Pole Lima	May 1-15	July 1-15	Apr. 5-30	July 15-20	Mar. 20-Apr. 15	July 20-30
Beans, Edible Soy	May 10-June 15	—	May 10- July 1	—	May 10-July 15	—
Beets	March 1-30	Aug. 1-15	Feb. 1-28	Aug. 1-20	Dec. 15-Jan 30	Aug. 1-20
Broccoli	Mar. 1-15	July 1-30	Feb. 20-Mar. 10	July 20-Aug. 15	Feb. 15- Mar. 1	Aug. 10-Sept. 15
Brussels Sprouts	—	July 15-Aug. 15	—	Aug. 1-15	—	Aug. 1-15
Cabbage	Feb. 15-Apr. 1	July 1-30	Jan. 15-Mar. 1	July 25- Aug. 10	Dec. 1-Jan 15	Aug. 1-15
Cantaloupe & Honeydew	Apr. 15-May 15	June 15-30	Apr. 1-15	—	Mar. 10-Apr. 10	—
Carrots	Mar. 1-15	July 1-30	Feb. 10-28	Aug. 1-15	Dec. 15-Jan 30	Aug. 1-20
Cauliflower	Mar. 1-15	July 1-15	—	July 25-Aug. 10	—	Aug. 1-20
Collards	—	July 1-Aug. 30	Feb. 25-Mar. 20	July 15-Aug. 15	Feb. 20-Mar. 15	Aug. 1-25
Cucumbers	Apr. 15-May 15	July 1-15	Apr. 1-15	Aug. 1-10	Mar. 20-30	Aug. 1-20
Eggplant	May 1-15	July 1-15	Apr. 10-25	July 10-20	Mar. 25-Apr.10	July 20-25
Garlic	—	Sept. 1-Oct. 30	—	Sept. 15-Nov. 15	—	Oct. 1-Nov. 30
Kale	—	Aug. 15-Sept. 15	—	Aug. 15-Sept. 15	—	Aug. 15-Sept. 15
Lettuce	Mar. 1-15	Aug. 15-25	Feb. 1-28	Aug. 15-25	Dec. 20- Feb. 5	Aug. 15-25
Mustard	Feb. 1-Mar. 15	Aug. 15-Sept. 15	Jan. 15-Feb. 25	Aug. 15-Oct. 1	Jan. 1-Feb. 25	Aug. 15-Oct. 1
Onion, Sets	Mar. 1-30	Sept. 1-Oct. 30	Feb. 15-Mar. 15	Sept. 15-Nov. 15	Feb. 1-Mar. 1	Oct. 1-Nov. 30
Onion, Plants	Mar. 1-30	—	Feb. 15-Mar. 15	—	Feb. 1-Mar. 1	—
Onion, Seeds	—	—	—	Sept. 15-Oct. 15	—	Oct. 1-Oct. 30
Okra	May 1-15	June 15-30	Apr. 10-30	June 15-30	Apr. 1-20	June 15-June 30
Peanuts	May 1-15	—	Apr. 15-May 15	—	Apr. 25-May 15	—
Peas, Garden	Feb. 1-15	—	Jan. 20-30	—	Jan. 10-20	—
Peas, Southern	May 1-June 30	—	Apr. 10-30	June 20-30	Mar. 25-Apr. 15	Aug. 1-10
Pepper	May 1-30	July 20-25	Apr. 5-25	July 15-25	Mar. 25-Apr. 10	July 20-25
Potatoes, Irish	Mar. 15-30	July 1-15	Feb. 20-Mar. 10	July 15-30	Feb. 1-15	July 15-30
Potatoes, Sweet	May 10-June 10	—	May 1-June 15	—	Apr. 15-July 1	—
Pumpkins	—	June 1-15	—	June 15-30	—	July 1-15
Radish	Feb. 15-Mar. 15	Sept. 1-30	Feb. 1-28	Sept. 1-Oct. 25	Jan. 1-Mar. 1	Sept. 1-Nov. 1
Rutabaga	—	Aug. 1-20	—	July 25-Aug. 10	—	Aug. 1-20
Spinach	Feb. 15-Mar. 15	Sept. 15-30	Feb. 1-28	Sept. 15-Oct. 20	Jan. 1-Feb. 25	Sept 15-Nov. 10
Sweet Corn	Apr. 15-30	—	Mar. 20-Apr. 30	—	Mar. 10-Apr. 30	—
Squash, Summer	Apr. 15-May 15	July 1-20	Apr. 1-20	Aug. 1-15	Mar. 20-Apr. 10	Aug. 10-25
Squash, Winter	Apr. 20-May 15	—	Apr. 15-30	—	Mar. 20-Apr. 10	Aug. 10-25
Tomato	May 1-May 30	July 10-20	Apr. 5-25	July 10-20	Mar. 25-Apr. 10	July 25-30
Turnips	Feb. 20-Apr. 1	Sept. 1-15	Feb. 1-Mar. 10	Aug. 1-Oct. 1	Jan. 1-Mar. 1	Aug. 25-Oct. 15
Watermelon	Apr. 20-June 30	—	Apr. 1-30	June 15-30	Mar. 25-Apr. 20	—

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!

7

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



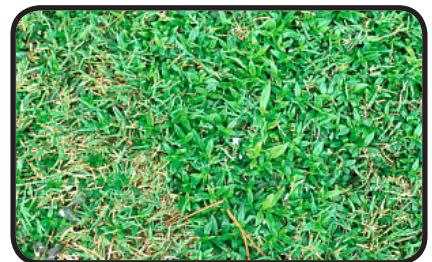
Carolina Geranium

- 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 now 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:

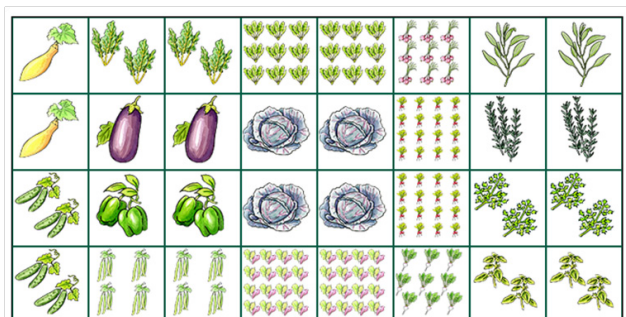
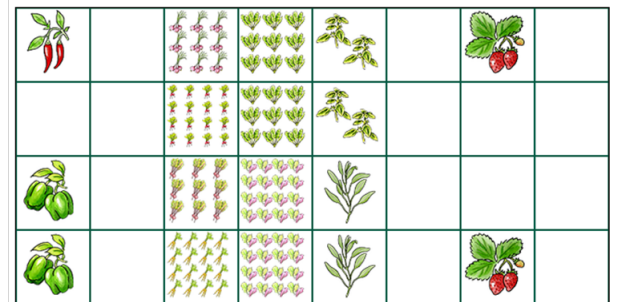
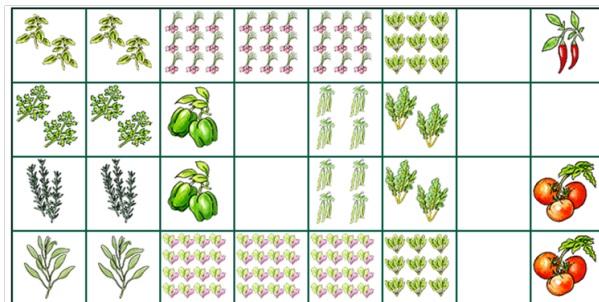
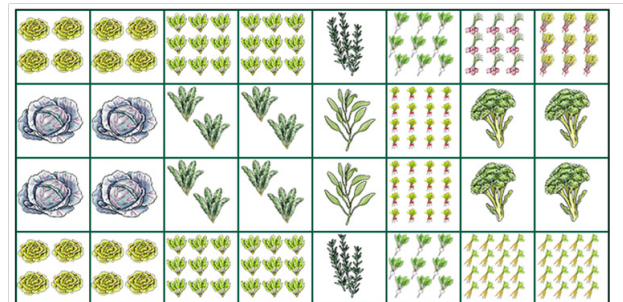
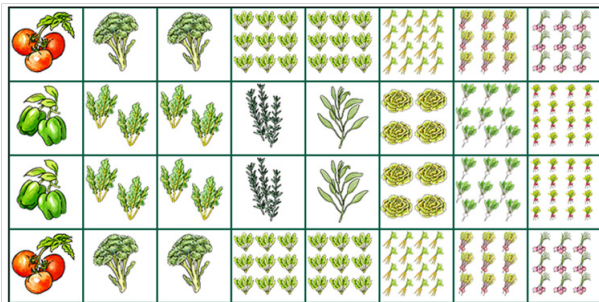
- 2 parts biodegradable soap
- Dash of chili powder and garlic powder
- Mix with water until diluted
- Spray bugs and under-side of affected plants

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.



RESOURCES AND FURTHER READING

9

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
- *Rodale's Ultimate Encyclopedia of Organic Gardening: The Indispensable Green Resource for Every Gardener* by Fern Marshall Bradley
- *Vertical Gardening: Grow Up, Not Out, for More Vegetables and*
- *Flowers in Much Less Space* by Derek Fell
- *I Garden: Urban Style* by Reggie Soloman and Michael Nola
- *Garden Anywhere* by Alys Fowler
- *Grow Vegetables* by Jo Whittingham & Alan Buckingham

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)* - seedsavors.com
- *Sow True Seeds (NC)* - sowtrueseed.com
- *Territorial Seed Company (OR)* - territorialseed.com
- *Park Seed (SC)* - parkseed.com
- *Renee's Garden (CA)* - reeneesgarden.com
- *Peaceful Valley (CA)* - groworganic.com

FAVORITE LOCAL NURSERYS

- *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, 4:00PM to 8:00PM and Sundays 6:00PM to 8:00PM

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.