

# Gardening Guide

Produce	Plant outdoors	Days to Maturity	Ideal Harvest Time
Cucumber	May	55-60	Late Summer - early Fall
Eggplant	May	80-85	Late Summer -Fall
Kale	April	60-65	Late Summer
Lettuce	Apr. & Aug.	50-60	Summer & Fall
Pumpkins	May	100-110	Fall
Spinach	Apr. & Aug.	48-50	Summer & Fall
Sweet Corn	May-June	65-75	Fall
Tomatoes	May	70-85	Late Summer -Fall
Watermelon	May	80-90	Late Summer -early Fall
Zucchini	May	60-70	Late Summer -Fall

Planting times are for Hardiness Zone 5 and approximate dates for harvest for central Iowa. For southern Iowa, dates are about 1 week earlier; for northern Iowa, about 1 week later.

Self-Help International  
207 20th St. NW Ste A  
Waverly, IA 50677

# Self-Help's summer garden guide







# Gardening

## Tips & Tricks

source: planetnatural.com

1. Companion planting is a great way to help plants replenish nutrients and some combinations can keep pests away. Before planting, find some information on which plants could benefit from being planted together.
2. Apply compost two to three weeks before planting to give it time to integrate with the soil. Use a well-broken down compost from an organic source.
3. If you like vining plants but don't have enough space in your garden, you can train them onto a vertical trellis or fence to save room.
4. Plants that are over-ripe attract pests, so remove them as soon as possible to prevent pest infestations.
5. Plants like onions, garlic, and chives repel insects, so you can plant these around your garden to reduce pests.
6. Spread 1-2 inches of untreated mulch around your lettuce and cabbage to keep dirt off the plants and manage weeds.
7. It's best to water your garden in the evening after the heat of the day to prevent moisture loss.
8. Healthy soil helps plants resist pests and disease, which reduces the need for things like pesticide.

Self-Help Agriculture Specialists provide hands on training to individuals and communities related to best-practice agriculture procedures. The focus is on ensuring that households have access to nutritious and diverse foods.

Self-Help seeks to support 900 families to plant backyard gardens in the upcoming planting season. With a gift of \$30, you can provide the training and supplies for families like Innocent's to start their own home gardens to improve household and community nutrition.



# Innocent plants a home garden

Innocent, an 11-year old boy who lives with his parents in Nkontomire, Ghana, is determined to promote the growing and consumption of vegetables and fruits in his community.

Vegetable and fruits are key to a healthy diet and can help bolster the immune system. The traditional Ghanaian diet is largely made up of starchy roots and cereals like cassava, maize, and yam, which are all good sources of energy but lack the essential vitamins and minerals that can help fight against disease and strengthen the body. There is a stark divide between food access in rural and urban communities in Ghana, and the most vulnerable are usually women and children.

Self-Help International is working with rural communities to increase the cultivation and consumption of fruits and vegetables. The Agriculture and Entrepreneurship Development (AED) team offers rural communities gardening lessons and gardening supplies so that families can cultivate their own fruits and vegetables.

When Self-Help's AED team found out about Innocent's interest in setting up his own garden, the team worked with Innocent and his family to provide hands-on training on vegetable and fruit gardening. Self-Help's AED team also supplied Innocent with vegetable seeds and seedlings to start his garden to feed his family.

Innocent's family had land space around the house which was mostly used for plantain crops. Innocent, serious in his resolve to start his garden, cleared a portion of the land occupied by the plantain to create space for his garden. Self-Help's AED team coached Innocent as he started his garden, and Innocent started 2021 with nine varieties of fruits and vegetables.

When Self-Help's staff asked Innocent what he was going to do with the vegetables in his garden, he said that he wants to eat some with his family and sell the remaining produce to buy clothes. Innocent has started telling his friends about gardening at home and he assists community members interested in preparing their backyard for a garden. He also links people to Self-Help's home gardening project to start their gardens.

Innocent's mother is very happy and supportive of the gardening project in her house. She said her son now wakes up with a sense of responsibility knowing that he has a garden to tend. She believes her son will be very helpful to the community with the kind of good agricultural practices he is developing and will be able to share his knowledge with other families and farmers in Nkontomire.