

# Contents

Foreword by <i>Lynn Byczynski</i> . . . . .	vi	15. The Hoophouse in Winter and Spring . . . . .	90
Introduction: Sustaining Community and Agriculture . . . . .	ix	16. The Hoophouse in Summer . . . . .	99
<b>PART 1: TECHNIQUES</b>			
<b>Planning</b>			
1. Year-Round Production . . . . .	3	<b>Soil and Crop Quality</b>	
2. Create Your Own Field Manual . . . . .	7	17. Maintaining Soil Fertility . . . . .	108
3. Crop Review . . . . .	14	18. Cover Crops . . . . .	115
4. Crop Rotations for Vegetables and Cover Crops . . . . .	18	19. Cover Crops Chart . . . . .	124
5. Seed Storage, Inventory and Orders . . . . .	27	20. Sustainable Disease Management . . . . .	134
6. Scheduling Transplants . . . . .	33	21. Sustainable Weed Management . . . . .	141
7. How Much to Grow . . . . .	41	22. Sustainable Pest Management . . . . .	148
<b>Planting</b>			
8. Crop Spacing . . . . .	47	<b>Harvest and Beyond</b>	
9. Transplanting Tips . . . . .	53	23. Manual Harvesting Techniques . . . . .	155
10. Direct Sowing . . . . .	61	24. Winter Vegetable Storage (Without Refrigeration) . . . . .	161
11. Summer Germination of Seeds . . . . .	65	25. Root Cellars . . . . .	168
12. Succession Planting for Continuous Harvesting . . . . .	70	<b>PART 2: CROPS</b>	
<b>Sustainable Crop Protection</b>			
13. Season Extension . . . . .	77	<b>Legumes</b>	
14. Cold-Hardy Winter Vegetables . . . . .	83	26. Green Beans . . . . .	175
		27. Southern Peas, Asparagus Beans and Limas . . . . .	182
		28. Fava Beans . . . . .	186
		29. Edamame . . . . .	191
		30. Snap Peas and Snow Peas . . . . .	196
		31. Peanuts . . . . .	203

**Brassicas**

32. Broccoli, Cabbage, Kale and Collards in Spring . . . . . 208  
 33. Broccoli, Cabbage, Kale and Collards in Fall . . . . . 217  
 34. Asian Greens . . . . . 225

**Other Greens**

35. Spinach . . . . . 233  
 36. Chard and Other Summer Cooking Greens . . . . . 240  
 37. Lettuce All Year Round . . . . . 246

**Roots**

38. Carrots, Beets and Parsnips . . . . . 260  
 39. Celery and Celeriac . . . . . 269  
 40. Turnips and Rutabagas . . . . . 275

**Cucurbits**

41. Summer Squash and Zucchini . . . . . 280  
 42. Winter Squash and Pumpkins . . . . . 287  
 43. Cucumbers and Muskmelons . . . . . 294  
 44. Watermelon . . . . . 303

**Alliums**

45. Garlic . . . . . 311  
 46. Bulb Onions . . . . . 324  
 47. Potato Onions . . . . . 334  
 48. Leeks . . . . . 338

**Nightshades**

49. Tomatoes. . . . . 342  
 50. Peppers . . . . . 357  
 51. Eggplant . . . . . 363  
 52. Potatoes . . . . . 368

**The Others**

53. Okra. . . . . 378  
 54. Sweet Corn . . . . . 383  
 55. Sweet Potatoes . . . . . 391

**Seed Crop Production**

56. Seed Growing. . . . . 399  
 57. The Business of Seed Crops  
*by Ira Wallace.* . . . . 408  
 Resources . . . . . 415  
 Index . . . . . 429  
 About The Author. . . . . 435