

Plants That Love the Summer Heat

What to plant from June to August



Sweet Potato

- ▶ Plant slips in small mounds 1 foot apart
- ▶ Harvest in 90-120 days
- ▶ Stop watering 2 weeks before harvest
- ▶ Favorite varieties include:
 - ▶ Beauregard
 - ▶ Red Garnet
 - ▶ Jewel



Okra

- Leave plenty of space for this large plant
- Can grow 6 feet tall and 36' across
- Doesn't like wet feet
- Favorite varieties include:
 - Clemson Spineless
 - Burgundy
 - Zeebest (Pilar says it is sweet and spineless)



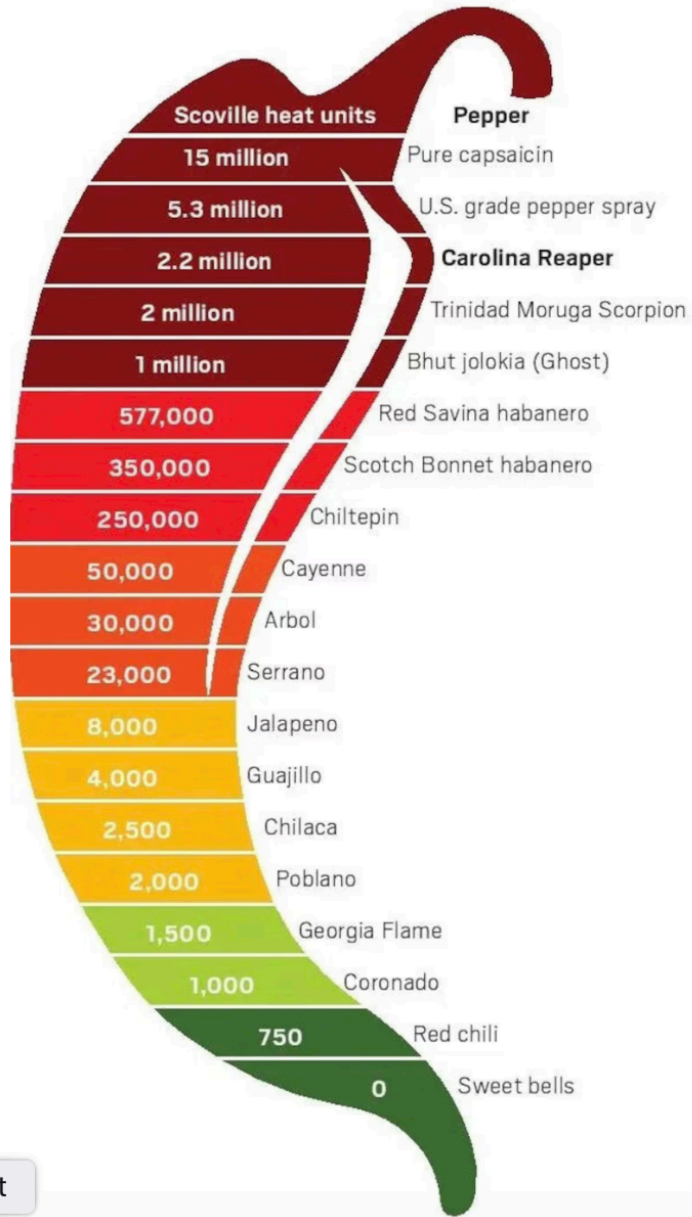
<https://www.chileanfoodandgarden.com>

Roselle (*hibiscus sabdariffa*)

- Also known as Jamaican sorrel
- A large shrub that needs some room
- Calyxes are used fresh for jam or dried for tea
- May not flower till August
- Harvest from the ground up, the calyxes will re-grow
- The leaves cleave a lemony flavor and are a great addition to summer salads.
- <https://www.chileanfoodandgarden.com>



Scoville heat scale



Peppers

- Use transplants now
- Many varieties will do well in containers
- Let your palate be your guide
- Recommended varieties:
 - Gypsy
 - Anaheim
 - Shishito

Eggplant

- Needs regular feeding and watering
- Plenty of garden pests like eggplant. Avoid Verticillium wilt by avoiding planting where tomatoes, potatoes or peppers have been grown.

- Harvest before skin becomes dull.
- Recommended varieties include:
 - Ichiban
 - Black Beauty



- <https://www.chileanfoodandgarden.com>

Basil

- Basil is the #1 selling herb in the United States. There are many varieties available.
- Basil is easy to grow from seed.
- All are annuals and will re-seed themselves.
- Tulsi or Holy Basil is in the same family, has the same growth habits and has many medicinal qualities.
- Pick off the flower and seed heads to retain the best flavor in your basil.



Legumes

- ▶ **Cowpeas:**
- ▶ Considered the most productive heat-adapted legume in the United States. The dense growth habit suppresses weeds, provides nitrogen to the soil and helps build the soil when it is turned under. Grow as a summer annual. Also known as Southern peas, black-eye peas and crowder peas.

(The Urban Farmer)

- ▶ Peas require a good amount of moisture before germination. That's why soaking pea seeds before planting is a great head start. Sow Southern peas 1 inch deep, 2 inches apart.
(Garden Season)
- ▶ Cream peas are milder tasting than field peas, crowder peas or black-eyed peas.
- ▶ Zipper cream peas are the easiest to shell.



Resources for summer vegetable seeds and transplants

- ▶ Southwest Fertilizer
- ▶ <https://www.urbangardenproject.com> Heirloom seeds right here in Houston
- ▶ <https://next-door-nursery.myshopify.com>