

Annual crops planted in spring (May) and harvested in fall (October)

8th grade U.S. History Crops brought to the American colonies with the African slaves

Common name	Scientific name	Origin of crop	How to plant and grow	Seed/plant source Δ	Harvest and processing
Pearl millet	<i>Pennisetum glaucum</i> syn. <i>P. americanum</i> <i>P. typhoides</i>	Africa	Plant seeds 1” deep, thin to about 4 plants/sq. ft.	Saved Seed savers	Cut the stalk with grain to about 1 ft. long and bundle. Can hang in classroom. Pull rest of plant and compost. The plants can be pulled first and then be taken away from the plot area to be cut, bundled, labeled and tied. This helps congestion in the garden plot. <i>Save seeds to plant next year!</i> *
Finger millet (also called Ragi)	<i>Eleusine coracana</i>	East Africa	Plant seeds 1” deep, thin to about 4 plants/sq. ft.	Saved Johnny’s (called ‘Green Cat’ sold as an ornamental)	Cut the stalk with grain to about 1 ft. long and bundle. Can hang in classroom. Pull rest of plant and compost. The plants can be pulled first and then be taken away from the plot area to be cut, bundled, labeled and tied. This helps congestion in the garden plot. <i>Save seeds to plant next year!</i> *
Sweet sorghum (milo)	<i>Sorghum bicolor</i>	Africa	Plant seeds 1” deep and thin to 1 plant per square ft.	Saved Seed savers Bountiful	The grain will be cut to about 1 ft. and bundled. The stocks will be cut into 3” pieces to eat. Cut out the joint and discard. Must pull off the papery out layer and then use teeth to peel off the hard stem casing. Chew on the sweet juices and spit out fibers. <i>Save seeds to plant next year!</i>
African rice	<i>Oryza glaberrima</i>	Africa	Plant seeds 1” deep, thin to about 9 plants per sq. ft. Likes water but not need to grow in flooded area.	Saved seeds. Very difficult to find. Original seed from UC Davis that they got from a USDA source. Good	Cut the stalk with grain to about 1 ft. long and bundle. Can hang in classroom. Pull rest of plant and compost. The plants can be pulled first and then be taken away from the plot area to be cut, bundled, labeled and tied. This helps congestion in the garden plot. <i>Save seeds to plant</i>

				luck!	<i>next year!</i>
Cowpeas (also called black-eyed peas)	<i>Vigna unguiculata</i>	Africa	Plant seeds 1" deep, thin to about 2 plants per square ft.	Ace Bountiful Territorial <i>Pretty easy to find</i>	Pull entire plant. Remove peas from pod and compost rest of plant. Working in a cardboard box lid works well. <i>Save seeds to plant next year! *</i>
Peanuts	<i>Arachis hypogaea</i>	So. America	Remove peanut from shell, leave brown covering. Plant 1" deep directly into the garden in May or start in Jan and transplant. Thin to 2 or 3 plants per sq. ft.	Seed savers Coop -can use raw peanuts from store	Dig out whole plant <i>carefully</i> with a digging fork. Hang to dry in classroom for about a month. *
Okra	<i>Hibiscus esculentus</i>	Possibly East Africa	Plant seeds about 1 inch deep. One plant per sq. ft. Keep the pods picked every 2-3 days to prolong harvest.	Ace Johnny's <i>Easy to find</i>	Harvest young, tender okra. Store in plastic bag in refrigerator until cooking day. Also save the mature seed pods. <i>Save seeds to plant next year! *</i>
Callaloo	<i>Amaranth tricolor</i>	Mexico	Plant seeds about ¼ inch deep. Plants get big, one plant per sq. ft. is fine. Keep the plant cut back if it tries to go to seed.	Johnny's	Harvest the nice fresh tender leaves by pulling them from the stem. Store in plastic bag in refrigerator until cooking day. *
Cotton (brown or white)	<i>Gossypium</i>	Mexico and India	Can direct sow 1 in deep in garden or start seeds indoors when tomatoes are started and transplant. Brown and white cotton will cross. Thin to 1 plant per sq. ft.	Bountiful Seed savers (for colored)	Stems with cotton or bolls are cut and bundled. Hang in the classroom to dry and the bolls will continue to open. When processing, save seeds for replanting. Compost the rest of the plant. <i>If you didn't plant white and brown cotton that crosses, save seeds to plant next year!</i>
Sweet potatoes	<i>Ipomoea batatas</i>	Tropical So. America	Plant slips. Can make your own slips – look on web.	Difficult to find slips as most mail order companies can't ship to CA. Try Lockhart Seeds	Dig gently using a digging fork. Wash gently as they bruise easily. *

Watermelon	<i>Citrullus lanatus</i>	Africa	Plant seeds in May. Plants need room to grow – one plant per 4 sq. ft.	Ace Johnny's <i>Easy to find</i>	
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* Used in African stew. Will probably need to buy more produce in order to have enough for the whole class.

Annual crops planted in fall (October) and harvested in spring (May)

8th grade U.S. History -- Crops brought to the American colonies with the European settlers

Common name	Scientific name	Origin of crop	How to plant and grow	Seed/plant source	Harvest and processing
Wheat	<i>Triticum aestivum</i>	Mesopotamia		Saved Johnny's Seed savers	Harvest in May. The stalks should be brown. <i>Save seeds to plant next year!</i> **
Carrots	<i>Daucus carota</i>	Afghanistan	Don't plant in rows. Plant about ¼ inch deep and scattered. Can grow 25-50 carrots per sq. ft.!!! Carrot seeds must be kept moist to germinate, which takes forever. Can cover with a burlap bag –remove carefully when germinated.	<i>Easy to find</i>	Harvest in May. Some may still be small **
Cabbage	<i>Brassica oleracea</i> var. <i>capitata</i>	Europe	One plant per sq. ft. Plants are easier than seeds	<i>Easy to find</i>	Pull out plant and remove outer leaves. Cut off root.**
Turnips	<i>Brassica rapa</i>	?? W. Asia, Europe	Must direct seed, scattering them. Can grow about 12 turnips per sq. fr.	Johnny's Territorial Bounty <i>Easy to find</i>	Harvest in May even if roots are small. **
Parsnips	<i>Pastinaca sativa</i>	Mediterranean	Must direct seed, scattering them. Can grow about 12 parsnips per sq. ft.	Johnny's Territorial Bounty	Eating quality is improved by frost. **
Salsify	<i>Tragopogon porrifolius</i> .	Europe	Must direct seed, scattering them. Can grow about 12 parsnips per sq. ft.	Johnny's Seed savers	Harvest in May **
Potatoes	<i>Solanum tuberosum</i>	So. America (Andes)	Plant the seed potatoes 6-12 inches apart or about 2-3 per sq. ft.. It is nice to have a mix of colors and types. A	Redwood. Coop –can use organic potatoes.	Usually harvest when the plant yellows and dies (June-July). In school gardens they are usually harvested in May and the potatoes are small. **

			hard frost may kill the tops, but they will regrow.		
Garlic	<i>Allium sativum</i>	Central Asia	Break up garlic bulb and plant the cloves 2-4 inches apart. Can grow about 25 cloves per sq. ft.	Ace Redwood	Harvest when ready to make soup. If the bulbs haven't formed, use as green garlic (like a green onion)**
Onions, bulbing	<i>Allium cepa</i>		Sets don't work well in Davis. Better to buy plants.	Redwood	Harvest when ready to make soup. The bulbs may be small. **

**** Used in European vegetable soup. Will probably need to buy more of some of the ingredients in order to have enough for the whole class.**

Perennial crops

8th grade U.S. History -- Crops brought to the American colonies with the European settlers

Many of these crops are found in the 7th grade Medieval European peasant garden or the kitchen garden.

Common name	Scientific name	Origin of crop	How to plant and grow	Seed/plant source	Harvest and processing
Thyme	<i>Thymus</i>	W. Mediterranean	Usually found in the Medieval peasant garden or kitchen garden. perennial	Ace Redwood Morningsun	Use leaves as fresh as possible. If necessary, store in plastic bag in refrigerator for a day or two. **
parsley	<i>Petroselinum crispum</i>	So. Europe	Usually found in the Medieval peasant garden or kitchen garden. biennial	Ace Redwood Morningsun	Use leaves as fresh as possible. If necessary, store in plastic bag in refrigerator for a day or two. **
French sorrel	<i>Rumex acetosa</i>	Europe	Usually found in the Medieval peasant garden or kitchen garden. perennial	Ace Redwood Morningsun	Use leaves as fresh as possible. If necessary, store in plastic bag in refrigerator for a day or two. **
Winter savory	<i>Satureja montana</i>	Europe	Usually found in the Medieval peasant garden or kitchen garden. perennial	Ace Redwood Morningsun	Use leaves as fresh as possible. If necessary, store in plastic bag in refrigerator for a day or two. **
Oregano or marjorum	<i>Origanum</i>	Europe	Usually found in the Medieval peasant garden or kitchen garden. perennial	Ace Redwood Morningsun	Use leaves as fresh as possible. If necessary, store in plastic bag in refrigerator for a day or two. **

Δ Seed and plant sources

It is important to make sure the scientific name matches those above. It is not safe to rely on common names!

Saved Hopefully seeds are processed and properly saved each year to replant. For species that easily cross, start with fresh seed. Emerson now has many species of crops saved and stored in the shed or science workroom. Also, make sure with the garden coordinator that there aren't seeds available – they are often donated to schools.

Ace	Ace Lumber, Davis	Local	530-758-8000	
Redwood	Redwood Barn Nursery, Davis	Local	530-758-2276	
Coop	Davis Food Coop (or other health food store)			
Morningsun	Morningsun Herb Farm, Vacaville, CA	1-707-451-9406		www.morningsunherbfarm.com
Johnny's	Johnny's Selected Seeds	1-877 564-6697		www.Johnnyseeds.com
S of C	Seeds of Change (certified organic)	1-888-762-7333		www.seedsofchange.com
Peaceful	Peaceful Valley Farm and Garden Supply	1-888-784-1722		www.GrowOrganic.com
Bountiful	Bountiful Gardens (Ecology Action)	1-707-459-6410		www.bountifulgardens.org
Territorial	Territorial Seed Company	1-800-626-0866		www.territorialseed.com
Seed Savers	Seed Savers Exchange	1-563-382-5990		www.seedsavers.org
Pine Tree	Pine Tree Garden Seeds	1-207-926-3400		www.superseeds.com
Richters	Richters – The Herb Specialists	1-905-640-6677		www.Richters.com
Lockhart	Lockhart Seeds Stockton, CA	1-209-466 4401		

Compiled by Patricia Carpenter

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