

A Nutritious Garden for Limited Space

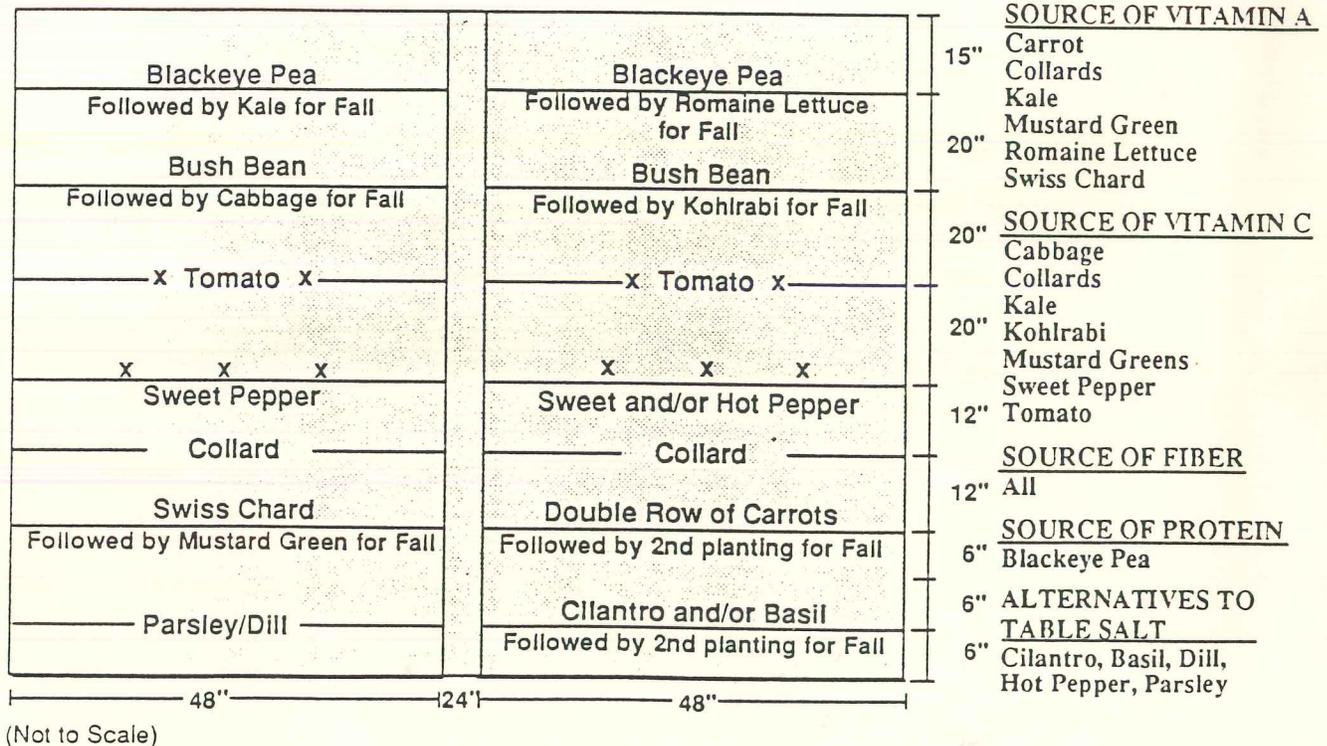
Starting a vegetable garden in May means planning for summer harvest. The same space can produce tasty food well into the autumn months. No matter how large a garden you have, getting the biggest value from the space is important. Value can be measured in many ways including *nutritious value*.

Here is a plan for a 10' x 10' garden—practical enough for even the tightest urban locations. Each square inch is planned for maximum Vitamin A, Vitamin C, and fiber, often found low in the American diet. The protein in Blackeye Pea and beans is a good substitute for animal sources of protein, which are often high in fat.

The herbs and hot peppers enhance the flavor of prepared dishes, helping to reduce the use of table salt.

The garden will yield from late June well into October or November. As with any vegetable garden, it requires at least 6 hours of sunlight and fertile, well drained soil with adequate organic matter. Water conservation techniques and normal pest control should be standard procedures.

The garden can be planted in the ground or in a raised bed. *We recommend planting during the third week in May and reseeding where indicated on August 1 for a Fall Harvest.* Thirteen out of the 18 suggested varieties may be grown from seed sown directly in the garden. The five transplant varieties are readily available in local metropolitan markets. The total retail cost for seed, transplants, fertilizer and organic matter used in the 100 square feet is estimated at \$20 and should yield about \$85 worth of vitamins, protein, fiber and flavor.



Varieties recommended for Maximum Nutrition

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| 'California' Blackeye Pea | 'Blue Knight' Kale |
| 'Jumbo' Bush Beans | 'Romaine' Lettuce |
| 'Savoy' Cabbage | 'Greenwave' Mustard Green |
| 'Nantes' Carrots | 'Plain Leaf' Parsley* |
| Cilantro Herb | 'Lady Bell' Sweet Pepper* |
| 'Heavi-Crop' Collard Greens | 'Maxibelle' Hot Pepper* |
| Dill Herb | 'Rhubarb' Swiss Chard |
| 'Grand Duke' Kohlrabi | 'Jetstar' Tomato* |
| | 'Early Girl' Tomato* |

* Transplants

Experienced gardeners will notice the absence of some old favorites like summer squash, cucumber, corn, beets, onion, and eggplant. While these are fun to grow, they do not produce as much nutritious produce as the varieties included. A few nutritious vegetables, like winter squash and broccoli, are missing merely because of space limitations.

For more detailed information on the varieties selected write, *Nutritious Garden, Cornell Cooperative Extension, 15 E. 26th St., 5th Fl., New York, NY 10010.*

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