

PLANT GROWING RESOURCE GUIDE

KALE

PLANTING

- Can be grown from seeds or transferred from a pot.
- Can be planted in colder temperatures, as early as beginning of spring.
- Seeds should be placed about 2 feet apart.
- If the soil is not well fertilized, aged compost will promote growth.

HARVESTING

- You can harvest what you need while the plant continues to grow.
- It will take about 2 months from seed for kale to be ready to harvest.
- Kale is sweetest when harvested in the fall.
- It only stores for a few weeks in the fridge before going bad.

TIPS

- Water regularly so the soil remains at least slightly moist.

ASPARAGUS

PLANTING

- Asparagus crowns need to be planted about a foot deep in the soil.
- It should be spaced about a foot and a half apart and placed in a trench on top of a pile of compost and fertilizer, then covered with soil.

HARVESTING

- The first year you should be able to get a few stalks off each plant but only harvest for about two weeks and then leave the plant to grow.

- Every year you should be able to harvest more and for longer.
- Excessive picking will not allow asparagus to get the strong root system it requires.
- To pick a spear either cut or snap it at ground level once it is about 7 inches tall.
- In the fall the stems will turn yellow and at that point you should cut it down to a small stub at the ground so that the asparagus beetle doesn't get to it through the winter.

TIPS

- Asparagus may take a few years even to be a consistent crop that can be harvested from a garden.
- It will not tolerate any weed competition, so where it is planted needs to be free of weeds long prior.
- Soil moisture is essential for asparagus because they naturally grow in wet lands.

ZUCCHINI / SQUASH

PLANTING

- Plant in rich and well-draining soil.
- It is best to plant where you want it to grow rather than transferring.
- In warm temperatures and soil, so plant in early summer.
- Space the plants about 2-4 feet apart, one plant does produce a lot of fruit.

HARVESTING

- For the best flavor, harvest when it is about 4 inches long.
- Squash can grow very big but tends to lose its flavor as the size increases.
- To maintain freshness, cut the zucchini off with about an inch of stem still attached.

TIPS

- Zucchini has both male and female flowers which means it needs the help of bees and other pollinators in order to reproduce; this also provides an opportunity for cross-pollination which would affect the following season.
- The most important times to water are when the buds are forming, or the flowers are about to bloom.
- Squash needs a lot of nutrients, so composting will help it to thrive.
- If you are getting more flowers than fruit, pollinate yourself with a cotton swab.

GREEN PEPPERS

PLANTING

- To grow peppers outside it is recommended to start with seeds inside 8-10 weeks before the last of winter, so they can go outside in early spring.
- To get the seeds to start germinating place them in-between 2 wet paper towels in a plastic bag and set them in a warm place.
- Once they are germinating move into individual pots and keep them until ready to go into the garden.

HARVESTING

- Best to harvest when immature.
- If you are harvesting frequently the peppers may start to lose flavor, so be mindful of that.
- Use a knife or sheers to cut the stem because pulling could easily uproot the whole plant.

TIPS

- Do not over-fertilize. Do water frequently.
- Does well near

BEANS

PLANTING

- Should be planted by seed when the frost is gone, and temps are about 50 degrees.
- Should be put about 2 inches in the ground and about 1 inch deep.
- Cover with compost once planted.
- They need constant watering but also irrigation, so the roots do not get too drenched.
- They need a pole to climb up as they grow.

HARVESTING

- Once they are ripe pick them frequently and discard of any overripened ones.
- When the bush stops producing, they should be pulled out of the ground.
- Beans can be frozen or canned for long-term use.

TIPS

- A garden fabric may be beneficial to cover beans as they attract beetles to the leaves.
- Some beans can be eaten with the pod and some cannot, so be aware of what kind you are cooking with.

TOMATOES

PLANTING

- Tomatoes need a warm environment to thrive, so it is best to plant in late spring or early summer.
- Tomatoes need to grow off of the ground, so they need some support to grow upwards on.
- Each plant should be spaced about 3 feet apart to allow them room to grow.
- They need a good source of nutrients which can often be found with compost.
- Burying 2/3 of the stem when planting can also help growth.
- Immediately after planting the seeds / stems need to be watered to allow them to sit.

HARVESTING

- Once the tomato gets the first bit of red on it, it's time to pull it off, harvesting is pretty easy!

TIPS

- Straw is a very helpful tool for keeping moisture in the soil.
- Drip irrigation can be a very helpful tool if it gets too hot.
- Planting next to basil can enhance the flavor.

HERBS

PARSLEY

PLANTING

- Plant seeds in late March or early April, and again in late summer to have them grow in the spring.
- When planting, the seeds should go about a 1/4 inch deep into the ground and should be placed about an inch away from each other.

HARVESTING

- It typically takes 70-90 days from when planted to be ready to harvest.
- The leaves can be harvested when the stem is separated in three parts.
- Parsley should be snipped at ground level to encourage more growth from the root.
- Short Term Storage: Place parsley in a glass of water and keep it cool in the refrigerator.
- Long Term Storage: If you are not planning on using parsley right away it can be either dried or frozen to be used later but still within the year.
 - To dry, wash the parsley and pat it dry and then leave it in a warm airy place. Then, cut off the leaves and keep them in an air-tight container.
 - To freeze, lay the parsley flat in a freezer bag and then let all the excess air out.

TIPS

- Parsley thrives in soil enriched by compost or manure.
- Good companion plants to parsley are asparagus, bell peppers, cabbage, carrots, chives, corn, onion, peas, and tomato's. Parsley will enhance the flavor of these vegetables and can act as an insect repellent.
- Keep away from squash.

SAGE

PLANTING

- Seeds can be planted in the cooler times of fall and spring.
- Each seed needs to be planted about two feet apart in an area which gets plenty of sunlight.
- Should be planted in well-draining soil.
- When the sage is young it should receive lots of water.

HARVESTING

- Woody stems should be pruned every spring.
- To harvest, pinch off or snip leaves.
- Once harvested, leave a few of the stems so it grows back.
- Stop harvesting in the fall so they return in spring.
- Sage should be able to be harvested about 3 times every season.

TIPS

- Replanting sage every few years will help ensure growth.
- It is best when it is fresh but can also be stored by freezing or drying them.
 - TO DRY: air dry in well-ventilated area until the leaves are dry enough to crumble and put in jar.
 - TO FREEZE: put in a zippered bag or container. Freezing sage will keep the flavor in better.
- Plant near rosemary, cabbage, and carrots.
- Do not plant near cucumbers.

OREGANO

PLANTING

- If planting from seed, plant a few weeks before the cold temperatures are expected to stop.
- If planting a cutting from another oregano plant, do it in early summer so the ground is a little warmer, ideally around 70 degrees.
- Plant in light and well-draining soil.
- Compost is not considered necessary because oregano does very well on its own.
- Plant the seeds or cuttings at least 10 inches apart.

HARVESTING

- You can harvest once the stems are at least four inches tall.
- It is encouraged to cut back around 2/3 of the plant in order to allow it to grow back, but if you cut more it will still grow back (super easy!)
- If you are not drying and storing the oregano, there is also an easier way which is running your hand up the stem to just gather the leaves. Once the leaves are off, trim the stem.
- For the best flavor it is smart to harvest before the plant flowers

TIPS

- Oregano is low-maintenance, so it is perfect for a bed that may not need as much attention.
- It should be re-planted every few years so the leaves do not lose their flavor.
- Great companion to most plants!

BASIL

PLANTING

- Basil is extremely sensitive to the cold, so around May is the best time to plant.
- Propagation may be necessary, meaning that it will form roots in water that can then be transferred into the soil. A cutting of about 4 inches will work to do this.
- Should be planted in well-draining moist soil.
- A rich composting at the beginning of planting will help it grow, but do not put fertilizer or compost on frequently after planted.
- Space the seeds or propagated clippings 12-16 inches apart, because with adequate sunlight basil can grow tall and wide.
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HARVESTING

- Cut the stem above where two leaves meet.
- When you cut, only do so about 2/3 of the plant so it can regrow.
- If basil is flowering, you can cut off the flower to encourage the plant to focus energy on the leaves.
- Basil is also an herb that can be picked as it grows, taking some leaves to your liking.

TIPS

- Recommended to plant next to tomato's, parsley, oregano, lettuce, and peppers.
- It is specifically rumored that planting next to tomatoes will help to improve their flavor.
- Water when the soil is dry to the touch.

CILANTRO

PLANTING

- Plants should be 6-8 inches apart.
- Starting in late spring, plant seeds every 2-3 weeks to ensure growth.
- When planted, compost should be mixed in with the soil about a foot and a half deep so the roots grow.
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HARVESTING

- Harvest by cutting the stem at ground level.

- Do not cut more than 1/3 of the leaves off at once to encourage prolonged growth.
- After 4 or 5 harvests using well-fertilized soil or adding compost will help to keep the plant strong.
- To harvest the seeds specifically, clip off the brown seed heads and keep them in a paper bag facing upside down. Once the seeds dry out they will crack open, revealing the edible part.

TIPS

- Cilantro is best when planted from a seed rather than a plant clipping.
- You want to get as much foliage as possible, so pinch back the plants about an inch as they are young.
- Water-soluble plant food can encourage leaf growth.
- As it grows some seeds will inevitably fall off and that allows it to self-sow and encourages the cilantro to reappear next season.

DILL

PLANTING

- Plant every 2 weeks in the beginning of summer to ensure that there is plenty for harvest.
- Soil temperatures should be warm, which means early summer is the best time.
- Seeds should go in well-draining soil with compost or fertilizer.
- Put seeds a quarter inch into the soil and about a foot and a half apart.
- It should only take about 10-14 days for them to arise and if they are not spaced out properly now

HARVESTING

- Harvest can begin once the plant has four to five leaves. Leaves can be pinched or cut off.
- Do not take the stalks unless you have a lot of plants.
- For a longer harvest do not allow the dill to flower.
- To store, freeze in an airtight bag.

TIPS

- Like cilantro, seeds will fall off allowing dill to be self-seeding.
- Good companions are cabbage and onions. Dill should not be planted next to carrots.
- Leaving dill alone will almost guarantee more plants will arise next season.
- Always start growing outside, because of the taproot it will not move well from a pot to the garden.