

March Food Ladder Roadmap

Build your garden like a grocery store — not a vibe.

By Alexis Pare | Thistlepond Cottage

March is food-first. Pollinator and edible flowers will layer in April and May. This is a focused grouping designed to reduce overwhelm while building real food security.

The Food Ladder (Plant in Layers)

LEVEL 5 — JOY	Berries • Fruit Trees • Asparagus • Rhubarb
LEVEL 4 — FLAVOR	Parsley • Cilantro • Garlic Chives • Perennial Herbs
LEVEL 3 — FAST + FRESH	Spinach • Lettuce • Radishes • Kale
LEVEL 2 — WORKHORSES	Tomatoes • Peppers • Broccoli • Cauliflower • Carrots
LEVEL 1 — FOUNDATION	Potatoes • Sweet Potatoes • Onions • Garlic • Dry Beans

Start with Foundation. Move upward. Feed yourself first.

March Action Checklist

Some crops can be started multiple times throughout the season. Cold-loving crops have a window — start those now.

IN THE GROUND / GREENHOUSE

- Potatoes (cool tolerant — greenhouse or grow bags ok)
- Garlic (if missed fall)
- Spinach
- Lettuce
- Radishes
- Kale
- Carrots

START INSIDE

- Sweet potato slips
- Tomatoes
- Peppers
- Broccoli
- Cauliflower
- Onions (from seed)

COLD SOW

- Parsley
- Cilantro
- Garlic chives

WAIT FOR WARM SOIL

- Dry beans

ORDER / PURCHASE

- Berry bushes
- Fruit trees
- Asparagus
- Rhubarb