

GROWING PLACES
GARDEN PROJECT



Growing Guide

Making the most of your raised-bed garden

We are pleased to provide you with a copy of our Growing Guide!

We hope you are eager to get started with your vegetable garden. Inside the guide you will find some helpful information about planning, planting, watering, pest control and fertilizing. A thorough reading of this guide will undoubtedly enhance your gardening experience. This is a work in progress and as such is subject to change. If you have any suggestions to make, we would be very happy to hear them. We want this to be as useful to you and other future gardeners as possible.

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Raised-bed Gardens

As you will see, a raised bed garden is a garden that actually sits on top of the soil. It has a frame made of wood and is filled with soil and soil amendments (compost, fertilizer, etc.). In raised-bed gardens, the soil warms up sooner in the spring, drains better, and is easier to tend because it is above ground level. You also don't have to deal with all the rocks present in New England soil. Depending upon the severity of the winter and your own inventiveness, the garden can be used year-round, though most people grow their vegetables from mid April through late October.

Whether you are a seasoned gardener or first-timer, we are sure the raised-beds will be productive and easy to take care of. This guide contains specific information on how to plant a variety of vegetables. You will find that many crops, such as lettuce, are best grown successively, planted many times throughout the season while other crops only need to be planted once during the season. There are many ways to plant a garden, so feel free to experiment and try other methods. If some of your crops fail, talk to other gardeners - more than likely they are also having problems with similar crops. There is always some loss with gardening and it just means that you remove that crop from your garden. You can then replant that space with the same kind of crop or try something else. It's all a grand experiment. To learn more, ask local gardeners for advice and read gardening books, magazines, and seed catalogues. Mostly, we recommend that you roll up your sleeves and have fun!



Square Foot Gardening

WHAT IS SQUARE FOOT GARDENING

The gardening method that Growing Places uses for its gardens is a version of 'Square Foot Gardening' which was developed by Mel Bartholomew in the late 1970s. The goal is to produce more harvest in less space with less work. You will notice that we have divided your beds with twine into 1 foot by 1 foot "squares". This allows you to immediately visualize your planting areas. Each square may contain a different vegetable, herb or flower, or several squares can contain the same item if it is something you want a lot of. You can easily plant, clear, and replant a single square throughout the season without disturbing other areas of your garden.

We have also provided you with wooden markers onto which you can write the name of the crop (vegetable, herb or flower) planted in each square. Labeling what you have planted in each square can help you remember the location of plants, even if the sprouts are not yet visible. Labeling will also help you plan a crop rotation.

PLANT SPACING

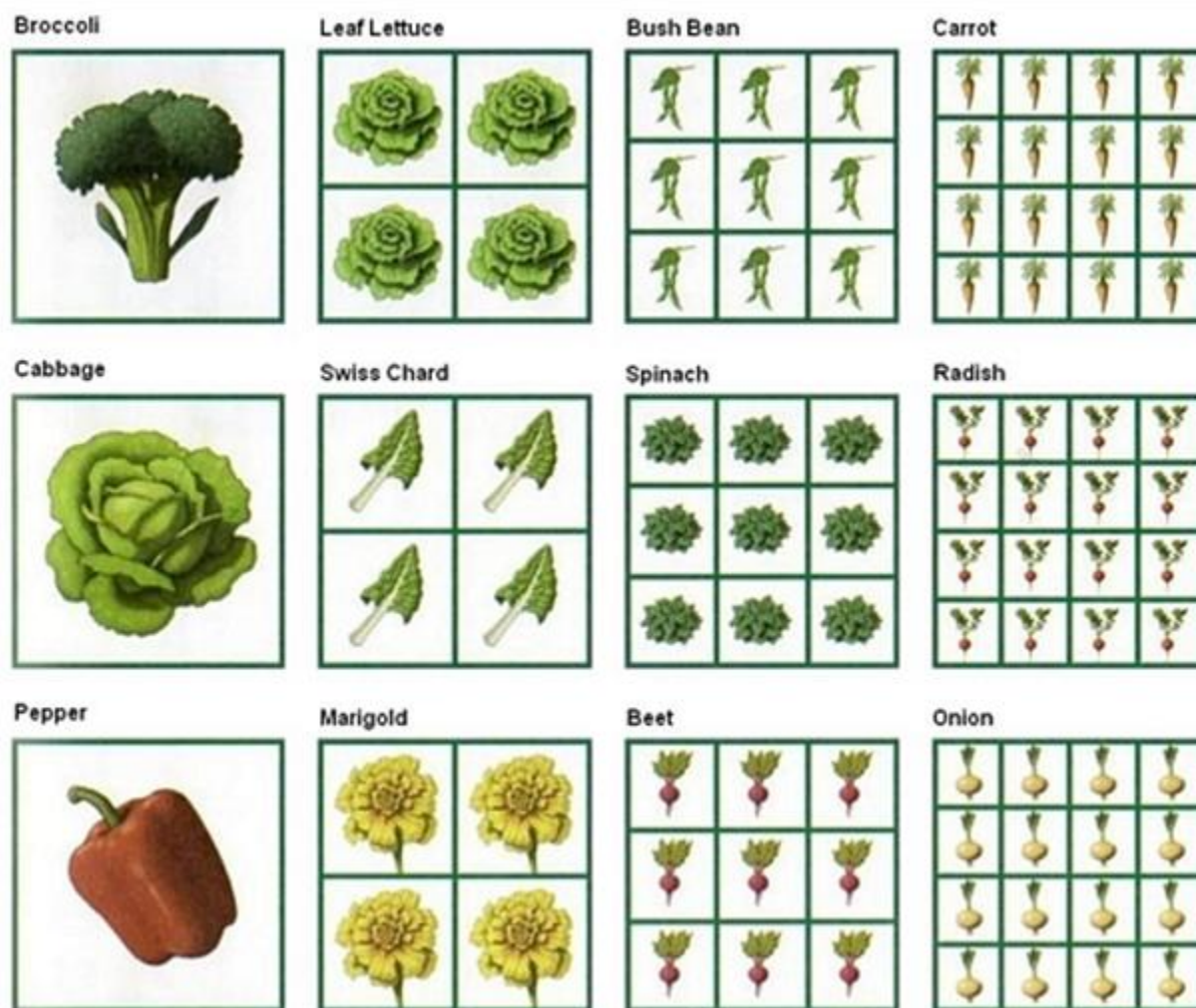
The number of seeds or plants (seedlings) that are placed in each square depends on several factors: how big the plants get, how far apart they need to be to develop properly and the particular varieties of plants you are growing. In general, the seeds are planted at the spacing that is stated on the seed packet for you to thin to. In other words, if plants require 6 inch spacing for proper growth, just plant the seeds 6 inches apart. This reduces the amount of seed that is wasted and the amount of thinning (removing of little plants).

This process can be applied to virtually all of your crops and is why we have marked off "squares" in your beds. You can follow the progress of a single square pretty easily, see when weeds invade and remove them, water individual plants and see any potential pest problems quickly. We hope that by offering this method, we can help you grow a large amount of produce in a compact garden space and to save time on garden maintenance.

PLANNING

Begin by thinking about what you want to harvest; how much of each different crop do you want to eat? Plants, when mature, come in several different sizes depending on the crop. Larger plants, of course, require more growing space in the garden, typically one or more squares. Medium sized plants can be spaced more closely together, with multiple sharing a single square. And smaller plants, because they require even less space for growing, can fit up to 16 per square.

The chart below illustrates spacing requirements for the different plant sizes.



The Vegetable Guide section of this manual outlines the specific planting guidelines for many of the most popular vegetables and herbs, including those supplied by Growing Places. Seed packets also provide information on how much room mature plants will require (also known as the distance to 'thin to').

Using a copy of the blank planting grid found at the end of this document, you can map out what will go in each square or group of squares. Remember to plant each adjoining square with a different crop. This will help prevent you from overplanting any one crop. It also promotes companion planting and reduces pest problems. A Plant Compatibility Chart is also in this document, page number in the Table of Contents.

With square foot gardening there are no more long rows in which to manage crops or weeds. Each square is managed simply and independently.

PLANTING

Now you are ready to get started! Gather up your seeds, seedlings, tools, watering can and planting diagram, if you made one, and head out to the garden. As you are working, ask yourself, "Do I really want more of this crop?", "Would it be better to plant another square foot of the same crop in a week or two?", "Did this crop do well in my garden last year?"

Seeds

- *Step 1 - Determine the spacing requirements for the crop you are about to plant.* You can find this out by looking at the diagram you made or by referring to the Vegetable Guide section of the document.

Extra large plants (1 per square) should be planted in the center of the square.



Extra Large Plants - 1 per square

For large plants (4 per square), divide the square into four equal sections by drawing a cross and then plant in the center of each section.



Large Plants - 4 per square

For medium sized plants (9 per square), take your pointer and pinkie fingers and draw two lines horizontally which divides the square into thirds. Then draw two lines in the opposite direction so that you have nine sections. Plant in the center of each section.



Medium Plants - 9 per square

Small plants are planted approximately 3 inches apart (16 per square). Once again divide the square in half each way by drawing a cross. Then, take your pointer and middle fingers, and make two small depressions in the soil. They should be spaced about the same distance your eyes are spaced apart. Without poking yourself in the eye, hold your fingers up to your face so the fingers are spaced just about right, and then mark your soil. Make four holes in each of the four squares.



Small plants - 16 per square

Crops such as zucchini and tomatoes are special cases and require more than one square. Refer to the Vegetable Guides section of this document for details on how to handle each special case.

- *Step 2 - Decide how deep to plant the seeds*

It's important to place your seeds below a moist surface to prevent them from drying out. Generally speaking, you should plant a seed deep enough so that 3 more of the same seed could lie on top of it. In hot weather, 4 seeds should be able to lie on top of it. This will help protect the seed from drying out as it starts to grow. For specifics on seed depth for each crop, refer to the seed packet or the Vegetable Guide section of this document.

Since we are rarely equipped with a ruler when we go out to plant seeds, it's helpful to know that the length of your index finger from the first knuckle to the tip is approximately 1 inch. So just use your own finger as a guideline!



- *Step 3 - Plant the seeds*

Normally, one seed per hole is all that is needed. However, you may find it difficult to pick up just one seed, especially with small, unusually shaped seeds. In that case, a 'pinch' - two or three seeds - is just fine.

Cover the seed(s) lightly with soil and tamp down gently to bring the seed(s) in contact with the soil. Be sure to water the seeds gently right after you plant them. Some of the seeds are so small and so close to the top of the soil that a stream of water from a cup or a hose might wash them away. Keep soil moist - not soaking - as seeds germinate.

Approximate seed germination times for each crop are listed in the Vegetable Guide section. If a sprout does not appear after the specified time, wait a bit longer (a few days to a week, depending on weather, temperature, etc.) and then replant that crop.

- *Step 4- Repeat Steps 1-3 for each crop*

If more than one seedling sprouts, take a pair of small scissors and carefully snip them off at the base of all but the strongest one.

Seedlings

If you are a first or second year Growing Places' gardener, and requested tomatoes, peppers or basil, we will distribute them to you as seedlings in early June. You can also plant other seedlings that you purchase from local farms or garden centers. Be sure to check the space requirements in our charts and save room for them in the raised beds.

To transplant, dig a hole in the soil slightly larger than the container the seedling is in. Then carefully pry the entire plant and its surrounding soil out of the pot. If you see a clump of tangled white roots at the bottom of the root ball, gently loosen the roots with your fingers. Carefully place the root ball, roots down, into the hole and fill it with soil lightly patting it into place. Try to keep the leaves dry (to prevent disease and fungus) and soil moist as the plant gets used to its new home. Newly transplanted seedlings and plants often suffer from shock and will look sad for a couple of days but will generally perk up after that.

To lessen the shock, transplant on cloudy days or early in the morning. When transplanting a seedling, first make sure the soil in the square is well watered and moist. Then saturate the seedling prior to transplanting so the shock of transplanting is diminished.

THINGS TO REMEMBER

- You can plant some squares immediately, while others you may want to leave empty temporarily. Planting the same crop a week or two later is called succession planting and allows you to stagger your harvest.
- Plant each adjoining square with a different crop to prevent overplanting, minimize pest problems and to promote companion planting.
- Try not to compact the soil by walking in it or stepping on it. If you need to get to the center of the beds, lay a plank across the soil frame and kneel on it.
- To avoid depleting the soil of all of its nutrients and to avoid diseases, the same plant should not inhabit the same square two years in a row.

Vegetable Guide



Beans

Growing Tips

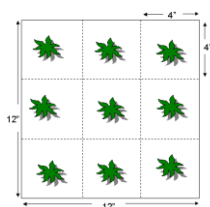
- *Bush Beans:*

Bush bean varieties mature earlier than other varieties, so consider one early sowing of these along with pole beans. For a season-long supply, you should plant bush beans 2-4 times during the season (about every 3 weeks). Wait to plant in early June if late May is still wet and cold.

When watering beans, be careful not to wet the foliage; diseases and fungus love to grow on wet leaves.

Square Foot planting: 9 bush beans per square ft

Seed depth: 1 inch Germination: 7-10 days

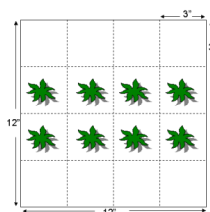


- *Pole Beans:*

The most effective use of space is to grow pole beans (climbing varieties) on a trellis. A single planting will supply you throughout the season. Sow the seeds in the squares along the bottom of a trellis. As they grow, help plants wrap up and around the trellis. The taller the trellis the better!

Square Foot planting: 8 pole beans per square ft

Seed depth: 1 inch Germination: 7-10 days



Harvesting Tips

- Choose bright colored pods (greens, yellows, and purples based on the variety you chose!) that are flexible but feel crisp.
- Be very careful to snap off only the bean, not breaking the stems, or yanking up the whole plant. The plant will continue to produce flowers and fruit if the beans are picked continually.

Storage Tips

- Store unwashed in a perforated plastic bag in the refrigerator.
- Best if eaten within 1 week.

Culinary Tips

- Wash beans just before preparation.
- Break off the top of the bean, at the stem-end; there is no need to remove the fine point at the tip. Beans retain more nutrients and color when cooked uncut, and cooked briefly.
- When cooking beans take off the pot lid for a brighter color; for more vitamins leave the lid on.
- Beans are delicious eaten raw, blanched, steamed, or tossed in a stir-fry.

How Much Do I Have?

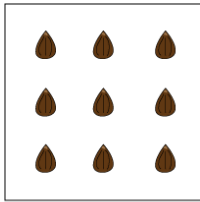
- 1 lb= 3C trimmed, raw= 2 1/2 cooked

Beets

Growing Tips



- Earliest plantings can fail if it is too cold and wet.
- Each beet seed germinates into several seedlings, only one should remain, so snip off the others.
- Sow new squares every 3 weeks from mid-May through mid-August for a continual supply.



Square Foot planting: 16 beets per square ft

Seed depth: ½ -1 inch Germination: 5 days

Harvesting Tips

- Feel around the sides of the beet to determine its size with your finger. Beets can be harvested when they reach about 1 ½-2" in diameter.
- Gently pull straight up when you see the "shoulders" peeking from the ground, remove the top by twisting or cutting off; both top (greens) and root can be eaten.

Storage Tips

- Beet greens are best used fresh, but may be refrigerated unwashed in a plastic bag, eaten within 3-4 days.
- For beet roots, cut off leaves and stems 1" above the root. Store unwashed in the crisper drawer; will store for several weeks.

Culinary Tips

- Young beet greens can be tossed raw into a mixed green salad, older greens can be eaten steamed or sautéed. Use in any dish calling for a mild green, such as spinach.
- No need to peel the root, only scrub clean; trace minerals lie just below the surface of the skin.
- Beets can be grated and eaten raw, steamed, boiled, or baked. Baking enhances their natural sweetness.

How Much Do I Have?

- 10 medium= 1 lb= 2C sliced or diced, cooked

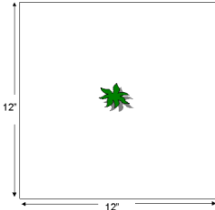


Broccoli

Growing Tips

- Plant seedlings every 3 weeks, from mid April through late May, to spread out your harvest over the season.

Square Foot planting: 1 broccoli per square ft
Seed depth: 1/4 inch Germination: 4-7 days



Harvesting Tips

- When the head of the broccoli gets to be 4-8 inches across, is dark green and the buds are tight, it is ready to harvest. Any hint of yellow indicates that the buds are about to flower and it needs to be harvested immediately.
- Use a sharp knife and cut the broccoli head off about 2-3 inches below the head at a single thick stem.

Storage Tips

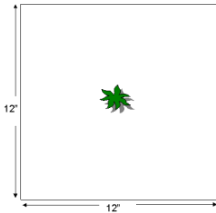
- Store, unwashed in a plastic bag in the crisper drawer of the refrigerator. Broccoli tastes best when storage is brief.
- For long-term storage, broccoli freezes well. Blanch for 3-4 minutes, rinse in icy cold water to stop the cooking process, drain, let dry, and place in an airtight container such as a freezer bag.

Culinary Tips

- Soak head upside down in cold, salted water to remove any hidden pests.
- Remove lowest part of the stem if woody or tough.
- Cut the head into florets before cooking.
- Broccoli can be eaten raw, steamed, blanched, roasted, or sautéed. Remember the stems are delicious too!

How Much Do I Have?

- 1 lb= 2C florets or 1 bunch= 3C chopped, cooked



Brussels Sprouts

Growing Tips

- Brussels sprouts are a hardy, slow-growing, long-season vegetable belonging to the cabbage family.
- Sprouts improve in quality and grow best in cool or even lightly frosty weather.
- The sprouts form in the space between the base of the leaf and the stem above it.
- Some gardeners believe that the sprouts develop better if the lowermost six to eight leaves are removed from the sides of the stalk as the sprouts develop.

Square Foot planting: *1 plant per square foot*

Seed depth: $\frac{1}{4}$ - $\frac{1}{2}$ inch **Germination:** 7-10 days

Harvesting Tips

- The sprouts (or buds) can be cut off the stem when they are firm and no more than 1-1 1/2 inches in diameter.
- Avoid yellowing sprouts with signs of wilt rot or insect damage.
- The best quality sprouts are produced in the fall, with sunny days and light frosts at night.

Storage Tips

- The fresher the sprout, the better the flavor, so refrigerator storage should not exceed a day or two.
- Remove any damaged or irregular outer leaves and store fresh, unwashed sprouts in plastic bags in the vegetable bin of the refrigerator.

Culinary Tips

- The key to cooking Brussels sprouts is in not overcooking them.
- The leaves cook faster than the core, so cut an X in the bottom of the stem for even cooking when cooking the sprouts whole.

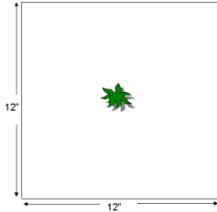


Cabbage

Growing Tips

- Early varieties, which are harder to grow, can be started in late April. All others can be planted from mid May until mid June.
- Plant every 3 weeks for a continual harvest throughout the season.

Square Foot planting: 1 cabbage per square ft
Seed depth: ¼ inch Germination: 5 days



Harvesting Tips

- Cabbage can be harvested any time after the heads form.
 - Using a very sharp knife or pruning shears, cut as close to the lower surface of the head as possible leaving the loose outer leaves intact.
- Cutting a cross pattern into the stalk about ¼" deep might allow another set of heads to form if there is enough time in the growing season.

Storage Tips

- Savoy and Chinese cabbage will keep for up to 2 weeks in the crisper drawer of the refrigerator, unwashed. Do not remove outer leaves before storing.
- Solid core cabbage can keep as mentioned above, for 3 weeks to 2 months. In a root cellar at high humidity and 32F cabbage can last for 4-5 months.

Culinary Tips

- Remove wilted outer leaves, quarter the head, remove core if necessary, and cut into preferred size slices.
- Cabbage may be eaten raw, thinly sliced in salads and slaws.
- Cabbage may be cut into thicker slices for steaming, 5-6 minutes or left in whole wedges and steamed for 10 minutes.

How Much Do I Have?

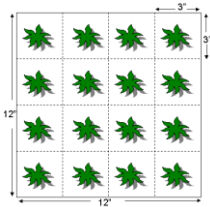
- 1 medium head= 1 ¼ to 1 ½ lbs or 1lb= 3 ½ to 4 ½ C shredded



Carrots

Growing Tips

- Carrots can be sown at three-week intervals from late April to early August.
- Keep soil moist and weed-free after planting.
- Do not feed carrots manure; this causes them to fork and become covered with fine roots.



Square Foot planting: 16 carrots per square ft
Seed depth: 1/4 - 1/2 inch Germination: 6 days

Harvesting Tips

- Carrots can be pulled when the roots are 1/2" in diameter.
- Use a spading fork to loosen the soil and pull the carrots gently from the earth.
- Carrots are sweetest after the first frosts, and can be "stored" in the ground throughout winter, as long as the ground is not too frozen to dig them up!

Storage Tips

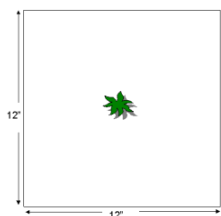
- Cut or twist off tops and place unwashed in the crisper drawer for up to 2-4 weeks.
- For long term storage carrots can also be frozen. Cut carrots into 2" rounds, blanch for 3 minutes, rinse in cold water to stop the cooking process, drain, let dry, and pack into an airtight containers such as freezer bags.

Culinary Tips

- Scrub carrots with a vegetable brush under running water to remove dirt.
- Do not peel unless removing damaged areas; beneficial nutrients are close to the skin's surface.
- Raw carrots are sweet and delicious; whole, grated, julienne, or juiced.
- Lightly cooked carrots are very sweet and actually *gain* nutrients when cooked. Try them boiled, blanched, broiled, roasted, stir-fried, or puree in soups.

How Much Do I Have?

- 5-7 medium= 12-14 small= 1lb= 2 1/2 C shredded or sliced= 2 1/2 C cooked



Cauliflower

Growing Tips

- Early varieties, planted in late April/early May, are harder to grow, and beginner gardeners or those with limited space are advised to instead plant only a fall crop.
- A crop seeded in mid July is easier to grow and can be harvested in the fall.
- When heads are 1-3 inches wide, tie up large leaves around them to keep them white using a rubber band to secure the leaves at the top.

Square Foot planting: 1 cauliflower per square ft

Seed depth: 1/4 - 1/2 inch Germination: 6 days

Harvesting Tips

- Heads are mature when compact and firm and the leaves have begun to open up to show the head.
- Harvest the head by cutting the main stem, leaving a few leaves to protect the head.
- Be gentle with the heads to avoid bruising and getting them dirty.

Storage Tips

- Refrigerate cauliflower, unwashed in a plastic bag, or tightly wrapped in plastic.
- Cauliflower will keep well for 1 week, and will still be useable for up to 2 weeks, but may take on a strong odor or flavor.
- For long-term storage, cauliflower can be frozen. Blanch for 2-4 minutes, rinse in cold water to stop the cooking process, drain, let dry, and pack into airtight containers such as freezer bags. Cauliflower will not be firm when thawed and is best used in soups and stews.

Culinary Tips

- Soak head upside down, in cold salted water to remove any hidden pests.
- Remove tough outer leaves and cut away the thick bottom end. Rinse the cauliflower head, trim off any blemishes, and core the head for even cooking.
- The head may be left intact or cut into florets. All parts of the stalk and florets are edible.
- Cauliflower can be eaten raw, or blanched and served as crudité, steamed, stir-fried, or pureed in soups for a creamy base or thickener.
- Cooked cauliflower does not keep well in the refrigerator.

How Much Do I Have?

- 1 medium head = 1 3/4 - 2 1/4 C or 1 lb = 1 1/2 C, cut up



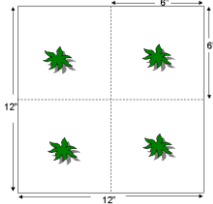
Chard

Growing Tips

- A few plantings, spaced every two months will supply you for most of the season.
- Each seed germinates into several seedlings, only one should remain, so snip off the others

Square Foot planting: 4 chard per square ft

Seed depth: 1/2 inch Germination: 5-7 days



Harvesting Tips

- Snip ONLY the outermost leaves of the plant with scissors or a sharp knife. This not only allows inner leaves to reach maturity, but also stimulates new growth.
- Do not cut off all the leaves of the plant as it will stop producing new ones.

Storage Tips

- Chard is very perishable. Wrap unwashed chard in a damp cloth, or place in a plastic bag. Keep in the crisper drawer of the refrigerator.
- Chard is best eaten within 2-4 days.
- Chard freezes very well! Blanch chopped leaves for 3 minutes rinse in cold water to stop the cooking process, drain, squeeze lightly, and pack in a ball shape, store in airtight containers such as freezer bags.

Culinary Tips

- Young leaves are very tender and can be used in salad; larger leaves are good for sautéing or in soups.
- Can be used in place of spinach in most recipes.

How Much Do I Have?

- 1 lb= 5-6C leaves raw= 1C cooked leaves



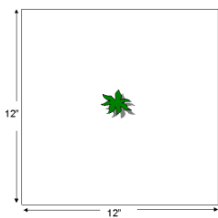
Collards

Growing Tips

- Plant early varieties in April/May.
- Also a good late "greens" crop. To harvest greens well into the autumn, plant in early June and again in late June.

Square Foot planting: 1 collard per square ft

Seed depth: 1/4 - 1/2 inch Germination: 6 days



Harvesting Tips

- Collards can be eaten when the leaves are large or small.
- Use a sharp knife and cut off the leaves starting at the bottom of the plant. The top will continue to grow and produce more leaves.

Storage Tips

- Collards can be stored for up to 2 weeks in the crisper drawer of the refrigerator, unwashed, wrapped in a damp cloth.

Culinary Tips

- Collards are used any way that cabbage is used.

How Much Do I Have?

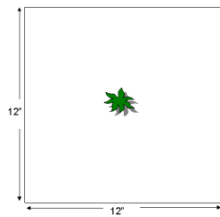
- 1 lb= 6C raw leaves= 1 ¼ C cooked leaves



Corn, Sweet

Growing Tips

- Most newer varieties are well suited to square foot gardening. (*Note: Older/heirloom varieties are not recommended*)
- Only one crop can be grown per season in one space/square because it needs a long time to mature and lots of hot weather. Needs dirt hilled around base of stalks as it grows.



- Spread out planting so that all the corn does not mature at the same time.
- Select a location where it won't shade other crops as it grows.

Square Foot planting: 1 6-8ft corn stalk per square foot or 4,4ft stalks per sq ft
Seed depth: 1 inch **Germination:** 4-12 days

Harvesting Tips

- Each plant will produce one to two ears of corn.
- Corn is ready to be picked as soon as the ears have completely filled out.
- Harvest with two hands; one to hold the stalk and the other to pull down and break off the ear to prevent breaking the stalk.
- Cut the stalk to soil level when all the ears have been harvested (Don't pull it out as you may disturb the roots of the surrounding stalks).

Storage Tips

- Corn loses its sweet taste very quickly after being picked, so try to cook and eat it as soon as possible.
- If you harvest more than you can eat, cut the kernels off the cob and freeze them.

Culinary Tips

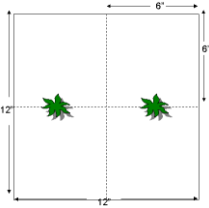
- In addition to eating it on or off the cob with butter, you can use corn in relishes, salsas, soups, stews, muffins and breads.



Cucumbers

Growing Tips

- Plant seeds or seedlings once, in early June, when the soil has warmed up. Be careful not to disturb the roots of these seedlings.
- Cucumbers work well with a trellis or climbing a 4-5 foot high fence of chicken wire. If you are not growing them vertically, leave ample room for them to sprawl out on the ground.



Square Foot planting: 2 cucumbers per square ft

Seed depth: 1/2 - 1 inch Germination: 3-4 days

Harvesting Tips

- Look for firm cucumbers that are crisp. Smaller ones will be most flavorful.
- Remove by gently twisting off the vine any fruits that are ripe.
- Pick continually as this will cause the plant to produce more!
- Best when harvested early in the morning to avoid bitterness.

Storage Tips

- Refrigerate immediately! Store loose or in a loose plastic bag in the crisper drawer.
- A cucumber refrigerated after being cut or peeled will deteriorate rapidly! Use leftovers as soon as possible.

Culinary Tips

- No need to peel a cucumber from your garden. Simply wash to remove any garden grit. (With chemically grown or waxed cucumbers, it is best to peel.)
- Cucumbers are most often eaten raw. Try them diced or sliced in salads, on their own as a snack, or chopped into a cold yogurt and mint soup.
- Pickles!
- Cucumbers can be julienned and stir-fried or sautéed.

How Much Do I Have?

- 2 medium=1 lb=2 1/2 to 3C sliced or chopped

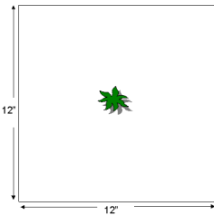


Eggplant

Growing Tips

- Must be transplanted to develop mature fruit in New England. Plant transplants when the weather has warmed up, in early June. They need plenty of sun and heat.

Square Foot Planting: 1 eggplant per square ft



Harvesting Tips

- Harvest the fruit when they are 6-8" long and glossy. If they are very large and have become dull or brownish they are probably over-ripe and seedy.
- Use a knife or scissors, to cut the stem, do not twist or pull to break the stem, as you may damage the plant.
- Leave the calyx, which is the green "collar," attached to the fruit.
- Keep eggplants picked as it will stimulate more production.

Storage Tips

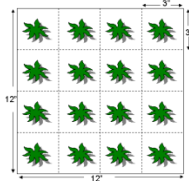
- Eggplant do not keep well (optimal storage is 50F) so don't refrigerate unless the weather is hot. If refrigeration is necessary, store unwashed in the crisper drawer for 1 week.
- For long-term freezer storage, cut eggplant in cubes, steam for 3-4 minutes, and allow cooling completely; storing in airtight containers in the freezer.
- Dishes such as baba ghanouj and ratatouille also freeze well in airtight containers.

Culinary Tips

- Eggplant is always cooked, eliminating a toxic substance called solanine.
- Eggplant can be peeled but peeling is not essential. It depends on personal preference and the intended dish.
- To remove any acrid flavors and excess moisture, lightly salt slices or cubes of eggplant and allow them to sit in a colander for 10-15 minutes. Gently squeeze out any excess liquid. Eggplant will now soak up less oil and need less salt in preparation.
- Eggplant is surprisingly versatile! It can be baked, grilled, stuffed, fried, braised, steamed, sautéed, or pureed in dips.

How Much Do I Have?

- 1 medium= 1 lb= 4C diced= 1 3/4 C cubed, cooked



Garlic

Growing Tips

- Break up bulb into individual cloves. Plant the cloves in September/October. The garlic will be ready to harvest next July.
- For bigger garlic bulbs, be sure to snip off the flower buds of softneck garlic. Green curlicues of hardneck garlic can be harvested for cooking or for pesto.

Square Foot Planting: 16 garlic bulbs per square ft
Clove depth: 2 inches (pointed end up)

Harvesting Tips

- Leaves can be snipped like chives and used wherever a mild garlic flavor is desired.
- Garlic is ready for harvest when the tops begin to yellow and droop. At that time, stop watering and knock down the tops. Three to five days later loosen the soil around the bulbs before pulling. Leave them outdoors in a dry, shady location until the tops are completely dry and the skin has become papery. Hang them in bunches or mesh bags in a cool, dry location.

Storage Tips

- Garlic stores well in a cool, dark, dry, and well-ventilated place, preferably in a basket, for several months. Warm temperatures will encourage garlic to sprout.
- Do not refrigerate unless storing peeled cloves for a short time. Keep in an airtight container to avoid garlic odor from spreading to other foods.
- For very long term storage garlic can be minced and covered or blended with olive oil and placed in small airtight containers and frozen. After removing from the freezer keep in the refrigerator.

Culinary Tips

- Garlic scapes (green curlicues), harvested from the top of the garlic plant in the spring, may be chopped or diced raw into green salads or pasta salads, sautéed in place of bulb garlic, eaten raw, or used anywhere garlic flavor is desired.
- To peel garlic cloves loosen the skin by placing the clove on its side on a hard surface. Press the clove with the side of the knife applying pressure with your fist.
- Press, mince, slice or use cloves whole. A sharp knife yields best results when chopping. The more pulverized the garlic is, the more pungent the flavor.
- To mellow garlic's strong flavor, opt for longer cooking. To enjoy its more pungent flavors and increased medicinal benefit, use it raw or with minimal cooking.
- Sauté garlic only until translucent as it will easily burn and release a bitter unpleasant flavor.

How Much Do I Have?

- 1 medium clove= 1 tsp minced

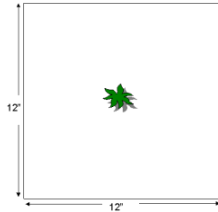


Kale

Growing Tips

- Enjoy fresh kale from early summer through fall by planting seeds from late April through May. You can also harvest it right thru the winter if protected with a light covering.

Square Foot planting: 1 kale per square ft Seed depth: ½ inch Germination: 5-7 days



Harvesting Tips

- On smaller plants, harvest only the outer leaves. This not only ensures the growth of smaller, inner leaves, but also of a harvest that will last throughout the season. For more mature plants, pick the leaves at the bottom of the stalk, as the stalk will continue to produce greens.

- Select leaves that are crisp, broad, and dark colored.
- Cut with a knife or scissor.

Storage Tips

- Store unwashed leaves, wrapped in a damp towel, or in a plastic bag in the crisper drawer of the refrigerator, for up to 1 week.
- For long-term storage, kale can be frozen. Wash, de-stem, and blanch leaves for 2 minutes. Rinse in cold water to stop cooking, drain, and pack into airtight containers such as freezer bags.

Culinary Tips

- Wash kale leaves well. Soil and grit love to hide on the undersides, and in all the crinkles and wrinkles.
- Remove stems from mature kale leaves by folding the leaf in half lengthwise and stripping or slicing away thick stems. Save these stems and midribs, cut them into bite-sized pieces and cook them for a longer time than the leaves.
- Baby or very tender young leaves may be cooked stem and all.
- Kale is wonderful raw. Toss in bowl with lemon juice and olive oil and massage the leaves for 3 minutes.
- Kale may be steamed, sautéed, chopped finely for a winter salad, or chopped coarsely and added to soups at the end of their cooking time.

How Much Do I Have?

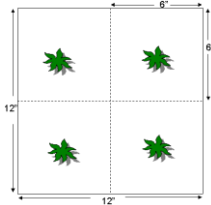
- 1 lb= 6C raw leaves= 1 ¼ C cooked leaves



Lettuce

Growing Tips

- Seeds can be sown at ten day intervals starting in mid-April.
- When it gets hot, lettuce tends to “bolt” or send up its seed stalks before the plant is fully mature. Try to use “slow bolt” varieties since they will not become bitter as quickly.
- Lettuce does not grow well in the hottest part of the summer.. Provide shade if possible.



Square Foot Planting: 4 lettuce per square ft
Seed depth: $\frac{1}{4}$ - $\frac{1}{2}$ inch Germination: 7-14 days

Harvesting Tips

- Harvest leaves when they are young and tender. It is best to pick early in the day to avoid bitterness.
- If you have lots of plants, harvest the outside leaves from several plants by using a sharp knife to carefully cut each leaf off at the base.
- If you want to remove an entire head of lettuce, again, use a sharp knife and cut the head off at just above ground level.

Storage Tips

- Salad greens are best used within a few days. Wrap unwashed greens in a damp towel or place in a plastic bag with a damp towel in the crisper drawer.
- If greens are wilted, they should be washed as soon as possible to crisp them up. Fill the sink or basin with enough room temperature, (not cold water,) to generously cover them. Let the greens sit for a few minutes, allowing any sand or grit to sift to the bottom. Lift them out and spin dry. Use a salad spinner, or place greens in an onion sack or pillowcase, step outside and spin them around until all the water stops spraying out. Once dry, wrap the greens in dry paper towels and place in the refrigerator in a sealed plastic bag.

Culinary Tips

- Young tender leaves make delicious salads.
- Raw greens may be served under cooked vegetables or meats, the juices wilting them slightly.

How Much Do I Have?

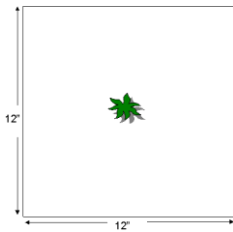
- 1 lb= 4-6C leaves



Melons

Growing Tips

- Sow seeds in June or plant transplants only after the soil has warmed up, which can be from late May to early June. Plant the pointy tip of the seed down. When transplanting, be very careful not to disturb the roots.
- Melon vines take up a lot of space so plan ahead to allow for that space. Hope for a hot summer!



Square Foot planting: 1 melon per square ft
Seed depth: 1/2 inch Germination: 3-5 days

Harvesting Tips

- Handle melons carefully at all stages of ripeness.
- The best test for ripeness is to examine the stem for cracks. If the stem separates when pushed gently with the thumb, the

fruit is ripe.

Storage Tips

- Musk melons seldom keep more than a week or two after harvesting, honey dew three to four weeks.

Culinary Tips

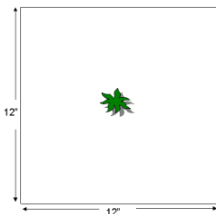
- Slice and enjoy fresh, preferably while standing in the garden while the fruit is still warm from the sun!



Okra

Growing Tips

- A member of the mallow family, okra is closely related to flowering hibiscus.
- Because okra seeds do not germinate well in cool soils, start seeds indoors three to four weeks before the last frost date for your area or direct sow the seeds after the soil has warmed in the spring (probably one to two weeks after the last frost date).
- Soak seeds overnight before planting.



Square Foot planting: 1 okra plant per square ft

Seed depth: 3/4 inch Germination: 7-14 days

Harvesting Tips

- Only 3 to 4 days are required from the time the okra flower opens until the pod reaches harvest maturity.
- The key to maintaining okra production continuously is to harvest regularly – at least every other day during the growing season.
- Harvest the pods young, before they become too large and fibrous, usually at two to four inches.

- Cut pods from plants with a pruner or sharp knife to avoid pulling and possibly damaging the plants.

Storage Tips

- Okra can be stored in the refrigerator for 2-3 days or blanched whole and frozen for up to 12 months.
- Cooked okra can be stored in the refrigerator for 3-4 days.

Culinary Tips

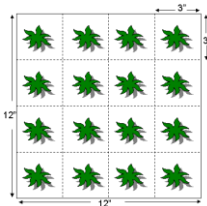
- Okra can be served raw, marinated in salads, or cooked on its own and goes well with onions, tomatoes, corn, peppers and eggplant.



Onions (from seed, starts or sets):

Growing Tips

- Plant seeds or sets from late April to early May. If you start with a pot full of seedlings, separate them into individual plants.
- The bigger the plants get before the Summer Solstice (June 21), the bigger the onions you'll grow.
- Preventing weeds is CRUCIAL to a good harvest!



Square Foot planting: 16 onions per square ft

Seed depth: 1/4 - 1/2 inch Germination: 4-5 days

Start depth: 1/2 inch Set depth: 1 inch

(sets are small onions that you plant directly)

Harvesting Tips

- During the season, onions may be harvested as needed.
- For storage, allow the onions to grow until their tops fall over naturally. After the tops have died, keep the bulbs in the ground for a week or two. When the leaves are shriveled and brown they are ready to be dug.
- When bulbs are dug, spread outdoors in a sunny, airy location for three to seven days to dry. Then move indoors to a warm, dry, shady site and allow to finish drying for another three to four more weeks.

Storage Tips

- Do not refrigerate onions. Store in a cool, dry place, (ideally 40-50F) and they will keep for months. Warmth or moisture will cause sprouting.
- Store cut onion in the refrigerator in an airtight container to avoid transference to other foods. Use as soon as possible.

Culinary Tips

- Onion is very versatile! Enjoy onions raw, steamed, boiled, sautéed, stir-fried, braised, baked, grilled, roasted...
- The longer an onion is cooked the milder it becomes. For strongest flavors and medicinal benefits use onion raw or lightly cooked.
- If onions have begun to sprout, they still may be used. Simply remove the center of the onion which contains the new growth, as it may cause indigestion.

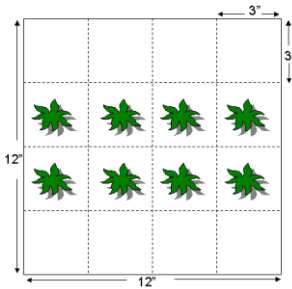
How Much Do I Have? 1 small= 1/3 -1/2 C chopped or 1 medium= 1/2 - 3/4 C chopped



Peas

Growing Tips

- Climbing varieties of peas save space and don't require successive plantings. Try snap pea varieties – fat peas with an edible pod. They are productive and delicious.
- Plant from mid April through mid May.



*Square Foot planting: 8-12 plants per square ft
(they don't mind being close-do not thin the seedlings)
Seed depth: 1 inch Germination: 14 days*

Harvesting Tips

- Shucking/ shelling peas are ready to be picked when the pea pods are swollen. Sugar snap peas are at their best when the pods first start to fatten, but before becoming large. Snow peas are harvested before the peas have grown and the pods are quite flat.
- Use both hands to harvest edible pods. Hold plant stem with one hand and use the other hand to pull off pod. Be gentle!

Storage Tips

- Peas are at their absolute best immediately after harvest, as their sugars rapidly convert to starch, reducing flavor and sweetness.
- Pea pods can be stored in a plastic bag in the refrigerator for about 1 week, but storing peas does sacrifice some of their sweet flavor and crisp texture.
- Peas freeze well, but will lose their crunchy texture. Blanch all types of peas for 2 minutes (shell peas must be shelled first), rinse under cold water to stop the cooking process, drain well, and pack into airtight containers such as freezer bags.

Culinary Tips

- Shelling or shucking peas should be shucked/ shelled and the peas can be used raw, in stews, soups, mixed vegetable sautés, stir fry, blanched or steamed.
- Some snap peas need stringing. Snap off stem tip toward the flat side of pod and pull downward. Young, fresh, snap peas are delicious raw, or pods may be cooked very briefly (2 min.) and added to salads, deep fried in tempura batter, steamed, or sautéed.
- Snow peas are a classic stir fry vegetable, may be sautéed alone or with other vegetables and/or meats, adding in during the last minutes of cooking, or added raw or slightly cooked to a variety of salads.

How Much Do I Have?

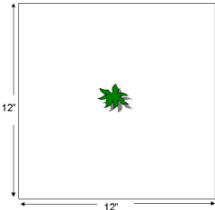
- 1 lb = 1C shelled



Peppers

Growing Tips

- Peppers need to be transplanted here in New England. Early maturing varieties will do the best.
- They need lots of sun and heat but benefit by afternoon shade. Set transplants out when the temps are warm enough.



Square Foot planting: 1 pepper per square ft

Harvesting Tips

- Less damage is done to pepper plants if the fruit is cut instead of pulled off.
- Green bell varieties are harvested when fully grown and mature, usually 3-4\"/>

Storage Tips

- Refrigerate whole, unwashed, unblemished peppers for 1-2 weeks in the crisper drawer. Ripe red, yellow, orange, and purple peppers will not keep as long as the green ones.
- Peppers may be frozen. Wash and dry peppers. Cut into bite size pieces and place in an airtight container, such as a freezer bag. Peppers will soften when thawed, so take out only the amount you need and replace the rest in the freezer.
- Peppers also dry well. There are many methods; it is best to consult a home preservation book to see which is most suitable for you.

Culinary Tips

- For greatest nutrient retention bell peppers should be eaten raw.
- Add peppers to soups, stews, omelets, quiches, casseroles, salads, stir fries. Peppers are also fantastic roasted and stuffed.
- Always use care when handling hot peppers! For greatest safety wear rubber gloves during handling. DO NOT touch eyes, mouth, nose or other places. Remove seeds to remove some of the peppers' heat during cooking, or let them remain to give the full heat. Wash hands thoroughly when finished.

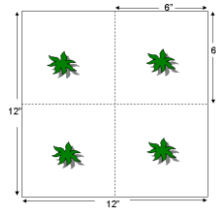
How Much Do I Have?

- Bell/Sweet- 1 small= 1/4C chopped
- 1 medium= 1/2C chopped
- 1 large= 1C chopped
- 3-5 medium= 1 lb= 3-4C chopped



Potato

Growing Tips



- Use seed potatoes (not sprouts from the grocery store)
- Sprout potatoes a week before planting, by placing them in a warm location where they will receive light (not sun).
- A day or two before planting cut sprouted, seed potatoes into 1 to 1 1/2 inch pieces with at least one

sprout per section.

- Remove about 5 inches of soil from the square(s) to be planted and place four seed pieces in each (spaced evenly apart) with sprouts up. Just barely cover them with soil.
- When leafy shoots appear, add just enough of the removed soil to cover them.
- Continue to do this every week or so (as needed) until the plants begin to flower.
- Be sure that any potatoes forming are well covered to prevent them from turning green.

Square Foot planting: 4 potatoes per square ft

Seed depth: 1 inch Germination: 7-10 days

Harvesting Tips

- Small potatoes can be harvested as needed in early summer after the plants finish flowering.
- Later potatoes can be left in the soil until 2-3 weeks after the foliage has died back in the fall.
- For early potatoes, gently loosen the soil around the largest tubers and remove, leaving the smaller ones to continue growing. Best to do with your hands.
- For later potatoes, gently dig outside the plant and remove potatoes as you find them.

Storage Tips

- If the weather is dry, leave the potatoes on top of the soil for 2 to 3 days to dry. This will toughen the skin for storage. Do not rub the dirt from the potato.
- Store potatoes in a cool (40 degrees), dark location for 3 to 6 months.
- Do not store potatoes near apples, which give off a chemical that can damage the potatoes.

Culinary Tips

- Potatoes do not freeze, dry or can well.



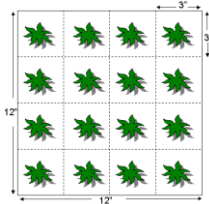
Radishes

Growing Tips

- A very gratifying crop because it grows quickly. Plant radishes around squashes to help fend off unwanted insects.
- Radishes can be sown every three weeks from late April to early August.

Square Foot planting: 16 radishes per square ft

Seed depth: 1/2 inch Germination: 4-12 days



Harvesting Tips

- Pull radishes when they are young, to avoid radishes getting overly hot and spongy.
- Daikon radish will get quite large and still be of very good quality.
- Fall/Winter radishes mature more slowly and can be harvested at a larger size.

Storage Tips

- Remove tops and store in a perforated plastic bag or damp towel in the refrigerator; use greens as soon as possible.
- Radish roots can be stored for up to 2 weeks in a plastic bag in your crisper drawer.

Culinary Tips

- Radishes may need a good scrubbing to remove garden soil, but do not need to be peeled. Trim off any damaged areas.
- Radishes can be eaten raw, sliced or grated in salads, on sandwiches, as a snack, even as a garnish.
- Radishes may also be cooked; steam, add to hearty soups and stews, slice into a stir-fry.
- Daikons are good for cooking and can be substituted in any recipe calling for turnips. Always peel daikons. Young daikons can be eaten raw, but larger ones should be cooked.
- Toss radish greens into mixed vegetable soups or stir-fries. (They cook quickly.) If they are young and tender, toss into a green salad.

How Much Do I Have?

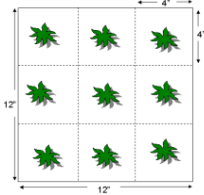
- 12 radishes= 1C sliced



Spinach

Growing Tips

- Plant every 1-2 weeks from late March through May and again after the extreme heat of August.
- Spinach will tend to “bolt” (make flowers and seeds) during the summer heat.



Square Foot planting: 9 spinach per square ft
Seed depth: ½ inch Germination: 7-14 days

Harvesting Tips

- Select spinach that is deep green with crisp stems. Plants are mature enough for harvest when the leaves are large enough to form at least a 5 or 6-leaf rosette.
- The outer leaves may be cut at the soil surface leaving younger leaves to develop for later harvests.
- If you want to harvest an entire plant, again, use a sharp knife and cut the head off at 1 inch above ground level and it should grow another set of leaves.

Storage Tips

- Refrigerate spinach, unwashed, in a damp towel or plastic bag for up to one week, however the best taste and texture comes when eaten within 4 days.
- For longer-term storage, spinach may be frozen. Blanch for 1-2 minutes, rinse in cold water, drain well, squeeze lightly, form into balls, and pack into airtight containers such as freezer bags.

Culinary Tips

- Rinse spinach leaves thoroughly in a cool water bath. Soil and grit tend to accumulate on the undersides of leaves so it may take several changes of water. Do not soak spinach, as it will cause it to lose its nutrients. Dry in a salad spinner or blot with dishtowels.
- Remove tough stems before eating or cooking spinach.
- Spinach can be eaten raw in salads, sandwiches, pasta, or substituted for basil in a pesto. Spinach can also be steamed, added to soups, stir-fries, sautés, crepes, quiche, lasagna, or any other baked dish.
- Spinach cooks quickly. Be careful not to overcook by watching for the bright green color. Remove from heat and cool.

How Much Do I Have? 1 lb= 4C torn leaves= 1 ½ C cooked= ½ - ¾ C cooked, squeezed dry



Summer Squash & Zucchini

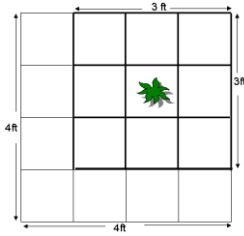
Growing Tips

- Plant after the soil has warmed up (late May to early June). Mound soil in center of 3x3 ft space about 4" high, plant 1-2 seeds in center of mound.

Note: one or two mounds usually provide more than enough squash for most families.

Square Foot planting: 1 squash plant in a 3 ft by 3 ft block.

Seed depth: 1/2-1 inch **Germination:** 6-10 days



Harvesting Tips

- Summer squash and zucchini are harvested when immature, before the seeds ripen and the skin hardens, leave about 1 inch of stem on the fruit.
- Carefully cut or remove squash from the vine, using both

hands, so as not to damage the plants.

- Harvest often so that plants keep producing.

Storage Tips

- Squash dehydrates quickly. Refrigerate, unwashed, in a plastic bag or crisper drawer for up to one week.
- Damaged or bruised squash will deteriorate very quickly.
- Refrigerate cooked squash in a covered container; it is best eaten within 2-3 days.
- Cooked, pureed summer squash may be frozen for an addition to or as a base for winter soups. Freeze in an airtight container.

Culinary Tips

- Rinse or wipe down summer squash if needed; no need to peel!
- Summer squash can be eaten raw cut into sticks or rounds, or grated or thinly sliced directly into salads or slaws.
- Summer squash can be steamed, grilled, sautéed, broiled, added to summer soups and stews, blanched, added to stir-fries, casseroles, or even mashed.

How Much Do I Have?

- Summer Squash- 3 medium or 6 small= 1 lb= 1 2/3C cooked and mashed= 2C sliced, cooked
- Zucchini- 3 medium= 1 lb= 1C sliced

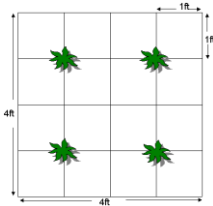


Tomatoes

Growing Tips

- Must be transplanted to develop mature fruit in New England.
- Transplant outside in late May to early June.
- Withholding water after mid August will force the vines to ripen more fruit. Removing all young flower clusters after mid-September will help the remaining fruit ripen as well.

Square Foot planting: 4 tomatoes in a 4 ft by 4 ft block



Harvesting Tips

- Pick tomatoes when the skin of the tomato yields slightly to finger pressure (in other words the tomato doesn't feel as hard as a rock and has a bit of give to it). The shoulder area of the tomato (where the top rounds towards the bottom) is always the last part to ripen.
- Ripe tomatoes can usually be harvested by gently twisting them off their stem. For tomatoes wedged in next to other tomatoes by intersecting branches, use a scissor or a knife to free them.
- Remember tomatoes come in lots of colors, ranging from peach and gold to purple and black, striped and mottled to solid. There are also many variations in size and shape, from sweet currant tomatoes to giant ribbed tomatoes, some that are perfectly round and others which form a tear drop, even one which is the color of a peach and fuzzy!

Storage Tips

- Do NOT refrigerate! Cold temperatures destroy the tomato's flavor.
- Perfectly ripe tomatoes should be eaten right away, and may hold for up to a week.
- Under-ripe tomatoes will continue to ripen, out of the sun, stored at 60-70F.
- Damaged and cut tomatoes will deteriorate rapidly; use quickly.
- Tomatoes can be frozen whole. Core tomatoes, place on a cookie sheet and freeze. When solid place in freezer bags and replace in freezer. Thawed tomatoes are appropriate for cooking or purees.
- Salsas, sauces, paste, and purees can be canned. Consult a trusted home preservation guide for detailed instructions.
- For long term storage plum tomatoes can be dried in a food dehydrator, using a very low temperature in the oven, or sun dried.

Culinary Tips

- Tomatoes are fantastic eaten raw, sliced on a salad, a sandwich, with fresh mozzarella and olive oil, added to guacamole, omelets...
- Tomatoes are very versatile; sauté, bake, broil, grill, stuff, add to shish kebab, and roast... Tomato chunks can be added to soups and stews, or tomatoes can be pureed as a soup base or stock, and of course made into amazing pasta sauces!
- Green, unripe, tomatoes can be breaded and fried for a late season treat.

How Much Do I Have?

- 1 medium= 1C chopped
- 2 large= 3 medium= 4 small= 1 lb=1-1 ½ C peeled, seeded, chopped= 3/4C cooked



Winter Squash

(For example: pumpkins, acorn and butternut)

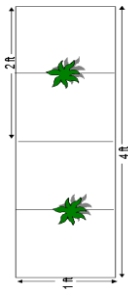
Growing Tips

- Set out transplants or direct seed after the soil has warmed up (early-mid June). Note: Plan ahead! Winter squash really sprawls out – winter squashes with smaller fruits (like sugar pumpkins) can be

grown on a trellis, or allowed to sprawl out into mulched pathways.

Square Foot planting: 2 winter squash vines in a 1 ft by 4 ft row

Seed depth: ½ - 1 inch Germination: 6-10 days



Harvesting Tips

- Winter squash and spaghetti squash can be harvested when the rind is hard and when the stems begin to shrivel up and dry and when the skin is too hard for you to poke through it with your

thumbnail.

- Remove squash from vine with a sharp knife leaving 1-3 inches of stem on the fruit. Cure before storing by placing in the sun for 10 days (cover or put inside if there is any chance of frost during).

Storage Tips

- Do not refrigerate winter squash. Winter squash will store at room temperature for about one month. Store for several months in a dry cool (50-55F) but not cold location.
- Do not pile squash on top of each other, instead, place squash in a single layer to avoid rotting. Bruised or damaged squash will deteriorate more quickly.

Culinary Tips

- With the exception of the “Delicata” squash, all winter squash, pumpkins, and spaghetti squash have inedible skins, peel or discard.
- Winter squash are delicious peeled, diced, and sautéed or steamed, pureed alone or with other root vegetables, added to hearty soups and stews, added to muffins, pancakes, or quick batters for extra sweetness and moisture...
- Winter squashes are easy to bake. Acorn squash is famous for being baked face up with melted butter and brown sugar or maple syrup.
- Butternut makes an excellent “pumpkin” pie.
- Spaghetti squash should be halved, skin pricked with a fork, and roasted, the flesh is done when it scoops out easily into spaghetti-like strings. Serve topped with tomato sauce, or with butter and shaved Parmesan.
- Seeds can be saved from pumpkins and squash to be roasted and then eaten.

How Much Do I Have?

- Winter Squash - 1 lb= 1C cooked and mashed
- Spaghetti Squash - 2 lbs= 4C cooked strands
- Pumpkin - 1 lb= 1C cooked, mashed= 4C peeled, cubed
1 medium= 5 lbs= 4 1/2C cooked, pureed



Squash Blossoms

Harvesting Tips

- Look for male flowers; they are on a stem, not on the end of the squash.
- Select blossoms that have just opened or are about to blossom.
- To prolong freshness while harvesting, put them in a plastic bag or a quart size yogurt container

with stems in about 2" of water.

Storage Tips

- Use blossoms the day they are harvested. If you are planning on stuffing the blossoms, it must be done within 1 hour of harvest, as blossoms will close up.

Culinary Tips

- Blossoms should not be washed, but should be shaken to release any bees or insects feasting inside.
- Blossoms may be stuffed and baked, lightly battered and fried, used to top pizzas or frittatas.

Other Vegetables You Could Try that GP does not currently supply

Follow the seed packet directions or the seedling tag for planting and harvesting instructions.

A variety of Greens such as cress, mustard greens, Chinese cabbage, mizuna, Pak Choi - follow lettuce planting tips.

Herbs



Basil

An annual herb in our northern climate which adds delicate flavor and aroma to many cultural dishes of Greece, Italy, and the Near East. Basil is most commonly known for its role in pesto and tomato sauces.

Planting and Growing Tips

- Sow after the last frost, seeds or seedlings.
- Basil loves the sun, and cannot withstand a frost.

Square Foot planting: 1 plant per square

Seed depth: ¼ inch Germination: 5-10 days

Harvesting Tips

- When harvesting basil, cut it back to about 1/4 inch above a node. Leave enough foliage on the plant so it can continue growing healthy.
- Always harvest before a hard frost.

Culinary Tips

- Do not wash before storing or leaves will turn black.
- The best flavor is found in fresh leaves, but frozen and dried leaves are worth the effort also. The leaves can be used cooked or raw.
- Crush, chip or mince the leaves and add to recipes, or add whole leaves to salads. Sprigs of basil make a wonderfully aromatic garnish.
- The flowers are beautiful, edible, and also make a unique garnish.



Chives

Chives are the mildest flavored member of the onion family. They are a perennial herb containing iron and many vitamins. The globe-like purple flowers, which bloom in late spring are also edible. The whole plant can be eaten from top to bottom - the bulbs as mild onions, the leaves as a flavorful garnish and the flower heads sprinkled in salads or atop cream cheese.

Planting and Growing Tips

- Sow Spring or Fall, seeds or transplants/seedlings.
- Chives prefer sun to partial shade.
- This is a perennial and will form large clumps that will return year after year.

Square Foot planting: 1 plant per square

Seed depth: ¼- ½ inch Germination: 7-14 days

Harvesting Tips

- You can begin harvesting about 6 weeks after planting seeds, or as soon as

established plants resume growth in the spring

- Using scissors, cut outer stalks (leaves) right back to the base or snip off flower heads

Culinary Tips

- Use them fresh or frozen; they do not retain their flavor well when dried.
- Minced stalks/leaves can be mixed into cream cheese, used in cooking or eaten raw. Flowers can be sprinkled on salads for a beautiful, slightly spicy garnish.



Cilantro

Cilantro is a pungent herb with a unique flavor. It grows two types of leaves; the lower ones resemble flat-leaf parsley, and the upper ones are delicate and finely cut. Cilantro is used by a variety of cultures, particularly Mexican, Chinese, Vietnamese, Thai, and Indian. Tiny white flowers form seeds that have a sweet, lemony flavor, which when dried are called **coriander** and are the core ingredient in the Indian curry tradition.

Planting and Growing Tips

- Direct seed spring through summer
- Plant in full sun
- Continue reseed every three weeks or so for a continuous harvest, since the slightest spring warmth will make the plants go to seed

Square Foot planting: 1 plant per square foot

Seed depth: ½ inch deep Germination: 7-14 days

Harvesting Tips

- Harvest fresh leaves once the plants are at least 8 inches tall by cutting outer leaves and allowing the inner growing leaves to continue producing foliage until plants go to seed.

Culinary Tips

- Dried leaves lose their fragrance, but you can freeze them in water (or make cilantro pesto) for use later.



Dill

Dill is one of the oldest known herbs. Its aromatic leaves, seeds, and flat seed heads of tiny greenish-yellow flowers are used to season fish, pickles, cabbage, potatoes and baked goods, soups, stews, and salad dressings. When steeped in wine, dill is said to have mild aphrodisiac qualities. This easy-to-grow annual herb is not only beautiful, but it also attracts beneficial insects to the garden.

Planting and Growing Tips

- Dill does poorly when transplanted, so start the crop from seed in the garden.
- Plant in a very sunny location.

Square Foot planting: 1 plant per square

Seed depth: ¼ inch Germination: 10 -14 days

Harvesting Tips

- You can start harvesting dill leaves -- often referred to as "dill weed" -- as soon as a plant has 4 to 5 leaves.
- If you have many plants, you can harvest entire stalks, or harvest a bit of weed from a number of plants.
- Snip the fern-like leaves from the plant with scissors or by pinching them off by hand.



Mint

There are many types of mint, the most well known being peppermint and spearmint. Square stems and jagged leaves most easily identify mints. Mints add a cool refreshing flavor to ice cream, fruit, desserts, and drinks. Dried mint is added to many Middle Eastern dishes, and cooling yogurt drinks.

Planting and Growing Tips

- Mint can be started from seed in spring, however it is very easy to take a small piece from a friend, stick it in the ground and watch it thrive, or buy a plant.
- Grow mint in full sun to partial shade
- Mint is a perennial, it comes back year after year, and tends to be aggressive – **do not plant in your garden**. It is best to give it a contained location somewhere else or in a pot so it doesn't take over!
- In the fall: cut the plants to about 1" from the ground. If you're in a growing climate where the ground freezes in the winter, apply a thick layer of mulch to your mint patch (remove in the spring).

Square Foot Planting: 1 per square

Seed depth: ¼ inch Germination: (best to grow from runners)

Harvesting Tips

- When taking sprigs to put in your tea, try taking sprigs with big leaves so smaller leaves get more light. Taking away sprigs from time to time will encourage the plant to keep growing.
- The new, tender leaves and stems have the best flavor. Pinch stem ends off from the new stem branches. This keeps the plants compact and bushy. Be sure to leave 1/3 of the plant still intact to grow back.

Culinary Tips

- Mix in with favorite salad, coleslaw, or cold rice or pasta dishes for a zesty aftertaste. Chop and add to salsa too!
- Mint is known as an aid for digestion. Mint tea is also known to help calm hot

flashes; drink warm in the winter or make iced tea in the hot summer months!



Oregano

Oregano is a low growing perennial herb that has a spicy taste with a bite. It is stronger in flavor than marjoram, which is very similar in appearance. The leaves of these plants add a robust flavor to tomato sauces, potatoes, and eggs. Oregano is excellent at stimulating the appetite and facilitating digestion.

Planting and Growing Tips

- Perennial, will return year after year
- Plant in the spring in full sun
- Can be started from seed or you can also divide an existing plant
- Trim back before flowering (approximately 5-6 weeks after planting) to stimulate denser, bushier growth
- Plants will self seed easily so you can thin out 3- to 4-year old plants to keep the bed quality high.

Square Foot Planting: 1 plant per square

Seed depth: ¼ inch

Germination: 7-21 days

Harvesting Tips

- Harvest leaves as you need them.
- The optimal flavor period is just before flowers bloom.
- Leaves dry easily, store well and can also be frozen

Culinary Tips

- Add to tea to aid indigestion



Parsley

There are 2 varieties of culinary parsley, the Italian flat-leafed and the more common curly leafed. Parsley offers not only wonderful flavor and rich color, but also outstanding nutrition. It is rich in iron and vitamins A and C and is a good breath freshener. Use parsley in soups, stews, sauces, as an edible garnish, or in salads.

Planting and Growing Tips

- Parsley can handle cold weather, so start sowing 2 to 3 weeks before the last spring frost.
- Prefers sunny location

Square Foot planting: 1 plant per square



Seed depth: ¼ inch

Germination: 14-30 (VERY slow to germinate!)

Harvesting Tips

- Cut entire leaves from the outer portion of the plant as you need them.
- To keep fresh for as long as possible, store in the refrigerator with the leaf stalks in water.
- Plants can be dug up, set in large pots with extra soil, and brought indoors to a sunny window for a light winter harvest.

Culinary Tips

- Curly parsley is the most common type because it makes such an attractive garnish.
- For cooking and chopping, the flat -leaved parsley is preferable; it is easier to work with and has a better flavor.



Rosemary

Rosemary is a slow growing herb, which is very difficult to over winter in our climate. For this reason it is often grown in pots and over-wintered inside. Rosemary, the herb of remembrance, has narrow, spiky leaves and a distinctive piney scent; used to flavor lamb, pork, potatoes, herb butters, vinegars, and bread.

Planting and Growing Tips

- Rosemary is extremely difficult to start from seed, so it is recommended you purchase a small plant or plants.
- Set it out in a sunny spot after chance of frost has passed.
- Many people prefer to grow it in a pot and bring it in during the cold winter months and set it outside again the following spring.

Square Foot planting: 1 per square

Seed depth: n/a

Germination: n/a

Harvesting Tips

- Use scissors or a knife to cut stems from the plant.
- Cut as many stems as you think you will need, but never more than ¼ of all the stems on the plant.
- Remove the edible needles from the stem by running your thumb and forefinger along the stem in the opposite direction of needle growth.

Culinary Tips

- Rosemary has a much more intense flavor and fragrance when used fresh.
- Rosemary flowers, also edible, are best eaten fresh and have a mild, delicate flavor.



Sage

Sage is a perennial herb with aromatic leaves that are soft grey-green in color. There are also purple and variegated varieties. Sage aids in the digestion of fatty meats like beef, pork, veal, fish, lamb, poultry, duck, and goose, and is a delicious complementary flavor for all of these. Sage makes a wonderful tea with honey for curing sore throats.

Planting and Growing Tips

- Direct seed or transplant seedling in spring
- Plants do well in full sun to partial shade.
- Be patient. Sage is slow to germinate, may take one to three weeks!
- Each spring, prune the heavier, woody stems from the plants.

Square Foot Planting: 1 per square

Seed depth: ¼ - ½ inch

Germination: 7-21 days

Harvesting Tips

- Harvest lightly during the first year to allow the plant to become established.
- When harvesting, leave a few stalks in place to allow the plant to rejuvenate.

Watering

One of the hardest questions to answer is “How often should I water and how much should I give my plants?” There are essentially 3 stages of watering that you need to be aware of:

Seeds: After you have planted seeds, your goal is to keep the area where the seeds were planted moist, but not soggy. Use the mist setting of a spray head on your hose or scoop a cup of sun warmed water from nearby bucket, and gently water the soil until it is moist but no puddles are forming. You want at least the top 1” of soil to be damp. You can check by inserting your finger into the soil up to the first knuckle to make sure it is moist. You might need to do this every day or so.

Seedlings: Once your seedlings have emerged and established themselves, they can tolerate a bit of dryness in the top 1” of soil. Use your watering can, a gentle spray from your hose, or a scoop from a bucket of water to water your plants when the top 1” of soil is slightly dry. Water deeply so all the soil is moist again. You might need to do this every other day.

Mature plants: The best way to determine when and how much to water your garden is to pay attention to what your plants are telling you. As you walk by in the morning check each square to see if the plant looks a little droopy or slightly wilted? Is the color of the leaves a little off? Most mature plants require approximately 1 inch of water per week. You can use an empty tuna can (or other can that is 1” deep) and place it out in your garden. If the can hasn’t been filled by rain during that week, give the garden a good watering.

When first planting, you’ll find that frequent watering is necessary to keep the soil and root systems (but not leaves) of new plants moist. If you have a “soaker hose”, lay it down in the middle of the beds and turn it on low for twenty minutes every other day. If you do not own a hose, use a sturdy bucket and a cup as a scoop or a watering can to water the individual squares. The frequency and amount of watering will depend on the weather and the size of the plants. If it has been rainy, it’s not necessary to water as frequently as when it has been sunny and dry. After seedlings are established and growing well, you can water less frequently.

When watering by hand, be sure to pour close to the ground so you do not “rupture” the soil. This also keeps the leaves from getting wet, which can lead to blight and other fungus problems. Water and harvest your garden during the cooler hours of the day - preferably in the morning. If the plants look yellow, they are getting too much water; if they look wilted, they are not getting enough. During the midsummer when the weather is usually drier, it will likely be essential to water every day. If leafy plants look wilted midday but perk up again at night and early morning, they’re doing fine.

The soil you receive from GP can hold a lot of water, however if you let it get dry, it can take a while to have the soil absorb the water you add. You must be patient and water slowly so the water doesn’t run off to the edges and sides of the bed. Make sure it’s not

just the surface that gets damp. Use your finger to dig a small hole (about 1" deep) near where you watered to make sure that the soil under the surface is also getting water.

THINGS TO REMEMBER

- Too much water is as bad as, or worse than, too little.
- Do not water the plants faster than the rate at which the soil can absorb it.
- Prevent the spread of fungus by keeping the water off the leaves.
- Conserve water where possible. It is a valuable resource which is becoming scarce.

Soil Amendments

We have provided you with very rich soil and if maintained properly (*see Feeding the Soil*) there should be very little need to add any extra fertilizer for your plants. However, one of the best ways to replenish the nutrients in your soil throughout the growing season is to mix a cup or two of compost into each square after harvesting and before replanting it. You can also mix in some fertilizer at this point if you feel you need a little more of a boost.

If you do find that some of your plants are looking unhealthy, you might choose to apply a liquid or granular fertilizer. We recommend using an organic one if possible as this will be better for you and your soil. Liquid fertilizers are generally sprayed on the soil or the plant either directly from the bottle or mixed in combination with water and applied with a sprayer. Liquid fertilizers provide a quick solution to nutrient deficiency problems because they are rapidly absorbed. Granular fertilizers are generally sprinkled on the ground around the base of the plant but not on the leaves or the stem of the plant (which can cause damage to the plant) and gently scratched in to the top inch or so of the soil. These are absorbed slowly and provide more long term benefits. In either case, be sure to read the instructions very carefully before applying any form of fertilizer and keep all fertilizers out of the reach of children.

Some natural fertilizers you may wish to investigate include bat guano, fish emulsion, fish meal, kelp meal, and/or pelletized chicken manure. Each of these are beneficial to a variety of plants, and would work well as an "all purpose" boost. **Note that in the case of fertilizers, too much of a good thing will do more harm than good.** Often, plants receiving too much fertilizer will produce a lot of leaves and grow very big but will not produce many fruits or vegetables.

Pest Control

Strong healthy plants not only make delicious food for us to eat. They can also fight off invading pests. Therefore, the best way to keep pests away is to grow healthy plants. Certain plants grown in combination also provide protection from some pests. Onions provide great protection and can be used to line some of your planted squares. Be advised that they do not grow well with legumes (bean, peas). Nasturtiums and marigolds can also provide protection from pests and can be planted throughout the garden. Here are some ideas of how to deal with some of the worse offenders.

Aphids



Description: Tiny, about 1/10" long with a pear-shaped body, long antennae and two tube like projections from the rear of the abdomen. They come in a variety of colors and affect many different plants. Ants are often present because of the sticky honeydew that aphids secrete.

Damage: Leaves will curl, pucker and turn yellow because the aphids suck juices from the leaves, fruit and stems.

Actions: Spray plants vigorously with water every other day in the early morning for a week or so. This shakes the aphids off the plants. Spray with insecticidal soap for heavy infestations. Luckily aphids have many natural predators including birds, ladybugs and lacewings.



Cabbage Maggot

Description: A small, white legless worm about 1/3" long with a blunt end. Found mostly on members of the cabbage family (cabbage, broccoli, collards, etc) as well as peas, radishes and turnip.

Damage: Plant will wilt during the midday heat and eventually die. Brown, slimy tunnels develop on the stem and roots where the maggot has entered the plant. Seedlings become yellow and the plant growth is stunted.

Actions: Plant vulnerable crops with a 3" paper collar around them (paper towel rolls work well) with 1" buried in the dirt and 2" above. Use agricultural fleece to prevent the adult flies from laying their eggs in the soil near the base of the plant. Plant turnips or radishes as a trap crop. Next year, plant cabbage family crops in a different garden bed.

Cabbage Worm or Looper



Description: A green caterpillar with 2 white lines down it's back which can get up to 1 1/2" long. Found primarily on members of the cabbage family (broccoli, cabbage, kale, collards, etc). Small ball-shaped green droppings (poop) of are an indicator that these are on your plants.

Damage: Chews large holes in in the leaves and may destroy the entire plant if it is young.

Actions: Hand-pick and kill them (drown in water with salt or soap). Spray with bacillus thuringiensis (BTK). After harvesting, soak produce in a salt water bath for 15 minutes (caterpillars will float to the top) and then rinse with fresh water.



Cucumber Beetle

Description: About 1/5" in length, yellow with black head and 3 black stripes on it's back. Spotted version is about 1/4 inch long, yellow with black head and 12 back spots on its back. Found mostly on cucumber, squash and melons.

Damage: Chew on flowers, foliage and rinds of ripening fruit. Can transmit bacteria that causes the plant to wilt and die and can transmit cucumber mosaic virus.

Actions: Find and crush, plant radishes with squashes and cucumbers. Plant another crop for a fall harvest.



Cut worms

Description: A fat grayish brown caterpillar 1-2 inches long that will curl up when disturbed. It feeds at night and hides in soil during the day. Favors tomatoes, eggplant and peppers but also found on beans, members of the cabbage family (broccoli, collards, etc), lettuce, radishes to name a few. Seen mostly in the early-late spring.

Damage: Your seedling may be totally eaten or is lying down in the garden with a severed stem or very little root left.

Actions: Plant vulnerable crops with a 3" long paper collar around them (paper towel rolls and milk cartons work well) with 1" buried in the dirt and 2" above. Or after planting transplant or when seed has germinated and grown a bit, stick a toothpick or matchstick in the soil against the stem (touching) - the cutworm must encircle the plant with its body to "cut" if off and the tough wood of the toothpick prevents it from being able to do this. Maggot mats, squares about 10 inches by 10 inches placed around plants (slit half way so slides around stem to reach middle of square) prevents moths and flies from laying eggs on soil next to the plant. Carpet, tar paper or cardboard anything that survives some rains will do.



Flea Beetle

Description: Tiny, 1/10" brown or black beetle that jumps like a flea when disturbed. Found on a wide variety of vegetables including beans, beets, broccoli, radishes, cabbage, eggplants, peppers, tomatoes, collards and cabbage.

Damage: Numerous small round holes found in the leaves which if the plant is very young, can result in a destroyed plant.

Actions: Use agricultural fleece to protect crops since flea beetles are most damaging in the early spring. Use a trap crop of radishes (which they really like). Plant extra if you want some for yourself to eat! Flea beetles prefer full sun so plant new seeds near larger crops that can provide shade.



Japanese Beetle

Description: A large chunky green metallic beetle with bronze wings, 1/2" long.

Damage: Eats fruits and leaves of a wide variety of plants, leaves often look like skeletons.

Actions: During the cool hours of the morning, shake or knock beetles off of plants into a jar of soapy water and drown. Cover crops with

agricultural fleece. Birds and spiders really like Japanese Beetles. Beetle traps are commercially available at Agway and other stores that carry gardening items.



Slugs and Snails

Description: Fat and slimy, brown to orange brown colored body 1-2 inches in length; snail counterpart has a shell on its back. Feed only at night and hide in moist dark places during the day. Can be found on any vegetable as they are not picky eaters.

Damage: Chew large ragged holes in the leaves, fruit and stems. Will often find trails of shiny, silvery slime on leaves and soil.

Actions: Refer to methods discussed in your Growing Guide. To make a beer trap, cut a 2-inch hole about two-thirds up the side of an empty margarine tub or plastic yogurt container. Bury the container so the hole is just above ground. Add 2-3 inches of beer (or a mixture of 1 tablespoon (Tbl) yeast, 1 Tbl flour, 1 Tbl sugar, and 1 cup water) and cover the container with its lid to seal the trap. Remove dead slugs daily – you might want to use a spoon. Plant marigolds which slugs love along your garden's border, hand pick slugs in late evening and dispose of them - aren't you glad that there were gloves in your gardening kit? Another thing to do is spread crushed eggshells around plants most affected – slugs don't like sharp edges. Toads and fireflies eat slugs!



Squash Bug

Description: Adults are brownish black and 1/2" in length. Nymphs range in color from pale green to grey. They lay shiny bright orange egg masses on the underside of plant leaves. Most often found on cucumbers, melons, pumpkins and squashes.

Damage: Small yellow and pale green patches appear on the leaves that turn brown are caused by the bugs sucking the sap from the stems and leaves. Leaves can eventually wilt, dry up and turn black.

Actions: Hand pick and destroy adults and eggs. Trap by laying a board on the ground near squash. They will congregate there overnight and can be captured during the cooler part of the day and crushed, or drowned in a jar of water with a little cooking oil added to it. Spray plant with insecticidal soap. Plant radishes and nasturtiums around squash to repel the bugs. Plant another squash crop for a fall harvest.

Squash Vine Borer



Description: The larva is 1 inch long with a brown head and wrinkled white worm-like body. Adult moth is 1 1/2 inches long, looks like a wasp with a red body and black wings. Tiny dull red eggs are laid in late spring on the base of the plant, on the underside of leaves or near the base of the stem, larva emerge and bore into the stem of the plant. Found on squash and pumpkin.

Damage: Squashes start to wilt even if they've had enough water. Check the base of the plant for a hole that is filled with a yellowish material that resembles sawdust which indicates the presence of borers chewing

Actions: With a sharp knife, slit the infested stems lengthwise above the hole, find and destroy the borers. Cover the damaged portion of the stem with soil and keep the soil moist to encourage new roots to grow. Look for eggs and destroy. Shake black pepper on the ground around young squash plants – this is said to deter moths from laying

eggs. Spray base of stems with *Bacillus thuringiensis* (BTK) once a week in late spring and early summer. Lay aluminum foil around the base of the plant as a mulch—moths can't locate the green plant due to the reflected sunlight. Wrap the stems of the plants with strips aluminum foil or old pantyhose. Plant another crop for a fall harvest.



Tomato Hornworm

Description: Can get very large - 3-4 inches long and about the size of your finger; they have excellent camouflage - a light green color with 7 white and black V-shaped markings and a horn on the bottom. You can find them hiding under the foliage or blending in to a stem. Once you find one it will be much easier to spot any others. Sometimes you can even hear them chewing if you listen closely. Primarily found on tomatoes.

Damage: Holes in the leaves or leaves that have simply been consumed, fruit that is partially eaten, and dark green or black droppings on the plant are all a good indication that these guys are at work.

Actions: Pick them off the plant and drop into a jar of soapy water or squish with your foot. Since they are hard to see, you can spray the plants with water—the caterpillars will thrash around so you can see them. If you find one with clusters of small white eggs on its back, leave it alone. Those eggs are from a parasitic wasp that will destroy the hornworm and then look for others to destroy. You can also spray plants with *Bacillus Thuringiensis*.



Wire Worm

Description: A hard shelled worm, 1/3 - 1 1/2" long with a brown to yellow-brown jointed body found in the soil around the roots of the plant. Larvae bore into the seeds or plant roots either preventing germination or stunting and killing the plant. These can be found around most vegetable plants.

Damage: Plant will wilt, small plants may die.

Actions: Set a potato trap. Spear pieces of potato with sticks and bury 2-4" deep in the garden, leaving the part of the stick showing above the soil. Set traps at 3 foot intervals—wireworms will burrow into the potatoes to feed. Pull out after 1 week and destroy—replace as necessary.

Of course, not all insects are bad for your garden. Here are a few of the beneficial “pests” you might see around your garden. They help to fight the bad .



Ladybugs (A) eat aphids which would suck the juices out of your plants. The ladybug larva (B), a very strange looking insect indeed, is also a large consumer of aphids in the garden.

Bees in general are required to help pollinate crops such as squash and tomatoes.

Lacewings (C) eat soft bodied insects such as aphids, mealy bugs, small caterpillars and mites.

Praying Mantids (D) will eat any insect they can find.

The *Spined Soldier Bug (E)* eats many caterpillars and beetle larvae including the Colorado potato and Mexican bean beetles.



Braconid wasp (F) consumes the eggs of over 200 species of moths as well as being a parasite to the dreaded tomato hornworm caterpillar. If you see these insects in your garden, be happy since they are probably doing their best to help keep your insect population under control naturally.

Toads (G) and *lizards* are also the natural enemy of a number of pest insects.

Even *snakes (H)* help by controlling mice and voles though! . . . certainly do understand that most people aren't interested in having a snake hanging around. The most common snake around here is the common garter snake.

Earthworms (I) move soil around and help bring air to plants roots (yes, roots need air!) as well as adding back nutrients.

Mulching

Mulching is not a necessity, but it does provide substantial benefits- water conservation, weed control, disease control, and it helps keep the soil cool in summer. Try grass clippings, (ONLY if NO CHEMICALS are used to treat the lawn), spread 1-2 inches thick, no more, and leave the area immediately at the base of plants bare. Or newspaper (only black and white, nothing glossy) can be layered, 6-8 sheets thick and overlapped by neighboring layers; anchor with a thin layer of soil, rocks, or wood chips. Straw, seed free hay, or shredded oak leaves also make good mulch and will aid in producing a more nutrient rich soil.

Feeding the Soil

The most important part of a healthy garden is healthy soil. The soil provides nutrients that are necessary for plants much in the same way they are necessary for humans. In fact, we need the same nutrients that are contained in healthy soil. We get these nutrients when we eat foods that are grown in nutrient rich soil. Feed the soil and it will feed you!

Organic matter is critical to healthy soil. Every time we harvest, nutrients are taken away from the soil. The addition of organic matter to the soil brings them back. Adding compost is a good way to incorporate organic matter into your soil. This can either be purchased or you can create your own compost using kitchen scraps and yard debris. They can be turned into a nutrient rich material that will feed your garden. Composting is not only a good way to feed your garden, but also reduces the amount of garbage you pay to dispose of. Please ask us if you are interested in learning more on how to do this at home.

Garden Materials Used

In your **first year**, Growing Places provides you with:

- Seeds
- Seedlings
- Hand Trowel & Hand Cultivator
- Twine for laying out square foot grid
- Wooden markers to label planted areas
- Fertilizer (a composted manure product)
- Watering Can
- Compost

In your **second year**, Growing Places will provide you with seeds and seedlings*, however if you wish to use them, you will need to purchase:

- Twine, string, or yarn to lay out square foot grid
- Wooden markers to label planted areas
- You DO NOT need to purchase additional fertilizer. The compost delivered in the fall of your first year will provide nutrients for your plants during the second year.

**You will receive seeds and seedlings your second year only if you complete a survey with questions about your satisfaction in Growing Places services and to select your seedlings for your second year.*

In your **third year and beyond**, you can save, swap, start or purchase the following:

- Seeds (*see material on seed saving*)
- Seedlings (*see sheet on starting your own seeds*)
- Twine, string, or yarn to lay out square foot grid
- Wooden markers to label planted areas (optional. You may now know your vegetables enough to recognize them by their leaves and plant shape)
- Compost and/or fertilizer (You may spread a layer of compost each fall to provide nutrients for the following spring. If you forget, do not have time, or wish to add fertilizer in the spring before planting, make sure to mix into the beds thoroughly with a large shovel. Chickity Doo Doo is recommended as it is not harmful to children or pets and is mild enough not to burn seeds and seedlings.)

Other tips and tools:

- Every three years or so, turning over your garden with a spade or large shovel is recommended to aerate the soil. Having good air circulation in the soil encourages micro-organisms and bacteria that are needed to break down compost and dead plant material. Aeration also helps water retention.
- As material in your soil break down such as leaves, wood chips, and plant material, you may find the soil level in your beds dropping. It is suggested you replace the soil. You can add in compost, either homemade or store bought, purchase bags of garden soil, or contact your town for fill or compost they might have. Adding in soil every year will spread cost out over time and make the labor less intensive. Do your best to mix in additional compost or soil with what already exists in your raised-beds.

And Please Use Growing Places as a Resource...

If you need any advice or encouragement, feel free to call Growing Places Garden Project at (978) 598-3723 ext. 802.

If you have any advice, recipes, or gardening experiences that you would like to share, we would love you to tell us. Send us your input:

Growing Places Garden Project
500 Main St, Suite 209
Clinton, MA 01510
E-Mail: staff@growingplaces.org
(978) 598-3723
Web Page: www.growingplaces.org

Seed Catalogues:

Seed catalogues are a great place to find good quality seeds and are full of helpful information. Below is a list of a few common seed catalogues. You can also get them at nurseries, where they will be available for free. Once you subscribe to one seed catalogue you will undoubtedly get many more in the mail.

Johnny's Selected Seeds (207) 861-3999 www.johnnyseeds.com
Seeds of Change (888) 762-7333 www.seedsofchange.com
Territorial Seeds (800) 626-0866 www.territorialseed.com
Garden City Seeds (406) 961-4837 www.gardencityseeds.net
Landreth Seeds (800) 654-2407 www.landrethseeds.com

Other Resources:

Square Foot Gardening by Mel Bartholomew
How to Grow More Vegetables by John Jeavons
Crockett's Victory Garden by James U. Crockett
The Vegetable Gardener's Bible by Edward C. Smith

www.umassextension.org
www.ceinfo.unh.edu
www.cce.cornell.edu
www.uvm.edu/extension

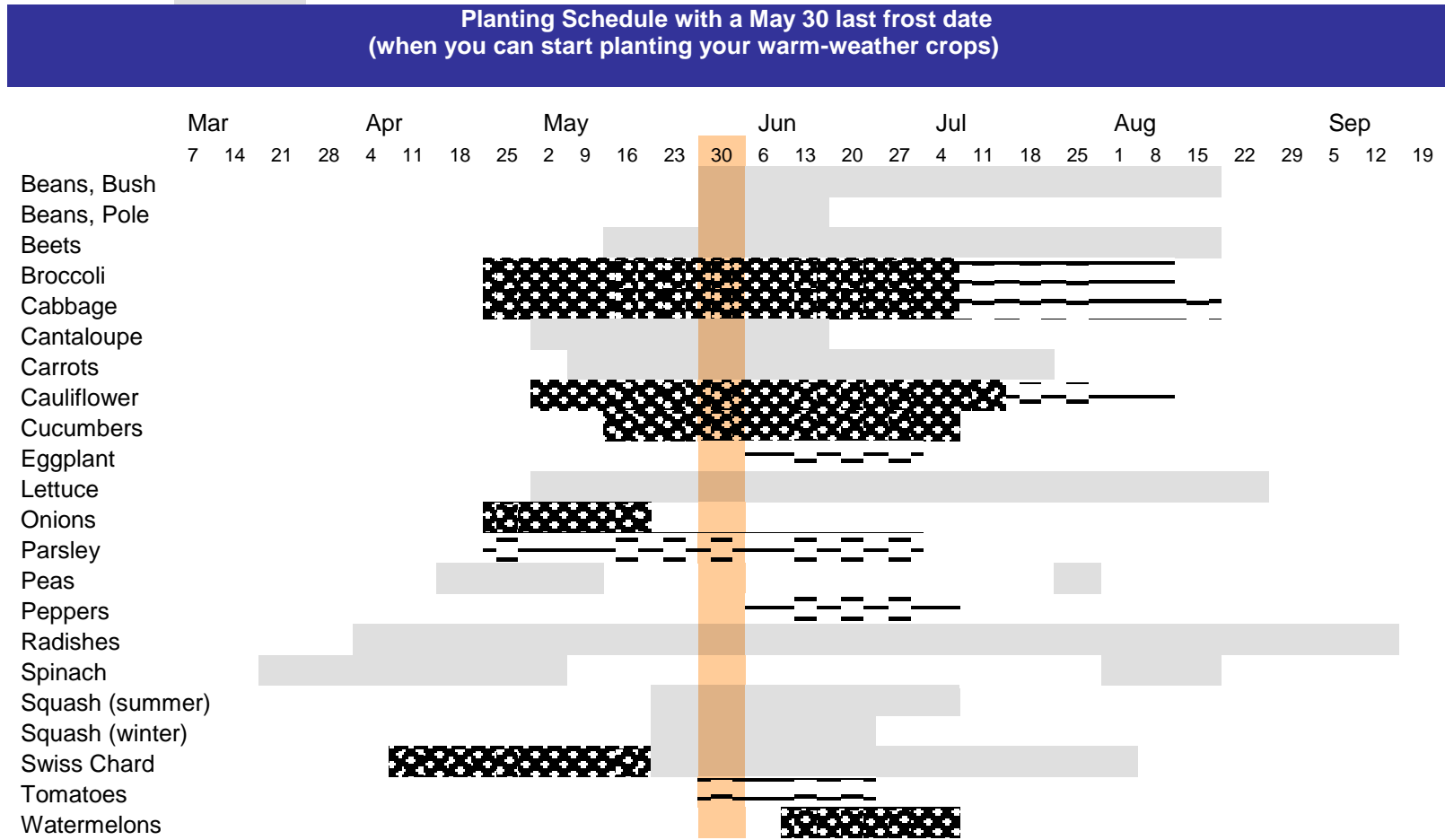
} Great websites just full of
information for the North
East area

Acknowledgements:

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Growing Places Garden Project is a community-based non-profit organization.

Planting Schedule



Seed Information Chart

Crop	Seed Depth (inches)	Spacing (plants/square)	Growing Season				Number weeks Seed to Harvest	Number of Years seeds store	Full Sun (6+ hours) or Partial Sun (4-6 hours)
			S	S	F	W			
Beans, bush	1	9	N	Y	N	N	8	3-4	Full
Beans, pole	1	8	N	Y	N	N	8	3-4	Full
Beets	½	16	Y	Y	Y	N	8	4-5	Partial
Broccoli	¼	1	Y	N	Y	N	16	5-6	Full
Cabbage	¼	1	Y	N	Y	N	16	5-6	Full
Carrots	¼-½	16	Y	Y	Y	N	10	3-4	Partial
Cauliflower	¼-½	1	Y	N	Y	N	14	5-6	Partial
Swiss Chard	½	4	Y	Y	Y	N	8	4-5	Partial
Corn	1	1	N	Y	N	N	9-13	1-2	Full
Cucumbers	½-1	2	N	Y	N	N	9	5-6	Partial
Eggplant	¼	1	N	Y	N	N	19	5-6	Full
Lettuce	¼-½	4	Y	Y	Y	N	7	5-6	Partial
Kale	½	1	Y	N	Y	Y	8	5-6	Partial
Muskmelons	½	1	N	Y	N	N	12	5-6	Full
Onions	¼-½	16	Y	Y	N	N	20	1-2	Partial
Parsley		4	Y	Y	Y	Y	14	2-3	Partial
Peas, Bush	1	8	Y	N	Y	N	10	3-4	Partial
Peas, Climbing	1	12	Y	N	Y	N	10	3-4	Partial
Peppers	¼	1	N	Y	N	N	19	4-5	Full
Radishes	½	16	Y	P	Y	N	4	5-6	Partial
Spinach	½	9	Y	N	Y	N	7	5-6	Partial
Summer Squash, vine	½-1	3 per 1'x4' block	N	Y	N	N	8	5-6	Full
Summer Squash, bush	½-1	1 per 3'x3' space	N	Y	N	N	8	5-6	Full
Winter Squash	½-1	1 per 1'x4' block	N	Y	N	N	12	5-6	Partial
Tomatoes	½	1 per 2'x 2' block	N	Y	N	N	17	4-5	Full

Key

P – Partially

S, S, F, W = Spring, Summer, Fall. Winter growing seasons

Plant Compatibility Charts

Just what do we mean by “compatible”? Quite simply, it means that the vegetables and herbs that are compatible **like** to grow together and often help each other to grow better, yield more or taste better. Some plants also repel certain bugs so it’s good to grow them near plants the bugs like to eat. These plants can be planted in squares next to each other or even in the same square if there is enough space.

Vegetable	Compatible with	
Beans	Cabbage family, carrot, corn, cucumber, eggplant, peas, potato, Swiss chard	Borage, lovage, marigold, nasturtium, oregano, summer savory
Beets	Bush beans, cabbage family, lettuce, onion	Garlic
Cabbage family*	Beets, cucumber, lettuce, onion, potato, spinach, Swiss chard	Chamomile, dill, garlic, nasturtium, sage, thyme
Carrot	Beans, lettuce, onion, peas, peppers, tomato	Chives, rosemary, save, thyme
Corn	Beans, cucumber, melon, peas, potato, squash	Marigold, parsley
Cucumber	Beans, cabbage family, corn, lettuce, tomato	Marigold, parsley
Eggplant	Beans, peppers	Marigold, thyme
Lettuce	Beet, cabbage family, carrot, onion	Chive, dill, garlic, onion
Melon	Corn, pumpkin, squash	Marigold, nasturtium, oregano
Peas	Beans, carrot, corn, cucumber, turnip	Parsley
Peppers	Carrot, eggplant, onion, tomato	Basil
Spinach	Cabbage family, lettuce, pea, radish	Onion
Squash	Corn, melon, pumpkin, radish	Borage, marigold, nasturtium, oregano, onion
Tomato	Asparagus, beans, carrot, cucumber, onion, peppers, eggplant	Basil, bee balm, borage, calendula, chive, parsley, sage, thyme

Vegetable	Is NOT compatible with
Beans	Chive, garlic, leek, onions, shallots
Beets	Pole beans
Cabbage family*	pole beans, tomato
Carrot	Dill
Corn	Tomato
Cucumber	Potato, sage
Onion family	Beans, peas, sage
Peas	Onion family, squash, tomato
Tomato	Corn, dill, cabbage family, potato

Of course, some plants simply are **not** compatible with some other plants and can cause them to grow poorly. They should not be planted together. Try to plant these plants in different beds or at least 4 squares away from each other.

*Family members include broccoli, Brussel sprouts, cabbage, cauliflower, collards, kale, kohlrabi, turnips

Plant Family Charts

Plant Family	Members: Vegetable/Fruit/Herb
Beet	Beet, spinach, Swiss chard
Cabbage	Arugula, broccoli, broccoli-raab, Brussels sprouts, cabbage, cauliflower, cress, horse-radish, kale, kohlrabi, mustard, pak choi, radish, turnip
Carrot	Carrot, celeriac, celery, chervil, cilantro/coriander, dill, fennel, parsley, parsnip
Cucumber	Cucumber, melon, summer squash, winter squash
Goosefoot	Beet, spinach, swiss chard
Grass	Corn
Lily	Okra
Mint	Basil, marjoram, oregano, sage
Mustard	Arugula, broccoli, broccoli raab, brussel sprouts, cabbage, cauliflower, cress, Horse radish, kale, kohlrabi, mustard, pak choi, radish, turnip
Nightshade	Eggplant, pepper, potato (white), tomato
Onion	Asparagus, chive, garlic, leek, onion, scallion
Pea	Bean, pea
Sunflower	Lettuce, radicchio, sunflower, tarragon

Glossary

Annual

A plant that lives its entire life in one season (germinates, grows, flowers, and dies the same year).

Bolting

The tendency of a leafy plant, such as lettuce or spinach, to go to seed prematurely. This is a survival mechanism of the plant and is usually due to hot weather.

Compost

Organic matter that has undergone decomposition until it is reduced to a spongy, fluffy texture.

Direct-sow

To plant seeds directly into the garden rather than starting them in small pots for later transplanting.

Germinate

To sprout.

Hardening-off

The process of gradually acclimating indoor plants or seedlings raised indoors to outdoor weather conditions.

Herbaceous

Describes plants that have soft stems that die back with frost.

Mulch

A protective cover over bare soil that helps retain moisture, reduces erosion, provides nutrients and suppresses weed growth. It may be inorganic (plastic, fabric, newspaper) or organic (pine needles, straw, chopped leaves).

Organic material, matter

Any material that is derived from plants.

Perennial

A flowering plant that lives for more than three years.

Rootbound

The condition of a plant that has been confined to a container too long and its roots have become tangled.

Succession planting

Planting the same crop at different times (i.e., a week or two later) to stagger the harvesting of that crop.

Thinning

The process of removing extra sprouts of newly germinated seedlings to give sufficient space for the remaining ones to grow.

Transplant

A young plant that is mature enough to be planted outdoors.

Vermiculite

A natural material that, when heated and ground, expands into a lightweight, water-absorbent material that can be added to soil.

Sample Garden Layouts

	Peas on Trellis (Melons later)		
Tomatoes	Tomatoes		
Peppers	Peppers		
Bush Beans	Beans		
Eggplant	Parsley	Basil	

Cukes on trellis	Pole Beans on Trellis	
Flowers	Basil	Basil
Summer squash		Flowers
Radishes		Radishes
Cabbage	Zucchini	
Cabbage		

Cukes	Garlic	Winter Squash	
Spinach	Radishes	Lettuce	
Onions	Spinach	Lettuce	
Swiss Chard	Chard	Lettuce	
Beets	Carrots	Carrots	
Collards	Kale	Carrots	
	Broccoli		
	Cabbage		

Blank Square Food Grid for Planning

Notes and Questions

(Scratch space for notes, questions, your own garden designs, whatever)