

COUNTY EXTENSION SERVICE

Old Court House  
YAKIMA, WASHINGTON

*Grow a*

FREEDOM  
GARDEN

**If you're on a farm**, set aside a place in the sun for the garden that will grow good will as well as good food.

**If you're in a city**, get together with your neighbors and use the vacant lot in your block to help the rest of the world live as well as you do.

**If you're a member of the younger set**, choose a special part of Mom and Dad's garden for your own and show that you can grow things, too.

**You and your family**, no matter who or where you are, can cut a big chunk out of the food bill. You'll be better nourished, too. The world needs every bit of food that can be grown on every farm and in every garden. Help yourself, and you've helped feed another family this year.

Extension Service

Institute of Agricultural Sciences

THE STATE COLLEGE OF WASHINGTON

Pullman

Washington

# The Big Ten AND HOW TO GROW THEM

These are the vegetables that rank high in food value and contribute the most to your family's and world's food supply. Here are some suggestions on what to grow and how much of each to plant. You may not be able to grow them all, or you may want to grow others. There may be varieties you like better—but grow as many and as much of these ten as you can! Your neighbors or your county agent or Extension Bulletin 280 will give you more specific planting dates for your locality.

| Crop                                   | Some Good Varieties   | Amount to Grow For Family of Five        | Time to Plant                    | Best Ways to Preserve |
|--|---|--|----------------------------------|-----------------------|
| Beans                                  | Bush (green) Stringless Greenpod<br>(wax) Roundpod<br>Kidney<br>Pole Blue Lake<br>Kentucky Wonder | 200 ft.<br>or<br>50 ft.                  | late spring                      | can, freeze           |
| Beets                                  | Early Wonder, Detroit<br>Dark Red   | 150 ft.                                  | medium early                     | can, store            |
| Cabbage                                | Golden Acre<br>Danish Ballhead  | 15 plants<br>25 plants                   | early spring<br>late spring      | store, can<br>kraut   |
| Carrots                                | Nantes, Imperator,<br>Chantenay, Red Cored  | 150 ft.                                  | medium early                     | store, can            |
| Chard                                  | Lucullus  | 25 ft.                                   | medium early                     | freeze                |
| Onions                                 | Yellow Globe Danvers<br>(to store)<br>Sweet Spanish<br>(for summer and fall)                      | 200 ft.<br>50 ft.                        | early spring<br>from transplants | store                 |
| Peas                                   | Dwarf—Worlds Record<br>Hundred Fold<br>Tall—Graders Improved<br>Alderman                          | 100 ft. or<br>200 ft.                    | early spring                     | freeze, dry           |
| Potatoes                               | Irish Cobbler, Bliss Triumph,<br>Netted Gem (to store)  | 200 ft.<br>and<br>1200 ft.               | medium early                     | store                 |
| Sweet Corn for successions of harvests | Seneca Golden (early)<br>Marcross (med. early)<br>Carmel Cross (midseason)<br>Golden Cross (late) | 100 ft.<br>100 ft.<br>100 ft.<br>300 ft. | late spring                      | freeze, can           |
| Tomatoes                               | Chatham Bounty (for short<br>season areas), Bonny Best  | 150 plants                               | late spring                      | can                   |

# *First*

## MAKE A PLAN

Sit down with a pencil and get your garden on paper. Plan for the whole year, not just a part of it. You'll want to eat things fresh from the garden in season. You can extend the season by early and late planting or by planting early and late varieties at the same time. Your plan should include:

The best combinations of vegetables you can grow.

The food that will be best for your family over the longest period of time.

Which vegetables are best to freeze, can, or store.

The size of your garden. It should be only as big as you and your family can take care of.

How and when to prepare your garden plot.

How much fertilizer is to be used and when it should be applied. (Ask your county agent if you aren't sure.)

# Then

## DIG IN

You can grow a good garden even if you are new at the job. If you're not sure just how to go about it, call on your county agent or get a copy of the Victory Garden bulletin (Extension Bulletin 280). Ask your neighbors. They'll be glad to help you.

If you're an old hand and know the ropes, just roll up your sleeves and dig in!

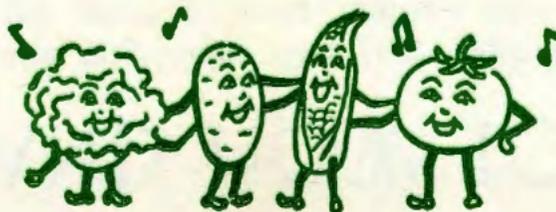
Here is a list of garden bulletins you can get from your county agent:

- Ext. Bul. 208 *Victory Gardens.*
- Ext. Cir. 19 *Garden Plan for a Family of Five.*
- 4-H Cir. 24 *4-H Garden Club Outline.*
- 4-H Cir. 58 *The 4-H Club Garden.*
- Ext. Cir. 60 *Irrigation of Vegetables and Berries in the Home Garden.*

# *Your Garden* CAN SAVE YOU MONEY

A garden about 40' by 100' or about one-half a city lot will produce nearly 1,000 pounds of vegetables a year. In these days of high prices it would cost you \$80 to buy this much food. Sometimes these small gardens produce up to 1,500 pounds, and that means a saving of \$100. This doesn't include the added saving of home canning or freezing. And don't forget how good fresh things taste during the months when they aren't in season!

Larger gardens, one-fourth acre or so, produce about 3,000 pounds of vegetables a year and will save you between \$200 and \$250. The "green thumb" CAN pay off.



# THE DO'S

## Do plant your garden

- on good soil.
- close to the water supply.
- close to the house.

## Do arrange your garden

- so that it is easy to cultivate with horses or tractor if you're on a farm.
- so that the tall crops won't shade the short ones.
- so that the rows run the long way.
- so that the crops that will need water at the same time will be close together.
- so that the same crops won't occupy the the same space season after season.

# THE DON'T'S

## Don't plant your garden

- too close to large shrubs or trees so that it will be shaded or robbed of food and water by roots.
- in a frost pocket.
- where chickens or stock can get to it.