Grow Food Everywhere!
Garden Care Pages

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Grow Food Everywhere™ for Health and Justice Project
Seeds of Solidarity Education Center
Orange, MA
Welcome to the Grow Food Everywhere™ Family!

• Congratulations on beginning, renewing, or building upon your gardening practice. We’d like to thank you for sharing the vision for a vibrant community celebrating in the growing of fresh vegetables for ourselves, our children, and our loved ones.

• Grow Food Everywhere™ for Health and Justice is a community program initiated through funding from the MA Attorney General’s Office, supported by grants and individual contributions, and implemented by Seeds of Solidarity Education Center. This project upholds the belief that access to fresh food is necessary to achieve full wellness. Every person has the right to fresh food. Guaranteeing this right by providing the tools and knowledge to grow food is an act of justice.

Seeds of Solidarity Education Center is a non-profit organization in Orange, MA that “provides people of all ages with the inspiration and practical tools to grow food and use renewable energy in their communities.” www.seedsofsolidarity.org
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Tips for a Happy Garden

If a term here is unfamiliar to you, look in the glossary of terms at the end of the booklet.

**Tip #1**
Healthy, rich soil makes happy plants
Add a little rich compost to your garden each spring, cover with a little mulch hay or cardboard at the end of the fall to feed the worms and soil life.

**Tip #2**
Water thoughtfully
- Water newly planted seeds daily until they germinate.
- Water seedlings and full grown plants at the base of the plant rather than on the leaves.
- The best times to water are at the beginning and end of the day.

**Tip #3**
Don’t use any pesticides or chemicals in your garden
They are bad for your plants and your family!

**Tip #4**
Regularly weed your garden bed. If you make a habit of weeding every day as you water, then weeds will stay under control.

**Tip #5**
Add mulches like hay or well decomposed leaves around plants and in bare areas.
Mulch helps keep the soil moist, weed-free, and rich in nutrients for your vegetables.

**Tip #6**
Plant seeds and seedlings in their appropriate season
- Some plants like cool weather, others hot
- We outline the seasonality of plants in the following pages
- A rule of thumb for seed planting is that seeds should be planted twice as deep as the size of the seed.

**Tip #7**
Plant things you love, but try something new!
- A diversity of plants is good for your garden and for you
- Start simple, but have fun by challenging yourself when ready
- For example, as you’re learning you can buy tomato seedlings from a local nursery or farmers market, but eventually you can raise your own tomato seedlings.

**Tip #8**
Watch, don’t kill insects you see
- Some might be good bugs
- Marigolds, onions, and garlic are great natural repellants
- If you see a pest eating your plant, please look up how to deal with that pest. See the References and Resources Page.

**Tip #9**
Label your seeds and seedlings with variety and date as you plant them in your garden

**Tip #10**
Use these Garden Care Pages as a helpful guide, but also reach out to others and trust your own intuition!
The garden information we provide is a rough guide to planting and harvesting schedules, but each year’s weather conditions will vary so plant accordingly.
GREENS: At the Heart of Your Grow Food Everywhere™ Garden

When Can I Plant?
In a garden bed covered with a mini hoop house, you can plant greens from mid-March through Early October in our climate. In garden beds without a cover you can plant them anytime from early- to mid-April, and on through the end of September.

How Do I Harvest?
Greens take about 3-4 weeks until you can cut and enjoy them. To harvest “cut-and-come-again” greens, gently take a handful of greens and cut with scissors along bottom, leaving about ½ an inch of plant above the soil. You can then continue watering a few times a week, and allow the same seeds to regrow... and cut and enjoy salads several times again before replanting! After 3, 4, or even 5 harvests, gently pull up roots, shaking dirt back into garden bed, and replant your patch for more greens!

How do I Plant?
Gently loosen your garden soil (you don’t need to turn it over, better to just gently loosen to keep the soil structure intact), removing weeds or debris. Top with an inch or two of fertile topsoil or compost if desired. Reserve some soil to cover your seeds. You can plant rows, but we prefer to measure (and mark with string if you wish) patches 2-4” wide, each with a different variety of greens. Moisten the soil before planting. Gently and evenly sprinkle seeds in row or patch. Gently water the area before covering seeds with soil. Then, cover seeds with 1/4” of the reserved soil or compost. Gently water again, and then mark your bed with a label (use pencil or permanent marker) identifying the crop and date. Water gently daily for optimal production. While greens will grow at different rates, in 3-4 weeks you should be able to harvest a salad by cutting the greens with a sharp scissor, leaving about a 1/2” of plant above the soil.
Using Your Mini Hoop House

By placing a mini hoop house over your bed, you can extend the growing season well into the fall and begin again in early spring to enjoy those yummy, fresh salads! Let’s start with the fall to explain how to use it...

Fall Extension:
• Early September- before the first winter frosts arrive, prepare your garden bed by stretching the fabric row cover over the metal hoops and secure it to the hoops with clips. At either end of the bed, tie the extra material together to hold it in place and help keep out chilly winds.
• Late September/Early October- your whole bed should be planted with a variety of salad greens, especially cold-hardy spinach and asian greens.
• October- as colder weather settles, now is the time to switch from the fabric row cover to the clear plastic for your hoop cover. This is a special plastic that is UV-resistant, so be sure to treasure it! Do not misuse, since any other ‘regular’ clear plastic will shred under sunlight and cannot be substituted.

Remove the fabric row cover from the hoops and replace with the clear plastic, securing it with clips and “belting” it around the wooden bed frame with the nylon strap. You will need to release the belt and some clips on the plastic to water the greens regularly as they first germinate, but with the cooler days of fall and winter you shouldn’t need to water as often. Harvest and enjoy greens through the late fall and possibly even into winter! If your plastic is kept nice and tight, it should withstand snowfall, but do brush off accumulating snow since it can collapse the plastic and hoops if it becomes too heavy. In addition, you can provide extra warmth to the greens inside your mini hoop house by lightly laying the fabric row cover directly over plants as a blanket.

Spring Extension:
• Late February- begin to water the remnants of fall’s sowed greens every few days to see if they spring back. Spinach can survive the winter quite well and make for delicious March salads.
• March- you can begin to sow fresh greens seeds as the weather warms! Keep the plastic hoop on for extra warmth, making sure the ends are a bit open to ventilate your mini hoop house on sunny days.
• April-May- the weather will likely allow you to remove the hoops and plant your whole bed with cool weather crops, then summer crops by the end of May. Store your dry row cover and plastic safe in the carrying box since they should last several years with care.
Spinach or other hardy greens are the first plants you should get from your spring garden. They can be ‘awakened’ from fall-sown seeds with some watering, or can be sown fresh in March. Remember that you should put some rich compost in the hole with each transplant, and also around them as they go in your garden bed. In May, you can begin planting the vegetables above roughly on the schedule outlined, though you can plant earlier or later depending on how quickly the weather warms.

Note that the plants highlighted in black coloring MUST be planted as transplants at this time, meaning you must either purchase transplants from your local farmer’s market or nursery, or start your own seedlings indoors in March and April. For information on starting your own transplants, see the Questions and References Page. Remember that you should surround your transplants with fresh compost as they go into your garden bed!

**HARVEST:**

- Spinach
- Asian Greens
- Salad Greens
Gardening for All Seasons:
My Summer Garden
June-August

PLANT:

June
- Bush Beans
- Pole Beans
- Melon
- Summer Squash
- Winter Squash
- Pumpkin
- Cucumbers
- Basil
- Tomatoes
- Eggplant
- Peppers

End of July
- Carrots
- Beets
- Chard
- Cauliflower
- Kale
- Cabbage
- Broccoli

August
- Peas
- Spinach
- Asian Greens
- Lettuce

Watch all of the vegetables you planted in May grow! As you exhaust your spring and summer plants, remove the plants and replace them with cool weather seedlings and seeds for the fall. Don’t forget to add some fresh compost.

HARVEST:  All of the Above!
Gardening for All Seasons:

My Fall Garden
September- November

• Late summer planted seedlings (kale, chard, broccoli, etc..) All will be ready in September and October. Continue to harvest summer crops like tomatoes. Plant your other greens as seeds. Fall is also the time to plant garlic. Planted as cloves, they will become a bulb by the following July; just plant a few since they will take up space in your bed until then. Protect your crops by using the fabric row cover, then the greenhouse plastic as described on the Mini Hoop House Page, and keep harvesting until Thanksgiving and beyond!

**PLANT:**

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**HARVEST:**

Lots of Greens... 
Lots of Greens!
Recipes

• There are so many delicious, fun ways to enjoy the vegetables and herbs that come from your garden. Here are just a few ideas to get started, but you can find endless additional recipes in cookbooks and online. Involve the whole family in choosing recipes and cooking up your meals!

• Bean Soup with Fresh Kale and Tomatoes
• Sautéed Kale with Garlic
• Pasta with Fresh Kale and Peppers
• Basil Pesto
• Eggplant Parmesan
• Baba Ganoush
• Eggplant Sandwich
• Chard Tacos
• Bacon Squash Sautee
• Zucchini Patties

“Dadle pan a aquellos que tienen hambre, y dadnos hambre de justicia a nosotros que tenemos pan. May there be bread for those who hunger, and hunger for justice for those of us who have bread.”
Nicaraguan Blessing
Bean Soup with Fresh Kale and Tomatoes

- **Ingredients:** 1 tablespoon olive oil or canola oil, 8 large garlic cloves, crushed or minced, 1 medium yellow onion, chopped, 4 cups chopped raw kale, 4 cups low-fat, low-sodium chicken or vegetable broth, 2 (15 ounce) cans white beans, such as cannellini or navy, undrained, 4 plum tomatoes, chopped, 2 teaspoons dried Italian herb seasoning, salt and pepper to taste, 1 cup chopped parsley
- **Directions:** In a large pot, heat olive oil. Add garlic and onion; saute until soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.
- **Yields 8 Servings**

Sautéed Kale with Garlic

- **Ingredients:** 1 bunch kale, 2 tablespoons olive oil, 4 cloves garlic, minced
- **Directions:** Tear the kale leaves into bite-size pieces from the thick stems; discard the stems. Heat the olive oil in a large pot over medium heat. Cook and stir the garlic in the hot oil until softened, about 2 minutes. Add the kale and continue cooking and stirring until the kale is bright green and wilted, about 5 minutes more.
- **Yields 4 Servings**
Pasta with Fresh Kale and Peppers

- **Ingredients:** 1 (8 ounce) package uncooked farfalle (bow tie) pasta, 1 tablespoon olive oil, 1 medium red bell pepper, chopped, 1 medium yellow bell pepper, chopped, 1 cup roughly chopped kale, 4 cloves garlic, chopped, 1 pinch dried basil, 1 pinch ground cayenne pepper, salt and ground black pepper to taste, 8 ounces feta cheese, crumbled
- **Directions:** Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.
- **4 Servings**

“When you eat with awareness, you find there is more beauty...You had the essence of mindfulness already, but you hadn’t discovered it. So when you make an effort to eat mindfully...you find that life is worth more than you had expected.” Chogyam Trungpa

Basil Pesto

- **Ingredients:** 2 cups fresh basil leaves, 1/3 cup walnuts or pine nuts, 2 peeled cloves of garlic, 1/2 cup grated parmesan or Romano cheese, 1/2 cup extra virgin olive oil, and a little more if needed to blend well. Salt and pepper to taste.
- **Directions:** Place the basil in a blender. Pour in about 1 tablespoon of the oil, and blend basil into a paste. Gradually add the remaining ingredients. Continue to blend until smooth.
- **Enjoy with pasta, pizza, or garlic bread! Pesto can also be a dip for crackers and bread, or a spread to go on grilled chicken.**
- **This recipe makes enough pesto to toss with one pound of pasta.**
Eggplant Parmesan

• Ingredients: 1 eggplant, cut into 3/4 inch slices, 1.5 tablespoons salt, 8 tablespoons olive oil, 8 ounces ricotta cheese, 6 ounces shredded mozzarella cheese, 1/2 cup grated Parmesan cheese, 1 egg, beaten, 1/2 cup chopped fresh basil, 4 cups pasta sauce
• Directions: Sprinkle both sides of the eggplant slices with salt. Place slices in a colander, and place a dish underneath the colander to capture liquid that will sweat out of the eggplant. Allow to sit for 30 minutes. Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, mix the ricotta, mozzarella cheese and 1/4 cup Parmesan cheese. Mix in egg and basil. Rinse the eggplant in cold water until all salt is removed. In a large skillet, heat 4 tablespoons olive oil over medium heat. Place one layer of eggplant in the pan, brown each side. Repeat with remaining eggplant slices, using additional oil if necessary. In a 9x13 inch baking dish, evenly spread 1 1/2 cups of spaghetti sauce. Arrange a single layer of eggplant slices on top of the sauce. Top the eggplant with 1/2 of the cheese mixture. Repeat layering process until all the eggplant and cheese mixture is used. Pour remaining sauce on top of layers, and sprinkle with remaining Parmesan cheese. Bake 30 to 45 minutes in the preheated oven, until sauce is bubbly.
• Yields 8 Servings

Baba Ganoush

• Ingredients: 1 eggplant, 1/4 cup lemon juice, 1/4 cup tahini, 2 tablespoons sesame seeds, 2 cloves garlic, minced salt and pepper to taste, 1.5 tablespoons olive oil
• Directions: Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet. Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven, and place into a large bowl of cold water. Remove from water, and peel skin off. Place eggplant, lemon juice, tahini, sesame seeds, and garlic in an electric blender, and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl, and slowly mix in olive oil. Refrigerate for 3 hours before serving.
• Yields 1.5 cups
• Enjoy this roasted eggplant dip or spread with pita, chips, or veggies!
Eggplant Sandwich

- Ingredients: 1 small eggplant, halved and sliced, 1 tablespoon olive oil, or as needed, 1/4 cup mayonnaise, 2 cloves garlic, minced, 2 (6 inch) French sandwich rolls, 1 small tomato, sliced, 1/2 cup crumbled feta cheese, 1/4 cup chopped fresh basil leaves
- Directions: Preheat your oven's broiler. Brush eggplant slices with olive oil, and place them on a baking sheet or broiling pan. Place the pan about 6 inches from the heat source. Cook under the broiler for 10 minutes, or until tender and toasted. Split the French rolls lengthwise, and toast. In a cup or small bowl, stir together the mayonnaise and garlic. Spread this mixture on the toasted bread. Fill the rolls with eggplant slices, tomato, feta cheese and basil leaves.
- Yields 2 Servings

Chard Tacos

- Ingredients: 1.5 tablespoons olive oil, 1 large onion, cut into 1/4-inch slices, 3 cloves garlic, minced, 1 tablespoon red pepper flakes, or to taste, 1/2 cup chicken broth, 1 bunch Swiss chard, tough stems removed and leaves cut crosswise into 1 1/2-inch slices, 1 pinch salt, 12 corn tortillas, 1 cup crumbled queso fresco cheese, 3/4 cup salsa
- Directions: Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned golden brown, about 10 minutes. Add the garlic and red pepper flakes, stirring until fragrant, about 1 minute. Stir in the chicken broth, Swiss chard, and salt. Cover and reduce heat to low. Simmer until chard is nearly tender, about 5 minutes. Remove lid and increase heat to medium, stirring until the liquid evaporates, about 5 minutes. Remove from heat and set aside. Heat another skillet over medium-high heat. Warm the tortillas in the skillet for about 1 minute per side. Fill the warmed tortillas with the chard, and top with the queso fresco cheese and salsa.
- Yields 4 Servings
Bacon Squash Sauté

- Ingredients: 2 slices bacon, 2 medium yellow squash, thinly sliced, 1/2 medium onion, thinly sliced, 2 cloves garlic, minced, 1 jalapeno pepper, chopped (optional), 1 dash soy sauce, salt and pepper to taste
- Directions: Place bacon in a large skillet over medium-high heat. Cook until crisp. Remove bacon from pan, and set aside. Add the garlic, squash, onion, and jalapeno to the skillet. Fry in the bacon drippings until tender, but still firm, stirring frequently. Crumble bacon into the skillet, and season with soy sauce, salt and pepper. Stir, to blend in seasonings, and serve.
- Yields 4 Servings

Zucchini Patties

- Ingredients: 2 cups grated zucchini, 2 eggs, beaten, 1/4 cup chopped onion, 3 cloves garlic, minced, 1/2 cup all-purpose flour (or can substitute instant mashed potato mix), 1/2 cup grated Parmesan cheese, 1/2 cup shredded mozzarella cheese, salt to taste, 2 tablespoons vegetable oil
- Directions: Salt the grated zucchini in a colander. Pat dry with paper towels to draw out excess moisture. In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly. Heat a small amount of oil in a skillet over medium-high heat. Sauté minced garlic. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.
- Yields 4 Servings, 12 patties
- Great served with marinara sauce on top!
Maintaining Soil Fertility

• Your Grow Food Everywhere™ garden has started off with a great mix of loam (a mix of sand, silt, and clay soil) and organic compost which is rich with nutrients. Plants take up nutrients from the soil, and so it is important to replenish them each growing season. The best way to have healthy and nourishing plants is to foster healthy and rich soil. Chemical fertilizers only add temporary nutrients and disrupt the natural processes of the soil—do not use them! Instead, try these ways of adding fertility each year for healthy plants and healthy soil life:

• COMPOST: Before replanting in the spring, add a couple of 5 gallon buckets of rich compost to your garden bed, gently mixing it in with the top layer of the soil. It is fine to add more than 2 buckets—consider that a minimum. Here are some ways to get compost:
  • Buy some from Clearview Compost in Orange—if you bring a bucket, they will fill it for a reasonable price. You can also get well decomposed manure from a local farm. Make absolutely sure it looks like soil—that is how you know it is well decomposed. Never put fresh manure on your bed.
  • Make your own compost! This can be done outdoors with a small pile in your yard, or even inside by keeping a worm compost bin. For a backyard compost pile, add inputs at a ratio of 30 parts carbon to 1 part nitrogen. ‘Carbon’ materials are usually brown and dry, like yard leaves, old newspapers, or cardboard, and ‘nitrogen’ materials are usually green and wet, like most home food wastes such as fruit and vegetable scraps. In other words, for every handful of kitchen scraps you put in your pile, add about 30 handfuls of paper or leaf scraps. Turn your pile over regularly to encourage the materials to break down quickly into healthy, nutrient-rich soil.
    • For indoor worm composting, many options exist for creating and maintaining a worm bin. One local business, Ben’s Bins, makes bins and provides education and maintenance service. Check out the website, www.wehaveworms.com, for worm composting basic information.
  • Buy bags of organic compost from your local garden center, but remember that locally-produced and home-made compost is best.

• MULCHING your bed in and around plants with mulch hay or cardboard will also add fertility to your soil little by little as worms and microbes decompose it and leave rich worm castings (worm manure). You can mulch your garden through the summer in and around your plants. Adding mulch will also help limit the need for watering and will control weeds. If you are not using your garden through the fall and winter (and we hope you are!) cover the whole bed with cardboard and some mulch hay on top of that to “feed the worms” through the winter.
Grow Food Everywhere™
Glossary of Terms

• Organic- People have been gardening without pesticides and chemicals for thousands of years. This is what organic really means, plus fostering a healthy garden and soil ecosystem. But, in the food industry there are also certifications that label whether things are grown according to national or international organic standards.

• Compost- A soil that has been produced by the breaking down (decomposition) of organic materials. Creating and using compost recycles nutrients from yard materials and kitchen scraps to put them back in the soil rather than in the garbage, which often ends up in a landfill.

• Worm Castings- This term is a nice way of referring to worm manure, which is the most fertile part of any healthy soil. By processing the soil, worms make nutrients available to plants and build soil ‘humus,’ the dark, healthy soil we love for our plants. Worm castings are the perfect plant food, so treat your worms well and encourage their growth by adding mulch, cardboard, and NO CHEMICALS to your garden bed.

• Mulch- A material such as hay, straw, decomposed leaves, or cardboard that is put on growing beds or around plants to keep weeds at bay, conserve moisture, and re-nourish the soil.

• Row cover, fabric row cover- A thin material that can be laid directly on plants like a blanket, or stretched over hoops to let rain and light pass through the light material while providing extra warmth, as well as protection from insects or other garden munchers. Brand names we sometimes use in conversation are ‘Reemay’ or ‘Agribon.’

• Mini hoop house- Hoop house or high tunnel are farming words that describe a greenhouse-like structure, but one that is not heated or mechanically ventilated—just uses and holds in the warmth of the sun! A mini-hoop house is what fits on your garden bed to create a warmer environment for plants in spring, fall, and winter, enabling extension of the gardening (and eating!) season.
Glossary Continued...

• Cardboard Method- This is a method of both mulching and improving the soil we love to use at Seeds of Solidarity. If you want to expand beyond your raised bed, cardboard can be placed on a patch of lawn and covered with mulch hay. By spring it is soft enough to plant seedlings into, and the cardboard remains as a mulch and weed barrier. Worms love to eat it and leave fertile castings (worm manure) to enrich your garden while they worm-till your soil! For more info, visit the section on farming methods at www.seedsofsolidarity.org or attend one of our free annual workshops.

• Seedling/Transplant- These terms are sometimes used interchangeably to describe a plant that has already been grown from seed to a size ready to plant out into the garden. This is usually done for plants that need a good head start before it is time to put them in the garden.

• Scatter Sow- A technique for planting seeds, sometimes called ‘broadcasting’ where patches, swaths, or whole beds of seeds are planted to cover the area, rather than rows. It can allow for more efficient use of small spaces, and is commonly used with growing greens or sowing cover-crops, and sometimes root vegetables.

• ‘Cut and Come Again’ Greens- A method for growing salad and other greens where they are usually ‘scatter-sown’ then when a few weeks old, snipped ‘like a hair cut!’ but not pulled out. They then re-grow (and can be cut) again and again!

• Genetically Modified (GM) Seeds- This definition taken from the Safe Seed Pledge, which many seed companies have taken, and describes what they are and why we do not use or recommend GM seeds: “…It involves the mechanical transfer of genetic material outside of natural reproductive methods and poses great biological risks as well as economic, political, and cultural threats.”

• Food Resiliency- We like to use this term at Seeds of Solidarity to emphasize that when individuals and communities take the power of good food into their own hands—growing, sharing, distributing, selling, and consuming locally—we become stronger and create more sustainable and just lives, and a healthier landscape.

• Food Sovereignty- The claimed ‘right’ of all people—indigenous, peasants, women and youth, everyone!—to define their own food, agriculture, livestock and fisheries systems, in contrast to having food largely subject to international market forces.
References and Resources for Your Gardening Questions

• Johnny’s Selected Seeds website www.johnnyseeds.com or call free at (877-564-6697)
  • Online Resources include:
    – Growing Guides
    – Seed Starting Date Calculator
    – Videos and guides on how to start seeds, use hoop houses, control pests organically, and prune tomato plants

• UMass Extension is a resource for region-specific agriculture questions. Website at www.extension.umass.edu
  • Online Resources Include:
    – Fruit and Vegetable Production Guides
    – Nutrition Materials
    – Integrated Pest Control Materials

• We recommend you look at some of the many wonderful organic gardening books available at local bookstores and the library

• Sources of good, local compost:
  • Clearview Composting in Orange. Contact Rick Innes at (978) 544-5872 or clearviewcompost@aol.com
  • Diemands Farm in Wendell. Call (978) 544-3806.

• If you decide to build more raised garden beds, we recommend Rough Cut in New Salem or Heyes Forest Products in Orange.

• We recommend buying seeds from Fedco Seeds, Johnny’s Selected Seeds, and Comstock Ferre.

• Your local farmers market or nursery is a good source of seedlings and information.
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