



**Gardening in
St. Augustine South
Tips & Tricks for Veggie & Fruit
Gardening
SASIA February Meeting 2024**

How many of you were here last year?

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Garden in St. Augustine South

Mostly ornamental but grow naval orange, starfruit, loquat, papaya, banana, grapefruit, limequat and mango

Seed starting for the farm – we have a great microclimate due to the Intracoastal Waterway and our live oak canopy

Our gardening zone really bounces between north & central Florida

Garden at our small farm in Spuds

36 types of fruit plants (trees & bushes)

117 different cultivars and fruit plants that grow in our climate

31 types of vegetables grown throughout the year

Number #1 Rule

Plant what you like to eat

Number #2 Rule

Don't fight where you live. (Opposite seasons from the north)
Plant what grows well in our heat, humidity and rain in Florida
with minimum pest problems. Plant during right time of year.

Number #3 Rule

Feel free to experiment with new and different vegetables!
Always new cultivars out there.

My personal gardening philosophy

Plant nutrient dense foods (vitamin benefits)

Try to use only organic fertilizer (Espoma)

Very limited use of pesticides (limited ant poison no success)

Mix my veggie beds to confuse the insects, don't plant all the same thing in one row (~~monoculture~~)

Interplant flowering plants to bring in pollinators & beneficial insects

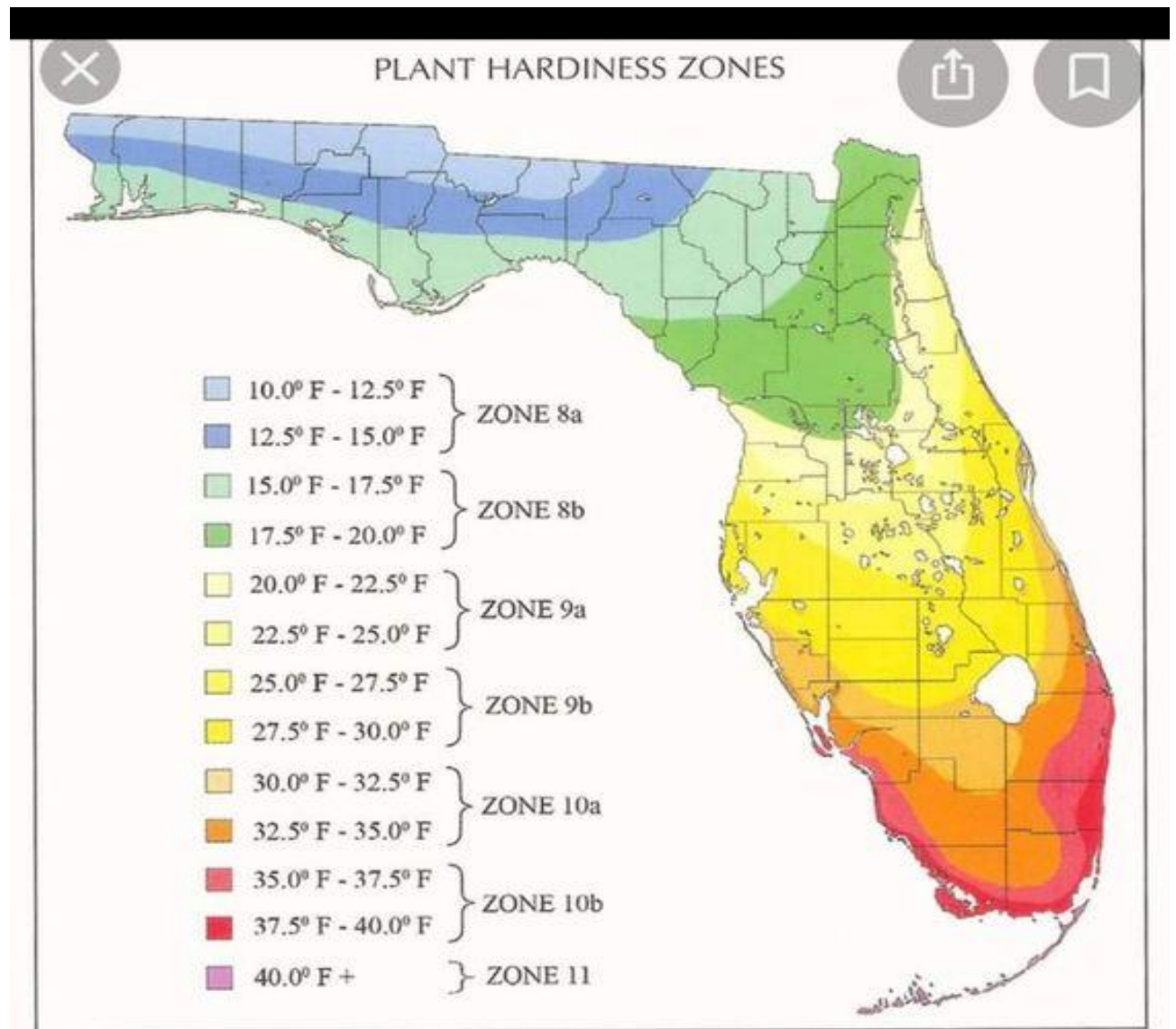
Look for mentors friends & neighbors, online, learn lots of things from YouTube, Facebook, Instagram

Sometimes buy veggies in organic part of grocery, ethnic stores

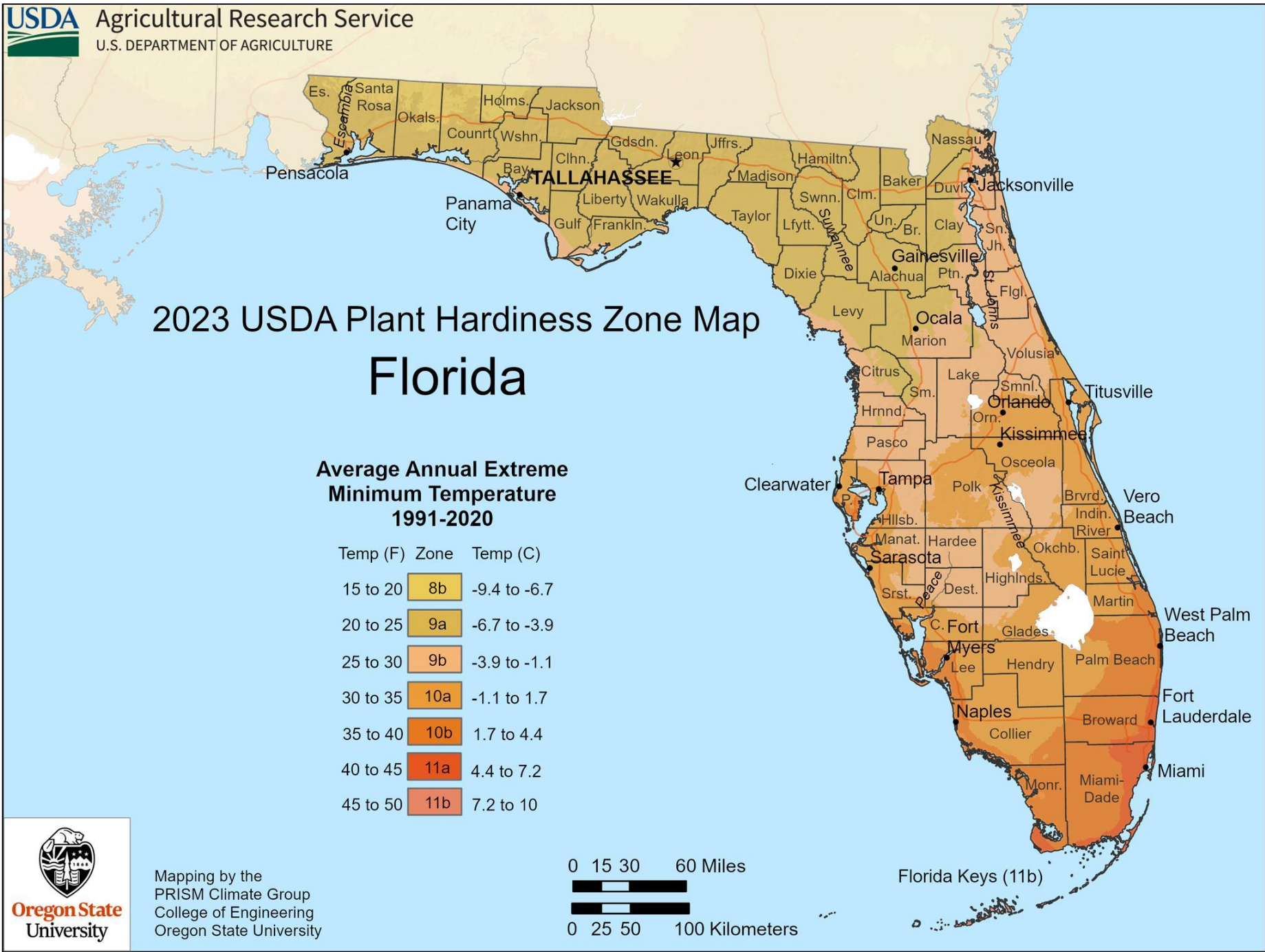
Check out the seed bank at the public library Southeast branch

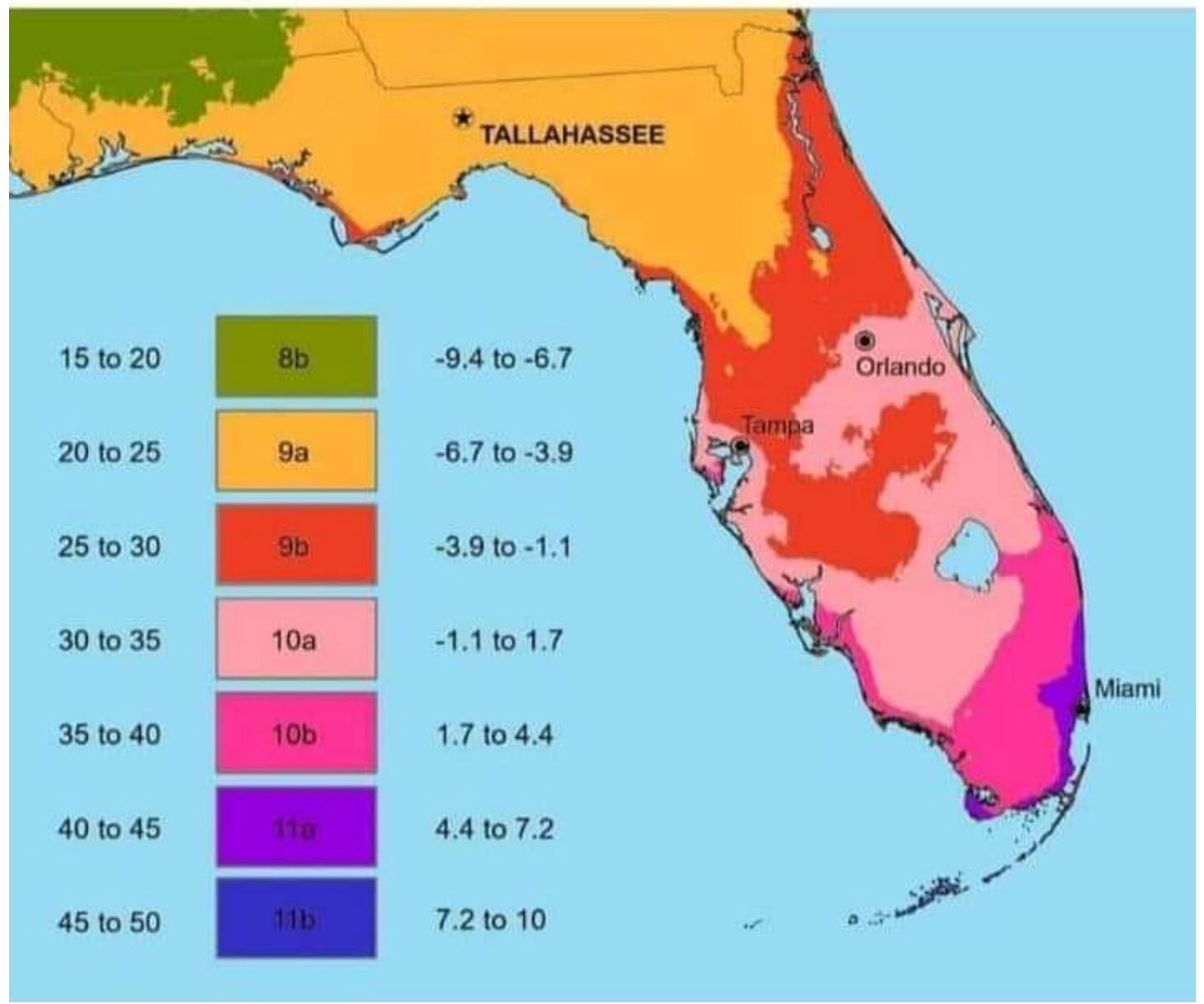
Here in St. Augustine South we have been officially upgraded to Zone 9B by the United States Department of Agriculture. We have assumed that based on temperatures for quite a few years but now it is official.

That is why I say it is wise to look at North Florida and Central Florida recommendations in our area for IFAS guides.

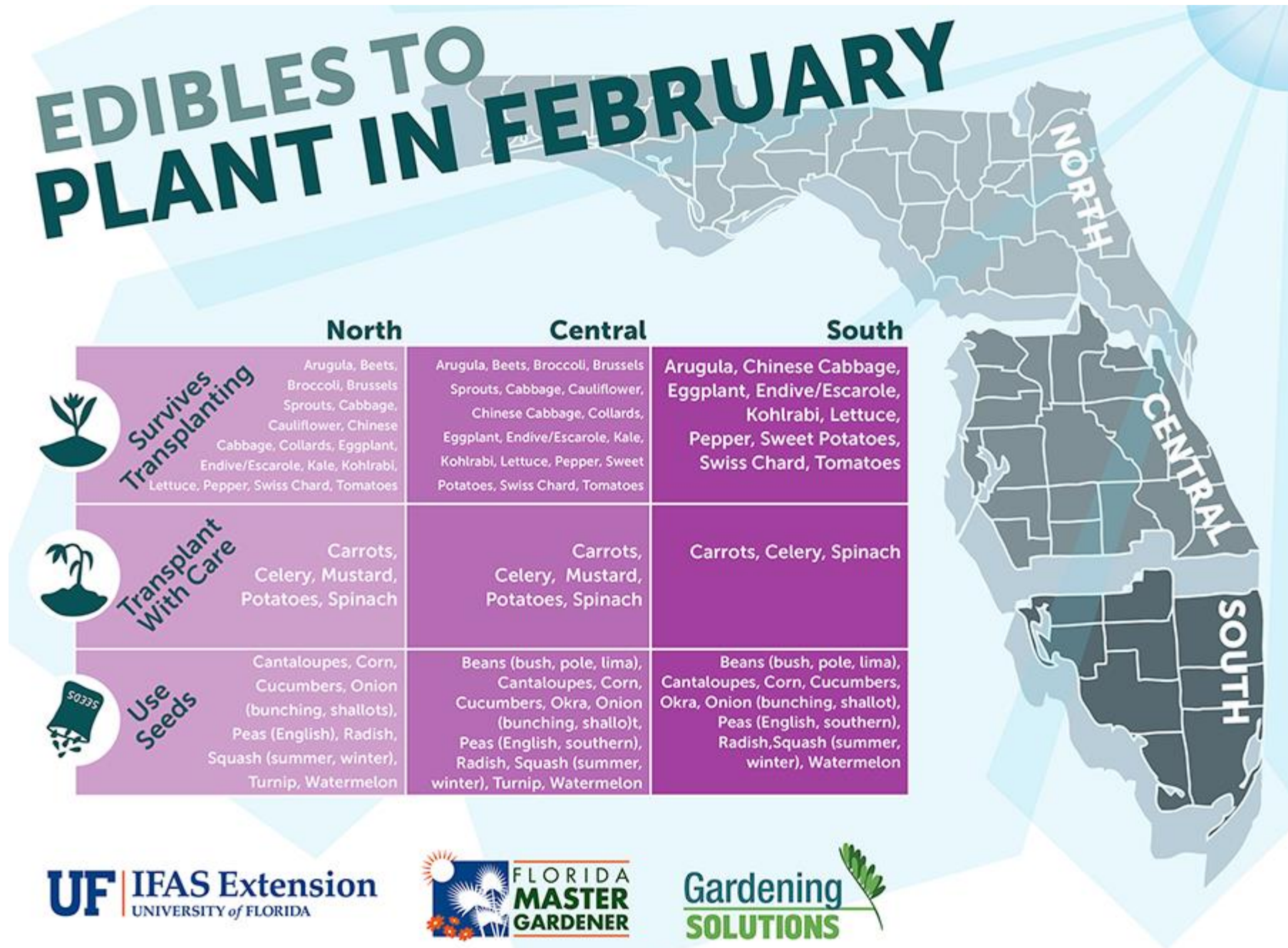


This map is derived from NOAA data and the Plant Hardiness Zone Map published by the United States Department of Agriculture. It shows the average lowest temperature that can be expected on an annual basis.








EDIBLES TO PLANT IN FEBRUARY



EDIBLES TO PLANT IN

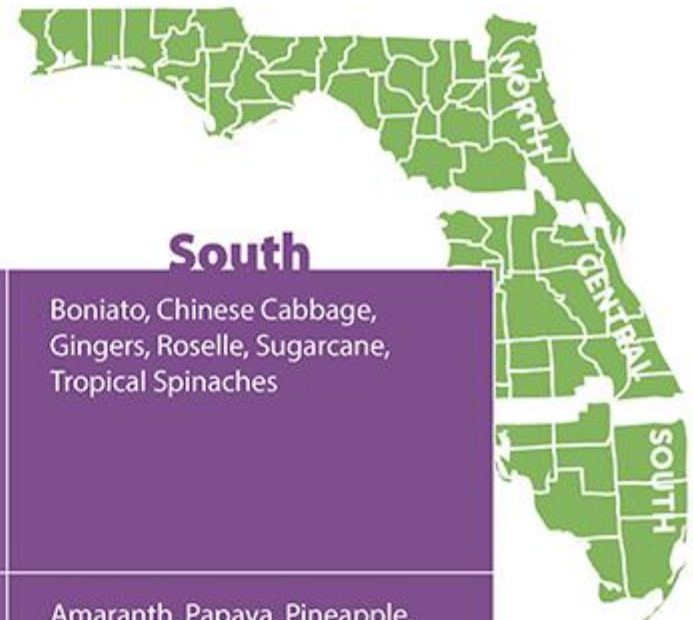
March






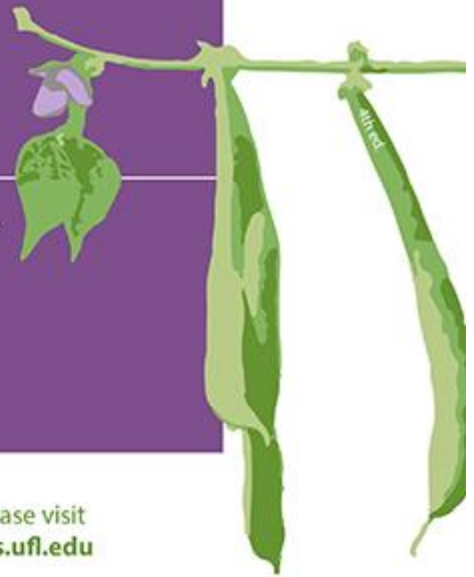
	North	Central	South
 EASY TO TRANSPLANT	Arugula, Eggplant, Kohlrabi, Ginger, Peppers, Swiss Chard, Tomatillo, Tomatoes	Arugula, Chinese Cabbage, Ginger, Kohlrabi, Peppers, Roselle, Sugarcane, Swiss Chard, Tropical Spinaches	Arugula, Chinese Cabbage, Endive, Ginger, Roselle, Sugarcane, Swiss Chard, Tropical Spinaches
 TRANSPLANT WITH CARE	Boniato, Spinach, Sweet Potatoes	Amaranth, Boniato, Calabaza, Cassava, Celery, Long Squashes, Luffa, Papaya, Passionfruit, Pigeon Pea, Pineapple, Seminole Pumpkin, Spinach, Sweet Potatoes	Amaranth, Boniato, Calabaza, Cassava, Celery, Papaya, Passionfruit, Pineapple, Seminole Pumpkin, Sweet Potatoes
 USE SEEDS	Beans (bush, lima, pole), Cantaloupes, Carrots, Corn, Cucumbers, Okra, Onions (bunching), Peanuts, Peas (English, southern), Radish, Squashes, Watermelon	Beans (bush, lima, pole), Cantaloupes, Carrots, Chayote, Corn, Cucumbers, Okra, Onions (bunching), Peas (southern), Radish, Squashes, Watermelon	Beans (bush, lima, pole), Cantaloupes, Carrots, Chayote, Corn, Okra, Onions (bunching), Peas (southern), Radish, Squashes, Watermelon



EDIBLES TO PLANT IN *April*



	North	Central	South
 EASY TO TRANSPLANT	Boniato, Gingers, Roselle, Tomatillo, Tomatoes	Boniato, Chinese Cabbage, Gingers, Roselle, Sugarcane, Swiss Chard, Tropical Spinaches	Boniato, Chinese Cabbage, Gingers, Roselle, Sugarcane, Tropical Spinaches
 TRANSPLANT CAREFULLY	Amaranth, Calabaza, Long Squash, Luffa, Papaya, Seminole Pumpkin, Sweet Potatoes	Amaranth, Calabaza, Long Squash, Luffa, Papaya, Pigeon Pea, Pineapple, Seminole Pumpkin, Sweet Potatoes, Yucca	Amaranth, Papaya, Pineapple, Sweet Potatoes, Yucca
 USE SEEDS	Beans (bush, lima, pole), Cantaloupes, Chayote, Corn, Cucumbers, Okra, Peanuts, Peas (southern), Squashes, Watermelon	Beans (bush, pole), Chayote, Corn, Okra, Peanuts, Peas (southern), Squash	Beans (bush, lima, pole), Chayote, Peas (southern)



EDIBLES TO PLANT IN *May*



	North	Central	South
 EASY TO TRANSPLANT	Boniato, Gingers, Roselle, Tropical Spinaches	Boniato, Gingers, Roselle, Sugarcane, Swiss Chard, Tropical Spinaches	Boniato, Gingers, Sugarcane, Tropical Spinaches
 TRANSPLANT CAREFULLY	Amaranth, Calabaza, Long Squash, Luffa, Papaya, Pigeon Pea, Seminole Pumpkin, Sweet Potatoes	Amaranth, Cassava, Calabaza, Long Squash, Luffa, Papaya, Pigeon Pea, Pineapple, Seminole Pumpkin, Sweet Potatoes	Amaranth, Cassava, Papaya, Pigeon Pea, Pineapple, Sweet Potatoes
 USE SEEDS	Chayote, Okra, Peanuts, Peas (southern)	Chayote, Okra, Peanuts, Peas (southern)	Chayote



Fall and Winter favorites for our family

1. Lettuces
2. Kales
3. Broccoli (don't forget after you harvest the main head it will continue producing small side shoots)
4. Carrots
5. Bok Choy
6. Hakurei Turnips
7. Collard Greens
8. Spinach
9. Daikon Radish (vegan specialty)
10. Arugula
11. Onions
12. Garlic (Inchelium Red Garlic)
13. White Potatoes
14. Swiss Chard (white variety, rainbow varieties seem to attract pest for us)
15. Brussel Sprouts
16. Celery
17. Snow Peas



Daikon Radish



Hakurei Turnip

Spring and Summer Favorites in my garden (40% shade cloth to extend season into summer)

1. Peppers
2. Tomatoes (Cherry Tomatoes last longer in the heat)
3. Bush Beans
4. Cucumbers (plant under netting)
5. Zucchini (plant under netting)
6. Sweet Potatoes (in containers this year)
7. Okra (bug magnet for us)
8. Luffa (squash substitute when 1 inch wide)
9. Kajari Melons
10. Watermelon



Florida Summer Tough Food Plants

1. Sweet Potatoes (purple are toughest)
2. Seminole Pumpkin (shelf life 1 year)
3. Everglades Tomato
4. Okinawa Spinach
5. Rosselle (Sorrel)
6. Cassava
7. Cranberry Hibiscus
8. Ginger (Will sprout from organic pieces from store)
9. Turmeric
10. Okra
11. Luffa
12. Katuk
13. Chaya (Tree Spinach)



Sweet
Potato



Roselle
Or
Sorrel
Or
Florida
Cranberry



Seminole
Pumpkin



Cassava



Everglades
Tomato



Cranberry
Hibiscus

Summer Greens

You have probably never heard of before

1. Okinawa Spinach
 2. Longevity Spinach
 3. Jewel of Opar
 4. Malabar Spinach
 5. Red Amaranth (bug magnet for us, others have suggestions)
 6. Katuk (tropical asparagus)
 7. Chaya (tree spinach) (Needs to be cooked not eaten raw)
- Vietnamese Spinach
Egyptian Spinach (Molokhiya)
- Number match the photos on the next slide

1.



4.



7.



2.



5.



3.



6.



1.

Pest Control without chemicals

Interplanting, not the same plant in a row

Netting of vegetable beds

Insecticidal soap

Pick off method

Companion plants, marigolds, basil, garlic, onion, mint, nasturtiums, peppermint, radish, rosemary, calendula interplanted in your garden

Encouraging diversity of insects and lizards, etc.



Netting to provide Insect Protection

Dwarf citrus that is not resistant to citrus greening HLB (Limequats, Meyer Lemon)

Cucumber varieties that don't require pollination (Beit Alpha, China Jade) developed for greenhouse production (parthenocarpic varieties-grows without pollinators)

Zucchini and other squashes but must be hand pollinated (Partenon F1 and Cavili F1)





Beit Alpha Cucumber



China Jade Cucumber

Any suggestions from the audience?

What vegetables or fruit plants would you recommend for other gardeners in St. Augustine South grow that I may have not mentioned? Gary is growing mushrooms successfully.

Fruits you can grow in our area

- * Low chill stone fruits, apples, peaches, nectarines, plums
- * Citrus Greening resistant mandarins (Sugarbelle) & Finger limes
- * Berries, blackberries, blueberries, strawberries, mulberry, elderberry, muscadine grapes
- * Cold hardy avocado, loquat (Japanese plums), mayhaw, olives, persimmon, pomegranate, pears, sugarcane, figs
- * Tropicals that may need protection bananas, carambola (starfruit), tropical cherries (Barbados cherry), guavas, condo mangos, moringa, papayas, passionfruit
- * New fruits this year June Plum, Vietnamese Pomogranate, Cotton Candy Tree,

Hard time growing? Consider container gardening. Move to catch sun.

Raised Beds

Earthbox

Grow Bags

Green Stalk

5-15 Gallon Buckets

Benefits

Use less water

Reduced weeding

Reduced fertilizer use

Easier to harvest





Dependable Physical Materials Used In Our Garden

Insect Netting

AMAZON - Garden Netting, Plant Covers 10x33Ft Net Ultra Fine Mesh Protection Netting for Vegetable Plants Fruits Flowers Crops Greenhouse Row Cover Raised Bed Barrier Screen Protection Net Cover

[Visit the FARAER Store](#)

Fruit Bags (Use on Peaches, Nectarines, Plums, Guavas)

AMAZON - 100 Fruit Protection Bags, Reusable Netting Bags 6 x 10 Inch Mosquito Bug Insect Bird Nylon Net Barrier Bag with Drawstring for Protecting Plant Fruits Flower

[Brand: June Fox](#)

Nets to support (Cucumbers, Flowers, Snow Peas)

AMAZON - White Trellis Netting 5x100 ft Heavy Duty Garden Trellis Netting Polypropylene Plant Support Garden Net for Climbing Vegetables Fruits Flowers

[Brand: HHTHH](#)

Landscape Fabric

AMAZON-Premium 5oz Landscape Fabric, 3ft x 50ft Pro Garden Weed Barrier - Durable & Heavy Duty Weed Block Gardening Mat, Easy Setup & Superior Weed Control, Eco-Friendly & Convenient Design

Landscape Staples

AAGUT 100 Pack Landscape Staples with Gasket Washer Caps, 6 Inch Vapor Barrier Stakes, Metal Garden Stakes Landscape Fabric Staples for Gardening Landscaping, Sod Fence Yard Lawn Ground Weed Mat Pins

[Visit the AAGUT Store](#)

Physical Materials in Garden

Greenhouse Plastic

AMAZON -Farm Plastic Supply - Clear Greenhouse Plastic Sheeting - 6 mil - (25' x 40') - 4 Year UV Resistant Polyethylene Greenhouse Film, Hoop House Green House Cover for Gardening, Farming, Agriculture

[Visit the Farm Plastic Supply Store](#)

Shade Cloth (peppers, tomatoes, cucumbers)

AMAZON - E.share 40% Black Shade Cloth Taped Edge with Grommets UV 10ft X 20ft

[Visit the e.share Store](#)

T-Posts

Tractor Supply

Cattle Panel for Arches

Tractor Supply

Vegetable/Fruit resources / Contacts for Tips

Maggie's Herb Farm

Eatyouryardjax.org

Thereidfarm.com

Codycovefarm.com

St. Johns County Extension Office

YouTube Channels – David the Good, Growing Your Greens, GreenDreams TV, Frugel Hugel Gardener, The Millennial Gardener, Wild Floridian

Facebook Groups – Permaculture Florida, Northeast Florida Gardener, North Florida Food Forest, Florida Backyard Gardening, Florida Food Forest

Instagram – anaturalfarm, man.in.overalls, the_farm_at_okefenokee, ediblneflorida,

SASIA Garden Tour May 11

Help other gardeners learn new plants and tricks and tips from your garden.

Seeds to Share

Roselle (Sorrel) Fl Cranberry

Seminole Pumpkin

Texas Yellow Bells (Esperanza)

Pigeon Pea (Gandules in PR)



Roselle/Sorrel juice

Recipe

2 cups frozen or dried rosselle

12 cups water

1 cinnamon stick

1 tablespoon vanilla

1 cup of sugar or sweetner of your choice

Boil water with rosselle until all the red is gone from the calyxes, then add cinnamon and vanilla boil for 3-5 minutes, turn off heat and add sugar and stir.

(Many different recipes online)

Cuttings to Share

Mexican Sunflower (*Tithonia diversifolia*)

Cassava

Cranberry Hibiscus

Okinawa Spinach

