

FACT SHEET: Picking the Benefits of a January Garden

LYNN BARBER, B.A., FLORIDA YARDS & NEIGHBORHOODS AGENT

It's time to plan your January garden. I'm focusing on vegetables, herbs and spices for several reasons. These plants are easy to grow, require minimal maintenance, are inexpensive, healthy and delicious additions to your menus.

Vegetables to plant in January include: beets, broccoli, cabbage, carrots, cauliflower, celery, Chinese cabbage, collards, endive/escarole, green onions, lettuce, mustard, peas, potatoes and turnips. Create a root vegetable casserole with turnips, potato, rutabaga, parsnips, olive oil and spices. I can smell it already!

Herbs and spices you can plant in January include: anise, basil, bay laurel, borage, caraway, cardamom, chervil, chives, cilantro/coriander, dill, fennel, ginger, horehound, lemon balm, lovage, marjoram, Mexican tarragon, mint, nasturtium, oregano, rosemary, sage, savory, thyme and watercress. I love the smell of rosemary brushing against my clothes as I walk through my landscape beds. Cut the flowers off your herbs to promote additional growth.

Be sure you follow the planting instructions, and water daily for 7-10 days to start. If it does not rain, then water and fertilize as needed with a complete fertilizer or finished compost. Be sure to follow the current watering restrictions. For more information on composting, contact the Extension office for workshop dates.

Creating a vegetable and herb garden can save you money; the cost difference of purchasing the plants or seeds versus purchasing the produce, gasoline, wear and tear on your vehicle, pollution and travel time. It can also be a wonderful family experience. You can share this project with your children; planting, pruning, harvesting, meal planning and cooking. Their fond memories will remain with them for the rest of their lives...as have mine.

For a copy of the Hillsborough County Gardening Calendar created by Sydney Park Brown, Ed.D, which lists many 'to dos' month by month, go to:

<http://hillsborough.extension.ufl.edu/HomeGardening/Garden-Almanac.html>

We provide Solutions for your Life.

Whether you need informational assistance in environmental selection and placement of plant materials, attracting wildlife, becoming a Master Gardener volunteer, community association landscaping, composting or micro-irrigation, We Can Help! We have the answers through science based researched information. This information is easily accessible at our office in Seffner, located at 5339 County Road 579, (I-4, Exit 10, ¼ mile South), on-line at <http://hillsborough.extension.ufl.edu> or by calling 813-744-5519. For answers to home horticulture questions, the Master Gardener phone support is Ext. 7. For instructions on taking and submitting a soil sample, dial Ext. 6.