

## Gardening 101

**Annual:** life cycle is generally one season or less

**Perennial:** life cycle is 2 years or more

**Biennial:** life cycle consists of 2 growing seasons

- Season 1: germination and produces leaves
- Season 2: flowers, set seeds and dies

**Bolting:** plants go to seed prematurely. Generally this occurs when the climate gets warmer for cooler weather plants. Cilantro, spinach and lettuce are common bolters.

**Harden off:** the process of getting seedlings grown indoors adjusted to its new outdoor climate. This keeps the plant from going into shock once it is transplanted. Generally, this takes a few days for the plant to adjust.

**Hybrid:** Pollination is tightly controlled. Cannot save seeds for following year and expect the same result.

**Open Pollinated:** Plants whose pollination is natural and random. You are able to save seeds and get a copy of the parent seed.

**Heirloom:** unchanged seed varieties passed down through families or communities. Open pollinated seed.

**Native plant:** varieties that existed in nature prior to human intervention. They are already suited for climate and soil types.

**Drought tolerant:** plants that can exist without water after getting established (1-2 years). Some go dormant in the summer to save resources.

**Hydrozoning:** Grouping plants together by their water and shade requirements.

**Companion planting:** grouping plants together for mutual benefit or pest control

**Cultivar:** (*cultivated variety*). Can be hybrid or from wild plants.

**Deadhead:** Removing dead flowers for the purpose of making it look better and to keep the bloom going.

**Permaculture:** (*permanent agriculture*). A long-term landscaping technique that attempts to mimic natural processes and focuses on sustainability.

**IPM:** (*integrated pest management*). A long term, hierarchy system for pest control. Based on the idea that the gardener use toxic methods as a last resort to control pests.

**Sheet Mulching:** a permaculture technique that suppresses weeds, builds healthy soil and saves water. It's a layering of cardboard (weed blocker), compost (nutrition) and mulch (holds water). This method is great for perennial gardens.

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**Hardiness zone:** average range of low temperatures that your plants will thrive in. Zones range from 2 (coldest) to 10 (warmest). *The SF Bay area is in Zone 10*

**Sunlight requirements:**

- **Full sun:** 6 or more hours per day
- **Partial sun/shade:** 3-6 hours per day
- **Full shade:** Less than 3 hours a day

**Cover Crops:** (*aka green manures*) Plants grown to improve the soil quality and nutrition. Some add nitrogen (fix) and others help to break up clay soil

**Soil types:**

- **Clay:** Small particle size. Holds onto water with a vise
- **Sand:** Large particle size. Drains water and nutrients quickly
- **Loam:** what every gardener hopes for. A perfect combination of sand, clay and organic material

**Compost:** completely decomposed organic material.

**Uses:**

- Return nutrients to soil
- Water retention
- Balance pH levels
- Can be mixed into or laid on top of soil

**Mulch:** placed on top of the soil

- **Coarse:** use from 2-12 inches
  - Wood chips
- **Fine:** use from 1-2 inches
  - Pine needles, straw, cocoa hulls, grape pomace

**Uses:**

- Weed suppression
- Water retention
- Erosion control

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