



Fall and Spring Vegetables, 1778*

In Carteret County, planting in Aug. and Sept. yields harvests through the winter; plant in late winter for spring harvests.

Snowball Cauliflower
Tennis Ball or Brown Dutch Lettuce
Paris White Cos or Bath Cos Lettuce
Spotted Aleppo Lettuce
Arugula
Giant of Winter Spinach
Broad Windsor Fava Beans
Collards or Wakefield Cabbage
China Rose Winter Radish
Early Blood Root Beet
Early Curled Siberian Kale
Red Weathersfield Onions
Corn Salad (greens)
Turnip
Marrowfat Peas (English pea)



Summer Vegetables, 1778*

Carolina or Red Calico Lima Beans
Metki White or Metki Painted Serpent Melon
Rattlesnake Watermelon
Parsley
Early Scarlet Globe Radish
Mayflower Beans
White Wonder Cucumber
Golden Marconi Pepper
Bull Nose Pepper
Long Red Cayenne Pepper
Danvers Carrots

* Note that string beans, squash, sweet corn, and some other summer and winter vegetables grow well in our area, but would not have been found in the Leffers' garden.



Leffers' Garden

Located at the Beaufort Historic Site, 100 Block of Turner Street
Beaufort, NC



Historic, Four Season Vegetable Gardening



An educational demonstration garden by the NC Cooperative Extension Service Master Gardener Volunteers of Carteret County



The Perennial Bed

On the Leffers' garden site you will see a long, narrow bed of perennial flowers and vegetables. This bed is reserved for plants that do not complete their life cycle in one year, but instead grow and flower year after year, or reseed annually. The Leffers would have used these plants for food, for medicine, or just for beauty. In this bed you may find some of the following plants from the Leffers' time period:

What you may learn from this kitchen garden

This garden represents a late 17th century kitchen garden, which would have included native plants the Leffers might have brought from the wild. The Leffers relied on their kitchen garden to provide a necessary part of the family's daily food, so no space could be wasted. Because there was no source of commercially produced fertilizer and pesticides, the Leffers would have relied on animal manures, plant waste, and possibly fish scraps for garden nutrients, and would have had to rely on vigilance and hard work to control pests. You might say that kitchen gardens like the Leffers' were some of the earliest intensive bed, organic gardens. We follow those same techniques.

Notice the trellises in the garden. They

are made of natural materials, and allow plants to grow upward, reducing the ground space needed for individual plants in the small garden, and increasing the overall garden yield. The improved air flow and sun exposure also may reduce disease problems. By eliminating open rows between vegetables, the Leffers could maximize the amount of space used for vegetables, and help reduce weed problems too.

One of the most important lessons taught by the Leffers' garden is that vegetables can be grown in Carteret County year around. You will find fresh vegetables for harvest here in November and maybe December, and again by March and April, if not sooner. Although they did not have the huge range of vegetable varieties that we have available to us today, even the Leffers could have eaten something fresh from their garden in the fall and winter long after the summer cucumbers were gone, and long before the summer beans were ripe again.

- Larkspur (*Consolida ambigua*)
- Asparagus (*Asparagus officinalis*)
- Native Columbine (*Aquilegia Canadensis*)
- Climbing Aster (*A. carolinianus*)
- Purple Coneflower (*Echinacea purpurea*)
- Pasture Rose (*Rosa Carolina*)
- Four O'Clocks (*Mirabilis jalapa*)
- Hyacinth Bean (*Dolichos lablab*)
- Rose Campion (*Lychnis coronaria*)
- Hollyhock (*Alcea rosea*)
- Gaillardia (*Gaillardia spp.*)

Note also the smallest bed in the garden, which may hold fiber (flax, cotton) or dye (onion, beet) plants.

For more Horticulture information go to Lawn & Garden at <http://carteret.ces.ncsu.edu>