SUMMER GARDEN OVERVIEW

PLANTING DATE: JUNE 1st
FIRST FALL FROST: Oct. 18th

SUMMER SEASON OVERVIEW

<table>
<thead>
<tr>
<th></th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>AVERAGE HIGH:</td>
<td>82</td>
<td>85</td>
<td>84</td>
<td>78</td>
<td>65</td>
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<tr>
<td>AVERAGE LOW:</td>
<td>62</td>
<td>66</td>
<td>64</td>
<td>56</td>
<td>45</td>
</tr>
<tr>
<td>AVERAGE RAIN:</td>
<td>4.21”</td>
<td>4.53”</td>
<td>3.11”</td>
<td>3.11”</td>
<td>3.11”</td>
</tr>
<tr>
<td>HOURS OF SUN:</td>
<td>288</td>
<td>294</td>
<td>272</td>
<td>234</td>
<td>195</td>
</tr>
</tbody>
</table>
**PLANTING WINDOW: MAY 25 - JUNE 10**

**Tomato Seedlings:** 70 days to maturity  
When planting: Clear one foot of space on the trellis by pulling pea plants to make room for tomato plants.  
Spacing: 1 foot  
Harvest Window: July 15 - Fall Frost

**Basil Seedlings:** Harvest until first fall frost  
Spacing: 1 foot  
Harvest Window: June 15 - Fall Frost

**Pepper Seedlings:** 85 days to maturity  
Spacing: 1 foot  
Harvests: September 1 - Fall Frost

**Bulbing Onions:** (Previously Planted in Spring)  
Spacing: 1 inch apart in two rows  
Harvest Window: August - September

**Cilantro Seeds:** (Plant after Scallion harvests, or by August 1st): 40 days to maturity  
Spacing: 3 inches apart in two rows  
Harvest Window: September 1 - 30
**THREE SISTERS GARDEN GUIDE**

**SCAN OR CLICK ON THE QR CODES BELOW TO VIEW OUR GARDEN VIDEOS!**

- Planting Seeds with your class
- Planting Peas: Use a similar technique for Beans and Corn
- Watering with a Spray Nozzle
- Watering with an Upcycled Watering Can
- Watering with your Irrigation System
- Adding Mulch
- Explaining a Three Sisters Garden

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**PLANTING WINDOW: MAY 25 - JUNE 10**

- **Popcorn Seeds:** 100+ Days to Maturity  
  Spacing: 8 Inches  
  Harvest Window: September 15 - October
- **Bean Seeds:** 70 Days to Maturity  
  Spacing: 3 Inches  
  Harvest Window: August 10 - Fall Frost
- **Melon Seeds:** 95 Days to Maturity  
  Spacing: 2 Feet  
  Harvest Window: August - Fall Frost
- **Pumpkin Seeds:** 100 Days to Maturity  
  Spacing: 2 Feet  
  Harvest Window: September 15 - October
- **Melon & Zucchini Seeds:** 65 Days to Maturity  
  Spacing: 2 feet  
  Harvest Window: August - September
- **Edible Flower Seeds:** 50-70 Days to Maturity  
  Spacing: 2 inches  
  Harvest Window: August - September

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**= Melon = Pumpkin**  
**= Corn**  
**= Zucchini**  
**= Summer Squash**  
**= Beans**
**PLANTING WINDOW: MAY 25 - JUNE 10**

Chard Seeds: 40 days to maturity  
Spacing: 3 inches  
Harvest Window: July - End of Season

Cilantro Seeds: 100 days for seeds  
Spacing: 1 inch  
Harvest Window: September once seeds form and dry

Dill Seeds: 100 days for seeds  
Spacing: 1 inch  
Harvest Window: September once seeds form and dry

Beet Seeds: 60 days to maturity  
Spacing: 3 inches  
Harvest Window: August - End of Season

Cucumber Seeds: 65 days to maturity  
Spacing: 6 inches  
Harvest Window: August - Fall Frost

Nasturtium Seeds: 70 days to maturity  
Spacing: 6 inches  
Harvest Window: August - Fall Frost

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**BE SURE TO PLANT YOUR GARDEN WITH THE TALLEST PLANTS TO THE NORTH.**

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**Watering Your Garden with a spray nozzle**

**Watering with your Irrigation System**

**Thinning Root Veggies**

**Tracking your Harvests**
PLANTING WINDOW: MAY 25 - JUNE 10

Sweet Potato ‘Slips’: Days to Maturity: 80+  
Spacing: 1 foot  
Harvest Window: August 15 - End of Season

Carrot Seeds: Days to Maturity: 60+  
Spacing: 1/2 inch  
Harvest Window: August - End of Season

SWEET POTATO PLANTING GUIDE

1. Loosen the soil in your garden bed.  
2. Dig a 4-inch hole and carefully place the roots of your sweet potato slip in the hole. Gently cover the roots with soil.  
3. Water deeply and regularly through the summer.  
4. Vines will spread throughout the summer as sweet potatoes form.  
5. Harvest potatoes once leaves begin to yellow.
Summer Harvest Guide
Harvest June - October

Harvest window dates are estimates and may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

Basil Harvest Window: June 15th - Fall Frost or until Flowers Grow. (Salsa Garden)
Pluck or snip new leaves and stems at the top of the plant directly above two leaves. Two new tops will begin to grow from the leaf nodes directly below your harvest. Continue to pinch or snip newest growth as new leaves grow. As new tops continue to double, so will your harvests. Harvest regularly to encourage your Basil plant to produce more young leaves.

Beans (Snap Beans) Harvest Window: July 15 - Fall Frost (3 Sisters Garden)
Pick beans when pods are young and tender before beans swell to expand the pod. Harvest largest pods several times per week or as they become ripe.

Beets Harvest Window: August - End of Season (Plant Parts Garden)
Harvest Beets when the diameter of the root is two inches or more. Roots will continue to grow throughout the growing season. To harvest, pull the whole plant from the ground. Roots and leaves are edible.

Carrots Harvest Window: September through October (Root Veggie Garden)
Harvest roots at 3/4”-1 1/2” diameter by pulling plants out of the ground by hand. If carrots will not come out easily, dig a shovel or trowel straight down a few inches from the carrot and wiggle shovel back and forth to loosen roots. Carrots can be harvested when slightly small if necessary.

Cilantro (Leaves) Harvest Window: 40 days after planting (Salsa Garden)
Harvest leaves by plucking or snipping at stem. Cilantro leaves will continue to grow new leaves for several harvests.

Coriander (Cilantro Seeds) Harvest Window: September (Plant Parts Garden)
Harvest by plucking seeds from dried flower stalks. These should come off easily.

Corn (Popcorn) Harvest Window: Late September into October (3 Sisters Garden)
Harvest ears of corn after leaves and husks have fully dried out by pulling the ears of corn down-wards to snap them from their stalks.
SUMMER HARVEST GUIDE Harvest June - October

Harvest window dates are estimates and may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

Cucumbers Harvest Window: July 15 - Fall Frost (Plant Parts Garden)
Harvest young fruits from the vine by twisting or cutting fruit stem. Rub the skin of the fruit to remove the prickles. Harvest fruits while young before they swell in diameter and have a rounded and tough outer skin. As fruits age, they become more bitter and the seeds and skin become tough.

Dill Seeds Harvest Window: August - End of Season (Plant Parts Garden)
Harvest by plucking seeds from dried flower stalks. These should come off easily.

Garlic Harvest Window: July (Garlic Bed)
Harvest Garlic when bottom half of leaves turn brown. To harvest, pull the entire plant from the ground. If plant is not pulling from the soil easily, dig straight down into the soil several inches away from the bulb and pull back to lift and loosen the soil. Be sure not to dig into your garlic bulb.

Kale Harvest Window: July - End of Season (Plant Parts Garden)
Harvest outer leaves as they attain a suitable size (5”-10”) Kale will produce leaves consistently throughout the growing season until very cold temperatures in late fall.

Melons Harvest Window: September - Fall Frost (Three Sisters Garden)
Harvest Melons by cutting the stem of the fruit 1 to 2 inches from the fruit. Several indications that your melon is ripe to pick are - 1. the fruit gives a hollow ‘thud’ when tapped, 2. The vine has begun to turn yellow, and 3. Ripe melons smell ripe! Get down low by your melon and test how sweet it smells.

Nasturtium Flowers Harvest Window: July - Fall Frost (Plant Parts Garden)
Snip or pluck flowers at peak beauty. Be sure to “dead-head” (cut dead flowers off of plant) flowers that were not harvested to encourage growth of new flowers.

Onions (Bunching) Harvest Window: August - September (Salsa Garden)
To harvest, loosen the soil around the roots and pull the whole plant out of the ground. Wash the dirt from the roots and stems. The entire stem can be eaten as well as the leaves.

Peas (Snow Peas) Harvest Window: June 1 - July 15 (Spring Salad Garden)
Pluck pea pods off the vine when peas begin to visibly fill out the pod (pea pods should be about 2” long). Eat pod whole with peas inside. Younger peas are more tender.
Summer Harvest Guide

Harvest window dates are estimates and may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

Peppers (Jalapeno or Bell) Harvest Window: August - Fall Frost (Salsa Garden)
Harvest when peppers are full sized and fully colored. Peppers will turn red if left on the plant, but can always be eaten green. Harvest peppers by cutting or snapping the stem of the fruit.

Perennial Herbs Harvest Window: April 15 - End of Season
Fresh herb leaves can be harvested as they grow. Pinch or pluck leaves by hand, or cut stems with clippers to harvest several leaves. Harvest the top 1/2 of plant or only the leafy tips to encourage new growth.

Pumpkins (Winter Squash) Harvest Window: September - Heavy Fall Frost (3 Sisters Garden)
Harvest Pumpkins when skin color is fully orange and stems turn brown. Cut the stem with a knife or clippers. If your pumpkin has not matured in color before a fall frost comes, cover the fruit with a cloth over-night. The plant may die, but the fruit will continue to mature.

Strawberries Harvest Window: June - Fall Frost (Strawberry Bed)
Harvest Strawberries as fruits mature in color. Harvest regularly to promote growth of new fruit.

Sweet Potatoes Harvest Window: September - End of Season (Root Veggie Garden)
Harvest Potatoes by digging into the soil. Tools will damage potatoes so use a shovel or pitchfork as needed to loosen the soil. Dig straight down along the edge of your garden and lift the soil inward loosening as much soil as you can. Proceed by digging towards the middle of your garden by hand. For best flavor, sweet potatoes must cure for at least one week. Find a shady, warm, and humid location to store your potatoes to cure before eating.

Tomato Harvest Window: July - Fall Frost (Salsa Garden)
Harvest when tomatoes mature in color to orange or red (Depending on variety). Mature fruits should have a slight give when given a gentle squeeze. Ripe tomatoes should snap easily from the vine just above the fruit.