

THE CALFRESH HEALTHY LIVING GARDENING GUIDE

This guide is an introduction to the basics of gardening and includes general tips in addition to detailed guidance for growing specific fruits and vegetables. Designed for preschool teachers at The Children's Collective, Inc., this guide is a great accompaniment to the *Grow It, Try It, Like It!* nutrition and gardening curriculum.

GETTING STARTED WITH SEEDS

1 Add Soil

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



2 Sunlight

Depending on the needs of your plant(s), place your garden bed in a location that has adequate amounts of sunlight and/or shade.

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



3 Loosen

Make sure the soil is loose and not overly packed in the container, garden bed, or ground. 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.



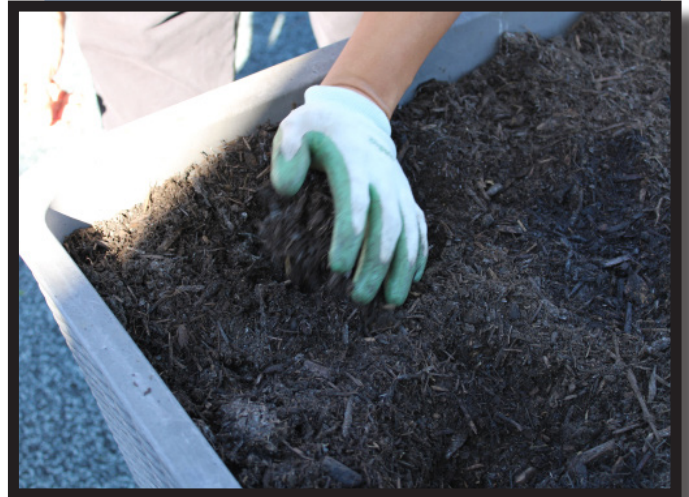
4 Plant!

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

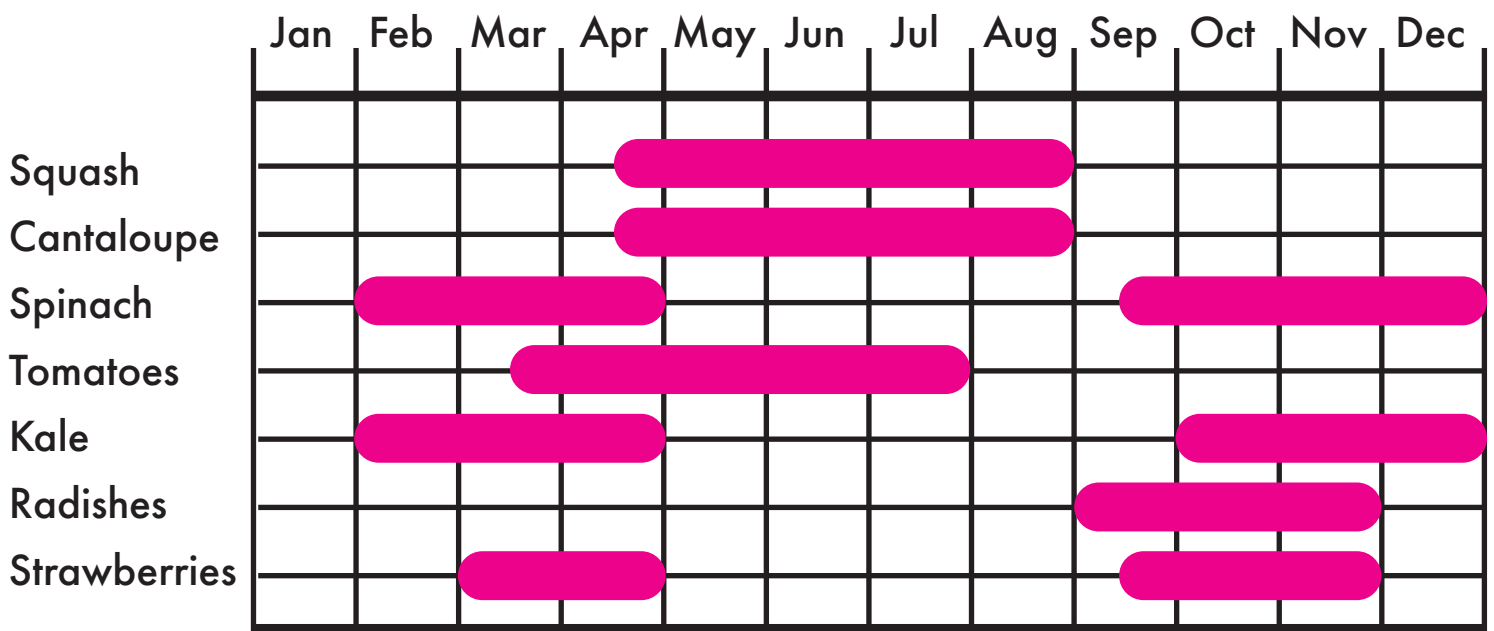
Next water soil generously but do not soak or flood the plant.



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

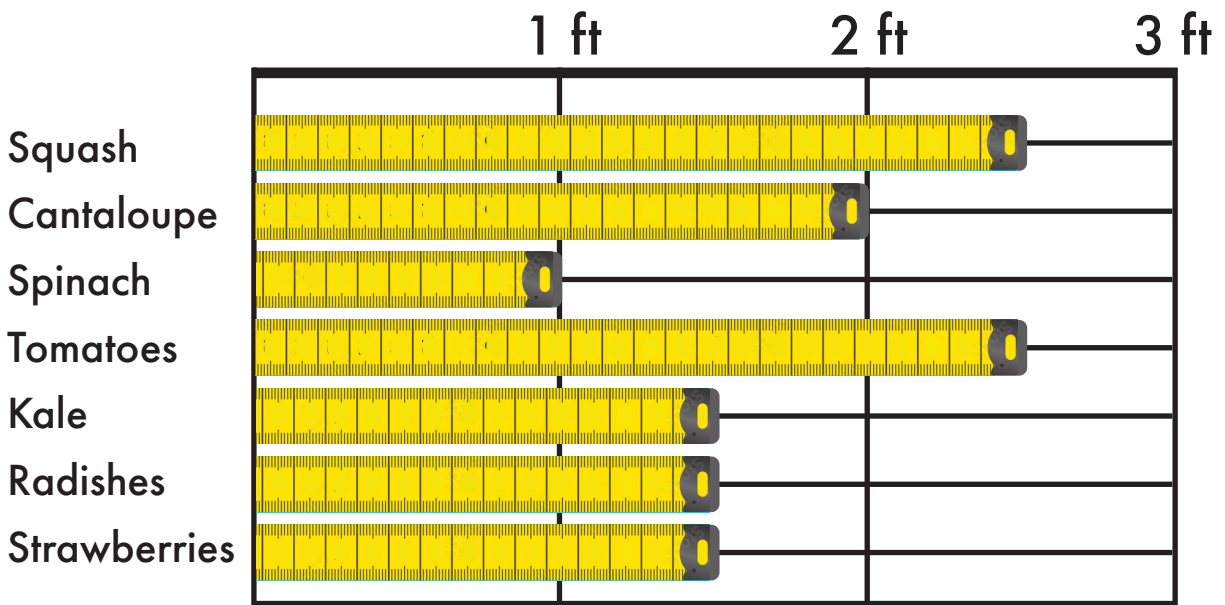


How Much Sun?








How Far Apart?

Planting Distance Between Seeds



DETAILED GUIDANCE

	WHEN TO PLANT
	SPACE
	SPECIAL TIPS
	WATER
	SUNLIGHT

Cantaloupe



Best planted during spring or summer.



Needs full sun - at least six hours of direct sunlight each day.



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 grown in cooler weather - late winter, early spring, and 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 grown in cooler weather - early spring and fall.



Needs full sun - at least six hours of direct sunlight each day



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 grown in cooler weather - during fall, August through November or early spring mid-March through early April.
-  Needs plenty of sun but not intense sunlight - indirect sunlight or partial sun is best as leaves can burn easily.
-  Plant in rows 1 ½ to 2 feet apart. Plant in a hole ½ an inch deep.
-  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.
-  Water every other day at the base of the stem not wetting the leaves.

Squash

-  Best planted during spring or early summer.
-  Prefers sunlight for most of the day - morning and evening sun.
-  Plant seeds 2 to 3 feet apart from one another.
-  Special care:
 - Squash needs lots of room. If growing plants close together, trim leaves and stalks so they are not touching. Air must circulate to prevent mildew.
 - For squash to grow, bees must pollinate its flowers. When flowering begins, cut away leaves that make it difficult for bees to access inside of flowers.
 - Trim leaves around base of stem to promote upward growth.
-  Water base of stem and surrounding soil - avoid watering leaves, which can cause mildew and increase the chance of burning its leaves.

Tomatoes

-  Tomatoes do best 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 sunburn.
-  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).
- Water that does not dry can turn into mildew and cause infection or kill your plant.
- Watering every other day mid-morning is the best practice.
- Try to water the soil and stem of plant, avoiding the leaves of the plant.
- Water soil directly and lightly so that it does not splatter soil on plant.

Burning

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