

VEGGIE ESSENTIALS CHEAT SHEET

Veggie	Harvest Season	How much food will I harvest?	How big do the plants grow?	How many days until I get a harvest	Direct Seed or Transplant	Favorite Varieties*	Garden Planning Notes
Arugula	Spring Fall	Short Harvest 1-2 cuttings/ week	Small	Short, 21-40 days	DS	Astro	Planted in early spring and again for fall. Bolts in hot weather. Often grows better in fall due to the cooler weather.
Asparagus	Spring	Short Harvest 1+ lb. per plant	Medium, Grows in clusters of spears	Long, 3-4 years to start harvesting	T	Jersey Knight	Buy crowns from a seed catalog or local nursery. Perennial that takes 3-4 years to establish. Lives up to 25 years.
Beans, Fresh	Summer Fall	Short Harvest (Bush) 2-3 weeks of harvest per planting Long Harvest (Pole) Many weeks of harvest as plant puts on new growth	Medium (Bush) Large (Pole)	Medium, 50-65 days	DS	Maxibel, Dragon Tongue, Trilogy	Kids love Dragon Tongue beans! Trilogy is a mix of green, purple and yellow beans.
Beans, Dry	Summer Fall	Short Harvest Small handful per plant	Medium, (Bush). Large, (Pole)	Long, 90-105 days	DS	Cherokee Trail of Tears, Vermont Cranberry	Dry beans need to be left on the plant until they're completely dry; this is often at the end of the season.
Beets	Spring Summer Fall Winter	Plant One— Harvest One	Medium	Medium, 45-60 days	DS	Red Ace, Early Wonder Tall Top	Try growing Touchstone Gold and Chioggia varieties.
Bok Choy	Spring Fall	Plant One— Harvest One	Medium	Medium, 45-60 days	DS or T	Joy Choi	Great for a quick spring crop. Grow as baby greens or a full head.
Broccoli	Spring Fall	Plant One— Harvest One	Medium	Medium, 50-75 days	T	Spring: Gypsy Fall: Arcadia, Marathon	There are different varieties for spring, summer and fall plantings. Read the descriptions.
Brussels Sprouts	Fall Winter	Short Harvest 1+ lbs per plant	Large, Tall	Long, 90-110 days	T	Gustus, Nautic, Diablo	Can be challenging if you don't grow the right variety for your garden. Keep experimenting!

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Cabbage	Spring Summer Fall	Plant One— Harvest One	Large, Wide	Medium, 65-105 days	T	Ruby Perfection, Tender-sweet	Grow a mix of purple and green cabbages.
Carrots	Summer Fall Winter	Plant One— Harvest One	Medium	Medium, 50-80 days	DS	Bolero, Yellow Sun, Deep Purple	Mix yellow, purple, and orange seeds together in one bed to get a fun mix of colors.
Cauliflower	Spring Fall	Plant One— Harvest One	Medium	Medium, 50-80 days	T	Bishop	Can be difficult to grow. Success is very variety dependent.
Celery	Summer Fall	Plant One— Harvest One/ Long Harvest 1 bunch per plant	Medium	Long, 85 days	T	Tango	Can be tougher than grocery store celery. Freeze for winter soups. You can harvest the whole bunch at once, or pick stalks individually.
Collards	Spring Summer Fall Winter	Long Harvest 1 harvest/ week	Medium/ Large	Medium, 50-60 days	T	Vates	Gets sweeter and more tasty with the cooler temperatures of fall.
Corn	Summer Fall	Short Harvest Less than 10 per stalk	Large, Tall	Medium, 65-85 days	DS	Silver Queen, Glass Gem, Dakota Black	Needs to be planted in a large block for pollination, at least 4 rows wide. Growing popcorn is fun with kids.
Cucumbers	Summer Fall	Long Harvest 2+ fruits/week	Large, Sprawling vine	Medium, 50-65 days	DS or T	Diva, Northern Pickling, Lemon	Great for a trellis because they have tendrils that let them climb naturally.
Edamame (Soybeans)	Summer Fall	Short Harvest 20-30+ pods per plant	Medium	Long, 75-90 days	DS	Tohya, Envy	Difficult to find at the farmers' market and often expensive. Can be frozen for winter eating.
Eggplant	Summer Fall	Long Harvest 8-15 per plant	Medium	Medium, 55-75 days	T	Dancer, Pingtung Long, Rosa Bianca	Dancer is my all-time favorite eggplant. Very productive and a beautiful electric purple color.

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Fennel	Spring	Plant One— Harvest One	Medium	Medium, 50-85 days	DS or T	Preludio, Bronze	Plant early. Doesn't like hot weather.
Garlic	Summer	Plant One— Harvest One	Medium	Long, 7-8 months	DS	Porcelain Types, Music	Planted in late fall and harvested in July of the following season. Buy seed from a farmer or catalog, or save your own. Porcelain types are best for storage.
Kale	Spring Summer Fall Winter	Long Harvest Several bunches/ month	Medium	Medium, 50-65 days	T	Scarlet, Toscano, Redbor	Also, Red Russian, Winterbor, and Dwarf Blue Curled.
Kohlrabi	Spring Fall	Plant One— Harvest One	Medium	Medium, 37-80 days	DS or T	Winner, Kolibri	Plant both purple and white varieties for a mix.
Leeks	Fall Winter	Plant One— Harvest One	Medium	Long, 75-120 days	T	King Richard, Lancelot, Lincoln	Last a long time in the fridge after harvest in late fall. Or make potato leek soup to freeze.
Lettuce, Head	Spring Fall	Plant One— Harvest One	Small/ Medium, depends on variety	Short, 30-60 days	DS or T	Butter- head, Magenta, Nevada, Red Salad Bowl	Transplant seedlings to get exact spacing. Mix red and green varieties in the same bed. There are many amazing varieties of lettuce.
Lettuce, Salad Mix	Spring Fall	Short Harvest 2-4 cuttings per planting	Small	Short, 25-40 days	DS	Encore Mix, Mesclun Mix	Cut and come again crop. Harvest with scissors and let re-grow to harvest again.
Melons	Summer Fall	Short Harvest 2-10 per plant	Large, Sprawl- ing vine	Long, 70-120 days	DS or T	Sun Jewel, Sarah's Choice	Melons are difficult to grow in northern climates. Most farmers who do it successfully use black plastic over their beds.

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Okra	Summer Fall	Long Harvest 5-10 week per plant	Large, Tall	Medium, 50-60 days	DS or T	Clemson Spineless, Red Burgundy	Grows tall like corn. Relative of hibiscus with beautiful flowers. Can be grown successfully in northern climates.
Onions	Summer	Plant One— Harvest One	Small	Long, 90-110 days	T	Red Wing, Pontiac, Patterson	Also, Ailsa Craig and Corltand. If you want to store your onions grow storage varieties. If not, grow varieties for fresh eating.
Parsnips	Fall Winter	Plant One— Harvest One	Medium	Long, 110-120 days	DS	Lancer	Can overwinter in many northern climates and be dug up in spring.
Peas	Spring	Short Harvest 50+ per plant	Large, Tall vine	Medium, 50-65 days	DS	Sugar Ann, Golden Sweet	Best grown on a trellis. There are different varieties of peas—shell, snow and sweet.
Peppers, Sweet	Summer Fall	Long Harvest 3-10+ per plant	Medium	Medium, 70-85 days	T	Carmen, Jimmy Nardello, Lively Yellow	Also, Biscayne, Escamillo. If you've had trouble growing red peppers try Carmen—you won't be disappointed!
Peppers, Hot	Summer Fall	Long Harvest 10-50+ per plant	Medium	Med/ Long 60-100 days	T	Jalapeno, Fish, Santa Fe Grande	Hot pepper plants tend to produce a lot of peppers. Plant sparingly unless you love them!
Potatoes	Summer Fall	Short Harvest 5-10 per plant	Medium	Med/ Long, 70-120 days	DS	Red Norland, Purple Viking, Purple Varieties	Buy seed potatoes from a seed catalog or nursery. Try a purple fleshed variety if you have kids.
Pumpkins	Fall	Short Harvest 2-10 per plant	Large, Sprawling vine	Long, 85-120 days	DS or T	Cargo, Snowball	Take up lots of room. Fun to grow with kids.
Radishes	Spring Fall	Plant One— Harvest One	Small	Short, 21-30 days	DS	Cherriette, Easter Egg, Beauty Heart	Great for a quick spring crop. Beauty Heart is a radish like no other!

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Raspberries	Summer Fall	Short Harvest Up to 20+ berries per cane	Large, Tall	Perennial	T	Caroline, Polana	Takes a few years to establish. Buy canes from a local nursery or thin out a friend's patch. Grow summer and fall bearing varieties for a longer harvest.
Rhubarb	Spring	Short Harvest Several lbs./month	Large, Wide	Perennial	T	Any	Takes a year or two to establish. Easy to grow from a piece of root from a friend's plant.
Scallions	Spring Summer Fall Winter	Plant One— Harvest One	Small	Medium, 65-70 days	DS or T	White Spear, Evergreen Hardy White, Deep Purple	Plant every few weeks for a continued harvest all season. Can survive the winter in cold climates and will start re-growing in spring.
Shallots	Summer Fall	Plant One— Harvest One	Small	Long, 110 days	T	Camelot, Conser- vor	Grow more like garlic than onions, forming a cluster of bulbs. Plant early.
Spinach	Spring Fall Winter	Short Harvest (Spring)/ Long Harvest (Fall/Winter) 2-5+ cuttings per planting	Small	Short, 25-40 days	DS	Giant Winter, Corvair	Can be a short harvest in spring because it doesn't like hot weather. Fall planted spinach can be a longer harvest. Survives the winter in very cold climates.
Squash, Summer	Summer Fall	Long Harvest 3+ /week per plant	Large, Wide	Medium, 45-60 days	DS or T	Raven, Zephyr, Sunburst	Start a few summer squash seed indoors if you want a jump on the season. Each plant produces a lot of fruit. A lot!
Squash, Winter	Fall	Short Harvest 3-10 per plant	Large, Sprawling vine	Long, 85-120 days	DS or T	Waltham, Delicata, Table Queen	Lots of interesting varieties. Butternut can store for many months of winter in a cool basement.
Strawberries	Summer	Short Harvest 10-20+ per plant	Small, Can spread	Perennial	T	Earliglow, Jewel	Perennial plant, takes a year to establish. Buy plants from a seed catalog or local nursery.

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Sweet Potatoes	Fall	Short Harvest 5-10 per plant	Large, Sprawling vine	Long, 90-100 days	T	Beauregard	Buy slips (vines) from a seed catalog or local nursery.
Swiss Chard	Spring Summer Fall	Long Harvest Several bunches/ month	Medium	Medium, 50-60 days	DS or T	Ruby Red, Bright Lights	Beautiful, edible ornamental with electric colors.
Tomatillos	Summer Fall	Long Harvest 50-100+ per plant	Large, Tall	Medium, 60-70 days	T	Toma Verde, Purple	Need at least two plants for pollination.
Tomatoes, Cherry	Summer Fall	Long Harvest Hundreds per plant	Large, Tall	Medium, 55-60 days	T	Sun Gold, Super Sweet 100	Sun Gold is the best variety out there!
Tomatoes, Roma	Summer Fall	Long Harvest 20-50+ per plant	Large, Tall	Medium, 60-85 days	T	Amish Paste, Viva Italia, San Marzano	Amish paste is my favorite for making sauce.
Tomatoes, Slicing	Summer Fall	Long Harvest 20-50+ per plant	Large, Tall	Medium, 60-85 days	T	Moon-glow, Green Zebra, Yellow Perfection	My three favorite tomatoes for fresh eating.
Turnips	Spring Fall Winter	Plant One— Harvest One	Medium	Short, 30-50 days	DS	Hakurei	Best variety! If you don't think you like turnips, try these. Quick spring or fall crop.
Other:							
Other:							

HERBS

Herb	Harvest Season	How much food will I harvest?	How big do the plants grow?	How many days until I get a harvest	Direct Seed or Transplant	Favorite Varieties*	Garden Planning Notes
Basil	Summer Fall	Long Harvest Several cuttings/ month per plant	Small/ Medium	Medium, 60-85 days	T	Genovese, Eleonora, Purple Ruffles	Annual herb, must be replanted each year.
Cilantro	Spring Fall	Short Harvest (Spring)/ Long Harvest (Fall/Winter) 2-5 cuttings per planting	Small	Medium, 50-60 days	DS	Santo, Calypso	Annual herb. Will go to seed in hot weather. Great for fall planting. Keep in part shade and it will last longer.
Dill	Summer Fall	Short Harvest 3-5 flower heads per plant	Large, Tall	Medium/ Long 40 (leaf) - 105 (seed)	DS	Bouquet, Fernleaf	Annual herb, must be replanted each year. Re-seeds itself prolifically.
Garlic Chives	Spring Summer Fall Winter	Long Harvest 1+ bundle/ week	Small, Can spread	Perennial	T	Any	Perennial herb. Difficult to start from seed, best to buy a seedling.
Marjoram	Spring Summer Fall Winter	Long Harvest 1+ bundle/ week	Small, Can spread	Perennial	T	Sweet	Perennial herb. Difficult to start from seed, best to buy a seedling
Mint	Spring Summer Fall Winter	Long Harvest 1+ bundle/ week	Small, Very invasive	Perennial	T	Peppermint, Spearmint, Chocolate Mint	Mint is highly invasive! It can take over your entire garden. Grow it in a container, or submerge it in a pot into the soil to control the spread.
Onion Chives	Spring Summer Fall	Long Harvest 1+ bundle/ week	Medium, Can spread	Perennial	T	Any	Perennial herb. Difficult to start from seed, best to buy a seedling.

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Oregano	Spring Summer Fall	Long Harvest 1+ bundle/ week	Small, Can spread	Perennial	T	Golden Greek	Perennial herb. Difficult to start from seed, best to buy a seedling.
Parsley	Spring Summer Fall	Long Harvest 1+ bundle/ week	Medium	Medium, 75 days	T	Italian Flat Leaf	Annual herb. Difficult to start from seed, best to buy a seedling. There are curly and flat leaf varieties.
Rosemary	Summer Fall	Long Harvest 1+ bundle/ week	Medium/ Large in mild climates	Perennial	T	Gorizia	Perennial herb. Difficult to start from seed, best to buy a seedling. Needs to come inside for winter in cold areas.
Sage	Spring Summer Fall Winter	Long Harvest 1+ bundle/ week	Medium/ Large, Depend- ing on variety	Perennial	T	Golden Tricolor	Perennial herb. Difficult to start from seed, best to buy a seedling. Lots of colorful varieties.
Tarragon	Spring Summer Fall Winter	Long Harvest 1+ bundle/ week	Large, Tall, spreading	Perennial	T	French	Perennial herb. Difficult to start from seed, best to buy a seedling.
Thyme	Spring Summer Fall Winter	Long Harvest 1+ bundle/ week	Small, Can spread	Perennial	T	Silver- edged Lemon	Perennial herb. Difficult to start from seed, best to buy a seedling. Lots of neat varieties!

*Most of these varieties can be ordered through Johnny's Selected Seeds, High Mowing Seeds, or Seed Savers Exchange

SIZE KEY:

Small = 6-12 inches

Medium = 2-3 ft.

Large = over 3 ft.