

# Hot Summer Vegetables

Warm Season Vegetables are those that grow and produce best when planted after the weather warms and nighttime temperatures rarely dip below 50°F. Many will continue to grow and produce into the late summer and fall. Here is a list of many of the veggies we can grow during the PNW summer:

- Beans (there are Bush varieties that require no support & Pole varieties that need a trellis or support that will give you higher yield per space)
- Corn
- Cucumbers (pickling or fresh eating varieties)
- Eggplant
- Melons (like Watermelon, Cantaloupe, Honeydew, etc.)
- Peppers (hot or sweet varieties)
- Squash (Summer squashes include Zucchini, Crookneck, Pattypan, etc. & Winter squashes include Pumpkins, Acorn, Butternut, Spaghetti, etc.)
- Tomatillo
- Tomato (there are 3 main types: Slicers are medium to large tomatoes, Sauce tomatoes (also called plum or roma-type) are meaty, less gel, excellent for canning, sauce and salsas and Cherry tomatoes are small bite-sized fruit excellent for fresh eating or using whole in many recipes)

## Hybrid vs Heirloom

**Hybrids** are created by crossing varieties to get the desired combination of attributes from parent plants. This is not the same as GMO (genetically modified) and is perfectly safe and natural. This can happen in your own garden when you have different varieties in close proximity and one plant's pollen fertilized a neighboring plant's flower. If you collect seeds from a hybrid variety, you will end up with some version of one of the parent plants.

**Heirloom** varieties have been around for a long time and are stable. This means that if you have an heirloom variety that is only pollinated by itself or the same variety, collected seeds will grow that same variety.

## Indeterminate vs Determinate

Mostly discussed when referring to tomato varieties

A **determinate** tomato grows to a “determined height” and produces and ripens its fruit around the same time. These plants stay on the smaller side and can be grown in

containers easily. They are also beneficial if you plan to can or process your tomatoes because you get an abundant crop ripening at the same time.

An **indeterminate** tomato likes to grow like a weed! They require caging or trellising to keep them off the ground and benefit from pruning and thinning. The benefit of growing an indeterminate variety is that you will have a plant that produces fruit over a long period of time.

### **Choosing a Planting Site**

Warm season veggies tend to prefer a spot that gets plenty of sun - 6 hours is generally considered full sun here in the PNW. Some plants, like tomatoes, will perform better in our climate if they can get even more direct sun than 6 hours.

Apps: Sun Position, Sunrise & Sunset, Sun Position & Path

## **What To Grow In**

There are several growing options for your warm weather vegetables. You might have a nice area for in-ground planting. A raised bed is a good option if your soil is too rocky or deeply compacted. Raised bed on legs are wonderful if you are more comfortable gardening standing up. If you just want to start with a few plants or want to have mobile gardens, containers such as pots, grow bags or wood crates could be the way to go.

We carry **E. B. Stone** organic soils and amendments. To learn more, visit **ebstone.org**

### **Soil for container gardening:**



### **Soil for raised bed gardening:**

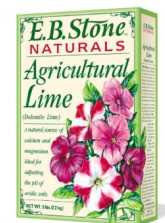


### **For amending native or depleted soil:**



## Fertilizers

We carry E. B. Stone Organic's granular **Tomato & Vegetable Food** and **Agricultural Lime**, which raised the Ph of acidic soils while adding Calcium and Magnesium. Find more information at [ebstone.org](http://ebstone.org).

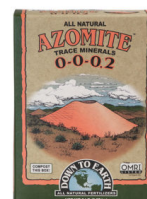


Espoma **Tomato!** is an excellent water-soluble fertilizer that you can mix in your watering can. Learn more at [espoma.com](http://espoma.com).



In the **Down To Earth** line, we carry **Vegan Mix** which is a fertilizer derived from plants and minerals.

**Azomite** is one of our favorite additions to the veggie garden. Besides enhancing the flavor of any edible, Azomite helps plants store nutrients, in turn making the produce more nutrient-rich. **Oyster Shell** adds calcium to the soil. Calcium helps build strong cells, thus strong plants.



## Spacing & Intercropping

The suggested plant spacing on plant tags and seed packets is valuable information. If you are not experienced growing something, that information can tell you how wide a particular plant will grow. When you get to the part where it tells you how much to space your rows, keep in mind that you do not have to plant in rows and the only extra space you may want to allow is room to tend to and harvest from your plants.

## Pests and Diseases

### Companion Planting

Let's discuss Intercropping. Adding flowering plants that are attractive to pollinators helps bring in beneficial insects. Some insects, like the ladybug's larval stage offspring, have a big appetite for aphids and whiteflies. Nectar from flowers attracts ladybugs. A crop of aphids entices them to stick around and lay eggs. Parasitic wasps lay eggs inside some garden pests. When those eggs hatch, the larvae eat the pest insect and kill it.

Speaking of a "crop of aphids," some plants, like nasturtiums, are a favorite. Growing nasturtiums amongst vegetables that are often plagued by aphids as a "trap crop" will often attract aphids to the nasturtium leaves instead. While it seems counterintuitive, allowing the nasturtiums to house the aphids gives those beneficial insects that eat them a reason to reside in your yard.

Marigolds are another good trap crop for aphids. Additionally, single-flowered varieties with visible pollen attract pollinators and marigold roots repel some harmful nematodes in the soil.

## The Appropriate/Inappropriate Landings Theory

It has been observed that many insects seeking a specific host plant on which to lay eggs seems to need multiple landings on the host plant before egg-laying behavior is initiated. If crops are interplanted with unrelated plants, chances are good that the insect will land on the undesirable plant breaking the egg-laying cycle.

Plants with physical differences and a strong scent can further confuse pest insects searching for their target. Mixed plantings of vegetables from unrelated groups, such as mustard (brassica), carrots (umbellifer), and a clump of chives (allium) will have the same effect.

Many herbs have strong scents that confuse some pests when interplanted with veggie plants. Dill, chamomile, and thyme are great herbs to try. Dill is in the umbellifer group and could be planted with those in other groups. Thyme is relatively low-growing and can creep amongst taller plants.

More plants that make great companions:

**Umbellifers** (The carrot family has lacy leaves and umbrella-shaped flowers)

Dill	Fennel	Cilantro	Parsley
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**Aster Family** (a very small selection from this very large group)

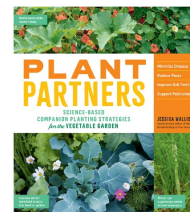
Calendula	Marigold	Cosmos	Osteospermum
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**Mint Family** (again, there are many, many more than I have here)

Salvia	Thyme	Monarda	Catmint
Basil	Lemon Balm	Agastache	Lavender

I just have to throw in a couple more good ones. **Sweet Alyssum** attracts beneficial hover flies and parasitic wasps. **Bunchgrasses**, like Carex, Switchgrass and Bluestems, attract ground beetles that snack on slugs, snails and pest caterpillars.

My recommendation for more information on Companion Planting is “Plant Partners; Science-Based Companion Planting Strategies for the Vegetable Garden” by Jessica Walliser.



## Organic treatments for pests and diseases:

Sometimes, despite our best efforts, our plants have issues with pests and diseases. We have organic remedies that are safe to use on edibles. If close to harvest, make sure to check the label to find out how close to harvest the product can safely be used.

For more information on these products, visit [montereylawngarden.com](http://montereylawngarden.com) for Sluggo and [ebstone.org](http://ebstone.org) for the rest.

**Slugs and Snails:**  
Sluggo from Monterey



**Aphids, Whiteflies and Mites:**  
Rose Rx, Neem Oil, or  
Tomato & Vegetable Spray  
from Bonide



**Caterpillars, Borers and other chewing insects:**  
Captain Jack's Dead Bug Brew or Bt  
from Bonide



**Fungal Diseases:** Copper Fungicide, Rose Rx,  
Neem Oil or Tomato & Vegetable Spray  
from Bonide



Please come in to see us if you reside in the area. We love to talk about plants and help our customers achieve their gardening goals. We are also available via email - [sunnysidenursery@msn.com](mailto:sunnysidenursery@msn.com). This is especially great if you have diagnostic questions. Send pictures and some information and a knowledgeable team member will get back to you.