

Grow Your Own



sprout. grow. eat.



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Asparagus



Asparagus is one of the first vegetables in spring to grace our kitchen tables. An asparagus patch can be productive for 15 years or more if well-tended so why not plant your own bed of this delightful edible.

Asparagus is usually planted by crowns from mid-April to late May after the soil has warmed up to about 50 degrees. 'Jersey Knight' is a male variety that expends all its energy into producing a tender, abundant crop. Choose a sunny spot with well-drained soil on the north or west side of the garden where it can remain undisturbed.

Dig a furrow about 6-8 inches deep and 12 inches wide. Add a layer of composted cow manure for a slow-release fertilizer. Place the crowns 1 ½ feet apart in the furrow on top of the manure. Rows should be spaced five feet apart to promote air circulation which will help prevent the spread of fungal diseases.

Cover crowns with two inches of soil, gradually adding more soil through the growing season until the furrow has been filled. Spears should emerge within one week in moist soils. Asparagus should not be harvested the first year and sparingly the second year. Let the spears develop into ferns which will help produce food for next year's crop. The ferny foliage also has ornamental value and looks attractive when interplanted with the bright colors of zinnias or the soft pastels of cosmos.

Asparagus with Penne & Tomatoes

5 garlic cloves, minced	1 pt. cherry tomatoes	Salt to taste
¼ cup olive oil	1 T. fresh oregano, chopped	¼ c. shredded parmesan cheese
1 tablespoon butter	¼ tsp. red pepper flakes	½ lb. penne pasta, cooked, drained
1 pound fresh asparagus		

In a skillet, sauté garlic in oil and butter for 2-3 minutes. Cut asparagus into 1 ½ -inch lengths and cook in skillet for 5 minutes. Add cherry tomatoes, oregano, red pepper flakes, and salt; cook until heated through. Add parmesan cheese and mix well. Pour over hot pasta and toss to coat. Serve immediately. Serves 4.

How to Grow Potatoes

How to plant: Cut potatoes into 1½ "to 2 "pieces, each with one or two good eyes (buds). Allow cut surfaces to heal (dry), usually about a week. Plant the pieces eye up about 4" deep and 12" apart in rows 2-3 ft. apart. Cover potatoes with soil. As potatoes grow, continue to add more soil, but never cover the entire plant. Potatoes are ready to harvest when the foliage dies back.

RESISTANT TO:				SUITABLE FOR:			
VARIETY	MATURITY	SCAB	LATE BLIGHT	CHIPS	FRIES	BAKING	BOILED
Mega Chip	Medium-late		X	X	X		X
Red Lasoda	Late						X
Red Norland	Early	X					X
Russet Burbank	Late	X			X	X	
Russet Norkotah	Medium-early					X	X
Superior	Medium	X		X		X	X
Yukon Gold	Medium				X	X	X

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7 Easy Vegetables

tomatoes

How to grow: Plant your tomatoes deep! Create a trough and lay the plant down in the trough leaving only a few leaves showing. Plant from seedlings Memorial Day.

Types: Bush (determinate) produce lots of fruit at one time. Use a tomato cage to support the plant as the fruit develops. Vining tomatoes (indeterminate) grow tall and produce fruit throughout the season. They need to be staked.

Blossom end rot is a result of not enough water or too much water. Mulch with straw to keep the soil evenly moist, and add 1 tsp. gypsum to the hole at planting time.



peppers

How to grow: Peppers need lots of sun, at least 6 hours. Plant them after the danger of frost is past in rows 12-18" apart. Fertilize them when they are blossoming with fish emulsion. Plant them near tomatoes, parsley, carrots, and basil.



lettuce & other greens

How to grow: Lettuce likes cool temperatures and can be started outside from seed in mid-April. Some lettuces are 'cut and come again', and can be harvested several times by removing the outer leaves. Sow more seed every 2 weeks. Give them some shade from the hot summer sun, and sow again when the weather cools in the fall.

radishes

How to grow: Sow seeds mid-late April, ½ inch deep, one inch apart. Sow more seed every 10 days. When seedlings are up, thin to 3 inches apart. Keep soil evenly moist, and harvest when they are the size of a grape. Interplant with carrots to save space.

Planting Guide

Vegetable	Sow indoors	Sow outdoors	Seed depth	Between plants
Asparagus		April 15	6-8 in.	18-24 in.
Bush bean		May 10	1 in.	2-3 in.
Pole bean		May 10	1 in.	3-4 in.
Beet		April 15	½ in.	2-3 in.
Broccoli	March 15	May 1 (plants)		18-24 in.
Carrot		April 15	¼ in.	1-2 in.
Chard		April 15	½ in.	3-4 in.
Cucumber		May 20	1 in.	6-8 in.
Eggplant	March 15	June 1 (plants)		18-24 in.
Kale		June 25	½ in.	8-10 in.
Lettuce, leaf		April 15	¼ in.	2-3 in.
Onion plants	Feb 15	May 1		3-4 in.
Onion sets		April 15	2 in.	1-2 in.
Pea		April 15	1 in.	1-2 in.
Pepper	April 1	June 1 (plants)		18-24 in.
Potato		April 15	3-4 in.	12 in.
Pumpkin		May 20	1 in.	24-36 in.
Radish		April 15	½ in.	1-2 in.
Rhubarb		April 15		36 in.
Spinach		April 15	½ in.	1-2 in.
Squash	May 1	May 20	1 in.	24-36 in.
Sweet Corn		May 10	1 in.	8-10 in.
Tomato	April 15	May 20 (plants)		18-36 in.
Watermelon		May 20	1 in.	96 in.

Veggie Contest



Grow the biggest and win!

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peas

How to grow: Peas like cool weather, plant them in mid-April. Soak them overnight for good germination. Plant one inch deep, two inches apart. Use an innoculent in the trench when planting peas for a better harvest. Pruned branches make great supports for pea plants. Harvest often to keep them producing. Refrigerate

immediately to keep sugars from changing to starch.

Types of peas: Snow peas are flat and entirely edible. Snap peas are sweet, plump, and eaten whole. The pods of shelling peas are not edible.



beans

How to grow: Beans are one of the quickest and easiest vegetables to start by seed sown in ground. Wait until the soil has warmed in mid May, and then plant them one inch deep, three inches apart. Use an inoculants in the planting row to increase production. Conserve space and plant pole beans on a trellis. Once they begin to

produce, harvest daily to extend production. Plant near potatoes and rosemary to repel pesky insects.



zucchini

How to grow: Zucchini is a type of summer squash and has a bushy habit. Allow a 3' x 3' area for each plant. Plant by seed in hills spaced 3' apart in early May or by plants around Memorial Day. Amend soil with compost. Interplant with nasturtiums to deter squash bugs. Keep covered with row cover until flowering to prevent the

squash vine bore moth from laying her eggs in the plants.

other tips: Rotate your crops every year. Avoid watering overhead. Try soaker hoses and drip irrigation.

Seeds vs. Seedlings

Some vegetables are easier than others to grow from seed. We recommend planting the following crops by seed directly in the ground:

- by seed:
- beans
 - chard
 - cucumber
 - kale
 - lettuce
 - peas
 - pumpkins
 - radish
 - spinach
 - squash
 - zucchini



The following vegetables need to be started from seed indoors 6-8 weeks before the last frost. They are readily available at BGC as plants, so we recommend starting with plants:

- by seedling:
- peppers
 - tomatoes
 - broccoli
 - cabbage
 - cauliflower
 - eggplant
 - onion sets (bulbs)
 - onion plants
 - melons



Vegetable Garden Tour



Coming in 2021!

Learn how other gardeners grow their vegetables.
You will see examples of:
Raised bed gardening
Organic gardening
Container gardening
Traditional vegetable gardening

Check our website for more information:
burlingtongardencenter.com



Garden Writers Association

Toll-Free Hotline: 877.492.2727

You Can Make A Difference!

Plant a Row (PAR) is rooted in the heartfelt tradition of gardeners sharing a bountiful harvest with others. Sharing can happen on many levels.

Home gardeners, schools, church groups, youth and community organizations, and area businesses can all help make a difference for their neighbors who experience hunger or the threat of hunger. Nothing beats the taste and nutrition of fresh-picked vegetables. Growing and eating from your own garden can improve your health, save you money, increase your sustainability, and decrease your carbon footprint. And most important, your garden can help a lot of people in need.

Plant and harvest vegetables, fruit, herbs or flowers.
Deliver the harvest to Love Inc.

Thanks for your help!

Soil



Your vegetables will only be as good as your soil.

A healthy vegetable garden requires well-drained, nutrient-rich soil. You may want to consider getting a soil test to tell you the pH and nutrients that are in your soil. Most vegetables produce best in a soil that has a pH between 5.5 and 7.5

When preparing a new bed, clear away any debris and weeds. Use a spade to work the soil 12" deep. Add a 3-4 inch layer of compost or manure and work into the soil. Rake level.

Do not work the soil if it is wet. To determine if the soil is workable, take some soil in your hand and make a ball. Try to break the ball. If it doesn't fall apart, the soil is too wet.

Compost

Compost is made up of dying plant material, kitchen scraps, and leaves. Compost improves soil nitrogen and production. It helps the soil drain when added to clay soils. Compost will help the soil hold more water when added to sandy soils. It also brings earthworms and other living things that help plants and roots grow strong and healthy.

Raised Bed Gardening

BENEFITS OF RAISED BEDS

Longer growing season. Soil warms up faster in the spring and can be extended in the fall when fitted with a cold frame or row cover.

Better Soil. You can control the type of soil in a raised bed. Think of it as a large container. See below for a soil recipe.

Higher yields. Because of better soil control and weed management, plants will perform at their best producing a higher yield.

Easy to manage. A large garden can become overwhelming, especially if the weeds get out of control. Start with one or two 4x4 or 4x8 beds. It's easy to add another one next year.

Better drainage. Raised beds work well if you have clay soil. By controlling the type of soil and amendments in the raised bed, air circulation and water percolation will increase. This will result in better drainage.

It's adaptable. Because the plants are not dependant on the soil below the raised bed, a garden can be planted on an elevated garden bed or in other containers.

SOIL RECIPE (Cornell Mix)

There are many options when it comes to soil for a raised bed. You can incorporate existing topsoil and amend with compost, peat, and vermiculite.

The ideal soil mix is:

- one part compost/weed-free topsoil
- one part sphagnum peat moss
- one part vermiculite

Compost can be a mix of homemade compost, cow, chicken or horse manure, and worm castings.

To determine the amount of soil mix needed, use this formula:

Bed length x bed width x bed depth

If bed depth is in inches, divide that number by 12 before applying the formula above.

4'x4'x12" bed = 16 cubic feet

4'x4'x 6" = 8 cu. ft.

4'x8'x12" = 32 cu. ft.

Grow Your Own Salad

Growing your own salad greens is easy! And nothing beats a good salad when it's fresh you're your garden. In addition to lettuce green, try growing other types of salad greens to add interest to your salad bowl.

Radicchio, endive – bitter flavor
Arugula, watercress – peppery
Mustard – sharp/spicy
Leaf lettuce, Bibb lettuce – mild

How to grow:

- Plant before summer heat arrives.
- Provide healthy soil, full sun and water.
- Plant the seeds according to directions on package.
- Harvest salad leaves while they are young for the best flavor.
- Harvest the outer leaves cutting about an inch above the growing point.
- Sow more seed every 2 weeks.
- Provide shade from the hot afternoon sun.
- Replant in early fall when the weather cools down.



Salad greens grow well in containers and raised beds.

Growing Vegetables in Containers & Small Spaces

Edibles can be just as pretty as flowers in containers. When choosing a container, consider the following:

- The container must have drainage holes (drill them if needed).
- Use fresh potting soil, not soil from your garden.
- Choose varieties that stay compact.
- Potted containers dry out quickly. Monitor them daily.
- Fertilize regularly.
- Tomatoes need a container with a 14" diameter (minimum).

For small space gardening, try these options:

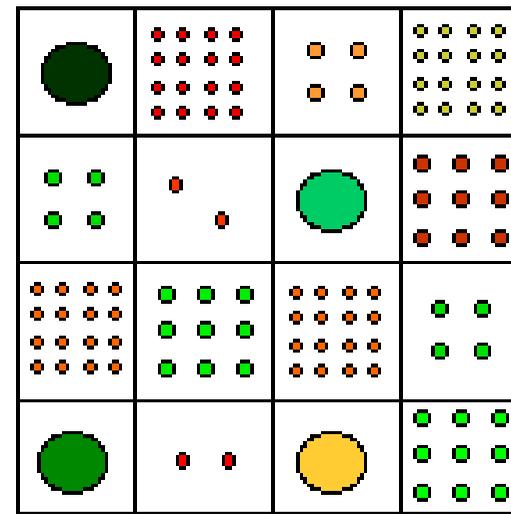
- Containers
- Raised beds
- Use vertical space
- Incorporate vegetables in existing landscape.



Square Foot Gardening

Growing in raised beds allows for the maximizing of space. Several different crops can be planted and easily maintained when planted in square foot sections.

For example, if the raised bed is 4'x4', sixteen different crops could be grown in that bed. Use garden twine or thin strips of wood to mark off one-foot sections.



The following amount can be planted in a square foot section:

- Beans, bush: 4 plants
- Beans, pole: 6-8 plants
- Beets: 9 plants
- Broccoli: 1 plant
- Cabbage: 1 plant
- Carrots: thin to 16 plants
- Cauliflower: 1 plant
- Cucumber: 2 plants
- Eggplant: 1 plant
- Leaf lettuce: thin to 16 plants
- Onions: 9 plants
- Peas: 8 plants
- Peppers: 1 plant
- Potatoes: 2 plants
- Squash: 1 plant
- Tomatoes: 1 plant



5 Easy Herbs for Cooking

basil

How to grow: Basil is an annual herb that is sensitive to the cold. Set out seedlings in late May. Pinch off flower stalks. There are many types of basil; sweet basil is the most common. Use fresh in recipes or freeze in ice cube trays in olive oil.

chives

How to grow: Chives are a perennial herb with a mild onion flavor. The purple spring flowers can also be used in salads for a peppery flavor. Use fresh, dry in a food dryer, or freeze in ice cube trays in olive oil.



oregano

How to grow: This perennial herb is easy to grow; plant in full sun, harvest leaves cutting back the top third of the plant. Do not let it flower or go to seed. Divide plant every 3 years. Use fresh or dried (hang bundles in a dark, dry location).

thyme

How to grow: Thyme is an aromatic herb and goes well with poultry, fish, and eggs. Cut back this perennial herb when it begins to flower. Use fresh or dry stems and store dried leaves in air-tight glass jar. Try lemon thyme in fish and chicken dishes.

mint

How to grow: Mint has many uses in the kitchen. It is a perennial herb and after a few years in the ground can become invasive. We recommend planting it in a pot. Pinch back runners by no more than half, and use leaves fresh.

More Growing Tips

Herbs need a sunny location and well-drained soil.

They don't need much fertilizer.

Most herbs grow well in containers.

Companion Planting with Herbs

When planted among certain vegetables, herbs can help repel pests.

basil – grow with tomatoes to improve flavor and growth.

borage – companion to tomatoes, squash, and strawberries; deters tomato hornworm

chamomile – companion to cabbage and onions; will improve flavor and growth

chives – grow with carrots

dill – companion to cabbage; do not plant near carrots

garlic – plant near roses and raspberries; deters Japanese beetles

mint – companion to tomatoes and deters cabbage moth

nasturtium – companion to radishes, cabbage, and cucumbers; deters aphids and squash bugs

calendula – in the marigold family; interplant with tomatoes to deter tomato hornworm

rosemary – companion to cage, beans, carrots, and sage; deters cabbage moths, bean beetles, and carrot flies

sage – a great companion to rosemary, cabbage and carrots; keep away from cucumbers

thyme – plant throughout the garden to deter cabbage moth worms.