

Garden Options

Row Cropping

Place plants in single file rows at least 18" apart so you have plenty of room to work between them.

Intensive Cropping

Use wide bands, generally 1-4' across and as long as you would like. Reduces the amount of area needed for paths, but does mean you will have to weed by hand.



Raised Beds

Start with a box made of rot-resistant wood, like cedar or redwood, at least 12" deep and 4' wide. The benefits? You can tailor the soil to what you plant, deter pests like woodchucks, improve drainage and have a variety of plants in a small space that you can easily reach for maintenance and harvesting. Another plus is that smaller, higher space means warmer soil and therefore a longer growing season.



Vertical Gardening

A vertical garden can be created by using shelves (even a recycled pallet), baskets or trellises.

Containers

For most vegetables, the container should be 5 gallons (16" or larger) with good drainage.

- Synthetic soils work best - no weeds, great drainage.
- Vegetables in containers need water and fertilizer. Check daily and use Miracle-Gro when you water.
- Look for determinate varieties (see Tomato Tips on adamsfarms.com) or plants labeled compact.
- Include flowers in your combinations!

Container Friendly Vegetables

**Beans • Peppers
Swiss Chard
Cucumbers
Herbs • Lettuce
Spinach • Peas
Potatoes
Spinach • Chard**

Eggplant

Most varieties grow well in containers. Be sure to feed these hungry plants!

Tomatoes

Look for determinate varieties, plants with fruits that come out at the end of the vine, like Patio.

Pot to Plate, Garden to Table...

Don't forget to plant flowers to enjoy while you relish the fruits of your labor!



easy Vegetable Gardening

by Mark & Sue Adams



Poughkeepsie • Kingston • Newburgh • Wappinger
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Tips for Beginners

Start Small

One tomato plant can yield 10lbs of tomatoes! Tomatoes, peppers and herbs keep providing throughout the season. Other vegetables like lettuce and beans can be planted more than once.

Lots of Sun

Most vegetables need 6-8 hours of direct sun per day. Exceptions are leafy vegetables like lettuce and spinach.

Put up a Fence

Deer and woodchucks love vegetables. A fence installed now will last a lifetime.

Soil

Most vegetables do well in moist, well drained soil that is rich in organic matter such as compost or peat moss.

Water

Water right after planting and during dry spells.

Feed Your Plants

Work granular fertilizer or a slow-release fertilizer (Osmocote for Vegetable and Bedding) into the soil when you first plant, then supplement during the season. Feed the plants and they'll feed you!

Mulch!

Mulching not only conserves water, but it also discourages weeds from growing.

- Black Plastic – Put down in rows then, using a trowel, make a hole in the plastic and insert the plant. Cover with a little soil and granular fertilizer.
- Straw, Grass Clippings, Bark Chips – Spread your choice around the plants and the paths between the plants.

Planting Schedule

	APRIL	LATE MAY	JUNE	JULY	SPECIAL NOTES
Basil		Plants	Plants	Plants	
Beans		Seeds or Plants	Seeds or Plants	Plants	Plant July for Fall Crop
Beets	Seeds	Seeds or Plants	Seeds or Plants		
Broccoli	Plants	Plants	Plants	Plants	Plant July for Fall Crop
Brussels Sprouts	Plants	Plants			
Cabbage	Plants			Plants	Plant July for Fall Crop
Carrots	Seeds	Seeds			Mulch for Nov. harvest
Cauliflower	Plants	Plants		Plants	Plant July for Fall Crop
Celery		Plants			
Chard	Plants	Plants			Harvest as cut & come again
Collards	Seeds or Plants	Plants	Plants	Plants	Plant July for Fall Crop
Corn		Seeds or Plants			Plant at least 2 rows for pollination
Cucumbers		Seeds or Plants	Seeds or Plants		
Dill		Plants			
Eggplant		Plants			Loves to eat - Fertilize!
Garlic					Plant in the Fall
Kale	Plants	Plants	Plants		
Kohlrabi	Plants	Plants			
Leek	Plants				
Lettuce	Plants			Plants	Harvest every other head to allow new ones more room
Melons		Plants			
Mustard Greens	Seeds				
Okra		Seeds			
Onion	Plants or Bulbs	Plants or Bulbs			
Parsley	Plants	Plants			
Parsnips	Seeds				Can be overwintered
Peas	Seeds				After harvest, plant beans
Peppers		Plants			
Perennial Herbs	Plants				
Potatoes		Plants			
Radish	Seeds			Seeds	Plant July for Fall Crop
Rutabaga	Seeds				Best when mature in the Fall
Spinach	Seeds			Seeds	Plant July for Fall Crop
Squash - Summer		Seeds or Plants			Plant again & again!
Squash - Winter, Gourds, Pumpkins		Seeds or Plants			
Tomato		Plants			
Turnip	Seeds				

RED PLANTS
Can be planted more than once.
Keep your garden growing!