

What to Grow During Summer And How To Use Cover Crops

Vegetables That Grow in the Heat:

Topical spinaches such as Malabar, Surinam, Sissou, New Zealand, Longevity

Asparagus bean, Chinese Red Noodle Bean, winged bean

Tumeric and Ginger - good time to plant now

Birdhouse gourds, pumpkin shoots, Bitter Melon, okra

Some herbs, such as cilantro, Cuban oregano, greek oregano, thyme, dill

Sweet Potatoes***

Perennials:

Roselle, katuk, cranberry hibiscus, cassava, chayote

Cover Crops

Field peas, black-eyed peas, cow peas - nitrogen fixers

Black Velvet Beans - nitrogen fixer

Buckwheat - bees love it! Can be uprooted in a month and planted again

Sunn hemp - nematode suppressor, plant with okra

Butterfly pea - nitrogen fixer, flowers used for tea - antioxidant

**Cover crops can be chopped and dropped in your garden bed. They will prevent weeds from growing in your box, suppress root knot nematodes, improve the tilth of your soil and add nitrogen. This will help prepare your soil for the next season.

Plant flowers for the pollinators! Sunflowers, zinnias, gallardia, alyssum, Black-eyed Susan, nasturtiums, cilantro, pentas, and salvias

***plant green onions to deter iguanas