

# Johnston County Garden Notes

## Vegetables to Plant April 15 to May 1

Snap beans, Lima beans, cucumber, tomato, sweet potato plants, sweet corn, beets, carrots, summer spinach, squash, okra, pepper and field peas.

Arrange your garden so that the vegetables maturing about the same time will be planted together; this will enable you to make more use of your garden plot.

### Sweet Potatoes

Treat seed potatoes before bedding with commercial Somesan-Bell. Dissolve one pound in  $7\frac{1}{2}$  gallons of water. Submerge seed in the solution for one minute. Remove, drain and spread out to dry before bedding. Bed potatoes on clean sand or light sandy loam soil taken from areas where sweet potatoes have not been grown. Cover with several inches of similar kind of soil. One bushel of seed will give around 1,000 plants for the first drawing. This should be enough plants to produce the amount of matured sweet potatoes sufficient for a year's supply of a family of five.

### Fertilizing Small Fruits

Newly set grapevines, raspberry and dewberry plants should be fertilized with one tablespoonful of nitrate of soda per plant, applying it in a ring at a distance of a foot from the plant. Mature vines or hills of plants should receive one to two pounds of 5-7-5 fertilizer. Stable or poultry manure mixed with superphosphate is as good as commercial fertilizer. Ten pounds of stable manure or around  $2\frac{1}{2}$  pounds of poultry manure equals one pound of 5-7-5 fertilizer.

### Tomatoes

One of the most important crops to be grown in the home garden is tomatoes. It can be substituted for oranges and contains Vitamin C. Vitamin C is that something which builds up body resistance against attacks of certain diseases.

Every farmer should produce enough tomatoes so that each member of the family should be supplied with 100 pounds for the year. Around 70 pounds should be consumed as ripe tomatoes and the balance consisting of a total of 12 quarts of canned tomatoes and juice with an extra 6 quarts to be used in soup mixtures.

### Rules for Cooking Vegetables

1. Cook vegetables only as long as needed for tenderness.
2. See how many you can eat raw.
3. Use little or no water in cooking and cover.
4. Use no soda in cooking vegetables.
5. If there is extra water use in soups or gravy.

These are what may seem to you as little things but they may mean victory. If you wish recipes for sugarless dishes or any other information, drop us a card.

### Things to Remember and Things to do for Victory

Remember that certain materials are going to be scarce - hard to get. Save and use up the old rather than buy new. Make good use of all clothing materials. They are much better than what you can buy, and allow the new to be used for defense. Among the things that will affect the housewife are the following: sugar, tea, all metals, ropes for clothes lines, materials for brooms and brushes. There will be no linen or silk and very little wool, a scarcity of paper and bags of all kinds (save what you can), a lack of metals for jars, caps, and rubbers. GET YOUR CANNING SUPPLIES NOW, OR YOU MAY NOT BE ABLE TO GET THEM. Take good care of the garden. Put up your Victory Garden sign and be proud of it.

# FOOD FOR FREEDOM