

Recommended Plants	When to Plant	Planting Instructions	When they should be ready	Notes
peas	As soon as the ground is thawed enough to be worked.	Plant approx 1-3 inches apart, about as deep as your first knuckle. Peas need a trellis or something to climb up.	Depending on the weather they'll be ready in 6 to 8 weeks from planting time.	Peas don't grow well once it gets warm, but you can plant them again in the fall, like the 3 <sup>rd</sup> week in August.
radishes	As soon as the ground is thawed enough to be worked.	Plant approx ¼ inch apart in rows 6 inches apart. Once they sprout they will need to be thinned to about 1 per every 3-4 inches, as deep as your first knuckle.	Approx 4 weeks after planting. They are ready when the tops round up out of the ground. If you leave them too long they get woody and split.	They can be replanted continuously all summer and into the late fall.
lettuce	As soon as you don't expect another hard frost.	Leaf lettuce: sow 2-4 seeds per inch in rows 12-18 in apart. Head lettuce: sow 12-18 in apart, about ¼ inch deep.	Approx 4-6 weeks after planting.	Can be replanted continuously all summer. Some varieties are very cold hardy and can be planted very early and late.
spinach	As soon as the ground is thawed enough to be worked.	Sow 2-4 seeds per inch in rows 12-18 inches apart. Sow ½ inch deep.	Approx 4 to 6 weeks after planting.	Can be replanted continuously all summer, but many varieties do not grow well in the heat. Can survive frost though, even living under the snow.
Kale	As soon as the ground is thawed enough to be worked.	Kale can be started indoors in trays in Feb, then transplanted outside. It is very cold hardy.	Kale leaves can be harvested from the plant as much as twice a week for the duration of the growing season. Just make sure that you leave enough leaves on the plant so that it will still be healthy.	Kale will actually live through the winter and flower and go to seed the next year!
Chard	As soon as the	Chard can be	Chard leaves can	Chard will grow

	ground is thawed enough to be worked.	started indoors in trays in Feb, then transplanted outside. It is very cold hardy.	be harvested from the plant as much as twice a week for the duration of the growing season. Just make sure that you leave enough leaves on the plant so that it will still be healthy.	long into the fall, even through the first snows.
Broccoli	As soon as the ground is thawed enough to be worked.	Broccoli can be started indoors in trays in Feb, then transplanted outside. It is very cold hardy. Need 18 to 24 inches per plant.	Ready in early July.	
Cabbage	As soon as the ground is thawed enough to be worked.	Cabbage can be started indoors in trays in Feb, then transplanted outside. It is very cold hardy. Needs 18 to 24 inches per plant.	Ready in late July.	
Arugula	As soon as the ground is thawed enough to be worked.	Sow 2-4 seeds per inch in rows 12-18 inches apart. Sow about as deep as your first knuckle.	Ready 4 to 6 weeks from planting.	Can be replanted continuously all summer, but many varieties do not grow well in the heat. Can survive frost though, even living under the snow.
Carrots	As soon as you don't expect another hard frost.	Soil must be very soft and <b>continuously moist</b> for carrots to germinate. Seed heavily in rows 12 inches apart. Seed about ¼ inch deep or a little deeper. When they sprout they must be	Will be ready in July, can be replanted for an Oct or Nov harvest.	Carrots get sweeter when grown in cold weather.

		thinned to one plant every 3 inches or so.		
Beets	As soon as you don't expect another hard frost.	Soil must be very soft for beets to grow. Seed heavily in rows 12 inches apart. Sow about as deep as your first knuckle. When they sprout they must be thinned to one plant every 4-5 inches or so.	Will be ready in July, can be replanted for an Oct or Nov harvest.	
Onions	As soon you don't expect another hard frost.	If you start onions by seed in Feb you can put them out in Apr. They are very delicate to transplant, and don't have a great germination rate. You can also buy them in sets, and put them out in Apr. as well. Bury the sets about as deep at your 1 <sup>st</sup> knuckle, spaced 4-5 inches apart.	Will be ready in late July, early August, once the tops fall over.	They must be dried or cured in a warm, sunny, dry place until the outsides dry. Then they will keep for several months.
Chives PERENNIAL	As soon as you don't expect another hard frost.	Sow in rows or patches about ¼ inch deep. You can also buy starts and transplant.	Once these are established they will be the first things ready in your garden. They green up as the snow is melting and by May and June the stalks are ready and the flowers will be too. You can eat flowers and stalks. Spicy!	They will dry and die back in late summer but if you trim out the brown and cut back the dead stalks they will green and flower again later in the summer.
Garlic	Plant cloves in September or	Plant cloves 6 inches apart. Plant	Harvest the following July,	Garlic scapes are curly flower type

	October and mulch heavily.	a little deeper you're your second knuckle. Mulch heavily.	when the scapes begin to harden and dry.	things that appear on the garlic stalks when they begin to ripen. Scapes can also be harvested and eaten. Tastes like mild garlic.
Mint PERENNIAL	Plant after the last hard frost.	Plant in rows or patches, seed thickly and cover with ½ inch topsoil. You can also buy starts and transplant in.	Harvest leaves whenever you want.	Mint is invasive and you will have more of it than you know what to do with if you don't cut it back and keep it contained. Won't grow near Thyme
Thyme PERENNIAL	Plant after the last hard frost.	Plant in rows or patches, seed thickly and cover with ½ inch topsoil. You can also buy starts and transplant in	Harvest leaves whenever you want.	Mint is invasive and you will have more of it than you know what to do with if you don't cut it back and keep it contained. Won't grow near mint.
Beans	Plant when the soil begins to be warm, usually in mid-May.	Plant beans as deep as your second knuckle, 1 per every 3 to 4 inches, in rows 18 to 24 inches apart.	Will be ready in mid July. They can be harvested every couple days for several weeks as snap beans, or left in the pods to dry as dry beans.	
Pole Beans	Plant when the soil begins to be warm, usually in mid-May.	Plant beans as deep as your second knuckle, 1 per every 3 to 4 inches, in rows 18 to 24 inches apart.	Will be ready in mid July. They can be harvested every couple days for several weeks as snap beans, or left in the pods to dry as dry beans.	Pole beans need something to climb. It can be a trellis or a fence or poles, or it can even go up corn stalks if planted 2-3 weeks or so after the corn is planted.
Corn	Plant when the soil begins to be warm, usually in mid-May.	Plant kernels as deep as your 2 <sup>nd</sup> knuckle. 12-18 inches apart.	Will be ready the end of July, early August.	You can plant sweet corn to eat fresh or flour or dent corn to dry and grind up to make flour for

				baking.
Cucumbers	Plant when the soil begins to be warm, usually in mid-May.	Plant in mounds, with seed holes spaced 12 to 18 inches apart. They will need lots of space, 4-6 feet or so, for vines to run out. Can be started indoors in trays in early April.	Will be ready late July, early August.	Cucumbers can be trellised to save space. A short, very sturdy trellis will support the plants nicely.
Squash	Plant when the soil begins to be warm, usually in mid-May.	Plant in mounds, with seed holes spaced 12 to 18 inches apart. They will need lots of space, 4-6 feet or so, for vines to run out. Can be started indoors in trays in early April.	Will be ready late August, September.	
Watermelons	Plant after danger of last frost. Usually right after labor day.	Plant in mounds, with seed holes spaced 12 to 18 inches apart. They will need lots of space, 4-6 feet or so, for vines to run out. Can be started indoors in trays in early April.	Will be ready late August, September.	I have heard that watermelons can be trellised as well. They did this at Troy Howard Middle School in Belfast. I would think that the trellis needs to be very sturdy!
Tomatoes	Plant after danger of last frost. Usually right after memorial day.	Start indoors in trays in mid march. Transplant out to one plant every 12 inches or so.	Will be ready late August, September.	Tomatoes need to be tied up or put in cages
Peppers	Plant after danger of last frost. Usually right after memorial day.	Start indoors in trays in mid march. Transplant out to one plant every 12 inches or so.	Will be ready late August, September.	
Eggplant	Plant after danger of last frost. Usually	Start indoors in trays in mid march.	Will be ready late August,	

	right after memorial day.	Transplant out to one plant every 12 inches or so.	September.	
Basil	Plant after danger of last frost. Usually right after memorial day.	Start indoors in trays in mid march. Transplant out to one plant every 12 inches or so.	Can be harvested from as soon as there is enough foliage.	Pinch back flowers and the plant will keep producing leaves without getting bitter.
Pumpkins	Plant when the soil begins to be warm, usually in mid-May.	Plant in mounds, with seed holes spaced 12 to 18 inches apart. They will need lots of space, 4-6 feet or so, for vines to run out.	Will be ready Sept and Oct!	
Hot Peppers	Plant after danger of last frost. Usually right after memorial day.	Start indoors in trays in mid march. Transplant out to one plant every 12 inches or so.	Will be ready late August, September.	
Sunflowers	Plant when the soil begins to be warm, usually in mid-May.	Plant seeds about as deep as your 2 <sup>nd</sup> knuckle, 12-18 inches apart.	Will bloom in July.	Can be used to trellis pole beans also.
Sunchokes or Jerusalem Artichokes CAN BE A PERENNIAL	As soon as the ground is thawed enough to be worked.	Plant 4-5 inches deep, 6 or so inches apart. Buy as sets from Fedco.	Dig tubers in late summer, early fall, or all through the winter. They will have multiplied.	This is a special New England crop. These plants make huge, sunflower like stalks and foliage, and will grow and multiply as perennials, or they can be harvested and the root tubers eaten like mashed potatoes. Delicious, nutty flavor.
Parsnips	As soon as the ground is thawed enough to be worked.	Seeds must be soaked overnight. They are slow germinators and the soil must be kept moist. Plant	Can be harvested in late fall, Nov and Dec.	You can also plant these in the fall and harvest in the early spring, like March.

		like carrots.		
Brussel Sprouts	As soon as the ground is thawed enough to be worked.	Brussel Sprouts can be started indoors in trays in Feb, then transplanted outside. Very cold hardy.	Harvest in Nov.	These plants grow up a stalk. The leaves are also edible.
Collard Greens	As soon as the ground is thawed enough to be worked.	Collard Greens can be started indoors in trays in Feb, then transplanted outside. It is very cold hardy.	Collard leaves can be harvested from the plant as much as twice a week for the duration of the growing season. Just make sure that you leave enough leaves on the plant so that it will still be healthy.	Collards can actually live through the winter and flower and go to seed the next year!
Borage	Plant when the soil begins to be warm, usually in mid-May.	Can be started indoors in trays in March or April	Flowers can be harvested as soon as they bloom.	Borage is a lovely blue edible flower that can also be dried and made into tea.
Nasturtiums	Plant when the soil begins to be warm, usually in mid-May.	These flowers help keep cucumber beetles away from cucumbers. Good to plant a few by your cukes. Plant about as deep as your 2 <sup>nd</sup> knuckle, 4-6 inches apart.	Flowers can be harvested as soon as they bloom.	Nasturtiums are lovely orange and red flowers that are edible and have a spicy, peppery taste.
Morning Glory	Plant when the soil begins to be warm, usually in mid-May.	Soak seeds overnight. Plant at the bottom of your trellis or fence 2-4 inches apart, about as deep as your 1 <sup>st</sup> knuckle. They like morning sun and afternoon shade.	Will bloom late August, September.	Beautiful vining flowers that don't reach their peak until just about when school starts back up again. Seeds are poisonous.
Calendula	Plant when the soil begins to be warm, usually in mid-May.	Plant about as deep as your first knuckle, 4-6 inches apart.	Starts blooming mid July.	Orange and yellow edible flowers that can also be soaked in oil and made into

				salve. Excellent skin healing properties. If you pop off the flower heads as they go by, it will continue to bloom hard until the first snow.
Rhubarb PERENNIAL	Transplant in early spring or fall.	Needs partial shade. Will spread.	Harvest in early spring. Use only the stalks. Don't eat if after it has gone to seed.	Lots of people have more rhubarb than they know what to do with, and it transplants easily, so before you buy some ask around and you could get some well established rhubarb transplants for free.
Asparagus PERENNIAL	Throughout the growing season. Will take several years to establish.	Plant the root pieces in good soil or compost in shallow trenches in a cleared piece of land. Cover with an inch or so of topsoil. Keep weed free and as the roots begin to sprout upward, periodically cover with more soil or compost for the first season.	Will establish in a couple of years, then you harvest the stalks in May and June.	They will spread as they grow.
Potatoes	As soon as the ground is thawed enough to be worked.	Plant in trenches at least 24 inches apart, plants about 6 inches apart. Cover with several inches of dirt. As the plants grow upward, continue to loosen the dirt around them and pile it on top of	Ready in July or Aug, depending on the variety. Harvest by digging up when the tops die.	Potatoes are subject to infestations of the Colorado potato beetle. Their little orange larvae eat the leaves. You must pick them off the plant and kill them every few days or else they



		them. This encourages growth of the potato tubers. Do not eat any potatoes that have grown exposed to the sunlight.		will decimate your crop very quickly. *
Summer Squash	Plant when the soil begins to be warm, usually in mid-May.	Plant in mounds, with seed holes spaced 12 to 18 inches apart. They will need lots of space, 4-6 feet or so, for vines to run out.	Will be ready late July.	VERY prolific! Harvest twice a week when small. Large ones become tough.
Zucchini	Plant when the soil begins to be warm, usually in mid-May.	Plant in mounds, with seed holes spaced 12 to 18 inches apart. They will need lots of space, 4-6 feet or so, for vines to run out.	Will be ready late July.	VERY prolific! Harvest twice a week when small. Large ones become tough.

**Disclaimer:** All of this information comes from my own head. It is basically what I would do if I was going to plant these plants. Some of it might be wrong, or conflict with things that you might read or be told elsewhere. If so, sorry! I'm planning to have it reviewed and edited, but I thought that I'd get it out as is and hope that it might be helpful at least as a guide.

## Glossary of terms

**Perennial:** A Perennial is a plant that comes back again year after year. You want to take care in choosing where you will be planting your perennial, keeping that in mind.

**To thin:** Pulling out some plants when there are many growing too close together. You usually pull out the smaller, weaker ones, and make space for the bigger ones to grow to their full potential.

**Tuber:** A tuber is a plant structure that grows on the root. Some tubers that we eat are potatoes and the tubers from Jerusalem Artichokes.

**Trellis:** A trellis is anything that they plant can grow up. It can be chicken wire, a fence, string between two poles, poles in the ground, teepees of poles or sticks. Whatever the plant can reach onto and use to pull itself up.

**Germination:** This is just when plants sprout from seed. Some plants have a high germination rate and some a low. This just refers to how well they sprout from seed. For example, a germination rate for onions might be 85%. That means that approx 85% of the seeds that you plant will sprout under ideal conditions.

**Mulch:** Mulch is a layer of stuff that you pile on top of or around your plants. It helps keep in moisture and deter weeds, and many perennials like to be mulched in the fall to help protect them through the winter. Common mulches include hay, straw, dead leaves, seaweed.

**Pinch back/deadheading:** This is when you snap the flowering parts off of the plant in order to keep it producing more of what you want. You do this with basil.

**Seeding:** Generally it is good to put at least two seeds in a hole when planting. Larger seeds two is good. Smaller seeds, maybe more. Also, the size of your seed determines how deep you want to plant it. Larger seeds want to be planted deeper, smaller ones not so deep. For example, a bean seed; I would plant it about as deep as my second knuckle. A carrot seed; that you only want about deep enough to cover your finger nail.

## **Frosts and Thaws**

- Some plant can handle the frost and can be planted as soon as the snow is gone and the ground is no longer hard, hopefully March and early April:  
Peas, spinach, arugula, potatoes, radish, parsnip, Jerusalem artichokes
- Some other cold hardy plants that you can put out by the end of April:  
Cabbage, broccoli, brussel sprouts, Kale, collards, lettuce, chives, beets, carrots, kale, chard
- Some plants like the ground to warm up a little bit. By mid May you can usually do:  
Cukes, beans, zucchini, summer squash, sunflowers, nasturtiums, borage, calendula, herbs except Basil, corn, onion, morning glory
- Then by the beginning of June you can usually do:  
Tomatoes, peppers, watermelons, squash, pumpkins, eggplant, basil

## **Things that need to be started indoors in March:**

Tomatoes, peppers, eggplant, basil, onions if you want to start from seed, broccoli, cabbage, brussel sprouts

## **Things that can be started indoors in April:**

Cucumbers, squash, melons