

# BACK TO OUR ROOTS







Dear Friends and Garden Enthusiasts,

A new year always brings a renewed sense of purpose and spirit. Gardening truly feeds our body and our soul. Growing fresh foods and vegetables creates community and fuels better health.

For Appalachians, gardening also is a deeply rooted art form in our culture (hence the title of this year's calendar – "Back to Our Roots"). To celebrate this heritage, our 2024 garden calendar features a look at some of our traditional, staple crops that hail from Appalachia, as well as some of the lesser known "wild" vegetables that can be added to our garden bounty.

As always, you'll find interesting articles written by our experts, as well as planting tips, recipes and other great information to make the most of your gardening experience. Our WVU Extension agents and staff are happy to help you grow a plentiful bounty. Feel free to contact your local county office with any questions.

Best wishes for a healthy harvest and wonderful growing season!

Sincerely,

Jorge Atilas, Ph.D.  
Dean of Extension and Engagement  
WVU Extension



# JANUARY

DECEMBER 2023

FEBRUARY 2024

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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 ☾ Last Quarter	4 Order seed varieties Harvest overwintered kale Create a garden map	5 Seed tomatoes for early high tunnel planting	6 Service power equipment Clean garden tools
7	8 Plant amaranis in indoor pots Test germination of stored seeds	9 Use grow lights for vegetable seedlings	10 Turn compost	11 Sharpen tillage tools ● New Moon	12 Gently remove snow or ice from evergreens and shrubs	13 Organize a community garden
14	15 Martin Luther King Jr. Day	16 Order fertilizer and lime according to soil test results	17 Seed spinach in cold frame or high tunnel ☽ First Quarter	18 Plan spring landscape design	19 Order harvest supplies	20
21	22 Order blackberry and raspberry plants	23 Seed mache or claytonia in cold frame	24 Order strawberry plants	25 ○ Full Moon	26	27
28	29	30	31	 <p>Scan the QR code to unlock bonus content including helpful videos on our Garden Calendar site.</p>		



# Winter Potato Onion

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

Onions are a staple crop in central Appalachia. Before the popular green bunching scallions and bulb onion, multiplier onions were widely grown in gardens throughout West Virginia.

Multiplier onions are often called potato onions or shallots. Unlike traditional onions, multiplier onions produce clusters around a central bulb. As a result, the yield from multiplier onions is much greater than traditional bulb onions.

Although onions are biennial, meaning they produce seeds the second year, multiplier onions, such as potato onions, rarely produce seeds. Instead, the small bulbs in the cluster are saved for planting the following year.

Potato onions are typically white or yellow bulb onions, which have a mild flavor and are used for cooking. Each potato onion “hill” or cluster will typically produce six to 11 bulbs.

Potato onions can be planted in the fall or early spring but are traditionally overwintered as a “winter onion” in Appalachia. The potato onion can tolerate sub-freezing temperatures. The bulbs are planted in fall (early November) in West Virginia.

Potato onions are excellent plants for containers or raised beds. The onion bulbs or “sets” are planted approximately 6 inches apart within the row and 18 to 24 inches between rows.

In some regions of West Virginia, the onions will produce green bunching onions for harvest in early winter. Otherwise, the onion can be harvested as green bunching onions in spring or allowed to mature to full-sized bulbs for harvest in early summer.

After harvest, the potato onions can be cured in a warm, dry place for about a month and stored in a cool, dry environment for the remainder of the year. Be sure to save bulbs from vigorous hills for planting later in the year.





# FEBRUARY

JANUARY 2024

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MARCH 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>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.</p>				1 Harvest overwintered vegetables	2 Groundhog Day Order herb seeds ☾ Last Quarter	3 Apply lime and fertilizer Order fruit trees Build a high tunnel
4 Seed head lettuce (indoors) Turn compost	5 Seed leeks (indoors)	6 Build a low tunnel or cold frame Seed leeks (indoors)	7 Happy Birthday WVU! Seed cauliflower (indoors)	8 Clean dust from houseplants with damp cloth Seed celery (indoors)	9 Seed carrots, leafy salad greens and radishes in high tunnel ☀ New Moon	10 Start a kitchen herb garden Prune grapes
11 Seed broccoli and cabbage (indoors)	12 Seed collards and kale (indoors) Seed peas (outdoors) south of U.S. Rt. 60	13 Seed collards and kale (indoors) Seed peas (outdoors) south of U.S. Rt. 60	14 Ash Wednesday Valentine's Day Order seed potatoes	15 Prune blueberries, raspberries, blackberries and fruit trees	16 Plant Irish potatoes in high tunnel ☾ First Quarter	17 Seed carrots, onions and greens in cold frame or low tunnel
18 Presidents Day Apply lime sulfur to blueberries	19 Apply dormant oil spray to fruit trees	20 Prune deciduous trees and shrubs	21 Mow asparagus ferns	22 Propagate grapes and blueberries from hardwood cuttings	23 Propagate elderberries from cuttings ☀ Full Moon	24
25 Presprout seed potatoes Build a raised bed garden	26	27	28	29		



# Creasy Greens

*By Natasha Harris, Former WVU Extension Agent – Upshur County*

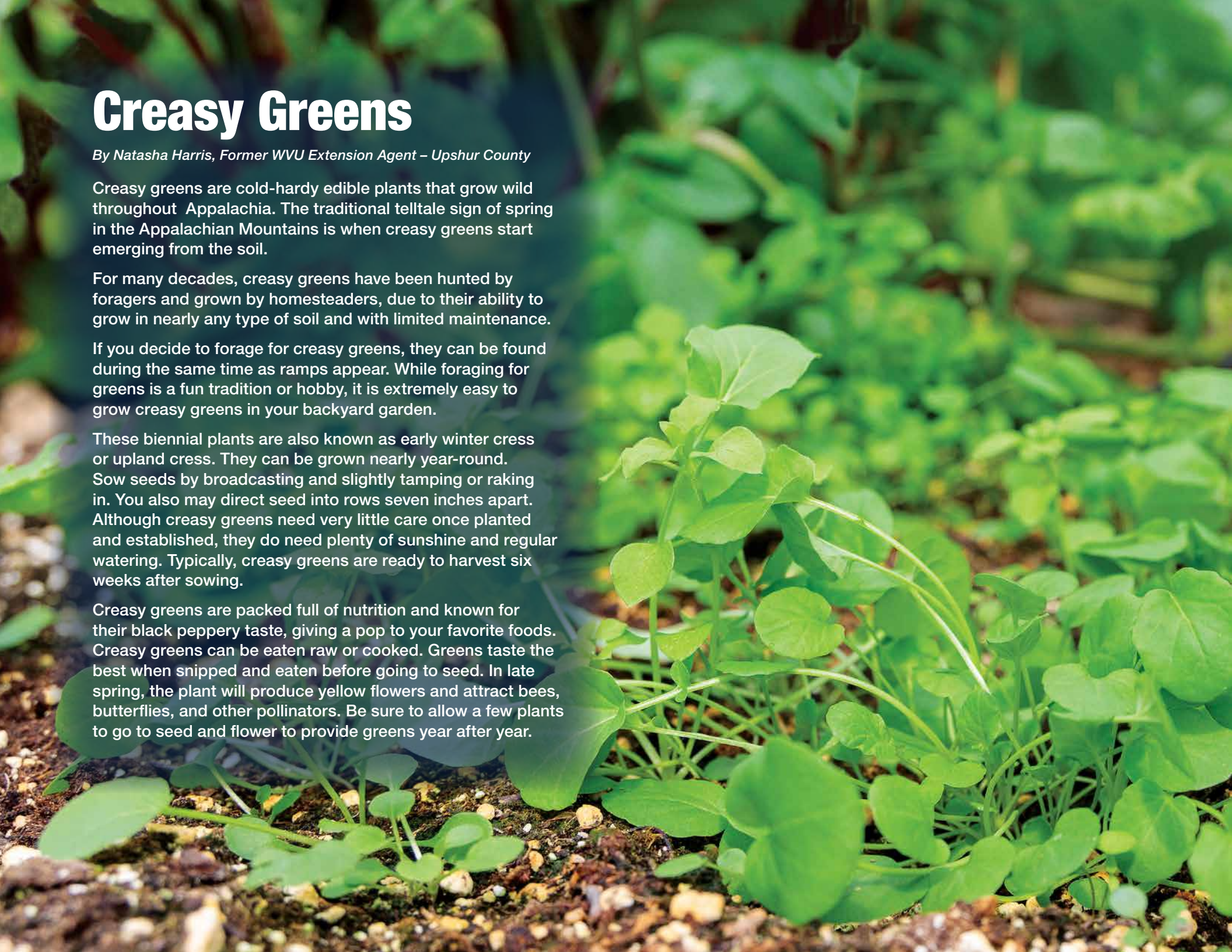
Creasy greens are cold-hardy edible plants that grow wild throughout Appalachia. The traditional telltale sign of spring in the Appalachian Mountains is when creasy greens start emerging from the soil.

For many decades, creasy greens have been hunted by foragers and grown by homesteaders, due to their ability to grow in nearly any type of soil and with limited maintenance.

If you decide to forage for creasy greens, they can be found during the same time as ramps appear. While foraging for greens is a fun tradition or hobby, it is extremely easy to grow creasy greens in your backyard garden.

These biennial plants are also known as early winter cress or upland cress. They can be grown nearly year-round. Sow seeds by broadcasting and slightly tamping or raking in. You also may direct seed into rows seven inches apart. Although creasy greens need very little care once planted and established, they do need plenty of sunshine and regular watering. Typically, creasy greens are ready to harvest six weeks after sowing.

Creasy greens are packed full of nutrition and known for their black peppery taste, giving a pop to your favorite foods. Creasy greens can be eaten raw or cooked. Greens taste the best when snipped and eaten before going to seed. In late spring, the plant will produce yellow flowers and attract bees, butterflies, and other pollinators. Be sure to allow a few plants to go to seed and flower to provide greens year after year.





# MARCH

FEBRUARY 2024

APRIL 2024

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



# Heirloom Rutabaga

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

Highland grassy sites in the Appalachian Mountains of West Virginia were popular sites for potato and rutabaga farming in the late 19th and early 20th centuries. Rutabagas (*Brassica napus*) are a cool season root crop in the Brassica family and, in many ways, are a larger version of a turnip.

Rutabaga comes from rotabagge, the plant's Swedish name which means "baggy root." This cross between a cabbage and a turnip is sometimes called a Swedish turnip or swede. In West Virginia, it also has been referred to as a Hanover.

Many heirloom varieties of rutabaga were grown, including Marian, Navone, American Purple Top Yellow, Nadmorska, Laurentian and Wilhelmsburger. This forgotten root crop is larger and sweeter with orange flesh compared to the mustard-like flavor of the smaller, white-fleshed turnip.

They thrive in cold weather and can be very productive. Quality can be poor when they are grown in hot weather or get too big and pithy.

Rutabagas can be planted in rows 14 to 18 inches apart. Work the soil well to form a good seedbed and incorporate fertilizer thoroughly. Plant seeds ½ inch deep with about 4 inches between plants.

Harvest rutabagas after they have been exposed to several light frosts. This will enhance the sweetness and flavor of the roots. Roots should be 4 to 5 inches in diameter. Trim off the foliage to within 1 inch of the crown.

Rutabagas should be cooked and can replace potatoes in nearly any recipe. Preparation methods include roasting, baking or steaming. Roasting highlights their natural sweetness. As a bonus, the green tops also are edible.





# APRIL

MARCH 2024

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MAY 2024

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



# Hickory King Corn

*By Evan Wilson, ANR Program Coordinator – Mason County*

If you are thinking of raising corn for homemade cornmeal, grits, flour, roasting ears or hominy, look no further than Hickory King, a variety that has been a staple for more than 100 years in gardens throughout Appalachia.

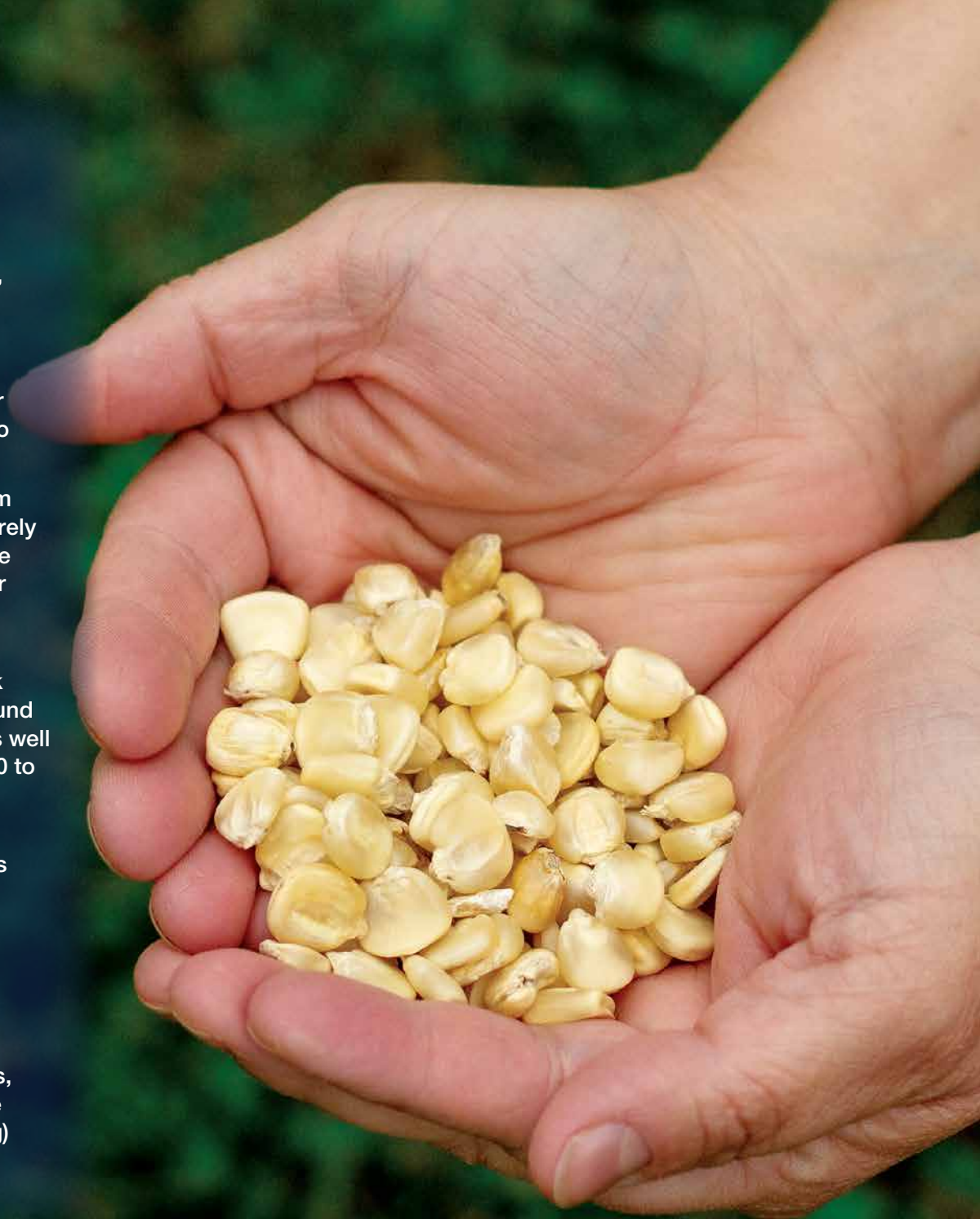
Hickory King, sometimes called Hickory Cane, is a popular white dent corn that was introduced close to 150 years ago by A.O. Lee of Hickory, Virginia.

W. Atlee Burpee wrote about Hickory King in the 1888 Farm Annual, stating, “This new white field corn has proved entirely distinct from all other varieties, and has unquestionably the largest grains, with the smallest cob of any white corn ever introduced.”

This 12-foot variety of dent corn provided enough support for pole beans to climb and thrive on the stalks. Each stalk will produce two ears that are well protected by tightly bound husks that protect the kernels against insect pressures, as well as northern and southern leaf blights. Each ear will have 10 to 12 rows of white kernels on a 9-inch ear.

Due to the sheer size of the plants, they should have 10 to 12 inches between the plants with a 3-foot row spacing. As these plants are open pollinated, the ample air space will allow for the pollen to fertilize the tassels.

Seed corn should be planted 1-inch deep using a walk-behind seeder and thinned once plants emerge to about a foot between plants. This variety should reach maturity within 85 to 110 days and be enjoyed by all. To save seed from Hickory King and other open-pollinated corn varieties, isolate the corn from other types of corn by staggering the planting date so other varieties are not tasseling (flowering) at the same time.





# MAY

APRIL 2024

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JUNE 2024

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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>			<p><b>1</b></p> <p>Plant figs Seed or transplant parsley ☾ Last Quarter</p>	<p><b>2</b></p> <p>Transplant onions Seed fennel Plant fingerling potatoes</p>	<p><b>3</b></p> <p>Plant potatoes Transplant or seed Chinese cabbage</p>	<p><b>4</b></p> <p>Seed snap beans Seed head lettuce</p>
<p><b>5</b></p>	<p><b>6</b></p> <p>Seed leaf lettuce and winter squash Control broadleaf weeds in lawn</p>	<p><b>7</b></p> <p>Seed summer squash and cucumbers ☾ New Moon</p>	<p><b>8</b></p> <p><b>Happy Birthday Cooperative Extension!</b> Seed or transplant broccoli</p>	<p><b>9</b></p> <p>Seed late celery Seed sweet corn Seed cilantro Plant bok choy</p>	<p><b>10</b></p> <p>Seed thyme Plant early celery and tomatoes Grow mint in containers</p>	<p><b>11</b></p> <p>Seed annual flowers Transplant or seed melons Fertilize houseplants</p>
<p><b>12</b></p> <p>Mother's Day</p>	<p><b>13</b></p> <p>Plant sweet potatoes Harvest scapes from hardneck garlic</p>	<p><b>14</b></p> <p>Plant peppers, okra and cabbage Harvest established asparagus</p>	<p><b>15</b></p> <p>Seed borage and zinnias Seed lima beans ☽ First Quarter</p>	<p><b>16</b></p> <p>Seed sweet corn Remove strawberry blossoms on newly transplanted plants</p>	<p><b>17</b></p> <p>Seed or transplant basil Seed Malabar spinach</p>	<p><b>18</b></p> <p>Install row covers to exclude insects on cabbage and broccoli</p>
<p><b>19</b></p>	<p><b>20</b></p> <p>Prune azaleas, viburnum, lilac and forsythia after blooming</p>	<p><b>21</b></p> <p>Begin control measures for cucumber beetle</p>	<p><b>22</b></p> <p>Plant eggplant Turn compost</p>	<p><b>23</b></p> <p>Plant jack-o'-lantern pumpkins ☽ Full Moon</p>	<p><b>24</b></p> <p>Prune tomatoes at first flowering Plant an herb garden</p>	<p><b>25</b></p> <p>Stake and mulch tomatoes Trellis cucumbers</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>Memorial Day Plant asparagus beans Transplant fennel</p>	<p><b>28</b></p> <p>Seed leaf lettuce as a companion plant with trellised cucumbers</p>	<p><b>29</b></p> <p>Seed Roma beans</p>	<p><b>30</b></p> <p>☾ Last Quarter</p>	<p><b>31</b></p>	



# West Virginia '63 Tomato

*By Daisy Bailey, WVU Extension Agent – Calhoun and Gilmer Counties*

Released in 1963 on West Virginia's 100<sup>th</sup> birthday, the West Virginia '63 was developed by Mannon Gallegly, WVU plant pathology professor. Gallegly was hired by WVU in 1949 to research vegetable diseases. At the time, late blight was a huge concern for West Virginia farmers and gardeners.

Tomato blight is caused by a fungal pathogen *Phytophthora*, which is also the same disease that caused the Irish potato famine. Gallegly started his research on the blight by collecting potato and tomato varieties and planting them at Huttonsville Correctional Facility Farm. Through many years of trial and error, Gallegly was able to select and cross different tomato varieties to develop a resistance to blight. In total, it took 13 years to develop the West Virginia '63 tomato. The West Virginia '63 benefited many citizens across the globe who were seeking a blight resistant variety.

In 2023, the tomato variety celebrated its 60<sup>th</sup> anniversary and Gallegly turned 100 years old. Even 60 years later, citizens seek out West Virginia '63 tomato seeds to start each year for their garden. Along with its indestructible qualities to blight, it also has an excellent flavor. Many gardeners use it as both a slicer and a canning tomato.

Although West Virginia '63 tomato seeds can be difficult to find in mainstream seed catalogs, they can often be found in small garden stores across the state as well as some heirloom seed companies. Additionally, the West Virginia '63 tomato lives on through the Mountaineer Delight, a newer variety that was developed at WVU to be blight resistant and resistant to *Septoria* leaf spot. If you have not grown either of these varieties, you should plan to try them in the future.





# JUNE

MAY 2024

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JULY 2024

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Did you know our Energy Express summer literacy program serves nearly 2,000 youths each summer?  
Scan the QR code to learn more!

1

Seed lettuce as a companion plant to tomatoes  
Seed parsley

2

Seed snap beans and carrots  
Seed summer squash and corn for late crop

3

Plant tomatoes  
Seed cabbage, cauliflower, broccoli and Brussels sprouts

4

Seed pumpkins and winter squash  
Seed leaf and bibb lettuce

5

Mulch garden to conserve soil moisture  
● New Moon

6

Plant celery  
Monitor for garden pests  
Summer prune apples and peaches

7

8

Begin control measures for squash vine borer

9

Seed sweet corn, beets, pumpkins and winter squash  
Pinch blackberry canes

10

Begin bagworm control  
Seed basil as tomato companion plant

11

Side-dress sweet corn that is knee-high with additional nitrogen

12

Transplant thyme  
Deadhead annual flowers

13

Flag Day  
Prune spring-flowering shrubs  
● First Quarter

14

15

Plant peppers  
Control cabbage worms with DiPel® or row cover

16

Father's Day

Renovate strawberries after last harvest  
Turn compost

17

Seed or transplant gourds  
Pinch back garden mums

18

Juneteenth  
Seed dill  
Seed or transplant cantaloupes for fall

19

West Virginia Day  
Summer Begins  
Prune pine trees

20

Treat lawn for white grubs  
○ Full Moon

21

22

End asparagus harvest  
Seed Brussels sprouts

23

30

Seed or transplant savory  
Harvest beet greens

24

Plant late tomatoes and peppers  
Fertilize asparagus

25

Add non-seed-bearing weeds to compost  
Seed peppers

26

Plant basil  
Stake peppers  
Transplant rosemary

27

Seed half-runner and pole beans  
● Last Quarter

28

29

Plant cilantro  
Harvest summer squash frequently



# Fat Man Beans

*By Josh Peplowski, WVU Extension Agent – Greenbrier County*

The snap bean is a hardy subsistence crop that has helped to sustain families in the mountains for hundreds of years. This crop, which has origins in Central and South America, is now cultivated throughout the world and represented by over 130 varieties. These beans are divided into three categories: bush beans, pole beans and half-runners.

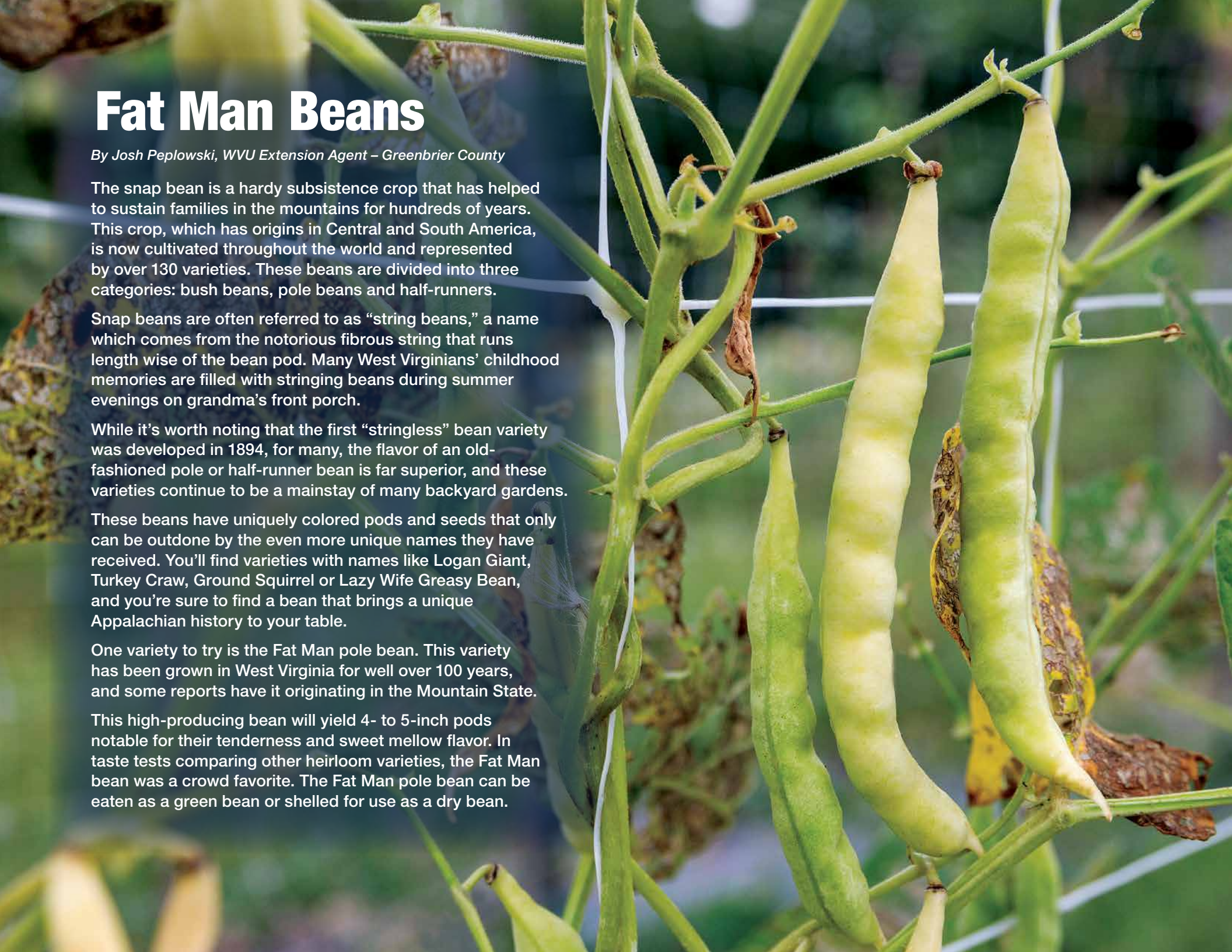
Snap beans are often referred to as “string beans,” a name which comes from the notorious fibrous string that runs length wise of the bean pod. Many West Virginians’ childhood memories are filled with stringing beans during summer evenings on grandma’s front porch.

While it’s worth noting that the first “stringless” bean variety was developed in 1894, for many, the flavor of an old-fashioned pole or half-runner bean is far superior, and these varieties continue to be a mainstay of many backyard gardens.

These beans have uniquely colored pods and seeds that only can be outdone by the even more unique names they have received. You’ll find varieties with names like Logan Giant, Turkey Crow, Ground Squirrel or Lazy Wife Greasy Bean, and you’re sure to find a bean that brings a unique Appalachian history to your table.

One variety to try is the Fat Man pole bean. This variety has been grown in West Virginia for well over 100 years, and some reports have it originating in the Mountain State.

This high-producing bean will yield 4- to 5-inch pods notable for their tenderness and sweet mellow flavor. In taste tests comparing other heirloom varieties, the Fat Man bean was a crowd favorite. The Fat Man pole bean can be eaten as a green bean or shelled for use as a dry bean.






# JULY

JUNE 2024

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AUGUST 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Seed late cabbage and cauliflower for fall harvest	2 Seed late corn, snap beans, kale and broccoli Seed or plant endive	3 Watch for early and late tomato blight Seed carrots and Swiss chard	4 <b>Independence Day</b> Plant grape or cherry tomatoes for fall	5 Seed late sweet corn and beets ● New Moon	6 Order garlic cloves for fall planting
7 Watch for Japanese beetles Order garlic seed	8 Plant napa Chinese cabbage Remove raspberry canes after fruiting	9 Harvest new potatoes with tender skins Seed borage	10 Pinch the top of black raspberry canes	11 For the largest flowers, remove side shoots from main stem	12 Seed dill Turn compost ● First Quarter	13 Plant peppers for fall crop Seed summer squash for fall crop
14 Harvest summer squash frequently	15 Seed collards and kale for fall Don't let weeds go to seed	16 Water young trees and shrubs during dry periods	17 Pinch basil to retain four pairs of leaves per plant	18 Transplant cauliflower, broccoli and Swiss chard	19 Add non-seed-bearing weeds to compost ● Last Quarter	20 Seed beets
21 Take cuttings from herbs	22 Mulch garden to conserve soil moisture	23 Water young trees and shrubs during dry periods	24 Pinch basil to retain four pairs of leaves per plant	25 Transplant Brussels sprouts	26 Add non-seed-bearing weeds to compost ● Last Quarter	27 Seed beets
28 Seed beets	29 Seed beets	30 Seed beets	31 Seed beets	 <p>Youths received more than \$135K in scholarships to attend a WVU Extension camp, including Junior Firefighter Camp, 4-H state/county camps and Conservation Camp. Scan the QR code to support a future camper.</p>		



# Mortgage Lifter Tomato

*By Jennifer Friend, WVU Extension Agent – Harrison County*

One of West Virginia gardeners' favorite tomatoes is the Mortgage Lifter, a pink to red beefsteak variety. Originating from Logan, West Virginia, one popular Mortgage Lifter was developed by Marshall Cletis Byles, aka Radiator Charlie.

The story begins in the 1930s, when Radiator Charlie wanted to develop a better breed of tomato. He planted three varieties – beefsteak, an Italian variety, and an English variety – in a circle around a fourth variety, German Johnson. He saved seeds from the best tomatoes each year and eventually was satisfied with a stable tomato variety.

Like many homeowners during the Great Depression, Radiator Charlie was concerned with paying his home mortgage. To spread the wealth of his new tomato, Charlie sold seedlings of his new variety for \$1 per plant. The money he raised paid off his home mortgage. Allegedly, people came from as far away as 200 miles to buy his seedlings.

There are other strains of Mortgage Lifter tomatoes that also originated in West Virginia, such as the Estler Family Mortgage Lifter from Cabell County.

Mortgage Lifter tomatoes grow large fruit, weighing in from 1 to 3 pounds with a rich, sweet taste. This variety is indeterminate throughout the growing season, and trellising or supporting the plant is beneficial. Once you're ready to transplant, space the plants 30 to 48 inches apart in rows 3 to 4 feet apart. If you decide to start your own from seed, be sure to start them six to eight weeks prior to the last frost date for your area.



# AUGUST

JULY 2024

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SEPTEMBER 2024

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



# Red York Apple

*By Candace DeLong, WVU Extension Agent – Hampshire County  
and Mira Danilovich, WVU Extension Specialist – Consumer  
Horticulture*

The Red York apple is a bud mutation of York Imperial, the quintessential Eastern sauce-making apple. The Red York apple was discovered around 1945 in the orchard of John L. Hevener in Roanoke, West Virginia. In fact, the Hevener's property was where Stonewall Resort is located today.

The story goes that Hevener was walking through his orchard late in the season and saw some red apples on one of his trees. He was intrigued and walked over, picked an apple and bite into it – it was still firm, juicy and sweet despite being so late in the season.

He propagated the tree and started monitoring his new apple, and after more than 15 years of observing and recording his findings, Hevener's Red York apple received its plant patent in 1963.

Red York fruit has the same squatty, oblong shape as York Imperial, but the color is a deep, dark red. The fruits are large and ripen about two weeks later than York Imperial, usually around October 15.

Red York is described as a tree of medium size, hardy, and a heavy and regular bearer. Its fruit is of very good quality with a firm flesh, fine but crisp texture, rich flavor and distinct aroma, and it has excellent cooking properties.

In comparison to Imperial York, the fruit has thicker skin, deeper calyx and smaller core. It is an apple that keeps well for up to 10 months without refrigeration, a significant improvement over Imperial York.

Even though our West Virginia state apple crown belongs to the Golden Delicious, the Red York is another heritage apple with roots right here in the Mountain State.






# SEPTEMBER

AUGUST 2024

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OCTOBER 2024

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

# Coal Camp Beans

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

Pole beans are also known as cornfield beans or climbing beans and fall into a category of beans with a slightly larger pod and more prominent string. One such bean that is very desirable is the Coal Camp bean.

Coal Camp is an heirloom pole bean that originated in West Virginia and produces purplish-green colored pods. The plant produces long runs, so a tall trellis is necessary. They are traditionally picked when the seeds are plump but still forming inside the pod and require stringing. Research also has shown that these beans provide more protein and fiber.

The Coal Camp bean also has shown to do well in our cooler mountain climates because the warmer temperature seems to create a tougher hull or pod, and when produced from locally grown seed, the overall outcome is a very tender and tasty bean.

When cooked for 30 minutes, the bean is very rich and tender. This also makes a great dry soup bean, and the flavor is very meaty with a firm texture. Unlike bush dry beans whose pods often rot in late summer rains, this variety matures seeds quickly and is easy to pick before destructive rains. Seeds are coal black to dark brown in color.

If you are looking for a new variety of beans with a desirable taste and traits, the Coal Camp bean and other heritage beans are worth considering for the climate and growing season experienced in West Virginia and throughout Appalachia.





# OCTOBER

SEPTEMBER 2024

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NOVEMBER 2024

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



# Bloody Butcher Corn

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

When thinking of heirloom field corn that holds a significant place in our state's history, West Virginians cannot help but mention Bloody Butcher Corn, which dates back to the early 1800s.

While most white and yellow corn varieties are harvested at a rate of 190 to 250 bushels per acre, the open pollinated Bloody Butcher is maximized at 100 bushels per acre. The stalks can grow to heights of 12 feet or taller, so wind and hard rains can knock the stalks down easily. Another reason is the corn's days to maturity reach upward of 100 days. The corn will always produce two ears per stalk that are usually 10 to 12 inches in length.

But, why is it called Bloody Butcher? The Bloody Butcher corn is a white corn with tiny flecks of dark red mixed into the white kernels, like blood splatters on a butcher's white apron, thus the name Bloody Butcher. Many seed savers say the origin of Bloody Butcher goes back to the mixing of white corn with red corn.

This heritage seed has been passed down through generations of families. In many cases, the seeds date back hundreds of years to when Native Americans were cultivating the seeds and passed them on to settlers. The corn was a staple for just about every aspect of survival. Most families raised Bloody Butcher corn for everything, including hominy, cornbread, animal feedstock and moonshine.

Today, Bloody Butcher is well known in West Virginia for its rich flavor and unique texture when ground to cornmeal to make delicious, hearty cornbread. Give it a try and experience one of Appalachia's bounty of heirloom crops.



# NOVEMBER

OCTOBER 2024

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DECEMBER 2024

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



# Candy Roaster Squash

*By Emily Morrow, WVU Extension Agent – Jefferson County*

The Candy Roaster, also referred to as a Permelson or Pink Banana, is a winter squash that remains a staple in many Appalachian gardens. This heirloom is part of the *Cucurbita maxima* family and has a history as impressive as its flavor. Candy Roasters were cultivated by the Cherokee people in the 1800s, who in turn shared their seeds with those who settled in Appalachia.

The Candy Roaster comes in multiple varieties, hence the multiple names. Candy Roasters cross pollinate easily, leading to more than 40 known varieties and several hybrids that carry the Candy Roaster name. This winter squash can grow in a tubular, round, teardrop or squat shape. Depending on the variety, the harvested crop may come in pink, blue or gray.

The North Georgia Candy Roaster is the most widely available variety, measuring up to 15 pounds and 2 feet long in a banana-like shape. This variety has a smooth, pink skin with a distinctive greenish-blue blossom end mark and matures in 95 days. The Cherokee Nation grows their plants in isolation to be able to harvest these rare, true-to-type seeds.

No matter the variety, the Cherokee Nation and Appalachians favor Candy Roasters for their unique flavor and impressive storage potential. Fully ripe Candy Roasters can keep up to six months, getting sweeter with time. Compared to other winter squash, the skin is much thinner, making it easier to cut into. The savory, creamy flavor makes Candy Roasters a popular choice for cooking, with many recipes for roasting, stuffing, pie filling and even soup.



# DECEMBER

NOVEMBER 2024

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JANUARY 2025

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ● New Moon	2 Protect shrubs from harsh weather	3	4 Mulch hybrid roses Select cut Christmas tree with flexible needles	5 Overwinter spinach and Swiss chard	6 Mulch perennial herbs	7 Begin harvest of high tunnel carrots and lettuce
8 ☾ First Quarter	9 Buy live Christmas tree	10 Store leftover and saved seed in cool, dry place	11	12	13 Harvest Brussels sprouts	14
15 ○ Full Moon	16	17	18 Turn compost	19	20	21 Winter Begins
22 ☾ Last Quarter	23	24	25 Hanukkah Begins Christmas Day	26 Plant live Christmas tree	27	28
29	30 ● New Moon	31 New Year's Eve	<p><i>Did you know WVU Extension's Grow This program set a record for the "world's largest gardening lesson" in 2023? More than 1,300 were in attendance at a special event at the Monongalia Ballpark, and more than double the previous record.</i></p>			



# Vegetable Varieties Recommended for West Virginia

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

<b>Vegetable</b>	<b>Varieties</b>
<b>Kale</b>	Red Russian, Winterbor, Redbor, Tuscan, Scotch Siberian
<b>Kohlrabi</b>	Kolibri (purple), Winner
<b>Leeks</b>	King Richard, Lancelot, Bandit, Tadorna (winter)
<b>Lettuce</b>	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)
<b>Okra</b>	Annie Oakley II, Clemson Spineless
<b>Onions</b>	Candy (yellow), Candy Apple (red), Red Bull (red), Copra (yellow), Red Wing (red), Beltsville Bunching, Nabechan (bunching), Guardsman (bunching)
<b>Parsley</b>	Giant of Italy
<b>Peas</b>	Knight (shell), Frosty (shell), Cascadia (sugar snap), Sugar Anne (sugar snap)
<b>Peppers</b>	Red Knight, Revolution, Achimedes, Paladin, Blushing Beauty, Carmen
<b>Pumpkins</b>	Magic Lantern, Aladdin, Hulk, Gladiator, Super Herc, Field Trip
<b>Spinach</b>	Avon, Regiment, Melody, Space, Bloomsdale, Abundant Bloomsdale
<b>Squash – Acorn</b>	Table Ace, Taybelle, Autumn Delight
<b>Squash – Buttercup</b>	Orange Cutie, Sunshine, Bon Bon
<b>Squash – Butternut</b>	Waltham, Butternut 242, Metro, Bugle, Avalon
<b>Squash – Summer</b>	Multipik, Patriot II (summer yellow), Sultan (zucchini), Independence II, Tigress (zucchini), Cashflow (zucchini), Magda
<b>Sweet Corn</b>	Incredible, Bodacious, Delectable, Montauk (all sugar enhanced var.)
<b>Sweet Potatoes</b>	Beauregard, Jewel, Evangeline, Burgundy
<b>Swiss Chard</b>	Rainbow, Bright Lights, Argentata
<b>Tomatoes</b>	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
<b>Watermelons</b>	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](https://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](https://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](https://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](https://extension.wvu.edu/family-nutrition-program).



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





## Mashed Rutabaga with Sour Cream

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Makes 4 to 6 servings

### Ingredients:

- 2 to 3 pounds rutabaga, peeled and chopped into 1-inch chunks
- Salt to taste
- 2 teaspoons unsalted butter
- ¼ to ½ cup sour cream (more or less, to taste)
- Freshly ground black pepper to taste
- 2 tablespoons chopped fresh dill (or chives)

– over –



## Grilled Bok Choy

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Makes 4 servings

### Ingredients:

- 4 heads baby bok choy (or other greens, such as Swiss chard, romaine lettuce, endive or escarole)
- 2 tablespoons sesame oil
- 1 tablespoon soy sauce
- 2 cloves garlic, minced
- 1 teaspoon red papper flakes
- Salt and pepper to taste

– over –



## Roasted Vidalia Onions with Herbed Breadcrumbs

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Makes 4 servings

### Ingredients:

- 2 large Vidalia onions, cut crosswise into ½-inch thick slices
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper to taste
- 4 tablespoons breadcrumbs
- 1 tablespoon unsalted butter, melted
- 1 tablespoon finely chopped parsley
- 1 teaspoon finely chopped oregano
- 1 teaspoon finely chopped thyme
- 2 cloves garlic, minced

### Notes:

- Any type of onion can be used as a substitute.
- 1½ teaspoons of dried Italian seasoning can be substituted for the fresh herbs.

– over –



## Peruvian-style Greens Beans

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Makes 6 servings

### Ingredients:

- 2 tablespoons sesame oil
- ½ cup thinly sliced onion
- ½ cup diced red bell pepper
- 1 tablespoon garlic powder
- 1 tablespoon grated ginger (or 1 teaspoon dried ginger)
- 3 to 3½ cups green beans (approximately 1 pound)
- ¼ cup beef, chicken or vegetable broth
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon kosher salt

– over –







WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.

**Nutrition information per serving: 54.8 calories; 8.8 g carbohydrates; 1.8 g fat; 2.5 g protein; 2.6 g fiber; 203.7 mg sodium**

1. Begin by heating your skillet over medium/low heat.
2. When the skillet is hot, add the sesame oil. When it starts to become fragrant (about 30 seconds), add the onions and cook them until they are translucent and slightly caramelized.
3. Now add the red bell pepper, garlic powder and ginger, cooking just briefly so that the ginger and garlic become fragrant, and the bell pepper begins to soften.
4. Add the green beans and toss. Now, cover with lid and let cook until they are your desired tenderness. We like to keep them a little crunchy, so we cook them for only 1 to 2 minutes (add broth as needed if mixture becomes dry).
5. At the very end, add soy sauce and salt, cook for another minute or two, then remove from heat. (If you want them to be softer, you can absolutely cook them longer.) Serve immediately.

### Directions:



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**Nutrition information per serving: 152 calories; 6.7 g fat; 13.9 g carbohydrates; 1.8 g fiber; 1.4 g protein; 52.5 mg sodium**

1. Heat oven to 450 F. On a foil-lined baking sheet, coat onion slices in oil, keeping them as intact as possible; season with salt and pepper. Bake, turning once, until soft and lightly caramelized, about 15 minutes.
2. Stir together breadcrumbs, butter, parsley, oregano, thyme, garlic, and salt and pepper in a small bowl; sprinkle evenly over onion slices. Continue baking until topping is golden brown, about 15 more minutes.

### Directions:



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**Nutrition information per serving: 78 calories; 7 g fat; 3 g carbohydrates; 1.1 g fiber; 1.4 g fiber; 227 mg sodium**

1. Preheat the grill to medium and lightly oil the grate.
2. Cut the heads of baby bok choy in half lengthwise and clean thoroughly.
3. In a small bowl, whisk together the sesame oil, soy sauce, garlic and red pepper flakes.
4. Brush the oil mixture onto the baby bok choy and season with salt and pepper.
5. Place the bok choy cut side down on the grill and close the lid.
6. Cook for 3 to 4 minutes, or until grill marks form and edges of leaves get crispy.
7. Brush with more oil mixture, then turn the bok choy and cook for another 3 to 4 minutes, or until the stems are softened and leaves are slightly charred. Serve immediately.

### Directions:




WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.

**Nutrition information per serving: 134 calories; 5 g fat; 21 g carbohydrates; 5 g fiber; 3 g protein; 227 mg sodium**

1. In a large pot, cover the chopped rutabaga with about 1 inch of cold water. Add a generous pinch of salt and boil until tender, about 30 to 40 minutes. Drain and return the rutabaga to the pot.
2. Reduce the heat to low and let the rutabaga steam for a minute or two. Then, mash with a potato masher.
3. Add the butter and sour cream, then season to taste.
4. Just before serving, mix in the chopped dill or chives.

### Directions:





## Black Bean, Tomato and Cucumber Salad with Feta

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Makes 4 to 6 servings

### Ingredients:

- 1 cucumber, halved and sliced
- 2 large tomatoes, diced
- 1 14.5-ounce can black beans, drained and rinsed
- 2 tablespoons balsamic vinegar
- 2 tablespoons feta cheese

— over —



## Refreshing Apple Salad

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Makes 4 servings

### Ingredients:

- 2 apples, 3/4-inch diced
- 1 cup sliced strawberries (or favorite fruit)
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 tablespoon olive oil
- Pinch salt

— over —



## Zucchini and Corn Fritters

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Makes 5 servings

### Ingredients:

- 1 cup grated zucchini
- 1 cup fresh corn (substitute canned or frozen if needed)
- 1/2 cup whole wheat flour
- 1 egg
- 1/2 cup grated low-fat cheddar cheese
- 1/4 cup milk
- 1 teaspoon baking powder
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon onion powder
- Olive oil

— over —



## Warm Butternut Squash Salad

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Makes 4 servings

### Ingredients:

- 1 butternut squash, peeled and diced
- Olive oil
- 1 tablespoon pure maple syrup
- Salt and pepper
- 3 tablespoons dried cranberries
- 3/4 cup apple cider or apple juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons minced onion
- 2 teaspoons Dijon mustard
- 4 ounces leafy greens (arugula, spinach or mixed greens)
- 1/3 cup freshly grated Parmesan cheese

— over —







WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.

### EXTENSION

(Adapted from 2008, Barefoot Contessa Back to Basics, All Rights Reserved)

**protein: 210 mg sodium**

**Nutrition information per serving: 270 calories; 22 g fat; 15 g carbohydrates; 2 g fiber; 3 g**

- Note:** You can substitute other winter squash, such as acorn, delicata, kabocha or pumpkin, just enough vinaigrette over the salad to moisten and toss well. Sprinkle with salt and pepper, and serve immediately.
3. Place arugula in a large salad bowl and add roasted squash mixture and grated Parmesan. Spoon mustard, ¼ cup olive oil, 1 teaspoon salt and ½ teaspoon of pepper.
  2. While squash is roasting, combine apple cider, apple vinegar and onion in a small saucepan and bring to a boil over medium high heat. Cook for 6 to 8 minutes. Off the heat, whisk in the syrup, 1 teaspoon salt and ½ teaspoon pepper and toss. Roast squash for 15 to 20 minutes, turning once, until tender. Add cranberries to the pan for the last 5 minutes.
  1. Preheat the oven to 400 F. Place butternut squash on a sheet pan. Add 2 tablespoons olive oil, maple

### Directions:



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### EXTENSION

**Nutrition information per serving: 100 calories; 16 g carbohydrates; 3 g fat; 8 g protein; 2 g dietary fiber; 190 mg sodium**

- Note:** Serve with sliced avocado, fat-free sour cream or dipping sauce of choice.
5. Remove from pan and enjoy warm.
  4. Cook for 2 to 3 minutes or until the fritter starts to turn golden brown. Flip, gently press down to flatten the fritter a bit and cook for another 2 minutes, or until cooked through.
  3. In a large skillet, warm your cooking oil over medium heat. Once the oil is hot, use a heaping tablespoon to portion the fritter batter into the hot pan.
  2. Place drained zucchini in a medium bowl and add all other remaining ingredients, except oil. Mix to combine.
  1. Place grated zucchini in the middle of a paper towel. Squeeze out as much of the moisture as you can.

### Directions:



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### EXTENSION

**Nutrition information per serving: 188 calories; 35.5 g carbohydrates; 1 g fat; 11.3 g protein; 9.6 g fiber; 310 mg sodium**

3. Pour dressing over salad and toss gently to coat. Serve cold.
2. In a small bowl, whisk remaining ingredients.
1. Mix apples and strawberries (or fruit of your choice) in a large bowl.

### Directions:



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### EXTENSION

**Nutrition information per serving: 140 calories; 23 g carbohydrates; 1.8 g fat; 8 g protein; 5.8 g fiber; 442.5 mg sodium**

3. Sprinkle on feta cheese. Serve and enjoy.
2. Add the balsamic vinegar and gently toss until coated.
1. In a medium bowl, combine the cucumber, tomatoes and black beans.

### Directions:



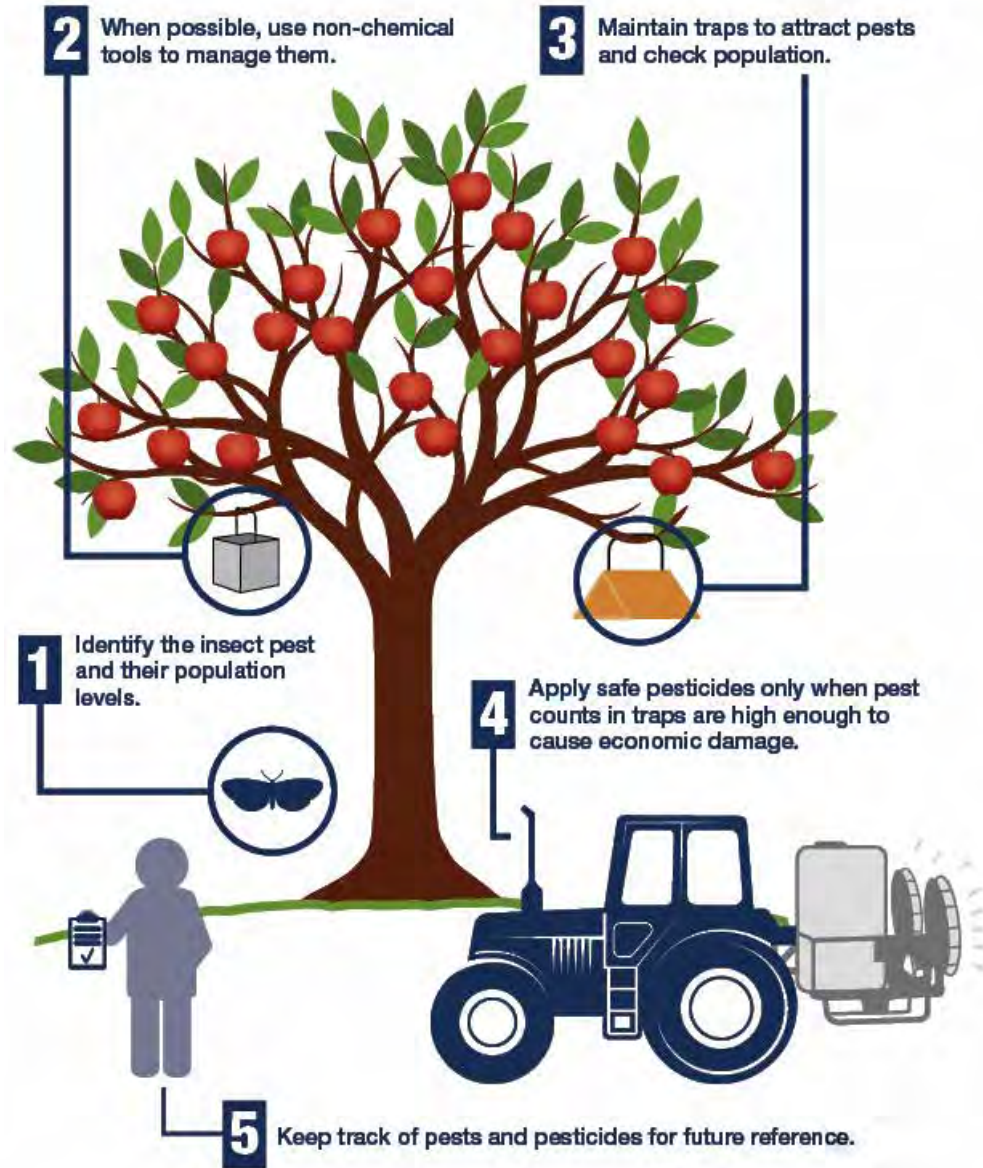
# What is IPM?

*Integrated pest management (IPM) is a sustainable set of methods to control insect pests and reduce a grower's dependence on chemicals and pesticides as the only solution to the infestation. The goal of IPM is to maintain pest populations below levels that cause economic damage for the growers while lowering their costs and reducing risks to humans and the environment.*

*For a list of our expert IPM recommendations for each month, scan the QR code or visit [extension.wvu.edu/controlling-garden-pests](http://extension.wvu.edu/controlling-garden-pests).*



## HERE'S A LOOK AT THE IPM PROCESS





# 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



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

The 2024 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](https://give.wvu.edu/extension)

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