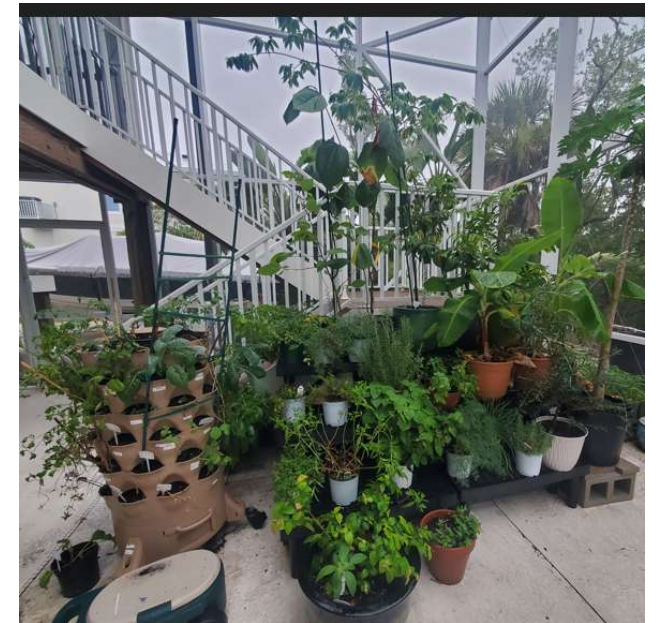
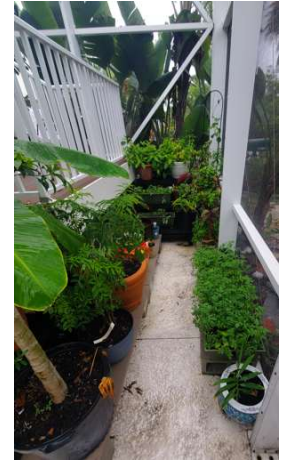


OVERVIEW OF MY PATIO GARDENING IN SANIBEL

- Retired Food Scientist – McCormick & Company
- Avid gardener in Maryland
- Important to me to know where my food is grown
- Determined to grow vegetables in Florida
- **Failed** a lot
- Went to YouTube University
- Read books by Florida Gardeners
- Passionate about sharing what I have learned
- Keep learning by failing & experimenting
- Saving seeds & propagating
- Finding Native Plants I can grow and eat



WELCOME TO MY CONTAINER GARDEN



**Seed
Starting
Times
by
Month
in
SW
Florida**

Quinoa	Spinach	April	Sweet Potato	August	October	Brussel Sprouts	Chives
Radish	Squash	Basil	Tomatillo	Beans	Basil	Cabbage	Cilantro
Roselle	Swiss Chard	Bean-Yarlong	Tomato-Cherry	Bell Peppers	Beans	Carrot	Collard
Rutabaga	Tamarillo	Bell Pepper	Tomato-Heat Resista	Bittermelon	Beets	Catnip	Cranberry Hibiscus
Sage	Tomato-Everglades	Bok Choy	Watermelon	Cowpea	Bell Pepper	Cauliflower	Dill
Spinach	Turnip	Cilantro	Winged Bean	Eggplant	Bitter Melon	Celeriac	Endive
Stevia	Watermelon	Goji Berry	Zucchini	Jalapeno	Bok Choy	Celery	Fennel
Swiss Chard	Zucchini	Ground Cherry	June	Kale-Ethiopian	Broccoli	Collard	Garlic
Tamarillo	March	Jalapeno	Amaranth	Luffa Gourd	Brussel Sprouts	Cranberry Hibiscus	Garlic Chives
Thyme	Bean-Yardlong	Kale	Basil	Moringa	Cabbage	Endive	Goji Berry
Tomatillo	Bell Pepper	Luffa Gourd	Bean-Yarlong	Okra	Carrot	Garlic	Ground Cherry
Tomato	Bok Choy	Melon	Bittermelon	Pepper	Catnip	Goji Berry	Kale
Tomato-Everglades	Cilantro	Moringa	Cowpea	Pigeon Pea	Cauliflower	Ground Cherry	Kohlrabi
Turnip	Corn	Okra	Kale-Ethiopian	Spinach-Lagos	Celeriac	Kale	Leek
Zucchini	Cranberry Hibiscus	Peanut	Luffa Gourd	Spinach-Malabar	Celery	Kohlrabi	Lemongrass
January	February	Cucumber	Pumpkin	Moringa	Squash	Collard	Leek
Arugula	Arugula	Jalapeno	Radish	Okra	Sweet Potato	Endive	Lettuce
Bell Pepper	Bean- Yardlong	Goji Berry	Roselle	Pigeon Pea	Tomatillo	Ground Cherry	Mizuna
Cabbage	Bell Pepper	Ground Cherry	Rosemary	Pepper	Tomato-Cherry	Jalapeno	Moringa
Celery	Cilantro	Kale	Papaya	Spinach-New	Zucchini	Kale	Onion Sets
Chives	Collard	Kohlrabi	Peas	Zealand, Malabar,	September	Kohlrabi	Papaya
Cilantro	Corn	Lettuce	Spinach-New Zealand	Tomatillo	Beans	Leek	Parsley
Collard	Cranberry Hibiscus	Melon	Sweet Potato	Winged Bean	Beets	Lettuce	Peas
Cranberry Hibiscus	Cucumber	Moringa	Tamarillo	Zucchini	Bell Pepper	Mustard	Pepper
Dill	Dill	Mustard	Tomatillo	July	Bitte Melon	Moringa	Potato
Eggplant	Eggplant	Okra	Tomato-Cherry	Amaranth	Broccoli	Onion Sets	Radish
Endive	Endive	Peanut	Tomato-Heat Resistant	Basil	Brussel Sprouts	Papaya	Roselle
Fennel	Goji Berry	Pak Choi	Tomato-everglades	Bean-Yarlong	Carrot	Parsley	Rosemary
Garlic	Ground Cherry	Pumpkin-tropical	Watermelon	Bittermelon	Collard	Peas	Rutabaga
Garlic Chives	Kale	Radish	Zuchini	Cowpea	Cowpea	Potato	Swiss Chard
Goji Berry	Kohlrabi	Roselle	May	Jalapeno	Cucumber	Radish	Tamarillo
Ground Cherry		Rosemary	kale -Ethiopian				Tomatillo
Kale	Leek	Papaya	Amaranth	Luffa Gourd	Jalapeno	Rosemary	Tomato-everglades
Kohlrabi	Lettuce	Peas	Bean-Yarlong	Moringa	Kale	Rutabaga	Turnip
Leek	Melon	Spinach	Bok Choy	Mustard	Leek	Swiss Chard	Tamarillo
Lettuce	Mustard	Squash	Cowpea	okra	Lettuce	Tomatillo	December
Mizuna	Onion Sets	Swiss Chard	Ground Cherry	Pigeon Pea	Mustard	Tomato-everglades	Arugula
Mustard	Papaya	Tamarillo	Jalapeno	pepper	Okra	Turnip	Beet
Onion Sets	Parsley	Tomatillo	Luffa Gourd	Spinach-Malabar	Pumpkin-Tropical	Zucchini	Bell Pepper
Oregano	Peas	Tomato	Melon	Spinach- Lagos	Spinach	November	Brussel Sprouts
Papaya	Pepper	Tomato-Everglades	Moringa	Sweet Potato	Squash	Basil	Cabbage
Parsley	Pok Choi	Turnip	Papaya	Tomatillo	Swiss Chard	Bean-Yardlong	Carrot
Peas	Potato	Watermelon	Peanut	Winged Bean	Tomatillo	Beet	Catnip
Pepper	Radish	Zuchini	Pumkin	Zucchini	Turnip	Bell Pepper	Cauliflower
Pok Choi	Roselle		Rosemary		Zucchini	Bok Choy	Celeriac
Potato	Rutabaga		Spinach-New Zealand			Broccoli	Celery

TOP PLANTS FOR SWF

Sweet potatoes

Longevity, Malabar, Sisso Spinaches

Berries: Elderberry, Blueberry

Beans: Lima, Long, Runner

Turnip greens

Collard greens

Everglade tomatoes

Hot peppers

Peas: pigeon

Okra

Seminole pumpkins

Luffa gourd

Strawberries

Turmeric

Ginger

Peanuts

Spinach

Moringa Tree

Sapote

Lychee

Guava

Sapodilla

Loquat

Starfruit

Banana

Pomegranate

Barbados Cherry, Surinam Cherry,

Cassava

Yucca

Rosemary

Oregano

Culantro

Tulsi Basil

Basil

Eatable Native Plants

Purslane
Coco-plum
Sea Grape
May Pop Wild Passion Flower Passion Fruit
Blackberries
Mulberries
Black Cherry Chokeberry
Prickly Cactus
Dandelion
Watercress
Beautyberry
Muscadine
Yaupon Holly

Eat the Weeds **Green Deane**

Florida Bounty **Sandra Jacobs**

Florida's Edible Wild Plants **Peggy Sias Lantz**

Florida's Incredible Wild Edibles **Florida Native Plant Society**



Beans



Figs

Self POLLINATORS



Mulberries



Cherries



Cucumbers



Green leafy plants



Peppers



Eggplant



Edible flowers

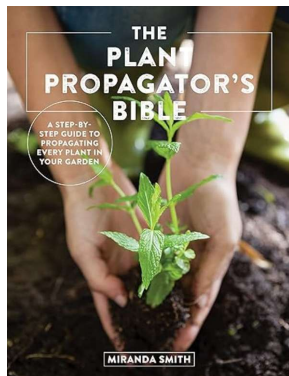
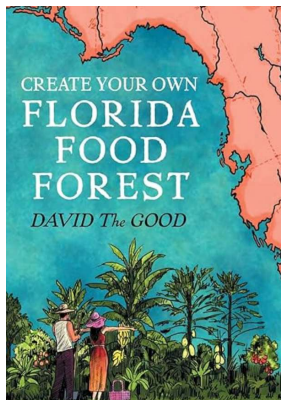
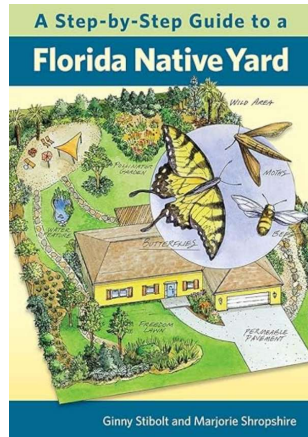
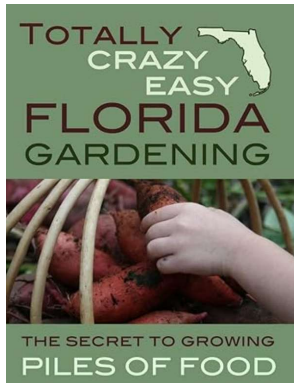


Okra

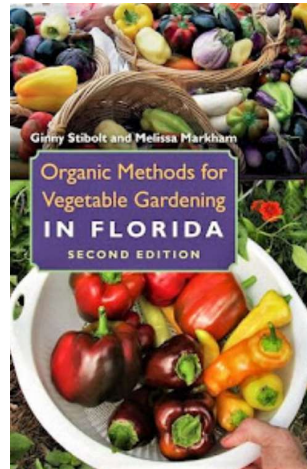
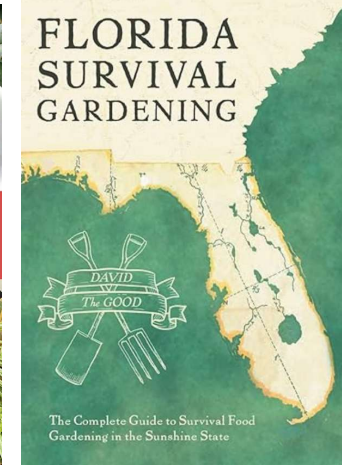
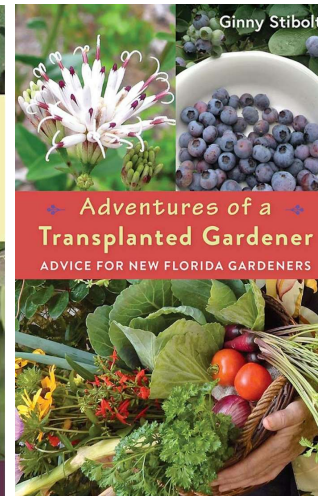
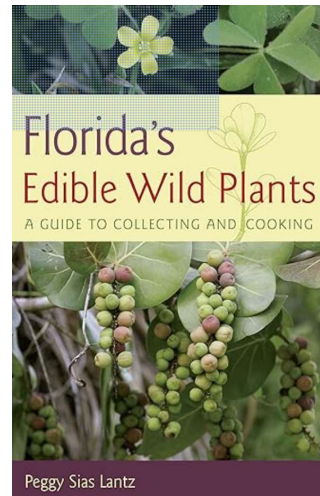


Root Plants

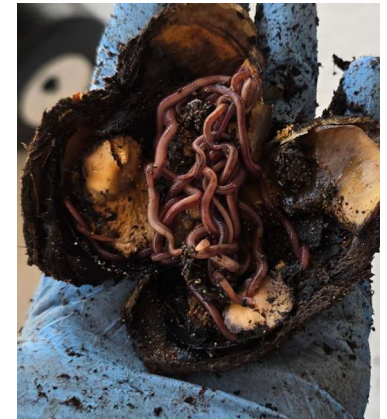
MY FAVORITE BOOKS



WISH LIST BOOKS



WORM COMPOST AND FRUIT (TEA) FERTILIZER



4 PARTS BROWN = COCONUT PULP, PEAT MOSS, BROWN PAPER, DRIED LEAVES, PINE STRAW

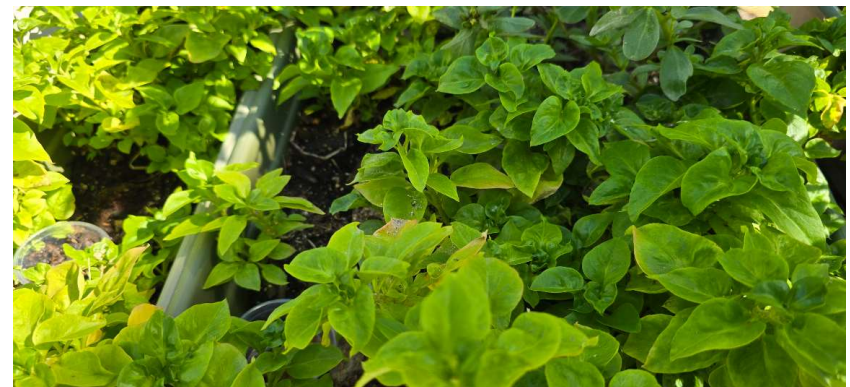
1 PART FOOD = VEGETABLE SCRAPS, FRUIT SCRAPS, FRUIT PEELS, TEA, COFFEE GROUNDS, GROUND EGG SHELLS, NOTHING HOT NO ONION OR PEPPERS, LIMITED PINEAPPLE, NO CITRUS, NO MEAT, NO DAIRY



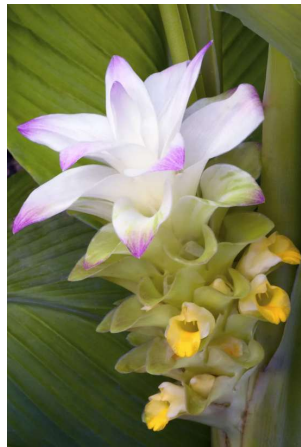
**If your compost smells or has bugs your 4+1 is probably lacking brown.
Don't harvest until there are no visible food particles.**

FILTERED WATER, FRUIT PEELS, SKINS, NO CITRUS

SISSO OR BRAZILIAN SPINACH



TURMERIC AND GINGER ROOT



**Plant Spring and
Harvest in Fall.
Leaves will turn
yellow when
harvest time.**

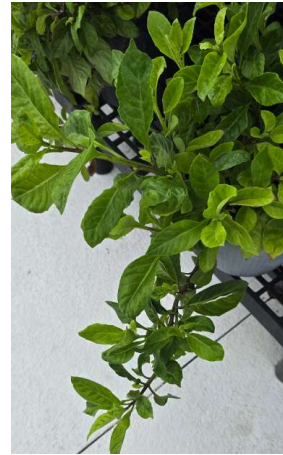
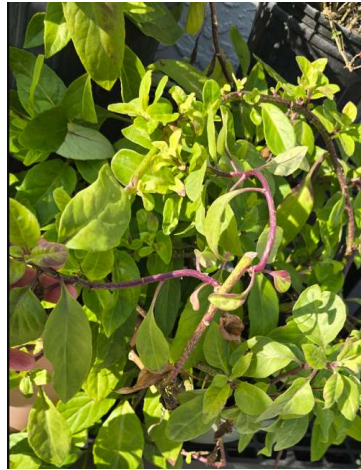


MALABAR SPINACH

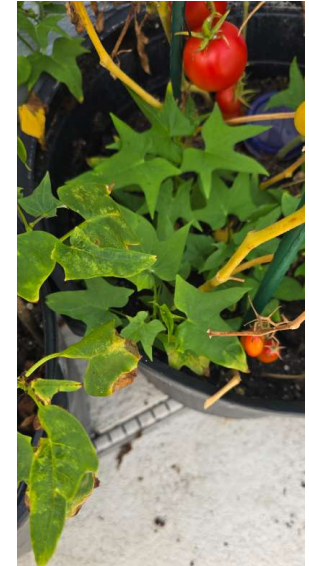
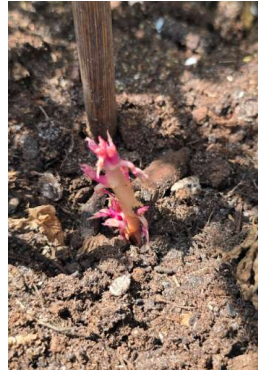
Ceylon spinach, vine spinach, climbing spinach



LONGEVITY SPINACH



SWEET POTATOES AND EVERGLADE TOMATOES



HEAT TOLERANT HERBS



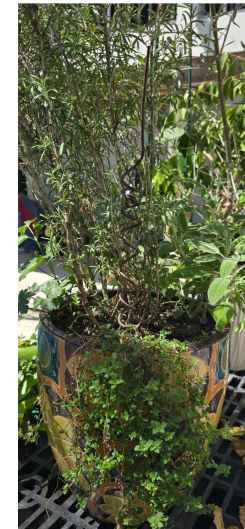
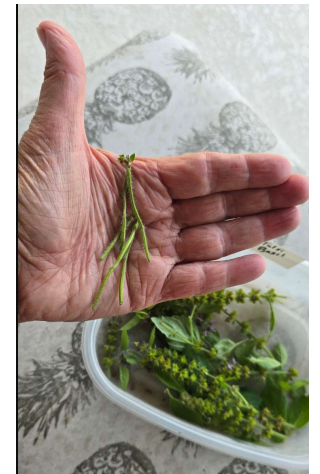
African Basil



Holy Basil/Tulsi Basil



Cuban Oregano



**Parsley, Sage,
Rosemary, Thyme**



Sage



Culantro



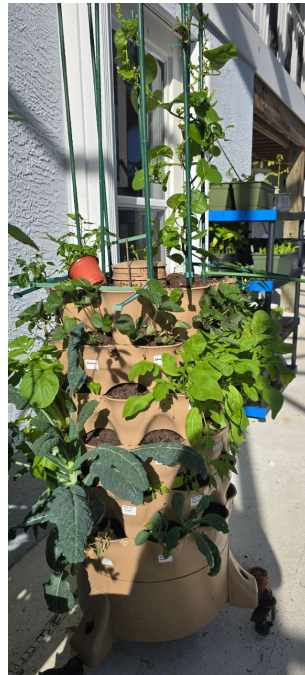
Basil



HIBISCUS ROSELLE LETTUCE TREE



GARDEN TOWER



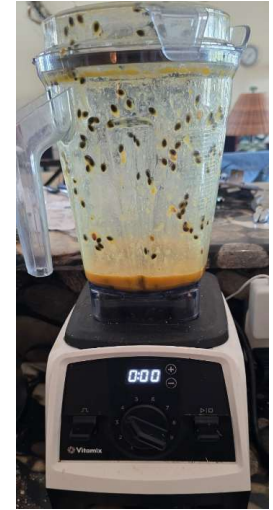
PROPAGATING PAPAYAS



Male papaya had fruit



PASSION FRUIT

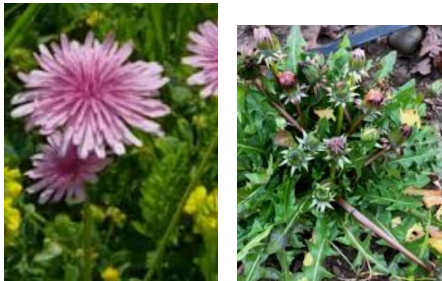


MULBERRIES AND CHERRIES GOGI



Eating Native Plants

Dandelion



Watercress



Muscadine



Beautyberry

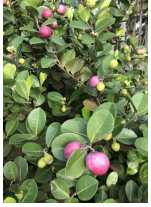


Yaupon Holly



Eating Native Plants

Coco-plum



Purslane



May Pop Wild Passion Flower Passion Fruit



Sea Grape



Black Cherry Chokeberry



Blackberries and Mulberries



Prickly Cactus

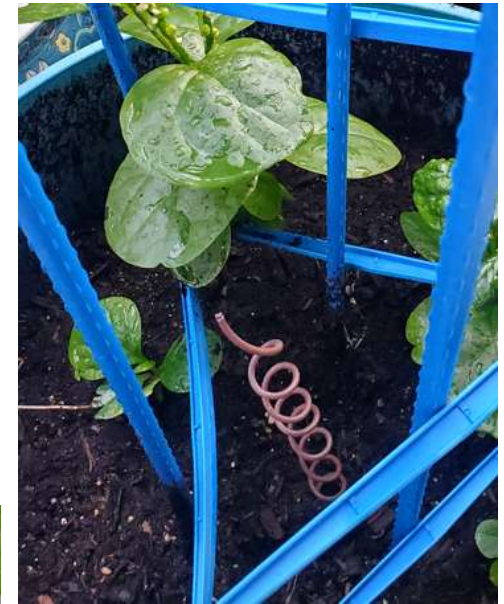
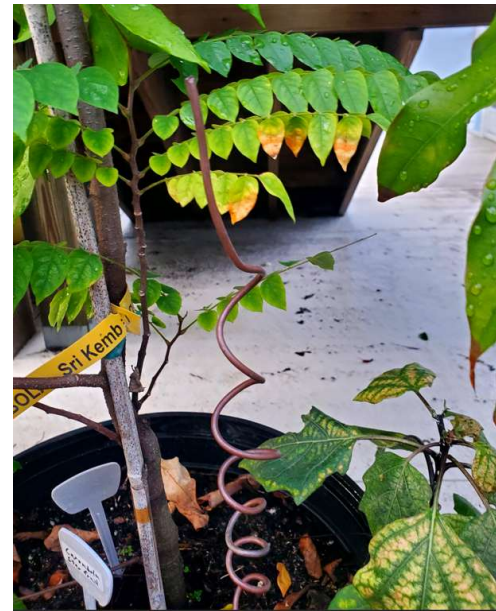


What is Electroculture?

Electroculture is a simple method of applying atmospheric (free) electricity to significantly increase plant growth. Using basic materials like copper wire (and/or magnets) to vitalize the soil and *increase yields by 100% - 300%*. It also eliminates the need for fertilizer and pesticides, explained that “it is not electricity as we know it, but a breath of energy... which stimulates and increases the fertility of the soil.”

From <https://www.electroculture.life/>

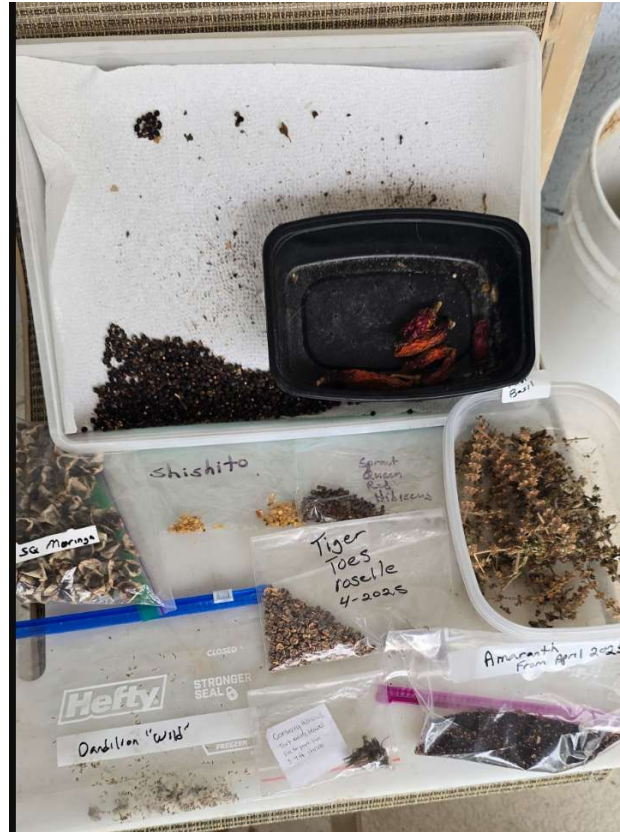
I have experimented with this method and it did increase growth in my plants. I also used small wires in my sprouting jars



ELECTROCULTURE



SEEDLINGS, SEEDS, MOISTURE TESTER, PESTS



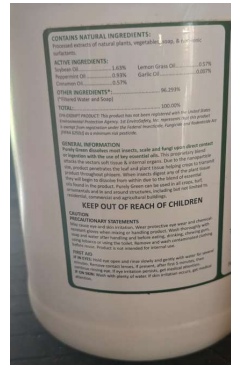
PESTS THAT I HAVE ENCOUNTERED AND SUGGESTED TREATMENT

SIGNS:

Dropped leaves
Chewed leaves
See bugs
Snail trails
Dripping sap
Insects on back of leaves
Ants

Prevention/Treatment

Check leaves and dirt
Day and night
Catch and smash bugs
Neem oil treatment
Natural Soap
Beer treatment
Diatomaceous earth treatment
Plant in pots in screened area
Borax sugar trap



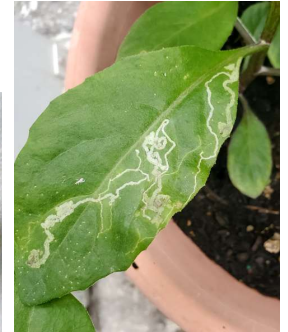
Aphids



Spider Mites



Snails



Iguanas



TIPS AND REVIEW

Experiment

Save your seeds, label them, keep them in a cool place

Harvest seeds from first crop so you have continuous seed supplies

When you let your plant flower and go to seed the plant will suffer some, because the energy is in the seeds

Keep a notebook

Find friends to share ideas and plants with

Grow more plants than fruit

Buy your seeds and plants from local markets rather than big chain stores

Dirt I use: 2 parts organic potting mix to 1 part peat moss or coconut pulp, add organic compost

Use a moisture meter to check if plant needs water

Let plant get on dry side before you water it

Don't over water

Label your plants

Learn what does not need pollinating if your plants are in the screened in porch:

herbs, tomatoes, cucumbers, beans, peas, okra, letuce, kale, radish, anything underground, cherries, berries

Use only natural treatments for pests



Lid with Strainer and optional copper wire.



Mung Bean & Broccoli Seeds.
Soak over night and drain



Rinse twice a day, drain, store upside down



Seeds vs sprouts



2 tbs Seeds in 5 days

WHERE I SHOP LOCALLY

ECHO in North Fort Myers

Plants, seeds, Tours of their Gardens, Education

<https://echonet.org/>

ECHO International Seed Store

<https://www.echobooks.net/bookstore/seeds/>

Link for the ECHO seed planting guide

<https://www.echobooks.net/bookstore/seeds/seed-starting-times-in-swfl/>

Also follow them on FaceBook

<https://www.facebook.com/ECHOFightsHunger>

Tiger Toes Farm

<https://www.tigertoefarm.com/>

Top Tropicals

Shop for Trees and plants in North Fort Myers

<https://toptropicals.com/>

Edison Ford Garden Shoppe (Garden Center)

<https://www.edisonfordwinterstates.org/what-to-see/gardens/>

Sunman's Nursery & Landscaping

<http://www.sunmansnursery.com/fruit-trees/>

YOUTUBE CHANNELS I FOLLOW

Wild Floridian

<https://www.youtube.com/@WildFloridian>

WILD FLORIDIAN GARDEN PLANNER

<https://www.wildfloridian.net/planner>

David the Good

<https://www.youtube.com/@davidthegood>

Homegrown Florida

<https://www.youtube.com/@HomegrownFloridaZ9a>

Eat the Weeds

Green Dean

<https://www.eattheweeds.com/surinam-cherry-only-ripe-need-apply/>

The Urban harvest

<https://www.youtube.com/@TheUrbanHarvest>

Robin Greenfield

<https://www.youtube.com/@RobGreenfield>

Florida Free Living

<https://www.youtube.com/@floridafreeliving>

Link for the ECHO International seed planting guide

<https://www.echobooks.net/bookstore/seeds/seed-starting-times-in-swfl/>

ECHO Facebook

<https://www.facebook.com/ECHOFightsHunger>

MY FAVORITE INFORMATION SITES

University of Florida

Tons of information about plants, growing, pests, etc.

<https://blogs.ifas.ufl.edu/global/>

YouTube Channel

<https://www.youtube.com/@ufsarasotaext>

Eat The Weeds Green Deane

Growing in FL Foraging, classes, etc.

<https://www.eattheweeds.com/classes/>

The Urban Harvest

Teaches classes in gardening, sells seeds, cooking

She also has a YouTube Channel

<https://theurbanharvest.com/>

Link for seeds

<https://theurbanharvest.com/collections/seeds>

Florida Gardening

<https://www.floridagardening.org/>

brought to you by the Florida Nursery Growers & Landscape Association (FNGLA), the nation's largest state nursery and landscape association and represents Florida's environmental horticulture industry.

Electroculture

Cultivate Elevate

https://cultivateelevate.com/blog/electroculture-gardening-techniques-for-beginners-elevate-your-garden/?srltid=AfmBOoqTuwor46PR2cHABowsMzkFatDFWzftNxoC_w8d1xhKAeOyOQYRe

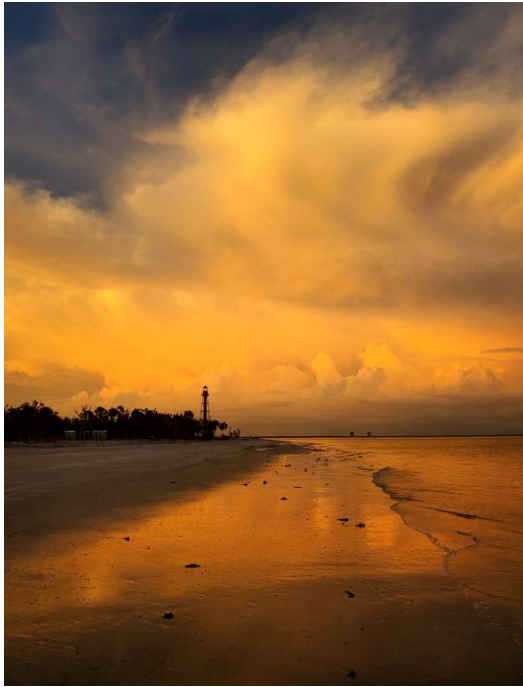
Electroculture Life

<https://www.electroculture.life/>

THANK YOU FOR VISITING MY GARDEN!



In a few minutes, meet me outside at the top the stairs to pick up some free vegetable plants



SANIBEL STRONG



WHO HAS QUESTIONS?

Yaupon Holly Tea

Recipe by Scott Davis

<https://www.nativenurseries.com/>

1. Collect younger leaves and new twigs. Though older green leaves are usable, they contain smaller concentrations of caffeine. To harvest leaves from older stems, grasp the stem near the trunk and slide the hand outward to strip off the leaves.

2. Allow to dry, or dehydrate for quicker results.

3. Bake leaves (to activate caffeine) at 300 degrees for 8 minutes. Baking longer will produce a black tea variety, as opposed to a less-oxidized green tea.

4. Options: Dicing the leaves (with a knife or blender) prior to steeping will enhance caffeine activation. Add other ingredients at this point if you like, such as mint leaves. I love yaupon & mint tea.

5. Steep in hot water for a few minutes, then strain out the leaves. I like to use my French press, but you could also run it through a coffee machine (1 tablespoon = 1 cup).

Beautyberry Bread

Ginny Stibolt

<https://greengardeningmatters.blogspot.com/>

Ingredients:

1 1/2 cups flour
1 teaspoon baking soda
2 teaspoons baking powder
1/2 cup old fashion oatmeal (Peggy used wheatgerm)
1 teaspoon vanilla
1/2 teaspoon nutmeg (Instead of the vanilla and nutmeg, she used ground ginger root)
2 eggs, beaten
1/3 cup olive oil
1/2 cup brown sugar (Peggy used honey and molasses)
1/4 cup hot water
1 cup beautyberries, washed
1/2 cup chopped walnuts
1/3 cup sunflower seeds, roasted and shelled

Preheat oven to 325 degrees and grease one 9" x 5" loaf pan. Mix the dry ingredients in a bowl, in a separate bowl mix the eggs, sugar, oil and hot water, add the liquid mixture into the dry ingredients, and then fold in the beautyberries, nuts and seeds. Pour batter into the pan and bake for 40 minutes or until the bread cracks on top.

Beauty Berry Jelly

Southern Living

<https://www.southernliving.com/recipes/beautyberry-jelly>

Ingredients

2 cups beautyberries, removed from the branches
2-4 cups water
1 (1.75-oz.) pkg. pectin, like Sure-Jell
2 cups sugar

Directions

Remove beautyberries from shrub branches. Rinse, dry, and place in a large bowl. Mash beautyberries with a potato masher, ground beef masher, or mallet. Add two cups of water.

Place beautyberry and water mixture into a large saucepot, and heat over medium-high heat. Bring to a boil, stirring occasionally. Watch for burning, and scrape down the pot sides to prevent any sticking. Boil the mixture until the berries soften. Note: The beautyberry mix will have changed from the original bright purple-pink color to brown. The liquid produced will also be brown. Don't be concerned. The original berry color will return.

Place a piece of cheesecloth over a large bowl. Pour the boiled beautyberry mixture over the cheesecloth, lift the cloth out of the bowl, and push liquid through the cloth with a spoon or other utensil. If the juice is slow to come out, let the berry mixture cool, then make the cheesecloth into a pouch and squeeze liquid out with your hands or mashing device.

Leave any seeds or debris in the cheesecloth, and discard the cloth and debris. Then, add enough water to the strained liquid to make two cups of berry-infused liquid. Place a second piece of cheesecloth in a large bowl, and strain the liquid through it.

Pour the two cups of beautyberry liquid into a saucepan over medium heat. Add one package of pectin (like Sure-Jell) and two cups of sugar. Stir to dissolve the sugar and pectin. The liquid will begin to thicken and change color. Remove any foam, if possible.

Boil the jelly mixture for 10 minutes. Remove from the stove, and spoon into 4-ounce mason jars, leaving around a ¼ inch open at the top. Add the ring and lid to the jars. Note: If you don't have 4-ounce mason jars, this recipe should net one large mason jar of jelly.

Let the jelly cool, and store in the refrigerator for two weeks. Alternatively, you can use the water-bath canning method to seal and can the jelly for longer storage.