

FEBRUARY 2019 HORTICULTURE REPORT

The Color Wheel Garden: Growing the Best Nutritional Varieties

Excerpted from Ellen Ecker Ogden's Newsletter

Flavor and optimum health go hand in hand when growing a garden, knowing what varieties to choose for higher antioxidant qualities can influence what you plant. Color (deep purple, blue, orange, and red) vegetables and fruits contain the highest flavonoids, resveratrol, and anthocyanins.

Plant open-hearted lettuces, bitter chicories, purple tomatoes, and red onions to change up your ordinary garden plan to add better nutrition flavor to your diet.

The Color Wheel Garden design from Ellen Ecker Ogden features the most colorful varieties of fruits and vegetables that also contain high nutritional properties. Deeply colored edibles most closely resemble their original wild counterparts, in part, because they have not been overly bred to change their inherent qualities. These plants offer a visually stunning garden while serving up healthy options.

Stop pulling weeds in favor of cultivating purslane, dandelion, and chickweed (all ancient greens that grow readily in our gardens). They contain more vitamin E than cultivated spinach, four times more omega-3 fatty acids than lettuce, and seven times more beta carotene than carrots, plus high levels of iron and calcium.

Blue potatoes, originally discovered in the Andes, contain more minerals and nutrients than an Irish spud. Choose to grow tiny Red Currant tomatoes, which may make your mouth pucker, yet the diminutive size and deep color are closer to its native cousin than a large modern beefsteak.

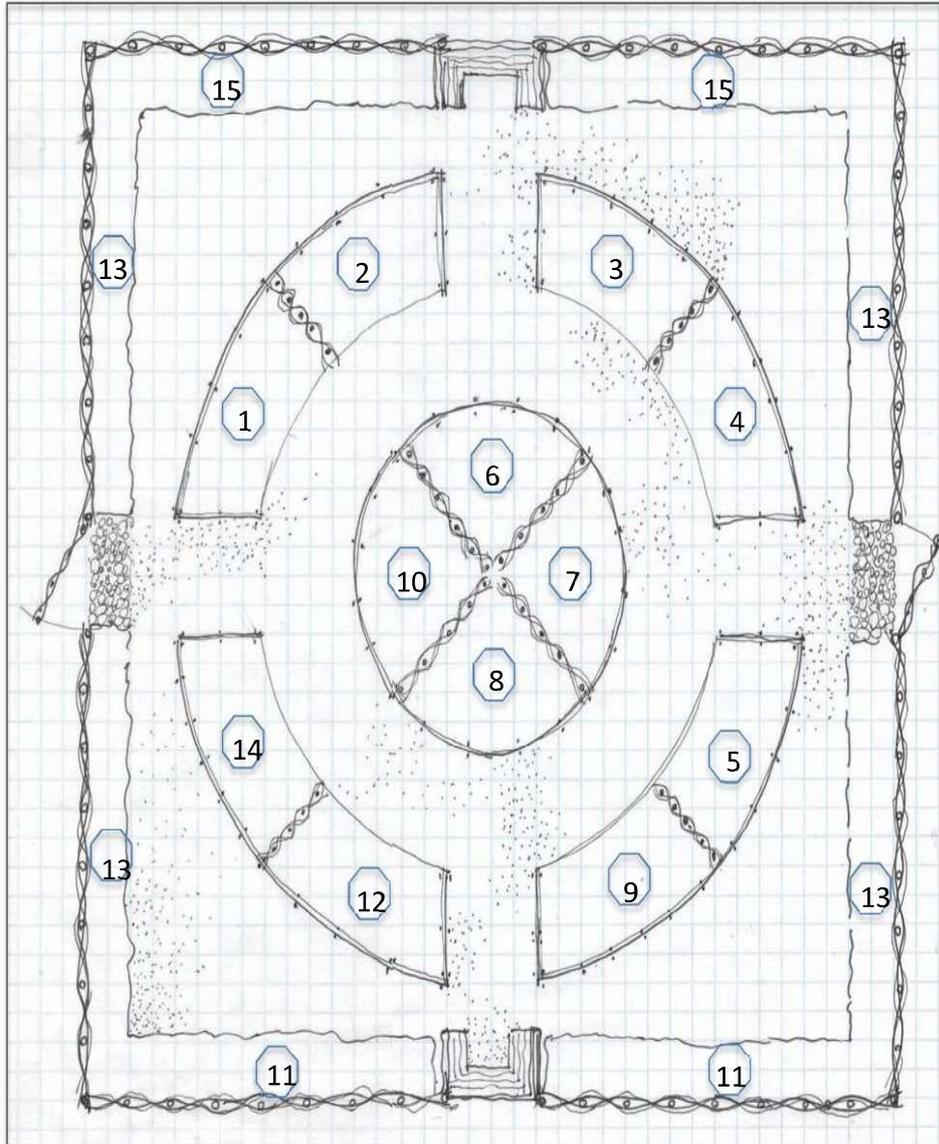
Science suggests that choosing purple, blue, and orange vegetables and fruits is better for our health, yet make up only 3 percent of the average American's diet.

Plan to stagger height and color throughout the garden by grouping plants based on size and days to maturity. Grow nasturtiums under broccoli or cabbage next to onions, making the most of the high-low areas of the garden.

Mass plantings are robust and make the garden easier to maintain. Concentrate plants that require similar amounts of sun or shade, water, and fertilizer together.

Example of a Color Wheel Garden from Ellen Ecker Ogden's new book:

"The New Heirloom Garden" (Rodale 2020)



Chapter Three: Crazy Color Garden

- Overall Size: 36' X 36'
- Path Width: 4 feet
- Fencing: Wattle Fencing
- Path Material:

Special Features:

- Willow wattle divide the beds
- Opposite facing cedar benches

Plant Key:

1. Alliums: *Frog Leg Shallot*
2. Beets: *Chioggia*
3. Brussels Sprouts: *Rubine*
4. Carrots: *Cosmic Purple*
5. Collards: *Vit*
6. Herb: *Tarragon*
7. Herb: *Variegated Sage 'Tricolor'*
8. Flower: *Salvia Clary Sage*
9. Greens: *Mustard*
10. Nasturtiums: *Vesuvius*
11. Peas: *Carouby d' Maussane*
12. Peppers: *Red Cayenne*
13. Potatoes: *Peruvian Blue*
14. Spinach: *Long Standing Bloomsdale*
15. Tomatoes: *Red Currant*