

10 Easy Vegetables
Beginning Gardening Track
Spring 2020 Organic Growers School

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Tomato

Sow Indoors: 6-7 weeks before last frost
Plant Outdoors: once no danger of frost
Light: full sun
Seed Longevity: up to 4 years

Garlic

Plant Outdoors: Last week of October
Light: full sun, can tolerate light shade
Seed Longevity: >1 year

Okra

Sow Indoors: 5 weeks before last frost
Plant Outdoors: after last frost
Light: full sun
Seed Longevity: up to 2 years

Radish

Plant Outdoors: early spring, early fall
Light: full sun – partial shade
Seed Longevity: up to 4 years

Pepper

Sow Indoors: 8 weeks before last frost
Plant Outdoors: once soil temp is at 60°

Storing seeds

- Store in a glass container
- keep cool and dry, between 32 and 41 degrees
- In a mason jar in a fridge or dry cellar

Soil recipe (for containers/raised beds)

- 1/3 organic vermiculite
- 1/3 coconut coir/peat moss
- 1/3 compost

Resources

- Sow True Seeds or your trusted and local seed provider

Light: full sun
Seed Longevity: up to 2 years

Swiss Chard

Sow Indoors: 1 – 2 weeks before last frost
Sow Outdoors: after last frost
Light: full sun preferred, tolerant of light shade
Seed Longevity: up to 4 years

Basil

Sow Indoors: 4 – 6 weeks before last frost
Plant Outdoors: spring to late summer
Light: full sun
Seed Longevity: up to 5 years

Summer Squash

Sow Indoors: 3 – 4 weeks before last frost
Plant Outdoors: When soil temp >70°
Light: Full sun
Seed Longevity: Up to 4 years

Pole Beans

Plant Outdoors: When soil >60°
Light: Full sun – light shade
Seed Longevity: Up to 3 years

Sunflower

Sow Indoors: 2 weeks before last frost
Plant Outdoors: after all threats of frost have passed
Light: Full sun
Seed Longevity: one year

- Your local library for:

- The Vegetable Gardeners Bible - Edward C Smith
- All New Square Foot Gardening - Mel Bartholomew
- Mini Farming: Self Sufficiency on 1/4 Acre - Brett L Markham