



# Edible Flint Garden Starters Kit: PLANTING GUIDE

## SEEDS

Vegetable	Variety	Seed Depth	Seed Spacing	Row Spacing	Days to Maturity	What to Harvest	Planting/ Harvest Tips
<b>Carrots</b>	Hercules	1/4" to 1/2"	1' between plants	12-18 in	65-70 days	remove the roots	thin seedlings; replant for multiple harvests
<b>Cilantro</b>	Calypso	1/4" - 1/2 in"	2 in	12 - 18 in	50-55 days (leaf)	leaves	leave for 90 days to harvest seed - coriander
<b>Cucumber</b>	Marketmore 76	1/2"	1' between plants	5 ft between rows	58 days	fruit	pick daily to encourage fruiting. Watch for fungus.
<b>Leaf Lettuce</b>	All Star	1/4" - 1/2"	3" wide bands	6 inches	28 days (leaf)	leaves	Cut multiple times with knife. Can be re-seeded
<b>Mustard Greens</b>	Green Wave	1/4"-1/2"	2 inch bands	1.5 feet btw rows	21 days (baby) 45 days (large)	lower leaves	watch for flea beetles - control with row cover.
<b>Green Beans</b>	Provider	1/4"-1/2"	2 inches	1' row space	50 days	fruit	harvest regularly to encourage fruiting
<b>Snap Peas</b>	PLS141	1/2"-1"	1.5"-3" rows	1.5' btw rows	64 days	fruit	provide trellis for plants to climb.
<b>Spinach</b>	Space F1 or Woodpecker	1/2"	2-4" wide band	12"-18" inches	50 days	leaves	sow in mid- to late summer for fall harvest
<b>Spaghetti Squash</b>	Spaghetti Squash	1/2"-1"	3 feet between plants	6 feet between rows	85 days	fruit	4-5 seeds can be planted in mounds that are 6ft apart
<b>Turnip</b>	Purple Top	1/2"	2" plant spacing	12" row spacing	50 days	greens summer/ roots fall	young greens can be harvested young to regrow
<b>Zucchini</b>	Tigress	1"-1.5"	2ft. Plant spacing	6ft row spacing	50 days	fruit	Water soil, not leaves, to prevent mildew

# TRANSPLANTS

2020



Vegetable	Plant Spacing	Row Spacing	What to Harvest	Planting/ Harvest Tips
<b>Tomato - slicing and cherry varieties</b>	18-36 in	24-48 in	fruit	Use a plant support, plant marigolds nearby to deter pests
<b>Peppers -all varieties</b>	18-24 in	24-48 in	fruit	Use a plant stake to keep vines off the ground harvest in the fall - protect from groundhogs with fencing
<b>Cabbage</b>	18-24 in	24-36 in	leaf head	harvest after frost for best flavor - leaves 8-10in.
<b>Collard Greens</b>	18-24 in	24-36 in	large leaves	leaves can be harvested as they are ready
<b>Kale</b>	8-12 in	18-24 in	leaves	
<b>Watermelon</b>	1ft between plants	5ft btwn rows	fruit	water in the transplants well

supporting Flint residents in growing and accessing healthy food, in order to reconnect with the land and each other.

## GLOSSARY OF TERMS

Term	Definition
<b>Compost:</b>	A soil amendment resulting from the decomposition of organic matter
<b>Hill:</b>	A mound of soil in which to plant seeds
<b>Mature size:</b>	The size the plant will be when it is finished growing
<b>Mulch:</b>	Any organic loose material placed over the soil to control weeds and slow moisture loss, usually made from leaves, grass clippings, bark or wood chips
<b>Planting Depth:</b>	How far down to place the seed from the top of the soil
<b>Row Spacing:</b>	How many inches or feet between rows of seeds or plants
<b>Seed/ Plant Spacing:</b>	How far apart the seeds/plants should be planted
<b>Trellis:</b>	A support structure for climbing plants, usually made out of wood or metal

