Artichoke

- Perennial in zones 7+
- Thornless and spine-free varieties available.
- Start from seed or by division.
- Asteraceae/Compositae family: lettuce, zinnia, sunflower, marigold, thistle
- Cool season: 75 degree daytime temp

photos: Territorial Seed
Overwintering Artichoke

- Cut stalks down to a height of 6-12 inches
- Cover with a thick organic mulch such as leaves and wood chips
- Cover with floating row cover or burlap, or a basket or box

Cardoon

- thick, fleshy stalks with mild flavor similar to Artichoke hearts
- Perennial in zones 7+ (6 to 7 years)
- Typical height about 4 feet. May reach 6 to 8 feet height in later years.
Speaker’s note-
As part of the presentation, it was mentioned that it is difficult to produce an Artichoke crop in Middle Tennessee. Artichokes do not respond well to the high summer temperatures that we often experience in this area (temperatures above 85 degrees). Though an edible crop is not guaranteed, Artichoke and Cardoon can also be enjoyed as attractive ornamental plants in the landscape or garden.

**salad Beets**

- Varieties grown primarily for leafy greens
- Extended harvest - cut and come again
- Chenopodiaceae family - Chard, Spinach, Beets
- “Seedball” - may require thinning

photos: Johnnysseed.com
salad Beets

photos: Johnnyseed.com

Early Wonder Tall Top

Bulls Blood

Rubens

Corn

- How can you enjoy fresh homegrown corn, year-round, without freezing or canning?
Grain Corn

- Also known as field corn, dry corn, Indian corn, and ornamental corn.
- Easy storage.
- Grind your own cornmeal for cornbread, grits, polenta, etc...

Floriani Red Flint
Hopi Blue
Oaxacan Green
Cherokee White Flour
How to grow...

- **Growing Sweet Corn in Home Gardens,**
  David W. Sams, University of TN publication SP291-E

**Highlights:**

- Warm-season crop. Warm soil required for proper germination and growth. Direct-sow after May 1st.
- Plant in “blocks” for best pollination.
- Isolate from other varieties to preserve flavor and for seed saving.
- Fertile nitrogen-rich soil required.
- Provide irrigation if needed.
- Grow **Grain Corn** to maturity and dry before storage or grinding.

You can grow Corn in small spaces...
Okra coffee

“Save your okra seeds. Okra is the best substitute for coffee that is known.”
- Austin State Gazette, November 1861

“We have tried the okra coffee, and had we not known it to be okra, we should have supposed it the best of Java”
- Tennessee Baptist, December 1861

Abigail’s Coffee

Baker Creek Heirloom Seeds
raresseeds.com
seed from Mr. Abigail,
Province of Los Santos, Panama
Speaker’s note-
The Abigail’s Coffee okra was included in this presentation to show a modern grower dedicated to okra coffee, in contrast to it’s Civil War use as a coffee substitute.

Many growers in North America discovered that the Abigail’s variety from Panama is not well-suited for our region because it will not produce a crop until very late in our growing season.

For this reason, it’s recommended to make your okra coffee with an okra variety that you regularly grow – Clemson spineless, Burgundy, etc...

Okra Coffee recipe (from Facebook)

- 1/2 cup ripe okra seeds (makes about 6 cups of coffee)
- pre-heat a heavy skillet on medium heat for about 10 minutes
- add seeds to skillet and stir or shake frequently.
- seeds will go from dark green-black to light gray, then brown
- keep stirring at least until the seeds start popping open – about 10 minutes.
- remove the seeds from the skillet and let them cool.
- grind the seeds. They are brittle and grind faster than coffee.
- brew
- drink
**Tennessee Red**

**Peanut**

- Pre-1930 heirloom
- **Valencia** type produces earlier (110 days) than Virginia strains
- 2 to 5 “mild, sweet” kernels per pod
- Excellent flavor for roasted or boiled peanuts
- **Valencia** is best variety for home gardens (Arkansas Extension)

*photo: Baker Creek Heirloom Seeds*

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**Peanut varieties**

- **Runner** - dominant commercial variety; high yields.
- **Virginia** – largest kernels; primary roasted-in-shell peanut.
- **Spanish** – smaller kernels; highest oil content.
- **Valencia** – characterized by small kernels with bright red skin. Very sweet peanuts often roasted and sold in the shell.

All peanuts are **Legumes** and fix nitrogen from the atmosphere.

*source: virginiapeanuts.com*
**Tennessee Red Peanut**

- Warm weather; sow after May 1st.
- Remove seeds from shell just before planting; do not disturb red membrane.
- Sow 1-2” deep. Space plants 4-6” apart.

**Tennessee Red Peanut**

- Loose, friable soil. After flowers fade, stems grow down into the soil where peanuts develop.
- At frost (?), lift and remove mature peanut pods from soil, shake loose soil and allow to dry fully.

*Growing Peanuts at Home* – Southern Exposure Seed Exchange
Edible-pod Radish

- *Rat’s Tail* Radish
- Large tender seed pods delicious in salads, stir-fries, or pickled.
- Grown in US gardens in the 1860s
- Baker Creek seeds - Asian heirloom seed collected from Thailand

photos: Baker Creek Heirloom Seed
Edible-pod Radish

Edible-pod Radish
Winter Peppers

- Dig and pot favorite plants
- Fresh storage
- Sunny location
- Warm water