

This fact sheet is a supplement to the “Florida Vegetable Gardening Guide” (<http://edis.ifas.ufl.edu/VH021> or contact your local Extension office for a copy) and modified for south Florida gardens. Please refer to the “Florida Vegetable Gardening Guide” for planting and harvest dates, recommended varieties, plant spacing and other useful information.

Easy and Fairly Easy to Grow Vegetables – for fall, winter, spring

Beans – try either bush or pole beans; the latter will give multiple harvests.

Beets - *salt-tolerant.

Broccoli - *salt-tolerant. Once the main head has been harvested, it will produce side shoots. The plant will be productive for most of the year.

Cabbage - *salt-tolerant.

Carrots – make sure you space them far enough apart and that the planting bed is deep enough for the variety you are using.

Chinese cabbage

Chives

Collards

Cucumbers – these may have problems with powdery mildew (a fungal disease).

Eggplant – these can grow for many months. Use a tomato cage for support.

Escarole

Gourds

Green peppers, bell peppers - *salt-tolerant. Green peppers are easy to grow but often do not produce thick wall and large fruit like those found in grocery stores. Use a tomato cage for support.

Kale

Leaf lettuce - pick a few leaves from each plant as needed to extend your harvest period.



*salt-tolerant species can be planted near coastal areas.

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Melons – these may have problems with powdery mildew (a fungal disease).

Mustard greens

Okra

Onions, bulb - plant as seeds. You need to use Granex or other southern types if you want a bulb to form; plant early rather than later; do not save seed, it does not last.

Onions, spring or green onions - plant as small bulbs called “sets”.

Peas – plant and grow only during the very coolest months.

Peppers, hot

Radish

Spinach - *salt-tolerant.

Squash – these may have problems with powdery mildew (a fungal disease).

Sweetpotatoes and boniato (Cuban sweetpotato) - plant them in their own planting bed since they will crowd out other plants.

Tomatoes, cherry-type and other small fruit types - *salt-tolerant. Watch for late blight (a fungal disease) when mornings are cool and foggy.

Tomatoes, large fruit-type - *salt-tolerant. The larger the fruit, the longer it takes to reach full size and the more likely it is to be exposed to diseases and insects.

Tomatoes, plum-type (‘Roma’) - *salt-tolerant. Watch for late blight (a fungal disease) when mornings are cool and foggy.

Turnips

Watermelon – these may have problems with powdery mildew (a fungal disease). Needs space or trellis to conserve garden space.

Herbs

*salt-tolerant species can be planted near coastal areas.

Challenging to Grow Vegetables - for fall, winter, spring

Brussels sprouts – they do not receive enough cold weather to allow for the “sprouts” to form.

Cauliflower – each plant takes a lot of space and you only get one head per plant.

Celery – takes at least 4 months to produce decent sized stalks.

Corn - easy to grow but has insect pest problems in the corn ears that are hard to control. Corn needs to be planted in blocks of 30 or more plants.

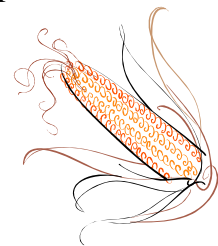
Garlic – southern Florida is too humid, so disease is a problem.

Lettuce, head types – it takes a few months for heads to form and disease is very likely to be a problem.

Potatoes - red skin potatoes grow better in south Florida. Watch for late blight when mornings are cool and foggy.

Tomatoes, heirloom varieties - are not resistant to the common disease and nematodes.

They tend to have thin skins and are subject to cracking. However, they are noted to have a finer flavor.



Specialty Crops

Cassava – plant roots in pots to sprout. Make stem cuttings and plant in the garden in late fall through March (wait 9 months to harvest).

Chayote – plant the entire unpeeled, untreated fruit. Needs to be trellised.

Ginger

Jicama – requires trellising; do **not** eat the leaves or pods because of poisonous compounds.

Roselle

Vegetables to Grow in Summer or Year-round

Bean, Jack (*Canavalia ensiformis*, *C. gladiata*)

Bean, Lima

Bean, Yard-long

Calabaza (also known as Cuban pumpkin, Cuban squash, *Cucurbita moschata*)

Cassava

Chayote

Collards - however, the flavor is better when grown during the cooler months.

Eggplant

Ginger

New Zealand spinach

Okra

Peas, Southern such as black-eyed peas

Peppers, hot

Pigeon peas – these can live for 3 to 4 years or longer.

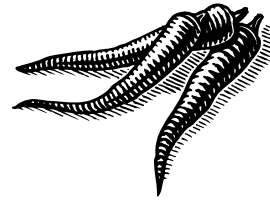
Seminole pumpkin (also known as cushaw, cashaw, Spanish calabaza, *Cucurbita moschata*)

Sweetpotatoes and boniato (Cuban sweet potato). Plant them in their own planting bed since they will crowd out other plants.

Turnip greens

Rosemary

Lemon grass



Hard to Grow Summer Crops

**Cucumbers

**Melons - plant watermelon in the spring.

Peanuts

**Squash



**will need fungicide and insecticide treatments throughout the summer. Make sure you identify the problem before treatment. Make sure that the treatment is labeled for vegetables and follow the directions.

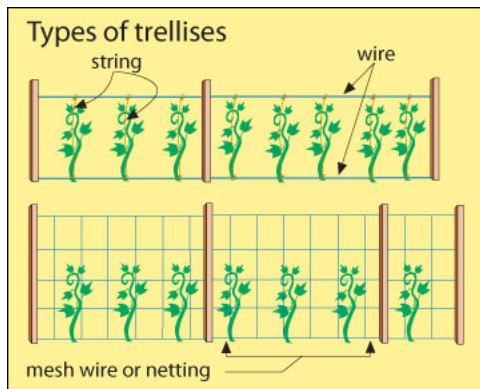
Additional Information

For vine crops – to save space, squash, cucumbers, chayote, beans, peas, tomatoes, and melons can be grown on a trellis. Support large fruit such as cucumbers, squash, and melons with a sling made of panty hose, cheese cloth, or rags tied to the trellis. Place your trellis on the NORTH end of your garden to avoid shading nearby crops.

Sweet potatoes can not be trellised.

Choose disease resistant varieties. The diseases they are resistant to will be listed on the seed packet or plant label. Avoid wetting the foliage; water only the soil. This will help reduce disease problems.

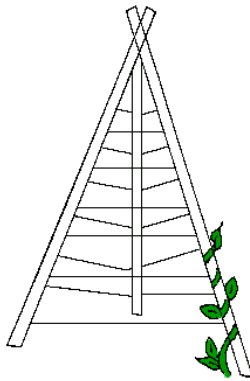
All of the plants listed in this fact sheet can also be grown in containers (except sweet potatoes and corn).



University of Missouri Extension



Cantaloupe in pantyhose



University of Nebraska-Lincoln Extension



University of Florida/IFAS Extension

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