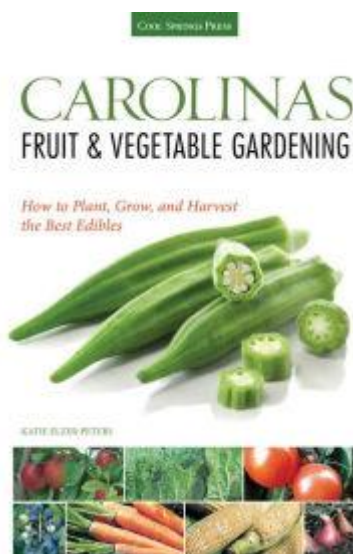


April 2017 Garden Book Review
The Garden Club of South Carolina



Both Carolinas, North and South are 2 of the “best vegetable and fruit gardening states” in the country. The climate, rainfall, and soil are great. All you need to know is “what to plant and when”. This book is your answer. **Carolinas- Fruit & Vegetable Gardening- How to Plant, Grow, and Harvest the Best Edibles** by Katie Elzer-Peters was published in 2013 by Cool Springs Press. Lots of colorful pictures and illustrations help to explain every aspect of how to get your garden started and harvested. Studying the USDA Frost Tables by cities and knowing what hardiness zone you live in will help to determine what plants you will grow in your garden successfully. The book is divided into 2 main sections -cool season or warm season with lists of which vegetables, fruits, and herbs will do best in each season. The author also includes recommended varieties, so, not just “green beans”, but, “Blue Lake Green Beans”. Tips such as,

wait to plant until the soil is 60 degrees and evenly watering the beans when they are flowering or using low nitrogen fertilizers, 0-5-5 since beans are nitrogen fixers. Use insecticidal soap to control pests such as aphids and thrips. Harvest when the pods are still tender. Each plant listed will have this information so that you get the best results and abundant harvests.

There is also a comprehensive section on building great soil, composting and even colored photos illustrating how to do a pH test of your soil using a kit; all step by step and easy explanations and “what to do” to adjust the results. So now when you are ready to plant, you have to make some more choices. This book explains the difference between organic and those not labeled as such. Do you know the difference between open-pollinated and hybrid plants or new varieties and heirloom. The answers are on page 39 of this book. How about buying that fruit tree from the Pacific Northwest. Will it be as healthy growing in our humid climate or should you buy one from a local source. Be sure to consider these four criteria when selecting fruit trees; 1.-Chilling hours needed to produce fruit, 2. Height of mature tree, 3. Disease resistance properties and 4. Pollination requirements. Recommendations of varieties that meet these criteria and grow well in the Carolinas are listed. I really believe you will find this book one of the most useful one’s in your gardening library. As the author states “now get out there and get your hands dirty! Get the book dirty, too”.

Happy Fruit and Vegetable Gardening
Anna Sheets GCSC Website Chair
Garden Book Review

