

# *St. Clare Heirloom Seeds*

## Planting Instructions

### **Asparagus Seeds (*Asparagus officinalis*)**

Asparagus is a perennial that is best adapted to sandy soils in moderate climates. For best production plants prefer deeply dug, well-prepared bed, with lots of organic matter. Can start seeds indoors 2-3 months before your last frost (for best results) , or direct sow outdoors when soil has warmed. Soak seeds in warm water for 24 hrs. before planting. Plant seeds ¼" deep in sterile seeding mix. Germination should occur in 14-21 days in soil 65-80°F. Set out seedlings 10-18" apart, in full sun . Harvest will begin in 4th year when planted from seed.

### **Bean Seeds (*Phaseolus vulgaris*)**

Sow bean seeds 1-2" deep, 2-6" apart, in rows 18-36" apart, in full sun after danger of frost. Soaking bean seeds in water 1-2 hours before planting speeds germination. Germination occurs in 4-16 days in soil 60-85°F. Provide support for heirloom pole bean varieties. For heirloom snap beans, harvest when beans are 3-6" long. For dry beans, leave pods on plants until pods are dry, brown, and crisp, and beans are hard and rattle in pod, if more drying is needed when danger of frost has arrived, pick pods or pull entire plant and hang upside down to dry further.

### **Beet Seeds (*Beta vulgaris*)**

Beets are usually direct seeded. Plant heirloom beet seeds in full sun, when the soil has warmed in Spring, ½" deep, 1" apart, in rows 12-16" apart. Germination occurs in 5-17 days in soil 55-70°F. When the beets start to come up, thin to 3-4". Keep well watered, especially during root development. Harvest beet greens when they are young for the best flavor. Harvest beet root when 1-3" across. Heirloom Beets keep for a long time when stored in moist sand.

### **Fava Bean Seeds (*Vicia faba*)**

Fava beans are hardy cool season plants that can tolerate some frost but do not tolerate heat (above 70°F) well. Direct plant Fava Bean Seeds in spring as soon as soil can be worked, 1" deep, 4-6" apart, in rows 18-30" apart, in full sun . Germination occurs in 5-10 days at 60-70°F. Thin Fava Bean plants to 8-10". In mild winter climates, Fava Beans can be fall planted for spring harvest. Harvest as Snap Beans when Fava Bean Seeds in pods are the size of a pea. For shelling beans harvest when the Fava Bean pods are thick and well-filled with seeds, while the pods are still green. For dry beans, leave pods on Fava Bean plants until pods are dry, brown, and crisp, and beans are hard and rattle in pod.

### **Broccoli Seeds (*Brassica oleracea*)**

Broccoli lacks tolerance to extreme heat. Direct seed Broccoli in the spring or start indoors 4-6 weeks before the last frost. Plant seeds ½" deep in full sun, 4-6" apart, in rows 18-36" apart, when outdoor temperatures have reached 50°F. Germination usually occurs in 5-17 days in soil 55-75°F. Heirloom Broccoli plants should be thinned to 12-24". Harvest center head before flower buds open, then harvest side shoots frequently for continuous production.

### **Brussels Sprouts Seeds (*Brassica Oleracea*)**

Brussels sprouts prefer cooler climates, but can be grown in hot climates by direct seeding in mid-summer for a late fall/winter harvest. Start Brussels sprouts indoors 4-6 weeks before last frost, or direct sow mid-May to mid-June. Set out or plant in full sun to partial shade. Plant Heirloom Brussels sprouts seeds ¼ – ½" deep, 4-6" apart, in rows 18-36" apart. Germination occurs in 5-17 days in soil 55-70°F. Thin plants to 12-24" apart. For best flavor and tenderness, harvest after plants have endured a couple of frosts.

### **Cabbage Seeds (*Brassica oleracea*)**

Cabbages are a hardy, biennial, cool season crop, growing best where the summers are mild. Early maturing heirloom cabbage varieties are planted in the spring, and longer season heirloom varieties are usually planted in summer for a fall harvest. Start spring cabbage varieties indoors 6-8 weeks before last frost or direct seed in full sun. Plant seeds ¼-½" deep, 4-6" apart, in rows 2-3' apart. Germination usually occurs in 5-17 days in soil 55-75°F. Thin heirloom cabbage plants to or set out transplants 15-24" apart. Harvest early cabbage varieties promptly to avoid bursting, later types will hold in the field longer. At harvest, keep 2-3 wrapper leaves to protect heirloom cabbage heads from bruising.

### **Chinese Cabbage Seeds (*Brassica rapa*)**

Chinese Cabbages are biennial but sometimes produce seed in one season. They grow best where the summers are mild. Direct seed Chinese Cabbage in the spring, after danger of frost (often frost will cause premature bolting). Plant Chinese Cabbage in full sun. In mild winter regions can also be planted in late summer or fall for a late fall harvest. Plant Chinese Cabbage seeds ¼ – ½" deep, 4-6" apart, in rows 2-3' apart. Germination usually occurs in 5-10 days at 75-85°F. Thin plants to 8-12". Cut whole heads at soil level when they are compact and firm and before seed stalks form. For fall harvests bring in before freezing weather arrives.

### **Cantaloupe Seeds (*Cucumis melo*)**

Cantaloupe are heat loving plants that prefer well drained loose soil and an even amount of water. Plant Cantaloupe in rows or hills but make sure the soil is well warmed. In the North it helps to start seeds indoors 2-3 weeks before last frost. Plant Cantaloupe seeds ½" deep in full sun. For rows plant 3-4" apart, in rows 6-10' apart. For hills plant 4-6 seeds per hill, with hills 2-3' apart. Germination occurs in 3-10 days in soil 70-85°F. In hills thin to 2 Cantaloupe plants per hill. Harvest when fruit easily slips from the vine, or smells very sweet and fragrant at the blossom end. Heirloom Honeydew does not slip from the vine, the melon must be cut from the vine.

### **Carrot Seeds (*Daucus carota*)**

Carrots grow best in well prepared, deeply worked, loose soil. Direct seed Carrots in full sun or part shade (in hot climates), from early spring-summer, ¼ – ½" deep, approx. 4 seeds per inch, in rows 12-16" apart. Germination occurs in 6-21 days at temperatures of 50-75° F. Thin the plants to 1-3" apart. To prevent green shoulders you can hill 1-2" of soil around plants when 7-10 leaves have formed. A good mulch of organic material (such as grass clippings) is very beneficial once carrots are established. Harvest when carrots have brightened in color, when color has deepened.

### **Cauliflower Seeds (*Brassica oleracea*)**

Cauliflower is a biennial, frost tolerant plant, that requires deeply-tilled, firm, fertile soil for good head or "curd" formation. Start heirloom cauliflower plants indoors about 6-8 weeks before the last frost. Plant cauliflower seeds ¼ – ½" deep. Germination occurs in 5-17 days in soil 55-75°F. Keep seedlings moist. "Harden-off" and then transplant outdoors into prepared bed two weeks before the last frost. Set heirloom cauliflower plants out in full sun, 12-24" apart, in rows 18-36" apart. To keep head white, tie a few inner leaves over curd if plant does not curl leaves in on it's own (make sure head and foliage are not wet when doing so; if wet, can cause rot). Harvest when heads are firm and full sized for variety, and before sections start to separate. Cut a few wrapper leaves with head. Heirloom Cauliflower plants will keep up to a few weeks if you pull up the plant, and hang it upside down in a cool place, misting regularly with water.

### **Celery Seeds (*Apium graveolens*)**

Celery is one of the most challenging vegetables to grow, requiring a frost free (weather fluctuations and 7+ cold nights will cause young plants to "bolt" or set seed prematurely), cooler climate, with a long season, and plenty of water and nutrients. Start Celery seeds indoors 8-10 weeks before last frost. Plant seeds 1/8" deep. Germination should occur in 10-20 days at 55-70°F. Transplant Celery when outdoor soil reaches 55°F. Set out in full sun, spacing plants 10-12" apart, in rows 18-24' apart. Harvest Celery when stalks large enough to use and have developed good color. Can harvest Celery stalks individually or pull whole plant and cut off roots.

### **Collards Seeds (*Brassica oleracea*)**

Collards are a cold hardy member of the cabbage family. Collards can be started from seed in early Spring when the soil temperature has reached 55-75°F, about 6-8 weeks before last frost, or for a Fall crop, plant mid-June to mid-July. Plant Collard seeds in full sun, ½" deep, a few seeds together (or more thickly if you want to use thinned young plants for an early crop), every 18-24", in rows 18-24" apart. Collards seeds should germinate in 5-17 days. When Collard plants reach 3", thin to the strongest plant in each group 18-24" apart. Start picking individual Collard leaves about 2 mos. after planting. Harvest Collards as needed, or pick and store in the refrigerator for a few days max. Collards usually survive into winter, down to 10°F, for a continued harvest. Collards tend to taste best after some frost exposure in fall!

### **Corn (*Zea Mays*)**

Corn is a warm to hot season annual, sensitive to cool soil. Direct seed when soil reaches 65-70°F. Plant seeds 1-2" deep, 4-6" apart, in rows 20-30" apart, in full sun. Corn is wind pollinated, so plant in blocks of at least 4 rows. Germination should occur in 4 - 10 days in soil 65-85°F. When plants reach 4-5" tall thin to 8-12" apart. Water regularly and deeply. For sweet corn, harvest when silk is drying and browning. For popcorn, flint, or dent corn harvest when kernels are hard and husks turn dry and lose their color. If weather turns too wet, corn can be brought inside to dry, laying out on screens, or hanging to dry.

### **Cucumber Seeds (*Cucumis sativus*)**

Cucumbers are heat loving, frost sensitive vines. Plant heirloom cucumber seeds in full sun, ½ – ¾" deep, in 1' diameter hills of 4-6 seeds each, 3-4' apart. Germination occurs in 4-13 days in soil 70-95°F. Thin to 1-2 plants per hill. In short season climates you can start cucumber seeds indoors 3 weeks before last frost, in individual peat pots at least 3½" across. Harden off heirloom cucumbers plants for 1 week before setting out. Harvest regularly for continuous production, making sure to pick overripe cucumbers that were missed. Heirloom slicing cucumbers are best when uniformly green, firm and crisp. For pickles harvest cucumbers when 2-6" according to preference.

### **Eggplant Seed (*Solanum melongena*)**

Eggplants are heat loving plants requiring a long growing season. In cool or short season climates start eggplant indoors 6-8 weeks before last frost, keeping soil at 75-85°F, by applying bottom heat. Transplant heirloom eggplant after the danger of frost, once the soil is warm. For direct seeding eggplant outdoors, plant in full sun, ¼" deep, 12-18" apart, in rows 2-2½' apart. Germination occurs in 5-17 days in soil 70-85°F. Stake tall heirloom eggplant varieties to keep the fruits off the ground. Start picking eggplants as soon as they're big enough to use, and are still glossy. Harvest with a knife or pruning shears. If eggplant fruits turn dull or brown, they are overripe.

### **Endive Seed (Cichorium endivia)**

Endive is a cool season green (withstanding moderate frosts), which likes lots of even moisture and rich well drained soil. For Spring planting, you can plant Endive seeds 2-4 weeks before the last frost, and for Fall crops plant 2-3 months before expected first frost. For an early Endive crop in spring start seeds indoors 6-8 weeks before the last frost, and transplant outdoors 2 weeks before last frost. To direct sow Heirloom Endive seeds outdoors, sprinkle seeds evenly and cover with ¼" of soil, in wide rows 18" apart. Germination should occur in 5-15 days in soil 45-75°F. Thin to 8-12" apart. Mulch will help retain moisture and suppress weeds for optimum growth. Can start harvesting outer leaves when big enough to use. When Heirloom Endive plant is full grown, cut off at the base to harvest.

### **Huckleberry Seed (Solanum melanocerasum)**

Garden Huckleberries tolerate a wide variety of climates and conditions, but do not tolerate frost. Can direct sow or start garden huckleberries indoors 4-6 weeks before last frost, transplanting outdoors after danger of frost. Sow seeds ¼" deep. Plant or set out garden huckleberries in full sun, or with afternoon shade in hot climates. Germination occurs in 5-15 days in soil 65-90°F. Thin plants to or set out plants 10-12" apart, in rows 2' apart. Garden Huckleberries are self supporting, but do sprawl, so caging or trellising is recommended where space is limited. Harvest in mid- to late August, after the berries have been black for two to three weeks and turn from glossy to dull.

### **Gourd Seed (Lagenaria siceraria)**

Gourds are heat loving vines that require a long growing season, and lots of room to sprawl. For large, thick shelled gourd seeds soak overnight to speed germination. Plant Gourds after danger of frost, in full sun, 1" deep, in 1' diameter hills, 4-5 seeds per hill, hills 4-5' apart, in rows 5-10' apart. Thin to 2-3 plants per hill. In cooler climates start Gourd seeds indoors in individual peat pots, 4 weeks before last frost. Germination should occur in 10-15 days in soil 75-90°F. Can trellis small-fruited varieties to conserve space. Harvest Gourds once the fruit's stem turns brown. For dry gourds, will likely require further drying in a cool, dry, well-ventilated space.

### **Ground Cherry Seed (Physalis pruinosa)**

May be direct seed Ground Cherrys in long season climates, otherwise it is recommended to start indoors 4-6 weeks before last frost date. When direct seeding Ground Cherrys, plant 0.25" deep. Plant in full sun or with afternoon shade in hot climates. Thin Ground Cherrys to 12-24" apart. Give an average water supply. Ground Cherrys plants are self supporting, but do sprawl, so caging or trellising is recommended in small Vegetable Gardens. Ground Cherry Fruits are mature when husks are light tan, and fruits fall from plant.

*Do not eat immature Ground Cherries, as they contain a toxic compound!*

### **Kale Seed (*Brassica oleracea*)**

Kale is a short season brassica that performs best in cool weather and can tolerate frost when established. For spring planting of Kale, start seeds indoors 4-6 weeks before last frost, or direct sow after danger of hard frost. In warm climates you can plant Kale in late summer for fall harvest. In hot climates you can plant Kale in the fall for a winter harvest. Plant Kale in full sun in more mild climates, or partial shade in very hot summer climates. Sow Kale seeds  $\frac{1}{2}$ " deep, 3" apart, in rows 18-24" apart. Germination should occur in 5-17 days in soil 55-75°F. When Kale plants reach 3-5", thin to 12-18" apart. Outer leaves can be harvested at about 8-10" long, Avoid picking the inner leaves to avoid damaging the growing point. A light frost brings out the sweetness in fall or winter crops.

### **Kohlrabi Seed (*Brassica oleracea*)**

Kohlrabi is a hardy biennial grown as an annual. Kohlrabi seeds can be started indoors 4-6 weeks before the last frost, then set out transplants when there are 6-8 true leaves and nighttime temps remain above 30°F. Direct sow Kohlrabi seeds 3-4 weeks before the last frost in spring, or in late summer for a winter harvest. Plant Kohlrabi in full sun,  $\frac{1}{4}$  –  $\frac{1}{2}$ " deep, 1" apart in rows 12-18" apart. Thin Kohlrabi plants to or set out transplants 3-8" apart. Germination of Kohlrabi seeds should occur in 5-17 days in soil 55-75°F. For extended harvest of Kohlrabi, stagger plantings throughout a month in spring or fall plantings. For tender sweet Kohlrabi, harvest when stem reaches 2" in diameter. For general use and storage crop harvest at 3-5" in diam. Fall Kohlrabi crops will remain hardy to 10°F.

### **Leek Seed (*Allium ampeloprasum*)**

Leeks are a cool season biennial grown as an annual, thriving in well-worked, composted, well-drained soil, and lots of water. Usually heirloom Leeks are planted in fall in the South and the spring in the North. Leeks can be direct seeded or greenhouse started (to yield larger plants). To start indoors, plant leek seeds 8-10 weeks before last frost,  $\frac{1}{2}$ " deep, 4 seeds per inch, in rows 3" apart in seed starting tray (later thin to  $\frac{1}{2}$ " apart). Germination usually occurs within 6-16 days in soil 55-75°F. Transplant leeks to the garden after danger of frost setting out 4-6" apart, in rows 12-18" apart, in full sun. For best flavor, hill leek transplants with soil to just below the leaf junction as they grow, or you can plant heirloom leek seeds or transplants in trenches 5-6" deep, and fill them gradually as the plants grow. Harvest heirloom leeks when stalk reaches  $\frac{1}{2}$  -2" in diameter. Using a pitchfork to loosen the soil around and under the plant helps with harvest.

### **Lettuce Seed (*Lactuca sativa*)**

Lettuce is direct seeded, covering the seeds very lightly. Germination occurring in 2-10 days when the temperature ranges from 60 to 70°. Plant Lettuce in full sun, or afternoon shade in hot climates.

### **Malabar Spinach Seed (*Basella alba*)**

Malabar Spinach is heat loving, and does not tolerate frost, doing best in hot, long season climates. Frost free season of 150 + days is best for Malabar Spinach Seed production. Can extend season by greenhouse starting, if desired. Direct sow Malabar Spinach Seeds in full sun, covering with ½" of soil. Germination usually occurs in 10-12 days when the temperature is 80° +. Thin Malabar Spinach plants to 12-18".

### **New Zealand Spinach Seed (*Tetragonia tetragonioides*)**

New Zealand Spinach is a heat loving, short-lived, frost intolerant, perennial. We recommend soaking the New Zealand Spinach Seeds for 24 hrs before planting, then direct sow seeds in full sun, covering with ½" of soil. Germination usually occurs in 7-10 days, but can be difficult. New Zealand Spinach plants like to sprawl, so you may want to trellis them to conserve garden space. Thin New Zealand Plants to 12-20" apart.

### **Okra Seed (*Abelmoschus esculentus*)**

Okra is a tender, heat loving annual. Heirloom Okra seed can be direct sown in hot climates, or started indoors 3-4 weeks before the last frost for an early crop or in cooler climates. Soaking Okra seeds for 2 hours before planting will speed germination. To start Heirloom Okra seeds indoors plant ½" deep in 3" pots. Outdoors plant seeds 1-2 weeks after last frost, ½" deep, 4-8" apart, in rows 36" apart. Thin Okra plants to or set out transplants 12-24" apart. Plant or set Okra out in full sun. Germination should occur in 7-15 days in soil 70-90°F. Harvest Okra pods often, to encourage continuous fruit set. Cut fruit from plant with shears or knife (to prevent damage to plant), when tender pods are 2-4" long. Okra plants have short hairs that can be irritating to the skin. If irritation occurs wear long sleeves and gloves when harvesting.

### **Onion Seed (*Allium cepa*)**

Onion varieties are daylength sensitive: **Short-day** varieties do best in the South, **Long-Day** varieties in the North, and **Intermediate-day** length varieties can do well in both.

Onion Seeds like fertile, well-drained soil and can be either direct seeded as soon as the soil can be worked or greenhouse started in flats. Start indoors plant in pots or flats 8-10 weeks before last frost, ¼ – ½" deep, 2-4 seeds per inch. Set out or thin to about 3-5" apart. Keep seedlings cut back to about 3" until transplanting to strengthen seedling. Can set out transplants once the soil can be worked, about 4 weeks before the last frost. Outdoors, plant at same depth and rate, in rows 12-24" apart, as soon as soil can be worked. Onion seedlings are fairly cold-tolerant so they will survive in the soil in cold weather as long as the ground doesn't freeze. Germination will occur in 6-16 days in soil 60-75°F with optimum germination temperature at 70°F. Plant Onion Seeds in full sun. Harvest when tops dry and fall over. Cure in dry place for 2-4 weeks.

### **Parsnip Seed (*Pastinaca sativa*)**

Parsnip are biennial and its seeds are very hard to germinate. Parsnip are direct seeded, covering the seeds with .5" of soil. Plant Parsnip Seeds in full sun or partial shade in hot climates. Germination usually occurs in 5 to 25 days. After Parsnip plants come up, they should be thinned to 2"-3" for healthy growth.

### **Pea & Cowpea Seeds (*Pisum sativum*)**

Peas are a cool weather crop, that like well drained soil and plenty of organic matter to assist with moisture retention. Direct sow Peas as soon as soil can be worked in the spring. Plant Pea seeds in full sun, 1-1½" deep, 1 – 2" apart, in rows 18-24" apart. Pea seeds should germinate in 6-14 days at 45-75°F. No need to thin plants. Provide a trellis or other support for climbing varieties. Bush Pea varieties usually do fine with a short trellis or planting in a block so Pea plants support each other. Harvest Shelling Peas when pods are full and plump and peas are tender; Snap Peas when the pods start filling out but are not yet fully mature; and Snow Peas when pods are approx. 3" long and still flat, before seeds start to fill out.

### **Pepper (Sweet) Seeds (*Capsicum annuum*)**

Peppers are heat loving plants that are easy to grow, and do well in a variety of climates. Start Pepper seeds indoors 8-10 weeks before the last frost. Soaking Pepper seeds for 2-8 hrs before planting helps speed germination. Plant ¼" deep in chosen containers. Germination will occur in 8-25 days at 75-90°F. Keep soil evenly moist (not soaked) for best germination. Harden off Pepper plants, then transplant to garden about 2-4 weeks after the last frost date. Plant in full sun, spacing about 12-18" apart, in rows 24-30" apart. Harvest can occur when Peppers are firm and full sized, but still green, or when mature and full color for the variety (mature peppers can deteriorate quickly so keep a careful eye at harvest time). The less green the Pepper the sweeter the flavor. It is best to use a knife or pruning clippers when harvesting to avoid damage to plant.

### **Pepper (Hot) Seed (*Capsicum annuum*)**

Peppers are heat loving plants that are easy to grow, and do well in a variety of climates. Start seeds indoors 8-10 weeks before the last frost. Soaking Pepper Seeds for 2-8 hrs before planting helps speed germination. Plant ¼" deep in chosen containers. Germination will occur in 8-25 days at 75-90°F. Keep soil evenly moist (not soaked) for best germination. Harden off Pepper plants, then transplant to the garden about 2-4 weeks after the last frost date. Plant Peppers in full sun, spacing about 12-18" apart, in rows 24-30" apart. For a more mild flavor, Hot Peppers can be harvested once they reach full size and are still green. Although Hot Peppers can be picked when green, their flavor and heat will increase when allowed to mature and ripen colors, especially to full maturity. **It is best to use a knife or pruning clippers when harvesting to avoid damage to Pepper plant. Be careful not to get oils on skin, in eyes, etc. when harvesting.**

### **Pumpkin Seed (*Cucurbita*)**

Pumpkins are a warm season crop, sensitive to frost and light freezes. Start heirloom pumpkins indoors 3-4 weeks before the last frost date in cooler climates or direct seed outdoors after danger of frost. Plant or transplant pumpkins to full sun. To direct seed, plant 4-5 pumpkin seeds 1" deep, 6-8" apart in a circle at the center of 3' diameter hills, with a trench around each hill to aid water in reaching the root system. Thin to best 2-3 plants in each hill at the set of true leaves. Or plant pumpkin seeds in rows 1" deep, 2-3' apart. Space rows and hills 6-10' apart. Germination should occur in 5-10 days in soil 65-85°F. Keep soil just damp during germination, or seeds may rot. Harvest heirloom pumpkins when the rind has hardened and finger nail requires pressure to pierce rind. Leave 3-4" stem on when cutting from the plant for longer storage.

### **Radish Seed (*Raphanus sativus*)**

Radish are easily grown throughout the growing season in nearly every climate. Radish Seeds are direct seeded in full sun and covered with .5" of soil. Radish Seeds will germinate in temperatures ranging from 45°F-85°F, with germination occurring in 4-10 days. Radish plants should be thinned to 1-2".

### **Rutabaga Seed (*Brassica napus*)**

Rutabaga is a hardy, cool-weather biennial, grown as an annual. Direct sow Rutabaga 4-6 weeks before the last frost in spring, in late summer for fall harvest, and in mild winter climates in fall for a winter harvest. Plant Rutabaga seeds in full sun, ¼ – ½" deep, 1-2" apart in rows 18-24" apart. Germination should occur in 5-17 days in soil 45-75°F. Once Rutabaga seedlings are well established, thin to 4-8" apart, to give the root bulb room to grow. Harvest rutabagas when bulbs are about 3-5" in diameter for best quality and flavor. Rutabagas are best stored at 33°F and 90-95% relative humidity.

### **Spinach Seed (*Spinacia oleracea*)**

Spinach is daylight sensitive, doing best in cool, mild climates. Direct sow Spinach Seeds in very early spring or late fall, in full sun or partial shade, covering with ½" of soil. Germination usually occurs in 6-15 days when the temperature ranges from 55-70°. Thin Radish plants to 3" for food and seed saving.

### **Squash (Summer) Seed (*Cucurbitaceae*)**

Squash is a warm season crop, sensitive to frost and light freezes. Start Seeds indoors 3-4 weeks before last frost date or direct seed outdoors after danger of frost. Plant Summer Squash in full sun. To direct seed, plant 6-8 seeds 1" deep in 1' diameter hills, thinning to 3 or 4 plants at set of true leaves. Or plant Summer Squash seeds in rows 1" deep, 2' apart. Keep rows and hills 6' apart. Germination should occur in 5-10 days at 65-85°F. Keep soil just-damp during germination, or seeds may rot. In general Summer Squash have the best flavor and tenderness when picked young.

### **Squash (Winter) Seed (Cucurbitaceae)**

Winter Squash is a warm season crop, sensitive to frost and light freezes. Start Winter Squash indoors 3-4 weeks before last frost date or direct seed outdoors after danger of frost. Plant Winter Squash in full sun. To direct seed, plant 6-8 seeds 1" deep in 1' diameter hills, thinning to 3 or 4 plants at the set of true leaves. Or plant Winter Squash Seeds in rows 1" deep, 2' apart. Keep rows and hills 6' apart. Germination should occur in 5-10 days at 65-85°F. Keep soil just-damp during germination, or seeds may rot. Harvest when Winter Squash rind has hardened and finger nail requires pressure to pierce rind. Leave 2-3" stem on when cutting from plant for longer storage.

### **Swiss Chard Seed (Beta vulgaris var. cicla)**

Swiss Chard is hardy and prolific, tolerating poor soil and inattention, it can withstand frost and mild freezes. Direct sow Swiss Chard seeds in spring 1-2 weeks after soil can be worked. They can be planted from April to mid-July. Soaking seeds for 15 min in warm water prior to planting will speed germination. Plant seeds in full sun (can tolerate part shade) ½" deep, 1-2" apart, in rows 18-24" apart. Should germinate in 5-17 days in soil 50-75°F. When plants reach 3", thin to 4-10" apart. Water regularly for best growth and to prevent bolting (going to seed prematurely) and bitterness. Can be harvested continuously. When Swiss Chard plants reach about 6" can begin harvesting the outer leaves, leaving the inner leaves to continue growth. You can also cut off the whole plant 2" above the ground and it will grow new leaves.

### **Tomatillo Seed (Physalis ixocarpa)**

Tomatillo may be direct seeded in long season climates, otherwise it is recommended to start indoors 4-6 weeks before last frost date. When direct seeding Tomatillos, plant ¼" deep. Plant in full sun or with afternoon shade in hot climates. Thin to 12-24" apart. Tomatillos like an average water supply. Tomatillo plants are self supporting, but do sprawl, so caging or trellising is recommended in small gardens. Tomatillo fruits are mature when husks are light tan, and fruits split the husk.

### **Tomato (Solanaceae lycopersicum)**

Start indoors 6-8 weeks before last frost date. Plant the seeds ¼" deep in sterile seed starting mix. Germination occurs in 6-14 days in soil 70-90°F. Once true leaves develop, separate plants into 3-4" pots, placing in full light & cooler temps (60-70°F). Set out hardened off transplants, in full sun, once soil has warmed, 18-30" apart, in rows 3-4' apart. Plant tall, spindly seedlings deeper, the stems will sprout roots and support and strengthen the plant. For indeterminate vines provide cages or trellises. Can harvest at first blush of color, setting out in a single layer under newspapers at room temperature to ripen. To vine ripen, leave on vine until full color and firm yet beginning to soften.

### **Turnip Seed (*Brassica rapa*)**

Turnips are biennial, but they may produce seed in one season. Turnips are direct sown, covering the seed with .25"-.5" of soil. Turnip Seed germinates at temperatures between 70°F-85°F and germination occurring in 3-5 days. Once the Turnip plants are 2" tall, thin them to 4"-8" apart.

### **Watermelon Seed (*Citrullus lanatus*)**

Watermelon are heat loving plants that prefer well drained loose soil and an even amount of water. Plant heirloom watermelon in rows or hills but make sure the soil is well warmed. In cooler climates, you can start watermelon seeds indoors 2-4 weeks before last frost to extend the growing season. Plant seeds ½ – 1" deep. Plant seeds or set out heirloom watermelon transplants in full sun. For rows plant 6-12" apart, in rows 6-10' apart. For hills plant 4-6 seeds per hill, in 1' diameter hills, with hills 6-10' apart. Germination should occur in 3-10 days in soil 70-85°F. In hills thin to 2 plants per hill. In rows thin plants to or set out transplants 24-36" apart. Harvest heirloom watermelon when fruit sounds hollow when thumped, when surface color turns dull, or underside turns yellow.

*If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter. – George Washington*

*America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves. - Abraham Lincoln*

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