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Module 10: Garden Ecology

Urban EcoLab

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Top Edible Plants and Herbs for Shade

Center for Urban Resilience

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Friends of Ballona Wetlands

Center for Urban Resilience

Shade Vegetable Gardens

20 herbs and edible plants that grow well in partial shade in your schoolyard:

1. Lettuce
2. Arugula
3. Spinach
4. Broccoli
5. Cauliflower
6. Kale
7. Cilantro
8. Oregano
9. Parsley
10. Green Onions
11. Garlic
12. Mint
13. Cabbage
14. Peas
15. Beans
16. Radishes
17. Carrots
18. Beets
19. Turnips
20. Potatoes

Best Shade-Tolerant Vegetables Even in shady conditions, you can bask in great garden harvests if you choose the right crops. When considering which to grow in shady areas, think of them in terms of **leaves and roots**. Crops we grow for their leaves (kale, lettuce, spinach) and those we grow for their roots (beets, carrots, turnips) will do fairly well in partially shady conditions. Excerpt by Colleen Vanderlinden from:

<http://www.motherearthnews.com/organic-gardening/shade-tolerant-vegetables-zm0z11zsto.aspx>

Other Helpful Resources:

Gardening with the University of California Master Gardener Program:

http://celosangeles.ucanr.edu/UC_Master_Gardener_Program/

The Old Farmer's Almanac:

<http://www.almanac.com/gardening>

USDA Forest Services: Vegetables: Foods from Roots, Stems, Bark, and Leaves

<http://www.fs.fed.us/wildflowers/ethnobotany/food/vegetables.shtml>