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W037-Asian-American Theme Garden

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Agricultural Extension Service
The University of Tennessee

W037

Asian-American Theme Garden

Steps to Planning a Theme Garden

1. Determine what type of theme garden you would like. In this case, we want an Asian-American Garden.

2. Determine the location and size of your garden. Select an area that receives at least six hours of full sunlight every day and is close to a water source.

3. Take a soil sample and send it to be analyzed with the help of your county Extension agent.

4. The shape of your garden may be a 4'x4' square area or whatever fits into your landscape scheme!

5. Amend the soil according to soil test results. Using a tiller, work in a 3-inch layer of organic matter (peat moss, manure, rotted compost, etc.) to improve the soil structure.

6. Select plants from list of recommended varieties.

7. Plant warm-season vegetables, such as tomatoes, peppers, eggplant and most herbs, after April 25th to avoid frost or freeze damage.

8. Water, weed, fertilize and harvest on a weekly basis throughout the growing season.

9. Enjoy your abundance of fresh vegetables and herbs.

Asian-American Theme Gardens will contain stir-fry type plants introduced to the United States by Asian immigrants.

Asian cultures relate to nature by capturing its heart and spirit and incorporating that essence into daily life. Asian peoples have long been masters in the art of gardening in small courtyards.

When using fresh greens to make salad mixes, use leaves with mild flavors such as lettuce or endive to make up the bulk of the salad. Sharp or pungent leaves such as basil, coriander, parsley, mizspoona and mustards should be used in smaller amounts as an accent.

Recommended Plants

Red Mustard: Mix young leaves in with other salad greens or sprinkle flowers on sandwiches.

Mizspoona: Adds a spicy bite to salads or stir-fry dishes.

Pac Choi: A traditional stir-fry. Separate leaf from stem and chop both into 2-inch wide diagonal chunks. Also good raw in salads.

Snap Peas: Plant early in spring when temperatures are cool. Harvest daily.

'Thai' Basil: This herb with its warm spicy flavor is a native of Africa and Asia held in divine essence. Pick leaves when young for best flavor.

Others: Asian red kale, eggplant, coriander, radish, mizuna, early endive and many lettuce varieties.

Written by Karla Kean, Montgomery County Extension Agent, and Beth Babbit, Tennessee Master Gardener Coordinator.

More information:

A large number of gardening resource materials are available at no charge on the UT Extension Website, with more materials added all the time. Visit www.utextension.utk.edu/publications/default.htm

Some Extension gardening and foods publications include:

PB724	Canning Foods
PB725	Preserving Foods
PB774	Food Storage Guide
PB901	Growing Vegetables in Home Gardens
PB 1215	Disease Control in the Home Vegetable Garden
PB1228	Gardening for Nutrition
PB 1391	Organic Vegetable Gardening
SP 291-A	Growing Vegetable Transplants
SP 291-B	Growing Vegetables from Seed
SP 291-C	Soil Preparation for Vegetable Gardens
SP 291-D	Care of the Vegetable Garden
SP 291-G	Fall Vegetable Gardens
SP 291-I	Weed Control in Home Gardens
SP 291-L	Fresh Vegetable Storage for the Homeowner
SP 291-N	Raised Bed Gardening
SP 291-O	Guide to Spring-planted, Cool-season Vegetables
SP 291-P	Guide to Warm-season Vegetables
SP 325-D	Canning Vegetables
SP 425-A	Healthy Tennesseans Eat More Fruits and Vegetables

Visit the Agricultural Extension Web Site at: http://www.utextension.utk.edu/

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Agricultural Extension Service, Charles L. Norman, Dean