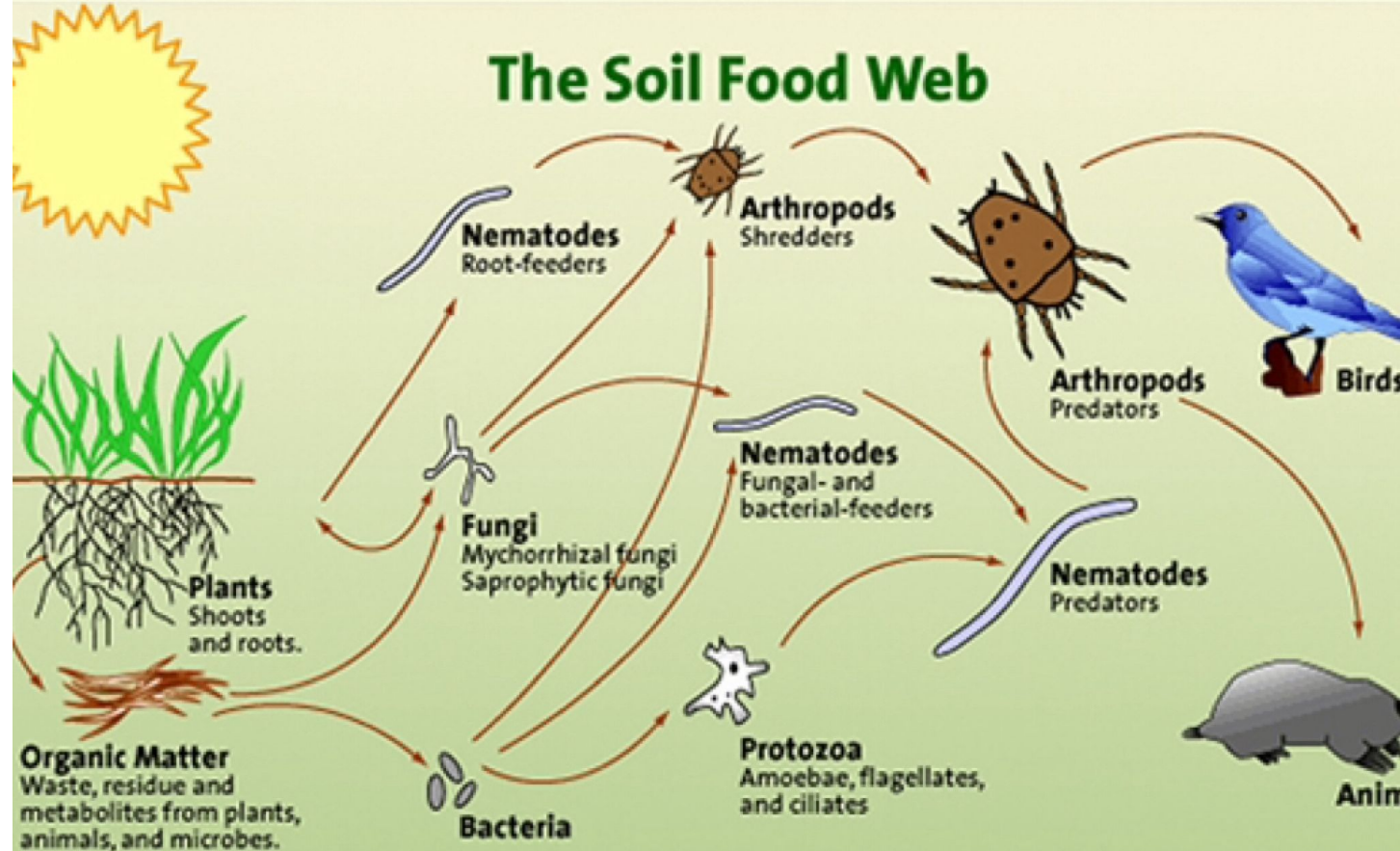


# GROWING VEG IN WHISTLER



# The Soil Food Web



**First trophic level:**

Autotrophs

**Second trophic level:**

Decomposing Mutualists  
Pathogens, Parasites  
Root-feeders

**Third trophic level:**

Shredders  
Predators  
Grazers

**Fourth trophic level:**

Higher level predators

**Fifth & highest trophic level:**

Higher level predators



# QUESTION

WHAT VEGGIES CAN WE GROW IN OUR EVER CHANGING CLIMATE?



# **BUILD A RESILIENT GARDEN**

- Add plant diversity
- Feed the soil
- Use compost and mulch
- Build a food forest
- Save your own seed
- Plant native plants
- Practice crop rotation





# SPRING PREP

- Prepare your growing area
- Fill pots
- Build beds
- Add compost
- What irrigation will you use?
- Make a plan!

# PLANNING

- How much space and sunlight do you have?
- This will determine what you can grow!
- How can you make the most of your space?
- Focus on quick crops
- Grow what you like to eat!



# GO VERTICAL



# SEASON EXTENSIONS

- What can we do to extend our short growing season?
- Get a head start in the garden
- Push boundaries
- Grow more!



# FLOATING ROW COVER

- Creates a warm micro climate
- Protects from frost
- Protects from pests
- Helps germination
- provides shade



# SEASON EXTENSIONS

A close-up photograph of two young green seedlings with several leaves each, growing out of dark brown soil. The background is blurred, showing more foliage.

1. Cold frame
2. Hoop house/green house
3. Start seeds indoors and plant transplants
4. Grow sprouts indoors
5. Grow microgreens indoors



# CROP PROFILES

- What we can plant outside right now in April
- Cool season
- Plant direct



# FAVA/BROAD BEAN

- 2-3ft tall
- No need for trellace
- Beautiful edible ornamental
- Helps build soil
- Hardy
- Favourite variety - Vroma



# SNAP PEAS

- Cool season
- Nitrogen fixer- builds soil
- Great for small space - go vertical
- Favourite variety - sugar Ann, no need to trellis, short vines can be grown densely

# 6 EARLY SEASON CROPS

- You can plant direct
- Cold hardy
- Wait until soil warms up to around 5 degrees so seeds germinate





# TURNIPS

- Edible leaves
- Quick to grow 35 days
- Versatile raw or cooked
- Favourite variety- Hakurei
- Can be harvested golf ball size or left to grow to tennis ball size!

# RADISH

- Fastest crop 21 days!
- Lots of interesting varieties
- Leaves are edible
- Perfect for interplanting
- Favourite variety - French breakfast
- Need consistent water or become woody





# SPINACH

- Will bolt in summer heat
- Can sew direct but benefit from being transplanted
- Quick crop - 45 days
- Spring and fall crop
- Alternative crop for summer heat - orache



# MUSTARD GREENS/ARUGULA

- Great in salads
- So many interesting colours and varietys
- Sew every few weeks for consistent harvest all season
- Great cover crop





# BEETS

- Incredibly healthy
- Can eat beet top greens
- Harvest baby or grow for storage
- Such variety!
- Beware Mice love them!
- Favourite variety - chioggia



# CARROTS

- Can harvest baby or let grow for storage
- Get sweeter with frost, can store in the soil all winter
- Longer germination
- Keep moist - use row cover!
- Need to be thinned
- Favourite variety - rainbow blend



# PARSNIPS

- Long germination 14-21 days
- Long season crop 110 days
- Need thinning
- Easy to plant and forget if you have space!





# KALE

- Cold hardy
- All season long
- Garden staple
- Can be harvested as baby greens
- Can tolerate some shade
- So many varieties! Grow a mix
- Get a head start and plant a transplant



# SWISS CHARD

- Super food - versatile
- Will tolerant some shade
- Does well in containers
- Incredible colours - edible ornamental!
- Cold hardy
- Will grow all season
- Favourite variety- bright lights

# KOHLRABI

- Easy to grow brassica!
- Frost hardy
- Versatile - cooked or raw eating
- Benefit from being transplanted
- Quick to mature
- Favourite variety - Quickstar 37 days





# PAC CHOI

- Thrives in cool weather
- But can be grown all season
- Great for succession planting
- Quick to mature
- Favourite variety - Li ren Choi -  
37 days

# 4 MORE COOL SEASON CROPS

- Need more space
- Heavy feeders
- Ideally need to be transplanted





# BROCCOLI

- Delicious and nutritious
- Can eat the stems too
- Keep well watered
- Cold hardy
- Favourite variety - Happy Rich an amazing sprouting variety that produces all season!

# CABBAGE

- Cabbage moth and slugs love cabbage
- Favourite variety - Tiara
- Matures early 45 days
- Focus on early maturing varieties



# CAULIFLOWER

- Bit more of a challenge to grow!
- Focus on early maturing varieties
- Favourite variety Song TJS - early sweet, 42 days
- Snow Crown - adaptable, 50 days

# BRUSSELS SPROUTS



- Shade tolerant, need space!
- Long to mature 110 days
- Pinch tops out to increase sprout size
- Get sweeter with frost
- Favourite variety - gladius 98 days



# **RUNNER BEANS**

- Unlike pole and bush beans
- Runner beans like it cool
- But you need some space and a trellis
- Fast growing, high yeilds



## **4 CROPS THAT NEED A BIT MORE PLANNING!**

- Take 100 days to mature
- Slow germination. Need to be started inside in late winter to transplant out in later spring
- Or buy transplants!
- But are worth the effort!



# LEEKS AND ONIONS

- Start in flats indoors in feb-March.  
Transplant out when pencil thick
- Favourite variety leek - king  
Richard, 75 days
- Exceptional Storage onion -  
Patterson



# CELERY

- Thrives in moist soil
- Pretty heavy feeder
- Can pick outer stems for continuous harvest all season
- Shade tolerant, stems get woody in full sun or if they don't get adequate water
- Favourite variety - Tango



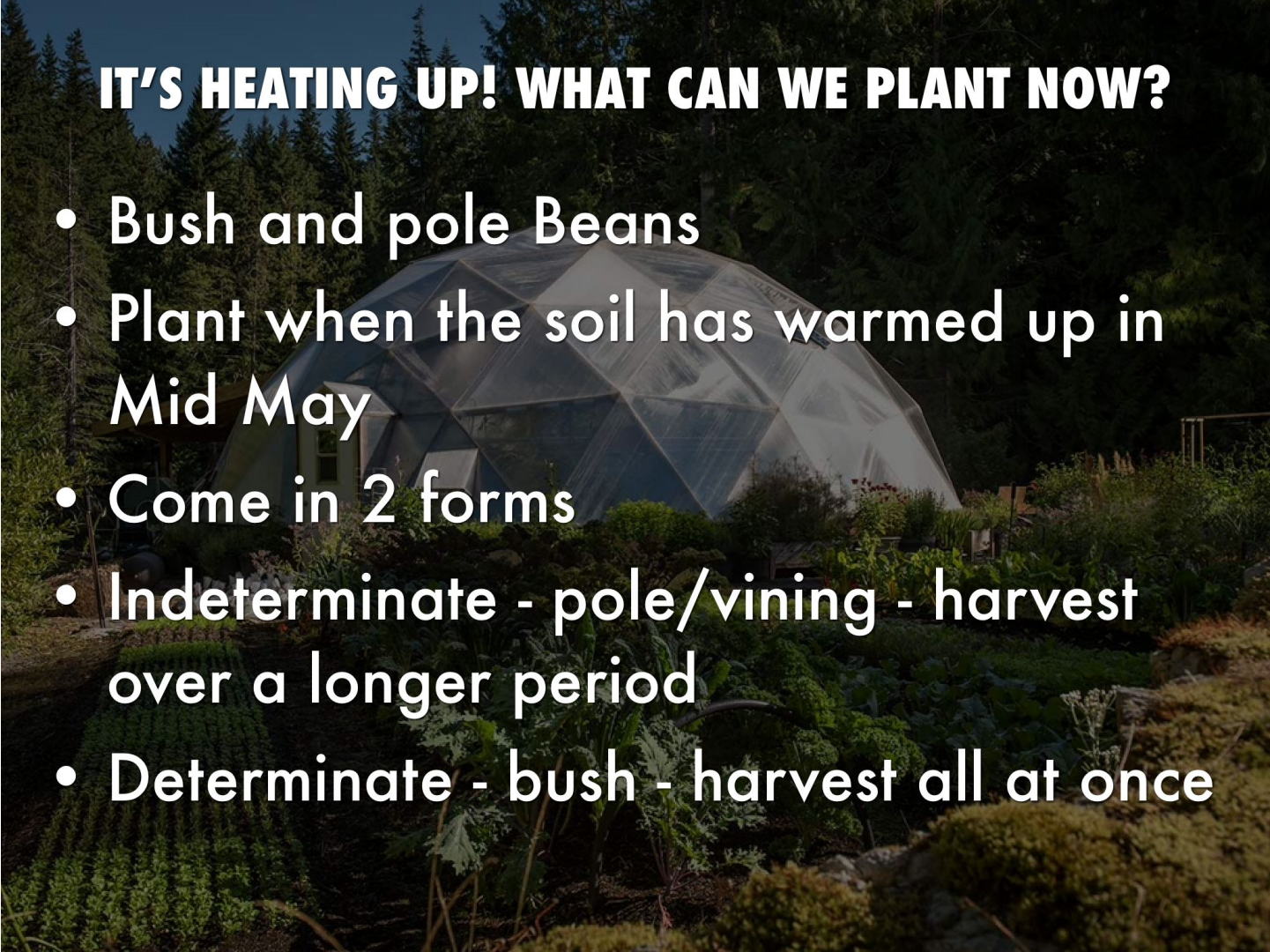
# CELERIAC

- Celery root
- Delicious and versatile in the kitchen
- Plant when soil has warmed up
- Need fertile soil and moisture
- Favourite variety - Balena



## IT'S HEATING UP! WHAT CAN WE PLANT NOW?

- Bush and pole Beans
- Plant when the soil has warmed up in Mid May
- Come in 2 forms
- Indeterminate - pole/vining - harvest over a longer period
- Determinate - bush - harvest all at once





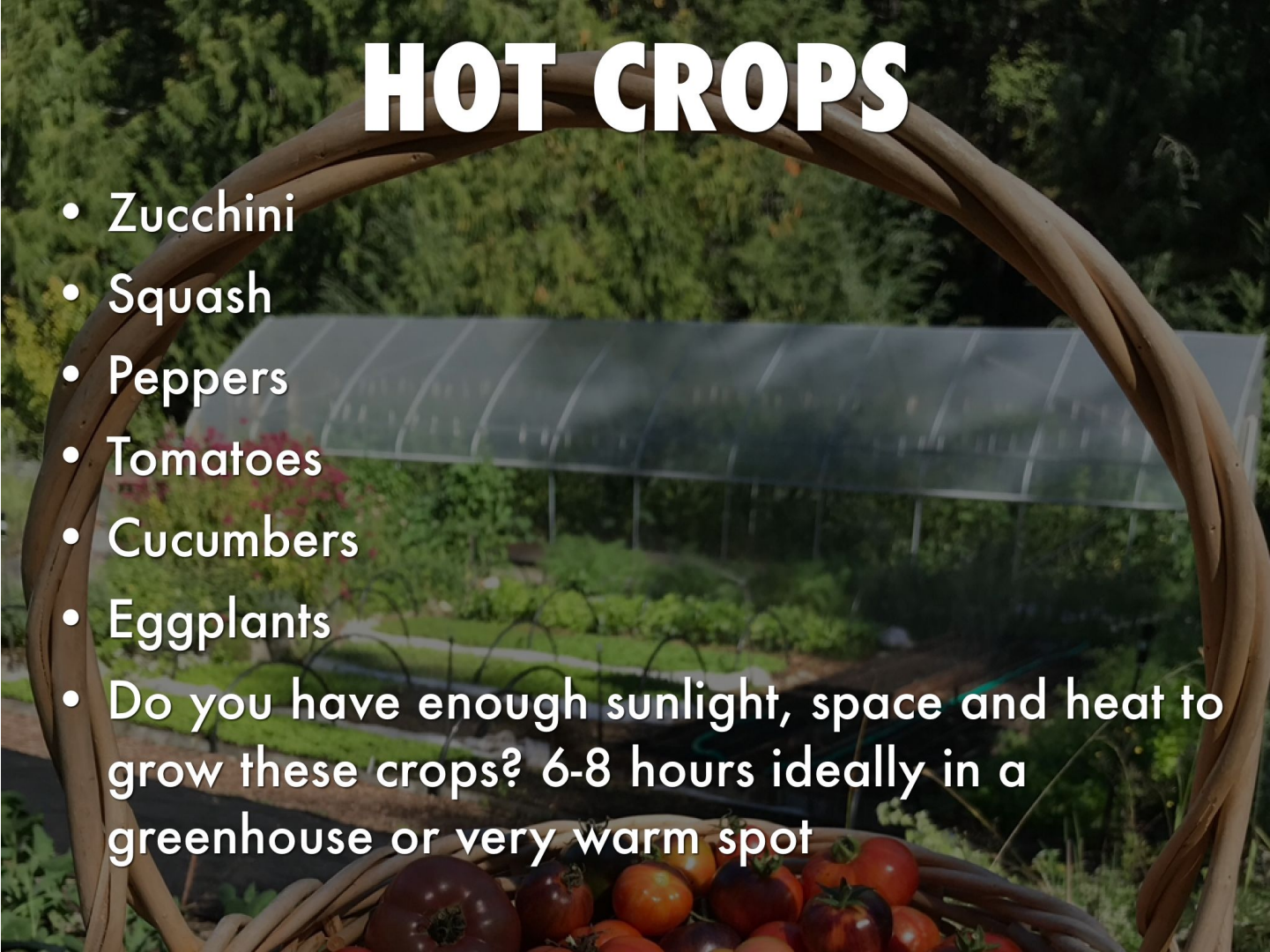


# BUSH BEANS

- Love the heat
- Great for small spaces, try bean towers
- Compact plant
- Fix nitrogen- build soil
- Favourite variety- Provider 50 days

# HOT CROPS

- Zucchini
- Squash
- Peppers
- Tomatoes
- Cucumbers
- Eggplants
- Do you have enough sunlight, space and heat to grow these crops? 6-8 hours ideally in a greenhouse or very warm spot





# PERENNIAL EDIBLES

- Asparagus
- Rhubarb
- once established they keep giving!

# PERENNIAL HERBS

The background of the slide is a close-up photograph of numerous purple chive flowers. The flowers are in various stages of bloom, with some showing their characteristic star-like shape. The green stems and leaves of the chives are visible, creating a dense, textured background. The lighting is soft, highlighting the delicate petals of the flowers.

- Chives
- Lovage
- Wild marjoram
- Mint and lemon balm
- Oregano
- Sage
- Winter savoury
- Thyme



# **BENEFICIAL PERENNIALS**

- Bee balm (bergamot)
- Valerian - attracts pollinators
- Comfrey - make tea, add to your compost
- Pyrethrum - repels pests

# EDIBLE FLOWERS

- Borage
- Calendula
- Marigolds
- Dianthus
- Chrysanthemums
- Violas
- Dandelions
- Bergamot
- Bachelor's buttons



# COMPANION PLANTING

- Take advantage of positive relationships that naturally occur between plants
- Crop protection
- repel pests
- Increase flavour - tomato, basil
- Attract beneficial insects
- Sunflower / squash

# INTERPLANTING

- Making the most of your bed space
- Multiple crops in a small space, reduces weed pressure
- Lettuce/spinach under broccoli
- Radish between carrots
- Lettuce and zucchini
- Cauliflower and pac choi
- Quick and long maturing
- Tall and short



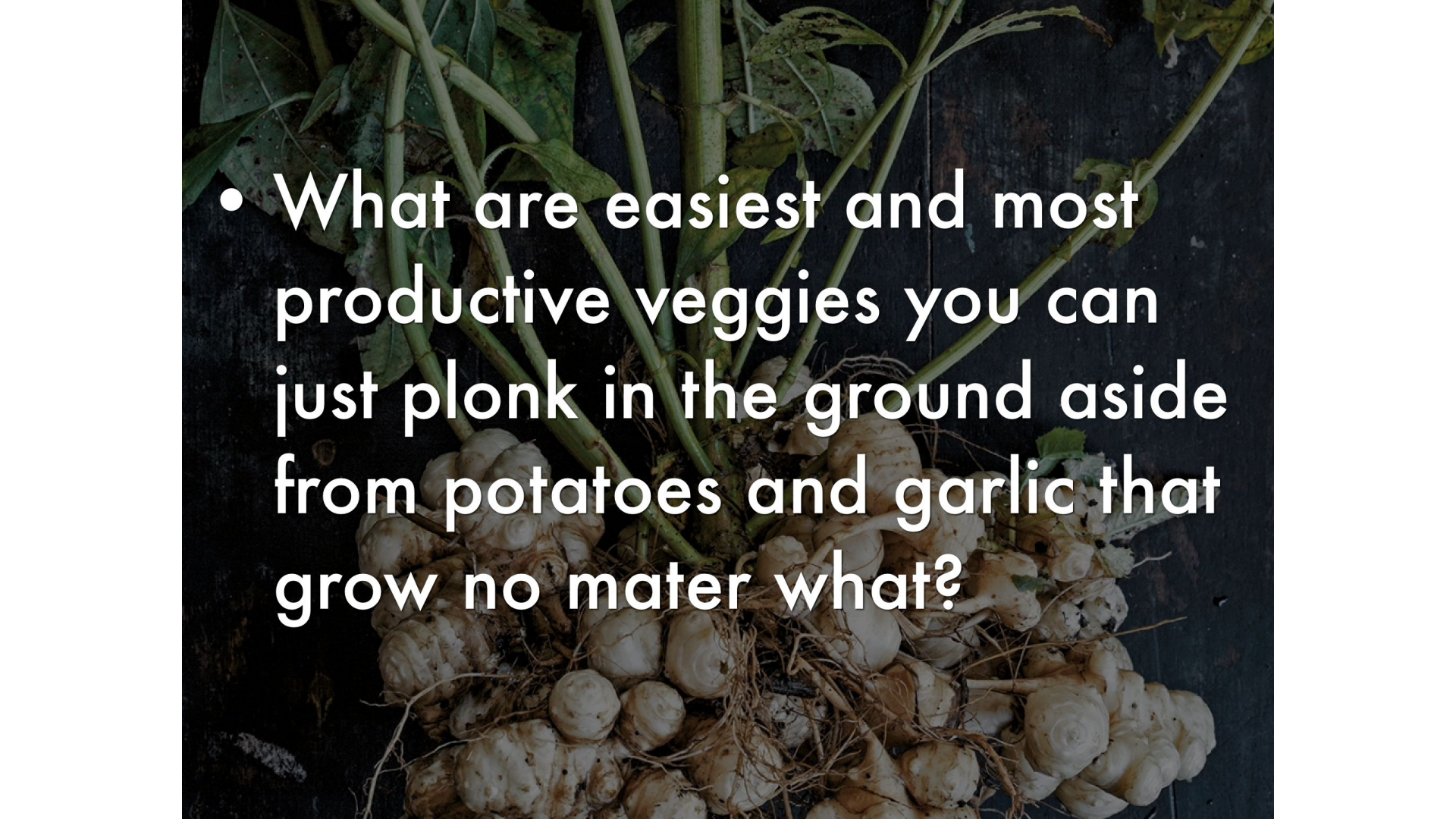
# SUCCESSION PLANTING

- Planting every few weeks for a continuous supply - greens, dill, cilantro, lettuce , bush beans
- Planning ahead and having something ready to go in right away
- No time between crops

# QUESTIONS

- What would grow well after garlic, having been harvested in mid-late July?
- Approx 45 days left
- Spinach, pac Choi, kohlrabi.
- All cool tolerant



- 
- What are easiest and most productive veggies you can just plonk in the ground aside from potatoes and garlic that grow no mater what?

# QUESTIONS

- What do I think of no dig gardening?
- Can I leave vegetable roots in the ground or is it better to dig them up?



# QUESTIONS

- Do you make your own compost or not because of wildlife around here?
- How to make sure it's not a bear attractant