



Spring 2020

## Stanly Gardener Quarterly



Grow fresh vegetables for your family.

Find out more about how to grow a Vitality Garden in this issue.

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### Experience the Magic of Growing Your Own Food

With everyone in a Stay at Home Order, the first in this generation's history, we're all looking for ways to entertain our family while caring for them at the same time. Children are home from school so we're learning how to conduct Home School, spouses are working from home so many homes now have home offices, some of us lost our jobs and are looking for ways to not only cut costs but feed our families as well.

With Stanly County being a rural county, many households have gardens but not everyone. For instance, our newest residents may have never had a garden before and don't know how to begin. Stanly County Extension Master Garden Volunteers (EMGV) are here for all levels of gardeners. After all, we were beginners once too. Some of us may have specialties while others are generalists who like all types of

gardening. Learn more about us at our website. [Stanly County Extension Master Gardeners](#)

This issue of the Stanly Gardener Quarterly is about feeding our families. We include a section on Farmers Markets with opening dates, hours, and times. Youth Opportunities lists a variety of activities for at home youngsters announced by 4-H Agent Kacie Hatley, and, drawing from NCSU's Extension Master Gardeners, Caroline Richardson teaches us how to grow young gardeners – now is an excellent time to get them involved.

A Native Plants article by Laura Krug introduces Doug Tallamy, Ph.D. who has taught generations about the benefits of native plants. Dustin Adcock follows with an article about how to Grow an Edible Landscape which includes native plants that provide fruits and vegetables.

Our Gardening section begins with Dr. Lucy Bradley's article on how much she loves her garden and why she looks forward to visiting it. Anne Houck introduces the benefits of having a Vitality Garden. Cynthia Housel's article on container gardening is for those with small plots or apartment balconies as gardens. Dustin Adcock's article on how much to plant is repeated because of its timeliness. Rounding out this issue is Laura Krug's pearls of wisdom on gardening.

If you want to learn more about gardening, we're here for you. Call Dustin Adcock at 704-983-3987 or email him at [dustin\\_adcock@ncsu.edu](mailto:dustin_adcock@ncsu.edu).

Happy Gardening,  
Pat Allen, EMG, Editor

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## Farmers Markets

In light of the Coronavirus, many farmers markets throughout Stanly County have no plans to open at the time of this publication. Please contact each town's farmers market website for more information and opening dates.

### Locust Farmers Market

Main Street at Vella Drive (across the street from Locust Elementary School)  
Thursdays from May through October from 11:00 a.m. to 4:00 p.m.

For more information, contact

<https://locustnc.com/?s=farmers+market>

<https://www.facebook.com/CityOfLocust/>

### Norwood Farmers Market 704-474-3416

[townofnorwood@norwoodgov.com](mailto:townofnorwood@norwoodgov.com)

### Oakboro Farmers Market has no plans at this time.

For more information, contact [townofOakboro@oakboro.com](mailto:townofOakboro@oakboro.com)

### Stanly Commons Farmers Market, contact Jennifer Layton, 704-982-9171

Mondays from 9:00 a.m. to 11:00 a.m.

<https://www.facebook.com/StannyCommonsFarmersMarket/>

### Stanly County Farmers Market in Downtown Albemarle, contact Joy Almond, 704-984-9415.

<https://www.facebook.com/stanlycountyfm/>

### Station Market in Albemarle

Saturday, April 18th through October from 8:00 a.m. to noon.

Wednesdays from June through August 8:00 a.m. to noon

For more information, contact <https://www.albemarledowntown.com/visit-the-market/> or

<https://www.albemarledowntown.com/visit-the-market/>

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## New 4-H Club Opportunities in Stanly County!

by Kacie Hatley

Extension Agent, 4-H Youth Development



Learn more about At Home 4-H Opportunities like the following:

- Facebook Live Got Science Experiments
- Presentation Competition & Workshops
- Workshop with Jones Loflin
- Daily 4-H SPARK
- The Science House Express
- Mask Making Instructional Video

Read more at:

<https://conta.cc/3cqFVws>

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## Growing Young Gardeners

By Caroline Richardson

Program Assistant - Extension Master Gardener



Hands-on gardening experiences in childhood can cultivate a life-long appreciation for nature. Extension Master Gardener (EMG) volunteers in Buncombe County provided this opportunity for local youth last summer during a day camp focused on the basics and benefits of gardening. In collaboration with the Asheville Parks and Recreation Department, EMG volunteers planned and led hands-on activities that illustrated the importance of soil, insects, pollinators, birds, worms, flowers, fruits and vegetables. The camp was offered to children between the ages of 8 – 12, provided the EMG Youth Committee with the perfect opportunity to put its mission of growing young gardeners into action.

Read more at:

<https://emgv.ces.ncsu.edu/2020/04/growing-young-gardeners/?src=rss>

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## Native Plants



### Bringing Nature Home with Doug Tallamay, Ph.D.

by Laura Krug

Extension Master Gardener

As we are going electronic at this scary time, I'd like to share this excellent article about a man who is a pioneer in utilizing native plants in his landscaping. This will make sense of the reason we need to make changes in how we use our landscape areas.

My friend Pat Allen has the admirable and enthusiastic goal of replacing all her landscaping plants with native plants. I told her "don't take out your lovely camellias". I am not a purist. But she removed them anyway.

Dr. Tallamay, Professor in the Department of Entomology and Wildlife Ecology at the University of Delaware in Newark, recommends removal of invasive species from your property. Unfortunately my property came complete with a forest of Chinese Privet and Japanese Honeysuckle which would require an army of landscapers years to dislodge. Instead, I will concentrate on the areas which are Privet free.

I hope this article will generate some enthusiasm for embracing native plants in your landscaping.

Read more at: [https://www.smithsonianmag.com/science-nature/meet-ecologist-who-wants-unleash-wild-backyard-180974372/?utm\\_source=facebook.com&utm\\_medium=socialmedia&fbclid=IwAR3QaiRtdteLqDOdaSPpe7B4t64dciWHGuxjkqv5NM-a8f-0N30pMYnYmqg](https://www.smithsonianmag.com/science-nature/meet-ecologist-who-wants-unleash-wild-backyard-180974372/?utm_source=facebook.com&utm_medium=socialmedia&fbclid=IwAR3QaiRtdteLqDOdaSPpe7B4t64dciWHGuxjkqv5NM-a8f-0N30pMYnYmqg)



## Grow an Edible Landscape

by Dustin Adcock,

County Extension Agent - Field Crops and Horticulture

The term “edible landscape” is or will become quite familiar to many North Carolinians in future years due to the popularity in local foods, sustainability, and cooking. An edible landscape challenges the home gardener to incorporate fruit- and vegetable-producing plants into the overall design. It is not necessary to substitute these plants for all ornamentals in the landscape. The idea is to progress from the typical backyard garden and develop a plan that uses edible plants to solve functional landscape problems.

For example, try planting fruit trees. No matter how small the space, there is some species and variety of fruit that can be planted. Dwarf varieties generally reach a height of 6 to 10 feet and should bear fruit within three to four years. Semi-dwarf varieties grow to approximately 15 to 20 feet. Consider apples, figs, peaches, persimmon, and Asian pears.

Read more at: <https://stanly.ces.ncsu.edu/2019/06/grow-an-edible-landscape/>

## I am So Glad I Love to Garden!

by Lucy Bradley, Ph.D.,

Urban Horticulture Professor and Extension Specialist

I woke up this morning with such gratitude. I am a gardener. I am happy at home puttering in the yard, or curled up reading about gardening. I am growing food for me, my family and my neighbors and surrounding us in beauty. I feel empowered rather than helpless, I have plenty to share rather than being concerned about hoarding, I have reason to get up and go outside and enjoy the sunshine. I wish for you the many gifts of gardening.

Whether you are just getting started or experienced, the following resources may be helpful.

[NC State Extension Gardener Handbook](#)

[NC State Plant Tool Box](#)

[Vegetable Gardening Plant Calendars](#)

[Homegrown Videos from NC State Extension](#)

General Gardening: NC State Extension has many resources for you. See these links for more information:

[General Gardening](#)

[Composting](#)

[Tree Fruits and Nuts](#)

[Blueberries](#)

[Muscadine Grapes](#)



# Seven Reasons Why NOW is a Perfect Time to Plant a Vitality Garden

by Anne Houck

Extension Master Gardener

First, what is a Vitality Garden? It is the 2020 version of the victory gardens that were planted during war times as a practical way to contribute to the war effort. Victory gardens were small vegetable, herb and fruit gardens planted in parks and yards during WW1 and WW2 to support the war effort.



Civilians were encouraged to “*Sow the seeds of victory*” by planting their own vegetables, to ease the demand on an overburdened food system. Children were mobilized to enlist as “*Soldiers of the soil*.”

I think now in our current war against COVID-19, it is fitting that we *Sow the seeds of vitality* and become “*Champions of the soil*” by planting what I call a **Vitality Garden**.

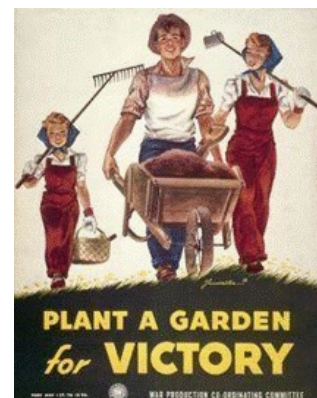
You may be thinking, “We don’t have a food shortage,” or, “What does gardening have to do with COVID - 19?”

I’m glad you asked.

There is no shortage of stress-inducing realities that we are all facing, with cancelled travel, lost jobs, school closings, and limited social interaction. Recent studies are providing evidence that gardening can provide substantial mental and physical health benefits, including reductions in stress, anger, fatigue, and depression and anxiety symptoms.

Vitality is “the state of being strong and active; energy, the power giving continuance of life, present in all living things,” the perfect antidote for stress and uncertainty.

From planning to planting, a Vitality Garden will help you not only survive, but thrive in these stressful, uncertain times, not to mention the fresh vegetables, herbs and flowers you will grow.



**Here are 7 benefits of growing a Vitality Garden.**

## 1. Therapeutic Effect

Studies suggest that inhaling *Mycobacterium vaccae*, a healthy bacteria that lives in soil, triggers the release of serotonin and dopamine during gardening activities, providing a natural way to reduce anxiety depression.

Serotonin and dopamine are two of the four proven “Happy” chemicals

our body produces.

Gardening has been a part of mental health profession for centuries with the common outcome of decreasing depression and anxiety symptoms (Clatworthy, Hinds & Camic 2013). And it is equally as beneficial today.



## **2. Exercise Makes You Feel Good.**

One of the great benefits of exercise is the release of endorphins, another proven “Happy” chemical. Endorphins are healing hormones that mask pain and give you a rush of good feelings. This can also help to deal effectively with stress.



The National Heart, Lung, and Blood Institute recommends gardening or raking for 30-45 minutes as examples of how to prevent and control high blood pressure.

As an added benefit, gardening burns calories and helps you lose weight. One study found that less than half of gardeners were overweight or obese, compared to nearly 70 percent of non-gardeners.

## **3. Better sleep.**

Sleep is so vital to good health; this is a benefit you shouldn't ignore. Gardening is something you can do to help improve your sleep. Gardening is very good for insomnia sufferers who also experience anxiety.



Spending time in nature has restorative effects for human emotions. Gardens invite the opportunity to slow down and simplify; thereby helping one to detach from the busyness of life and step into a quieter evening, creating an environment conducive to sleep.

## **4. An Opportunity for Family time, Learning and Working Together**

Gardening can be a solo activity, or an opportunity for bonding with your family.



A Vitality Garden, no matter the size, will provide a place for the family to be together and work together. The happiness and stress relief that gardening provides is a great thing to share with loved ones.

Working together on your garden with your children is bonding time, as you create memories from your experiences in the garden. While your children learn a lifelong love of growing things, they also get practice in following direction, and increasing their memory span as well as exercising their mind in terms of memory, logic and safety judgement.

You don't have to worry too much about kids playing in the dirt. Early exposure to dirt has been linked to **all kinds of long-term health benefits**, from reducing allergies to autoimmune diseases. Exposure to the outside environment can be extremely beneficial in helping your child to grow a functional immune system and grow their brain and their body in the best way possible."

You may even end up instilling a serious love of gardening in your kids as they build a greater awareness of living things around them and learn about where our food really comes from.

## 5. Increase in Strength and Flexibility

There's just something wonderful about having your hands in the soil. Gardening activities give mild to moderate exercise in coordination, strength, stamina and physical activity, motivating you to walk, stoop, bend, reach and maintain balance.



Digging in the soil, planting, and pulling weeds provides a great opportunity to increase your hand, arm and upper body strength and flexibility.

## 6. Planning and Goal Setting

Gardening provides purposeful, constructive activity that involves both mind and body.

As you embrace your new goal and take small steps toward it every day, your brain will reward you by releasing dopamine (Remember the Happy chemical?) along the way. This is why many times, the process of working toward a goal can be more rewarding than actually achieving the goal.



Success-oriented activity builds a "can-do" attitude. With each success in your Vitality Garden, you will gain more self-confidence. You can sow literal seeds as well as figurative ones for your self-esteem by developing a sense of purpose and achievement.

## 7. A Sanctuary

You will get plenty of fresh air, exercise, and peace and quiet right in your little garden. It provides an opportunity for creativity and self-expression and enthusiasm for the future.



A Vitality Garden provides the reassurance to those who may be concerned about the future, that the great cycles of the seasons are part of even greater rhythms of the universe.

A garden is one of the most common ways to interact with nature. It is a wonderful place to reflect, meditate, listen to the voices of nature, enjoy the fruits of your efforts, and show gratitude for good health, food, shelter and love - all we really need.

## Now, Let's "Plant a Garden for Vitality"

What better time to grow your Vitality Garden than now? Here's how to get started and get a little dirt under your nails.

Your Vitality Garden can include not only herbs and vegetables for food, but also flowers to attract pollinators and good bugs to naturally fight harmful pests. You can throw in a water feature and some whimsical garden art for aesthetic and meditative pleasure.

If you don't have much space for a garden, consider raised beds, window boxes, and container gardening. A "square foot" garden bed is ideal for planting small areas with salad vegetables and greens.



Here are several great links to help you get started with your Vitality Garden.

- *Vegetable Gardening: A Beginner's Guide:* <https://content.ces.ncsu.edu/home-vegetable-gardening-a-quick-reference-guide>
- *Vegetable Gardening 101:* <https://gardening.ces.ncsu.edu/2020/03/vegetable-gardening-101-3/>



- Free courses on gardening: <https://garden.org/courseweb/>
  - Great link to a free garden planner, and pre-planned gardens: <https://www.gardeners.com/on/demandware.store/Sites-Gardeners-Site/default/KGP-Design?SC=XNET0281>
  - Vegetable, Fruit, and Herb Guide - free e-book series: <https://garden.org/learn/library/foodguide/>
  - Free seed catalogs. Seed catalogs are more than a source of seeds. They are also a source of information and inspiration: <https://practicalselfreliance.com/seed-catalogs/>
  - Vegetable plants: <https://garden.org/greenpages/browse/checkbox/1/>
  - Seeds: <https://garden.org/greenpages/browse/checkbox/30/>
  - Good bugs and bad bugs in your garden: <https://www.gardentech.com/blog/pest-id-and-prevention/identifying-good-and-bad-bugs-in-your-garden-infographic>
  - A Gardener's guide to soil testing: <https://content.ces.ncsu.edu/a-gardeners-guide-to-soil-testing>
  - Soil test forms and information: <http://www.ncagr.gov/agronomi/uyrst.htm>
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## Container Gardening Know How

by Cynthia HouseI

Extension Master Gardener

Do you want to have a garden but don't think you have enough space? Does the thought of pulling weeds make your knees hurt? A container garden could be the answer.

The Stanly County gardening community is changing. Many of us grew up with a large family garden but housing options are changing. Our county has more developments and apartment complexes. Some gardeners have limited space or HOA limitations that prohibit a large garden.



There are a few things to consider when starting a container garden. What container to use? What to put in the container? All plants require the basics regardless of where they grow, light, water, proper temperature, air movement, relative humidity, fertilization and proper growing medium.

*Which container to use will depend on what will be grown in the container.* Containers made of nonporous materials such as plastic, metal or fiberglass, work well because they are lightweight and retain moisture. If the container will remain outside year-round, wood or plastic containers are a good choice.

Grow bags are another option for outdoor container growing. The size of the container should match the plants growth requirements. Plants that grow tall, such as tomatoes, would require a larger and deeper container. Proper drainage is necessary for containers to prevent plant roots from standing water and development of root rot.

If the container will be sitting on a solid surface such as concrete, the drainage holes should be ¼ to ½ inch from the bottom of the container. Adding a layer of rocks in the bottom of the container is not recommended because the water will collect in the potting mix just above the rocks.

*There are several qualities to consider when selecting a growing medium.* A good growing medium should be highly permeable to water and air, allow drainage, has water holding capacity, be light weight and fertile.

Container plants are not grown in true soil because it is too heavy, retains too much water and can contain weeds, insects or diseases. A soilless growing media may contain perlite, pine bark, sand, peat moss, vermiculite or compost. Perlite and pine bark are good for drainage. Peat moss and vermiculite has good water holding capacity and attracts nutrients. Sand has a low water holding capacity. There is not one commercial growing medium for all container grown plants. It is important to read the ingredients of each mix.

*Most container grown plants need to be watered daily because they can quickly dry out.* The container should be watered just until water comes out the drain holes. Frequent watering can flush out required nutrients so a fertilizer may be needed.

*Always start with high quality plants.* When selecting plants, look at the plant from all angles. Plants should be sturdy and stocky, not spindly. The roots should be growing toward the bottom of the container,



not around the container. When potting the plant, the crown of the plant should be level with the growing medium. Planting too deep can smother the plants growing point. Planting too shallow can expose fragile roots.

*Container grown plants can be a beautiful and create addition to a patio or deck.* The containers can be moved if necessary. Many things can be used for a container garden, old boots, buckets, hollow stumps or even an old purse. Be creative and experiment with something new.

For more information visit:

<https://content.ces.ncsu.edu/container-garden-planting-calendar-for-edibles-in-the-piedmont>

<https://content.ces.ncsu.edu/extension-gardener-handbook/18-plants-grown-in-containers>



## Planning for Next Year's Vegetable Garden

by Dustin Adcock

County Extension Agent - Field Crops and Horticulture

This time of year, the seed catalogs start filling gardeners' mailboxes with a constant reminder that the planting season is soon approaching. How do you know what to plant and when? This is a learned skill, but here are a few pointers to help you along the way.

**Less is more.** In fact, it is a common mistake of the most seasoned gardeners to purchase hundreds of different seeds with high hopes of growing a smorgasbord of vegetables, flowers and herbs. It is best to start with what you know you will use and limit yourself to just one or two varieties of that food. For example, two types of lettuce, one early and one more heat tolerant for a later planting.

**Know how much you need.** The average family of four will eat far less than the typical gardener plants. The table below is a good start at estimating how much to plant per person. If you plan to preserve your harvest, it is likely that more will need to be planted.

**How much space do you have?** Consider the value of the space you have. If your favorite food is fresh tomatoes in summer, then a large portion of your garden should be devoted to that crop. Likewise, growing fresh onions may not be a priority. There are local farmer's markets with fresh local produce for those crops you just do not have room for in your garden.

**How much time do you have?** Some crops, like radishes, grow so fast they can be worked in to any garden plan and schedule (just 20-28 days). However, crops like peanuts, parsnips, pumpkins, and rutabagas can take around to 120-130 days! That is a lot of space and time to devote to a single plant.

**Should you seed or transplant?** Many garden plants start readily from seed and produce a crop nearly as fast as transplanted crops. For example, research shows that many times squash will produce just as fast from seeding as it will from transplants. However, starting peppers, eggplants, and tomatoes, in the garden, from seed is not a viable option. To have a good crop of tomatoes, peppers, and eggplant, those seeds need to be started at least six weeks prior to the last frost (late February to early March). This gives them a chance to get a good root system and size to begin flowering and fruiting near the peak of the season. Unless you have a heated greenhouse or other germinating space, it is likely a better option to purchase transplants.

During this cold, wet weather of winter, spend some time planning your garden before ordering seeds and plants. Stick to a good plan and budget. Know your space, time, needs, and abilities. If you have more plants or seeds than you need, share with a friend. No matter what, get gardening!

Written by:

Dustin Adcock

County Extension Agent- Field Crops and Horticulture

## How Much to Plant Per Person?

Vegetable	Use Fresh	Preserve
Beet	10 ft	20 ft
Carrot	10 ft	15 ft
Corn (at least three rows)	15 ft	50 ft
Green Beans (Bush)	15 ft	25 ft
Green Beans (Pole)	5 ft	15 ft
Greens	10 ft	10 ft
Lettuce	10 ft	n/a
Okra	6 ft	10-12 ft
Onion	5 ft	10 ft
Pepper	2-3 plants	5 plants
Radish	5 ft	n/a
Squash (Summer)	2-3 hills	4 hills
Squash (Winter)	2 hills	3 hills
Tomato (Slicing)	3 plants	5 plants
Tomato (Cherry)	2 plants	n/a
Turnip	10 ft	15 ft
Broccoli	4 plants	10 plants
Cucumber	2 hills	5 hills
Collard	5 ft	10 ft
Eggplant	2 plants	n/a
Melon	2 hills	n/a
Potato	6 ft	12 ft
Cabbage	5 ft	10 ft
Peas (Sugar)	8-10 ft	20 ft
Peas (Cowpeas/Blackeye)	10 ft	25 ft

# Thoughts on Vegetable Gardening

by Laura Krug

Extension Master Gardener

I don't have much expert advice to share with you after six years of vegetable gardening; just some stories and thoughts. The first thought is that gardening with your spouse takes compromise. The fact that I have the distinction of being a master gardener does hold much sway.

We planted our first garden late in the spring because we decided that our efforts would be enjoyed by the numerous white tailed deer that frequent our property. A fence had to be erected first, and the soil prepared by eliminating the weeds and fescue that were present inside the fence. As it was late in the day with rain looming our planting of seeds did not involve use of a string and sticks so the rows were a bit curvy. The months after planting began my career as a weeder.



A few months after planting I had the garden in good shape but suffered a spontaneous cerebral bleed which left the left side of my body weakened. While I was in the hospital my children enjoyed picking the green beans, zucchini and cucumbers which filled the rows. I was told that at one point, while I was an inpatient doing physical therapy, that both our refrigerators were chock full of either cucumbers or zucchini. They couldn't tell which was which. My sister in law helped me clean all the peppers and freeze them. So the first year garden was prolific.

My husband is my right hand (or rather left hand man). He helps me take care of our bees by doing all the lifting. He has picked up a lot of knowledge of bees these past years and even climbed up into the back of the gator yesterday to capture a swarm of bees from a branch in the willow oak. I couldn't take care of the bees or plant the garden without him.

I have become an expert weeder and ascribe to the "hoe the weeds when they are really little" philosophy. On days when I weed, I don't make it to the gym. My husband has occasionally stepped up to help with the weeding when it has gotten out of hand but doesn't have the same attitude of vigilance that I do regarding weeds.

One year he decided to build tomato cages. That year we had a bumper crop of tomatoes; I had to anchor the cages down because the tomato plants threatened to push the cages over. He cut holes for me to stick my hand inside the cages to pick the tomatoes but the plants grew branches out of the holes. I miss that tomato crop. I skinned and froze tomatoes everyday and used them to make a delicious marinara sauce at the end of the summer.

The next year we erected short fences inside the garden for the tomatoes and green beans to climb. Picking beans off a bush on the ground is hard on the back but sure worth the effort. We put the fences too close together and had tomatoes and green beans growing across the row between the beans and tomatoes. For the past two years we've tried staking the tomatoes with fence posts. I observed my neighbor do this with some success but our output was very low and the plants required constant reinforcement. So we may go back to cages again.

I referred earlier to compromise. I have expressed the idea that raised beds would be nice several times but have to defer to the person I want to build them.

Last year we used wood chips that we made ourselves to mulch around the plants. This was done to good effect. We had intended to mulch the entire garden but those plans went by the wayside after my husband got chased and stung by a colony of hornets that had taken up residence in one of the piles of wood chips. Because we keep bees we were not keen on distributing pesticide on all the wood chip piles. So back to work with the hoe.

I confess our first year we did a second planting after I tried using Roundup on the weeds and killed a lot of seedlings. That only happened once. I did try applying Roundup with a paintbrush once but it didn't work.



Now before you run away screaming from the idea of a vegetable garden please understand that we are going to plant a garden again this year. We truly enjoy the fruits of our labors. We have an ongoing battle with squash bugs but have the saying each summer “zucchini, it's what's for dinner everyday” and think the flavor of our homegrown vegetables surpasses that of store bought ones. We marvel at the tastiness of our butternut squash. Our grandchildren eat our green beans straight out of the canning jar. We've learned what we like and are willing to put the effort into growing it.

By using our home-generated compost we were able to harvest some delicious cantaloupe and watermelon last summer despite the fact we never planted either one before. I thought they were strange looking butternut squash plants. The volunteer pumpkins from a few years ago made delicious pumpkin pies.

Gardening vegetables in my opinion is a labour of love, so go grow some love!

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Stanly Gardener Quarterly is a newsletter supplying gardeners with unbiased, research-based information on gardens, lawns, and landscapes.

Written by Stanly County Extension Master Gardener Volunteers (EMG), who have been trained and certified by NC State University and NC A&T State University horticulture faculty, our goal is to offer informative and timely articles on plants, gardening, garden design, pest management and gardening products.

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