



NatureFest 2021

Gardening 101

Charles County Master Gardeners
"Just for Kids"

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A MASTER GARDENER PROGRAM

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Gardening 101:

1. What are 'good" plants for your garden – which are "bad" ?
2. What Do Plants Need to Grow Healthy and Strong?
3. Basic Window Box Mix
4. Vegetable Gardening in Grow Bags
5. Information for Growing Vegetables in Containers
6. Planting Guide to Container Gardens
7. Vegetable Gardening in Grow Bags
8. Potato Baskets
9. Red Cherry Tomato
10. Impatiens (mixed dwarf)
11. Lavender (Munstead)
12. Nasturtium

What are “good” plants for your garden - which are “bad” ?



What does it mean when we call a plant “good” or “bad”?

“Good” plants are “native” plants that originate and grow naturally right here in Maryland. They are used to the climate we have so they need exactly what the weather and soil conditions in our state supply them with. They also generally offer the most benefit for native insects like butterflies since they provide them with enough nectar or pollen to eat.

“Bad” plants or “non-native” plants, especially aggressive “invasives”, often displace “native” plants. An “invasive” plant intrudes or spreads itself throughout and takes over the spaces that are usually inhabited by “native” plants. Climate changes enable some invasive plant species to move into the area and some are bought at local nurseries and are planted by people. These “non-natives” often do not provide the nutrients and/or shelter needed by native insects and animals. The “Butterfly Bush” is a great example. Pollinators, like butterflies, do not only consume pollen and nectar. Their caterpillars feed on other plant parts like the leaves. Because the butterfly bush is not native to our area, few species of caterpillars can feed and develop on this plant ...thus harming the butterfly population!

Examples of “good” plants:

Maryland Golden Aster
Purple Milkweed
Blue False Indigo
Flowering Dogwood Trees



Maryland Golden Aster



Purple Milkweed



Blue False Indigo



Flowering Dogwood

Examples of “bad” plants:

Bradford Pear Trees
Butterfly Bush
Kudzu
Garlic Mustard



Bradford Pear Tree



Butterfly Bush



Kudzu



Garlic Mustard

“Good” against “Bad”



1. What is a **“native”** plant?

2. Why do **“native”** plants generally offer the most benefit for native insects?

3. What happens when **“non-natives”** take over?

4. What is a great example of a **“non-native”** and **“invasive”** plant?

5. Do **“non-native”** plants provide the nutrients and/or shelter needed by native insects and animals?



What Do Plants Need to Grow Healthy and Strong?

All plants need these five things to grow healthy and strong:



1. Light
2. Water
3. Air
4. Nutrients
5. Space



Light - Light is used as energy for making food (a process called photosynthesis). Plants usually get the light they need from the sun. Some plants like *full sun*. That means they need at least 6 hours of direct sun daily. *Part sun* means they need between 3 to 6 hours of direct sun per day. With *part shade* plants also require between 3 to 6 hours of sun per day, but need protection from the strong mid-day sun. *Full shade* means they need less than 3 hours of direct sun per day.



Water - Plants use water to carry moisture and nutrients back and forth between the roots and leaves. Water, as well as nutrients, are taken up through the roots from the soil. It is important to water plants when the soil becomes dry.



Air - Plants need air to make food and to breathe. Plants need oxygen to convert food into energy. Dirty air caused by smoke, gases and other pollutants can limit these abilities. It can also block out sunlight.



Nutrients - The most important nutrients for plants are nitrogen (N), phosphorus (P) and potassium (K). Nitrogen is necessary for making green leaves, phosphorus is needed for making large flowers and strong roots and potassium helps the plants fight off any diseases.



Space - The roots of plants need space so they can spread out and absorb water and nutrients. The leaves need space so that they can access light. When plants grow too close together, they don't get enough water, nutrients or light.



What Do Plants Need to Grow Healthy and Strong?



1. How many hours of sun does a plant need when it needs *full sun*?

2. How does a plant take up water?

3. What do plants need to convert food into energy?

4. Why does a plant need nitrogen?

5. Why do the leaves of a plant need space?



Basic Window Box Mix



Window Boxes can be amazing. But before you start planting, use this moisture-retentive medium for most flowering annuals, perennials, and foliage plants.

Ingredients:

- ⇒ 2 gallons sphagnum peat moss
- ⇒ 1 gallon perlite or horticultural vermiculite
- ⇒ 1 gallon screened compost
- ⇒ 2 tablespoons ground limestone (not hydrated lime)

Instruction:

Measuring with a bucket, mix in a wheelbarrow. Blend thoroughly, sprinkling with water to hold down dust. Add enough water to lightly moisten mix before using.

Variations Peat-Free Mix:

To avoid using peat, a crucial non-renewable resource, substitute coir, the ground fibers of coconut husks. Use only 1 tbsp. ground limestone.

Acid-Lovers Mix:

For plants that grow best in acidic soil, such as ferns, strawberries, and heather, leave out the ground limestone.

Basic Window Box Mix



Window-Box Mix For Succulents:

This fast-draining medium gives cacti, succulents, and herbs the extra porosity they need to prosper.

Ingredients:

- ⇒ 2 gallons perlite
- ⇒ 1 gallon sphagnum peat moss
- ⇒ 1 gallon screened compost
- ⇒ 1 tablespoon ground limestone (not hydrated lime)

Instructions:

Measuring with a bucket, mix in a wheelbarrow. Blend thoroughly, sprinkling with water to hold down dust. Add enough water to lightly moisten mix before using.

Variations Extra-Heavy Mix:

Sand is too heavy to use in window boxes that will be hung from brackets, but in planters that will rest on a sill or ledge, especially in windy locations, a heavy potting mix lends extra stability. Substitute coarse sand or insoluble poultry grit for half of the perlite.

Vegetable Gardening in Grow Bags

Container gardening is a popular form of gardening for all types of plants, including flowers, vegetables, herbs, vines, and even trees. One recent trend is using vegetables to make lovely and edible container gardens. Popular choices for container gardening include: tomatoes, peppers, beans, peas, onions, beets, radishes, eggplant, carrots, lettuce/salad greens, garlic, Swiss chard, cucumbers, and squash.

There are a few simple ingredients for success with container gardening - a little bit of room, sunlight, containers, growing media (i.e., potting soil, not dirt!), nutrients/fertilizer, and water. Perhaps the single most important ingredient for success is TLC (Tender Loving Care) because your container plants have to depend entirely on YOU for all of their needs. It's always best to start small the first year.

Did you know that, in addition to the frequently used plastic and clay pots, there is a new, trending container option? That option is **fabric grow bags**!

Why choose grow bags?

There are many reasons to try fabric grow bags. Some reasons are:

- ⇒ Fairly inexpensive
- ⇒ Fold flat for storage
- ⇒ Very lightweight
- ⇒ Available in a wide variety of colors and sizes (from 1 gallon to 30 gallons)
- ⇒ Fairly resistant to tipping and breaking/tearing
- ⇒ Naturally result in root pruning for healthy plants *
- ⇒ Soil quality is easy to control
- ⇒ Fewer weeds and less time weeding
- ⇒ Ability to move smaller pots with the sun or season
- ⇒ Ability to redesign garden as you desire



Types and sizes of grow bags

As with any type of container used for gardening, one of the most important considerations is to pick the right size grow bag for your plant(s). A grow bag should be able to fit the root system of the fully-grown plant you intend to use. Larger plants and/or more plants need more rooting space, therefore a larger grow bag is required.

See the accompanying sheets for recommended container sizes, numbers and spacing of plants, and other characteristics for different plant varieties.

"Information for Growing Vegetables in Containers" (courtesy of Virginia Cooperative Extension)

"Planting Guide to Container Gardens" (courtesy of <http://greyduckgarlic.com>)

Vegetable Gardening in Grow Bags

Growing media

It is important to use artificial or soilless media – available at most garden centers – when creating container gardens. Topsoil or ordinary garden soil compacts too easily in containers and can limit the amount of water and air reaching the roots of your plants, causing them to die. Artificial media is specially designed for use in containers, and will not compact the way soil does. Additionally, it tends to be lighter, making container movement easier.

Selecting a Location for a Grow Bag Garden

Grow bags can be placed on any level surface - decks, balconies, and along driveways and sidewalks. You can also set them on bare ground or place them on top of a mulched area. Consider the microclimate in the grow bag garden area. Watch out for heat buildup created by brick, concrete, and reflective surfaces.

Southern and western exposures will be the sunniest and warmest, while northern and eastern exposures will be shadier and cooler. You'll need 6-8 hours of direct sun for warm-season crops (tomato, pepper, eggplant, squash) and 3-5 hours of direct sun for cool-season crops (lettuce, spinach, Asian greens).

Easy access to water is crucial. Some vegetables will need frequent watering when the weather is hot and dry.

Planting Considerations

Planting in a grow bag garden is not much different than planting in a regular garden or flowerbed. Remember, it is a good idea to leave an inch or so between the top of the media and the top of the grow bag so that media does not wash out every time it is watered. Do not pack the media tightly into the grow bag. Roots need air; compacting the media prevents them from getting oxygen.

When creating grow bags with multiple vegetable species, it is important to select plants with similar water and light requirements. Plants that prefer dry conditions will not work well with tomatoes and cucumbers, which need more water. Vining vegetables, like green beans and tomatoes, often need a trellis or support system. The plants can be trained with tomato cages and bamboo or wooden trellises as they get larger.

Vegetable grow bag gardens are not just limited to vegetables. Herbs and ornamentals can be grown in the same grow bags as vegetables. Flowering plants (marigolds, nasturtiums, and others) can help bring in beneficial insects, pollinators, and add an attractive splash of color alongside the vegetables.

Consider creating a themed grow bag garden. For example, you can create a "pizza garden" in a grow bag by planting a roma tomato, green bell pepper, banana or jalapeno pepper, basil, and oregano.

Vegetable Gardening in Grow Bags

Care of Grow Bag Gardens

Grow bag gardens, especially those in hot, sunny locations, need more water than plants in the ground. They may need to be watered twice a day, depending on temperatures, plant selections, media, and size.

Grow bag gardens need to be fertilized occasionally. They can be fertilized with a general purpose liquid fertilizer during watering or with a slow-release fertilizer once a season by following manufacturer recommendations. Applying slow-release fertilizer early in the growing season can provide the necessary nutrients if plants are yellowing or growing slowly.

Grow bags can be reused from year to year. If you plan to reuse your grow bags, it is best to remove any old plant debris and/or media before storing for next year.

Words of Caution About Grow Bag Gardening

The water that drains from grow bags can mark and stain concrete and wood decking. Using plastic saucers to catch water will prevent this problem.

The lighter weight of grow bags may lead gardeners to believe they can be moved easily. But keep in mind that a 5 gallon grow bag filled with moist growing media and plants can weigh 100 lbs! Using plant caddies (home-made or store bought) can make heavy grow bags movable.

For More Information

Please refer to the following Charles County Master Gardener work sheets for additional information:

"It Starts With a Seed - Learning to Grow A Plant from Seed Outdoors!"

"How to Transplant Seedlings"

"Basic Window Box Mix"

Plant specific worksheets for Basil, Zinnia, Sunflower, Carrots, Lettuce, Onion sets, Lavender, Nasturtium, Impatiens, Cherry tomatoes.



References:

<http://greyduckgarlic.com>

<https://extension.umd.edu/hqic/topics/container-gardening>

<https://extension.okstate.edu/fact-sheets/container-gardening.html>

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Information for Growing Vegetables in Containers

Vegetable* Light Requirement**	Minimum Container Size	Distance (inches) Between Plants in Containers	Days from Seed to Harvest	Comments
Beans, bush FS	2 gal.	2-3	45-60	Several plantings, two-week intervals
Beets FS/PS	1/2 gal.	2-3	50-60	Thin plants when 6 to 8 inches tall
Carrots FS/PS	1 qt.	2-3	65-80	Several plantings, two-week intervals
Cabbage FS/PS	5 gal.	12-18	65-120	Requires fertile soil
Chard, Swiss FS/PS	1/2 gal.	4-6	30-40	Harvest leaves for long yield
Cucumbers FS	5 gal.	14-18	70-80	Require hot weather, vining types need support
Eggplant FS	5 gal.	1 plant per container	75-100	Requires fertile soil
Kale FS/PS	5 gal.	10-15	55-65	Harvest leaves
Lettuce, leaf PS	1/2 gal.	4-6	30-35	Harvest leaves
Mustard greens PS	1/2 gal.	4-5	35-40	Several plantings, two-week intervals
Onions, green FS/PS	1/2 gal.	2-3	70-100	Require lots of moisture
Peppers, Bell FS	2 gal.	1 plant per container	110-120	Require hot weather
Radishes FS/PS	1 pint	1	25-35	Several plantings, weekly intervals
Squash, summer FS	5 gal.	1 plant per container	50-60	Plant only bush type
Tomatoes FS	5 gal.	1 plant per container	55-100	Stake and prune or cage
Tomatoes, cherry FS	1 gal.	1 plant per container	55-100	Helps to stake and prune
Turnips FS/PS	3 gal.	2-3	30-60	Harvest leaves and roots

* Consult seed catalogs for varieties adapted to container culture.

** FS=Full sun • FS/PS= Full sun; tolerates partial shade • PS=Partial shade"

Virginia Cooperative Extension

www.ext.vt.edu

Retrieved from: https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/426/426-336/SPES-255.pdf

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Planting Guide to Container Gardens
Chart created by Jane and Susan Fluegel

Plant	Light Needed	Min. Container Size*	Number of Plants**	Space Between Plants
Arugula	Full to part sun	1/2 gallon	3-5 plants	3-4 inches
Bachelor Buttons	Full sun	1-2 quart	3-5 plants	3-4 inches
Beans, Bush	Full sun	2 gallons	3 plants	4-6 inches
Beans, Pole	Full sun	5 gallons	3 plants	2-4 inches
Basil	Full sun	1 quart	1 plant	
Broccoli	Full sun	5 gallons	1-2 plants	12-18 inches
Calendula	Full sun	1-2 quart	3-5 plants	3-4 inches
Cantaloupe	Full sun	5 gallons	1 plant	
Carrots	Full to part sun	1-5 gallons	8-10 plants per gallon	2-3 inches
Cabbage	Full to part sun	5-15 gallons	1 plant per 5 gallons	12-18 inches
Chard, Swiss	Full to part sun	1 gallon	4-5 plants	4-6 inches
Chard, Rainbow Mix	Full to part sun	1 gallon	4-5 plants	4-6 inches
Chives	Full sun	1 quart	3 plants	
Cilantro	Full sun	1-5 gallons	1 plant per gallon	8-12 inches
Collards	Full sun	1-5 gallons	3 plants per gallon	5-7 inches
Cucumbers	Full sun	3-5 gallons	3 plants	Hill plants in middle
Cucumbers, bush	Full sun	3-5 gallons	1 plant	
Dianthus	Full sun	1-2 quart	3-5 plants	3-4 inches
Dill	Full sun	1-5 gallons	10-12 plants per gallon	8-12 inches
Eggplant	Full sun	2-5 gallons	3 plants	
Hyssop	Full sun	0.5-1 gallon	1 plant	
Kale	Full to part sun	2-5 gallons	3 plants	10-15 inches

Planting Guide to Container Gardens
Chart created by Jane and Susan Fluegel

Plant	Light Needed	Min. Container Size*	Number of Plants **	Space Between Plants
Lettuce, leaf	Full to Part Sun	0.5-5 gallons	10-12 plants per gallon	2-3 inches
Marigold	Full sun	1-2 quarts	3-5 plants	3-4 inches
Nasturtium	Full to part sun	1-2 quarts	3-5 plants	3-4 inches
Onions	Full to part sun	2-5 gallons	3-5 mature plants	Thin to 4-5 inch
Onions, green	Full to part sun	1 gallon	10-12 plants	2-3 inches
Oregano	Full sun	1 gallons	1 plant	
Pansy	Part shade	1-2 quarts	3-6 plants	3-4 inches
Parsley	Full to part sun	1-2 quarts	1 plant	
Peas	Full to part sun	2-5 gallons	3-6 plant	3-4 inches
Peas, snow	Full to part sun	2-5 gallons	3-6 plants	3-4 inches
Peppers, bell	Full sun	2-5 gallons	1 plant	
Peppers, hot	Full sun	2-5 gallons	1 plant	
Pepper, wax	Full sun	2-5 gallons	1 plant	
Pumpkin	Full sun	1 gallon	1 plant	
Radicchio	Full to part sun	1 gallon	3 plant	
Sage	Full sun	1 gallon	1 plant	
Spearmint	Full to part sun			
Squash	Full sun	5 gallons	1 plant	
Squash, summer	Full sun	5 gallons	1 plant	
Thyme	Full sun	1-2 quarts	1 plant	
Tomato	Full sun	5 gallons	1 plant	
Tomato, cherry	Full sun	2 gallons	1 plant	
Watermelon, sugar	Full sun	5 gallons	1 plant	
Zucchini	Full sun	5 gallons	1 plant	

*Smaller containers need to be watered more frequently

**Depends on the shape of the container; it is better to consider the spacing

Retrieved from: http://greyduckgarlic.com/Container_Gardens.html

Potato Baskets



Limited on space or don't want the hassle of having to dig potatoes to harvest? Try growing potatoes in containers. Potatoes can be planted in containers in early spring. Any sized container will work, but obviously the bigger it is, the more potatoes you can get. Whatever the size, the container should have adequate drainage.

Growing potatoes in containers is a great option for anyone who has limited space to garden, is concerned about what is in their soil or is looking for an easier way to harvest potatoes. Any opaque container with drainage holes will do, including barrels, garbage bins, plastic storage tubs, and laundry baskets. An ideal container will be less than 3 feet tall with a 10-15 gallon capacity. Avoid containers that are taller than this, because it could be difficult to water them evenly; the top portion of tall containers usually dries out long before the bottom, which can remain soggy and cause potatoes to rot.

Though you may not harvest as many potatoes in a container as from garden soil, given the right growing conditions, a single potted potato can produce a considerable number of tubers. All it takes is growing them in a location that receives at least 6-8 hours of direct sunlight a day, choosing the right container and providing enough water and nutrients.

Materials needed:

- ⇒ Seed potatoes
- ⇒ Two laundry baskets
- ⇒ Newspaper
- ⇒ Potting soil and/or compost (A half-and-half mixture of "soilless" potting mix and quality compost works well. Peat-based potting mixes are lightweight, retain moisture and readily shed excess water, and compost adds important nutrients. Both pre-made soilless potting mixes and bagged compost are available at garden centers.)
- ⇒ Vegetable Fertilizer (5-10-10 fertilizer recommended)

Choosing and Preparing Seed Potatoes

Potatoes in containers usually don't get quite as big as their soil-grown counterparts. Rather than trying to grow large russet varieties, container gardeners will likely have better luck growing small "new" potatoes. Potato varieties are also distinguished from one another by how soon they are ready for harvest.

Continued on the other side.

Potato Baskets

In general, mid or late-season varieties are better choices for containers than early-season types because they will continue to form tubers over a longer period of time. "Seed potatoes," which aren't seeds but small potatoes used to grow new plants, should be purchased from reputable seed catalogues or garden centers in the spring. Don't plant grocery store potatoes because these are often treated with chemical sprout inhibitors that will prevent new growth.

Cut large seed potatoes into pieces with one or more "eyes." Potato eyes are small dimpled areas that contain vegetative buds. Large seed potatoes should be cut into 1-2" diameter pieces that have at least one eye, while small seed potatoes can be planted whole. Each eye should grow into a new potato plant.

Allow cut pieces to air dry for a day or two in order to reduce the chance of rotting.

Prepare the laundry baskets

Place newspapers along the bottom and sides of one of the laundry baskets, then insert the second laundry basket into the newspaper-lined basket.

Place about 4 inches of good-quality potting soil or compost into the bottom of the basket.

Plant the potatoes

Place 3-4 small seed potatoes, evenly spaced, on top of the soil. If using cut seed potatoes, place the 3-4 sections cut-side down on the soil.

Add more soil or compost over the top of the potatoes to a depth of about 2 inches.

Sprinkle the planted potatoes liberally with water to settle the soil; place the baskets in a warm, sunny spot; and wait for growth.

"Hilling"

When the potatoes sprout green growth and have gotten several inches tall, put more soil over the plants – leaving only the tips of the top leaves showing. This is called "hilling" and encourages the plant to continue growing upward, setting potatoes along the underground stem. For a cleaner, easier harvest, you can use straw, hay, partially composted leaves, or regular compost for hilling over growing potatoes instead of soil. The plant won't know the difference as long as the material is dense enough to block light, and you'll save time when washing potatoes.

Water the soil whenever it is dry within an inch below the surface to keep it evenly moist, and continue adding soil each time the potato plants put on a few inches of new growth. Potatoes are formed above, not below the seed potatoes. Each time you add the "hilling" material, add some nutrients to keep them well fed. Adding good solid compost instead of soil when covering the growth provides nutrients to the growing plants.

Continued on next page.

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Potato Baskets

Keep on hilling until the soil or other material is a couple inches below the top of the basket. Don't over fill it because you need room at the top to add enough water to thoroughly saturate the basket.

Watering and Fertilizing

Keep your potatoes well-watered once or twice a week depending on the weather. After you have finished adding soil or other hilling material and the green shoots are at the top, fertilize once a month. Potatoes need a steady supply of nutrients; watering washes some of the nutrients through the basket, which is true of most all potted plants.

Harvesting

"New" potatoes can be harvested within 30 days, or soon after the plant starts flowering, but you must be careful when you peek or harvest to not damage the plants. Mature potatoes are harvested after the plant tops turn brown and die down, usually in 90 to 120 days, depending upon the potato variety. Always make sure the potatoes are covered with soil or other material or they will turn green. Green potatoes are mildly toxic and should not be eaten. Store your potatoes in the dark at about 40 degrees. If you want both new and mature potatoes, gather the smaller potatoes by carefully feeling around in the basket with your fingers to avoid damaging the plant and save the bulk of the potatoes to grow larger.

You can collect the entire crop at once at the end of the growing season by gently turning the basket over and dumping the contents out onto a tarp. Sifting through the soil should quickly reveal an abundance of tubers.

Handle the potatoes gently – they can bruise – and move them to dry in an area out of the light to avoid greening. Brush excess dry soil from potatoes but don't wash them until you're ready to use them. Washing can injure the skin and promote rot. Finally, store the potatoes in a cool, moist, dark environment such as root cellar or basement.

The experience of harvesting your own potatoes is like digging for treasure and once you grow your own you will always want to include them in your garden.

Tips

When it comes to planting seed potatoes, it is important to understand how potato plants develop. After a seed potato has been planted, it grows a main shoot. Rhizomes, which are underground stems, develop off the main stem and produce tubers at their tips. This means that potatoes are formed above where the original seed potato was planted. When additional soil is mounded around the main stem of the potato plant, new rhizomes will form below the soil line and more tubers will develop.

Continued on the other side.

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Potato Baskets

Choose a fertilizer that has a higher middle number (phosphorus) than the first number (nitrogen), because while potatoes need nitrogen to grow healthy green leaves, having more phosphorus is important for tuber production. Synthetic fertilizers with a nutrient ratio of 5-10-10 are good choices.

References

<https://homeguides.sfgate.com/plant-winter-potatoes-5gallon-bucket-38819.html>

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=9648>

<https://extension.unh.edu/blog/what-best-way-grow-potatoes-containers>



Red Cherry Tomato

A cherry tomato is a grape-sized fruit. It can be red or gold with a sweet or tangy taste. It was first grown in South America. The tomato is commonly used for cooking and snacking; it is high in Vitamin C and lycopene.



- ⇒ Botanical name: *Lycopersicon Esculentum*
- ⇒ This plant continues to grow, spread and produce fruit throughout the growing season, but can be pruned to preferred size.
- ⇒ Plant seeds 1/4 inch deep and keep the soil lightly moist to speed germination
- ⇒ If planting seedlings, plant as deep as the plant is in the starter pot, and 36 inches apart
- ⇒ Plant seeds 36 inches apart
- ⇒ Grow in Full Sun (6 to 8 hours of direct sun per day) in well drained soil
- ⇒ 7 to 14 days to germination and first seedlings sprouting
- ⇒ Keep young seedlings well watered until they are established to encourage strong root growth
- ⇒ Time to harvest is about 10 weeks

How to grow seeds: See work sheets "It Starts With a Seed – Learning to Grow A Plant from Seed Outdoors" or, if you are starting early in the year, see "It Starts with a Seed – Learning to Grow Plant from Seed Indoors".

Impatiens (mixed dwarf)

Impatiens is a shiny-leaved annual flowering plant with rose, salmon and white early blossoms. It is naturally grown in eastern Africa. The plant is great for containers, borders and under trees.



- ⇒ Botanical name: *Impatiens Walleriana*
- ⇒ Height mature plant : 18 to 22 inches
- ⇒ Width mature plant: 3 - 5 inches
- ⇒ Plant seeds 1/8 inch deep and keep the soil slightly moist to speed germination
- ⇒ If planting seedlings, plant as deep as the plant is in the starter pot, and 12 to 18 inches apart
- ⇒ Plant seeds 12 to 18 inches apart
- ⇒ Grow in full to partial shade (0 to 4 hours of direct sun per day)
- ⇒ 15 to 18 days to germination and first seedlings sprouting
- ⇒ Keep young seedlings well watered until they are established to encourage strong root growth
- ⇒ 50 to 70 days to blooming time - blooms all summer long

How to grow seeds: See work sheets "It Starts With a Seed - Learning to Grow A Plant from Seed Outdoors!" or, if you are starting early in the year, see "It Starts With a Seed - Learning to Grow A Plant from Seed Indoors!"

Lavender (Munstead)

Lavender is a fragrant flowering herb in the mint family. It grows naturally in the Mediterranean. The leaves, flowers, and seeds are used in many ways for cooking, skin care, home use, potpourri and crafts.

Pollinating insects love it.



- ⇒ Botanical name: *Lavandula Angustifolia*
- ⇒ Height mature plant : 18 inches
- ⇒ Width mature plant: 12 inches
- ⇒ Plant seeds 1/4 inch deep and keep the soil lightly moist to speed germination
- ⇒ If planting seedlings, plant as deep as the plant is in the starter pot, and 12 inches apart
- ⇒ Plant seeds 12 inches apart
- ⇒ Grow in Full Sun (6 to 8 hours of direct sun per day) in well drained soil
- ⇒ 10 to 28 days to germination and first seedlings sprouting
- ⇒ Keep young seedlings well watered until they are established to encourage strong root growth
- ⇒ Time to harvest for potpourri is about 12 weeks
- ⇒ Bloom time is early spring or early summer with second bloom in late summer to fall

How to grow seeds: See work sheets "It Starts With a Seed - Learning to Grow A Plant from Seed Outdoors!" or, if you are starting early in the year, see "It Starts With a Seed - Learning to Grow A Plant from Seed Indoors!"

Nasturtium

Nasturtium is an ornamental trailing plant with colorful yellow, orange, red or deep purple flowers. It grows naturally in Central and South America. Leaves and flowers are edible and have a peppery taste and can be added to salads or soups. The plant has medicinal use and a high level of vitamins and minerals. Nasturtiums are a beneficial plant in your vegetable garden; they attract hover flies (a good bug) that eat aphids (a bad bug).



- ⇒ Botanical name: *Tropaeolum Majus*
- ⇒ Height mature plant : 10 to 15 inches
- ⇒ Width mature plant: 12 to 18 inches
- ⇒ Plant seeds 1/2 to 1 inch deep and keep the soil lightly moist to speed germination
- ⇒ If planting seedlings, plant as deep as the plant is in the starter pot, and 15 inches apart
- ⇒ Plant seeds 15 inches apart
- ⇒ Grow in Full Sun (6 to 8 hours of direct sun per day)
- ⇒ 7 to 14 days to germination and first seedlings sprouting
- ⇒ Keep young seedlings well watered until they are established to encourage strong root growth
- ⇒ Time to bloom/harvest is 32 to 40 days



How to grow seeds: See work sheets "It Starts With a Seed - Learning to Grow A Plant from Seed Outdoors!" or, if you are starting early in the year, see "It Starts With a Seed - Learning to Grow A Plant from Seed Indoors!"

The enclosed information was provided courtesy of the Charles County Master Gardeners

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



[extension.umd.edu/locations/charles-county/
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