Veggie Delight

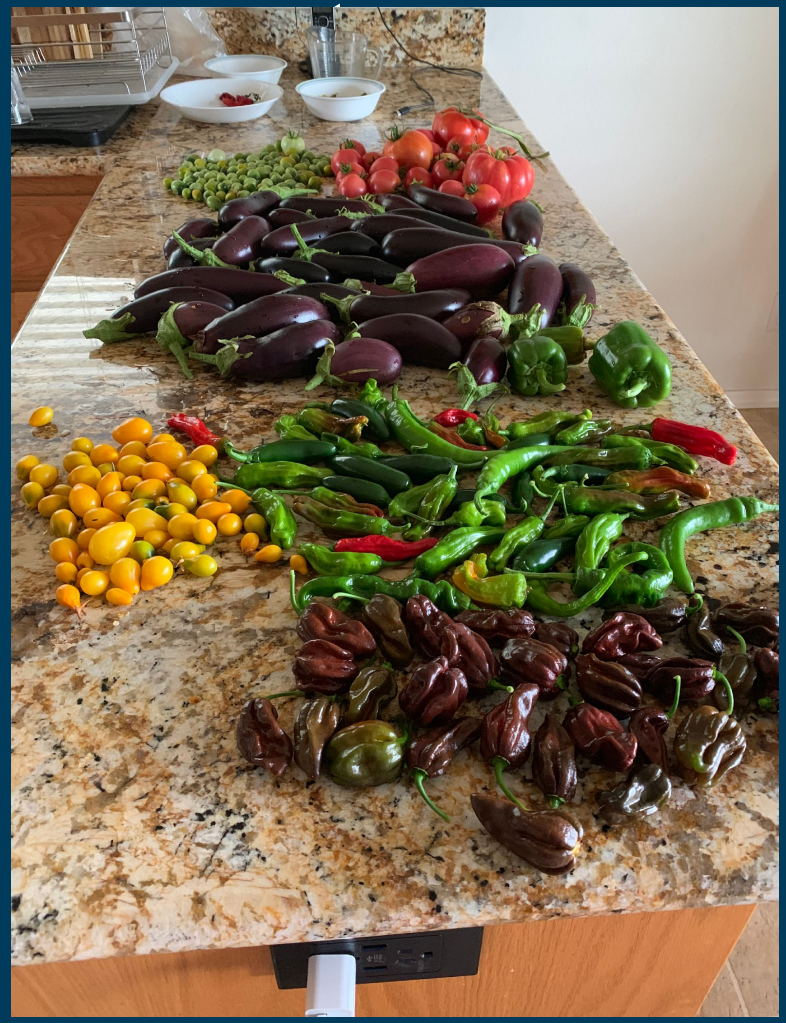
Learn about Vegetables typically not grown in the PNW

WCMGA

Oregon State University
Extension Service
Master Gardener

Hello!

OSU EXTENSION SERVICE
MASTER GARDENER VOLUNTEER



Lakshmi Srinivasan

OSU Extension provides information and expertise to help meet local challenges and help every Oregonian thrive.

- 4-H Youth Development
- Agriculture and Natural Resources
- Family and Community Health
- Forestry and Natural Resources

Oregon State University
Extension Service

OSU Extension across Oregon
FAST FACTS

- 37,000+ youth participating in 4-H clubs and in-school programs
- 59% of our faculty live and work outside of Corvallis
- 13,000+ trained volunteers increasing community capacity
- 1,000+ peer-reviewed Extension publications, videos and apps in the Extension catalog
- 4,800 students and parents served by *Juntos* in 54 schools in 35 communities and 19 counties
- 33,000 individuals receive SNAP-Ed nutrition education
- 6,000+ Ask an Expert questions answered by OSU researchers, educators and volunteers

Ask an expert

OSU Master Gardener™ Program

- Helps Oregonians grow healthy gardens
- Provides gardening information rooted in science
- More than 3,000 trained volunteers provide 200,000 volunteer hours and 250,000 contacts annually
- Requires annual volunteer recertification

Washington County Master Gardener Association

- Works in support of and in collaboration with the OSU Extension Service Master Gardener Program
- Volunteers to educate the public about sustainable and affordable gardening by providing relevant, research-based education

WCMGA

2 WCMGA demonstration gardens

Learning Garden at Jenkins Estate

Education Garden at PCC Rock Creek

Fun Fact & Disclaimer

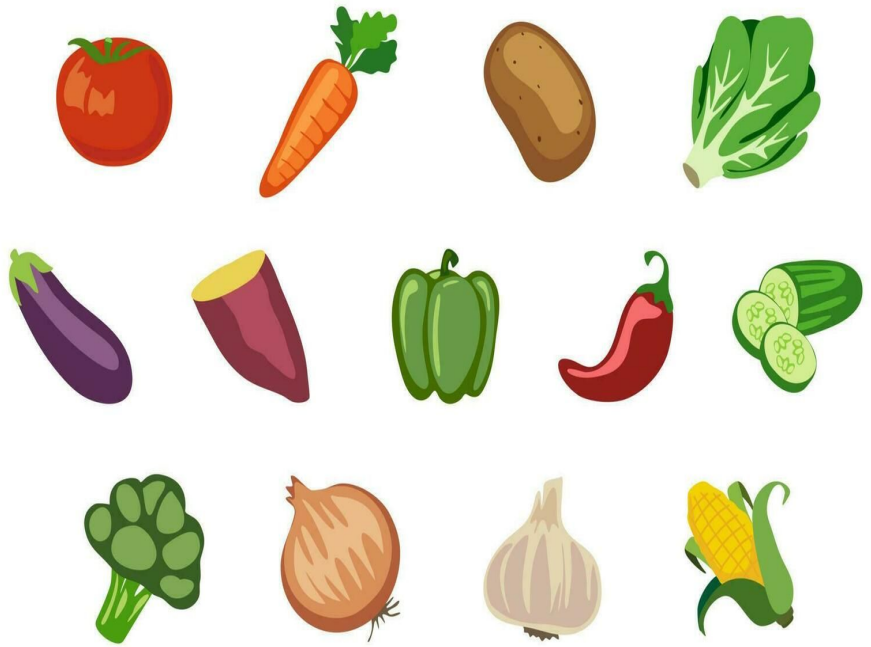
Disclaimer: Many of the plants covered have health benefits. Though mentioned generously throughout the presentation, in the spirit of “Food is medicine” , please do not consider my statements to be medical advice - I am not a qualified doctor or a nutritionist.

Let’s share our veggie growing experiences

What do you enjoy growing?

What would you like to grow?

What plant has surprised you?



What will we cover today?

1. Corm

2. Root

3. Rhizome

4. Herb

5. Grass

6. Edible Seed Pods

7. Fruit

What will we cover today?

8. Fruit

9. Fruit

10. Seed

11. Fruit

12. Fruit

13. Seed

14. Herb

Taro Root

colocasia esculenta

- Needs rich, moist, well-drained warm soil.
- Can grow in partial shade, can spread to 2-3 feet
- One of the earliest domesticated crops in human history
- Contains Calcium oxalate crystals, so naturally toxic when raw
- Pretty leaves are edible and often used to make a dish called Patra. Great landscaping plant
- Root is a staple food worldwide

Taro

Sweet Potato

ipomoea batatas

- Vine with heart-shaped leaves
- Full sun
- Funnel shaped flowers resemble morning glories; provides a groundcover
- Ornamental value, edible leaves and edible roots - spreads vigorously
- Deer-resistant, tolerates drought once established
-

Sweet Potato

Ginger

zingiber officinale

- Well-draining fertile soil, rich in organic matter
- Prefers partial shade; grows 3-4 feet tall
- Sensitive to frost, harvest when leaves turn yellow
- Cultivated in Southeast Asia for thousands of years
- *Maha Aushadhi* or ‘Great medicine’; used extensively in Ayurvedic medicine

Ginger

Thai Basil

ocimum basilicum var. thysiflora

- Unique flavor blending licorice and cloves
- Full sun
- Regular watering, avoid water-logging
- Remove flowers to encourage leaf production
- Grown as an annual in the PNW
- Attracts pollinators like bees and butterflies, repels pests like mosquitos

Thai Basil

Lemongrass

cymbopogon citratus

- A grass with aromatic leaves
- Used in culinary dishes, teas and oils
- Full sun
- Regular watering till established; drought tolerant once established
- Mainly propagated by division of clumps
- Perennial in warm climates, an annual here
-

Lemon Grass

Okra

abelmoschus esculentus

- Large hibiscus-like flowers, bloom for a day
- Full sun, transplant after last frost, expect pods in July
- Moderate watering, can tolerate drought once established
- Pods are harvested when young
- “Ladies Fingers”
- Underside of leaves can be prickly

Okra

Bottle Gourd

plagiobothrys figuratus

- Sprawling vine with heart-shaped leaves
- Full sun; start seeds in April; strong trellis
- Green fruits of different shapes
- Mature gourds are dried and used for crafting containers and instruments
- White flowers bloom at night and pollinated by moths
- Hand-pollination may be needed

Bottle Gourd

Snake Gourd

trichosanthes cucumerina

- Long history of cultivation in Asia and Africa
- Well-draining, fertile soil rich in organic matter
- Full sun; strong trellis
- Regular watering, keeping the soil moist but not waterlogged
- Vine can grow from 12’ to 18’
- Used in traditional medicine and for culinary purposes

Snake Gourd

Bitter Gourd

momordica charantia

- Well-draining, fertile soil, rich in organic matter
- Full sun
- Regular watering, with consistent moisture
- Cultivated for thousands of years in Asia, Africa, and the Caribbean
- Known as "karela" in India
- Popular ingredient in traditional dishes and medicine
- High in nutrients, including vitamins A and C

Bitter Gourd

Black Chickpeas

- Also known as Kala Chana
- Domesticated in the Indian subcontinent over 3,500 years ago
- Thrives in warm, dry climates with well-drained soil
- Can be cooked in a pressure cooker / InstaPot
- Ghugni - a healthy vegetarian snack

Black Chickpeas

Trinidad Scorpion

zingiber officinale

- "Tail" resembling a scorpion's stinger
- Extremely hot pepper
- Full sun
- Needs regular watering, but drought tolerant once established
- Favorite among hot sauce manufacturers
- Use gloves while handling

Trinidad Scorpion

(among other peppers)

Chocolate Habenero

capsicum chinense

- Valued for its smoky flavor and intense heat
- A star in gourmet hot sauces, spicy chocolates
- Can spread to 2’-3’
- Full Sun
- Fruits mature slowly
- Supports pollinators which are attracted to its flowers

Chocolate Habenero

(among other peppers)

Fenugreek

Trigonella foenum-gracum

- Annual herb, cultivated for leaves and seeds.
- Needs full sun, soak seeds before sowing
- Well-drained loamy soil
- Self pollinates
- Staple in Ayurvedic and Chinese medicine
- Leaves are edible and often used to make parathas
- India, Egypt and Morocco are leading producers

Roselle (Gongura)

Hibiscus sabdariffa

- Perennial in warm climates, grows as an annual here
- Needs full sun
- Attracts bumblebees and honeybees
- Known for its tangy vitamin-rich leaves and calyces used in South Indian Cuisine
- Leaves are used to make chutneys, soups and teas
- First domesticated in Africa, and spread to India and the Caribbean

How to start

- Start small - maybe one or two new plants a year
- Try rooting a sweet potato/taro in water by a sunny window
- Get fenugreek seeds and black chickpeas from any Indian store and sprout them before planting
- Wait for warm weather before planting any of these crops!
- Browse seed catalogs (Baker Creek Heirloom Seeds, Territorial Seeds, Seeds of India, Kattula Family Farms, Indianplantsnseeds.com)

Backup - Plant Growing Conditions

Plant	Botanical Name	When to Start from Seed	Soil Conditions	Water Requirements	Sunlight Conditions
Bottle Gourd	*Lagenaria siceraria*	Start indoors 4-6 weeks before last frost or direct sow after last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Snake Gourd	*Trichosanthes cucumerina*	Start indoors 4-6 weeks before last frost or direct sow after last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Bitter Gourd	*Momordica charantia*	Start indoors 4-6 weeks before last frost or direct sow after last frost	Well-drained, sandy loam soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Lemongrass	*Cymbopogon citratus*	Start indoors 6-8 weeks before last frost or direct sow after last frost	Well-drained, sandy loam soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Thai Basil	*Ocimum basilicum var. thyrsiflora*	Start indoors 4-6 weeks before last frost or direct sow after last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun

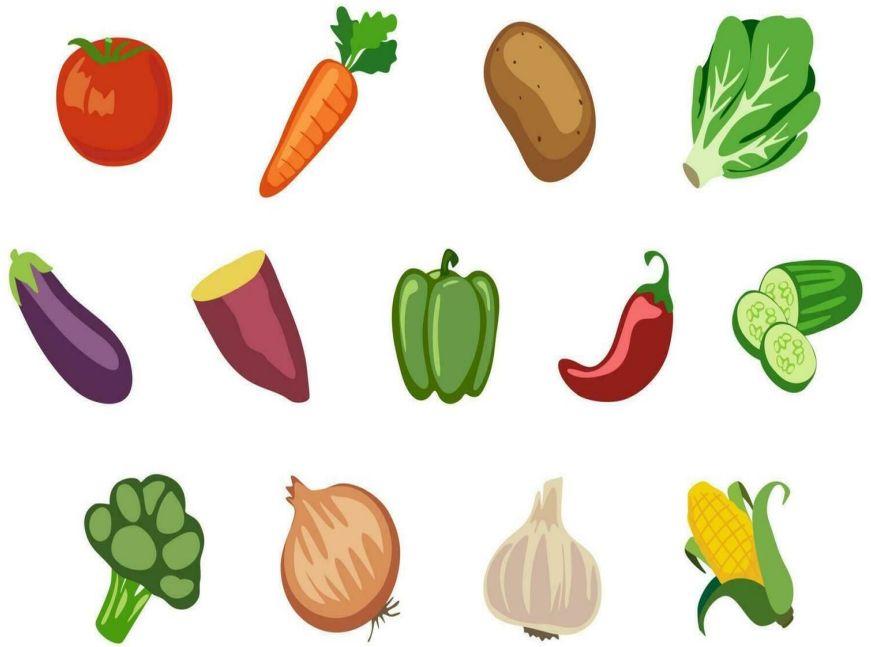
Plant	Botanical Name	When to Start from Seed	Soil Conditions	Water Requirements	Sunlight Conditions
Taro Root	*Colocasia esculenta*	Start indoors 6-8 weeks before last frost or direct sow after last frost	Well-drained, loamy soil rich in organic matter	High, water consistently to keep soil moist, do not let soil dry out	Partial shade to full sun
Sweet Potato	*Ipomoea batatas*	Start indoors 6-8 weeks before last frost or direct sow after last frost	Well-drained, sandy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Ginger	*Zingiber officinale*	Start indoors 6-8 weeks before last frost or direct sow after last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Partial shade to full sun
Trinidad Scorpion	*Capsicum chinense var. Trinidad Scorpion*	Start indoors 8-10 weeks before last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun

Plant	Botanical Name	When to Start from Seed	Soil Conditions	Water Requirements	Sunlight Conditions
Chocolate Habanero	*Capsicum chinense var. Chocolate Habanero*	Start indoors 8-10 weeks before last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Okra	*Abelmoschus esculentus*	Start indoors 4-6 weeks before last frost or direct sow after last frost	Well-drained, sandy loam soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun
Black Chickpeas	*Cicer arietinum var. desi*	Direct sow in early spring, 2-3 weeks before last frost	Well-drained, loamy soil rich in organic matter	Moderate, water deeply once a week, keep soil moist but not waterlogged	Full sun

Plant	Botanical Name	When to Start from Seed	Soil Conditions	Water Requirements	Sunlight Conditions
Roselle (Gongura)	*Hibiscus sabdariffa*	Start indoors 4–6 weeks before the last frost; direct sow after frost danger.	Well-drained, fertile soil with organic matter; pH 5.5–6.8	Moderate; keep soil moist but avoid waterlogging. Tolerates occasional drought.	Full sun (minimum 6 hours daily).
Fenugreek	*Trigonella foenum-graecum*	Direct sow in early spring after the last frost; tolerates cool temperatures.	Loamy, well-drained soil; pH 5.3–8.2	Moderate; ensure consistent moisture, especially during germination.	Full sun to partial shade.

Opportunities to learn more

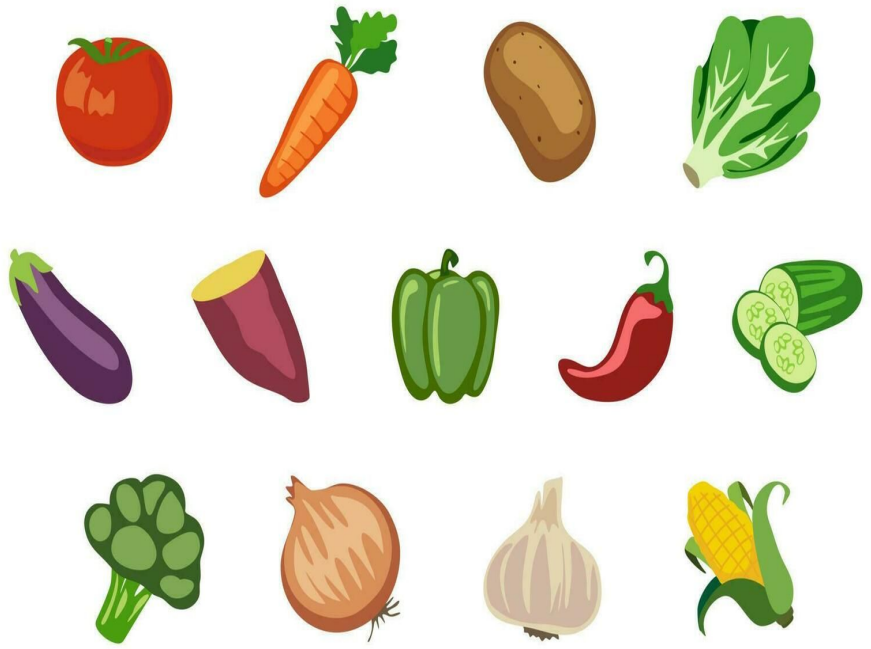
- Garden at Jenkins estate grows lots of veggies - stop by and ask
- Ask an expert
- WCMGA talk on ‘Broadening your Plant Palette’ on Dec 2



Thank you for attending!

Resources posted on WCMGA:

- This presentation
- Plant Growing Conditions
- Recipes!



Happy Growing and Happy Feeding!

Questions / Comments?

Backup Slides that can be printed and laminated if we ever planted these in the Education/Learning Garden

Bottle Gourd

Annual

Plagiobothrys figuratus

DESCRIPTION	Bottle gourd is a fast-growing, annual vine native to tropical and subtropical regions. It produces large, bottle-shaped fruits that can vary in size. The plant has a sprawling growth habit and heart-shaped leaves. The fruits are typically green when immature and can be used for cooking, while mature gourds are dried and used for crafting containers or instruments. Primary pollinator: Hawk moths, including species like Convolvulus Hawk Moth and White-lined Sphinx Moth
CULTURE	**Light**: Prefers full sun. **Water**: Moderate water requirements, with consistent irrigation during the growing season. **Soil**: Well-drained loamy soils are ideal, though the plant is adaptable to other types. **Special Considerations**: This plant thrives in warm climates and benefits from trellising for better fruit development and air circulation.
BLOOM/ SEASONAL INTEREST	White flowers bloom at night and are pollinated by nocturnal insects like moths. The vines are ornamental and functional, providing shade when trained on arbors or trellises. Fruits can be harvested immature for culinary use or left to mature for crafting.

Snake Gourd

Annual

Trichosanthes cucumerina

DESCRIPTION	**Height**: The vine can grow up to 12-18 feet long when supported. **Width/Spread**: It spreads widely, often covering trellises or supports. **Flowering**: Snake gourd blooms are white and highly fragrant, with long, filament-like petals. Flowers open during the evening and are pollinated at night. **Pollinators**: Primary pollinators include nocturnal moth species and other insects active during the evening, including hawk moths
CULTURE	**Light**: Full sun is essential for optimal growth. **Water Requirements**: Prefers mesic (moderately moist) conditions. **Soil**: Thrives in well-drained, fertile soils but can tolerate sandy soils with sufficient organic matter. **Care**: Snake gourd is a fast-growing annual vine. It requires vertical support for climbing and produces edible fruits. Regular watering and fertilization improve yield. **Culinary**: The fruit is a popular vegetable in South Asian and Southeast Asian cuisines. **Medicinal**: The plant is traditionally used for treating ailments like fever and skin conditions. **Ecological**: The flowers support nocturnal pollinators, contributing to local biodiversity.
BLOOM/ SEASONAL INTEREST	**Flower Time**: Snake gourd flowers in late spring to summer, depending on the growing region. **Fruits**: Fruits are elongated, reaching up to 5 feet in length, and are often used in culinary dishes.

Bitter Gourd

Annual

Momordica charantia

DESCRIPTION	**Height**: 6–13 feet when grown on a trellis or support.. **Blooms**: May–October. **Growth**: A fast-growing, annual climbing vine. Leaves are deeply lobed, and the flowers are yellow. Fruits are oblong and warty, turning orange when mature. **Pollinators**: Primarily pollinated by bees, including honeybees (*Apis* spp.) and carpenter bees (*Xylocopa* spp.), but no specific moth species are prominently known.
CULTURE	**Light**: Full sun. **Water**: Moderate; prefers consistent moisture but should not be waterlogged. **Soil**: Thrives in well-draining, nutrient-rich soil with a pH of 5.5–6.7. **Maintenance**: Requires a trellis or support for optimal growth. Bitter gourd benefits from fertilization, particularly with compost or organic matter.
BLOOM/ SEASONAL INTEREST	Attractive yellow flowers appear mid to late spring. Fruits are edible when harvested green, with distinctive bitter flavor prized in many cuisines. While bees are the primary pollinators of bitter gourd, hand pollination can increase fruit set in gardens where pollinator activity is low. Moths are not a primary pollinator for this plant.

Lemon Grass

Annual

Cymbopogon citratus

DESCRIPTION	**Height**: 2-4 feet **Width**: 2-3 feet **Characteristics**: Lemongrass is a fast-growing, clump-forming perennial grass with aromatic, linear leaves. It is widely cultivated for its lemon-scented foliage, used in culinary dishes, teas, and oils. **Pollination**: Primarily wind-pollinated; however, flowers rarely form in cultivation due to the plant's focus on vegetative growth under human care.
CULTURE	**Light**: Full sun is essential for optimal growth. **Water**: Prefers regular watering with well-draining soil but is drought-tolerant once established. **Soil**: Thrives in sandy to loamy soil with good drainage. Tolerates slightly acidic to neutral pH. **Propagation**: Mainly propagated via division of clumps or root cuttings. Seeds are less commonly used as germination can be erratic.
BLOOM/ SEASONAL INTEREST	Lemongrass rarely flowers in cultivation but can produce feathery, purplish inflorescences in optimal conditions. The foliage is the main attraction, providing year-round interest in warm climates. Hardy in USDA zones 8-11; in colder regions, it is grown as an annual or container plant. Perennial in warm climates; treated as an annual in cooler zones where frost kills the plant.

Thai Basil

Annual

Ocimum basilicum var. thyrsiflora

DESCRIPTION	**Height**: 12–24 inches (30–60 cm) **Width**: 12–24 inches (30–60 cm) **Flowers**: Lavender, tubular flowers that are aromatic and visually striking. **Culinary Use**: Common in Thai and Southeast Asian cuisines for its unique flavor blending licorice and cloves.P**ollinators**: Primarily pollinated by bees, particularly honeybees and carpenter bees, which are attracted to its fragrant flowers. The flowers also attract butterflies. **Lifespan**: Annual in most regions; perennial in USDA Zones 10–11 under tropical conditions.
CULTURE	**Light**: Full sun (6–8 hours daily). **Soil**: Well-drained, fertile soil with moderate moisture. Prefers slightly acidic to neutral pH (6.0–7.5). **Water**: Regular watering; avoid waterlogging. **Maintenance**: Remove flowers to encourage leaf production. Thrives in warm, sheltered locations. **Hardiness**: Grown as an annual in temperate climates but can survive as a perennial in tropical and subtropical regions (Zones 10–11).
BLOOM/ SEASONAL INTEREST	Lavender flowers bloom during summer, enhancing visual and aromatic appeal in herb gardens.Annual in most regions; perennial in tropical climates (Zones 10–11. This herb is highly aromatic, with a flavor profile and heat resistance distinct from sweet basil. It attracts pollinators like bees and butterflies while naturally repelling pests like mosquitoes. Perfect for culinary use and ornamental planting in herb or container gardens

Taro Root

Annual

Colocasia esculenta

DESCRIPTION	Taro, also known as Elephant Ears, is a tropical perennial plant recognized for its large, heart-shaped leaves. It can reach heights of 3-6 feet and spreads to about 3-5 feet in width, forming dense clumps. The plant is primarily cultivated for its edible corms and decorative foliage.**Pollinators:** Beetles and small flies are primary pollinators due to the plant's thermogenic flowers, which release heat and attract insects for pollination.**Native Range:** Tropical and subtropical regions, including Southeast Asia and India.
CULTURE	Taro thrives in rich, moist soils with consistent water availability, making it ideal for wetland or bog-like environments. It prefers: **Light:** Full sun to partial shade.**Water:** High water requirements; it can even grow in shallow standing water. **Soil:** Fertile, loamy soil with excellent drainage. **USDA Zones:** Hardy in zones 8-11. In colder zones, it can be grown as an annual or its corms can be stored over winter.**Edible:** The corms are a staple food in many cultures, used in savory and sweet dishes after cooking to neutralize natural toxins. The leaves are also consumed when properly prepared.
BLOOM/ SEASONAL INTEREST	**Ornamental:** Taro is widely used in landscaping for its dramatic, tropical appearance.Though cultivated mainly for its foliage and edible parts, taro produces inconspicuous flowers resembling arum lilies, with a spathe and spadix structure. These flowers are less prominent compared to its lush green leaves.

Sweet Potato

Annual

Ipomoea batatas

DESCRIPTION	**Growth Habit:** Sweet potato is a trailing vine with heart-shaped or lobed leaves, typically grown for its edible tuberous roots. **Height:** Vines typically grow 6-12 inches tall. **Width:** Can spread 4-5 feet or more. **Pollinators:** Primarily pollinated by bees, including honeybees (*Apis mellifera*) and native bees. In its native habitat, sweet potatoes are also visited by hawk moths (*Sphingidae family*), which are effective pollinators. **Life Cycle:** Perennial in tropical climates but grown as an annual in temperate zones.
CULTURE	**Sunlight:** Full sun. **Soil:** Prefers sandy, well-drained soils with a slightly acidic to neutral pH (5.8–6.2). **Water:** Requires consistent moisture but dislikes waterlogged conditions. Tolerates dry periods once established. **Propagation:** Commonly propagated via cuttings (slips) rather than seeds. **Special Care:** Avoid planting in heavy, compacted soils or areas prone to waterlogging.
BLOOM/ SEASONAL INTEREST	**Flowers:** Funnel-shaped flowers resembling morning glories, typically pale lavender or pink with a deeper purple throat. Flowering is more common in tropical regions. **Seasonal Interest:** The vibrant green or purplish foliage provides ornamental value in addition to the edible roots. Sweet potato vines grow rapidly and can cover the ground, making them useful for erosion control. They are resistant to deer and tolerate drought once established.

Ginger

Annual

Zingiber officinale

DESCRIPTION	Herbaceous perennial that thrives in tropical and subtropical climates. It is cultivated for its edible rhizomes, commonly used as a spice in cooking and for its medicinal properties. The plant grows to a height of about 3 to 4 feet, with narrow, lance-shaped green leaves. The flowering stems produce small, inconspicuous flowers that are usually yellowish-green or cream-colored with purple accents.
CULTURE	**Light**: Ginger prefers partial shade, as it does not do well in full sun. It thrives under the canopy of larger plants.**Water**: It requires consistently moist soil but does not tolerate waterlogging. **Soil**: Ginger prefers rich, well-drained soil with high organic content. Ideal pH ranges from 5.5 to 6.5. **Temperature**: Ginger thrives in warm temperatures and needs a growing season of at least 8-10 months to mature. It grows best in temperatures around 77°F. **Hardiness**: Ginger is hardy in USDA zones 8-12. In colder climates, it is grown in containers and brought indoors during winter
BLOOM/ SEASONAL INTEREST	Ginger is a perennial that can be grown from pieces of rhizomes. It is typically propagated by planting rhizomes with at least one eye (bud), and once planted, it will take several months for the rhizomes to mature

Trinidad Scorpion

Annual

Zingiber officinale

DESCRIPTION	Known for its extremely high heat. It thrives in tropical and subtropical climates, particularly in USDA hardiness zones 5-11. This pepper requires full sun and well-drained soil with a pH between 6.0-6.5. While it is typically grown as an annual in cooler climates, it can persist as a perennial in warm, frost-free areas. For optimal growth, it prefers temperatures between 75°F and 85°F (24°C - 29°C), and it needs regular watering while being drought-tolerant once established
CULTURE	This pepper is famous for its intense heat, scoring over 1.2 million Scoville Heat Units, with some peppers exceeding 2 million SHU. It is widely used in hot sauces, salsas, and as a spice for various culinary dishes, adding a distinctive fruity yet fiery flavor. If you plan to grow Trinidad Scorpion peppers, be sure to handle them with care. Their heat can cause significant skin irritation, so gloves and eye protection are strongly recommended during handling
BLOOM/ SEASONAL INTEREST	The Trinidad Scorpion's flowers are pollinated by a variety of insects, with bees being the primary pollinators. However, certain species of moths and other insects might also contribute to pollination, though their roles are not as well-documented

Chocolate Habenero

Annual

Capsicum chinense

DESCRIPTION	a cultivar of the habanero pepper, known for its deep brown, almost black color when ripe. It is a perennial plant in its native tropical regions but is often grown as an annual in temperate climates. This pepper is highly valued for its smoky flavor and intense heat, ranging between 425,000 and 577,000 Scoville heat units, making it one of the hotter pepper varieties.**Height:** Typically grows to 2-3 feet. **Width:** Can spread 2-3 feet wide. **Bloom:** Produces small white or pale yellow flowers in late spring to early summer.**Pollinators:** Primarily pollinated by bees, including honeybees and various bumblebees, which are attracted to its flowers. Hummingbirds may also visit
CULTURE	**Sun Requirements:** Prefers full sun. **Watering:** Regular watering is needed, especially in dry climates, though the plant is somewhat drought-tolerant once established. **Soil:** Well-drained soil rich in organic matter is ideal. It can tolerate a range of soils but thrives in loamy conditions.**Temperature:** Prefers warm temperatures (70°F to 85°F), sensitive to frost.**Maintenance:** Requires moderate care, including staking to support the pepper plant's fruit-bearing branches. Fertilization with balanced fertilizers helps support growth, and occasional pruning improves air circulation.
BLOOM/ SEASONAL INTEREST	The fruits mature slowly, taking longer than other varieties of habaneros, and turn brown when ripe, adding a distinctive smoky flavor to dishes. The plant is typically hardy in USDA zones 9-11, though it can be grown in containers in colder climates and overwintered indoors.Overall, chocolate habaneros not only provide intense heat for culinary uses but also support local pollinators like bees, contributing to biodiversity in gardens

Okra

Annual

Abelmoschus esculentus

DESCRIPTION	**Height**: 3-6 feet (0.9-1.8 m) **Width**: 1-2 feet (0.3-0.6 m) **Bloom Period**: Summer through early fall **Type**: Annual **Pollinators**: Okra is primarily self-pollinating, but it benefits from cross-pollination by insects, especially **bumblebees**. The flowers are large, hibiscus-like, and bloom for a single day
CULTURE	**Light**: Full sun **Watering**: Moderate to high, with consistent watering required during dry periods **Soil**: Prefers well-draining soil with a slightly acidic to neutral pH. Tolerates poor soils.**Frost Tolerance**: Sensitive to frost; typically grown in warmer regions.**Hardiness Zone**: USDA zones 5-11 **Watering Needs**: Needs consistent moisture, particularly during flowering and fruit development. Can tolerate some drought once established
BLOOM/ SEASONAL INTEREST	Okra features large, yellow flowers with a dark center, resembling hibiscus blooms. The flowers last only one day, but the plant will continue to flower throughout the growing season, producing pods that are harvested when young for culinary use. Okra is an important vegetable in many cuisines and requires warm weather and fertile soil to thrive.

Black Chickpeas

Annual

Cicer arietinum

DESCRIPTION	**Height**: 18–36 inches (46–91 cm) **Bloom Period**: Typically blooms from late spring to early summer. **Sun Requirements**: Full sun to partial shade. **Watering Needs**: Moderate watering. It is relatively drought-tolerant once established but performs best with regular watering, particularly in dry periods **Soil Requirements**: Prefers well-drained soil, with a pH between 6 and 7. It tolerates poor soils, including those low in nitrogen, thanks to its nitrogen-fixing capabilities
CULTURE	**Light**: Full sun **Watering**: Moderate to high, with consistent watering required during dry periods **Soil**: Prefers well-draining soil with a slightly acidic to neutral pH. Tolerates poor soils.**Frost Tolerance**: Sensitive to frost; typically grown in warmer regions.**Hardiness Zone**: USDA zones 5-11**Watering Needs**: Needs consistent moisture, particularly during flowering and fruit development. Can tolerate some drought once established. Chickpeas, including black chickpeas, are a rich source of protein, carbohydrates, and essential minerals, which contribute to their widespread use in food products
BLOOM/ SEASONAL INTEREST	While primarily self-pollinating, chickpeas can benefit from insect pollinators, such as bees, especially in environments where cross-pollination might be encouraged

Seed Saving

- Save seeds from open-pollinated or heirloom varieties.
- Choose healthy, disease-free plants for seed saving.
- Allow seeds to fully mature on the plant.
- Harvest seeds carefully, avoiding damage.
- Dry seeds thoroughly before storing.
- Store seeds in a cool, dark, and dry place.
- Label seeds with variety and date.

Resources

- Start your own vegetables from seed
- Growing your own
- Don’t let the lack of room discourage you from gardening
- Seed saving

Plant Hardiness Zone

- The USDA Plant Hardiness Zone Map helps gardeners select plants that will thrive in their local climate.
- Each zone represents a 10°F average annual minimum winter temperature range.
- Oregon spans zones 4b to 9b, indicating diverse climates across the state.
- When selecting plants, choose varieties suited to your specific zone.
- Microclimates within your garden can create variations in hardiness.
- Consider factors like sun exposure, wind protection, and soil drainage.

A Garden Calendar

- Keep a gardening calendar or journal.
- Record planting dates, successes, and challenges.
- Take pictures to document progress.
- Use your records to plan for next season.
- Reference the OSU Monthly Garden Calendar for additional guidance.

Where you can find us…

- On the web

www.metromastergardeners.org

- Instagram

@metromastergardeners

- Facebook

@MetroMasterGardeners

Land Acknowledgement

The Washington County Master Gardener Association acknowledges that the land occupied by our gardens rests on the ancestral lands of the Tualatin band of Kalapuyans, who once lived along the Tualatin River before the forced removal from their land prescribed by the Willamette Valley Treaty of 1855.

Members of The Confederated Tribes of the Grand Ronde and The Confederated Tribes of Siletz, the Kalapuya people continue to be purposeful stewards of their land by design. They managed a seasonal fire and harvest regimen until the 1840's and are currently involved in efforts to restore native habitat in the Willamette Valley. We seek to educate ourselves about their lifeways and collaborate with them using both traditional and scientific gardening methods.

We further express our gratitude to their descendants for carrying on the traditions and culture of their ancestors. We invite everyone to appreciate and reflect on the resilience and healing power of the land and community of their ancestors.

Ask a Master Gardener™!
via webform or voicemail by visiting our webpage…

www.metromastergardeners.org