

Mary's Greenhouse, Inc.  
202 Meiser Lane, McMinnville, TN 37110  
(931) 668-2119 (931) 668-2151 Fax

[marysgh@blomand.net](mailto:marysgh@blomand.net)

[www.marysgh.com](http://www.marysgh.com)

## Edibles

(Revised January 2020)

**Asparagus:** With proper planning, your asparagus can produce for years and years. It is best to plant your asparagus at the end or side of your garden so that tilling will not disturb your bed. Also remember that asparagus can shade other garden plants. Asparagus thrives in well drained and organic rich soil with a ph level of 6.5 to 7.5. It is best not to harvest until the 2<sup>nd</sup> year, allowing it time to become established, and then only harvest for about 2 weeks. As the bed matures, the harvesting time increases. One should harvest bud-tight spears that are 6-8" long.

**Mary Washington** is a popular heirloom variety that produces flavorful spears. It is a seedling variety so your asparagus bed will constantly be replenished with new plants.

**Blackberry (*Rubus*):** Thornless blackberries are excellent choices for homeowners as they adapt to a range of growing conditions. For best results, avoid southern slopes and areas that receive lots of wind. Wind tends to cause winter damage and dries the fruit. Sandy, rich soil is best; you should avoid heavy, poor draining areas. It is recommended to pinch off the top 3-6" of the canes once they reach a desired height. This will help bilateral growth and increase berry production. Blackberries require little to no pesticides in the home garden. They prefer regular watering but can tolerate temporary drought conditions once established. Plants should produce fruit from the 2<sup>nd</sup> year onward.

**Ouachita PP#17162 (pronounced Wachita)** is a University of Arkansas introduction producing large yields of medium to large sized berries. It has an erect growing habit and usually fruits in mid-June. This variety blooms a little later than some of the early producing varieties, causing it to miss most of the late frosts characteristic of this region. It is excellent for home gardeners and commercial growers alike. Ouachita can be used as a cross-pollinator. It is disease resistant and hardy in zones 5-9. Remove canes after fruiting.

**Triple Crown** is a vining variety that can produce heavy yields. It is self-pollinating; however, cross-pollination produces better quality fruit. Since Ouachita is also a cross-pollinator, it would be a good planting partner. It is hardy in zones 5-9 and usually fruits in July and August. Remove canes after fruiting.

**Blueberries (*Vaccinium*):** These are generally separated into Southern and Northern varieties. The Northern varieties are suited for the Northern US and southern Canada (down to zone 7). The chill requirements are 1000 or more hours under 45 deg. and their fruiting season is generally June, July and August. The southern varieties were developed specifically for areas with mild winters (zones 7-10). Bushes can be pruned in the winter to promote branching and to remove weak or dead canes. The fruiting season is generally April, May, and June. Blueberries not only produce fruit but are worthwhile garden plants. They can provide brilliant fall color. Many varieties are self-pollinators but cross-pollination helps to increase berry size and production. Blueberries grow best in full sun to light shade and usually produce fruit when 2 years old. Soil

needs to be loose, sandy and have a ph of 4 to 5.5. Soybean or cottonseed meal are excellent natural fertilizers.

**Pink Lemonade** is a self-pollinating rabbiteye (native to SE) variety with medium sized bright pink berries. It is very ornamental as well as great for eating. It has pink flowers in the spring and grows 5-6'. It is hardy in zones 4 - 8 and is a mid to late season producer. It needs 400 chill hours.

**Sunshine Blue** is a Southern variety growing 2-4' and is hardy in zones 5 – 10. Bears bright pink flowers followed by medium sized fruit. Sunshine is a self-pollinator and needs only a minimum of 150 chill hours. It is reported to tolerate a higher ph level than other varieties.

**Top Hat** is a Northern variety that is hardy in zones 3 – 8. It is a mid-season producer that is self-pollinating. It grows about 2', making it a good choice for container gardening.

### ***Cranberry (Vaccinium)***

**macrocarpon Stevens** is a self-fertile producer of large, red berries. It is excellent in containers or as a groundcover. It likes wet and acidic soils. It grows to 6" and is hardy in zones 3-9.

### ***Fig (Ficus)***

**Brown Turkey** is a reliable fruiter that can be grown in a container. It is hardy in zones 7-10. Figs need full sun and regular water. They fruit on old wood in early summer and again in later summer on new wood. In this area, an early summer crop is less likely because the plants will often die back to the ground in winter. Planting near a south-facing wall is a good idea.

***Goji Berries (Lycium barbarum) a.k.a. Wolfberry*** are a popular 'super fruit' that are packed with vitamins and anti-oxidants. They are easy to grow in most situations. The vining shrubs are covered in lavender blooms in the spring followed by small berries that ripen to an orange-red in mid to late summer. They prefer full sun but can tolerate light shade. They are drought tolerant once established but to improve fruit production, regular waterings are recommended. They don't have to be pruned but they do tend to sprawl and it might be beneficial to prune the tips to promote branching. Loosely staking the plant also will help in harvesting the berries. The berries are not fully ripe until they taste sweet and fall off the plant easily. They are self-fertile which means you do not have to have multiple plants. A well balanced fertilize designed for flowering shrubs can be applied in early spring when new growth appears.

***Kiwi (Actinidia)*** is a woody vine that can be used to cover a trellis, fence, etc. They tend to be low maintenance and easy to grow. In order to produce fruit, plant at least 1 male to every 4-8 female plants. Kiwi vines prefer well drained, fertile soil with regular fertilize. While the varieties we carry produce fruit, they are grown for their ornamental qualities as well.

**arguta Ananasnaja (a.k.a. Anna)** is one of the best fruiters with intense flavor and smooth edible skin.

**arguta Hardy Male** can fertilize up to 8 females and can be used to fertilize all *arguta* varieties.

### ***Mulberry (Morus)***

**nigra Dwarf Everbearing** is a self-fertile producer of medium sized black mulberries. A

## Edibles - continued

compact grower (2-4' with pruning) so it can be grown in containers. It is hardy in zones 5-11; is easy to grow in full to partial sun; and is disease resistant.

### *Muscadine*

**Dixie** is a mid-season, self-fertile bronze muscadine ideal for wine, juice and jam. It has good cold tolerance and is very productive.

### *Pomegranate*

**Salavatski (a.k.a. 'Russian Turk')** produces large flavorful, deep pink seeded fruits. The self-pollinating plants usually bear within 2-3 years. Plants need full sun and well-drained soil. It is hardy in zones 6-9.

*Raspberry (Rubus)* are a popular fruit but can be difficult to grow in the South. The heat and sudden temperature changes are a challenge. Also it is best not to plant near potatoes, tomatoes, eggplant, or peppers due to possible disease problems. Avoid heavy clay soil or areas that have poor drainage. Best to plant in sandy, rich soil with regular ground waterings (avoid getting foliage wet due to disease).

**Caroline PP#10412** is an ever-bearing variety producing large, flavorful, red berries. It usually produces the first crop in mid-summer and then again in late summer. Caroline seems to be more disease resistant than some varieties and can be grown in the South. Caroline produces fruit on the previous year's canes and then the cane dies and is replaced by new growth; therefore, it is best to prune after each fruiting. Also it is recommended to pinch 3-4" off new canes once they reach preferred height to encourage bilateral growth. This will help increase your yield of berries. Caroline grows to 6' with a spread of around 4'; some sort of support (trellis) is needed. Self-pollinating.

*Strawberries (Fragaria)* are popular in this region. They need a minimum of 6 hours of direct sun and well-drained soil is a must. Avoid planting near eggplant, peppers, potatoes, and tomatoes due to disease. After fruiting, plants can be mowed down to 1" above the crown, fertilized, and weeded to help improve next year's crop. Adequate watering is also essential.

**Allstar** is a mid to late season spring bearer. It is an excellent variety for home gardens with large, sweet, red berries. Freezes well.

**Eversweet** is an ever-bearing variety that does well in the Southeast. It is heat tolerant and continues to bear even when temperatures reach 100 deg. Eversweet begins bearing in the spring and produces fruit about every six weeks until fall.

**Vegetables (Garden)** – See *Vegetable Information Sheets*.