

	<p><b>TOMATOES</b> love full sun and well amended organic soil. Add a sturdy support system and they will abundantly produce for you until the frost arrives.</p> <ul style="list-style-type: none"> <li>• A standard cage works well for paste tomato varieties. All others do best with a sturdy 6+ foot stake. <ul style="list-style-type: none"> <li>• Fruit tastes the best when left to ripen on the vine.</li> </ul> </li> </ul>
	<p><b>PEPPERS</b> love full sun and well amended organic soil. Once they have that, they are a breeze to grow!</p> <ul style="list-style-type: none"> <li>• Peppers can be grown as perennials if planted in a container and taken indoors before the frost. <ul style="list-style-type: none"> <li>• Standard tomato cages provide great support for prolific varieties. <ul style="list-style-type: none"> <li>• Does not tolerate frost.</li> </ul> </li> </ul> </li> </ul>
	<p><b>GREENS &amp; CABBAGES</b> are great for early Spring plantings, as well as extending your gardening season with a Fall planting.</p> <ul style="list-style-type: none"> <li>• Regular snipping of the outer leaves of lettuces and kale will enable it to continue to produce.</li> <li>• All but the bottom 2” of beet and turnip leaves can also be cut and enjoyed while the root matures.</li> </ul>
	<p><b>SQUASH</b> likes full sun, good drainage and compost. If provided with such, these plants will provide you with enough delicious fruit for fresh eating, freezing and even sharing with your neighbors!</p> <ul style="list-style-type: none"> <li>• The fruit is most tender when it is picked young. <ul style="list-style-type: none"> <li>• Does not tolerate the frost.</li> </ul> </li> </ul>
	<p><b>EGGPLANTS</b> enjoy warmth and grow best in very sunny, well-drained locations.</p> <ul style="list-style-type: none"> <li>• A standard tomato cage provides great support for their abundance of fruit. <ul style="list-style-type: none"> <li>• Produce their fruit prolifically, but later in the season.</li> </ul> </li> </ul>
	<p><b>MELONS</b> require plenty of water, sunlight and warmth.</p> <ul style="list-style-type: none"> <li>• A layer of black ground cover will help keep the soil warm enough to make their roots comfortable. <ul style="list-style-type: none"> <li>• Does not tolerate the frost. <ul style="list-style-type: none"> <li>• The Silver Line Melon makes a perfect single serving size.</li> </ul> </li> </ul> </li> </ul>
	<p><b>CUCUMBERS</b> plants provided with warm, fertile, well-drained soil and sunlight will provide high yields during the heat of summer.</p> <ul style="list-style-type: none"> <li>• Utilizing a trellis system will encourage productivity, while limiting pests and disease. <ul style="list-style-type: none"> <li>• The fruit is most tender when it is picked young.</li> </ul> </li> </ul>
	<p><b>PEAS &amp; BEANS</b> have their own specific growing conditions, however, careful picking of fruit will allow for multiple rounds of produce from each plant.</p> <ul style="list-style-type: none"> <li>• Start new plants every couple of weeks for fresh beans and peas all season.</li> <li>• Snap Peas and Purple Podded Pole Beans benefit from a trellis system.</li> </ul>
	<p><b>HERBS</b> are an eye catching and wonderful addition to a garden.</p> <ul style="list-style-type: none"> <li>• They have numerous uses such as, providing medicinal value as teas, tinctures and essential oils, spicing up recipes and serving as a beneficial insect lure. <ul style="list-style-type: none"> <li>• Prune the flowers off of annual herbs to keep them producing edible leaves vs. seeds.</li> </ul> </li> </ul>
	<p><b>STRAWBERRIES</b> love well drained, fertile soil and part shade. Adding a layer of black fabric to the ground will help keep them pest free, while warming their soil in the Spring.</p> <ul style="list-style-type: none"> <li>• If planted in the ground, mulch with straw before the frost and it will come back in the spring. <ul style="list-style-type: none"> <li>• Can be grown in containers and brought indoors for winter.</li> </ul> </li> </ul>
	<p><b>FIGS</b> thrive in well drained, fertile soil and even enjoy some partial shade.</p> <ul style="list-style-type: none"> <li>• If grown in containers, figs can be pruned to stay small and moved into a garage to over winter.</li> <li>• If grown in the ground, they can reach up to 15 feet tall and need to be bundled up before the frost. Typically this is done with a layer of burlap stuffed with dried leaves and/or straw.</li> </ul>
	<p><b>ROOT VEGETABLES</b> are extremely easy to grow if given well drained, loose soil and full sun.</p> <ul style="list-style-type: none"> <li>• While the roots are maturing you can eat the leaves of beets &amp; radishes.</li> <li>• Carrots, beets and radishes can be picked at a variety of sizes, enabling you to harvest as you need them.</li> </ul>
	<p><b>FLOWERS</b> are not only a beautiful, but extremely beneficial addition to the overall health and productivity of a garden, as they lure in beneficial pollinators and predators.</p> <ul style="list-style-type: none"> <li>• Many of our varieties are also edible by being added raw to salads or by roasting their seed.</li> <li>• Plant perennials with care and they will help support your vegetable plants for years to come.</li> </ul>



## What does it all mean?

**HEIRLOOM:** Heirlooms are open-pollinated and not hybridized in a laboratory;  
They have been around for more than fifty years;  
Studies have found that they have more nutritional value than hybrids;  
Because of their genetic diversity, they are stronger plants;  
They are generally more pest & disease resistant.

**HYBRID:** Refers to plants that come from two different varieties that were crossed. As a result, they do not produce seed true to their parents.

**GENETICALLY MODIFIED ORGANISM:** Refer to plants and animals with an altered genetic make-up. GMOs are generally manipulated by a non-natural means, in order to incorporate genes from another organism. They are patented and therefore, it is illegal to save their seed for future generations.

**ORGANICALLY GROWN:** Refers to plants and produce that have been developed, with minimal processing and without using artificial chemicals.

**OHIO'S CLIMATE:** Depending on where you live in Ohio, you are in climate zone 5 or 6. All of the plants that we offer have been chosen for their reliability in prolifically growing locally.

## How we grow organically...

**QUALITY SOIL:** The soil a plant is grown in, is the foundation for its life. Therefore, ensuring that you utilize soil that is a complex combination of minerals, micronutrients, beneficial bacteria and decomposed organic matter, will assist your plants in growing abundantly.

**RAISED BED GARDENING:** A growing method which allows you to grow a larger, more plentiful harvest, in less space, using less water and improved soil. It also takes less work than traditional gardens, as weeds are rare.

**COMPANION PLANTING:** Plant heirlooms with flowers that repel insects and plant consistently. For example, Marigolds are great vegetable companion plants and should be planted for a few years in a row for the bug repellent to build up in the soil. Also, plant vegetables next to complimentary vegetables utilizing a companion planting chart.

**CROP ROTATING:** The system of varying successive crops in a definite order on the same ground. Doing so helps to avoid depleting the nutrients in the soil and to control weeds, diseases and pests from occurring.

**FERTILIZER:** Is a natural or chemical substance that is spread on the land to make plants more fertile. Know Your Roots suggests utilizing all natural fertilizers, such as fish emulsion and compost tea.

**NATURAL PEST CONTROL:** A method that utilizes natural resources in order to be able to eradicate different kinds of pests, primarily various insect species that destroy vegetation. An example of such is utilizing the natural enemies of the insects, such as ladybug beetles to control greenfly. Also, using diatomaceous earth in your garden can discourage such insects as aphids, beetles, ants, and slugs.

**DRIP IRRIGATION:** A form of irrigation that saves water by allowing water to drip slowly to the roots of many different plants, either onto the soil surface or directly onto the root zone, through a network of valves, pipes, tubing, and emitters.

## Why choose Know Your Roots Ohio?

The seeds we grow have been handed down over generations for a reason.

- They provide a variety of color, nutrition and flavor in our diets.
- They have been proven to succeed in our local climate.
- Our plants and produce don't have to travel far to get to you, as they are all grown in Ohio.
- We do not use artificial fertilizers, toxic pesticides, hybrids or GMOs.
- We utilize sustainable farming practices and encourage others to also be good stewards of the earth and respectful of the roots that grow on it.

Contact us at [KnowYourRootsOhio@gmail.com](mailto:KnowYourRootsOhio@gmail.com) or message us on Facebook. Thank you!