



PBPS School Garden Magazine for Winter

- **Insights Gained From the Garden**
 - **Garden Spotlight**
 - **Monthly Gardening Tips**
 - **Seasonal Planting Guides**
 - **Recipe Corner**
 - **Pests In the Garden**
 - **Garden Science**
- **Sustainability and Eco-friendly Tips**

Authors: Middle School Agriculture Students

Brassica Family

Brassica family are common cool weather plants for local gardens.

In our garden we have lavender cauliflower and mini broccoli.



- grows in mild climates with full sun exposure
- Purple cauliflower is healthy



We are also growing lettuce in our school garden beds...

Here are 10 facts about lettuce:

- Lettuce is primarily grown for its leaves.
- There are hieroglyphic of lettuce being grown over 6000 years ago!
- Lettuce was introduced to America in 1494, by Christopher Columbus.
- The ancient Egyptians were the first to eat lettuce.
- California grows about 70% of the lettuce grown in the US.
- The average American eats about 30 lbs of lettuce a year!
- Lettuce is the second most popular fresh veggie in the US.
- Lettuce is high in fiber and low in calories.
- Lettuce is usually used in salads.
- Lettuce is an annual plant. Grown in cooler temperatures.



Monthly Garden Tips

EDIBLES TO PLANT IN December



	North	Central	South
 EASY TO TRANSPLANT	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Kale, Kohlrabi, Sugarcane, Swiss Chard	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Endive, Kale, Kohlrabi, Lettuce, Sugarcane, Swiss Chard	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Eggplant, Endive, Kale, Kohlrabi, Lettuce, Peppers, Sugarcane, Swiss Chard, Tomatillo, Tomatoes, Tropical Spinaches
 TRANSPLANT WITH CARE	Celery, Mustard, Spinach	Celery, Mustard, Pineapple, Potatoes, Spinach	Amaranth, Calabaza, Celery, Long Squashes, Luffa, Mustard, Pineapple, Potatoes, Seminole Pumpkin, Spinach, Sweet Potatoes
 USE SEEDS	Carrots, Onions (bunching), Radish, Turnips	Carrots, Onions (bunching), Peas (English), Radish, Turnips	Beans (bush, lima, pole), Cantaloupes, Carrots, Corn, Cucumbers, Onions (bunching), Peas (English, southern), Radish, Squashes, Turnips, Watermelon



EDIBLES TO PLANT IN January



	North	Central	South
 Easily Survives Transplanting	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Endive, Kale, Kohlrabi, Lettuce, Swiss Chard, Sugarcane	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Eggplant, Endive, Kale, Kohlrabi, Lettuce, Peppers, Swiss Chard, Sugarcane, Tomatoes	Arugula, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Eggplant, Endive, Kale, Kohlrabi, Lettuce, Peppers, Sugarcane, Swiss Chard, Tomatillo, Tomatoes, Tropical Spinaches
 Transplant Carefully	Celery, Mustard, Potatoes, Spinach	Celery, Mustard, Pineapple, Potatoes, Spinach	Amaranth, Calabaza, Celery, Long Squash, Luffah, Mustard, Pineapple, Potatoes, Seminole Pumpkin, Spinach, Sweet Potatoes
 Use Seeds	Carrots, Onion (bunching), Peas (English), Radish, Turnips	Cantaloupe, Carrots, Corn, Cucumbers, Onion (bunching), Peas (English), Radish, Squash, Turnips, Watermelon	Beans (bush, pole, lima), Cantaloupe, Carrots, Corn, Cucumbers, Okra, Onion (bunching), Peas (English, Southern), Pumpkin, Radish, Squash, Turnips, Watermelon



Interview of a Pace Brantley School Agriculture Student:

1. Is this your first time at the pace garden? No, this is my second year in the Agriculture class.
2. Do you have more experience now? Yes, because I know more now, like how to take care of the garden, plant seeds and the right way to harvest lettuce.
3. What is your favorite part of the garden? That I can bring food that I helped grow, home to my family.



Monthly garden tips for flower and vegetable gardens in Central Florida:

- Inspect flower beds periodically for leaves that may have matted down and remove them to minimize the chances of fungus and diseases.
- Inspect all gardens for overwintering pests.
- Prepare transplants for next planting.
- Cut flowers regularly to promote blooms.



Garden maintenance

- A garden spade is made primarily for digging in small spaces.
- Shovel perfect for moving material like soil, gravel, or sand around.
- A fork will make breaking up clumps of soil into smaller pieces to more easily spread, mix and aerate.
- Pruning shears for trimming and harvesting in and around the garden.
- All tools should be kept clean and protected when not in use.



Companion Planting and Crop Rotation

Companion planting, crop rotation and succession planting are the basics of successful veggie growing. These are tried and true practices that have stood the test of time and have been passed on from generation to generation. Not only do they reduce the need of pesticides and fertilizers, they assist in soil health, deter insects, diseases, reduce maintenance while increasing the nutrition of crops grown.



What to plant during winter gardening...

In central Florida, a vegetable garden is most abundant with variety in the cool weather.

Cool weather plants you can grow are:

Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chinese Cabbage, Kale, Kohlrabi, Lettuce, Mustard, Bunching Onions, Peas, Potatoes, Radish, Spinach, Swiss Chard, and Turnips and with a little provided protection, you can also grow tomatoes and herbs.



Asian Lettuce Wraps

1 large onion, chopped

¼ cup hoisin sauce

2 cloves fresh garlic, minced

1 tablespoon soy sauce

1 tablespoon rice wine vinegar

2 teaspoons minced pickled ginger

1 dash Asian chile pepper sauce, or
to taste (Optional)

1 (8 ounce) can water chestnuts,
drained and finely chopped



Interesting facts...

Scientists have found that plants respond to sound.

Plant roots can respond to environmental sounds, like vibrations from water flowing underground.

In some other experiments, researchers have played specific sound frequencies, like recordings of insects buzzing and observed the plant responses.

Gardening science experiments can involve testing how different factors such as exposure to levels of light, soil types, amounts of water, or of fertilizer affect plant growth. By setting up multiple plant groups with varying conditions and observing the results, this allows the observer to analyze which factor has the most significant impact on plant development.



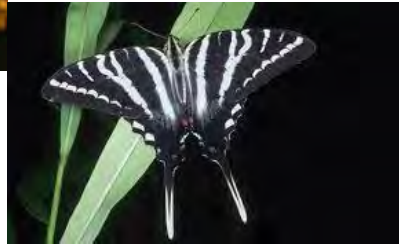
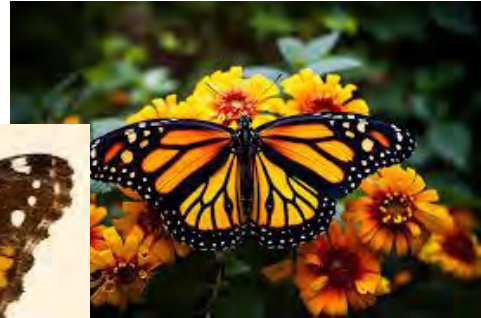
Garden Science

A teaspoon of healthy soil contains billions of microorganisms, including bacteria, fungi, protozoa, and nematodes. These organisms break down organic matter, cycle nutrients, and improve soil fertility.



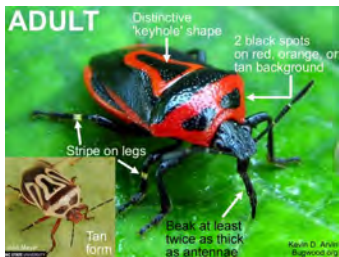
The importance of creating
a habitat around your
garden...

- Did you know that monarch butterflies almost went endangered!?
- We need to grow more of the plants that butterflies need, like milkweed, dill, and parsley, because these are host plants for butterfly larva.
- By doing this, we can create a food source for the caterpillars and for the butterflies, and plant several nectar plants.



Beneficial insects for the garden...

- Stink bugs help to stop the spread of yeast spots. Yeast spots can cause severe infections and can often cause extensive leaf drop and die back.
- Lady bugs eat pests like aphids and white flies and they also eat thrips.
- Praying mantis, as the biggest predator, is also a good option for a garden with a lot of bad pests.
- Lacewing larva eat soft bodied insects like aphids, thrips, white flies, spider mites, caterpillars and insect eggs.



Sustainability and Eco-Tips

We could avoid adding to the landfill by making or using a compost. Eating less meat and eat more vegetables like corn. Start reusing shopping bags or use reusable ones. **STOP** wasting food and maybe start a worm farm where you can feed your worms your leftovers instead of throwing them away.

