

Growing Vegetables

Brought to you by Froedtert and Community Memorial Dietitians

Looking for a strategy to eat more locally grown food? Here is one... **grow your own!** Yes, gardening can bring delicious, nutritious and fresh local food right to your own doorstep. This week, learn how to grow vegetables in your own back yard!

Beans

When to Plant: After the danger of frost has passed.

How to Grow: Sow seeds in rows. Plant pole varieties on trellises.

How Far Apart: 6 inches

Days to Harvest: 50 to 80 days. (Check seed packet for details.)

Yield Per 10 Feet of Row: 3 to 5 pounds. (Pole beans: 6 to 10 pounds.)

Carrots

When to Plant: In the fall, or as soon as the ground can be worked in spring.

How to Grow: Sow seeds in very loose, deep soil and keep free of weeds.

How Far Apart: 2 to 4 inches

Days to Harvest: 55 to 80 days. (Check seed packet for details.)

Yield Per 10 Feet of Row: 7 to 10 pounds

Cucumbers

When to Plant: After all danger of frost has passed, because cucumbers are very tender.

How to Grow: Sow seed in hills, three seeds per hill. Transplants are not recommended, as plants dislike being moved.

How Far Apart: 8 to 12 inches

Days to Harvest: 50 to 79 days (Check seed packet for details.)

Yield Per 10 Feet of Row: 8 to 10 pounds

Peppers

When to Plant: After all danger of frost has passed, as peppers are very tender.

How to Grow: Set out transplants.

How Far Apart: 18 to 24 inches

Days to Harvest: 70 to 100 days. (Check seed packet for details.)

Yield Per 10 Feet of Row: 5 to 18 pounds

Summer Squash

When to Plant: After all danger of frost has passed, because squash is very tender.

How to Grow: Sow seed in hills, three seeds per hill. Transplants are not recommended, as plants dislike being moved.

How Far Apart: 36 inches

Days to Harvest: 50 to 70 days. (Check seed packet for details.)

Yield Per 10 Feet of Row: 20 to 80 pounds

Tomatoes

When to Plant: After all danger of frost has passed, as tomatoes are very tender

How to Grow: Set out transplants and plant stakes at same time. Cage tomatoes before they become too tall to do so.

How Far Apart: 24 to 36 inches

Days to Harvest: 55 to 90 days. (Check seed packet for details.)

Yield Per 10 Feet of Row: 15 to 45 pounds

Tip from www.homegarden.move.com