

1 Add Soil

Build your garden bed and add soil filling 7/8 of the container.



2 Sunlight

Place your garden bed in a location that has lots of sunlight throughout the day. The more sun the better.

- Note: In summer, midday heat can be too much for plants. During this season, find spots that don't receive sun in the middle of the day (about 12pm-4pm).



3 Loosen

When your garden bed is filled with soil make sure the soil is broken up and loosened. Be sure the soil is not overly packed in the container. The looseness of the soil is essential to plant growth.

Note: Prior to the planting date, water the soil slightly so the dirt settles. Do not soak or flood.



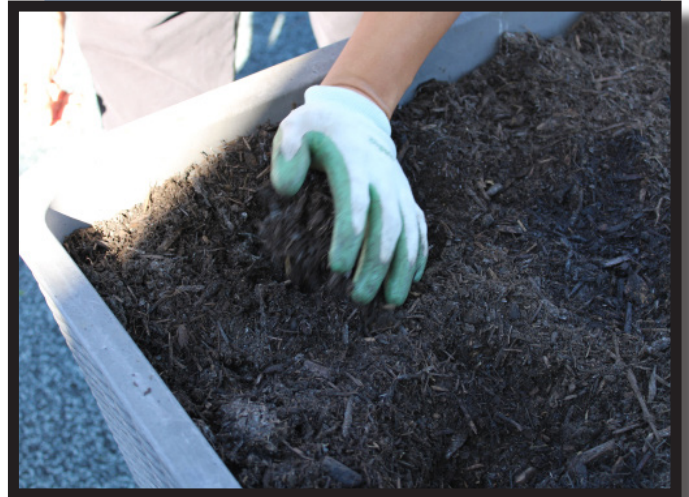
4 Plant!

Use the charts on the next page to identify when, where, and how to plant each specific fruit or vegetable. Then create holes in the dirt to place seeds (space seeds according to chart). Drop seeds in the holes and loosely cover with soil.



5 Water

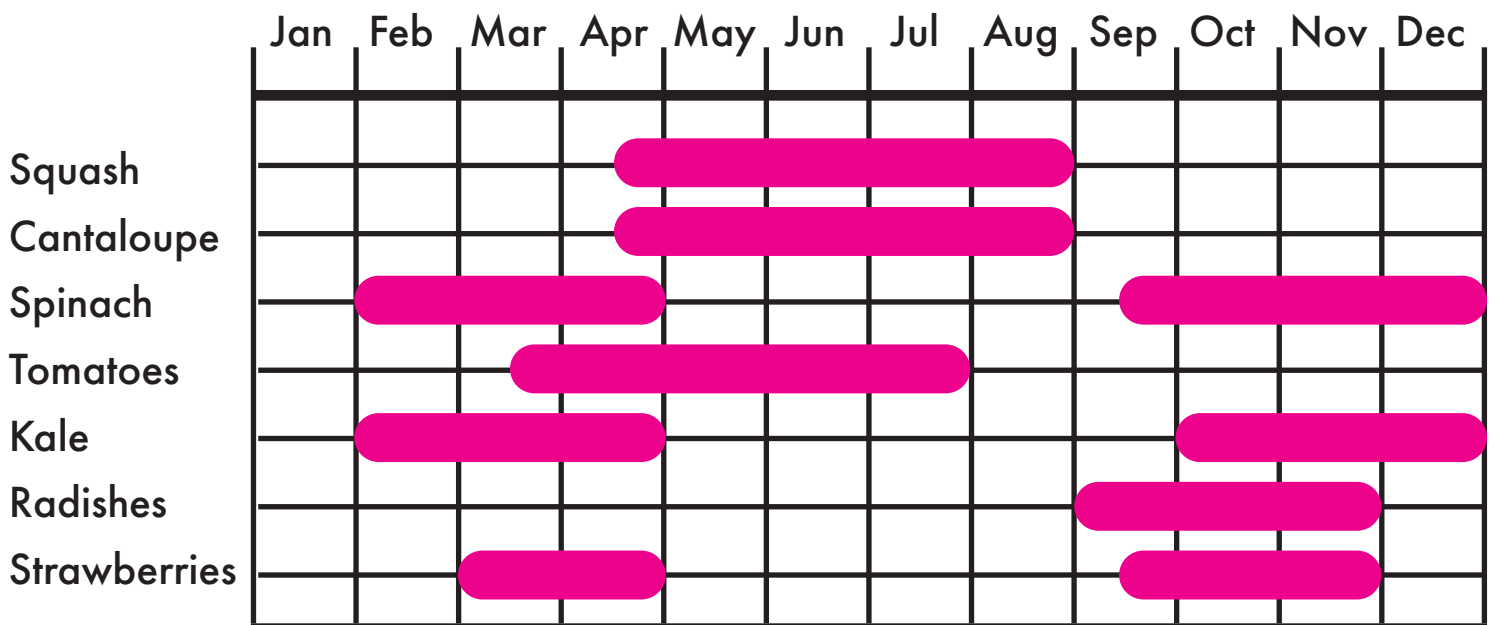
Next water soil generously but do not soak or flood the planter.



WHEN AND WHERE TO PLANT

It matters what time of the year you plant, how far apart you sow the seeds, and where you place your garden bed so that your fruit or vegetable gets the ideal amount and type of sun. Use the following charts as a guide to when, where and how to plant your fruits and vegetables.

Best Months to Plant

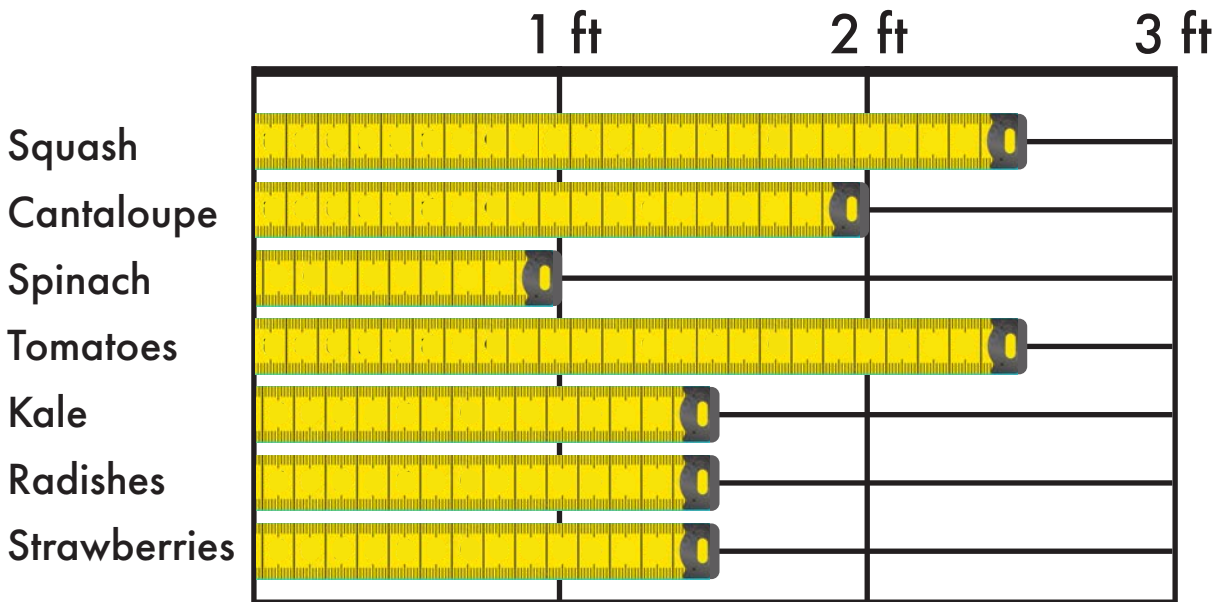


How Much Sun?



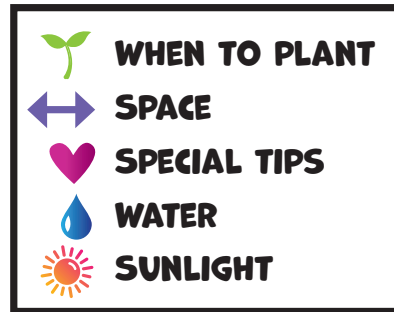
How Far Apart?

Planting Distance Between Seeds



DETAILED GUIDANCE

Cantaloupe




 Best planted during spring or summer.


 Providing space for vines is important.

 Special care:

- To prevent mildew, move vines every few days toward the direction you want them to grow. This will train your plant to continue growing in that direction.

 Water the stem of plant and avoid wetting the leaves to prevent burning the plant and/or mildew.


Kale

 Best planted/grown in cooler weather: late winter, early spring and through fall.


 This plant should be in direct sun but not too intense sunlight.


 Special care:

- Susceptible to mildew and being burned. Avoid watering leaves of plant to prevent mildew and leaf burn.

 Water every other day mid-morning for best results.

Radishes

 Best planted and grown in cooler months of the year--early spring and fall.

 Plant each seed 1 ½ feet to 2 feet apart.

 Special care:

- Radish is a root vegetable, so make sure soil is loosened to allow growth.

 Water every other day, making sure not to flood plant.

Spinach



Best planted in cooler weather - during fall, August through November or early spring mid-March through early April.



Plant in rows 1 ½ to 2 feet apart. Plant in a hole ½ inch deep.



Needs plenty of sun but not intense sunlight - indirect sunlight or partial sun is best as leaves can burn easily.



Special care:

- Thin gradually to 6 inches apart after they have begun to grow.
- Pick individual leaves or entire part of plant that sits above the soil.
- If planting by seed, seedlings should emerge in 7-14 days.



Water every other day at the base of the stem, not wetting the leaves.

Squash



Best to plant during spring or early summer - mid April through August



Prefers sunlight for most of the day - morning and evening sun.



Plant squash seeds 2 to 3 feet apart from one another.



Special care:

- This vegetable needs lots of room to grow. If growing squash plants close to one another make sure to trim leaves and stalks so that they are not touching. Be sure air is able to circulate around each plant. Lack of air circulation can cause mildew and potentially kill the plant.
- For squash to grow, it is essential for bees to pollinate the flowers. When the squash plant begins to flower, cut away any leaves that make it difficult for bees to access the inside of these flowers.
- Trim the leaves around the base of stem to promote upward growth.



Water the base of the stem and the surrounding soil - avoid watering leaves, which can cause mildew and increase the chance of burning its leaves.

Tomatoes



Tomatoes do best when planted in spring through early summer - they will thrive in warmer weather but not extreme heat.



This plant needs direct low-intensity sunlight for most of the day.



Special care:

- Tomato plants are susceptible to both mildew and burning from sun rays.



Water the stem of plant and avoid wetting the leaves

General Plant Care

Bugs:

- Make sure soil is not too damp for long periods of time; this will invite mosquitoes and other insects.

Mildew

- Damp soil can make plants more susceptible to mildew disease.
- Watch for powdery mildew on leaves. This can kill your plant and spread to other leaves or nearby plants.
- Remove leaves that are contaminated or have white spots on them--but only up to 35 % of the entire plant (taking off too many leaves can send your plant into shock).
- Watering every other day mid-morning is the best practice.
- When watering try to water soil directly and lightly so that it does not splatter soil on plant.
- Try to water the soil and stem of plant, avoiding the leaves of the plant.
- Water that does not dry can turn into mildew and cause infection or kill your plant.

Burning

- Water on leaves can magnify the intensity of sunlight and burn your plant.
- Using mulch can prevent soil and water from splattering the leaves, helping to prevent mildew and burning.