



Spring Flowers

Benefits of gardening with flowers:

- Attract beneficial insects such as pollinators and predators into the garden.
- Use as an organic pest repellent by choosing certain varieties such as marigolds, calendulas and nasturtiums to deter aphids, squash bugs and whiteflies.
- Can be used as companion plants for trap cropping, and to enhance overall health of plants and flavor of fruit.
- Tall flowers such as sunflowers, can be used as a companion to provide shade for crops planted below.

Garden Placement:

- Need 6 hours of direct sunlight to bloom.
- Flowers do great in pots if you do not have a lot of space inside your raised bed.
- If possible, morning sun, afternoon shade

Flower Notes:

- Flowering herbs attract beneficial insects and can repel some pests.
- Marigolds are great for attracting pollinators and keeping pests away. The seeds are super easy to save - dry out flower and then crush bud, seeds galore.
- Calendula - edible, daisy-like, full sun, 1 foot spacing.
- Alyssum - great cover crop, nice fragrance.
- Snap Dragon - edible, long bloom period fall to May.
- Pinch tops of flower stems to encourage more blooms
- Nasturtium - Can be used as a trap crop. Edible with peppery flavor. Plant in early Fall.
 - Plant close to tomato plants, because hornworm caterpillars love nasturtiums and prefer them over tomatoes.
- Gaillardia - native perennial
- Zinnia - Tall, vibrant, heat loving Summer flower, annual, easy to collect seeds and replant.

What to Plant & Additional Resources:

- Follow a local planting calendar, never trust a seed packet!
- Angela's from Growing in the Garden on YouTube
- Plant SPRING flowers in fall and winter.

- SUMMER flowers plant in late Spring (March- May)

Watering Your Garden:

- Drip irrigation supplies - <https://www.dripdepot.com/>
- Timer - easy to program & battery powered. Change batteries every 6 mos. Orbit is a favorite
- Keep soil evenly moist
- Shade 50% cloth in summer can be beneficial will help keep soil cooler and use less water

Worm Bin:

- Eliminate food waste
- Worms will aerate and fertilize the garden soil.

Benefits of Flowers

- Attracts pollinators
- Provides habitat for beneficial insects and predatory insects
- Deters pests
- Great for cuttings
- More biodiversity in your garden
- Types of flowers
 - Annuals - need to plant every year
 - Perennials - Come back year after year.
 - Biennial - Comes up every other year (Hollyhock)
- Save your seeds and practice seed saving for 99.99% of all flowers.

Hollyhocks

- Perennial(PHX)/Biennial
- 5-6 feet tall with multiple stocks

Zinnia

- Bright, puffy, multicolored flower.
- Heat loving, attracts pollinators

Marigold

- Plant from seed or start
- Grows all year
- Edible leaves
- Each flower head produces approximately 50 - 100 seeds.

Calendula

- Cold tolerant
- Great cuttings

Nasturtium

- Edible - Peppery taste
- Trap Crop - green horn caterpillar
- Sensitive to frost and heat
- Plant with basil and tomatoes

Basil

- Thai, Amethyst, Geneveve, and many other varieties.
- Enhances the flavor of tomatoes

Stock

- Bunny proof
- Beautiful multi stem flowers

Chamomile

- Tiny daisy-like flowers, very aromatic with bitter flavor, deters pests.
- Good for surrounding plants.
- Great for herbal tea & Soap
- Antifungal and antibacterial

Borage

- Great for pollinators, especially bees.
- Medicinal herb, edible, tastes like cucumber.

Alyssum

Grows all year

Stops blooming - June to August

Great cover crop

Cilantro

- Deters pests
- Seeds are Coriander

- Attracts beneficial, predatory, insects when flowering. Ladybugs praying mantis, Lacewings

Rose Mallow

- Related to hibiscus
- Large and bushy
- Takes Arizona sun
- Bunnies don't eat it.

Statice

- Makes a great wreath/crown
- Good for preserving/drying - holds shape and color.
- Attracts pollinators

Pansies

- Frost tolerant
- Multicolored
- Easy to grow
- Edible

Gaillardia

Native perennial.

Comes back year after year.

Ranunculus

Corm/Bulb - dig up in summer and save until fall.

Store at room temp in Brown Paper Bag

Will cook and die in AZ heat if left in the ground.

SnapDragon

- Tall, edible annual, attracts pollinators, Fall- Spring

Roselle Hibiscus

- Leaves taste like cranberry
- Loves AZ heat and sun
- Plant seeds after mid March
- Calaxes for tea and jam.

Fern Leaf Lavender

- Great for AZ
- Frost damage in winter
- Wait until spring to trim frost damage.
- Perennial.

California Poppy

- Foliage looks like carrots.
- Drought resistant.
- Broadcast seed.