

The Importance Of Crop Rotation

Problems with diseases, insect pests, and depletion of soil fertility tend to increase when the same crop is planted in the same area in successive years. Crop rotation “of families” can reduce issues and help balance the soil's nutrients.



The Most Common Vegetables By Family

- **Cole Crops (Brassicaceae):** Arugula, Asian Greens, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Daikon Radishes, Kale, Kohlrabi, Mustard Greens, Radishes, Turnips.
- **Goosefoot (Chenopodiaceae):** Beets, Spinach, Swiss Chard.
- **Grasses (Poaceae):** Corn (sweet, field, popcorn), Grains.
- **Legumes (Fabaceae):** Beans (all), Peanuts, Peas (all).
- **Lettuce (Compositae):** Artichoke, Endive, Escarole, Lettuce, Sunflower.
- **Melon/Squash (Cucurbitaceae):** Cantaloupes, Cucumbers, Gourds, Melons, Pumpkins, Summer Squash, Watermelon, Winter Squash, Zucchini.
- **Morning Glory (Convolvulaceae):** Sweet potato.
- **Nightshade (Solanaceae):** Eggplant, Peppers, Potatoes, Tomatillo, Tomatoes.
- **Onion (Amaryllidaceae):** Chives, Garlic, Leeks, Onions.
- **Parsley (Umbelliferae):** Carrot, Celery, Cilantro, Dill, Fennel, Parsley, Parsnip.

Easy View Reference Charts





Quick Tip

“Fruits to Roots, then Greens to Beans”

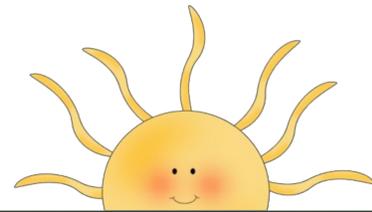


Quick Reference *Crop Rotation*

Rotating crops in your garden will replenish your soil while minimizing disease and pests.



Help Keep Your
Garden Healthy
With Good Practices



4 YEAR CROP ROTATION*

by homesteadandchill.com



LEGUMES

Add nitrogen to soil

- Green beans
- Soy beans
- Fava beans
- Chickpeas
- Peas
- Lupin
- Alfalfa
- Peanuts



ROOT VEGGIES

Light feeders, like more potassium and phosphorus than nitrogen



- Carrot
- Radish
- Onion
- Garlic
- Leeks
- Parsnip
- Turnip
- Beet



GREENS/BRASSICAS

Require ample nitrogen



- Lettuce
- Spinach
- Cabbage
- Brussels
- Bok Choy
- Kale
- Broccoli
- Cauli
- Herbs
- Collards



FRUITING VEG

Need ample phosphorus (plus some nitrogen)



- Tomato
- Squash
- Melons
- Peppers
- Eggplant
- Cucumber
- Potatoes
- Corn



*Cycle may be completed in shorter timeframe in mild climates that can grow over winter.

Save Space - Grow Vertical

Support Your Seedlings



Stake

Best for:

- Okra
- Peppers
- Tomatoes



Tripod

Best for:

- Peas
- Hops
- Tomatoes
- Peppers



Teepee

Best for:

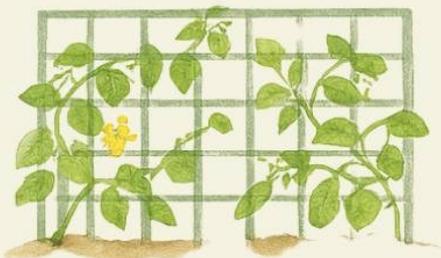
- Pole Beans
- Peas
- Hops



Cage

Best for:

- Tomatoes
- Peppers
- Eggplants



Flat Trellis

Best for:

- Cucumbers
- Peas
- Beans
- Small Melons



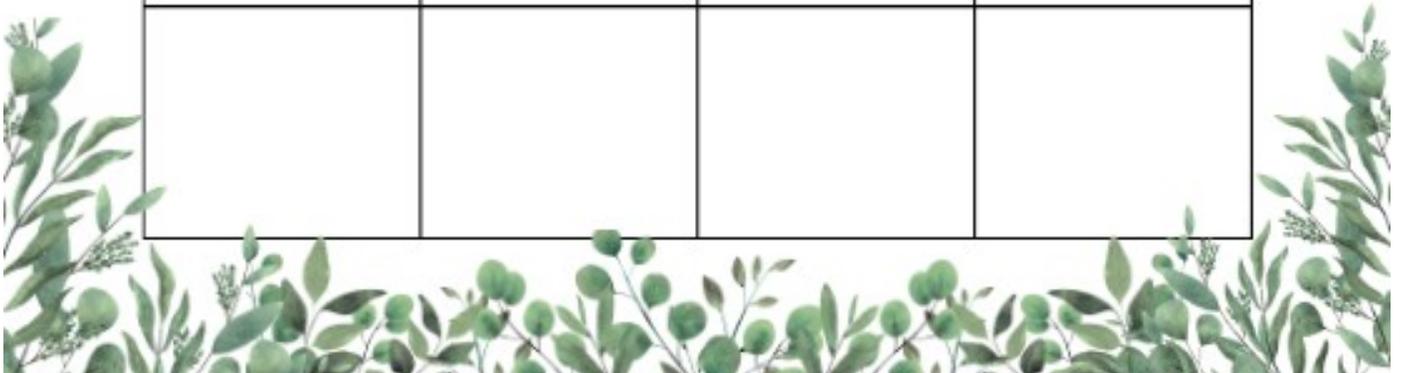
*Printable Pages To Help
You Design & Plan*

A decorative gold frame with a double-line border. Green leaves and stems are illustrated on the left and right sides of the frame.

***Garden Layouts
&
Plot Plan Templates***

Garden Layout







Garden Layout



NOTES



Cultivating Facts On Shelling Peas

- 🌱 Peas are thought to have originated in Middle Asia and the central plateau of Ethiopia.
- 🌱 The world's first sweet tasting pea was developed in the 18th century by amateur plant breeder Thomas A. Knight of Downton, near Salisbury, England.
- 🌱 A 100-calorie serving of peas contains more protein than a whole egg or tablespoon of peanut butter.
- 🌱 Peas are a good source of vitamin A, vitamin C, folate, thiamine (B1), iron and phosphorus. They are also rich in protein, fiber and low in fat.
- 🌱 The oldest pea ever found was nearly 3,000 years old and discovered on the border of Burma and Thailand.
- 🌱 The green pea as we know it today is only green because it's picked when it's still immature. A ripe pea is yellowish. Eating peas when they are green became fashionable in the 1600s and 1700s but the French thought it was madness to eat them green.



Classic Pea Salad

Delicious, salty, crunchy and creamy. 12 servings.

Ingredients

- 4 cups Fresh or Frozen Peas (thawed)
- ¼ cup Mayonnaise
- ½ cup Sour Cream
- 1 tablespoon White Vinegar
- 8 slices Bacon (crispy)
- ½ cup Red Onion (chopped)
- 6 ounces Cheddar Cheese (in small cubes)
- 3 tablespoons Parsley (fresh)
- Salt (to taste)
- Pepper (to taste)



Directions

1. Prep for this salad by cooking the eight slices of crispy bacon, chopping onion, chopping cheddar cheese and thawing peas.
2. Combine dressing ingredients (sour cream, mayonnaise, salt and pepper and vinegar) in a bowl, whisk to combine.
3. Add peas, bacon, cubed cheese, onion and parsley. Stir to combine, making sure all the salad is coated with dressing.
4. Refrigerate before serving.



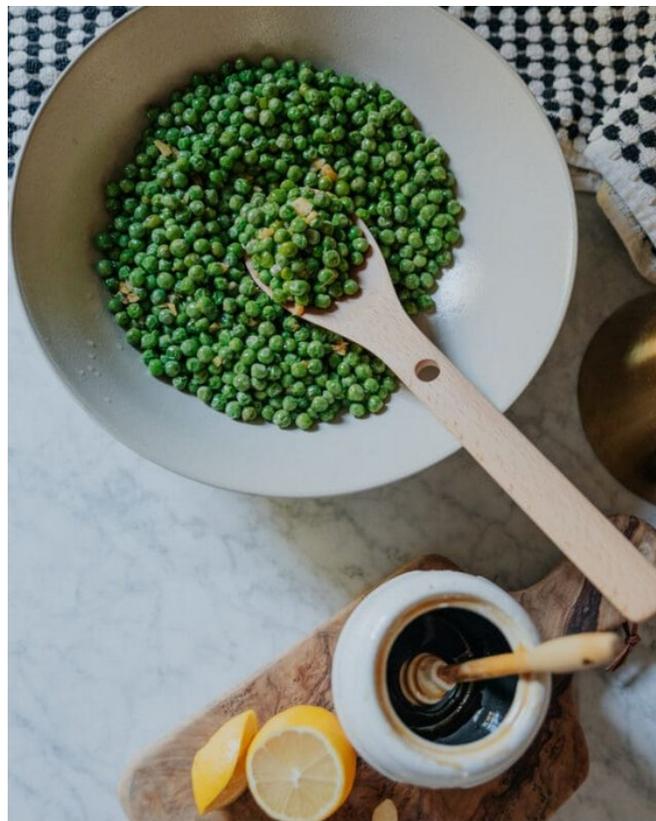
Recipe from A Beautiful Mess

Honey Garlic Peas—a 5 Minute Side Dish

For great, fresh flavor!

Ingredients

- ❑ 3 cups green peas shelled, fresh or frozen
- ❑ 1 1/2 tbsp preferred cooking oil I use a mix of bacon fat and olive oil
- ❑ 1/4 cup garlic chopped
- ❑ 2 tbsp honey
- ❑ Salt and pepper to taste
- ❑ 1/2 lemon—juiced
- ❑ 2 tsp wasabi powder (optional)



Directions

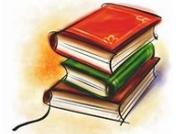
- 1. Heat a large sauté pan on medium high, adding your cooking oils. Once the oil begins to ripple, add the peas and season with salt and pepper, tossing frequently.**
- 2. After about 2 minutes, add the garlic and toss, cooking for another 1 to 2 minutes and tossing frequently. Add the honey and wasabi powder if using, toss and remove from heat into a serving bowl.**
- 3. Squeeze lemon juice over top, serve warm.**

(makes approx. 6 servings)

Recipe from Chris loves Julia



A Gardener's Bookshelf



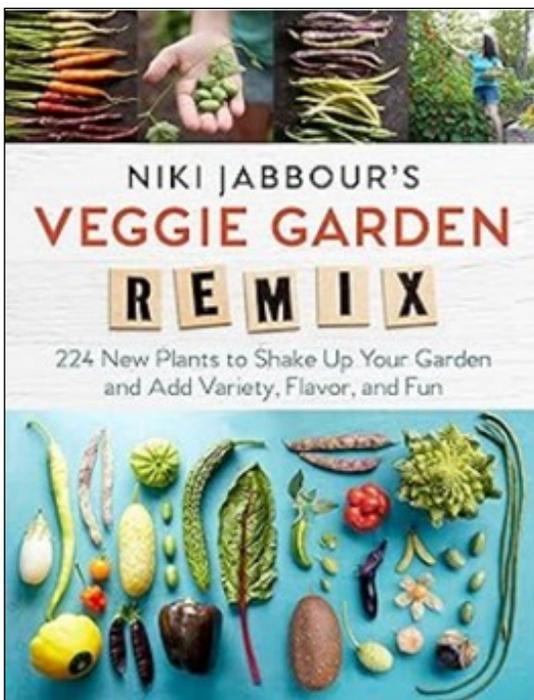
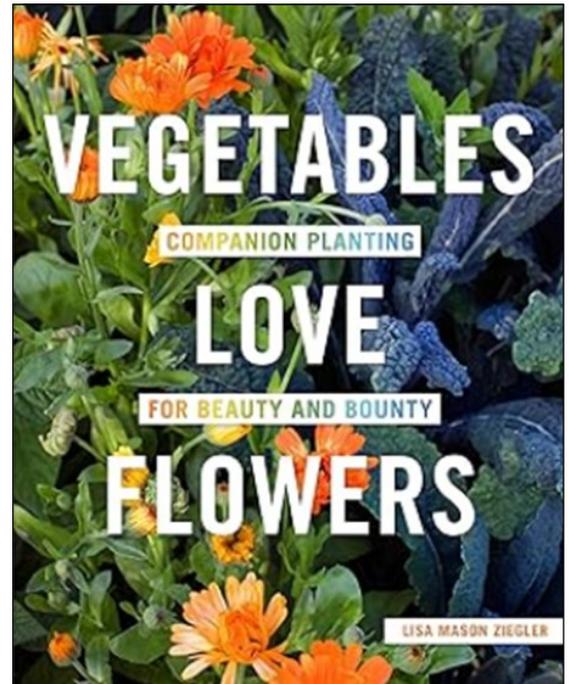
**A good gardening library can be one of your best tools.
This space is for sharing books to consider on gardening and plants.**

Companion Planting for Beauty and Bounty By Lisa May Ziegler

Fight garden pests and increase your yields the natural way with this tried-and-true technique!

Planting vegetables and flowers together is one of the oldest ways to create a healthy, bountiful garden. Adding flowers to your food garden improves biodiversity, enhances pollination, and increases the numbers of beneficial pest-eating insects—with the bonus of providing beautiful bouquets of cut flowers to brighten your home and give to your family and friends.

Vegetables Love Flowers explains the benefits of interplanting flowers and vegetables; offers detailed advice on how to add a cutting garden of vibrant annuals to your vegetable garden; gives profiles of a range of pollinators and beneficial predators; and provides plenty of general gardening guidance featuring natural methods.



Niki Jabbour's Veggie Garden Remix: 224 New Plants to Shake Up Your Garden and Add Variety, Flavor, and Fun

2019 American Horticultural Society Book Award Winner
2019 GardenComm Media Awards Gold Medal Winner

Best-selling author Niki Jabbour invites you to shake up your vegetable garden with an intriguing array of 224 plants from around the world. With her lively “Like this? Then try this!” approach, Jabbour encourages you to start with what you know and expand your repertoire to try related plants, many of which are delicacies in other cultures. Jabbour presents detailed growing information for each plant, along with fun facts and plant history. Be prepared to have your mind expanded and catch Jabbour’s contagious enthusiasm for experimentation and fun in the garden.

LOCATION

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Visit us online at:
calimesacommunitygarden.org

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Be A Good Neighbor

- ✓ **Please do not remove tools from other gardener's plots.**
- ✓ **Make sure all faucets are off when you leave the garden.**
- ✓ **Knock dirt off plants before placing in trash bins.**
- ✓ **Chop up large plants to make more room in the bins.**



"To forget how to dig the earth and to tend the soil is to forget ourselves."

Mahatma Gandhi

PLANTING CALENDAR — Please Read Notes First

- ⇒ **This calendar is for use as a general guideline.**
- ⇒ **Even the various garden books do not agree on all their recommended planting times.**
- ⇒ **Bear in mind, are you planting an early, or a late-bearing variety? Timing of planting and particular varieties are important factors, as well as, considering if are you planting seeds, or already started seedlings.**
- ⇒ **Nature loves to keep us guessing with earlier than normal winters or longer than normal summers!**
- ⇒ **Enjoy and expect the unexpected!**

January

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

February

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

March

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

April

Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Garlic, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries

May

Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

June

Beets, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

July

Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squash, Tomatoes

August

Asian Greens, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Shallots, Onions



September

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Turnips

October

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

November

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

December

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips