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

Quick Tips:
- 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.
- Perennial: Plants that live for many years.

Soil Fertility:
- We recommend using an organic fertilizer every 30 days.
- 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.
### Winter Garden Plan
Plant October (before October 15)

#### Garden Key:

<table>
<thead>
<tr>
<th>Seed Type</th>
<th>Days</th>
<th>Sow</th>
<th>Thin</th>
<th>Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce Seeds</td>
<td>55</td>
<td>4&quot;</td>
<td>6&quot;</td>
<td>1/4&quot;</td>
</tr>
<tr>
<td>Parsley</td>
<td>75</td>
<td>1/3&quot;</td>
<td>1/4&quot;</td>
<td></td>
</tr>
<tr>
<td>Collard Seeds</td>
<td>55</td>
<td>3&quot;</td>
<td>12&quot;</td>
<td>1/2&quot;</td>
</tr>
<tr>
<td>Spinach Seeds</td>
<td>30</td>
<td>1&quot;</td>
<td></td>
<td>1/2&quot;</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>75</td>
<td>3&quot;</td>
<td>12&quot;</td>
<td>1/4&quot;</td>
</tr>
<tr>
<td>Beet Seeds</td>
<td>55</td>
<td>1&quot;</td>
<td>3&quot;</td>
<td>1/2&quot;</td>
</tr>
<tr>
<td>Radish Seeds</td>
<td>30</td>
<td>2&quot;-4&quot;</td>
<td></td>
<td>1/2&quot;</td>
</tr>
<tr>
<td>Green Onion Seeds</td>
<td>65</td>
<td>1/4&quot;</td>
<td></td>
<td>1/4&quot;</td>
</tr>
<tr>
<td>Cilantro</td>
<td>50</td>
<td>1/2&quot;</td>
<td></td>
<td>1/2&quot;</td>
</tr>
</tbody>
</table>
Winter Plant Guide

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

**Collard**
- Snap or snip outer leaves as they attain a suitable size (5-10”)

**Beet**
- 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.

**Lettuce**
- Grown as baby leaves cut 1” above the ground as they grow to a harvestable size (3-5”)
- Grown as head lettuce, cut at the base.

**Radish**
- For mild, prime radishes, they should be grown rapidly with plenty of moisture and harvested within a few days of maturity (roots may become tough, pithy, and too spicy if not)

**Spinach**
- Harvest when leaves reach the desired size in 3–5 weeks, depending on the time of year and speed of growth,

**Bok Choy**
From seed, they will be ready to harvest in 45 days. You can harvest earlier for more tender leaves, or later for tougher leaves. Cut at the base of the stem, just above the roots to harvest.

**Green Onion**
- Thin to about an inch apart only if a large diameter is needed. Keep well cultivated so that plants receive maximum light.

**Parsley**
- Clip leaves when needed, parsley can be used either fresh or dried.

**Cilantro**
- Leaves may be harvested once the plants have become established and before flowering begins. The immature seeds are sweet and fresh and can be harvested after they form on the flowers, until they become brown and dry
<table>
<thead>
<tr>
<th>Plant Type</th>
<th>Days to Harvest</th>
<th>Sowing Instructions</th>
<th>Thinning Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot Seeds</td>
<td>75 Days</td>
<td>Sow: 1&quot;</td>
<td>Thin: 2&quot;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>¼&quot;</td>
</tr>
<tr>
<td>Turnip Seeds</td>
<td>40 Days</td>
<td>Sow: 1&quot;</td>
<td>Thin: 3&quot;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½&quot;</td>
</tr>
<tr>
<td>Collard Seeds</td>
<td>55 Days</td>
<td>Sow: 3&quot;</td>
<td>Thin: 12&quot;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½&quot;</td>
</tr>
<tr>
<td>Pepper Seedling</td>
<td>50 Days</td>
<td>Plant: 12&quot;</td>
<td></td>
</tr>
<tr>
<td>Eggplant Seedling</td>
<td>70 Days</td>
<td>Plant: 12&quot;</td>
<td></td>
</tr>
<tr>
<td>Zuchinni</td>
<td>50 Days</td>
<td>Sow 2 seeds: 3&quot;, thin to 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2&quot;</td>
</tr>
<tr>
<td>Bush Bean Seeds</td>
<td>50 Days</td>
<td></td>
<td>3&quot;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1&quot;</td>
</tr>
<tr>
<td>Oregano</td>
<td>60 Days Perennial</td>
<td>Plant: 12&quot;</td>
<td></td>
</tr>
<tr>
<td>Thyme</td>
<td>60 Days Perennial</td>
<td>Plant: 12&quot;</td>
<td></td>
</tr>
</tbody>
</table>

**GARDEN KEY:**

- **February 15**
  - Carrot Seeds: Sow 1" thick, Thin 2".
  - Turnip Seeds: Sow 1" thick, Thin 3".
  - Collard Seeds: Sow 3" thick, Thin 12".

- **After March 15**
  - Pepper Seedling: Sow 1" thick, Plant 12".
  - Eggplant Seedling: Sow 1" thick, Plant 12".
  - Zuchinni: Sow 2 seeds: 3", Thin 1", Plant 12".
  - Bush Bean Seeds: Sow 1" thick, Plant 12".
Harvest may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

**Zuchinni**
- Harvest regularly, 2-3 times a week, once plants begin to produce. Cut or gently twist off fruits when they have reached the desired size.

**Pepper**
- Pick the first peppers promptly when they reach full size to encourage further fruit set.

**Eggplant**
- Clip fruit stem with shears. Pick fruits of desired size regularly to encourage further production.

**Bean**
- Pick regularly to encourage new pod set.

**Carrot**
- Harvest when roots tops reach desired size, wash, and use fresh or store in bunches
- Thin plants closer than 1” from each other and keep them well weeded
- Carrots can be slow to start, keep them well watered until they are at least 4” tall with several leaves.

**Collard**
- Snap or snip outer leaves as they attain a suitable size (5-10”).

**Turnip**
- 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 well as the root

**Perennial Herbs**
- Oregano
- Thyme

Cut back to within 4-5” above the ground, and remove older woody plant parts at the end of the winter. Perennial herbs can become woody and need to be divided or replaced after a few years.
Summer Cover Crop
Plant June 15-30

GARDEN KEY:

- **Cowpeas**
  - 25-55 Days
  - Sow: 10"
  - 1/2"

- **Sunflower Seeds**
  - 65 Days
  - Sow: 12"
  - 1"
Harvest may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

**Cowpeas**
- Cowpeas are great at smothering weeds and adding Nitrogen to soil
- Remove the plants when they start to flower and begin to set fruit to prevent them from making seeds and becoming a "weed" that needs to be removed in future seasons.
- You can allow the beans to grow and mature to harvest the "black eyed peas" if the garden will be tended and a long enough season (about 60-80 days) with beans in the ground is preferred.

**Sunflower**
**Harvest Window: May–June**
- Flowers can be harvested when color first shows or left to attract birds and pollinators.
- Seeds can be harvested once they are fully formed and seed heads start to dry.
- If saving seeds hang to dry indoors to protect them from birds and squirrels.
## Fall Garden Plan

1st Planting before August 15
2nd Planting beginning of September

### GARDEN KEY:

<table>
<thead>
<tr>
<th>August 15</th>
<th>September</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber Seeds</td>
<td>Collard Greens Seed</td>
</tr>
<tr>
<td>30 Days</td>
<td>75 Days</td>
</tr>
<tr>
<td>Sow: 1' 1/2&quot;</td>
<td>Sow: 4&quot; Thin: 12&quot;</td>
</tr>
<tr>
<td>1/2&quot;</td>
<td>1/2&quot;</td>
</tr>
<tr>
<td>Beet Seeds</td>
<td>Turnip Seeds</td>
</tr>
<tr>
<td>55 Days</td>
<td>40 Days</td>
</tr>
<tr>
<td>Sow: 1&quot; Thin: 3&quot;</td>
<td>1&quot;</td>
</tr>
<tr>
<td>1/2&quot;</td>
<td>1/2&quot;</td>
</tr>
<tr>
<td>Broccoli or Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Seedlings</td>
<td>65 Days</td>
</tr>
<tr>
<td>65 Days</td>
<td>Plant 12&quot;</td>
</tr>
<tr>
<td>1&quot;</td>
<td></td>
</tr>
</tbody>
</table>
Harvest may vary due to your local environmental factors (cold, heat, light, water) and the health and care of your plants.

**Broccoli**
- Before flower buds open, cut center head. Harvest side shoots regularly to encourage continued growth.

**Cauliflower**
- Cut heads when desired size is obtained but before the curds becomes loose.

**Kale**
- Snap or snip outer leaves as they attain a suitable size (5-10”)
- Kale will produce leaves consistently into November until you see regular hard frosts

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

**Cucumber**
- Pick daily once fruit bearing begins.

**Turnip**
- 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
Additional Ideas

GARDEN KEY:

- **Sweet potato slips**
  - Plant in April
  - 90-110 Days
  - Plant: 12-18" 4"-6"

- **Potatoes**
  - Plant in Feb or March
  - 70-90 Days
  - Plant: 12-18" 6"-8"

- **Tomatoes**
  - Plant in April or May
  - 70-90 Days
  - Plant: 18"

- **Strawberries**
  - Plant in Oct
  - Perennial
  - 12'
**Sweet Potatoes**
- Sweet potatoes are planted from slips that grow from a sweet potato.
- Order slips in the early winter to have them available in early spring to plant.
- Plant slips in the late afternoon or evening as soon as you receive them and water well.
- Ready to harvest after about 100 days.

**Potatoes**
- Plant seed potatoes with most of the eyes facing up
- Once plants are about 8” tall gently mound soil up around the plants and mulch well.
- Potato leaves, stems, flowers and fruits are toxic, only eat the tubers
- Potatoes are ready to harvest after plants flower and start to die back.

**Tomatoes**
- Start tomatoes from seedlings
- There are 2 types of tomato plants. Determinant which grow to a certain size and produce most of its fruit at one time and indeterminant which keep growing bigger and bigger and produce fruit over an extended period of time. We recommend determinant plants for Learning Gardens because their shorter vines are easier to manage.
- Support their long vines with a sturdy trellis (this makes a great engineering challenge)
- Tie up vines as they grow
- Experiment with different varieties that come in different sizes, colors and shapes all with their own unique tomato flavors.

**Strawberries**
- Start strawberries from seedlings or plants that have been freshly dug from another location
- Mulch strawberries well with straw or hay to keep down weeds and help conserve moisture.
- Strawberries are perennial and will grow back every year. Thin the runners to keep plants from getting crowded and producing lots of big berries. (Share the plants you thin out with other gardeners.)

**Additional Planting Resources:**

UG Extension Planting Guide