

MEMPHIS, TN

FALL GROWING GUIDE



Follow this guide to help plant and grow throughout the year!

Quick Tips:

- Plant seedlings before seeds to prevent planting over each other.
- Gently water your garden at least once per day for about 2 weeks after you plant. The top of the soil needs to stay moist for seeds to sprout.

Gardening Definitions:

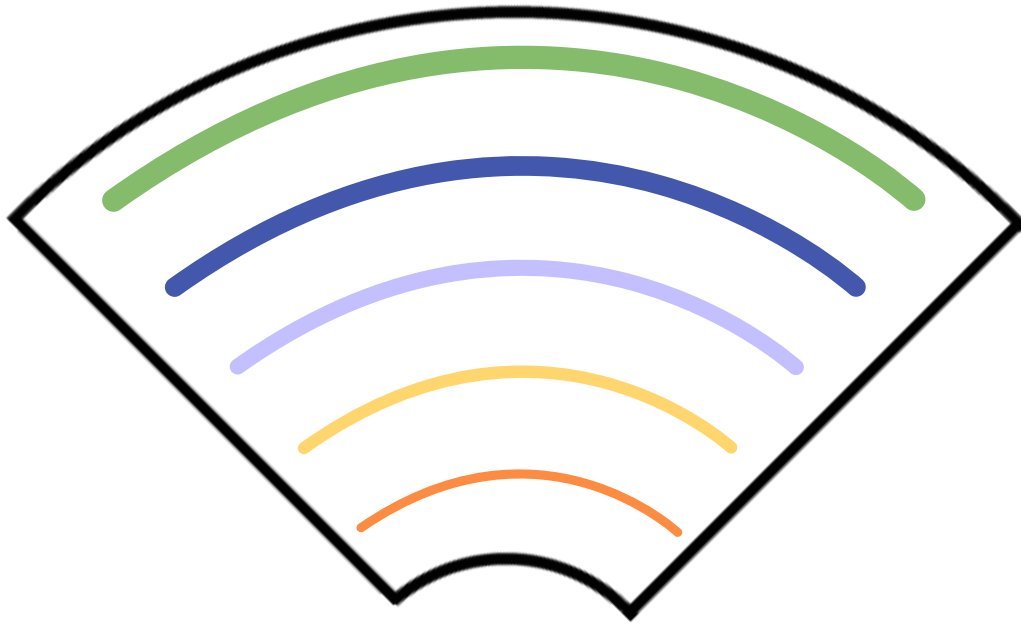
- Sow: Planting seeds in the ground.
- Thin: Once seeds start to sprout, thin them by gently removing some sprouts. This gives individual plants more space to grow.
- Pelleted Seed: Small seeds that are coated in order to make them easier to see and plant. Watering pelleted seed requires double watering at first to sprout the seed.

Fertilizer:






- Use an organic fertilizer every 30 days. We recommend using Gaia Green (gaiagreen.com).
- Spread approximately 3 tablespoons of organic fertilizer at the base of plants in each garden bed (do not sprinkle on leaves and stems). Water fertilizer into the soil.
- Store fertilizer in a cool, dry location, out of direct sunlight. Protect from extreme temperatures.



FALL SEASON



GARDEN KEY:

CROP	DAYS UNTIL MATURITY	SEED SPACING	DEPTH
 Lettuce Seeds	55 Days	Sow: 4" Thin: 6"	Depth: 1/8"
 Carrot Seed	70 Days	Sow: 3/4" Thin: 2"	Depth: 1/4"
 Turnip Seeds	50 Days	Spacing: 1-2"	Depth: 1/4"
 Mustard Seeds	45 Days	Spacing: 1/2"	Depth: 1/4"
 Beet Seeds	50 Days	Sow: 1" Thin: 3"	Depth: 1/2"

PLANT GUIDE

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

Lettuce

- Lettuce is a hardy, cool-weather crop and can be planted with your earliest worked soil.
- Sow every 2-3 weeks for a continuous supply of either full heads or salad mix.
- Thin baby leaves cutting 1" above the ground as they grow to a harvestable size (3-5").
- When grown to a full a head of lettuce, cut at the base.

Carrots

- Carrots grown in loose, fertile, moisture-holding soil will grow best.
- Carrot seeds are pelleted, double water until seeds are sprouted.

Turnips

- Turnips of radish size are ready in 30 days while full-size can be harvested in 40-50 days.
- When the top of the turnip root reaches 2" in diameter, pull the entire plant out of the ground to harvest.
- Turnip greens can be harvested and eaten just as often as the root.
- You can harvest up to 1/3 of the leaves on a turnip before the root is ready for harvest without damaging the growth of the root.

Mustard

- Mustard can be harvested when leaves reach desired size (about 3-6").
- Make sure to cut outer most leaves for continued harvests.

Beets

- Harvest when roots reach desired size, wash, and use fresh or store in bunches
- Weather fluctuations will cause white rings in the roots known as zoning.

Planting Tips:

Planting seeds in rows is a great way to maximize growing space in your garden. The best way to plant is to draw a line for the rows with your finger, and then drop seeds gently along each line, leaving a little bit of space between the seeds. Once everything is planted, use your fingertips to gently pinch soil over the seeds.

Within the first couple of weeks, when the seeds start to sprout you might notice too many growing in each row. If this happens, you should thin your crops by gently cutting the leaves off of or pulling out, some of the sprouts along each row. This will provide the sprouts you leave in the garden enough space to grow and spread.