GARDENING AROUND THE STATE

EXTENSION SERVICE
In West Virginia, gardening is a special rite of passage. Generations of families have proud traditions about growing their own food — from grandparents enjoying a sun-warmed tomato at the peak of ripeness with their grandchildren to contemporary chefs featuring heirloom varieties in their restaurants. It’s a common bond, and sometimes a common toil, that we as West Virginians share.

That’s why our 2018 Garden Calendar will focus on “gardening around the state.” We want to celebrate what gardening means to each and every one of us and how gardening is pulling communities together. We’ll teach you about different types of gardens and their educational and economic impacts on the state, all the while giving you the day-to-day gardening advice you’ve come to love and expect.

Our WVU Extension Service Agriculture and Natural Resources experts will take you on a tour of our state and highlight different garden types and initiatives from each region. In the back, you’ll find the ever-popular disease management tips. Not to be outdone, our Families and Health program has included new recipes as well so you can enhance your own gardening traditions.

As always, we wish you the best as you grow this year. Take comfort in the fact that we’ll be right there with you, thinning seedlings, pulling weeds and waiting for that perfect tomato to ripen. If you have questions about what’s happening around your garden or home, the experts in your WVU Extension Service local county office are here to help.

Sincerely,

Steve Bonanno
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<td>○ Full Moon</td>
<td>New Year’s Day</td>
<td>Increase humidity for houseplants</td>
<td>Plan garden layout</td>
<td>Cut poinsettias to 6 inches and place in sunny windows</td>
<td>Order herb seeds</td>
<td>Harvest overwintered kale</td>
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<td>○ Last Quarter</td>
<td>Create a garden map</td>
<td>Order seed varieties</td>
<td>Seed tomatoes for early high tunnel planting</td>
<td>Service power equipment</td>
<td>Clean garden tools</td>
<td>Test germination of stored seeds</td>
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| ○ New Moon | Martin Luther King Jr. Day
Use grow lights for vegetable seedlings | Gently remove snow or ice from evergreens and shrubs | ○ First Quarter | Order fertilizer and lime according to soil test results | Plan spring landscape design |        |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
|        |        | ○ First Quarter | Order fertilizer and lime according to soil test results |        |        |        |
| 28     | 29     | 30      | 31        |          |        |          |
| ○ Full Moon |        |        |          |          |        |          |

**GARDENING AROUND THE STATE**

For more information, see [extension.wvu.edu](http://extension.wvu.edu)
High tunnels are plastic-covered, solar greenhouses that can be used year-round for vegetable production. The low temperature and light of winter is a challenge for gardeners, but there is an opportunity to grow and market throughout the winter in many regions of West Virginia using high tunnels, which can be constructed and operated at a fraction of the cost of greenhouse production.

Root vegetables are able to be harvested or overwintered from October to April in high tunnels. Root vegetables grown in winter are very nutrient dense and have optimal sweetness from the cold growing conditions. They also adapt to the progressively lower temperatures and light during winter.

The goal should be to have a root crop that is close to maturity before late November when the day length decreases to less than 10 hours. If seeded before the middle of September, root vegetables are ready for harvest before early December. If the root crop is not mature by early December, the high tunnel can be used to overwinter the crop for harvest in early spring – with the exception of beets, as they do not overwinter well.

Leafy vegetables can also be grown throughout most of the winter in high tunnels. Kale, collards, spinach and chard are exceptionally cold tolerant and, like root vegetables, have a sweeter taste when grown in cold weather. Spinach continues to produce new leaves even in the coldest months of the year in a high tunnel. These leafy crops are seeded or transplanted in September and October for early winter harvest or for succession harvests starting in February. Some lettuce varieties tolerate cold temperatures and low light, and can be harvested in the high tunnel throughout the winter.
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<td>1</td>
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<td>3 Groundhog Day Harvest overwintered vegetables</td>
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<tr>
<td>Start a kitchen herb garden</td>
<td>Apply lime and fertilizer Order fruit trees</td>
<td>Order a high tunnel</td>
<td>Seed head lettuce (indoors)</td>
<td>Build a low tunnel or cold frame</td>
<td>Seed leeks (indoors) Seed cauliflower (indoors)</td>
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<td>Clean dust from houseplants with damp cloth</td>
<td>Seed celery (indoors)</td>
<td>Valentine’s Day Ash Wednesday Seed leafy salad greens in high tunnel</td>
<td>Order herb seeds Prune grapes</td>
<td>Seed broccoli (indoors)</td>
<td>Seed collards (indoors) Order seed potatoes</td>
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<td>Presidents Day Seed peas (outdoors) south of U.S. Rt. 60</td>
<td>Prune raspberries, blackberries and fruit trees</td>
<td>Seed cabbage (indoors) Plant Irish potatoes in high tunnel</td>
<td>Seed onions and greens in cold frame or low tunnel</td>
<td>Apply lime sulfur to blueberries Prune blueberries</td>
<td>Apply dormant oil spray to fruit trees Prune deciduous trees and shrubs</td>
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<td>Mow asparagus ferns Presprout seed potatoes</td>
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Youths Learn from Transplant Production

By John David Johnson, WVU Extension Agent – Jackson County

In-school gardens are a beneficial educational learning tool that covers a range of topics, such as germination, transplant care, spacing and nutrient requirements. Extension agents partner with teachers to implement gardening directly into their classroom curriculum.

In Jackson County, there are several raised bed gardens that are utilized as outdoor classrooms. Students begin the production process by seeding in the classroom or greenhouse. Then, students transplant them directly into the raised beds, which are equipped with low tunnels allowing the plants to get an early start.

Transplants are young plants that are setting their true leaves. Students are able to watch the plant emerge through the soil’s surface and display its cotyledons, the first leaves that appear before the true leaves develop into a young transplant. Students are able to experience the first stages of life through the fruiting and harvest of the plant.

The youths even consume the product after harvesting. In-school gardening programs have generated an increase in the number of youths willing to sample new and different vegetables. These types of hands-on, or experiential, learning activities provide teachers with new and exciting ways to engage students and have been shown to reflect positively on test scores.

The skills learned in the garden will not only assist students at school, but also outside of the school setting for the rest of their lives.
### Gardening Calendar for March

**Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
---|---|---|---|---|---|---

1 | 2 | 3 | 4 | 5 | 6 | 7
Seed microgreens | Plant broadleaf evergreens | Plant onion sets | Take cuttings from herbs | Full Moon | Seed artichokes (indoors) | Order specialty seed potatoes

8 | 9 | 10 | 11 | 12 | 13 | 14
Last Quarter | Seed chives | Build a high tunnel | Daylight Saving Time Begins | Seed tomatoes (indoors) | Seed peppers (indoors) | Seed Swiss chard (indoors)

15 | 16 | 17 | 18 | 19 | 20 | 21
Seed peas (outdoors) | Seed radishes, spinach and leeks (indoors) | St. Patrick’s Day | Plant asparagus (indoors) | Spring Begins | Seed eggplant (indoors) | Set strawberry plants

22 | 23 | 24 | 25 | 26 | 27 | 28
29 | 30 | 31
Plant asparagus | Set strawberry plants | Divide overcrowded rhubarb | Palm Sunday | Seed radishes (outdoors) | Plant potatoes | Begin dogwood anthracnose control
Good Friday | Good Friday | Passover Begins | Use row covers for freeze protection | Passover Begins | Seed lavender (indoors) | Seed cutting celery (indoors)

**GARDENING AROUND THE STATE**
Garden-based Learning

By Chuck Talbott, WVU Extension Agent – Putnam County

There has been a renewed interest in teaching our youth how food is grown. Over the last five years, the Putnam County garden-based learning program has garnered the attention of others in the community and has expanded to now include six elementary schools, reaching over 1,700 students. The program, funded by four grants from the West Virginia Department of Agriculture and support from local businesses and organizations, allows for the installation of school gardens using high tunnels.

The garden-based learning program teaches students how to grow produce for the cafeteria salad bar, how to reduce the risk of foodborne illnesses from their agricultural practices and harvesting techniques, how to manage the day-to-day activities in the high tunnel garden, how to recognize evidence of insect pests and diseases and how to identify stages of plant growth.

The students learn about soils, composting, proper harvesting techniques, data recording, harvest weights and life cycles of plants. They learn about grids, area and perimeter, and expand their vocabulary.

Students sell their spring and fall harvests to the local Board of Education through the Farm to School Program. During the past two harvests, students from three elementary schools sold over $1,460 of produce.

The true impact of garden-based learning is reflected in the test scores. Students at George Washington Elementary who participated in garden-based learning improved their math and science test scores by 13 percent and 19 percent, respectively.

For more information on this initiative, contact your local WVU Extension Service office.
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<td>April Fools’ Day</td>
<td>Seed Swiss chard, carrots and parsnips (outdoors)</td>
<td>Seed onions, beets and radishes (outdoors)</td>
<td>Seed basil for transplant (indoors) Plant cabbage and kohlrabi</td>
<td>Plant potatoes and raspberries Seed beets and kale (outdoors)</td>
<td>Seed or plant broccoli, cabbage and cauliflower (outdoors)</td>
<td>Seed komatsuna Plant blackberries Seed parsnips (outdoors)</td>
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<td>National Arbor Day</td>
<td>Seed dill (indoors) Plant fruit and hazelnut trees Seed shallots</td>
<td>Plant peas and seed radishes (outdoors) Apply crabgrass control</td>
<td>Seed leaf lettuce (outdoors)</td>
<td>Order sweet potato slips or bed sweet potatoes for transplanting</td>
<td>West Virginia Arbor Day Fertilize lawn Seed or plant collards</td>
<td>Seed watermelons (indoors) Start compost pile Plant perennials</td>
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<td>New Moon</td>
<td>Seed endive Seed late tomatoes (indoors)</td>
<td>Loosen mulch on strawberries Remove row cover from strawberries</td>
<td>Refresh mulch in landscape beds Plant peas (outdoors)</td>
<td>Transplant leeks Seed new lawn Seed chives (outdoors)</td>
<td>Seed annual herbs Seed carrots Seed Swiss chard</td>
<td>Seed Asian greens Plant sweet corn</td>
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<td>First Quarter</td>
<td>Plant summer-flowering bulbs</td>
<td>Apply pre-emergent landscape weed control</td>
<td>Begin spraying fruit trees after petals fall</td>
<td>Buy herb cuttings/plugs</td>
<td>Seed flat-leaf parsley</td>
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Community Gardens

By Karen Cox, WVU Extension Agent – Ohio County

Community gardens grow stronger communities by helping neighbors work together in a fun, beautiful and tasty way. Wheeling is home to at least seven community gardens and each has a different structure and goal.

The Glen Gorczyca Gardens of South Wheeling are a project of the South Wheeling Preservation Alliance. Surrounded by brightly colored flowers, this garden has grown to include three lots that have individual plots gardeners can rent. The garden continues to help build social bonds and promote the unique spirit and character of this historic neighborhood.

The Edelman Garden on Wheeling Island began with a partnership between a local activist, a WVU Extension Master Gardener and the Seeing Hand Association. It is now a beautiful site where the visually and mentally impaired can gain hands-on experiences from planting to harvesting.

The one-acre C3 Community Garden is a faith-based garden run by a group of volunteers, including several WVU Extension Master Gardeners. They grow fruits and vegetables to donate to local food banks. While much smaller, gardens in North and East Wheeling also aid food justice goals by establishing healthy and fruitful gathering places.

Wheeling Health Right’s FARMacy Program takes participants from farm to fork. They start with locally grown produce, add cooking lessons from WVU Extension’s Family Nutrition Program and stir in onsite gardening conversations and demonstrations with a WVU Extension Master Gardener.

To start a community garden, you need five things: permission from the local zoning office, land with a good lease, a clear set of rules, a gardener contract and, most important, a couple of people willing to give their time and hearts to run the garden.

Photo Credit: Connie Manchester, Greenbrier Valley Master Gardener
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<td>Seed sweet corn</td>
<td>Seed transplanted lemon balm (outdoors)</td>
<td>Seed or transplant parsley</td>
<td>Transplant onions</td>
<td>Seed fennel Chinese cabbage Seed snap beans (outdoors)</td>
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<td>Last Quarter</td>
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<td>Seed head lettuce (outdoors) Seed leaf lettuce and winter squash (outdoors)</td>
<td>Seed summer squash and cucumbers (outdoors)</td>
<td>Seed late celery (outdoors) Seed sweet corn</td>
<td>Seed cilantro (outdoors) Plant early celery and tomatoes</td>
<td>Seed thyme Plant bok choy</td>
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<td></td>
<td>New Moon</td>
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<td>Plant sweet potatoes</td>
<td>Plant large pumpkins</td>
<td>Plant peppers and cabbage</td>
<td>Plant okra Seed lima beans Harvest established asparagus</td>
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<td>First Quarter</td>
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<td>Seed sweet corn Remove strawberry blossoms on newly transplanted plants</td>
<td>Seed or transplant basil Seed Malabar spinach</td>
<td>Install row covers to exclude insects on cabbage and broccoli</td>
<td>Prune azaleas, viburnum, lilac and forsythia after blooming</td>
<td>Begin control measures for cucumber beetle Plant tomatoes and eggplant</td>
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<td>Memorial Day Turn compost</td>
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<td>Prune tomatoes at first flowering Plant an herb garden</td>
<td>Stake and mulch tomatoes Trellis cucumbers</td>
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A market gardener's goal should be to run the operation as a business and to make a profit. Just as a home gardener plans their garden plot, a market gardener should plan for marketing crops prior to planting. While a marketing plan helps, it does not guarantee that what is planted will be sold. But, it can help eliminate wasted time, space, crops and money.

Market gardening typically targets local markets, although innovative marketers will eventually expand to other venues. Tailgate markets, farmers markets, roadside and on-farm stands, pick-your-own operations and subscription marketing are possible direct-marketing venues for market gardeners. Sales to restaurants, institutions, schools and grocery stores are wholesale marketing options to consider.

Beginner market gardeners find that farmers markets are an excellent place to begin selling their crops. They serve as an incubator for many new businesses every year and allow vendors to capture the full retail value of their products. Farmers market customers do not demand a consistent supply, and less than perfect crops can be sold at reduced prices. A farmers market is also a wonderful place to meet people and develop steady customers, which can lead to additional marketing channels.

Market gardeners need to be familiar with ways to ensure high quality, marketable produce. These include harvesting the right size crops; harvesting at the right time of day; handling the crops as little as possible; packing and bunching crops in recommended sizes and quantities; selecting appropriate containers for storage; and storing different produce properly and at the correct temperature.
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<td>Seed snap beans and carrots&lt;br&gt;Seed summer squash and corn for late crop</td>
<td>Seed parsley&lt;br&gt;Seed cabbage, cauliflower and broccoli for fall crop&lt;br&gt;Seed lettuce</td>
<td>Last Quarter&lt;br&gt;Seed pumpkins and winter squash&lt;br&gt;Seed leaf and Bibb lettuce</td>
<td>Plant celery&lt;br&gt;Monitor for garden pests&lt;br&gt;Build a high tunnel</td>
<td>Mulch garden to control weeds and conserve moisture</td>
<td>Plant tomatoes&lt;br&gt;Seed bush limas&lt;br&gt;Summer prune apples and peaches</td>
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<td>Begin control measures for squash vine borer</td>
<td>Seed sweet corn and beets&lt;br&gt;Seed pumpkins and winter squash</td>
<td>New Moon&lt;br&gt;Begin bagworm control</td>
<td>Flag Day&lt;br&gt;Side-dress sweet corn that is knee-high with additional nitrogen</td>
<td>Deadhead annuals to encourage more flowers</td>
<td>Transplant thyme&lt;br&gt;Pinch blackberry canes&lt;br&gt;Plant peppers</td>
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<td>Father’s Day&lt;br&gt;Prune spring-flowering shrubs&lt;br&gt;Control cabbage worms with DiPel® or row cover</td>
<td>Renovate (e.g., leaf removal, fertilize, etc.) strawberries after last harvest</td>
<td>First Quarter&lt;br&gt;West Virginia Day&lt;br&gt;Pinch back garden mums&lt;br&gt;Seed dill</td>
<td>Summer Begins&lt;br&gt;Treat lawn for white grubs using systemic insecticide</td>
<td>Seed pole limas and snap beans&lt;br&gt;Prune pine trees</td>
<td>End asparagus harvest&lt;br&gt;Seed or transplant savory</td>
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<td>Harvest beet greens&lt;br&gt;Turn compost&lt;br&gt;Plant late tomatoes and peppers</td>
<td>Add non-seed-bearing weeds to compost</td>
<td>Plant basil</td>
<td>Full Moon&lt;br&gt;Transplant rosemary&lt;br&gt;Plant cilantro</td>
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Home Canning Methods

By Lauren Prinzo, WVU Extension Agent – Marion County

Would you like to brighten up winter with the taste of garden tomatoes? Are you having trouble using peppers from your garden before they spoil or running out of room in your freezer for all the green beans? Home canning is a great way to enjoy food from your garden year-round and make good use of your harvest.

Being a tradition that is passed down through generations, you may have learned how to can from your parents or grandparents. If you are new to canning, you will likely receive advice; however, keep in mind that not all advice is good advice. Recommendations for safe canning have changed over the years to reduce food spoilage and illness, and WVU Extension agents are trained to provide up-to-date and accurate advice on safely canning fruits and vegetables in your home.

Home canning used to be conducted in many ways including open kettle canning, oven canning and even dishwasher canning. Now, we know that there are only two ways to safely can foods at home — water bath canning for high acid foods and pressure canning for low acid foods. To make sure your food is safe for you and your family, use the correct canning method and always use an approved recipe.

The WVU Extension Service hosts hands-on food preservation classes that include water bath canning and pressure canning. In these courses, community members are invited to process fruits and vegetables with guidance from trained faculty. In addition to hands-on classes, Extension agents are available to answer questions regarding best practices for safe canning.
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<td></td>
<td>Seed late cabbage, cauliflower and Brussels sprouts</td>
<td>Independence Day</td>
<td>Watch for early and late tomato blight</td>
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<td>Plant grape or cherry tomatoes for fall</td>
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<td></td>
<td></td>
<td>Seed late sweet corn and beets</td>
<td>Mulch to conserve soil moisture</td>
<td>Watch for Japanese beetles</td>
<td>Order garlic seed</td>
<td>Plant Chinese cabbage</td>
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<td>Seed borage</td>
<td>Pinch the top of black raspberry canes</td>
<td>Seed dill</td>
<td>Turn compost</td>
<td>For the largest flowers, remove side shoots from main stem</td>
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<td>Seed collards and kale for fall Don’t let weeds go to seed</td>
<td>Plant cauliflower Plant fall broccoli and Swiss chard</td>
<td>Seed fall cucumbers Water young trees and shrubs during dry periods</td>
<td>Plant peppers for fall crop</td>
<td>Seed summer squash for fall crop Take cuttings from herbs</td>
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<td>Pinch basil to retain four pairs of leaves per plant</td>
<td>Plant Brussels sprouts</td>
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This time of year not only brings juicy ripe tomatoes and sweet corn bursting with flavor to the dinner table, but it’s also when we come together as communities and celebrate fairs all across the state. The largest of these gatherings in the state, the State Fair of West Virginia, takes place in Fairlea every August. Over 100,000 people come through the gates to take part in the festivities. Many come for the entertainment while others come for their favorite food. One thing is for certain though, the West Virginia University Extension Master Gardeners demonstration garden shouldn’t be missed.

The garden is an example of what the Master Gardener program brings to this state. In 2003, the newly formed Greenbrier Valley Master Gardeners joined into a partnership with the Fair to establish the 50 foot by 50 foot perennial plot. Now it’s blossomed into eight gardens and a high tunnel for fairgoers to enjoy. As you make your way down the path, you will pass by flowers of every variety abuzz with wild pollinators racing to get that fresh nectar and pollen from the new flowers each morning. Guests who visit the garden each year marvel at the beauty and detail, and they get ideas on how to bring that beauty back to their own backyards and communities.

These gardens stand as a showcase of what teamwork, elbow grease and green thumbs accomplish when they combine to reach a common goal. A special thanks goes out to the Greenbrier Valley Master Gardeners and other Master Gardeners all across the state who make their communities special to look at and live in.
### AUGUST

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<td>Add non-seed-bearing weeds to compost Seed beets</td>
<td>Water plants deeply each time Seed beans and peas for fall crop</td>
<td>Seed spinach Seed fall carrots Plant cabbage for fall crop</td>
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<tr>
<td>Plant Chinese cabbage</td>
<td>Seed lettuce for fall crop</td>
<td>Watch for downy mildew</td>
<td>Seed mustard greens Seed radishes</td>
<td>Seed fall cucumbers</td>
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<tr>
<td>Take note of new varieties Seed beets</td>
<td>Harvest okra pods every other day Install sod</td>
<td>Seed rutabagas</td>
<td>Seed Asian greens</td>
<td>Watch for powdery mildew on pumpkins and winter squash</td>
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<tr>
<td>Seed fall herbs</td>
<td>Seed bok choy</td>
<td>Turn compost</td>
<td>Seed turnips</td>
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<tr>
<td>Plant collards</td>
<td>Seed lawn</td>
<td>Apply nitrogen to strawberries</td>
<td>Seed arugula</td>
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### GARDENING AROUND THE STATE

- **Plant Chinese cabbage**
- **Seed lettuce for fall crop**
- **Watch for downy mildew**
- **Seed mustard greens Seed radishes**
- **Seed fall cucumbers**
- **Watch for powdery mildew on pumpkins and winter squash**
- **Seed turnips**

For more information, see [extension.wvu.edu](https://extension.wvu.edu)
As fall approaches, most people think that harvesting fresh food is coming to an end; however, if you have a high tunnel, that doesn’t have to be the case.

Planting fall and winter crops in a high tunnel requires some preplanning. You must also be willing to pull some end-of-year summer plants in order to plant crops that are ideal for cooler temperatures, like spinach, kale or carrots.

It is important to be aware of the first frost date in your area. Preventing dramatic temperature fluctuations is the most vital, and probably the most difficult, task. Using row covers at night and uncovering during the warmer days can help with this task. Uncovering the plants during the day will also increase air circulation and reduce disease probability.

When planning your high tunnel, keep in mind which crops are sensitive to frost. If planting peas, it would be a good idea to cover them during flowering if there is a frost.

The maturity rate of each plant is also essential. Plant crops first that have a longer maturity rate. Consider using transplants and check the timing of harvest. For example, carrots can be harvested after the frost but before the soil freezes.

Your local WVU Extension Service agent can provide a schedule of crops to plant in your high tunnel to maximize space for fall and winter gardening.
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<tr>
<td><strong>Last Quarter</strong></td>
<td><strong>Labor Day</strong>&lt;br&gt;Plant crocus&lt;br&gt;Dig late potatoes&lt;br&gt;Turn compost</td>
<td>Renovate lawn or reseed bare spots&lt;br&gt;Seed cover crop&lt;br&gt;Prepare root cellar</td>
<td>Aerate lawn&lt;br&gt;Save seeds&lt;br&gt;Seed lettuce for fall crop</td>
<td>Plant fall turnips and radishes&lt;br&gt;Divide peonies&lt;br&gt;Build a high tunnel</td>
<td>Build a cold frame&lt;br&gt;Seed carrots in high tunnel or cold frame</td>
<td>Order spring-flowering bulbs&lt;br&gt;Seed fall carrots&lt;br&gt;Seed spinach</td>
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<tr>
<td><strong>New Moon</strong></td>
<td><strong>Don’t let weeds go to seed</strong></td>
<td><strong>Patriot Day</strong>&lt;br&gt;Plant hardy evergreens</td>
<td>Control broadleaf weeds in lawn</td>
<td>Seed scallions (bunching onions) in a cold frame</td>
<td>Plant garden mums&lt;br&gt;Harvest colored peppers</td>
<td>Begin pumpkin harvest&lt;br&gt;Seed fall spinach</td>
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<tr>
<td><strong>First Quarter</strong></td>
<td><strong>Begin 14 hours of darkness to turn color of poinsettias</strong></td>
<td>Seed rye and hairy vetch for winter cover crop</td>
<td>Seed lettuce in high tunnel</td>
<td>Repot houseplants</td>
<td>Take a fall soil test from lawn and garden</td>
<td>Plant shallots</td>
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<tr>
<td><strong>Autumn Begins</strong>&lt;br&gt;<strong>Full Moon</strong></td>
<td><strong>Harvest early-planted sweet potatoes</strong></td>
<td>Water young trees and shrubs during dry periods</td>
<td>Seed salad greens in high tunnel</td>
<td>Plant hyacinths</td>
<td>Bring rosemary plants indoors before frost</td>
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**GARDENING AROUND THE STATE**

For more information, see [extension.wvu.edu](https://extension.wvu.edu)
Putting the Garden to Bed

By Michael Shamblin, WVU Extension Agent – Clay County

Putting the garden to bed in fall is the first step to a successful garden the following spring.

Make a record of the current planting sites in your garden. Crop rotation is key to preventing diseases and pests, and also builds soil fertility. Make a map or video noting where things were planted and problems you experienced.

Fall is an excellent time to test growing conditions through soil tests provided by the WVU Soil Laboratory. The soil sample submittal forms and instructions are online.

Remove old crop plant material and weeds from the garden, because material left can harbor diseases and pests. Garden refuse can be added to a compost pile only if it is disease free. If you have any doubt if it's diseased, throw it out.

Gardens need organic matter to maintain a healthy soil. The more you till, the more organic matter your garden will burn, because tilling increases soil oxygen and accelerates microbial activity. Green manure is a good way to replenish organic matter. Also, consider planting a fall cover crop and tilling it under in the spring.

Leaving soil bare through the winter is never a good idea, as the unprotected soil will easily erode and soil structure can be lost. If a fall cover crop isn’t part of your gardening plan, consider a layer of mulch or decomposing leaves to protect the soil and its structural integrity. Mulch provides a great place for soil microbes and other soil-friendly bugs to thrive, creating a nutrient-rich soil for spring and building soil tilth.

Taking the time at the end of a long growing season to put the garden to bed may be a tiresome thought, but try to muster the energy; your efforts will be worth it.
### October

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<td></td>
<td></td>
<td>Last Quarter</td>
<td>Build a high tunnel</td>
<td>Dig canna, dahlia, gladiolas and tubular begonias</td>
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<td>Harvest green tomatoes and gourds before frost</td>
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<td></td>
<td>7</td>
<td>New Moon</td>
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<td></td>
<td>Columbus Day</td>
<td>Harvest sweet potatoes</td>
<td>Divide perennials</td>
<td>Harvest late pumpkins before frost</td>
<td>Remove old crop residue and seed winter cover crop</td>
<td>Harvest winter squash</td>
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<td>First Quarter</td>
<td>Plant or transplant lilies that flower July 15 to Sept. 15</td>
<td>Seed spinach for overwintering</td>
<td>Turn compost</td>
<td>Top Brussels sprouts to size up sprouts</td>
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<td>Plant or transplant deciduous trees and shrubs after leaves drop</td>
<td>Save wildflower seeds for spring planting</td>
<td>Prune roses and root cuttings</td>
<td>Mow lawn for last time</td>
<td>Plant garlic</td>
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<td></td>
<td></td>
<td>Fertilize lawn according to soil test</td>
<td>Mulch greens (chard, collards, etc.)</td>
<td>Halloween</td>
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#### Gardening Around the State

- *For more information, see extension.wvu.edu*
What is Perennial Gardening?

By Tasha Harris, WVU Extension Agent – Upshur County

Home gardens are typically thought of as an annual project, but perennial gardening allows for a single, one-time planting with a harvest of produce year after year.

When selecting a location for perennial crops, choose an area that will be undisturbed with well-drained soil and plenty of sunlight. The outer area of a current garden or in raised beds works well.

Here are some popular perennial garden crops:

**Asparagus** – Grow asparagus from rooted crowns by planting them approximately 12 inches apart in the early spring. Harvest can begin the second year by cutting spears when they are ½-inch thick in diameter. Be sure to leave a few of the spears to grow into plants that will produce the following year's crop.

**Rhubarb** – Establish rhubarb by planting crowns in early spring or in fall after dormancy occurs. Plant crowns about 4 feet apart with roots 1 to 2 inches below the soil surface. During the first year, do not harvest the stalks and remove seed stalks once plants appear to be well established. Harvest stalks the following year by cutting at the base when stalks become 12 to 18 inches long, and remember to discard leaves.

**Brambles** – Brambles are fairly easy to grow but need well-drained soil and full sun. Plant berry patches in rows 5 to 10 feet apart to allow mowing between. Plant bare root plants 4 to 6 feet apart in late spring and keep plants well watered. Generally, brambles will produce a primocane the first year and fruit the second year; however, some varieties produce fruit the first year in the fall. Brambles do best on a fencing or trellis system to support canes.
### November

**Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
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1 | 2 | 3 | | | | Remove stakes and trellises

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---|---|---|---|---|---|---|
Daylight Saving Time Ends | Mulch carrots for winter use | Fertilize under deciduous trees and shrubs | Turn compost | Water trees and shrubs thoroughly if fall has been dry | Remove diseased plant debris from garden | Apply lime and fertilizer according to soil test | Winterize garden tools

| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
---|---|---|---|---|---|---|
Veterans Day | Harvest parsnips | Harvest Brussels sprouts | Mulch strawberries | Mulch thyme plants before winter | | |

| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
---|---|---|---|---|---|---|
 | Mulch perennial beds | Harvest salad greens from high tunnel | Cut hardy chrysanthemums to 2 or 3 inches and mulch | | Thanksgiving Day | Mulch perennial herbs | Fertilize houseplants

| 25 | 26 | 27 | 28 | 29 | 30 |
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Season Extension with Low Tunnels

By J.J. Barrett, WVU Extension Agent – Wood County

In West Virginia, the first fall frost usually marks the end of the growing season. However, there are many ways to garden almost year-round. One economical method used to extend the season is low tunnel technology.

Low tunnels allow producers to achieve a four-season garden by creating a protected environment over crops. In the fall while mild temperatures still prevail, low tunnels can be used to raise the average daily temperature, and they also protect crops from low temperature injury and offer wind protection during the winter. The mini-greenhouses provide the means for producers to grow cool-season vegetables and hardy root crops well into the winter months.

A scaled down version of a high tunnel, low tunnels are constructed of wire or pipe hoops that support clear plastic or fabric row covers. Construction is relatively easy. Small low tunnels can be built using nine-gauge wire hoops approximately 18 inches in height. These types of low tunnels are best suited to short-term frost protection.

A more effective low tunnel design uses a larger hoop constructed from metal or plastic pipe. The hoop is 4 to 6 feet wide and approximately 40 inches tall at the center. A 10- to 14-foot wide row cover is placed over the hoops. Remember to use an ultraviolet-stabilized agricultural grade fabric or plastic for the row cover. Clear polyethylene plastic is not recommended in the fall, because it can overheat and increase the relative humidity. Weigh down one side of the fabric using landscaping staples or soil and bricks. Then, secure the other side with rocks or sandbags. This makes it easy to lift the cover off.

Photo Credit: Bill Kapphan, Harrison County Master Gardener
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<td></td>
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<td>Turn compost</td>
<td>Protect shrubs from harsh weather</td>
<td>Mulch hybrid roses</td>
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<td>Hanukkah begins</td>
<td>Select cut Christmas tree with flexible needles</td>
<td>Overwinter spinach and Swiss chard</td>
<td>Mulch perennial herbs</td>
<td>Begin harvest of high tunnel carrots and lettuce</td>
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<td>New Moon</td>
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<td>Harvest Brussels sprouts</td>
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<td>Plant live Christmas tree</td>
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<td>Christmas Day</td>
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GARDENING AROUND THE STATE

For more information, see extension.wvu.edu
Taking steps to prevent disease in your garden is vital for gardening success. Here are our expert recommendations for healthier plants, better yields and less stress for you, the grower.

**JANUARY**
Prune fire blight-infected limbs from apple and pear trees, and apply copper.

**FEBRUARY**
Develop a rotation plan for your garden beds based on the previous year’s records.

**MARCH**
Buy disease-free seeds, treated seeds or disease-resistant varieties.

**APRIL**
If rotation is not an option and soilborne disease is prevalent, fumigate soil with Vapam (metham sodium) or mustard cover crop.

**MAY**
Avoid seeding in highly moist soil and arrange proper drainage to reduce damping off or foot rot.

**JUNE**
Use drip or trickle irrigation, rather than overhead sprinklers, to reduce the spread of foliar diseases.

**JULY**
Remove leaves showing virus infection, bacterial infection or typical fungal leaf spot.

**AUGUST**
Watch for cucurbit downy mildew and late blight on tomatoes and potatoes.

**SEPTEMBER**
If you are saving seeds, treat them with hot water or bleach to manage seedborne diseases.

**OCTOBER**
Remove infected produce or plant debris to minimize future infection.

**NOVEMBER**
Mow fall mustard cover crop and cover with plastic mulch.

**DECEMBER**
Minimize humidity inside the greenhouse or high tunnel by using a high-capacity exhaust fan.
**Amazing Avocado Guacamole**  
*Makes 10 servings (¼ cup per serving)*  
**Ingredients:**  
- 2 medium avocados, peeled and seeded  
- 2 teaspoons lime juice  
- 1 clove garlic, minced  
- 2 tablespoons minced onion  
- 1 or 2 small chili peppers (any variety) or ¼ red bell pepper, minced  
- 1 medium tomato, diced  
- 2 tablespoons fresh cilantro, chopped (or 2 teaspoons dried)  
- ½ teaspoon salt (optional)

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**Orange Almond Salad**  
*Makes 4 servings*  
**Ingredients:**  
- 6 cups assorted greens  
- 2 navel or mandarin oranges, peeled and separated into sections  
- ½ cup thinly sliced celery  
- 2 tablespoons chopped green onion  
- ¼ cup cider vinegar  
- 2 tablespoons olive oil  
- 2 teaspoons sugar  
- ¼ teaspoon salt  
- 2 tablespoons toasted, slivered almonds

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**Grilled Plums with Honey Yogurt Sauce**  
*Makes 4 servings*  
**Ingredients:**  
- 4 plums, halved  
- 2 teaspoons canola oil  
- ½ teaspoon cinnamon  
- Pinch of salt  
- ½ cup plain yogurt  
- 2 teaspoons honey  
- 3 tablespoons toasted, sliced almonds

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**Garlic Tomato Bruschetta with Fresh Basil**  
*Makes 12 servings*  
**Ingredients:**  
- 2 tablespoons olive oil  
- 3 tablespoons chopped fresh basil  
- 3 to 4 garlic cloves, minced  
- ¼ teaspoon salt  
- ¼ teaspoon pepper  
- 4 medium tomatoes, diced  
- 2 tablespoons grated Parmesan cheese  
- 1 loaf (1 pound) unsliced French bread
Directions:
1. In a medium bowl, mash avocados and combine with the lime juice.
2. Stir in remaining ingredients.
3. Serve immediately or cover guacamole with plastic wrap by placing wrap directly on surface of dip (air will oxidize the avocado and turn it brown).

Nutrition information per serving:
- 68 calories
- 6 g fat
- 4 g carbohydrate
- 1 g protein
- 2.5 g fiber
- 120 mg sodium

Directions:
1. In a large bowl, combine oil, basil, garlic, salt and pepper. Add tomatoes and cheese, and toss gently. Refrigerate at least 1 hour.
2. Bring mixture to room temperature before serving.
3. Cut bread into 24 slices; toast under broiler until lightly browned. Top with tomato mixture. Serve immediately.

Nutrition information per serving:
- 160 calories
- 3 g fat
- 28 g carbohydrate
- 6 g protein
- 2 g fiber
- 360 mg sodium

Directions:
1. Combine greens, orange sections, celery and green onions in a large bowl.
2. Combine vinegar, olive oil, sugar and salt in a small mixing bowl; stir until well blended and drizzle over greens.
3. Divide salad among four salad plates and garnish each with almonds. Serve immediately.

Nutrition information per serving:
- 150 calories
- 11 g fat
- 11 g carbohydrate
- 4 g protein
- 2 g fiber
- 160 mg sodium

Directions:
1. Preheat grill to medium.
2. Place plums cut-side up on a plate or baking sheet. Brush plums with canola oil and sprinkle with cinnamon and salt.
3. Place plums cut-side down on grill for 2 to 3 minutes until golden brown.
4. In a small bowl, mix together yogurt and honey. Spoon yogurt over each plum. Serve immediately.

Nutrition information per serving:
- 80 calories
- 2 g fat
- 13 g carbohydrate
- 2 g protein
- 1 g fiber
- 95 mg sodium

Adapted from www.foodnetwork.com
Cream of Celery Soup with Bacon
Makes 8 servings
Ingredients:
- 4 strips bacon
- 1 tablespoon olive oil
- 5 cups (loosely packed) chopped celery stalks and tops
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 tablespoon fresh thyme
- 1 medium potato, peeled and cubed
- 2 cups vegetable or chicken stock
- 2 cups 2% milk
- 1 teaspoon black pepper
- ½ teaspoon salt

Oven-Baked Tomatoes with Parmesan
Makes 4 servings
Ingredients:
- 4 tomatoes, halved horizontally
- ¼ cup grated Parmesan cheese
- 1 teaspoon fresh chopped oregano
- ¼ teaspoon salt
- 4 teaspoons olive oil
- ½ teaspoon pepper

Pinto Beans and Sweet Potato Tacos
Makes 8 servings
Ingredients:
- 2 teaspoons olive oil
- 2 to 3 garlic cloves, minced
- ½ yellow onion, chopped
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 2 teaspoons brown sugar
- ½ cup vegetable broth
- 2 teaspoons lemon juice
- 1 pound (about 2 cups) peeled, chopped sweet potatoes
- 3 cups (about two 15-ounce cans) cooked pinto beans
- Salt, to taste
- 8 small whole-wheat soft tortillas
Toppings as desired: diced onion, tomato, peppers, avocado, salsa, shredded lettuce, reduced-fat shredded cheddar cheese, etc.

Sweet and Spicy Red Pepper Dip
Makes 2 cups (or eight ¼ cup servings)
Ingredients:
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 jalapeno, seeded and minced
- 4 garlic cloves, minced
- 6 large red bell peppers, roasted, peeled and seeded
- 1 tablespoon red wine vinegar
- 1 tablespoon balsamic vinegar
- 2 teaspoons light brown sugar
- 1 teaspoon ground cumin
- ¼ teaspoon salt
Directions:

1. Heat the oil in a large skillet over medium heat. Add the onion and jalapeno. Cook uncovered until the onion is browned (about 6 minutes), stirring often. During the last minute, add the garlic. Let cool slightly.

2. Combine the red peppers, onion and garlic, red wine vinegar, balsamic vinegar, brown sugar, cumin and salt in a food processor. Puree until smooth.

3. Transfer to a medium bowl and let cool completely. Cover tightly and refrigerate until chilled, at least 1 hour or up to 2 days.

4. Transfer to a serving bowl and serve chilled.

Nutrition information per serving:
80 calories; 4 g fat; 9 g carbohydrate; 1 g protein; 2 g fiber; 150 mg sodium

(Adapted from www.foodnetwork.com)

Directions:

1. Preheat oven to 450 F.

2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil. Bake until the tomatoes are tender (about 15 minutes).

Nutrition information per serving:
86 calories; 6 g fat; 6 g carbohydrate; 3 g protein; 2 g fiber; 387 mg sodium

(Recipe from www.eatingwell.com)

Directions:

1. Warm the olive oil in a large skillet over medium-high heat. Add garlic, onion, chili powder and cumin. Sauté for 1 to 2 minutes.

2. Add brown sugar, broth, lemon juice and sweet potatoes. Reduce heat to medium and continue cooking for 10 to 15 minutes until potatoes are tender.

3. Add the beans and heat mixture through, stirring occasionally.

4. Add a pinch of salt to taste.

5. Top each tortilla with ½ cup of the bean and sweet potato mixture. Sprinkle with desired toppings.

Nutrition information per serving:
270 calories; 3.5 g fat; 48 g carbohydrate; 11 g protein; 20 g fiber; 460 mg sodium

(Adapted from www.megsfood.com)

Directions:

1. Lay the bacon in the bottom of a large stock pot or Dutch oven. Cook over low heat for about 15 or 20 minutes, until crisp. Remove and set aside on paper towels.

2. Add olive oil to the pot, increase the heat slightly and add celery, onion, garlic, thyme, salt and pepper. Cook until vegetables are soft (about 15 minutes), stirring occasionally.

3. Add the potato, stock and milk to the pot and bring the mixture to a simmer. Cover and cook for 30 minutes until potato is very soft, stirring occasionally to keep the milk from forming a film.

4. Puree the soup with an immersion blender or in a food processor or blender. Be careful when blending hot soup.

5. Serve with cooked bacon crumbles on top.

Nutrition information per serving: 170 calories; 9 g fat; 16 g carbohydrate; 6 g protein; 2 g fiber; 440 mg sodium

(Adapted from www.thekitchn.com)
Local weather conditions may alter killing-frost and frost-free dates, which are based on statewide averages over the past 20 years.

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

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

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