



STEPS TO A HEALTHY GARDEN

Happy New Year Garden Enthusiasts!

I have many fond memories of growing up on our family farm in Hardy County. Each spring, my dad would plow a large area behind the house for the garden and mom would carefully select and buy the plants. Then, when the heat of the day had subsided, we would all head out to plant. My uncle would assist in our efforts by planting beautiful zinnias, that to this day, are my very favorite flower. It truly was a family affair at the farm.

My favorite time was harvesting and preserving our bounty. Time spent in the kitchen with my mom preserving the myriads of products from our labors is a memory I cherish. I try to continue the tradition each summer as physical work and the memories I recall are therapeutic and so very good for my soul.

As I turn the pages of this garden calendar, I think about summer days gone by and the people I hold most dear. I see my dad's callused hands, and I hear my mother's infectious laugh. I am reminded of how the simple act of gardening enhances my overall health. The invigorating physical exercise, the mental relaxation and the emotional fulfillment allow me to better face the stressors in life.

My wish for you is spend some time in the garden. Plant some flowers or try a new vegetable variety. Whether it is a family affair or something you like to do alone, time in the garden promotes wellbeing for both you and the environment, and it is never time wasted.

Happy gardening!

Jennifer Ours Williams
WVU Extension Associate Dean



JANUARY

DECEMBER 2024

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FEBRUARY 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day Plan garden layout Increase humidity for houseplants	2 Browse seed catalogs Cut poinsettias and place in sunny windows	3 Order herb seeds Harvest overwintered Brussels sprouts	4 Order seed varieties Harvest overwintered kale Create a garden map
5	6 Seed tomatoes for early high tunnel planting ☾ First Quarter	7 Service power equipment Clean garden tools	8 Plant amaryllis in indoor pots Test germination of stored seeds	9 Use grow lights for vegetable seedlings Turn compost Sharpen tillage tools	10 Gently remove snow or ice from evergreens and shrubs	11 Organize a community garden
12	13 ☽ Full Moon	14 Order fertilizer and lime according to soil test results	15 Seed spinach in cold frame or high tunnel	16 Plan spring landscape design	17 Order harvest supplies	18
19	20 Martin Luther King Jr. Day Order blackberry and raspberry plants	21 Seed mache or claytonia in cold frame ☾ Last Quarter	22 Order strawberry plants	23	24	25
26	27	28	29 ☉ New Moon	30	31	

Soil Health



By Emily Morrow, WVU Extension Agent – Jefferson County

The foundation to a healthy garden starts underground – in the soil. Soil is a living natural resource, one that requires care to keep plants healthy and thriving. Soil health is measured by a few indicators, all of which work together to create a flourishing garden.

The first measure of soil health is pH, which indicates the acidity of a soil. A soil's pH is naturally occurring, yet it can be increased by adding lime or decreased with sulfur. Most gardens thrive at a pH between 6.0 to 6.8, because at this level other key elements are made available for plants to uptake in the right doses.

The primary elements of soil fertility are nitrogen, phosphorus and potassium. While other elements also are important to soil health, these three are needed by the plant in the largest amounts. These three elements are critical for plant growth, as they allow plants to fruit, grow strong roots and adapt to stressful conditions.

Lastly, organic matter is made up of plant and animal residue, and one of the strongest indicators of improving soil health. Soils rich in organic matter have improved nutrient and water retention for plants. Organic matter is measured in terms of a percentage, with 5% being the targeted minimum.

How do you establish a baseline of your own soil's health? A soil test should be the first step of the growing season. A basic soil analysis is free at WVU's Soil Testing Lab, and organic matter can be tested for a small fee. Results will report your soil's pH, nutrient levels and provide fertilizer recommendations based on your selected crop. For more information, visit soiltesting.wvu.edu or contact your local WVU Extension office.

FEBRUARY

JANUARY 2025

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MARCH 2025

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To add more fresh produce to your plate, check out the recipes at the back of the calendar and on our Family Nutrition Program's YouTube channel.

						1 Harvest overwintered vegetables Order herb seeds
2 Groundhog Day	3 Apply lime and fertilizer Order fruit trees Build a high tunnel	4 Seed head lettuce (indoors) Turn compost	5 Build a low tunnel or cold frame Seed leeks (indoors) ☾ First Quarter	6 Seed cauliflower (indoors) Seed celery (indoors)	7 Happy 158 Birthday WVU! Clean dust from houseplants with damp cloth	8 Seed carrots, leafy salad greens and radishes in high tunnel
9	10 Start a kitchen herb garden Prune grapes	11 Seed broccoli and cabbage (indoors) Seed collards and kale (indoors)	12 Seed peas (outdoors) south of U.S. Rt. 60 ☾ Full Moon	13 Order seed potatoes	14 Valentine's Day Plant Irish potatoes in high tunnel	15 Prune blueberries, raspberries, blackberries, elderberries and fruit trees
16	17 Presidents Day Seed carrots, onions and greens in cold frame or low tunnel	18 Apply lime sulfur to blueberries Apply dormant oil spray to fruit trees	19 Prune deciduous trees and shrubs	20 Mow asparagus ferns ☾ Last Quarter	21 Propagate grapes and blueberries from hardwood cuttings	22 Propagate elderberries from cuttings Order cold-hardy fig plants
23	24 Presprout seed potatoes Build a raised bed garden	25	26	27 Seed celery as transplants ● New Moon	28 Prune figs	

Organic Matter Maintenance

By Jessica Hoover, WVU Extension Agent – Pendleton County

Soil organic matter consists of the remains of plants and animals in varying stages of decomposition. Organic matter can fall into one of three types: plant residues and living microbial biomass; active organic matter, otherwise known as detritus; or stable soil organic matter, otherwise known as humus. The living microbial biomass and detritus contribute to the fertility of the soil and the release of nutrients from decomposition. Humus is the end result of decomposition and is considered stable organic matter. This contributes to the structure, tillage, cation exchange capacity and dark color of the soil.

Benefits of maintaining high stable organic matter include physical benefits, such as reducing runoff, easier tillage and increased water holding capacity; chemical benefits, such as increased cation exchange capacity, accelerated mineral availability and increased buffering capacity; and biological benefits, such as increased nutrients for living organisms in the soil and enhanced biodiversity.

Sources of stable organic matter include crop residues, animal manure, compost, cover crops, and perennial grasses and legumes. Once a sufficient level of stable organic matter is attained, management practices to maintain that level include conservation tillage methods, rotating crops with perennial grass or legume sods, establishing legume cover crops and protecting soil from compaction. Stable organic matter also is influenced by the temperature, water capacity, type, drainage, fertility, pH and existing microbials of the soil.

To determine and monitor the level of stable organic matter in the soil, regular soil samples should be collected. In addition to the basic soil analysis, the WVU Soil Testing Lab offers organic matter determination soil analysis for a small cost. Through this analysis, organic matter is determined using the Loss on Ignition method and is reported in a percentage of weight. For more information regarding soil sampling, contact your local WVU Extension office.



MARCH

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APRIL 2025

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<p><i>It's time to spring forward safely! The beginning and end of Daylight Saving Time are great opportunities to change the batteries in your smoke alarms.</i></p>						<p>1</p> <p>Seed peppers (indoors) for high tunnel production</p>
<p>2</p>	<p>3</p> <p>Seed globe artichokes (indoors) Order rhubarb crowns</p>	<p>4</p> <p>Order specialty seed potatoes Plant or seed shallots</p>	<p>5</p> <p>Ash Wednesday Seed leeks as transplants Seed microgreens</p>	<p>6</p> <p>Plant broadleaf evergreens Turn compost ☾ First Quarter</p>	<p>7</p> <p>Plant onion sets Remove dead leaves from overwintered strawberries</p>	<p>8</p> <p>Take cuttings from herbs Seed chives</p>
<p>9</p> <p>Daylight Saving Time Begins</p>	<p>10</p> <p>Seed leaf lettuce and spinach (indoors)</p>	<p>11</p> <p>Seed tomatoes (indoors)</p>	<p>12</p> <p>Seed peppers (indoors)</p>	<p>13</p> <p>Seed Swiss chard (indoors) Divide old rhubarb planting</p>	<p>14</p> <p>Seed peas (outdoors) Plant nonflowering trees and shrubs ☉ Full Moon</p>	<p>15</p> <p>Seed radishes, spinach and leeks (outdoors)</p>
<p>16</p>	<p>17</p> <p>St. Patrick's Day Seed parsnips Plant roses</p>	<p>18</p> <p>Seed salsify Set head lettuce</p>	<p>19</p> <p>Seed celery as transplants Seed celeriac</p>	<p>20</p> <p>Spring Begins Seed eggplant (indoors)</p>	<p>21</p> <p>Fertilize spring-flowering bulbs Plant asparagus (outdoors)</p>	<p>22</p> <p>Transplant strawberry plants Plant figs ☾ Last Quarter</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Begin dogwood anthracnose control</p>	<p>26</p> <p>WVU Day of Giving</p>	<p>27</p> <p>Seed lavender (indoors) Seed cutting celery (indoors)</p>	<p>28</p> <p>Sow rosemary seed Plant table grapes</p>	<p>29</p> <p>Plant horseradish ☉ New Moon</p>
<p>30</p>	<p>31</p> <p>Plant rhubarb</p>	<p>Fertilize asparagus and rhubarb beds</p>	<p>Use row covers for freeze protection</p>			

Fertilizing the Garden

By Brian Sparks, WVU Extension Agent – Fayette and Nicholas Counties

Everyone wants a beautiful lawn or a healthy garden throughout the season. To achieve that goal, one must follow several practices, such as preparing the planting site, providing adequate water, and applying fertilizers and lime following soil test recommendations.

Fertilizer provides plants with necessary nutrients. Most fertilizers contain three macronutrients: nitrogen, which helps plants grow and is always required regardless of soil test results; phosphate, which helps plants use energy; and potassium, which helps plants resist disease, withstand wetness and grow roots.

When using fertilizer, we must figure out what quantity of nutrients are in a bag of fertilizer. A bag that is labeled 10-20-20 contains 10% nitrogen, 20% phosphate and 20% potassium.

Applying this concept, a 50-pound bag of 10-20-20 fertilizer would contain 5 pounds of nitrogen, 10 pounds of phosphate and 10 pounds of potassium. The other 25 pounds of material in the bag of fertilizer is filling material. Respectively, the numbers represent percentages not pounds.

Another example would be a 40-pound bag of 10-10-10 fertilizer contains 4 pounds of nitrogen, 4 pounds of phosphate and 4 pounds of potassium, with 28 pounds of inert material.

Fertilizer can contain additional micronutrients that are essential to plant growth and health, which will be listed as an additional component on the outside of the bag. It is important to read the outside of the bag and to match nutrients contained in fertilizer with the soil test analysis.



APRIL

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MAY 2025

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		1 April Fools' Day Monitor for asparagus beetles Plant figs	2 Seed onions, beets and radishes (outdoors) Seed kale and collards	3 Plant cabbage and kohlrabi Seed basil for transplant (indoors)	4 Seed beets and kale (outdoors) Plant potatoes ☾ First Quarter	5 Seed or plant broccoli, cabbage and cauliflower (outdoors) Seed Ethiopian kale
6	7 Seed parsley Seed dill (indoors) Turn compost Plant or seed shallots	8 Seed parsnips (outdoors) Seed leaf lettuce (outdoors)	9 Plant fruit and hazelnut trees Apply crabgrass control	10 Seed carrots Order sweet potato slips for transplanting	11 West Virginia Arbor Day Seed celery as transplants	12 Passover Begins Transplant strawberry plants ☽ Full Moon
13	14 Seed watermelons (indoors) Fertilize lawn	15 Tax Day Use row covers to protect flowers and tender plants	16 Seed late tomatoes (indoors) Start new compost pile	17 Remove row cover from strawberries Plant perennials	18 Refresh mulch in landscape beds Seed or transplant peas (outdoors)	19 Seed chives and chamomile (outdoors) Transplant leeks
20 Passover Ends Easter ☾ Last Quarter	21 Seed new lawn Seed endive	22 Earth Day Plant blackberry and raspberry plants	23 Begin spraying fruit trees after petals fall Seed carrots and Swiss chard	24 Plant summer-flowering bulbs Apply pre-emergent landscape weed control	25 National Arbor Day Seed sweet corn Seed Asian greens	26 Buy herb cuttings/plugs Start grafting tomato plants
27 ☾ New Moon	28 Seed tomatillo for transplants Seed or transplant lemon balm (outdoors)	29 Seed ground cherries Turn compost	30			

Drainage



By David Richmond, WVU Extension Agent – Raleigh and Summers Counties

Water is a very important component to a successful garden, but like all other aspects of growing plants, too much water can be detrimental.

Excessive water can cause seed and root rot, decline in germination and displacement of oxygen, especially when the plants are young. The major contributing factor to poorly drained soil in plant production is inadequate aeration.

Most plants like moist but well-drained soils, and the main factors that can influence the soil drainage is soil structure, compaction and slope.

Soil structure can be improved by adding various soil amendments, depending on the prominent soil type. Compaction is improved by periodical deep tillage or “turning” the soil. Slope is much harder to adjust, so if possible, select a flat garden spot or consider alternative planting methods.

There are several additional steps that you also can use to control drainage issues in the garden space, which include managing the surface water by locating the garden in an area that minimizes runoff and standing water.

If drainage problems aren’t too severe, you can increase the permeability of the soil by incorporating large amounts of organic matter. Spiking or slitting the soil to break up water and root barriers, such as compaction layers, is also a beneficial practice in improving garden drainage.

Excessive water can reduce the production of your garden soils, and drainage is one area that many overlook.

MAY

APRIL 2025

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JUNE 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>National Learn About Composting Day is May 29! Scan the QR code to learn how to start your own compost pile.</i></p>				1 Plant figs Seed or transplant parsley	2 Transplant onions Seed fennel Plant fingerling potatoes	3 Plant potatoes Transplant or seed Chinese cabbage
4 First Quarter	5 Seed broccoli raab Seed snap beans Seed head lettuce	6 Seed leaf lettuce and winter squash Control broadleaf weeds in lawn	7 Seed summer squash and cucumber Seed or transplant broccoli	8 Happy Birthday Cooperative Extension! Seed late celery	9 Seed sweet corn Seed cilantro Plant bok choy Seed thyme	10 Plant early celery and tomatoes Grow mint in containers
11 Mother's Day	12 Seed annual flowers Transplant or seed melons Full Moon	13 Plant sweet potatoes Harvest scapes from hardneck garlic	14 Plant peppers, okra and cabbage Harvest established asparagus	15 Seed borage and zinnias Seed lima beans Fertilize houseplants	16 Seed sweet corn Remove strawberry blossoms on newly transplanted plants	17 Seed leeks as transplants for planting in early August
18	19 Seed or transplant basil Seed lemon cucumbers	20 Install row covers to exclude insects on cabbage and broccoli Last Quarter	21 Prune azaleas, viburnum, lilac and forsythia after blooming	22 Tip primocane blackberry canes at 36-inch height	23 Begin control measures for cucumber beetle	24 Plant eggplant Turn compost
25	26 Memorial Day Plant jack-o'-lantern pumpkins New Moon	27 Prune tomatoes at first flowering Plant an herb garden	28 Stake and mulch tomatoes Trellis cucumbers	29 Plant asparagus beans Transplant fennel	30 Seed leaf lettuce as a companion plant with trellised cucumbers	31 Seed broccoli raab Seed Roma beans

Crop Rotation in the Garden

By JJ Barrett, WVU Extension Agent – Wood County

Crop rotation is an important agricultural practice you should implement in your home garden. It has been used on farms and gardens for centuries to reduce damage from insects, limit crop diseases and manage soil fertility.

Vegetable crops in the same botanical family are often susceptible to similar diseases and insects. For crop rotation to be effective, gardeners should not plant vegetables belonging to the same plant family in the same location for two to three years.

It also is important to grow soil building crops. Legumes, such as peas and beans, should be rotated around the garden for their ability to enrich the soil by fixing nitrogen.

Crop rotation in a small garden is difficult, but changing plant families grown in an area of a garden from year to year is vital. Keeping a garden journal or map as a reminder of where vegetables are planted each year will help in planning crop rotations.

The following are commonly grown vegetables grouped in their proper botanical families. Members of the Solanaceae, or nightshade, family include tomatoes, peppers, eggplant and potatoes. Cabbage, broccoli, cauliflower, Brussels sprouts, kale and collards are members of the Brassicaceae, or mustard, family. Onions and garlic are members of the Alliaceae, or onion, family. The Cucurbitaceae, or gourd, family includes cucumber, muskmelon, watermelon, squash, pumpkin and gourd. Garden peas and snap beans are in the Fabaceae, or pea, family.




JUNE

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JULY 2025

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1	2 Seed lettuce as a companion plant to tomatoes ☾ First Quarter	3 Seed parsley Seed snap beans and carrots	4 Seed summer squash and corn for late crop	5 Seed cabbage, broccoli, Brussels sprouts and cauliflower for late crop	6 Plant tomatoes Seed pumpkins and winter squash	7 Seed leaf and bibb lettuce Plant a late crop of Irish potatoes
8	9 Mulch garden to conserve soil moisture Plant celery	10 Monitor for garden pests Summer prune apples and peaches	11 Pinch blackberry canes ☾ Full Moon	12 Begin control measures for squash vine borer	13 Seed sweet corn, beets, pumpkins and winter squash Begin bagworm control	14 Flag Day Seed basil as tomato companion plant
15 Father's Day	16 Side-dress sweet corn that is knee-high with additional nitrogen	17 Transplant thyme Deadhead annual flowers Turn compost	18 Prune spring-flowering shrubs Plant peppers ☾ Last Quarter	19 Juneteenth Control cabbage worms with DiPel® or row cover	20 Summer Begins West Virginia Day Renovate strawberries after last harvest	21 Seed or transplant gourds Pinch back garden mums
22	23 Seed dill Seed or transplant cantaloupes for fall	24 Treat lawn for white grubs End asparagus harvest	25 Prune pine trees Seed Brussels sprouts ☾ New Moon	26 Seed peppers Seed or transplant savory Harvest beet greens	27 Plant late tomatoes and peppers Fertilize asparagus Seed peppers	28 Add non-seed-bearing weeds to compost Plant basil
29 Stake peppers Transplant rosemary Plant cilantro and parsley	30 Seed half-runner and pole beans Harvest summer squash frequently	 <p><i>Last summer, youths received more than \$206K in scholarships to attend a WVU Extension 4-H state camp, including weekend and weeklong camps.</i></p>				

Variety Selection



By Lewis W. Jett, WVU Extension Specialist – Commercial Horticulture

A very important step to having a healthy garden is choosing a suitable variety of vegetable, fruit, herb or flower. Variety selection is extremely important since genetics or varietal characteristics are often the front-line defense against many diseases and other pests.

There is a plethora of varieties to choose from when making your selections, which can be confusing for new gardeners. A suitable variety should be one that produces a flavorful, attractive, high-yielding crop with disease and stress tolerance.

Some heirloom varieties are unique or adapted to Appalachia and have been passed through families for generations. Heirloom or heritage varieties are open-pollinated and pass the same unique horticulture traits to offspring. These varieties can be isolated from other varieties and the seed saved each year, purchased from seed companies, or obtained at community seed swaps or seed libraries.

Hybrid seed varieties are usually adaptable to West Virginia and have many desired traits.

At WVU Extension, we routinely conduct variety trials of many hybrid and open-pollinated horticulture plants and recommendations can be obtained through your local WVU Extension office and the appendix of the Garden Calendar.

In addition, if a variety is unknown or not evaluated by WVU Extension, selecting varieties with the All-America Selections (AAS) rating will usually result in choosing a successful variety for your garden. All-America Selections varieties are tested by gardeners across the United States and are evaluated for yield, appearance, disease tolerance and vigor.

Careful garden planning, which includes variety selection, will produce long-lasting benefits through the gardening season.

JULY

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AUGUST 2025

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Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		Seed late cabbage and cauliflower Seed or plant endive	Seed late corn, snap beans, kale and broccoli ☾ First Quarter	Watch for early and late tomato blight Seed carrots and Swiss chard	Independence Day Plant grape or cherry tomatoes for fall	Seed late sweet corn and beets Order garlic cloves for fall planting	
6	7	8	9	10	11	12	
	Watch for Japanese beetles Order garlic seed	Plant napa Chinese cabbage Remove raspberry canes after fruiting	Harvest new potatoes with tender skins Seed borage	Pinch the top of black raspberry canes ☾ Full Moon	For the largest flowers, remove side shoots from main stem	Seed dill Turn compost	
13	14	15	16	17	18	19	
	Harvest summer squash frequently	Seed collards and kale for fall Don't let weeds go to seed	Transplant cauliflower, broccoli and Swiss chard	Seed fall cucumbers ☾ Last Quarter	Seed wildflowers as beneficial insect and pollinator attractant around perimeter of garden	Plant peppers for fall crop Seed summer squash for fall crop	
20	21	22	23	24	25	26	
	Take cuttings from herbs	Mulch garden to conserve soil moisture	Water young trees and shrubs during dry periods	Pinch basil to retain four pairs of leaves per plant ● New Moon	Transplant Brussels sprouts	Add non-seed-bearing seeds to compost	
27	28	29	30	31			
	Seed beets						

Watering Your Garden

By Jody Carpenter, WVU Extension Agent – Barbour County

Watering your garden is a simple but important task.

For a gardener, water can be your limiting factor. It's critical that you consider access to water when determining where – or where not – to place your growing zone. If water isn't accessible at the garden's current location, a rain barrel could be installed on a structure to collect water and store for later use. Rain barrels can be a life saver, and the amount of rain fall that flows off a small roof is quite amazing.

There are some considerations when watering your plants.

Avoid watering in the hottest part of the day. If possible, water in the morning. Irrigation hoses can be placed on a timer to help save you some time.

Avoid wetting the leaves. Fungal and bacterial pathogens require leaf wetness for infection and spread.

Water the correct amount. Applying too little can stunt growth and cause severe wilting. On the other hand, too much can increase the risk of soil-borne pathogens.

If water is used inside a high tunnel, the water source is another consideration to have. Municipal water can have high levels of chloride and other minerals that can accumulate in the soil and have negative impacts on crops. Regular water sampling and EC soil tests can help mitigate these effects.



AUGUST

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SEPTEMBER 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Water plants deeply each time ☾ First Quarter	2 Seed beans and peas for fall crop Plant cabbage for fall crop
3	4 Plant napa Chinese cabbage Seed spinach Seed fall carrots	5 Seed lettuce for fall crop Watch for downy mildew	6 Seed mustard greens and radishes	7 Seed fall cucumbers Control broadleaf lawn weeds	8 Take note of new varieties Seed bush beans	9 Turn compost Harvest okra pods every other day ☽ Full Moon
10	11 Seed rutabagas Seed Asian greens	12 Watch for powdery mildew on pumpkins and winter squash	13 Seed radishes and leeks	14 Plant strawberries	15 Install sod Seed fall herbs	16 Seed bok choy ☾ Last Quarter
17	18 Seed winter sprouting broccoli	19 Seed turnips	20 Plant collards	21 Seed lawn	22 Seed spinach Apply nitrogen to strawberries	23 Seed arugula ☀ New Moon
24	25	26	27	28	29	30
31 ☾ First Quarter	Seed Ethiopian kale as replacement for arugula	Seed fall green bunching onions		Seed kale and kohlrabi	Turn compost	

Mulching

By Candace DeLong, WVU Extension Agent – Hampshire County

Mulch is any material used to cover, protect and enhance the soil around growing plants. Having a good layer of mulch on the garden provides a multitude of benefits for growing vegetation.

Mulching reduces watering needs by preventing evaporation of water from the soil surface. It saves time by providing a weed-preventing barrier, and it can even reduce disease pressure by stopping bacteria in the soil from splashing up on lower leaves during rain or watering.

When it comes to effective mulches, gardeners have plenty of options. One relatively affordable option is straw, laid in a thick 2- to 3-inch layer. Make sure the straw is free of weed and grass seeds or it may cause more problems than solutions.

For an even cheaper option, try mulching with leaves or grass clippings. These types of organic mulches will decompose and improve the quality of the garden soil over time.

Other biodegradable mulch options include bark, sawdust, woodchips and compost. The mulch layer will need to be reapplied once the material has decomposed and the soil becomes exposed.

At the end of the growing season, applying a final layer of organic mulch will keep garden beds protected from winter erosion and ready to plant the following spring.

Mulch can be made of synthetic materials, too. Many growers use plastic to provide a barrier over the soil. Although plastic won't decompose, it can be an ultra-effective weed barrier that doesn't need replaced during the growing season.

Don't forget to mulch perennials, too – a layer of mulch benefits fruit trees, perennial flower beds, berries and even landscape trees.




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OCTOBER 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day Order spring-flowering bulbs	2 Seed spinach Plant crocus Build a high tunnel or cold frame	3 Harvest primocane blackberries and raspberries	4 Dig late potatoes Turn compost Renovate lawn or reseed bare spots	5 Seed cover crop to improve soil health Prepare root cellar	6 Seed lettuce for fall crop Plant fall turnips and radishes
7 ○ Full Moon	8 Divide peonies Seed carrots in high tunnel or cold frame	9 Harvest early pumpkins Don't let weeds go to seed	10 Plant hardy evergreens	11 Patriot Day Seed bunching onions in a cold frame	12 Control broadleaf weeds in lawn Harvest peppers	13 Plant garden mums Begin 14 hours of darkness to turn color of poinsettias
14 ● Last Quarter	15 Begin pumpkin harvest Seed lettuce in high tunnel	16 Transplant winter sprouting broccoli	17 Repot houseplants Seed fall spinach	18 Harvest early-planted sweet potatoes	19 Plant shallots and potato onions	20 Water young trees and shrubs during dry periods
21 ● New Moon	22 Plant elephant garlic Seed salad greens in high tunnel Autumn Begins	23 Plant hyacinths Harvest storage onions	24 Bring rosemary plants indoors before frost	25 Seed carrots in high tunnel or cold frame	26 Save heirloom tomato seeds	27 Seed leeks for overwintering in cold frame
28	29 ● First Quarter	30	 <p>Fall is a great time to take a soil sample from your lawn or garden and send it to the WVU Soil Testing Lab. Scan the QR code to learn more about soil testing!</p>			

Weed Control

By Rakesh Chandran, WVU Extension Specialist – Weed Science

Weeds can compete with vegetables, reducing yield or affecting crop quality, and can serve as alternate hosts for diseases. Weed management is easiest to accomplish and most critical when the crop is young and actively growing.

Weeds emerge from seeds present in the soil. Preventing deposits of seeds is key to managing weeds long-term. Sanitize areas adjacent to the garden and ensure that materials, such as manure, composts, mulch and equipment, are free of weed seeds. Keeping the soil covered using a cover crop or mulch material also can help.

The stale seedbed strategy, cultivating the seedbed ahead of time, followed by a secondary cultivation or flaming to kill germinated weeds prior to planting partially depletes weed seeds already present in the soil.

Applying mulch is effective. If using straw or lawn clippings as mulch material, make sure it was not previously treated with herbicides or fertilizer-based herbicides.

Emerged annual weeds may be easily removed during the early stages of growth. Hand-weeding or simple machinery, such as a sharp hoe or cultivator, flamer or finger-weeder, can be effective for weed management. Growing points of annual grasses are at or slightly below the soil surface and must be removed for successful control.

Tilling soils where perennial weeds, such as Canada thistle or Johnsongrass, are present can aggravate the problem by chopping vegetative propagules and spreading them.

Natural products, such as vinegar (with a concentration of at least 12.5% acetic acid), effectively controls young broadleaf weeds; however, it does not control grasses, perennials or larger broadleaf weeds. A shielded sprayer is recommended if spraying vinegar within rows to avoid crop injury.



OCTOBER

SEPTEMBER 2025

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NOVEMBER 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Plant winter cabbage in high tunnel Cure onions for storage	2 Turn compost Dig canna, dahlia, gladiolas and tubular begonias	3 Harvest green tomatoes and gourds before frost	4 Seed carrots for overwintering in high tunnel
5 Harvest and cure sweet potatoes ○ Full Moon	6 Divide perennials Harvest pumpkins and winter squash	7 Remove old crop residue and seed winter cover crop	8 Store winter squash in cool, dry location Plant multiplier or potato onions	9 Plant or transplant lilies that flower July 15 to Sept. 15	10 Plant spring bulbs	11 Mow lawn for last time Prune roses and root cuttings
12 Columbus Day ● Last Quarter	13 Seed spinach in cold frame or high tunnel ● New Moon	14 Take a fall soil test Mulch greens (chard, collards, etc.)	15 Plant mache in cold frame	16 Harvest fall Irish potatoes	17 Turn compost	18 Halloween
19 Plant garlic	20 Seed spinach in cold frame or high tunnel ● New Moon	21 Take a fall soil test Mulch greens (chard, collards, etc.)	22 Plant mache in cold frame	23 Harvest fall Irish potatoes	24 Turn compost	25 Halloween
26 Turn compost	27 Seed spinach in cold frame or high tunnel ● New Moon	28 Take a fall soil test Mulch greens (chard, collards, etc.)	29 Plant mache in cold frame	30 Harvest fall Irish potatoes	31 Turn compost	

Insect Control



By Carlos Quesada, WVU Extension Specialist – Entomology

Insect control can be challenging to gardeners because insect pests have the potential to damage ornamentals, fruits and vegetables. The identification of the insect is the first step in determining whether it should be controlled and the recommended control measures.

Less than 3% of insects are considered pests. Therefore, encountering non-pest insects is highly probable. Misidentifying or treating a non-pest organism as a pest may cause a loss of time and money and increase unnecessary exposure to pesticides.

Insects leave symptoms and signs of their presence that can help with their identification. A symptom is a visible indication, such as exit holes. In contrast, pest signs are parts of the pest itself or the whole pest.

Having specimens of the pest is essential for proper identification. The difficulty of acquiring the organisms vary. For instance, adult Japanese beetles are easy to spot and catch on small plants, but their larvae live underground.

After specimens are captured, gardeners may know the organism from previous experience. In the case of doubt or unfamiliarity, you can send the specimen to your local WVU Extension office for proper identification.

Understanding the biology of the pest allows gardeners to make better pest management decision. For instance, roseslug sawflies damage roses during their larva stage in late April and May. From mid-June to February, they live underground, where they don't cause any damage. Gardeners should monitor for roseslug sawflies in May. If damage is observed in early June or later, any attempt to control this pest is a waste of time.

NOVEMBER

OCTOBER 2025

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DECEMBER 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Need help putting your garden to bed? Scan the QR code to watch a video on preparing your garden for winter!

						1 Plant leeks in cold frames
2 Daylight Saving Time Ends	3 Plant short-day onions in cold frames	4 Remove stakes and trellises	5 Mulch carrots for winter use ○ Full Moon	6 Fertilize under deciduous trees and shrubs	7 Water trees and shrubs thoroughly if fall has been dry	8 Remove diseased plant debris from garden
9	10 Apply lime and fertilizer according to soil test	11 Veterans Day Winterize garden tools	12 ● Last Quarter	13	14 Mulch strawberries	15 Mulch thyme plants before winter
16	17 Turn compost	18 Mulch perennial beds	19 Harvest salad greens from high tunnel	20 ● New Moon	21 Cut hardy chrysanthemums to 2 or 3 inches and mulch	22
23	24	25	26	27	28 Harvest Brussels sprouts or overwinter in garden ● First Quarter	29
30 Fertilize houseplants	Mulch garlic	Mulch garlic	Store winter squash and gourds for winter	Thanksgiving Day		Harvest fall parsnips



Timely Harvesting

By Jennifer Friend, WVU Extension Agent – Harrison County

Have you ever entered your garden to find a zucchini that went from a petite vegetable to a 2-foot-long giant that could outweigh a small child? If so, you are not alone! Although you might be able to have bragging rights for the largest produce at a county fair, the eating experience is less than desirable. Produce like summer squash and zucchini are best when harvested at about 6 to 8 inches long.

Some people like fried green tomatoes early in the summer. But what if you want your tomatoes to be ripe when you harvest? Tomatoes are the most flavorful if allowed to ripen on the vine; however, if a tomato is picked prior to being fully ripe, it will finish ripening on your kitchen counter.

The type of pepper you grow will determine the stage at which they are harvested. Jalapeños should be harvested when they are green, and Hungarian wax peppers should be yellow when picked. There are more options for sweet peppers, as they can be harvested when green or allowed to ripen to yellow, orange or red. Sweet peppers that are allowed to ripen will have a sweeter flavor than when green.

Green beans are another garden staple for West Virginia gardeners. Harvesting will be dependent on variety and usage. Filet beans are harvested with little bean development, while snap beans are allowed to have some bean development. For these, it is up to you on the size you allow the beans to grow to. Dry beans are best harvested when the pods are tough, thin and separate easily.

Cabbage should be harvested when heads are full and firm. If you're growing broccoli, harvest when the florets are deep green and before they start to turn yellow and open. You can get extra broccoli harvests with side shoots.

DECEMBER

NOVEMBER 2025

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JANUARY 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Protect shrubs from harsh weather	2	3 Mulch hybrid roses Select cut Christmas tree with flexible needles	4 Overwinter spinach and Swiss chard ○ Full Moon	5 Mulch perennial herbs	6 Harvest high tunnel carrots and lettuce
7	8 Buy live Christmas tree	9 Store leftover and saved seed in cool, dry place	10	11 ☾ Last Quarter	12 Participate in a seed swap or donate seeds to seed libraries	13
14 Hanukkah Begins	15	16	17 Turn compost	18	19 ● New Moon	20
21 Winter Begins	22 Hanukkah Ends	23	24	25 Christmas Day	26 Plant live Christmas tree	27 ☾ First Quarter
28	29	30	31 New Year's Eve			

Vegetable Varieties Recommended for West Virginia

Vegetable	Varieties
Asparagus	Jersey Giant, Jersey Supreme Purple Passion, Millennium
Beans (green)	Bronco (bush), Caprice (bush), Jade II (bush), Crockett (bush), Prevail (bush), Boone (bush), Maxibel (filet bean), Strike (bush), Roma II (romano), Mountaineer (half-runner), Volunteer (half-runner), Josephine Jackson (half-runner), Fat Man (pole), Non-Tough (half-runner)
Beets	Red Ace, Pacemaker III, Touchstone Gold (yellow), Kestrel, Chioggia (multicolored), Bull's Blood (beet tops), Baby Beat (baby-sized)
Broccoli	Gypsy, Arcadia, Eastern Crown, Emerald Crown, Lieutenant, Imperial, Major, Captain, Del Rico (side shoots), Everest, Green Sessantina Grossa (broccoli raab), Red Fire (winter sprouting)
Brussels Sprouts	Jade Cross E, Prince Marvel
Cabbage	Bronco, Bravo, Charmant, Cheers, Savoy Ace, Caraflex (mini-head), Red Dynasty, Tiara (mini-head), Fast Vantage
Cantaloupe	Sugar Cube (mini), Athena (large), Ambrosia
Carrots	Hercules, Mokum, Sugarsnax 54, Nectar, Napoli, Bolero, Laguna, Romance
Cauliflower	Snow Crown, Cheddar (orange), Graffiti (purple)
Celery	Tango, Tendercrisp
Chinese Cabbage (bok choy)	Joi Choi, Win Choi, Mei Qing Choi
Chinese Cabbage (napa)	Jade Pagoda, Blues, Mirako, Nikko
Collards	Top Bunch, Georgia, Vates, Champion
Cucumbers	Dasher II, Marketmore 76, Diva (burpless), Sweet Slice, Cool Breeze (pickles), Excelsior, Little Leaf (pickles), Lisboa (high tunnel), Picolino (high tunnel)
Eggplant	Nadia, Hansel, Orient Charm, Ghostbuster (white), Fairy Tale, Aretusa (white)
Garlic	Music (porcelain), Incheleum Red German X-tra Hardy White
Irish Potato	Superior, Salem, Chieftain (red-skin), Lehigh (yellow), Russian Banana (fingerling), Purple Majesty (purple), Sierra (russet)

Vegetable	Varieties
Kale	Red Russian, Winterbor, Redbor, Tuscan, Scotch Siberian
Kohlrabi	Kolibri (purple), Winner
Leeks	King Richard, Lancelot, Bandit, Tadorna (winter)
Lettuce	Buttercrunch (bibb), Cherokee (red batavin), Magenta (batavian), Sierra (bibb), Red Sails (leaf), Monte Carlo (romaine), Green Towers/Green Forest (romaine), Winter Density (green romaine), Jericho (romaine), Cherokee (bibb)
Okra	Annie Oakley II, Clemson Spineless
Onions	Candy (yellow), Candy Apple (red), Red Bull (red), Copra (yellow), Red Wing (red), Beltsville Bunching, Nabechan (bunching), Guardsman (bunching)
Parsley	Giant of Italy
Peas	Knight (shell), Frosty (shell), Cascadia (sugar snap), Sugar Anne (sugar snap)
Peppers	Red Knight, Revolution, Achimedes, Paladin, Blushing Beauty, Carmen
Pumpkins	Magic Lantern, Aladdin, Hulk, Gladiator, Super Herc, Field Trip
Spinach	Avon, Regiment, Melody, Space, Bloomsdale, Abundant Bloomsdale
Squash – Acorn	Table Ace, Taybelle, Autumn Delight
Squash – Buttercup	Orange Cutie, Sunshine, Bon Bon
Squash – Butternut	Waltham, Butternut 242, Metro, Bugle, Avalon
Squash – Summer	Multipik, Patriot II (summer yellow), Sultan (zucchini), Independence II, Tigress (zucchini), Cashflow (zucchini), Magda
Sweet Corn	Incredible, Bodacious, Delectable, Montauk (all sugar enhanced var.)
Sweet Potatoes	Beauregard, Jewel, Evangeline, Burgundy
Swiss Chard	Rainbow, Bright Lights, Argentata
Tomatoes	Skyway 687, Crista, Mt. Fresh Plus. FI 91, Floralina, Big Beef, Celebrity, Primo Red, Brandy Boy, Scarlet Red, Rocky Top, Sun Gold (grape), Sunshine (early), BHN 589, BHN 876 (yellow), Mortgage Lifter, Kellogg's Breakfast
Watermelons	Sangria, SS5244 (seedless), Crimson Sweet, Crunchy Red (seedless), Petite Treat (mini), Serval (mini seedless), Petite Yellow

Additional Resources

Here For You

WVU Extension combines knowledge and research to bring the people of West Virginia trusted, reliable resources for their everyday lives. While the Garden Calendar provides basic gardening know-how and tips, next-level gardening assistance and information are available through additional WVU Extension programs.

- 1. Open smartphone camera and scan QR code.**
- 2. Click pop-up link and explore!**



WVU Soil Testing Laboratory

Soil testing is the easiest and most reliable method of assessing a soil's nutrients. To learn more about WVU's soil testing services, visit extension.wvu.edu/soil-testing.



WVU Plant Diagnostic Clinic

The WVU Plant Diagnostic Clinic identifies all kinds of plant problems for homeowners, gardeners, landscapers, growers and farmers. The clinic recommends ways to treat or prevent the problems. For more information on the WVU Plant Diagnostic Clinic, visit extension.wvu.edu/plant-diagnostic-clinic.



WVU Extension Master Gardener Program

The WVU Extension Master Gardener program lets residents expand their gardening knowledge and skills by taking part in basic and advanced horticulture training. To learn more about becoming a Master Gardener, visit extension.wvu.edu/master-gardener-program.



WVU Extension Family Nutrition Program

The Family Nutrition Program helps families, youths and adults improve their health by sharing low-cost, healthy recipes, as well as other healthy lifestyle programs. For more information on how you can benefit from the Family Nutrition Program, visit extension.wvu.edu/family-nutrition-program.



For more help with your gardening efforts, contact your local WVU Extension office.



Baked Buffalo Carrots

Makes 6 servings

www.mashed.com

Ingredients:

- 1 tablespoon olive oil
- ¼ cup hot sauce
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- 1 tablespoon brown sugar
- 1 tablespoon melted butter
- 1 pound baby carrots

Optional Ingredients:

- Chopped parsley, to garnish
- Ranch dressing, to serve

– over –



Summer Pea Salad


Makes 4 servings

www.mashed.com

Ingredients:

- 2 cups frozen petite peas
- 4 cups chopped green cabbage
- 5 large radishes, cut into matchsticks
- 3 scallions, chopped
- 1 cup chopped Italian parsley
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- Zest and juice from 1 large lemon
- 1 teaspoon pink Himalayan salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper

– over –



Cucumber Bell Pepper Salad


Makes 2 servings

www.mashed.com

Ingredients:

- 6 mini cucumbers
- 8 mini sweet peppers
- 1 jalapeño pepper
- ¼ cup ginger dressing
- Generous sprinkle everything bagel seasoning blend

– over –



Kale and Sweet Potato Hash

Makes 4 servings

www.mashed.com

Ingredients:

- 1 tablespoon olive oil
 - 1 medium onion, diced
 - 1 red bell pepper, diced
 - 3 cloves garlic, minced
 - ½ teaspoon smoked paprika
 - Salt, to taste
 - Pepper, to taste
 - 1 large sweet potato, peeled and diced into ½-inch chunks
 - 3 cups chopped kale
 - 4 eggs
- Optional Ingredients:*
- Red pepper flakes
 - Chopped parsley

– over –





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EXTENSION

1. Place an oven-safe skillet over medium heat and add the olive oil.
2. Fry the onion and red pepper until softened, about 6 minutes.
3. Add the garlic, smoked paprika and some salt and pepper to taste. Stir well for another minute.
4. Preheat oven to 350 F.
5. Add the diced sweet potato and cook for 10 to 12 minutes, stirring frequently, until cooked through. Add the kale and stir until wilted.
6. Make 4 wells in the vegetable mixture and crack an egg into each.
7. Bake in the oven for 6 to 7 minutes until the eggs are cooked.
8. Garnish with some red pepper flakes and chopped parsley, if desired.

Directions:



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EXTENSION

1. Pour the peas into a colander and rinse with cold water under the sink.
2. Shake the colander to break the peas apart. They will take about 10 to 15 minutes to thaw.
3. Put the cabbage, radishes, scallions and parsley in a large bowl and set aside.
4. In a small bowl, whisk together the olive oil, vinegar, lemon juice, salt, garlic powder and pepper.
5. When the peas are thawed, add them to the large bowl and toss with dressing. Add desired seasonings. Top with lemon zest and serve.

Directions:



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EXTENSION

1. Using a vegetable peeler, slice the cucumbers into ribbons.
2. Julienne the sweet peppers into thin strips.
3. Thinly slice the jalapeno.
4. Mix the prepped cucumbers, sweet peppers and jalapeno together in a bowl.
5. Toss the vegetables with the ginger dressing.
6. Sprinkle the seasoning blend on top and serve.

Directions:



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EXTENSION

1. Preheat oven to 400 F.
2. Mix together olive oil, hot sauce, garlic powder, onion powder, smoked paprika, brown sugar and melted butter in a bowl.
3. Add the carrots to a mixing bowl, pour over the marinade and toss well to coat.
4. Transfer the coated carrots to a baking dish.
5. Bake for 45 minutes, until tender and caramelized.
6. Garnish with some fresh chopped parsley and serve with ranch for dipping, if desired.

Directions:





Sauteed Swiss Chard

Makes 2 servings

www.mashed.com

Ingredients:

- 2 bunches Swiss chard (red or green)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ teaspoon coarse salt
- ¼ teaspoon pepper, plus more for serving
- ½ teaspoon red pepper flakes

Optional Ingredients:

- Lemon wedges, for serving

— over —



Refreshing Corn Salad

Makes 6 servings

www.mashed.com

Ingredients:

- 2 (15-ounce) cans white corn, drained and rinsed
- 1 red bell pepper, diced
- ½ cup chopped cucumber
- 10 mint leaves, chiffonade
- 10 basil leaves, chiffonade
- ¼ cup chopped parsley
- ¼ cup olive oil
- ¼ cup red wine vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper

— over —



Perfect Grilled Brussels Sprouts



Makes 4 servings

www.mashed.com

Ingredients:

- 1 pound Brussels sprouts
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup grated Parmesan cheese
- Zest and juice of 1 lemon

— over —



Sheet Pan Gnocchi with Zucchini, Tomatoes and Bell Peppers

Makes 4 servings

www.mashed.com

Ingredients:

- 1 red onion, sliced into ½-inch thick strips
- 1 orange or red bell pepper, sliced into ½-inch strips
- 4 cloves garlic, unpeeled
- 14 ounces zucchini noodles (about 4 cups)
- 1 pint cherry tomatoes
- 14 ounces gnocchi (fresh or shelf-stable)
- ¼ cup olive oil
- 1½ teaspoons kosher salt
- ¼ teaspoon freshly ground black pepper
- 4 large basil leaves, cut crosswise into very thin strips
- ¼ cup shredded Parmesan cheese

— over —





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1. Preheat oven to 450 F.
2. Place the onions, bell peppers, garlic, zucchini, tomatoes and gnocchi into a large mixing bowl.
3. Add the olive oil, salt and pepper and mix thoroughly with a wooden spoon.
4. Divide between two rimmed baking sheet and spread everything out as much as possible.
5. Roast the gnocchi and vegetables until all of the ingredients are tender and some have slightly browned spots where they're touching the pan, 20-25 minutes. Remove from oven.
6. Find the garlic cloves, and carefully (without burning yourself) squeeze them out of their skins, then place the cloves in a corner of the sheet pan so you can mash it.
7. Use a fork to mash each clove into a paste, then use a spatula or a wooden spoon to toss all of the ingredients (carefully loosening any bits that are sticking to the pan).
8. Plate the gnocchi and vegetables and sprinkle with basil and cheese on top before serving.

Directions:



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1. Place the white corn, diced red bell pepper, chopped cucumber, mint, basil and parsley in a large bowl.
2. Dress veggies with olive oil, red wine vinegar, salt and pepper.
3. Stir to combine.

Directions:



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1. Preheat grill to medium heat.
2. Rinse Brussels sprouts and cut in half lengthwise.
3. Place sprouts in a microwave safe dish, cover and microwave for 3 minutes on high.
4. Toss the par-cooked sprouts with the olive oil, salt and pepper in a medium bowl.
5. Let Brussels sprouts cool slightly, then thread onto skewers.
6. Place the skewers on the grill and grill for 2 to 3 minutes per side, or until tender.
7. Remove from grill and sprinkle with Parmesan cheese, lemon zest and lemon juice. Serve immediately.

Directions:



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1. Strip the Swiss chard leaves from the stems and chop into large slices.
2. Put the oil into a large frying pan and heat to medium. Add the garlic and sauté for 3 to 5 minutes, stirring frequently being careful not to burn it.
3. Add the Swiss chard and stir.
4. Add the salt, pepper and red pepper flakes. Reduce to low, cover and cook for 5 minutes until the Swiss chard has wilted.
5. Add optional lemon wedges and more red pepper flakes for garnish, then serve.

Directions:





Four-Year Crop Rotation Guide

Looking for a way to help reduce insect pests, plant diseases, and the use of chemicals and pesticides? Consider rotating the crops in your garden! Flip back to June's article to learn more about the benefits.

Here's a sample of what a four-year crop rotation plan could look like in one area of your garden. For a comprehensive garden crop rotation and companion planting guide, scan the QR code or visit

extension.wvu.edu/crop-rotation-guide



YEAR 1



YEAR 2



CROP ROTATION

YEAR 4



YEAR 3



Preserving Your Harvest at Home

Interested in preserving your garden's bounty? Preserving food is an excellent, efficient and safe way (when following tested recipes) to keep your harvest throughout the winter months when fruit and vegetable products are generally at a minimum. Which method of preserving is right for you? Find out below!



Learn More Here

Canning

Properly canned foods are shelf stable and will maintain good quality if stored in a cool, dry, dark place between 50 and 70 F. Contrary to popular belief, canned foods will not be good forever. Instead, only the amount of food that can be eaten within one year should be canned. Canning does require several different pieces of equipment and utensils, including water-bath and pressure canners, jars, lids, rings, jar lifter and bubble remover.

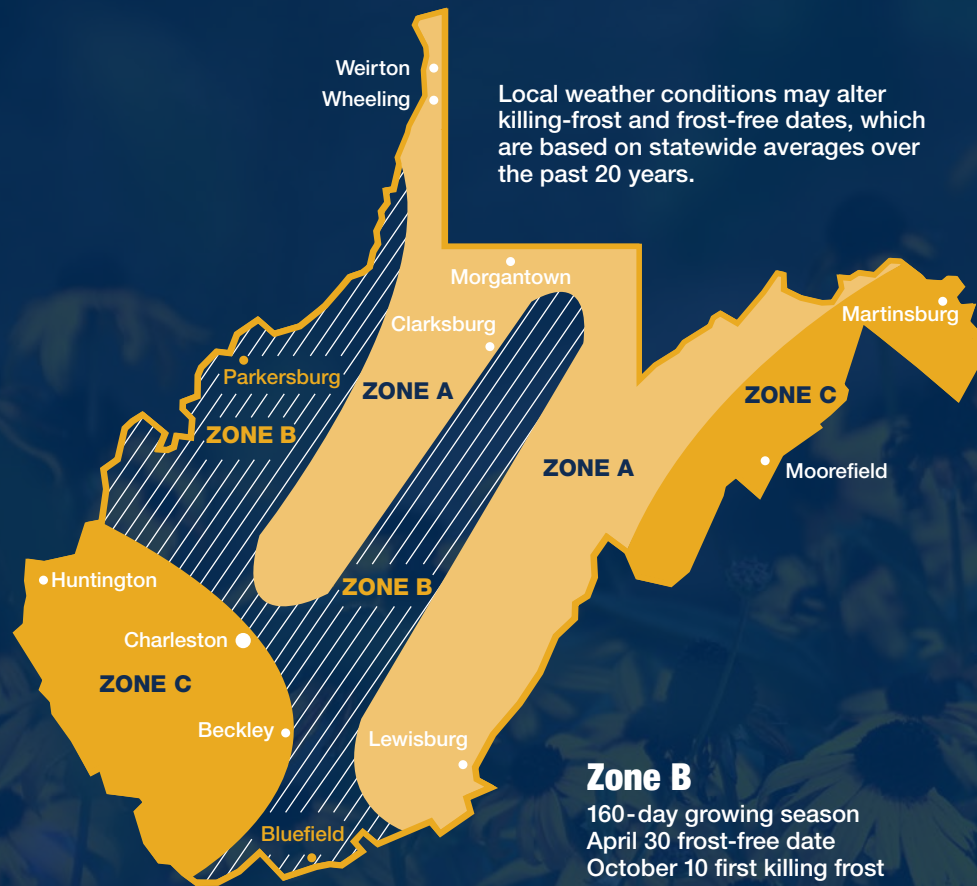
Freezing

Most fruits and vegetables and virtually all meat store well in a freezer. Freezing is great for raw and cooked products. It takes relatively little equipment, only requiring freezer-safe containers, bags or a vacuum sealer, and a blancher or stockpot (for blanching raw vegetables). Most frozen items kept at 0 F or below will retain quality for at least six to 12 months, or much longer if properly vacuum sealed. Storage of frozen items does require electricity and available freezer space.

Drying

Food drying is generally used as a supplemental food preservation method to canning and freezing, because many items cannot be safely dried. Drying is great for making shelf-stable snacks, such as fruit leathers and jerky, and the perfect way to preserve large amounts of herbs to be used in cooking.

PLANTING ZONES



Zone A
145-day growing season
May 10 frost-free date
October 5 first killing frost

Zone C
180-day growing season
April 20 frost-free date
October 20 first killing frost

Zone B
160-day growing season
April 30 frost-free date
October 10 first killing frost

The 2025 WVU Extension Garden Calendar is produced and distributed each year as a service to West Virginia's home gardeners and agricultural producers. This project is just one of many meaningful resources and programs provided by WVU Extension. If you like the calendar and would like to help us offset the costs of printing this piece, you can make a donation at give.wvu.edu/extension

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