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# Garden Planning & Seed Selection




Carole M. Palmer  
COPE Program  
Senior Specialist: Food Systems  
NSA Project  
02-22-22



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## FOOD ACCESS PROGRAM

### Food Is Medicine



- ❖ Healthy Navajo Stores Initiative (HNSI)
- ❖ Navajo FVRx Fruit & Vegetable Prescription Program
- ❖ Growers' Initiative
  - Farm to School/ECE
  - "Grow the Growers"

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The gardening season officially begins on January 1st and ends on December 31.

Maria H. Smith



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# Planning & Preparation



...THEN the Planting...

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**There's an app for that...**  
*(over 200 on Google Play... !)*

GrowVeg

Apps to Help You Plan Your Garden

Our Garden Planner helps you design the best layout for your vegetable garden. 1 app to rule them all.

What's New?

7

Apps For Your Garden

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Regional Versions

US/Canada | UK/Europe | Australia/NZ | S.Africa

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**Thinking & Planning**

**Garden purpose!**

Then consider:

- ❖ Access
- ❖ Shade/shelter
- ❖ Sunlight
- ❖ Water
- ❖ Soil
- ❖ Surrounding environment (noise, wind, existing plants/buildings)
- ❖ Security (animals, fencing)

❖ Other... ???  
 Community, Therapy, Art, Education, Traditions...

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**St. Michaels on May 16, 2015...  
 just sayin'**

We will likely face more challenges connected to climate change in the days & years ahead...

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**Do you know your  
 "last frost date"...  
 ???**

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**Have you thought about... ?**

**soil** n  
 a habitat for roots, providing the physical support, nutrients and water that your plants need to grow and thrive...

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**Manure**



**OLD =**  
needs to be sitting outside the corral, away from the animals

**At least 120 days old is best...**

before using in the garden or field...

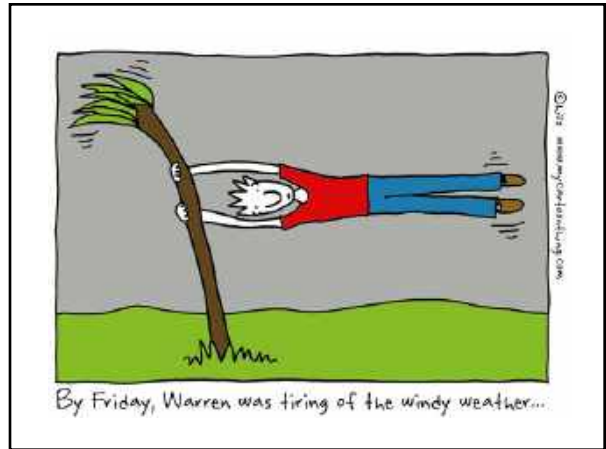
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**RAISED BEDS... easier to**

- ❖ critter-proof
- ❖ amend the soil
- ❖ water & weed
- ❖ harvest

**DO NOT HAVE TO BE A BOX!**



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If concerned about possible chemical content of materials, incorporate a **liner** into your design

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Simplest  
Lasagna Gardening Layers  
GardensAll.com

**REPEAT** **BROWNS & GREENS** to HIGHER than desired height  
 → the lasagna pile will shrink as materials decompose, depending on what materials are used

**GREENS** veggie scraps, weeds, manure (fresh or composted), green leaves, scrap alfalfa hay

**BROWNS**  
 leaves, shredded paper & cardboard, sawdust, wood pellets, wood chips, straw, egg cartons (paper)

**WATER** soak the paper layer with water

**PAPER LAYER (BASE)** cardboard, newspaper, etc.

**GROUND LEVEL** dirt, weeds, gravel

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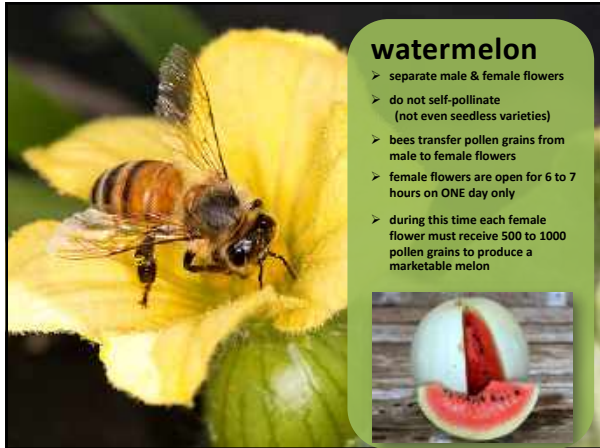
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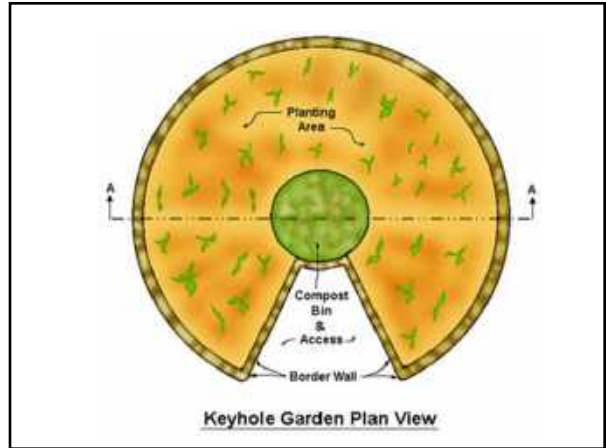
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**watermelon**

- > separate male & female flowers
- > do not self-pollinate (not even seedless varieties)
- > bees transfer pollen grains from male to female flowers
- > female flowers are open for 6 to 7 hours on ONE day only
- > during this time each female flower must receive 500 to 1000 pollen grains to produce a marketable melon

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**Keyhole Garden Plan View**

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**Garden in a burlap bag...**

- help keep in moisture when it's hot
- let water drain out when it's wet
- don't need much space
- are cheap and easy to make
- don't need a lot of weeding!

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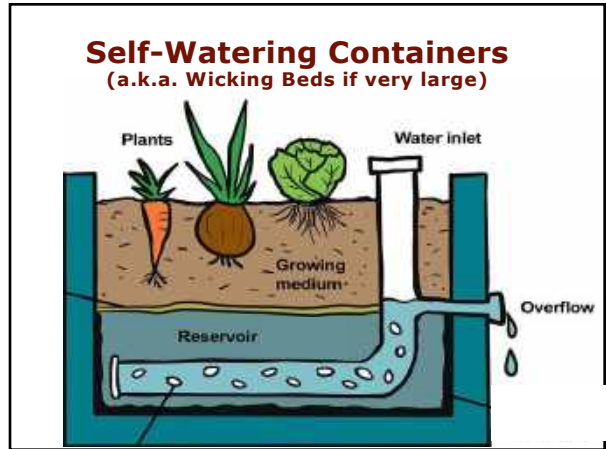
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**What is manageable with the water that you have... ????**

**Organic matter in the soil acts like a sponge**  
 ~ compost, manure, etc.  
 ~ it will hold onto the water

**How & when will you water?**  
 ~ deep water, less often  
 ~ observe the plants  
 ~ touch the soil  
 ~ cool time of day  
 ~ less windy (it could happen)

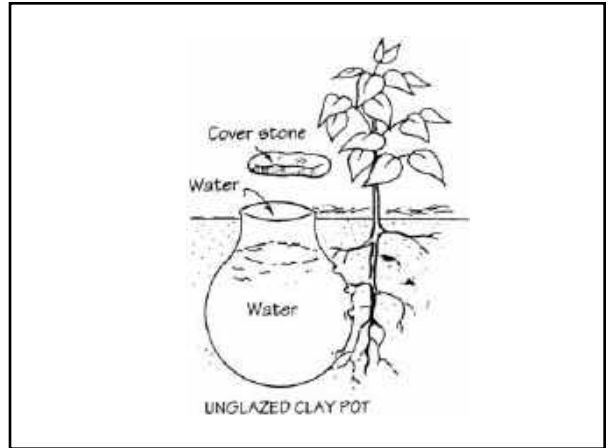
**MULCH, MULCH, MULCH**  
 ~ holds the moisture in  
 ~ moderates soil temperature  
 ~ a stressed plant will want more water

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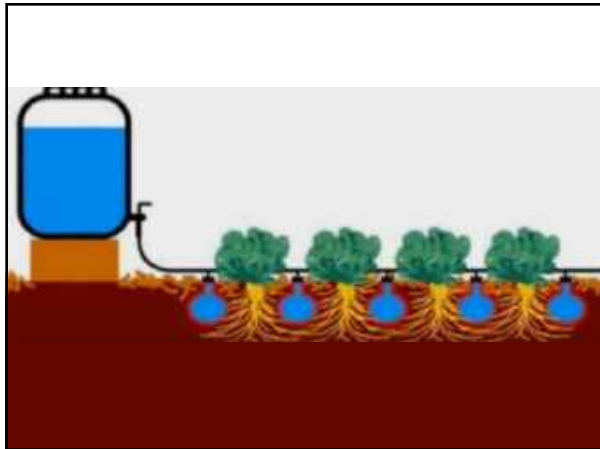




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**sanjuanswcd.com/seeds**

The new SJSWCD building is at 301 McWilliams Road in Aztec.  
Next meeting: Thursday Feb 24, 4 to 6 p.m.  
**ALSO: San Juan Seed Savers is on Facebook!**

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**CIBOLA SEED EXCHANGE PROGRAM**  
Cibola County Cooperative Extension  
Grants, NM

Generally the goal of the program is to develop a Community Seed Library and Swap Program designated for Grants, Cibola County and it's surrounding communities. Along with development of the program, the intention is to engage community members with common interests to extend and enhance knowledge about agriculture and horticulture within the homes of the average citizen. This in turn will benefit positive community development and will encourage healthy eating, and the oral history tradition that this particular community holds so close.

**For more information, contact:**  
Chase Elkins, Agriculture / 4-H Agent,  
Cibola County Cooperative Extension Service,  
tel: 505-287-9266, email [chelkins@nmsu.edu](mailto:chelkins@nmsu.edu)  
website: [aces.nmsu.edu](http://aces.nmsu.edu)

**BE BOLD. Shape the Future.**  
New Mexico State University

New Mexico State University is an equal opportunity/affirmative action employer and educator.  
NMSU and the U.S. Department of Agriculture cooperating.

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**nativeseeds.org/pages/native-american-seed-request**

**NATIVE ACCESS PROGRAM**

For centuries the Indigenous people of the American Southwest and Northwest Mexico have saved seeds and passed them down through generations. About 20% of the seeds in the NGS seedbank come from these communities. It's time to ensure that indigenous people in our region continue to be able to have access to these traditional seeds through the Native American Seed Request Program. Through this program we provide 12 free seed packets per household per year.

**Who is eligible**  
NAASP is for Native American individuals and families living in the Greater Southwest Region, or belonging to tribes from the Southwest Region regardless of residential location. The Greater Southwest region includes Arizona, New Mexico, Utah, Colorado, Nevada, western Oklahoma, western Texas, southern California, and southern Mexico.

**Please note** we recently changed this program to increase the number of free seeds from 10 to 12 but eliminated associated discounts. Eligibility is focused exclusively on members of Southwest tribes or Native Americans living in the Southwest. However, any Native American individual may sign up for a free Native Seeds (SARCS) membership to access organizational updates, news, procedures and a 10% discount. Email [membership@nativeseeds.org](mailto:membership@nativeseeds.org) to join.

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100V  
Photo: Indigenous Seeds - Atlas - HesperoArvid

**Navajo Mixed**  
100V

Our original seed was obtained from a melon entered in the Navajo Nation Fair in Shiprock, New Mexico. Produces three fruit types: ribbed, smooth oval, and elongated. MM flavored flesh is pale green to light orange. Approx. 25 seeds (1 oz).

**These seeds are part of our conservation program and are not available for purchase. They are only available through Native American Seed Request or Bulk Seed Exchange.**

Like Follow Print

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**seedsavers.org**

Due to high order volume, we are currently experiencing shipping delays of 1-2 weeks. Your order will be processed in the order it was received. We appreciate your business and your patience.

**Keeping Heirloom Seeds Where They Belong**  
In Our Gardens & On Our Tables

Members get free seeds, discounts, and more!

Shop Seeds Request a Catalog Join Now Partner Now

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**Apollo Arugula**  
Eruca sativa | SKU: 1000  
★★★★★ 5 Reviews

**\$3.75 to \$8.25**

- Excellent flavor
- High in vitamin C
- Produces 3-4 cuttings

SELECT SIZE

QUANTITY

Please select options before adding to cart

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**Item Details**

The improved Dutch strain of garden arugula (also known as rocket) is noted for its lack of bitterness and its spicy, large, rounded leaves, which are high in vitamin C. This variety can be harvested three to five times per sowing, functioning like a cut-and-come-again crop. 40-45 days. ~9,000 seeds/cz

**Learn to Grow Apollo Arugula**

Direct Seed: 1" Apart    Seed Depth: 1/4"    Germination: 5-7 Days    Thin: 1-6" Apart

**Instructions** - Sow seeds outdoors as soon as soil can be worked and danger of hard frost has passed. For a continuous supply of arugula, sow every three weeks throughout the summer. Best grown in cooler weather. Plant in full sun or partial shade.

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**grandprismaticseed.com**  
in Utah

January through March is our busy season, orders may take up to two weeks to ship. We have free shipping on domestic orders over \$40 when you use the code SPRING at checkout!

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**High Desert Seed + Gardens**  
in Colorado

**highdesertseed.com**

We're fulfilling orders in 3-5 days! Thank You..... Happy spring gardening!

**HARDY SEED FOR HARDY SOULS.**  
*Diverse, resilient seed for high desert regions and beyond!*

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**Colorado River Bean (Bush, Dry)**

Item: 5335

**Colorado River Bean**

*Phaseolus vulgaris*

**Heirloom:** An American Southwest variety. Colorado River Beans have beautiful maroon and dark brown speckles of tan like the deep colors of the Colorado River after a rainstorm. These beautiful beans have a unique, nutty, creamy, and rich flavor that dazzles any dish on the table.

- 100 days
- Approx 92 seeds/cz

Grown by Grey Owl Gardens, Pueblo, CO

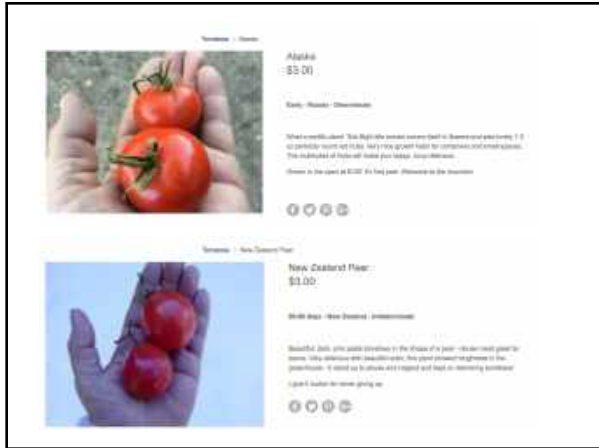
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**Miss Penn's Mountain Seeds**  
also in Colorado

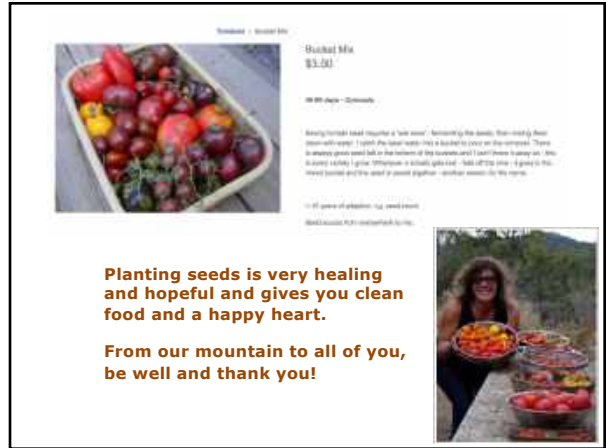
**pennandcordsgarden.com**

**Penn and Cord's Garden  
Smart Greenhouses LLC  
Miss Penn's Mountain Seeds**  
*Wild Mountain Gardening*

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**Planting seeds is very healing and hopeful and gives you clean food and a happy heart.**

**From our mountain to all of you, be well and thank you!**

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	<p><b>Weeks before last frost date</b></p>	<p><b>Seed in garden before last frost (These plants are hardy)</b></p>
	<b>6</b>	Onion Sets; Seed Potatoes;
	<b>5</b>	Kale; Spinach; Turnips; Mustard;
	<b>4</b>	Beets; Carrots; Peas (English); Radish;
	<b>2</b>	Lettuce (all types); Swiss Chard;

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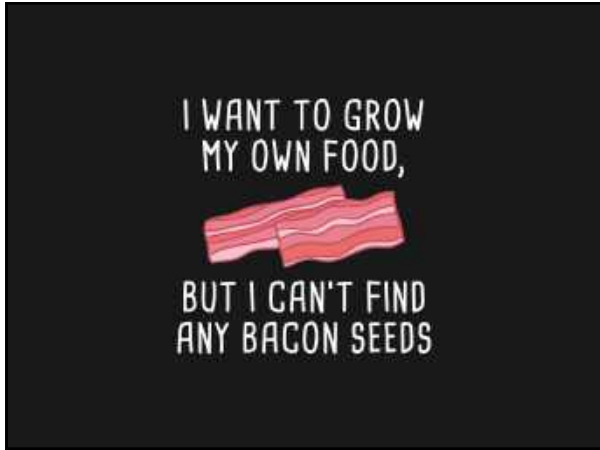


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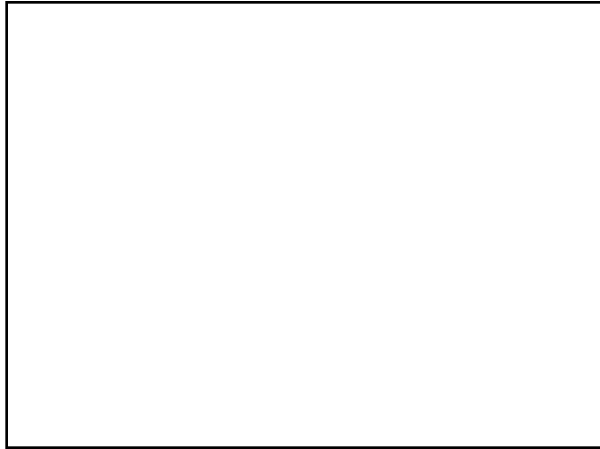




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