

# What can a garden grow?



## sweet corn

Sweet corn is a vegetable with a high sugar content. Sweet corn is the result of a naturally occurring recessive mutation in the genes which control conversion of sugar to starch inside the ENO of the corn kernel. Unlike field corn varieties, which are harvested when the kernels are dry and mature, sweet corn is picked when immature and prepared and eaten as a vegetable, rather than a grain. Since the process of maturation involves converting sugar to starch, sweet corn stores poorly and must be eaten fresh, canned, or frozen, before the kernels become tough and starchy.

For more info: [https://en.wikipedia.org/wiki/Sweet\\_corn](https://en.wikipedia.org/wiki/Sweet_corn).

### How to grow Sweet Corn?

Sweet corn plants are definitely a warm season crop, easy to grow in any garden. You can plant either sweet corn plants or super sweet corn plants, but don't grow them together because they may not do well. So what's the difference between growing traditional field corn and growing sweet corn? The taste. Many people grow corn, but what is known as field corn has a starchier flavor and a slightly harder cob. Sweet corn, on the other hand, is softer and has a pleasantly sweet taste. Planting sweet corn is fairly easy and not much different than growing traditional corn. Practicing proper planting will keep it growing healthy throughout the summer so you can be eating fresh corn on the cob in no time. Be sure when planting sweet corn that the soil is warm — at least above 55 F. (13 C.). If you plant super sweet corn, be sure the soil is at least 65 F. (18 C.), as super sweet corn prefers a warmer climate. The best way how to grow sweet corn is to plant an early variety near the beginning of the season, and then wait a couple weeks to plant another early variety and then plant a later variety. This will help you to have fresh sweet corn to eat all summer long. When planting sweet corn, plant the seeds 1/2 inch deep in cool, moist soil, and at least 1 to 1 1/2 inches deep in warm, dry soil. You should plant 12 inches apart with at least 30 to 36 inches between rows. This protects the plants from cross-pollination if you have planted different varieties. When growing sweet corn, it's important to note that you can plant different varieties, but you don't want them near each other. If you cross sweet corn plants with other varieties of corn, you can get starchy corn, which is something you don't want. You can cultivate the corn rows shallowly, so you do not injure the roots. Make sure you water the corn if there has been no rain so they get enough moisture.

For more info: <https://www.gardeningknowhow.com/edible/vegetables/corn/grow-sweet-corn.htm>.



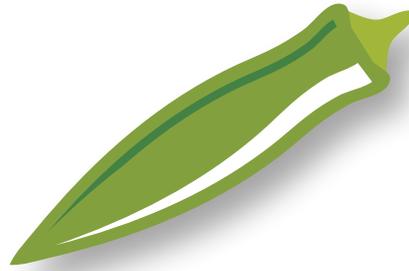
### How to cook Sweet Corn?

Sweet Corn can be cooked, frozen, steamed or in soups and stews.

For more info:

<https://www.allrecipes.com/recipes/1082/fruits-and-vegetables/vegetables/corn/>.

# What can a garden grow?



## okra

Okra, known in many English-speaking countries as ladies' fingers or ochro, is a flowering plant in the mallow family. It is valued for its edible green seed pods. The geographical origin of okra is disputed, with supporters of West African, Ethiopian, and South Asian origins. The plant is cultivated in tropical, subtropical and warm temperate regions around the world.

For more info: <https://en.wikipedia.org/wiki/Okra>.

### How to grow Okra?

Choose your sunniest spot for growing okra, and wait until the weather is warm to set out your plants. Plants like it when nights are at least in the 60s and days 85 or warmer. In the North, gardeners might wait until late June to plant, since pods appear within 2 months.

Okra grows best in soil with a near-neutral pH between 6.5 and 7.0, although it will do fine in a pH as high as 7.6. Plants benefit from a generous amount of compost or other rich organic matter, which should be thoroughly mixed into the soil before planting.

Okra seedlings have fragile taproots that you need to be careful not to damage. Thoroughly water your seedlings an hour before you plant them. Gently remove them from the pot, separate the seedlings, and set them about 10 inches apart, plant slightly deeper (about 1/2 inch) than they grew in their pots. Water the little plants if rain is not expected, but wait a few days before mulching to give the soil a chance to absorb the sun's warmth. Okra is appreciated for its ability to withstand drought compared to other vegetables, but for good growth and production, you'll need to water at least an inch a week, just as with other vegetables. Just know that if you run into an extended dry period and can't seem to water enough, okra will be the last to suffer.

The early growth of okra is often slow, but the plants grow much faster once summer starts sizzling. In addition to gaining height, okra's leaves get bigger as the plants grow and begin producing yellow blossoms followed by tender pods. Plants are erect with a main trunk, making them look a little tree-like in the garden.

For more info: <https://bonnieplants.com/growing/growing-okra/>.

### How to cook Okra?

Okra is a signature Southern ingredient whether fried, pickled, or grilled. Savor this veggie with some of our favorite okra recipes. Whether fried, pickled, or grilled, no other vegetable tastes quite like okra. Every Southerner has their favorite okra dish, and we've rounded up the best okra recipes we could find to showcase this traditional Southern veggie.

For more info: <https://www.southernliving.com/food/10-best-okra-recipes>.



# What can a garden grow?



## eggplant

Eggplant or aubergine is grown for its edible fruit. Eggplant is the common name in North America, Australia and New Zealand. The fruit is widely used in cooking. It is related to the tomato and the potato. It was originally domesticated from the wild nightshade species, the thorn or bitter apple, probably with two independent domestications, one in South Asia and one in East Asia.

The eggplant is a delicate, tropical perennial often cultivated as a tender or half-hardy annual in temperate climates. The stem is often spiny. The flower is white to purple, with a five-lobed corolla and yellow stamens. The egg-shaped, glossy, purple fruit has white flesh with a meaty texture. The cut surface of the flesh rapidly turns brown when the fruit is cut open.

Botanically classified as a berry, the fruit contains numerous small, soft seeds that, though edible, taste bitter because they contain nicotinoid alkaloids like the related tobacco. For more info: <https://en.wikipedia.org/wiki/Eggplant>.

### How to grow Eggplant?

You can direct sow eggplant in hot climates. In northern climates, start seeds indoors 8 weeks before the last frost date and transplant at least 2 weeks after the last frost date. Use black plastic to keep the ground warm before planting in cooler climates.

Eggplant does best in rich, slightly acidic, well-draining soil with compost added. Eggplants need to be spaced about 24" apart in rows at least 12" apart. Eggplant can be either grown from seed or transplanted. Normally, I buy transplants from my local nursery due to the long growing period. Eggplant thrives in hot, humid conditions.

Grow them under row covers in cool climates to increase the temperature around the plants. The plant will not set fruit where nighttime temperatures get below 65° F.

It is a good idea to mulch around the plants to help keep moisture and heat in the soil around the plants. Take care while weeding around young plants, so that you do not disturb the roots. Eggplant is a very heavy feeder, so side-dressing the plants with well-rotted compost or manure twice a month is encouraged. Some varieties of eggplant may become very large, and thus heavy. You may need to give the plant some support.

For more info: <http://www.veggiegardener.com/veggies/eggplant/>.



### How to cook Eggplant?

Eggplant is a very unique plant for most home gardens and probably one of the lesser grown vegetables. The most famous recipe is in making eggplant parmesan, but they can be breaded and fried, baked, grilled, stewed, or used in dips.

For more info:

<https://www.allrecipes.com/recipes/1084/fruits-and-vegetables/vegetables/eggplant/>.

# What can a garden grow?



The tomato is the edible, often red, fruit/berry of the plant *Solanum lycopersicum*, commonly known as a tomato plant. The plant belongs to the nightshade family. The species originated in western South America. The Nahuatl (Aztec language) word *tomatl* gave rise to the Spanish word “tomate”, from which the English word tomato derived. Its use as a cultivated food may have originated with the indigenous peoples of México. The Spanish discovered the tomato from their contact with the Aztec peoples during the Spanish colonization of the Americas, and then brought it to Europe, and, from there, to other parts of the European colonized world during the 16th century.

Numerous varieties of tomato are widely grown in temperate climates across the world, with greenhouses allowing its production throughout the year. The plants typically grow to 3-10 ft in height and have a weak stem that sprawls. It is a perennial in its native habitat, and cultivated as an annual. Fruit size varies according to cultivar, with a width range of 0.5-4 inches. For more info: <https://en.wikipedia.org/wiki/Tomato>.

## How to grow Tomatoes?

Tomatoes are a summer staple in the garden for use in dishes like soups and sandwiches. Slicing tomatoes like Better Boy, Celebrity and Early Girl are old-time favorites and excellent producers. When selecting varieties, consider disease-resistance. When growing tomatoes outdoors, stick to a plan and makes sure each plant is given the right amount of nutrients, water and sunlight. Tomatoes require full sun so ensure the site receives at least six hours of direct sunlight per day.

Purchase plants from a local nursery or greenhouse. Look for dark green, stocky stems that are 8 to 10 inches tall and have a healthy root system. Select a well-drained area to prevent poor soil aeration that can lead to root and blossom rot. Plant the tomato away from trees and outdoor buildings to ensure a healthy plant and adequate sun. Space the tomato plants with 24 to 36 inches between each plant to ensure proper air circulation and prevent spreading disease. Grow the plants in neutral soil with a pH level reading of 6.5 to 7.0. If lime is needed to tweak pH, add it in late fall or early spring.

Remove the tomato from the container and shake excess mulch or soil off of the plant. Tomatoes in peat pots can remain within the pot. With a garden spade, dig a deep hole into the soil so that the lower leaves of the plant will be near the ground. Place the plant into the ground. Cover the plant with the remaining soil and press firmly down to ensure the plant is properly buried.

Water the tomato plants immediately. Make sure they receive at least 1 to 2 inches of water per week. Soak the soil when watering the tomatoes. Mulch around the base of the tomato plants, leaving a 2- to 3-inch-wide ring around each plant. Use straw, compost, hay or paper to prevent water evaporation.

Stake the tomatoes with a 6-foot-long piece of wood or plastic. Place the stake into the soil, 4 inches from the base of the tomato plant. Use a strip of nylon stocking or heavy string to tie the tomato plant to the stake. Allow at least 1/2 inch of slack for growth. For more info: <https://www.gardenguides.com/125348-grow-tomatoes-outdoors.html>.

## How to cook Tomatoes?

Tomato is consumed in diverse ways, including raw, as an ingredient in many dishes, sauces, salads, and drinks. While tomatoes are botanically berry-type fruits, they are considered culinary vegetables as an ingredient or side dish for savory meals.

For more info:

<https://www.allrecipes.com/recipes/1095/fruits-and-vegetables/vegetables/tomatoes/hub&linkName=hub%20nav%20daughter&clickid=hub%20nav%202>.

