

# What To Plant

You can plant a wide variety of vegetables and fruits. Following is just a partial list. Wouldn't you really rather grow them yourself!

Asparagus  
Beets  
Broccoli  
Brussel Sprouts  
Cabbage  
Cantaloupe  
Cauliflower  
Carrots  
Collards  
Corn  
Cucumbers  
Eggplant  
Field Peas  
Garden Peas  
Green Beans  
Irish Potatoes

Kale  
Lettuce  
Lima Beans  
Mustard  
Okra  
Onions  
Pepper  
Pumpkin  
Radish  
Rutabaga  
Spinach  
Squash  
Sweet Potatoes  
Tomatoes  
Turnips  
Watermelon

## Gardening Information

Your County Agricultural Extension Service can be a valuable source of gardening information. Publications on gardening are available, and the county extension agent can advise you in such areas as soil preparation, planting dates, varieties, fertilization, and insect and disease control. In addition, the county home economics extension agent can give you advice on preparing and conserving foods grown in your garden.

Give them a call.

### GARDENING IS FOR EVERYONE

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# Is

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# Gardening Is For Everyone

Anybody can grow a garden—even you!

Why not take up the most popular hobby in America and save money on food costs at the same time?

As a North Carolinian, you have excellent soils and climate for gardening. You can grow most of the vegetables and many fruits, and you can harvest fresh food from your garden almost year around.

Space needn't be a problem. Even apartment dwellers can get into the act with a window box or mini-garden. Don't "knock" it until you've tried it. The radish, leaf lettuce and onions you can grow in a window box will make a mighty tasty salad. If you

want to add some home-grown tomatoes, grow a few in a bushel basket or bucket.

Of course, if you have a yard with some sun, outside space isn't going to be a big problem.

Savings in food costs, ease of growing, garden freshness and unequalled quality—are all good reasons for having your own garden. And there are many side benefits, such as recreation, a change of pace for office workers and interesting experiences for children.

Gardens can be attractive, too.

So why not improve your environment, improve the quality of your diet, keep in shape and save money all at the same time?

Plant a garden this year.



## Eat Now, Save For Later

Nature will help you grow vegetables and fruits, but saving them and making good use of them is strictly up to you. A question you need to keep in mind is, "How can the foods I grow be best used to provide my family with nutritious meals?"

Some of your garden products will be eaten fresh. The surplus can be "put up" for winter use.

Canned, frozen, dried, pickled or preserved, just remember that the quality you begin with, plus the way it is conserved and stored, largely determine the quality of food you serve later.

Whether the products of your garden are used fresh or preserved, the method of preparation affects their taste, nutritive value, safety, and appearance.

Yes, an abundant garden is a good project for every family, but don't cheat yourself out of valuable nutrients by improper preparation, conservation and storage.

## Gardens Can Save You Money

In a year, we North Carolinians eat about \$100 worth of fruits and vegetables per person—or \$400 a year for a family of four. Some or all of this can be produced at home. A half-acre garden, properly managed, could supply these needs.

The out-of-pocket cost for such a garden (seed, fertilizer, etc.) would not exceed \$50. Thus, the value of such a garden would be about \$350—or about one dollar per day.

Many of us don't have the land or the desire to produce a half-acre garden. So the opportunity to save money would be reduced as the size of garden is reduced.

Even a very small garden can result in savings. For example, one good tomato plant can produce \$4 to \$5 worth of tomatoes. Eight to ten tomato plants can provide an adequate fresh supply for a family of four and result in a \$40 to \$50 savings in the food budget. \$\$\$

