

Greens Cover Crops & Wildflowers

By Diane Meucci, February 2013

Gardensoyvey.com

Diane Meucci & Wolfgang Marquardt

Every Year for Thirty Years...I have sown seed.
The Magic and the Miracle of it still heightens my senses and gives me great joy.
Such a simple and powerful act.

We are blessed and cursed in the South, zone 7, with a long growing season.
"We are a Rain Forest in the Winter and a Desert in the Summer." Thank you Plato Touliatos.

These are my Gleanings of the last Thirty Years.
The things that have Worked the Most Often...On the Most Successful Days.
You are welcome to Google it. Chart it. Graph it. Expand on it... Push it of course.
Just Always have enough to sow 3 to 4 to 6 times a year....for the Adventurous.

I Grow "Wild" Flowers and "Wild" Vegi's...in the same space. They collaborate with one another...
They are not necessarily Native, but it is the things that require the very least preparation that I have worked
with over time. I grow them as a Living Mulch and I grow them in the Flower Beds and in the Winter Lawn.

Sew Sept. 15 with irrigation, Nov.1 without, or Sow March 15. (Best for many.)
Do not till. Kill or remove weeds. Mix with granular fertilizer or lime and scatter by hand or seed spreader.

If you were to Choose only One Day a Year...I would Choose March 15.

Here is a list of those lovely life long companions. Enjoy.

"Wild" Flowers

*Asterisks notate the Most Successful.

California Poppy:	Eschscholzia californica	Native. S.W., U.S.	Mar. 1
Cornflower:	Centaurea cyanus	Europe	Sept. Nov. Mar.
Crimson Clover*:	Trifolium incarnatum	Europe	Sept. Nov. Mar. *
Foxglove:	Digitalis purpurea	Europe	Low success rate but stunning. Poisonous. Digitalis.
Johnny Jump Up:	Viola cornuta	Spain.	Mar. 1
Oxeyed Daisy:	Chrysanthemum leuc.	Europe.	Sept. Nov. Mar. Invasive. Evergreen.
Red Corn Poppy:	Papaver rhoeas	Europe.	Mar. 1 in gravel. Poor soil.
Showy Primrose*:	Oenothera speciosa	Native. S.E., U.S.	Mar. 1 Sept. Nov. * Aggressive. Use in difficult areas.
Rocket Larkspur:	Delphinium ajacis	Europe.	Sept. Nov. Mar.
Tickseed:	Coriopsis lanceolata	Native. E. U.S.	Sept. Nov. Mar.

Summer Selections

Clasping Coneflower:	Rudbeckia amplex.	Native S.E., U.S.	April 15 for summer
Cosmos:	Cosmos bipinnatus	Mexico	April 15
Gloriosa Daisy*:	Rudbeckia hirta	Native?	April 15 *
Mexican Hat:	Ratibida columnaris	Native U.S.	Sept. Nov. Apr. 1
Scarlet Sage*:	Salvia coccinea	Native S., U.S.	April 15 *
Zinnia:	Zinnia elegans	Origin ??	April 15

A Nursery Inside A Garden

4655 Chester Rd, Arlington, TN 38002 - 901-867-8367 - Email: wolfgang@gardensoyvey.com

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"Wild" Vegetables

*Asterisks notate the Most Successful.

Sow Aug. 15 with irrigation. Sept. 1. AND AGAIN for a new crop Mar. 15.

AGAIN Mar 15 seems to be the Most Successful day.

The below can all be seeded August 15 - September 1 - March 15

Arugula*	Bibb Lettuce
Asian Greens	Endive Lettuce
Pac Choi - Leaves and stems	Oakleaf Lettuce
Suiho - Stems and flowers	Red Oakleaf Lettuce
Tatsoi - Leaves and stems	Romaine Lettuce
Vitamin Green - Leaves and stems	Osaka Purple Mustard*
Kyona mizuna	Nasturtium
Hon Tsai Tai	Italian Leaf Parsley*
Collards*	Lettuce and Greens Mixes
Cilantro Santo*	All Greens Mix
Red Russian Kale*	Mild Mesclun Mix
Toscana Kale	Spicy Greens Mix
Winterbor Kale	Spicy Mesclun Mix

Swiss Chard Aug. 15 Sept. 1 April 1. (Grows through Summer)

Summer Squash Aug. 15 Sept. 1 April 15. (Fall and spring crop)

**Don't forget these other cold season vegi's. A bit more fertilizer and love required. Check seed packages.
Most. Aug. 15 Sept. 1 Mar. 15**

Beets	Leeks *
Carrots	Pod Peas
Chinese Cabbage	Kohlrabi
Cabbage (Plant Purple and Green	Radish *
Like a checkerboard in beds.	Spinach (Needs Manure and Fert.)
Whhhhhhhhhheeeeeeeeeeee!!)	

For Summer Filler Remember:

Basil *	Sow Apr. 15 *
Fennel	Sow Apr. 15 *
Dill	Sow Apr. 15 *

SWEET POTATO'S!!! ***

If I only Grew One Plant! The Very Best Living Mulch.***
The Best Summer Ground Cover, Tiller and Living Fertilizer *
Ornamental or Edible. May 15. Rooted Plants.

Summer Vegetables are a bit more challenging for me...

I just go to my Local Farmer's Market....They are Experts and the Pleasure is Immeasurable.

Enjoy.

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