

Cooks Choice Garden

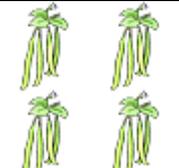
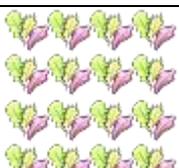
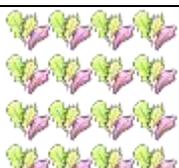
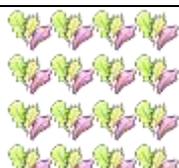
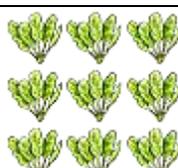
Planting Guide from Gardener's Supply www.gardeners.com

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Cook's Choice

Creative cooks will have fun with these flavorful herbs and garden-fresh veggies. Friends and family will appreciate dining on colorful salads, savory sauces and healthful greens.

NOTE: This garden follows the square foot garden design which was engineered by Mel Bartholomew in the early 1980's.

Among other planting traditions broken, this garden format breaks the rule of planting vegetables in rows with space for walking in between the rows. With these raised bed gardens, you never walk on the soil. We know now that is not good for the soil and the tiny creatures that live in the soil and keep it healthy. Walking on the soil compacts the earth and destroys breathing spaces. Also, it has been found that it is best to mix up plants within the garden because this confuses insects who like to feed on one type of vegetable. Large beds of mono-crops decrease crop security. This method also takes advantage of companion planting another somewhat new technique for gardening.

Planting Guide:



tomatoes

- Plant seeds 1/4" deep indoors, six to eight weeks before last frost
- Transplant into garden one to two weeks after last frost or when soil reaches 65 degrees F.
- Spacing: one plant per sq. ft. Grow early season crops nearby to allow more room later.
- Days to harvest: 55 to 100 days from transplanting, depending on variety. Not frost-hardy
- Hint: Remove lower leaves before planting and bury extra stem.

[Learn more about tomatoes in our Vegetable Encyclopedia](#)



peppers

- Start seeds indoors 1/4" deep 10 to 12 weeks before last frost.
- Transplant into garden three weeks after last frost or when soil reaches 70 degrees F.
- Fruits are edible from early green to full-color maturity.
- Spacing: one plant per sq. ft.
- Days to harvest: 50 to 65 days green, 80 to 85 days to full color. Not frost-hardy.
- Hint: Do not fertilize peppers. Water sparingly.

[Learn more about peppers in our Vegetable Encyclopedia](#)



onions

- Start seeds 1/4" deep indoors 12 weeks before last frost
- Transplant plants into garden a month before last frost. If planting sets, plant them 1" deep.
- Spacing: nine plants per sq. ft., or plant more densely and then thin and eat small onions
- Days to harvest: 100 to 120 days. Frost-hardy.
- Hint: Onions will not tolerate weeds and require consistent moisture.



beans

- Sow seeds 1" deep directly in garden after all danger of frost.
- Spacing: four plants per sq. ft. for bush beans, six to eight plants per sq. ft. for pole beans
- Plant second crop of bush beans (if needed) two weeks after first planting
- Days to harvest: 50-80 days from seed, depending on variety. Not frost-hardy.
- Hint: Add legume inoculants when planting to increase vigor and yield. Learn



basil

- Plant seeds 1/4" deep indoors six weeks before last frost; outdoors two weeks after last frost.
- Transplant seedlings two to three weeks after last frost or when soil reaches 70 degrees F.
- Replant if you have space and want more.
- Spacing: two plants per sq. ft.
- Days to harvest: 40-55 days from transplant. Harvest leaves as desired. Not frost-hardy.

- Hint: Pinch stems early and often to stimulate branching and bushy growth.

[Learn more about basil in our Vegetable Encyclopedia](#)



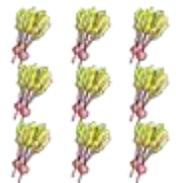
Swiss chard

- Plant seeds 1/2" deep indoors six weeks before last frost, or in garden two weeks before last frost
- Transplant: Around the time of last frost
- Plant a second crop to ensure a plentiful supply of tender leaves.
- Spacing: two plants per sq. ft.
- Days to harvest: 30 days from seed for baby; 50 days to full size. Frost-hardy.
- Hint: Good source of summer greens, chard is not bothered by heat. **[Learn more about swiss chard in our Vegetable Encyclopedia](#)**



parsley

- Start seeds 1/4" deep indoors 10 to 12 weeks before last frost.
- Transplant seedlings into garden up to a month before last frost.
- Spacing: two plants per sq. ft.
- Edible all summer and into winter.
- Biennial: plants will go to seed second year.
- Days to harvest: 75. Begin harvesting foliage at any time. Very frost-hardy.
- Hint: Parsley takes up to 21 days to germinate. Treat seeds with hot water before planting. **[Learn more about parsley in our Vegetable Encyclopedia](#)**



beets

- Sow seeds 1/2" deep directly in garden five to six weeks before last frost.
- Spacing: Plant seeds 18 per sq. ft., thin to nine plants
- Plant more in midsummer for a fall harvest
- Days to harvest: 45 to 60. Frost-hardy.
- Hint: The longer you wait to harvest, the bigger the beets. Tops are flavorful. **[Learn more about beets in our Vegetable Encyclopedia](#)**



Leaf Lettuce

- Sow seed indoors 1/4" deep, eight weeks before last frost or directly in garden when soil can be worked.
- Thin seedlings when four weeks old.
- Spacing: 16 plants per sq. ft.
- Plant more lettuce every two to four weeks for a good supply.
- Days to harvest: 28 days for baby lettuce, 45 days to full size. Frost-hardy.
- Hint: Harvest outer leaves anytime, or use scissors to harvest entire plant, leaving an inch of stem to encourage new growth.