

BERRY, BERRY *Necessary* ORGANIC GROWING TIPS

GET TO KNOW YOUR **FAVORITE ORGANIC BERRIES**



Why Grow Berries?

Berries are more than just a sweet treat!
They are as nutritious as they are delicious.
And they are BERRY easy to grow!

BLUEBERRIES

Not only delicious and popular, blueberries are one of the top 10 healthiest foods.

With vibrant hues of blue and sweet flavor, **no summer fruit is better known (or better for you) than the blueberry.** These blue wonders play a vital role in health and well-being.

These nutritional powerhouses are **packed with antioxidants** that help guard against cancer and heart disease.

One serving of blueberries serves up **almost 25% of the recommended daily intake of Vitamin C.**



Blueberries are low in calories, but **rich in fiber and vitamins.**

4 Best Tasting Blueberries to Grow

Southmoon Blueberry



A southern favorite that does well in hot temperatures.

The Southmoon blueberry is a delicious pick. The sky-blue berries are a nice touch, too.

Plant in lighter, sandy soils and amend with lots of organic material.

O'Neal Blueberry



The O'Neal produces dark blue berries that taste more like candy than fruit.

With high-sugar content, you'll want to eat these yummy berries right as soon as you pick them. As a semi-upright shrub, you can let this blueberry grow wild and free or train it to grow up.

Polaris Blueberry



If you love to eat blueberries early in the season, the Polaris is for you!

The Polaris was developed in Minnesota, so you know it can handle the cold, too! Go ahead, and pair with Northblue to increase blueberry yield.

Bushel and Berry™ Blueberry Glaze



Small in stature with incredibly glossy, dark green leaves, and can easily be sheared as such. Small, almost black berries present in little bundles mid-summer. **With their deep flesh color, Blueberry Glaze packs a healthful punch with antioxidant-rich qualities.**

BERRY GOOD ADVICE FOR GARDENERS

No matter which berry you grow, getting started is as easy as 1-2-3-4-5!

- Select a growing area with full sun.
- Work the soil 8 to 10 inches deep and add in Espoma Organic® All Purpose Garden Soil.
- Mix in lots of rich organic compost – especially if you have sandy or clay soil.
- Feed with a high-quality organic plant food in the area around the root zone, such as Espoma Holly-tone®.
- Pick when ripe and bursting with flavor – and enjoy!

STRAWBERRIES



Nothing says summer like the sweet taste of homegrown strawberries!

- ✓ Strawberries are perennials.
- ✓ Strawberries come in so many varieties.
- ✓ Strawberries thrive in every region.
- ✓ Plant strawberries in early Spring.
- ✓ They can be grown in a container.
- ✓ Berries will be ripe about **30 days** after the blossoms are pollinated by bees!

RASPBERRIES



Raspberries are a summer staple in every kitchen and in the organic garden, too.

- ✓ In Summer, raspberries are the perfect snack!
- ✓ Raspberries aren't always red!
- ✓ Raspberries need lots of support! Plant near a fence or create support with stakes and wire.
- ✓ Plant in early - to mid - Spring.
- ✓ When planting, avoid areas with heavy wind.
- ✓ Raspberries are very similar to blackberries.

BLACKBERRIES



So maybe, it's ok to have that second slice of cobbler after all?

- ✓ Save money! Grow your own blackberries
- ✓ They thrive in warm sun and well-drained soil.
- ✓ Watch your fingers! Blackberry bushes that are often covered with thorns—so be careful!
- ✓ Plant in early Spring.
- ✓ If you have cold Winters, your berries. will thrive and have great flavor!

Organic Berry Growing 101

BERRY TYPE	SUN	SPACE	WATER (WEEKLY)	SOIL	PLANT	PICK	MULCH	POT
BLUEBERRIES	FULL SUN	6-15 FEET APART	2 INCHES	VERY ACIDIC	EARLY SPRING	MID - LATE SUMMER	3-INCH LAYER	✓
STRAWBERRIES	FULL SUN	18 INCHES APART	2 INCHES	ACIDIC	EARLY SPRING	30 DAYS AFTER BLOSSOM	3-4 INCH LAYER	✓
RASPBERRIES	FULL SUN	3 FEET APART	1 INCH	ACIDIC	EARLY SPRING	EARLY - TO MID - SPRING	3-4 INCH LAYER	✓ some varieties
BLACKBERRIES	FULL SUN	3 FEET APART	1 INCH	ACIDIC	EARLY SPRING	SUMMER - FALL	3-4 INCH LAYER	✓ some varieties

Sources:

For more helpful tips on how to grow and care for the berry best berries, visit:
<http://www.espoma.com/fruits-vegetables/espomas-guide-to-growing-organic-berries/>
<http://www.espoma.com/wp-content/uploads/2015/03/berries.pdf>

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