



MAKING A MODERN DAY VICTORY GARDEN

By Angie Decker, Red Butte Garden Horticulturist

A victory garden is a historical concept from WWII when home and community gardens were grown to provide food during a time of scarcity in the United States. Homeowners, schools, and even businesses were encouraged to grow fruits and vegetables to help support their communities while many farmers and the food they produced were sent overseas to contribute to the war effort.

Today we have an opportunity to similarly support ourselves and contribute to our communities by growing food at home. The act of gardening provides multiple benefits—gardening can lift spirits and influence emotional well-being, growing your own food can save money, eating nutritious food contributes to better health and strong bodies, and sharing can strengthen our relationships and sense of community. Growing your own food can save money. Eating nutritious food contributes to better health and strong bodies, and sharing food can strengthen our relationships and sense of community. We can take this opportunity to make connections through food in a new way until such time that we are able to sit around the same table once again.

Make it Nutritious—Balance and Diversity

Balanced nutrition is important to support good overall health. In planning your home garden, consider the nutritional value each food provides and grow a variety of items to ensure you are getting balanced nutrition. Variety also gives greater options for what dishes you can make and keeps your menu interesting.

The following page lists some common, nutritious, and easy to grow fruits and veggies for the home garden.

Vegetable or Fruit	Nutrients
	<ul style="list-style-type: none"> • Nutrients listed include those of 3% Daily Value (DV) or more per 1 cup serving. Those with 2% or less DV per 1 cup serving are not listed. • Nutrients found in significant quantities (above 10% DV per 1 cup serving) are indicated in bold text. • Nutrients found at 100% DV per 1 cup serving are in <u>underlined bold text</u>.
Apple	Vitamin B6, C , K, Potassium, Dietary Fiber
Apricot	Vitamin A , B5, B6, C , E, K, Thiamin, Riboflavin, Niacin, Folate, Iron, Magnesium, Phosphorus, Potassium , Copper, Manganese, Dietary Fiber , Protein
Beet	Vitamin C , B6, Thiamin, Riboflavin, Folate , Iron, Magnesium, Phosphorus, Potassium , Sodium, Zinc, Copper, Manganese , Dietary Fiber , Protein
Broccoli	Vitamin A , B5, C , E, K , Thiamin, Riboflavin, Niacin, Folate , Calcium, Iron, Magnesium, Phosphorus, Potassium, Manganese , Selenium, Dietary Fiber, Protein
Cabbage	Vitamin B6, C , K , Thiamin, Folate , Calcium, Magnesium, Potassium, Manganese, Dietary Fiber
Carrot	Vitamin A , C , K , B6, Thiamin, Riboflavin, Niacin, Folate, Calcium, Magnesium, Phosphorus, Potassium , Sodium, Copper, Manganese, Dietary Fiber
Cauliflower	Vitamin B5, B6 , C , K , Thiamin, Riboflavin, Niacin, Folate , Magnesium, Phosphorus, Potassium, Manganese, Dietary Fiber , Protein
Cucumber (Pickled, Dill)	Vitamin A, K , Thiamin, Calcium, Iron, Magnesium, Potassium, Sodium , Manganese, Dietary Fiber
Cucumber (Raw)	Vitamin C, K , Magnesium, Potassium, Manganese
Kale	Vitamin A , B6, C , K , Thiamin, Riboflavin, Niacin, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper , Manganese , Dietary Fiber, Protein
Lettuce, (Leaf lettuce)	Vitamin A , C , K , Folate, Manganese
Onion	Vitamin C , B6 , Thiamin, Riboflavin, Folate, Calcium, Magnesium, Phosphorus, Potassium, Copper, Manganese , Dietary Fiber , Protein
Pepper (Sweet, Green)	Vitamin A , B6 , C , E, K , Thiamin, Niacin, Folate, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, Dietary Fiber
Pepper (Hot, Jalapeño)	Vitamin A , B6 , C , K , Thiamin, Riboflavin, Niacin, Folate , Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese , Dietary Fiber
Plum	Vitamin A , C , K , Thiamin, Riboflavin, Niacin, Magnesium, Phosphorus, Potassium, Copper, Manganese, Dietary Fiber , Protein
Pumpkin	Vitamin A , B5, B6, C , E , Thiamin, Riboflavin , Niacin, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium , Zinc, Copper , Manganese , Dietary Fiber , Protein
Radish	Vitamin C , B6, Riboflavin, Folate, Iron, Magnesium, Phosphorus, Potassium , Copper, Manganese, Dietary Fiber,
Raspberry	Vitamin B5, B6, C , E, K , Thiamin, Riboflavin, Niacin, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper, Manganese , Dietary Fiber , Protein
Spinach	Vitamin A , B6, C , E, K , Riboflavin, Folate , Calcium, Iron, Magnesium, Potassium, Manganese, Dietary Fiber
Strawberry	Vitamin B6, C , K, Niacin, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese , Dietary Fiber
Sweet Cherry	Vitamin B5, B6, C , K, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, Dietary Fiber , Protein
Tomato	Vitamin A , B6, C , E, K , Thiamin, Niacin, Folate, Magnesium, Phosphorus, Potassium , Copper, Manganese, Dietary Fiber, Protein
Winter Squash (Butternut)	Vitamin A , B5, B6 , C , E , K , Thiamin , Niacin , Folate , Calcium, Iron, Magnesium , Phosphorus, Potassium , Copper, Manganese , Protein



Make it Tasty—Sprinkle in the Herbs

Many herbs are easy to grow and bring rich flavor and nutrition to a home-cooked meal. Some herbs are perennial and can grow in your garden from year to year. Other herbs are annuals and will not survive Utah winters. Below are some examples of perennial and annual herbs you can easily grow at home to spice up your yard and dinner table.

Perennial Herbs

Chives
Ginger
Lavender
Mint
Oregano
Rosemary*
Sage
Savory
Sorrel
Tarragon
Thyme
Winter Savory

Annual Herbs

Basil
Chervil
Cilantro/Coriander
Dill
Fennel
Lemon Grass
Lemon Verbena
Parsley
Rosemary*
Stevia
Summer Savory

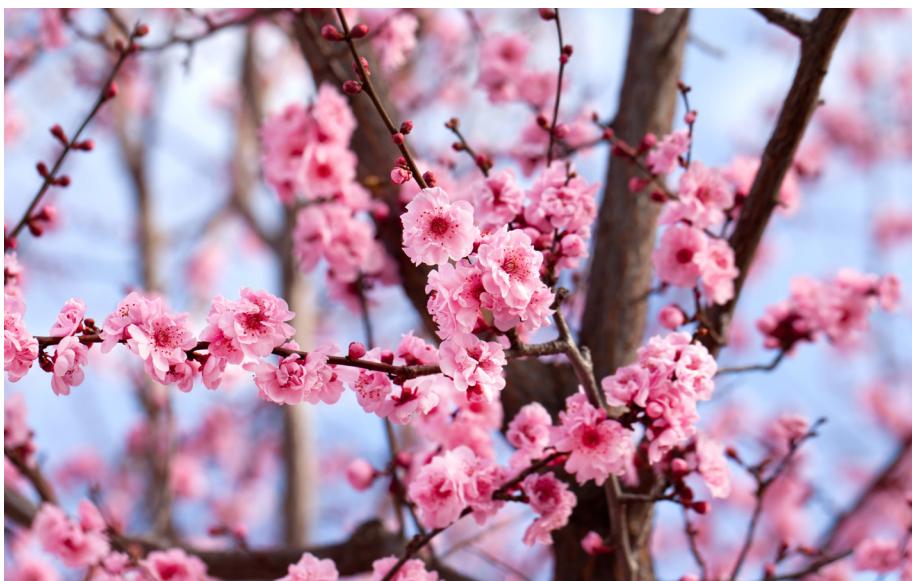


Top L: *Lavandula angustifolia* (Lavender)

Top R: *Mentha spicata* (Spearmint)

Bottom: *Salvia rosmarinus* (Rosemary)

* Rosemary is marginally hardy in the Salt Lake City area and requires careful site selection and protection to survive Utah winters as a perennial. At higher elevation and colder locations, it should be considered an annual.



Prunus x blireana (Double-flower Plum)



Rubus idaeus (Raspberry)

Make it Pretty and Productive—Flowers for Health and Habitat

For those who want to maximize their harvest, it is easy to try to fill every square inch of the garden with veggies and fruits and leave flowers out of the mix. However, some of our best home-grown crops require pollination by bees and other insects in order to produce. Planting a variety of flowering plants can help attract bees and other beneficial insects that will pollinate your crops and help control pests. Many of these flowers are edible or medicinal for us as well and will add to your harvest.

Common vegetables and fruits that require pollination and pollinizer support	
Cucurbits Cucumber Pumpkin Squash	These crops have separate male and female flowers on the same plant. Male flowers have pollen. Female flowers bear fruit. Pollinators are needed to move pollen from male flowers to female flowers for fertilization. Honey bees, bumble bees, squash bees, other native bees, and flying insects help make this possible.
Fruit Trees Apple Apricot Cherry Peach Plum	These fruit tree species rely on insects for pollination. Additionally, some fruit tree varieties are self-fertile, meaning flowers on the same tree can fertilize each other. Other fruit tree varieties are not self-fertile, and must have the pollen of a different variety in order to bear fruit. If you only have room for one fruit tree, select a self-fertile variety. Or perhaps help your neighbor pick out a pollinizer variety so you will both benefit.
Edible Seeds Coriander Fennel Pumpkin Sunflower	Herbs and grains grown for their seed must be pollinated for seeds to form. Coriander is the seed from cilantro. Pumpkin seeds are also known as pepitas and are tasty and nutritious when roasted. Some varieties of sunflowers are better than others for edible seeds. Fennel seeds are great for sauces, stews, teas and can be chewed after meals as a digestive aid.
Berry Fruits Raspberry Blackberry Strawberry	These berry fruits are called achene fruits, which means each berry is comprised of many small fruits growing close together. Each small fruit within has to be individually pollinated in order to develop. Pollination can occur through wind and insect activity.



Calendula officinalis Inflorescence



Viola sororia 'Freckles' Flower

Edible and Medicinal Flowers that Attract Beneficial Insects	
Anise Hyssop	Tall purple spike flowers with root beer or licorice fragrance and sweet flavored blooms and leaves
Calendula	Cheerful shades of orange and yellow, calendula can be used in teas and baked goods
Chamomile	Self-sows for more flowers next year. Doubles as a great edible and medicinal flower.
Chive	The green blades of chives add great flavor to a variety of dishes. The blossoms also carry this flavor and attract beneficial insects.
Marigold	Single blooming varieties are best. The density of petals in double blooms can make it difficult for insects to access the nectar.
Nasturtium	Bright cup shaped blooms range from yellow to red. Lily pad shaped leaves add interesting texture to the garden. The entire flower is edible and has a spicy radish flavor.
Sunflowers	Big, bright blooms with edible seeds
Sweet Alyssum	Loads of little fragrant flowers. Easy to find and inexpensive.
Violas	Cool season flowers help feed our early emerging pollinators. Add fresh blooms to salad, frozen in ice for drinks, or candied on cakes.

Make it Last—Food for This Season and Next

Even a small home garden can provide a great abundance of food throughout the year. Fast growing crops, like lettuce and radishes, can be directly seeded in the garden early and often to get continuous harvest. This method is referred to as succession sowing and will get veggies from garden to kitchen early, fast, and often.

Some crops may take longer to reach harvest, but store well for several weeks, or even months under the right conditions. Some great storing food crops include onion, winter squash, pumpkins, garlic, and potatoes.



Another way to make your harvest last is through processing and preserving. Home-grown crops can be processed in a variety of ways to make them store for several days, weeks or even months and longer. Many of these methods are simple, inexpensive and require minimal tools and materials. The methods listed below will work for a variety of fruits and vegetables from your garden, and some will even work with meat, dairy, and other food items you may want to preserve and store.

Method	Example Crop Types
Butters, Cheeses, and Savory Spreads Add fresh or dried herbs to butter, cream cheese or other spreadable condiments to add flavor and nutrition. Stores in the refrigerator or freezer as long as the base spread normally would.	Dill Sage Rosemary Thyme
Canning Uses heat to remove bacteria, spores, toxins, air and other gases that contribute to food spoilage. Boiling and pressure cooking are the most common methods of canning. Boiling is appropriate for acidic foods like fruits. Pressure cooking is best for low-acid to neutral foods like vegetables. Some varieties are more suitable than others based on their ability to maintain texture when heated.	Tomato (Roasted, sauce, paste, etc.) Pears Peaches Soups and Stews Salsas
Dehydrating Involves heating slices or small pieces of food at low temperatures over a long period of time to remove moisture without cooking or burning. Requires a dehydrator or oven with low temperature settings.	Fruit slices, halves, rings, etc. Fruit Leather Herbs Meat Jerky
Drying Similar to dehydrating, but without added heat. Often achieved through laying items out on a flat surface or hanging items or bundles up to dry. Typically, this is best done in a dry space away from direct sunlight. Drying fruit and other items with high moisture content may call for blanching first to remove surface bacteria to prevent rotting during the longer drying time.	Herbs Peppers Grapes (raisins)

Method	Example Crop Types
Fermenting <p>A method of processing food to encourage beneficial bacteria to convert plant sugars to lactic acid. This process can increase and change the nutritional value of fruits and vegetables to include probiotic qualities.</p>	Cabbage Carrot Cauliflower Radish
Freezing <p>Some vegetables are best cooked or blanched (briefly boiled) prior to freezing. Other vegetables may be grated or diced fresh and then frozen. Some vegetables have an unpleasant texture after being frozen and are best used for baking or other cooked recipes.</p>	Tomato (sauce or roasted) Pumpkin (cooked and pureed) Winter Squash (cooked and pureed) Zucchini (grated fresh)
Jams, Jellies and Marmalades <p>Many fruits, and even some vegetables, make great spreads. This process is often achieved by reducing water content through boiling and the addition of sugar as well as thickeners like pectin.</p>	Raspberry Strawberry Grape Apricot Rhubarb
Juice, Purees, and Nectars <p>Cooking fruits and vegetables and then separating the solid and liquids can make easily storable ingredients for later use in food and drink recipes.</p>	Grape Apple Raspberry Strawberry Apricot
Long Storing Crops <p>Some crops are naturally long-storing without additional processing. Typically, these crops will store longer when kept in a cool, dark, dry, well ventilated environment. Crops like pumpkin and winter squash may store longer if more of the stem is left intact.</p>	Pumpkin Winter Squash Onion Garlic Potato
Pickling: Pickles, Relishes & Chutneys <p>Pickling is the process of submerging fresh fruits and vegetables in vinegar or some other acid, often adding herbs for flavor. This process removes bacteria and increases shelf life. Relish typically refers to pickling chopped vegetables, whereas chutney includes fruits, sugar and spices.</p>	Cucumber Radish Asparagus Beet Apple
Succession Sowing <p>Sow a new set of seeds every week or two to provide a continuous source of fast-growing food crops.</p>	Spinach Lettuce Radish Carrot



Make it Fun, Fulfilling and Physical—Good for Mind, Spirit, and Body

Gardening at home can provide many benefits to our mental, emotional and physical wellness. Spending time outdoors and interacting with nature reduces stress. Working to provide for your family can be emotionally uplifting and provide a sense of purpose. And gardening is exercise, which is critical to maintaining good physical health.

Adding art and whimsy to your garden can make it inviting and peaceful. The sounds of running water in a fountain or the song from windchimes, along with nature's symphony of rustling leaves and bird song, can make your garden space a place of meditation and relaxation. Homemade ornaments, plant labels, trellises or other garden structures can make the space feel special. Many of these items can be made indoors at home on a rainy or hot day and keep you in touch with your garden even when you are stuck inside.

As with any other type of exercise, safety is important. In planning your garden, consider your personal abilities and limitations and create a space that is suitable for you. Raised beds can help limit bending and back strain. Make beds no wider than 3-5 feet to limit the need to reach. Use tools to your advantage to prevent overexertion or muscle strain. Knee pads or something soft to kneel on can spare you pain later. Gloves can protect hands from over drying, cuts and scrapes, and bacteria in the soil like tetanus. Wearing long pants and sleeves, sunscreen, and a hat, and staying hydrated will protect you from the sun and drying winds.

Your Own Personal Victory

Whether you choose to garden for food, family, fun or some other reason, take this opportunity to claim your own victory. Victory in providing nutrition for you and your family. Victory in staying healthy. Victory through community and sharing. Victory for the future. Grow your garden and be victorious!

Angie Decker joined the Garden in 2017 and is the Lead Horticulturist for the Terrace Gardens and Water Pavilion Garden. She has a BA in political science from the University of Iowa and studied horticulture at Colorado State University.