

Backyard Homesteading

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Carroll
Soil and Water
Conservation
District

Overview

- ▶ What is Homesteading?
- ▶ Growing Your Own Food
- ▶ Selecting An Area
- ▶ How Much Food You Need
- ▶ Growing Vegetables
- ▶ Growing Fruit
- ▶ Preservation



Backyard Homesteading Program



“Our workshops encourage the utilization of your backyard or unused green space for food production while creating wildlife habitat and supporting the conservation of our natural resources.”



Indoor class
(winter)



Class at community
garden (summer)



Field trips
(spring/fall)





Backyard Homesteading Workshop

Topics:

Raised Bed Construction
Successful Seed Starting
Companion Planting
Peas & Leafy Greens



THURSDAY

April 11th

6:00 PM

NEW LOCATION

Carroll County Library

70 2nd Street NE

Carrollton, OH 44615

Get your garden going with a workshop sure to help you start the season right! For a full list of upcoming meetings, visit www.carrollswcd.org/backyard-homesteading or like us on Facebook. Please call 330-627-9852 to register for this free workshop. You may call the day of the workshop to register.



What is Homesteading?

- ▶ A lifestyle of self-sufficiency.
- ▶ “Home agriculture, preservation of food, or small scale production of textiles, clothing, and craftwork for household use or sale.”
- ▶ Utilization of unused green space.



Why Grow Your Own Food?

So you know...

- Where it came from
- How it was grown
- What went into it

Other factors

- Healthy
- Great hobby
- Cheaper



Why Grow Your Own Food?

Verizon 2:05 PM 42%

Item Details \$0.00

Romaine Lettuce Hearts, 3 Pack



\$2.48

Details Nutrition

Ingredients
ROMAINE LETTUCE.

Home » Vegetables » Lettuce » Romaine Head Lettuce

Romaine Head Lettuce

★★★★☆ 3

1 Review Write a Review Ask a Question

Tasty, Loosely Folded Heads

Piquant flavor sets this Paris White Cos head lettuce apart from the other lettuces. Produces vase-shaped heads. 10 in. tall. 70 DAYS.

Seed Counts: 1/2 oz. of lettuce seeds contains about 12,000 seeds and sows a 200-ft. row.



Click image to zoom. [Pin It](#) [Like 0](#)

SKU	Select Option	Price
14627	pack of 1,000 seeds	\$3.99 \$3.29
16671	15' seed tape	\$6.99 \$5.99
14628	1/2 oz. pack of seed	\$6.99 \$5.99

14627 ~~\$3.99~~ **\$3.29**

For each offer ordered, get 1 pack of 1,000 seeds

Qty:

ADD TO CART

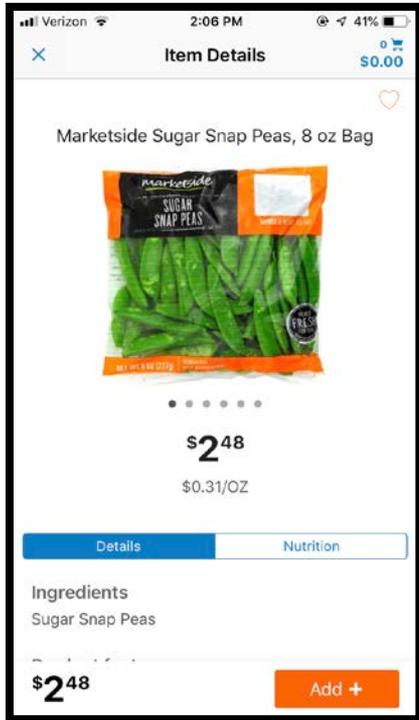
This item ships in both Spring & Fall

Your Garden Zone: 6a
Mechanicsburg, OH 43044
SHIPPING NOW
I'm gardening elsewhere.


GURNEY'S
SEED & NURSERY CO.



Why Grow Your Own Food?



Selecting An Area

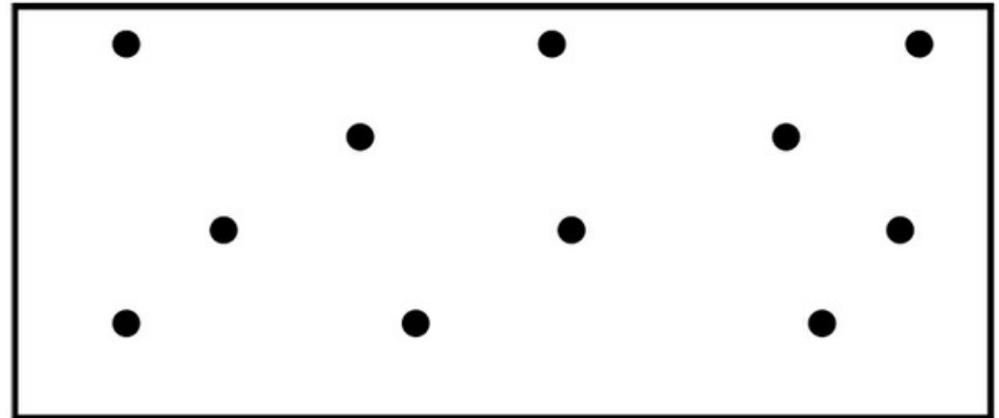
Things to consider

- ▶ Soil Type
- ▶ Drainage
- ▶ Distance from Water
- ▶ Sun/Shade
- ▶ Site History
- ▶ Space Needed



Soil Testing

- ▶ What are you starting with?
- ▶ Soil testing process
 - Pull with probe or shovel
 - Random samples
 - Mix all in bucket
 - Place in bag
 - Send to a lab
 - View results
 - Fertilizer or Lime
(IF NEEDED)



Penn. State Agricultural Laboratory



Types of Gardens

- ▶ Container Gardening
 - Small Space
 - Few Plants
- ▶ Raised Bed Gardening
 - Easy to Manage
 - Great for Backyard Production
- ▶ Large Plot Gardening
 - More Intense Management
 - Larger Production



How Much Food Do You Need?

Make a plan!

- ▶ Measure garden and see how much space you have
- ▶ Choose the species you want to grow and see how much space each requires
- ▶ Find out how many people you have to grow for
- ▶ Write a list of how much food you will need and plant accordingly!



Growing Vegetables

- ▶ Tomatoes
- ▶ Potatoes
- ▶ Sweet Corn
- ▶ Squash
- ▶ Cucumbers
- ▶ Green Beans
- ▶ Cabbage
- ▶ Lettuce
- ▶ Peas
- ▶ Onions

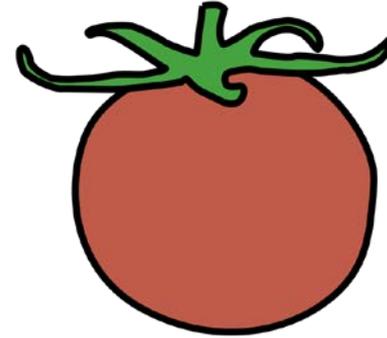


Growing Tomatoes

- ▶ The tomato is the most widely grown vegetable by the home gardener
- ▶ Full sun and regular watering
- ▶ Can be grown as staked plants or in cages
- ▶ Compact tomato varieties can be easily grown in containers



Growing Tomatoes

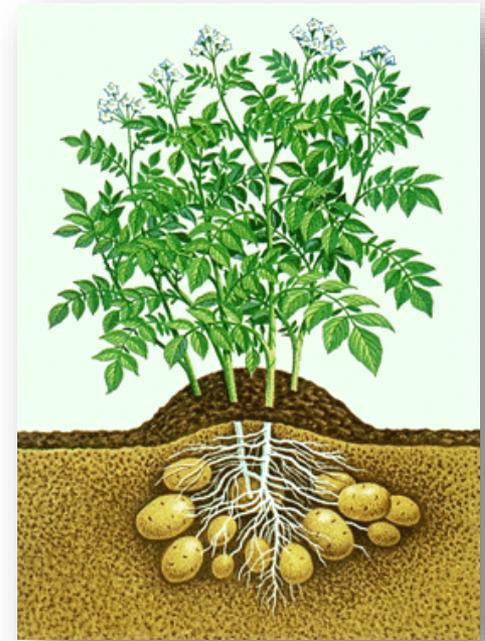


- ▶ 12 lbs. per plant
- ▶ 3 pounds of fresh tomatoes = 1 quart of canned tomatoes
- ▶ 12 quarts = 36 lbs. of tomatoes = 3 plants
- ▶ 30 quarts = 90 lbs. of tomatoes = 7-8 plants



Growing Potatoes

- ▶ Most popular veggie in U.S.
- ▶ Start with seed potatoes
- ▶ Can be planted in hill or mulch
- ▶ Must be covered from sun
- ▶ Harvested in the fall



Growing Potatoes



- ▶ 4-6 regular sized potatoes from each plant- PLUS several smaller potatoes
- ▶ Yield varies slightly based on variety and care of plant
- ▶ Figure out how many pounds of potatoes you need then work backwards to determine how much seed potatoes you will need
 - Seed Potato Weight: 1½ - 2 oz.
 - Yield: 1:10 seed weight to pounds of crop harvested



Growing Sweet Corn



- ▶ Sweet corn should be planted in several short rows rather than one long row
- ▶ Follow seed spacing listed on seed bag
- ▶ Each plant can produce 2 medium ears of corn or 1 large ear of corn
- ▶ A medium ear of corn has $\frac{1}{2}$ cup to a $\frac{3}{4}$ cup of kernels when removed



Growing Squash

Winter Squash

- ▶ Pumpkins
- ▶ Butternut squash
- ▶ Spaghetti squash
- ▶ Acorn squash

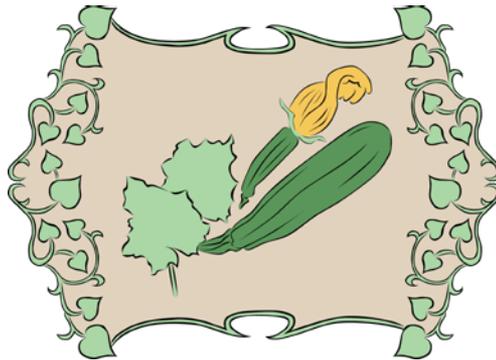
Summer Squash

- ▶ Zucchini
- ▶ Straightneck squash
(yellow summer squash)
- ▶ Crookneck squash



Growing Zucchini and Yellow Squash

- ▶ You need a TON of space to grow all squash plants
- ▶ Will produce until disease or frost kills them
- ▶ Best to pick at 6-8 inches long to keep plant producing
- ▶ 1 pound of zucchini = 3 medium zucchinis
- ▶ 10 lbs. per plant
- ▶ One plant can produce up to 30 zucchinis!!!



Growing Cucumbers

- ▶ Bush plants

- Grows on the ground



- ▶ Vining plants

- Climbs up structure



Growing Cucumbers



- ▶ Cucumbers for pickling- 3 to 4 plants per each quart of pickles you want to make
- ▶ Cucumbers for eating fresh- 2 to 3 plants per person in your household
- ▶ Healthy plants generally grow 10, 6-ounce cucumbers per plant
- ▶ Plants produce 5 pounds of cucumbers per plant if picked every other day
- ▶ Heirloom cucumber varieties produce 2 to 3 pounds per plant



Growing Green Beans

- ▶ Pole beans can produce two to three times the amount of beans than bush beans
- ▶ However, bush beans require less maintenance
- ▶ Bush beans come all at once, pole beans are continuous
- ▶ Can also come in purple, red, yellow, or streaked



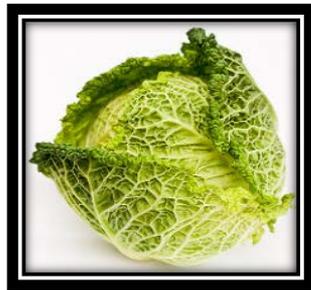
Growing Green Beans

- ▶ 6.4 lbs. from pole beans and 3.33 lbs. for bush beans
- ▶ 10 plants per person of the pole beans = beans as a side at 256 meals per year
- ▶ Calculation: $10 \text{ plants} \times 6.4 \text{ lbs.} \times 4 \text{ servings per pound}$
- ▶ If you did it this with bush beans it would come out to 133 meals in a year



Growing Cabbage

- ▶ 1 cabbage will make 8 cups of shredded cabbage
- ▶ Cabbage can be used fresh in many recipes or canned
- ▶ Check recipes to see how many cups you need to determine how many cabbages you will want to grow in your garden!



Lettuce

- ▶ 6 or 8 loose leaf lettuce plants will keep a small family in salads for several weeks
- ▶ A single butter head lettuce plant provides enough lettuce for a salad for 2 people
- ▶ The trick to a continual supply is to plant a few new seedlings every three or four weeks to replace harvested plants.



Peas



Yield 2 to 6 pounds per 10-foot row with plants 2 to 4 inches apart in rows

1. Snap peas: 1 pound contains about 56 whole pods and measures about 4 cups
2. Snow peas: 1 pound contains about 72 whole pods and measures about 4 cups
3. Shelling peas: The weight of the shelled peas will be almost half of the weight of the original peas purchased in the pod. 1 pound of whole unshelled pods will yield about 1.25 cups of shelled peas.



Growing Onions

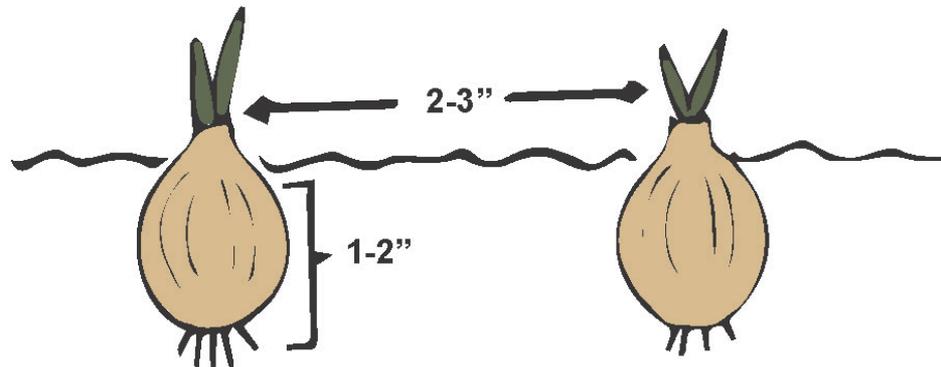
Types of Onions and Uses

- ▶ Yellow Onion
 - Standard cooking onion
- ▶ Sweet Onion
 - Used raw with mild taste
- ▶ Red Onion
 - Used raw with peppery or spicy taste
- ▶ White Onion
 - Used in prepared salads with strong taste
- ▶ Green Onion
 - Tops of the onion plant



Growing Onions

- ▶ Grown from seed or sets
- ▶ Used thinned plants for green onions
- ▶ Weed management is a must
- ▶ Harvest when tops are mostly wilted



Growing Fruit

- ▶ Difficult to establish
- ▶ Requires considerable maintenance
- ▶ Takes many seasons to produce crop

- Apples
- Peaches
- Blueberries
- Strawberries
- Raspberries



Growing Apples

- ▶ Selecting a cultivar
 - fruit size, taste, color, bloom period, ripening season, disease resistance and pollen compatibility
- ▶ Full size-trees
 - 20 ft. tall
- ▶ Dwarf or semi-dwarf
 - 10 ft. tall to 15 ft. tall
 - Easier to manage
 - Produce fruits earlier than standard-size trees
 - May need to be supported since they have poor root anchorage



Growing Peaches



- ▶ Freestone cultivars
 - The flesh separates readily from the pit
 - Usually preferred for eating fresh or for freezing
- ▶ Clingstone cultivars
 - The flesh clings tightly to the pit
 - The flesh may be either yellow or white
 - Used primarily for canning
- ▶ Select bud-hardy cultivars, protect the bloom from late-spring frosts, and manage insects and diseases



Growing Blueberries

- ▶ Acidic soil of 4.5-5.0 with organic matter
- ▶ Begin to produce fruit in the second or third season
- ▶ Do not become fully productive for six to eight years
- ▶ Only highbush blueberry is recommended for Ohio
- ▶ Does not need two different cultivars for pollination
- ▶ Pruning is needed after the third year



Growing Strawberries



- ▶ Twenty-five plants will normally produce enough strawberries for an average-sized family
- ▶ A strawberry planting does not remain productive
- ▶ June-bearing cultivars can produce once yearly from late May to the end of June.
- ▶ Everbearing cultivars can produce two smaller crops, one in late spring and the second in early fall.
- ▶ Day-neutral cultivars can produce fruit throughout most of the growing season.



Growing Raspberries

- ▶ Summer-bearing cultivars produce one crop in early summer
- ▶ Everbearing cultivars can produce crops at two different times a year, early summer and mid-fall.
- ▶ Red, black, purple or yellow-fruited types available
- ▶ Most require a trellis to be grown
- ▶ Pruning is needed but method changes with types of raspberry being grown



Preserving Healthy Produce

Best to worst

- ▶ Fresh
- ▶ Frozen
- ▶ Canned



Freezing Produce

- ▶ Freezing is the easiest, most convenient, and least time-consuming method
- ▶ Most foods freeze well
 - Except produce with a high water content
 - Do not freeze lettuce, salad greens, radishes, raw tomatoes
- ▶ Blanching Vegetables
 - Process to inactivate enzymes and destroy microorganisms
 - Place produce in boiling water (1 gal. to 1 lb. of veggies)
 - Remove and place in ice water for 1 minute



Freezing Produce

▶ Packaging

- Place in freezer bag or rigid container
- Do not use cardboard or reuse plastic food containers
- Remove all air possible to prevent “burn”
- Or spread and tray to freeze then move to bag

▶ Storage

- Freeze quickly to prevent leakage
- Maintain freezer at 0 degrees or less
- Use within one year



Canning Produce

USDA Publications

USDA Complete Guide to Home Canning, 2015 revision

Adobe Reader 10 (or a higher version) is needed for proper viewing and printing of the USDA canning guide files. You can download the free Adobe Reader from <http://get.adobe.com/reader/> . We still recommend selecting 'print preview' before printing a guide to make sure that it will print properly on your computer system. All 8 links below make up the electronic version of the USDA canning guide; the book was split into the 8 files for easier downloading.

The 2015 *Complete Guide to Home Canning* is also being sold in print form by Purdue Extension: The Education Store. All inquiries about purchases will be handled by them. Their information page on the print version of this guide is located at <https://www.extension.purdue.edu/usdacanning/>.

[Introduction](#)

[Guide 01: Principles of Home Canning](#)

[Guide 02: Selecting, Preparing, and Canning Fruit and Fruit Products](#)

[Guide 03: Selecting, Preparing, and Canning Tomatoes and Tomato Products](#)

[Guide 04: Selecting, Preparing, and Canning Vegetables and Vegetable Products](#)

[Guide 05: Preparing and Canning Poultry, Red Meats, and Seafood](#)

[Guide 06: Preparing and Canning Fermented Food and Pickled Vegetables](#)

[Guide 07: Preparing and Canning Jams and Jellies](#)



Food Preservation (ohioline.osu.edu)

Title (Click to Sort)	Fact Sheet Number	Tags
Food Preservation: Canning Soup	HYG-5340	food preservation, food, canning soup
Food Preservation: Preserving Water for Emergency Use	HYG-5354	food preservation, food safety, drinking water, emergency preparedness
Food Preservation: Making Jerky	HYG-5362	food preservation, food
Food Preservation: Freezing Basics	HYG-5341	food preservation, freezing
Food Preservation: Preserving Herbs: Freezing and Drying	HYG-5360	food preservation, freezing, drying, herbs
Food Preservation: Basics for Canning Fruit	HYG-5343	food preservation, canning, fruit
Food Preservation: Basics for Canning Vegetables	HYG-5344	food preservation, canning, vegetables
Food Preservation: Freezing Fruits	HYG-5349	food preservation, freezing, fruit
Food Preservation: Freezing Vegetables	HYG-5333	food preservation, freezing, vegetables
Food Preservation: Salsa—From Garden to Table	HYG-5339	food preservation, salsa



Carroll Soil and Water Conservation District

613 North High Street
Carrollton, OH 44615

Monday - Friday
8:00AM - 4:30PM

Phone: 330-627-9852 ext: 3
www.carrollswcd.org

