

PLANT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Beans												
Beet												
Broccoli												
Brussel Sprouts												
Cabbage Summer												
Carrot												
Cauliflower												
Celery												
Corn												
Cucumber												
Eggplant												
Garlic												
Kale												
Leek												
Lettuce												
Melon												
Okra												
Onion												
Parsnip												
Peas												
Pepper												
Potatoes												
Pumpkin												
Radish												
Spinach												
Squash Summer												
Sweet Potato												
Swiss Chard												
Tomato												
Watermelon												

WHEN TO SOW & HARVEST YOUR GARDEN

-  = Sow indoors/undercover
-  = Sow outdoors/plant outdoors
-  = Harvest

WHY IS IT IMPORTANT TO HAVE A GARDEN

- Save money
- Expand skill set
- Exercise close to home
- Get healthy food without going to the store
- Heal mind and heart

HARVEST

TIPS AND TRICKS



Garden vegetables that become over-ripe are an easy target for some pests. Remove them as soon as possible to avoid detection.

With lettuce, snap peas, sweet corn, and other vegetables that mature like clockwork, make two sowings three weeks apart to lengthen your harvest season. Or, plant two varieties with different maturation times on the same day.

Aim to harvest in the morning, which is when plants are plumped up with nutrients and moisture. Preserve the flavor and nutrition of leafy greens, root crops and many other vegetables by refrigerating them, but don't chill storage onions, sweet potatoes, shallots or tomatoes.

Grow "cut-and-come-again" crops. If cut high, broccoli, cabbage and even bulb fennel will grow small secondary heads, and bush beans that you keep picked (harvesting gently, using two hands) will often produce three flushes of blossoms and pods. Look for "cut-and-come-again" lettuce varieties, too.

Many garden vegetables get harvested when they are technically quite immature — budding heads of broccoli flowers, barely plump snap peas or tender, little summer squash. Harvesting early and often helps keep vegetable plants in reproduction mode longer, which in turn increases yields.

Source: <https://www.motherearthnews.com/organic-gardening/gardening-techniques/gardening-tips-zm0z1zsto>

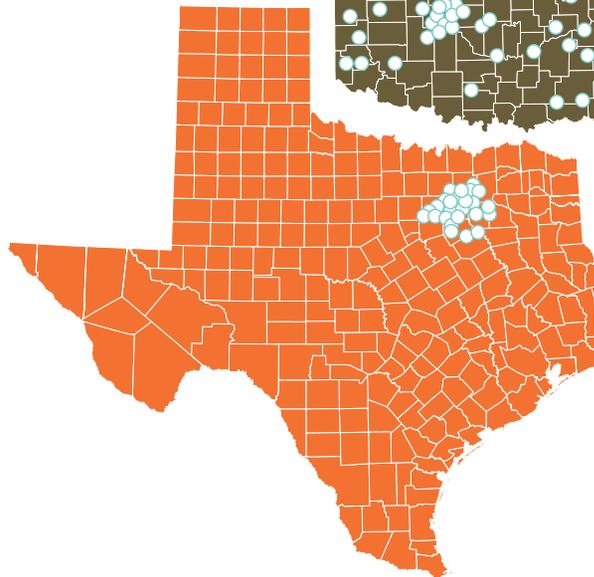
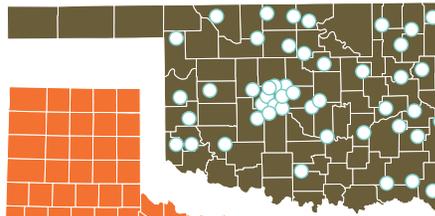
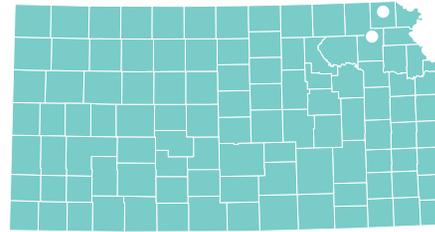
WATER CONSERVATION

- Soak the root and not the whole yard.
- Pick plants that have good groundcover that keep the yard cool so water doesn't evaporate.
- Mulch regularly.
- Use watering methods like drip irrigation or soaker hoses to reduce evaporation.

- Collect rain in a rain barrel to have water sources other than from city lines or wells.
- Grow smaller plants. Bigger plants require more water.
- Put thirsty plants together. Having plants under roof runoff would be an ideal place to grow them.
- Know how long certain areas get sun time. A place with more sunlight for a longer period of time will dry up faster.
- Choose plants native to the area. Plants that are already used to the rainfall pattern will adapt quickly after being planted.



 = FARMERS MARKETS



GROW YOUR OWN GARDEN

HARVEST SEASON

