

## WHERE TO PLANT

Vegetables can be planted in the setting of your choice, whether in a container, raised bed, or a garden plot in the ground

**PLANTING IN A CONTAINER:** Select a container that will allow enough root space for all the plants. Make sure the container has adequate drainage. Use organic potting mix rather than plain garden soil. Container plants will need to be watered more frequently depending on the size of the pot. Dwarf or bush forms of larger vegetable plants are most suited to container gardens.

### PLANTING IN A RAISED BED:

A 4'x4' or 4'x8' plot is a good beginner size. For soil, The Farm at Green Village recommends **Coast of Maine Castine Blend Organic Raised Bed Mix**.

### PLANTING IN THE GROUND:

A 10'x10' garden (100 square feet) is a good suggested size. Pick 3 to 5 of your favorite vegetables and buy 3 to 5 plants of each one.



A 12' x 24' garden in the ground is probably the biggest a beginner should tackle.

When selecting a plot size, it is best to start small. One of the most common errors that beginners make is planting too many varieties of plants much too soon.

A garden that feeds a family of four could include: 3 hills of yellow squash; 1 mound of zucchini; 10 assorted peppers; 6 tomato plants; 12 okra plants; a 12-foot row of bush beans; 2 cucumbers on a cage; 2 eggplant; 6 basil; 1 rosemary, and a few low-growing herbs such as oregano, thyme, and marjoram.

Plant tall veggies (such as pole beans on a trellis or sweet corn) on the north side of the garden so they don't shade shorter plants. Plant small, cool-season veggies in a shady portion of the garden.

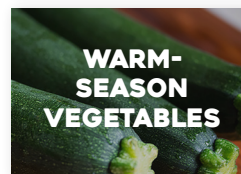
No matter what the size of your garden, make sure that every four feet or so has paths that allow you to access your plants to weed and harvest. Ensure that you can reach the center of the row or bed easily without stepping on the soil.

## WHEN TO PLANT

Not all vegetables are planted at the same time. Cool-season vegetables are first to be planted and grow in the cooler weather of early spring or fall, while warm-season vegetables such as tomatoes, peppers and cucumbers aren't planted until the soil warms up in late spring and summer. Stagger plantings so that you will have a harvest all throughout the season rather than all at once.



Asparagus	Cauliflower	Peas
Beets	Chives	Radishes
Broccoli	Kale	Rhubarb
Brussels sprouts	Leek	Shallot
Cabbage	Lettuce	Spinach
Carrots	Onion	Swiss Chard
	Parsnips	Turnips



Beans	Okra	Tomato
Corn	Peppers	Tomatillo
Cucumber	Pumpkin	Watermelon
Eggplant	Summer Squash	Winter Squash
Lima Beans	Sweet Potato	Zucchini
Melons		

## WHAT TO PLANT

The choice of using seeds or seedlings depends on several factors:

- whether the vegetable can be easily germinated from seed
- whether the growing season is long enough for the vegetable to mature from seed
- whether the plant transfers well during planting

Seeds are more inexpensive than seedlings and offer a large amount of diversity. Seed packets will list the time to maturity after sprouting and the sow time (when the seeds should be planted relative to the last frost date in your area).

While they are more expensive, seedling transplants are quick and easy, ready to plant, and do not require the time and effort for seed germination.

Choose vegetables that you or your family like to eat. Consider the amount of vegetables your family will eat, and what you might do with any excess plants.

What is grown locally? You may want to try other vegetables than the farm-fresh produce grown in your area. If you are planning on going away for long periods during the summer, make sure that your garden is adequately watered and able to be harvested when ripe.

# GUIDE TO VEGETABLE GARDENING



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# PLAN YOUR VEGETABLE GARDEN



## FULL SUN VEGETABLES

Basil	Okra
Beans	Peas
Corn	Pepper
Cucumber	Pumpkin
Dill	Rosemary
Eggplant	Summer Squash
Melon	Tomato



## PART SHADE VEGETABLES

Arugula	Leeks
Asparagus	Lemon Balm
Beets	Lettuce
Bok Choy	Mustard Greens
Broccoli	Pak Choy
Brussels Sprouts	Parsley
Cabbage	Radish
Carrots	Rhubarb
Cauliflower	Rutabaga
Celery	Scallions
Chard	Spinach
Chives	Swiss Chard
Cilantro	Tarragon
Kale	Thyme
Kohlrabi	Turnip Greens



## VEGETABLES THAT RABBITS AVOID

Artichokes	Onions
Asparagus	Peppers
Corn	Potatoes
Cucumbers	Rhubarb
Garlic	Squash
Leeks	Tomatoes



## THE TOP 10 EASIEST VEGETABLES TO GROW

1. Lettuce
2. Green Beans
3. Radishes
4. Tomatoes (Bush or Cherry)
5. Zucchini
6. Peppers
7. Beets
8. Carrots
9. Greens (Chard, Spinach, or Kale)
10. Peas

## WHAT ALL VEGETABLES NEED

**SUN** Most vegetables need full sun (at least 6-8 hours of direct sunlight a day). Part shade vegetables still need 3-6 hours of daily sun.

**SOIL** Vegetable plants need well-draining soil, as wet soil can cause roots to rot. Use organic soil for container planting. If you have rocky or clay-filled soil, till to loosen and amend with compost and organic matter (compost or aged manure).

**WATER** Most gardens need about an inch of water a week (more for container plants). Check soil moisture frequently and water if the top inch is dry. Water early in morning, and avoid splashing water onto leaves to reduce disease. Water more thoroughly rather more frequently.

**FERTILIZER** Well-fed plants are able to fight off pests and diseases, and develop a robust root system to help them better absorb water. The Farm at Green Village recommends **Espoma Tomato-tone** for vegetable plants every two weeks.



**MULCH & WEEDING** Mulch prevents weeds from growing, retains soil moisture, and helps regulate soil temperature to protect from extreme highs and lows. Weeds can compete for water, nutrients and sunlight.

**PEST & DISEASE CONTROL** Check stems, leaves, and flowers for any spots or discoloration. Help fight fungal diseases by watering the soil, not the leaves. Remove any diseased leaves or plants. Pick off large insects or caterpillars by hand and drop them into a bucket of soapy water. Use 8-foot tall fencing to keep deer out. Fencing needs to extend 6 inches beneath soil to stop rabbits and other burrowing animals.

**PLANT SUPPORT** Climbing plants need stakes/trellises for growing support, reduce the chance of soil-borne diseases, and promote air circulation. Tomato cages are good when planting, though the plant may quickly outgrow them.