



Vegetable Gardening Resources

Community and home food gardening are active and affordable ways to improve food security status and be an ecological steward. Vegetables and fruits can be grown in containers, raised beds, or directly into the ground. CCE staff and volunteers are often well-positioned to promote knowledge and skills gains related to growing food in these settings. It is a priority of CCE to work with vulnerable populations to educate families and influence policies that will allow youth, families, and communities to make sound nutritional decisions with constrained resources. (Adapted from the CCE Statewide Plan of Work)

Learn to:

- **Recognize** common vegetable families.
- **Identify** common garden pests and diseases.
- **Examine** methods to start vegetable seeds indoors and outdoors.
- **Describe** best management practices for water, weed, pest prevention, and nutrient management for maintaining vegetable and herb crops.

There are a large number of resources about vegetable gardening at Cornell University and beyond, here are a few. This is arranged by NYS Seed to Supper Course Book chapter topics:

Planning Your Garden

- Vegetable Varieties for Gardeners- <http://vegvariety.cce.cornell.edu/main/login.php>
- Cornell Garden-Based Learning Citizen Science projects related to growing vegetables <http://gardening.cals.cornell.edu/citizen-science/>
- Vegetable Growing Guides <http://www.gardening.cornell.edu/homegardening/scene0391.html>
- Fact Sheets on Food Gardening resource page <http://gardening.cornell.edu/vegetables/>

Getting Started with Healthy Soil

- Cover crop guide for New York Vegetable Growers <http://covercrop.org>
- Cover Crops for Urban Gardens (Garden Ecology project) <https://blogs.cornell.edu/gep/gardeners>
- Healthy Soils, Healthy Communities; <http://blogs.cornell.edu/healthysouls>
- Soil Contaminants and Best Practices for Healthy Gardens, Cornell Waste Management Institute <http://cwmi.css.cornell.edu/soilquality.htm#research>

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Vegetable Gardening Resources

- Fact Sheets on Food Gardening resource page <http://gardening.cornell.edu/vegetables/>
- Fact Sheets on soil testing resource page <http://gardening.cornell.edu/soil>

Planting Your Garden

- Fact Sheets on Food Gardening resource page <http://gardening.cornell.edu/vegetables/>
- Eliot Coleman's Four Season Farm books, <http://fourseasonfarm.com/read-our-books>
- Vegetable Gardening for Dummies by Charlie Nardozzi, 2009
- How to Grow More Vegetables by John Jeavons, 2012 8th edition
- The Vegetable Gardener's Bible by Edward C. Smith, 2009

Caring for Your Growing Garden

- Save the rain: <http://savetherain.us/green-programs/green-infrastructure/rain-barrels/> and <http://cconondaga.org/resources/how-to-build-a-rain-barrel>
- Rain Barrels, Fact Sheet 218; Cornell Cooperative Extension Rockland County; <http://rocklandcce.org/resources/rain-barrels>
- Plant Rotation in the Garden Based on Plant Families <https://extension.psu.edu/plant-rotation-in-the-garden-based-on-plant-families>
- Vegetable Resources, New York State Integrated Pest Management website, Cornell, CALS; <https://nysipm.cornell.edu/agriculture/vegetables/resources/>
- Troubleshooting, Cornell Garden- Based Learning, <http://gardening.cals.cornell.edu/garden-guidance/troubleshooting/>
- Late Blight Information; New York State Integrated Pest Management website, Cornell, CALS; <https://nysipm.cornell.edu/agriculture/vegetables/pest-alerts-vegetables/late-blight/>
- Cornell University Insect Diagnostic Laboratory; <http://idl.entomology.cornell.edu>
- Pests, Cornell Vegetable Program, CALS; <https://cvp.cce.cornell.edu/pests.php#topbo>
- Weed Control for the Home Vegetable Garden, Bellinder, Robin R.; Kline, Roger A. and Warholic, Donald T. Cornell University Cooperative Extension, <https://ecommons.cornell.edu/handle/1813/3618>
- Weeds and Your Garden, New York State Integrated Pest Management, Cornell, CALS <https://ecommons.cornell.edu/bitstream/handle/1813/43859/weeds-in-garden-bro-NYSIPM.pdf;sequence=1>
- Cornell Publications Wildlife Damage Management Fact Sheets; <http://wildlifecontrol.info/publications/cornell-publications>

Harvesting and Using Your Bounty

- The National Center for Home Food Preservation; The University of Georgia; <https://nchfp.uga.edu/>

Vegetable Gardening Resources

- So Easy to Preserve, The University of Georgia, <https://setp.uga.edu>
- Handy Reference for Drying Vegetables and Herbs; Prepared by Katherine T. Humphrey and Judy L. Price, Cornell Cooperative Extension Home Food Preservation Experts, 2002; https://cpb-us-e1.wpmucdn.com/blogs.cornell.edu/dist/b/2712/files/2009/04/2011_handy_ref_dry_veg.pdf
- Handy Reference for Canning Fruits. Ruth Klippstein, Division of Nutritional Sciences, Cornell University. <http://csetompkins.org/resources/handy-reference-for-canning-fruits>
- Handy Reference for Canning Vegetables; Ruth Klippstein, Division of Nutritional Sciences, Cornell University. <http://csetompkins.org/resources/handy-reference-for-canning-vegetables>
- Freezing Fruits and Vegetables; Mary Lou Tenney, Division of Nutritional Sciences, Cornell University. <http://csetompkins.org/resources/freezing-fruits-vegetables>
- Storage Guidelines for Fruits and Vegetables, Cornell Cooperative Extension of Chemung County; <http://chemung.cce.cornell.edu/resources/storage-guidelines-for-fruits-vegetables>

Campus Links:

- Cornell Garden-Based Learning Food Gardening web page: www.gardening.cornell.edu/vegetables
- Cornell Garden-Based Learning Citizen Science projects related to growing vegetables <http://gardening.cals.cornell.edu/citizen-science/>
- Cornell Commercial Vegetables: <https://www.vegetables.cornell.edu/>

Looking for Cornell people and resources? Don't Google; try the Cornell web search: <http://www.cornell.edu/search/index.cfm>



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