

SAN ANTONIO, TX

SEASONAL 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.

GARDEN PLAN



GARDEN KEY:

CROP	DAYS UNTIL MATURITY	SEED SPACING	DEPTH
 Broccoli Seedling	40 Days	Spacing: 12"	
 Collard Seedling	70 Days	Spacing: 12"	
 Cabbage Seedling	45 Days	Spacing: 18"	
 Turnip Seeds	45 Days	Spacing: 2"	Depth: 1/4"
 Mustard Seeds	45 Days	Spacing: 1/2"	Depth: 1/4"

PLANT GUIDE

ABOUT THE PLANTS

Broccoli, collard and cabbage are all the same species of plant, *Brassica oleracea* (wild cabbage). Over time, the plants with exaggerated parts were saved and then their seeds regrown so that today we now have many *Brassica oleracea* crops. Each crop was selected for its unique traits of enlarged florets (broccoli), expanded leaves (collard) and a tight terminal bud or main growing point (cabbage).

Broccoli, collard, cabbage, turnip and mustard greens are in the same plant family, Brassicaceae. These crops are all so closely related that they also prefer similar care and conditions earning them the nickname the "Brassica."

Brassica crops have been long known for their nutritional value and thus are heavy feeders requiring fertile soil supplied with consistent irrigation throughout the growing period.

PESTS

Common pests of brassicas are flea beetles and cabbage loopers. Flea beetles can be treated with sprays made with chili pepper or neem oil. For cabbage worms and loopers, use *Bacillus thuringiensis* (Bt) products.

HARVESTING

Broccoli (*Brassica oleracea*)

- Cut center head before flower buds open and harvest secondary side shoots to encourage continued production

Collard (*Brassica oleracea*)

- Harvest by clipping individual leaves, the eating quality will improve into late fall

Cabbage (*Brassica oleracea*)

- Harvest when actively growing and store with good air circulation

Turnip (*Brassica rapa*)

- Radish-size turnips are ready in 30 days, full-size in 40-50 days
- Roots are smoothest when small

Mustards (*Brassica juncea*)

- Harvest when leaves reach the desired size, about 3-6"
- Cut outermost leaves for continued harvests