



OUR MISSION

Here at Lake Cable Nursery, we strive to offer the highest quality customer service experience possible while providing personalized gardening advice for beautiful, lasting results!



LAKE CABLE  
*Nursery*

5110 Fulton Drive NW  
Canton, OH 44718  
Phone: 330-499-4786  
[www.lakecablenursery.com](http://www.lakecablenursery.com)



**EDIBLE  
PLANTS**



LAKE CABLE  
*Nursery*

*"We Keep Your Life  
Growing"*

## HEALTHY AND HOME GROWN!

### **Growing your own vegetables, herbs, edible flowers and fruits is fun, easy and rewarding.**

Many of us may remember helping our parents and grandparents plant and harvest vegetables like beans, tomatoes, and peppers from the home garden when we were children. And when such memories come to mind, we may remember gardening as a “chore”, but vegetable and herb gardening is no longer viewed as a chore, but rather a therapeutic and rewarding means of ensuring that our families are enjoying safe and delicious produce.

Vegetable gardening is fast becoming important once again in the minds of consumers all over the country. It is not only seen as a relaxing hobby that anyone in the family can take part in, but knowing where the food you feed your family comes from and how it was grown is a reassuring feeling in light of the contamination of some commercially grown produce. Also important to consider is the heightened nutritional content of organic homegrown produce in comparison to the store bought varieties that are often out of season and full of pesticides. Homegrown veggies and herbs harvested in season are rich in organic nutrients and just taste better!

It is a common misconception that most of us do not have the time or knowledge to plant our own edible plant gardens. A bountiful garden can easily be grown in simple planters on a sunny porch, such as a strawberry jar, or in specialty planters from Earthbox and Topsy Turvy brands. More elaborate, larger gardens are easiest to grow in raised beds, where the whole family can easily tend to the plants and rich organic compost can be added at a depth of 6-8 inches. Just ask one of our helpful Garden Center Sales Associates to help you choose the correct varieties of the tomatoes, peppers, herbs and fruits you love. Many varieties of edibles not only do well in planters, but some are specifically bred to grow better in them!

#### **Try a “patio” tomato in your Topsy Turvy planter!**

We suggest planting edible plants in a mixture containing compost /manure, sand and peat moss, in equal parts for best results. Compost can be purchased here at the Nursery or made at home with home and garden waste. The addition of rich organic matter to the soil is key to growing healthy, delicious veggies, herbs and fruits.

#### **Ask us about Bull Country Compost and what it can do for your garden!**

Plants can be purchased in cell packs or flats, 4” pots and larger. Many varieties can be successfully started from seeds indoors and then transplanted outdoors after the last frost. Keep in mind that some edibles are considered cool season crops and prefer cooler spring temperatures, while others require heat and are best planted later in the season. There are even some varieties that can be planted in late summer or early fall for late season harvests!

The majority of edible plants need full sun, especially when grown from seed, and plenty of moisture. Place your pots or position your garden facing South or West in an area close to a water source.

Try not to overplant a pot or garden, only plant what you can reasonably harvest and eat in one season. Remember, some veggies and fruits spread by runners, grow as vines, or will require staking when they begin to mature. Always be sure to ask our helpful staff for detailed instructions when purchasing edible plants so that you can plan ahead for the specific needs of the edibles you choose. We suggest the monthly addition of organic plant nutrients in the form of granules, which are easiest to apply and require no mixing. Fish emulsion and kelp are other great sources of organic plant nutrients and are available as concentrated liquids (these require mixing). Ask us which food is best for your garden!

If the threat of insects and disease are keeping you from starting your own garden this year, no need to panic! When several different varieties are planted together, the chances of a pest destroying your entire garden are slim. Diversity in your garden will help reduce the incidence of total annihilation! Air movement and watering at the root zone will help to reduce the likelihood of disease in your garden, and always remove diseased or dead plant debris from the area. Also consider companion planting, which utilizes the ability of many herbs and flowers to naturally deter pests! Try planting basil or nasturtiums with your tomatoes and thyme with your cabbage!

**For more detailed information on edible plants, please ask one of our Garden Center Sales Associates. As always, we offer free advice and diagnostic services with purchase and are available to help year round.**