

Growing Guide

Vegetable/Fruit and Edible Plant Part	Planting Instructions		Basic Care Information			
	Spring	Fall	Planting Depth	Plant Spacing	Days to Germinate	Days to Harvest
DARK-GREEN VEGETABLES						
BROCCOLI (Lessons 1, 4, 7) Flower	SEEDS: Plant indoors 4-6 weeks before last frost date. TRANSPLANTS: Plant outdoors 3-4 weeks before last frost date.	SEEDS: Plant indoors 17 weeks before first frost date; transplant outdoors 12 weeks before first frost date. Protect from heat.	¼"	15"-18"	5-10	60-75
COLLARD GREENS Leaves	SEEDS: Plant directly in garden 3 weeks before last frost date; start seeds indoors 6-8 weeks before last frost date and transplant outdoors 2 weeks before last frost date.	SEEDS: Plant 10 weeks before first frost date.	½"	3"; thin to 6" apart once seedlings are a few inches tall	5-10	40
KALE (Lesson 2) Leaves	SEEDS: Plant indoors 6-8 weeks before last frost date; start seeds outdoors as soon as soil can be worked. TRANSPLANTS: Plant in garden 2 weeks before last frost date.	SEEDS: Plant outdoors 8 weeks before first frost date.	½"	4"; thin to 12"-18" when seedlings are a few inches tall	5-10	70-80
LEAF LETTUCE (Lessons 1, 2) Leaves	SEEDS: Plant indoors 6-8 weeks before last frost date; transplant outdoors 3 weeks before last frost date.	SEEDS: Plant outdoors 6-8 weeks before first frost date.	¼"	10"-12"	4-10	45-70
MUSTARD GREENS (Lesson 2) Leaves	SEEDS: Plant outdoors 3 weeks before last frost date and again 3 weeks later.	SEEDS: Plant 4-6 weeks before first frost date.	⅓" - ½"	3"-5"	5-10	45
SPINACH (Lesson 2) Leaves	SEEDS: Plant outdoors 4-6 weeks before last frost date.	SEEDS: Plant 4-6 weeks before first frost date.	¼"	4"	6-14	40-55
SWISS CHARD Leaves	SEEDS: Plant outdoors 2-3 weeks before last frost date.	SEEDS: Plant 6 weeks before first frost date.	1"	8"-12"	4-14	45-55
RED AND ORANGE VEGETABLES						
CARROT (Lessons 1, 6, 7) Root	SEEDS: Plant outdoors 3-4 weeks before last frost date; continue plantings every 3-4 weeks to stagger harvest throughout growing season.	SEEDS: In warmer climates, plant outdoors 13 weeks before first frost date. Protect from heat.	½"	½"	10-17	60-80

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RED AND ORANGE VEGETABLES (CONTINUED)						
PUMPKIN Fruit	SEEDS: Sow directly in garden after danger of frost has passed; in far north start seeds indoors 3-4 weeks before last frost date.	Fall planting not recommended.	1"	6 seeds in 2-foot-diameter mound; space mounds 3 feet apart.	7-10	90-130
RED AND ORANGE PEPPERS (Lessons 3, 5, 6, 7) Fruit	SEEDS: Start indoors 8-10 weeks before last frost date. TRANSPLANTS: plant outdoors after last frost date.	SEEDS: In warmer climates, plant indoors 20 weeks before first frost date; transplant outdoors 16 weeks before first frost date.	½"	10"-12"	8-20	80-100
TOMATOES (Lesson 3, 7) Fruit	SEEDS: Start indoors 6-7 weeks before last frost date. TRANSPLANTS: Plant outside when danger of frost has passed.	SEEDS: In warmer climates, plant indoors 20 weeks before first frost date; transplant outdoors 16 weeks before first frost date.	¼" - ½"	18"-24"	6-14	65-90
WINTER SQUASH Fruit	SEEDS: Plant indoors 3-4 weeks before last frost date. TRANSPLANTS: Plant outdoors when danger of frost has passed.	SEEDS: Plant outdoors 13 weeks before first frost date.	1"	6"; thin to 24"-36" as seedlings grow.	4-10	80-120
DRY BEANS AND PEAS						
CHICKPEAS (Lesson 1, 6, 7) Seed	SEEDS: Plant outdoors 4-6 weeks before last frost date.	SEEDS: Plant 4-6 weeks before first frost date.	¼"	4"	6-14	40-55
STARCHY VEGETABLES						
CORN Seeds	SEEDS: Plant outdoors when danger of frost has passed.	SEEDS: Plant 15 weeks before first frost date.	1½" - 2"	6" - 8"	3-10	50-100
GREEN PEAS (Lesson 7) Seeds	SEEDS: Plant outdoors as soon as soil can be worked.	SEEDS: Plant 12-13 weeks before first frost date. Protect from heat.	1"		6-15	60-80

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STARCHY VEGETABLES (CONTINUED)						
POTATOES Tuber	SEED POTATOES: Early varieties can be planted outdoors as soon as soil can be worked; cut seed potatoes so there are 2-3 eyes per seed; dig trenches 6" wide, 6" deep, and 30-36" apart.	SEEDS: Plant 15 weeks before first frost date.	4"	10"-15"	10-15	70-100
OTHER VEGETABLES						
BEETS Root	SEEDS: Plant outdoor 30 days before last frost date; continue planting every 3-4 weeks into summer.	SEEDS: Plant 8-10 weeks before first frost date.	½"	2"-4"	7-10	50-75
BRUSSELS SPROUTS Leaves		SEEDS: Plant 4 months before first frost date.	¼"-½"	3"-4"; thin to 14"-24" when seedlings are a few inches tall.	5-10	80-100
CABBAGE Leaves	SEEDS: Start indoors 50-60 days before last frost date. TRANSPLANT: Plant outdoors 2-3 weeks before last frost date.	SEEDS: Plant in garden 13-14 weeks before first frost date. Protect from heat.	¼"	18"	4-10	60-100
CUCUMBERS (Lesson 3, 6, 9) Fruit	SEEDS: Start indoors 4-6 weeks before last frost date; plant outside after the danger of frost has passed.	SEEDS: Plant 14 weeks before first frost date.	1"	12"-24"	3-8	60-80
GREEN BEANS Seeds	SEEDS: Plant outdoors when danger of frost has passed.	SEEDS: Plant 12 weeks before first frost date.	1"	6"-8"	4-10	55-65
GREEN & YELLOW PEPPERS (Lessons 9) Fruit	SEEDS: Start indoors 8-10 weeks before last frost date. TRANSPLANTS: Plant outdoors after last frost date.	SEEDS: In warmer climates, plant indoors 20 weeks before first frost date; transplant outdoors 16 weeks before first frost date.	½"	10"- 12"	4-10	80-100
ONIONS Root	SEEDS: Start indoors 8-10 weeks before last frost date. SETS: (TRANSPLANTS) more common, start outdoors 3 weeks before last frost date.	Not recommended for fall planting.	Seed: ¼" SET: depth of bulb.	4"-6"	4-12	60-90

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OTHER VEGETABLES (CONTINUED)						
RADISHES Root	SEEDS: Plant directly outdoors when temperatures are between 60-65 degrees (F) for optimal taste and growth.	SEEDS: Plant directly outdoors when temperatures are between 60-65 degrees (F) for optimal taste and growth.	¼"	1" - 2"	3-10	18-45 (Spring Varieties) 45-70 (Fall Varieties)
TURNIPS Root/Leaves	SEEDS: Plant in ground as soon as soil can be worked.	SEEDS: Plant 10 weeks before first frost date.	½"	2" - 4"	3-10	Varies; turnip roots/greens can be harvested at desired size throughout season.
ZUCCHINI (Lessons 1, 6, 7) Fruit	SEEDS: Indoors 3-4 weeks before last frost date TRANSPLANTS: Plant outdoors when danger of frost has passed.	SEEDS: Plant outdoors 13 weeks before first frost date.	1"	6"; thin to 24"-36" as seedlings grow.	4-10	50-70
FRUIT						
MELON (Lesson 9) Fruit	SEEDS: Start indoors 3-4 weeks before last frost date; plant directly outdoors, if your season is long enough, after danger of frost has passed.	SEEDS: Plant 15 weeks before first frost date.	1"	SEEDS: Plant 4" apart; thin to 2 feet apart when seedlings grow to touch each other. TRANSPLANTS: Plant 2 feet apart in rows that are 6-8 feet apart.	4-10	80-100
STRAWBERRIES (Lesson 8) Fruit	TRANSPLANTS: Plant outdoors in early spring when trees begin to leaf out.	TRANSPLANTS: In warmer climates, plant in September for spring harvest. Protect from temperature extremes with mulch.	So roots are just covered.	9"; as plants grow they send out "runners" which are daughter plants, clip off all but the healthiest five runners.	Transplants	Harvest strawberries the second year after planting. Berries will be ready about one month after the plants flower.