

*More*  
**GARDENS**



**FOR  
VICTORY**

*in 1943*

## You Need A Victory Garden In 1943 Because:

1. WAR DEMANDS MORE FOOD — FOR HOME USE, FOR OUR FIGHTING MEN, AND FOR OUR ALLIES.
2. THE GOVERNMENT WILL TAKE AN EVEN LARGER PART OF COMMERCIALY CANNED FOODS IN 1943 THAN IN 1942.
3. MEAT WILL BE RATIONED. THIS WILL REQUIRE USE OF MORE VEGETABLES FOR A BALANCED DIET.
4. CERTAIN FOODS WILL BE SCARCER AND PRICES HIGHER.
5. IF YOU DO NOT GROW YOUR OWN FOOD IN 1943, YOUR FAMILY MAY NOT BE PROPERLY FED.

### Planning the Victory Garden

1. THERE SHOULD BE ONE-TENTH OF AN ACRE FOR EACH MEMBER OF THE FAMILY ON WHICH 10 OR MORE DIFFERENT KINDS OF VEGETABLES ARE GROWN DURING THE YEAR.
2. THERE SHOULD BE SUCCESSION PLANTINGS OF VEGETABLES IN BOTH SPRING AND FALL GARDENS.
3. PLANTINGS SHOULD BE MADE OF SMALL FRUITS, ESPECIALLY BERRY PLANTS AND GRAPES.
4. SUFFICIENT QUANTITIES OF FRUITS AND VEGETABLES SHOULD BE CANNED, DRIED, AND STORED TO MEET THE OFF-SEASON NEEDS OF THE FAMILY.

### MORE AND BETTER GARDENS NEEDED IN 1943

Vegetables are among Nature's best foods. They furnish valuable material for building and regulating the body and maintaining health and growth. While all vegetables are good foods, some are more valuable than others. Classed as most important are:

1. **Green vegetables**, such as green cabbage, collards, other leafy vegetables, as well as okra, green beans and green peas build up resistance to certain diseases. They contain materials for building blood and bone. They also contain roughage which is needed to aid digestion.
2. **Yellow vegetables**, such as carrots, sweet potatoes (yellow-fleshed varieties), yellow squash and yellow corn, like the green vegetables, build up resistance to certain diseases and

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\* Prepared by Extension Service specialists in the Departments of Horticulture, Entomology, Plant Pathology, and Home Demonstration.

help prevent colds and night blindness. They, also, are good blood and bone builders.

3. **Dried peas and beans**, especially edible soybeans, are good muscle and blood building foods. They are the best vegetables to be used in the place of meat.
4. **Potatoes**, Irish and sweet, provide energy for doing more work.

**BE SURE TO HAVE TOMATOES OR SOME OTHER RAW VEGETABLE EVERY DAY IN ADDITION TO A GREEN OR YELLOW VEGETABLE AND POTATOES.**

In the following list the vegetables are grouped according to three classes. Those printed in capital letters should be in every garden. All vegetables listed are excellent foods:

CAN BE USED RAW	GREEN AND YELLOW	OTHERS
CABBAGE	COLLARDS, MUSTARD, KALE	BEETS
CARROTS	LIMA BEANS, OKRA	IRISH POTATOES
ONIONS	SNAPBEANS, SOYBEANS (edible)	SWEET POTATOES
TOMATOES	YELLOW CORN, YELLOW SQUASH	TURNIPS
Cucumbers	Cabbage, Carrots, Field Peas	White corn
Lettuce	Garden Peas, Peppers	
Peppers	Spinach	

In addition to these vegetables one or more of the small fruits should be planted, such as dewberries, raspberries, strawberries and grapes, where practical.

**CANNING BUDGET FOR A FAMILY OF FIVE**

VEGETABLES	QUARTS	VEGETABLES	QUARTS
Beans—String	20	Greens	5
Beans—Lima	5	Okra	5
Beets	10	Peas—Garden	10
Carrots	5	Soup Mixtures	30
Corn	5	Tomatoes	60
Dried Vegetables	50 lbs.	Dried Fruits	40 lbs.

The dried vegetables may include any or all of the above varieties. The dried fruits should include peaches, pears and apples.

**REFERENCES:**

The Farm and Home Garden Manual, N. C. Extension Circ. No. 122.

Canning Fruits and Vegetables, N. C. Extension Circ. No. 223.

## PLANTING SCHEDULE FOR NORTH CAROLINA

Crop	When To Plant In Tidewater Area	When To Plant In Coastal Plains Area
Lettuce	Jan. 15-31	Feb. 1-15
Cabbage * (plants)	Jan. 15-31	Feb. 1-15
Collards * (plants)	Start in June. Go through August	July 1-Aug. 15
Spinach	June 15-30 Sept. 15-30	Feb. 1-15 Sept. 15-30
Tendergreen and Mustard	Start Feb. 1. Make four plantings at two weeks apart	Start Feb. 25. Make four plantings two weeks apart
Rape and Kale	Feb. 10-28 Sept. 1-25	March 5-31 Sept. 1-30
Bush snap beans	Start last March. Make four plantings three weeks apart. Fall crop in August	Start April 1. Make four plantings three weeks apart. Fall crop in Aug.
Pole snap beans	April 1 August 1	April 15 August 1
Bush lima beans	April 15-30	April 15-30
Pole lima beans	April 15-30	April 15-30
Edible soybeans	May 15-31	June 1-15
Beets	Start Feb. 1. Make two plantings four weeks apart. Fall crop in Aug.	Start Feb. 15. Make two plantings four weeks apart. Fall crop in Aug.
Carrots	Start Feb. 1. Make two plantings four weeks apart. Fall crop in Aug.	Start Feb. 15. Make two plantings four weeks apart. Fall crop in Aug.
Cucumbers	April 1-15	April 15-30
Garden peas	Feb. 1-10	Feb. 10-15
Squash	March 15-31	April 1-15
Okra	March 15-31	April 1-15
Onions from sets	Oct. 1-31 Feb. 1-28	Feb. 15-28 Oct. 1-31
Turnips	Feb. 1-15 Sept. 1-30	Feb. 15-28 Sept. 15-30
Tomatoes * (plants)	April 10-15	April 15-30
Cowpeas	May 15-31	June 1-15
Sweet corn	April 1-15	April 15-30
Peppers	April 10-15	April 15-30

\* Seed should be sown 4 to 6 weeks before plants are to be set in field.

Small Fruits—*Strawberries*, 200 plants—Blakemore & Mas  
*Grapes*, 8 or 10 plants—Concord or Fredonia, Niagara or Po  
East. *Dewberries*, 10 plants—Young or Boysenberry. Plant g

## PLANTING SCHEDULE FOR NORTH CAROLINA

When To Plant In Piedmont Area	When To Plant In Mountain Area	Crop Should Be Ready for Use, Days After Planting
Feb. 15-28	Mar. 1-15                  Last Aug. 31	80-85
Feb. 15-28	Mar. 1-15 June 1-10	90-100
May 1-15	May 15-June 1	120-150
Feb. 15-28 Aug. 15-Sept. 30	Mar. 1-15 Aug. 15-25	40-50
Mar. 1-April 1 Sept. 1-15	Mar. 1-April 1 Sept. 1-15	30-40
Mar. 10-April 1 Sept. 1-30	Mar. 1-15 Sept. 1	65-75
Start last April. Make four plantings three weeks apart. Fall crop in Aug.	Start May 1. Make four plantings to August 1st	45-65
April 1-15	May 1-10	65-70
May 1-15	May 15-31                  Last July 1	60-70
May 1-15	May 15-31	75-95
April 15-30	May 1-15	70-150
Feb. 15-18	Mar. 15-30                  Last July 20	60-70
Feb. 15-18	Mar. 15-30                  Last July 20	70-80
April 15-30	April 15-30	60-65
Feb. 15-28	Mar. 1-15                  Last July 15	55-65
April 15-30	May 1-15	45-55
April 15-30	May 1-15	50-60
Oct. 15-30 Feb. 1-15	Feb. 15-Mar. 1	60-80
Mar. 1-15 Aug. 15-Sept. 30	Mar. 15-31 Aug. 15-Sept. 30	50-55
April 15-30	May 1-15                  Last June 15	100-120
April 15-30	May 1-15	75-90
April 15-30	April 15-May 1          Last July 15	60-90
April 15-30	May 1-15                  Last June 15	65-75

Massey. *Raspberries*, 15 plants—St. Regis and Latham.  
 r Portland, Delaware, Catawba, and Scuppernong in the  
 ant grapes in fall. Others in February or March.

## VEGETABLES FOR THE VICTORY GARDEN

### \* KINDS AND VARIETIES AND AMOUNT OF SEED TO PLANT FOR FIVE PERSONS

<i>Kinds</i>	<i>Suggested Varieties</i>	<i>Amt. Seed to Plant For Five Persons</i>
Beans, Bush Lima	Henderson Bush, Woods Prolific, Baby Fordhook	1½ lbs.
Beans, Pole Lima	Carolina Sieve, Challenger	1½ lbs.
Beans, Bush Snap	Stringless Black Valentine, Stringless Greenpod, Bountiful	5 lbs.
Beans, Pole Snap	Kentucky Wonder, McCasian, White Creaseback	1½ lbs.
Edible Soy Beans	Rokusun, Easy Cook, Seminole, Funk Delicious	1 lb.
Beets	Early Wonder, Crosby's Egyptian	2 ozs.
Cabbage (seed)	Jersey Wakefield (early)	½ oz.
	Danish Ball Head (late)	
	Chantenay, Imperator	
Carrots	Carolina Short Stem	2 ozs.
Collards (seed)	Clarks Spectal, Kirby	½ oz.
Cucumber (slicing)	New York No. 12 or Black-seeded Simpson (leaf)	2 ozs.
Lettuce (head)	White Velvet, Perkins Mammoth	1 pkt.
Okra	Crowder, Cowpeas	2½ ozs.
Peas (field)	Laxton's Progress, Laxtonia, Alaska	2½ lbs.
Peas (garden)	California Wonder, Ruby King	2½ lbs.
Peppers	Silverskin, Ebenezer, Yellow Globe Danvers	1 pkt.
Onion (sets)	Siberian, Dwarf Blue Scotch	5 pints
Kale	Virginia Savoy, Long Standing	1½ ozs.
Spinach	Yellow Crookneck, White Bush	1½ ozs.
Squash	Golden Cross Bantam, Ioana	2 ozs.
Corn, Sweet or	Silverking, Norfolk Market, Truckers Favorite	1¼ lbs.
Corn (Roasting ears)	Southern Giant Curled	
Mustard	Pritchard, Rutgers, Marglobe	2½ ozs.
Tomatoes (Wilt Resistant)	Purple Top (for greens and roots)	1 pkt.
Turnips		2½ ozs.
Small Fruits—		
	<i>Strawberries</i> , 200 plants—Blakemore & Massey, <i>Raspberries</i> , 15 plants—St. Regis and Latham, <i>Grapes</i> , 8 or 10 plants—Concord or Fredonia, Niagara or Portland, Delaware, Catawba, and Scuppernon in the East, <i>Deewberries</i> , 10 plants—Young or Boysenberry. Plant grapes in fall. Others in February or March.	

\* In addition to the above list of vegetables 5 pecks of Irish potatoes of either Cobbler, Green Mountain or Sequoia should be planted and 500 slips of the sweet potato.

## PREPARING FOR GARDEN INSECTS

There are numerous insect pests of garden vegetables. It is essential to prepare for such pests well in advance.

It is well to have a separate box or kit for insecticides. In this insecticide kit should be the following: Paris green, calcium arsenate, cryolite, and rotenone, for the chewing insects. A supply of lime and dusting sulphur should also be available for mixing with some insecticides. For the sucking insects there should be a supply of nicotine sulphate (40%) and some pyrethrum in the form of extract or dust. One of the effective pyrethrum dusts is Pyroicide dust which may be used for combatting a few of the insects otherwise difficult to control.

**Mexican bean beetle.** To control this pest on snap and lima beans, a spray of cryolite should be used. Mix 1 ounce (or 9 level teaspoonfuls) to one gallon of water. Spray thoroughly so as to cover underside of leaves. Several applications may be necessary to control this pest. Cryolite is poisonous, be careful in using it. After pods on snap beans are half grown cryolite should not be used, as a poisonous residue will be deposited on the pods.

Rotenone dust (containing 0.5% rotenone) should be used on snap beans after pods are half grown. This material is non-poisonous, therefore safe to use on beans as well as certain leafy vegetables. Rotenone is scarce, so conserve the supply by following the above recommendations on beans.

**Cabbage worms.** Until head is half grown use a mixture of Paris green, one part, and hydrated lime, nine parts, or calcium arsenate (undiluted). When using Paris green, lime mixture, mix ingredients together thoroughly. Dust when dew is on the plants and when air is calm. After head is half grown, use 0.5% rotenone dust to avoid poisonous residue of Paris green and calcium arsenate.

**Plant lice or aphids.** Many garden vegetables may be attacked by plant lice. They are very tiny insects usually green in color and may be found clustered on underside of the leaves.

Nicotine sulphate (40%) is the most satisfactory material to use to control this pest. It may be used as a spray (using two teaspoonfuls to one gallon of soapy water) or as a dust by mixing with lime.

For further information see your county agricultural agent. Refer to the "Vegetable Insect Control Guide" for more detailed recommendations for combatting insects on garden vegetables.

## CONTROLLING PLANT DISEASES

Home gardens frequently suffer heavy losses from the ravages of plant diseases.

Some disease-control practices for reducing losses are briefly presented:

1. **Good Growing Conditions:** Thoroughly prepared seed beds in rich, well-drained soils give seedlings a better chance to withstand attacks of *damping-off* and other *seedling diseases*.

2. **Good Seed:** Good seed, relatively free of seed-borne diseases may be secured from reliable dealers. If seed are saved at home, they should be taken from disease-free plants producing good quality and large yields.

3. **Treated Seed:** Some seed houses sell seed treated with chemicals to reduce losses from certain diseases. Use treated seed when available. Some seed can easily be treated at home; examples are the Semesan-Bel dip for control of *black rot* and *scurf* of sweet potato; bichloride of mercury soak for control of *leaf-spots* and *Anthracnose* of pepper, *leaf blights* of tomato, *angular leafspot* and *Anthracnose* of cucumbers; and the Semesan dust treatment to prevent *damping-off* of peas and squash. For directions consult your county agent or request Extension Miscellaneous Pamphlet No. 52.

4. **Resistant Varieties:** Many disease-resistant varieties of vegetables adapted to North Carolina conditions are available. For example, Wisconsin Ballhead, Wisconsin Hollander No. 8, Marion Market, Jersey Queen, All Head Select, Globe and others are varieties of cabbage resistant to the *yellow*s disease. Rutgers, Pritchard, Break-O-Day, Marglobe, Pan American, Louisiana Gulf State, Illinois Pride are varieties of tomato showing fair to strong resistance to *Fusarium wilt*. Consult county agent for other varieties of disease-resistant vegetables and for those adapted to local conditions.

5. **Sanitation:** Sanitary practices help prevent the introduction and multiplication of disease-producing parasites in the soil: (a) Practice a garden site rotation to reduce losses from *root knot*, *wilts* and other diseases. If not convenient, rotate crops in the garden. (b) Do not place diseased plants in manure or compost piles. (c) Remove diseased plants when noticed to prevent spread of the disease to healthy ones. (d) Plow under remains of plants soon after harvesting. (e) Do not work the garden when plants are wet. (f) Keep weeds down—some of them harbor diseases that attack vegetables.

6. **Dusting and Spraying:** Sometimes it becomes necessary to control leaf diseases by dusting or spraying such crops as cucumber, eggplant, pepper, potato and tomato. Where local conditions necessitate this practice, consult your county agent or write the Extension Plant Pathologist, State College.