

## FRESH from the Garden

### Register now for the School Garden Summer Institute

Registration for the [2019 School Garden Summer Institute](#) at the NC Research Campus in Kannapolis, NC is now open. This year's 2-day professional development workshop will be August 14-15, 8:30 am-3:30 pm. Seating is limited to the first 50 registrants. There is a \$25 fee to help defray costs, but we will provide lunch both days and you won't leave empty handed. What might you take home? A vermiculture system (a worm farm!), microgreens, or even a hydroponic system. And there will be awesome door prizes, too! Most importantly, of course, you will take home a wealth of resources that will guide your classroom use of the school garden.



Because teachers like field trips too, we'll start the second day at Barbee Farms, in Concord. While school gardens are not aspiring to commercial agriculture productivity, the opportunity to see "gardening" on a large scale gives teachers a unique perspective and helps them to see the real world applications of science, technology, engineering and math that are part of growing plants from seed to harvest, sustainably and efficiently. The afternoon will be spent at a nearby school, where teachers can learn by doing. Two faculty from Elon University's School of Education will offer successful strategies for outdoor classroom management and curriculum connections.

Don't delay, [register now!](#) Registration will close on June 30 or when maximum capacity is reached.



# Lettuce Harvest How-To

Success! The sun and water and soil have supported the growth of a seed or transplant to a ready-to-harvest lettuce. There are two easy ways to harvest lettuce. Let's look at both.

1 - Bottom-Up. New lettuce leaves are generated from the center of the plant. Harvesting the outer leaves will not damage the plant. Simply break away the bottom, outer leaves, leaving a rosette at the top of the plant to continue growing. Using this method, you can harvest every few days.

2 - Lettuce varieties like romaine can be harvested as a head from the base. You might think that would be a terminal cut, but with continued irrigation, new shoots will grow from the edge around the cut. It will take several weeks to generate a new head of romaine, and you can harvest the new growth anytime, especially if the warm weather threatens to induce bolting.







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## In the Garden Now



### Plant

The threat of frost has passed, so you can technically plant any summer crop now! Remember, we encourage you to always plan to harvest what you plant with your students. Pay

attention to “days to maturity,” but recognize you can hedge that a bit by using vegetable transplants.

If you’ll be utilizing the garden through the summer, have a plan ready so that as the spring crops complete their life cycle, you’ll be ready for the next “turn” of crops. You might challenge more advanced students to make succession plans. Getting the first harvest is a point of pride, but planting for late season can yield harvests well into fall. Tomatoes planted in mid-July can be harvested through first frost.



### Harvest

It’s harvest time! Some crops can be continually harvested (leafy greens and broccoli) while other are “one and done” (cauliflower, kohlrabi, cabbage, root crops). You will only get 1 big head of

broccoli but don’t send the plant to the compost pile too quickly. After the crown is removed, you’ll be rewarded with smaller side shoots that are perfect for dipping and make a great snack. Radishes, turnips and beets should be pushing above the soil line and ready for harvest this month as well. I have seen a lot of ripe kohlrabi in school gardens recently. The mild flavor and crunchy bite make it a kid-favorite. Cube it and eat fresh or try the [kohlrabi apple slaw](#). Be patient with your carrots. They are slower to mature than other springtime root veggies and might not be ready until June.



### Maintenance

We mention the importance of water almost every issue. It’s just that important! May is a critical month as plants have grown bigger, the temperatures are steadily increasing, and they may be

supporting produce that is ready to harvest. Check for water in the root zone daily and observe the leaf habits on the plant. Some plants easily bounce back from a serious wilting, while others may suffer from damaged (burned) leaves, or even plant death.

Root diseases, though not terribly common, can also cause wilting, even when the soil is adequately wet. When “one and done” crops are harvested, remove any remaining plant parts (stem/leaf litter) from the bed and place it in the compost pile.

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**Questions? Contact us!**

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