

OUR FOOD – WHERE DOES IT COME FROM?



Much of the food we eat comes from gardens. Gardens come in all shapes and sizes. We can have a small patch in our backyard, but a large farm may have a garden that's hundreds of acres.



THE GOOD THING is that ANYONE can grow a garden – even on a small patio!

What can you find in a garden? Tomatoes, corn, green beans, lima beans, broccoli, squash, onions, eggplant, zucchini, cauliflower, pumpkins, and much, much more.

How big should your garden be? That's totally up to you. You can grow one plant in a pot inside your house, you can have several plants on your patio, or you can fill an entire field. Most people use a small area of land behind their house. Start small and try a variety of vegetables.

You'll enjoy watching them grow and they'll be easier to care for.

Let's assume you will have a small area in your backyard for a garden. Before you think about planting, you should try to answer these questions:

Thinking Organic?

There are things you need to know. Go to our website, www.kyproud/readyssetgrow, for links to organic gardening information.

- How large do I want to make my garden?
- Does the area get eight hours of sun every day? Most plants do not grow well in the shade and need plenty of sunlight.
- Is the area flat with plenty of space?
- Is the area well drained?
- Is water nearby, so you're able to water the garden from time to time?
- Do you know what you would like to plant and when? Different seeds should be planted at different times, based on the weather and how long they take to grow.

TYPICAL PLANTING TIMES FOR SOME GARDEN VEGETABLES

Radishes

Several plantings, 7 to 10 days apart, are possible. Radishes pass peak quite quickly, so several plantings are needed to provide high-quality radishes throughout the spring and early summer. Several fall plantings can be made in August and September.

Lettuce

Sow seeds in early spring. Lettuce flowers and turns bitter with the onset of hot weather. Fall plantings can be made in August.

Onions

Sow seeds as soon as the ground can be worked in spring for mature (storage) onions. Plant sets and transplants in spring.

Spinach

Sow seeds in early to mid-April. Leaves develop bitter flavor and plants make seed heads with the onset of hot weather. A fall crop may be planted about August 10.

Cabbages

Set out transplants any time from early April to mid-June. Early maturing types may be planted in early August for fall crop.

Broccoli

Set out transplants in early to mid-April. Broccoli is sensitive to hot weather and grows better in cooler temperatures.

Carrots

Seed early or any time during spring and summer. Carrots seeded as late as August 1 may produce full-sized roots by fall.

Potatoes

Best planted in early to mid-April; a long growing season is need to produce full-sized tubers.

Beans (Snap)

Plant any time after May 5. Most varieties will keep producing if they are kept picked. Last practical date for planting is August 1.

Corn (Sweet)

Plant when soil temperature reaches 60 degrees Fahrenheit or any time thereafter. Last practical date for planting an early variety is July 1.

Tomatoes

Plant seedlings in mid-May. Last practical date for planting tomatoes is June 20.

Peppers

Plant seedling in mid-May. Last practical date for planting peppers is June 20.

Squash

Seed mid-May. If harvested every other day, plants will keep producing until frost. Last practical date for seeding is July 20.

Cantaloupe

Seed mid-May. There are various differences in length of time from planting to harvest. Last practical date to sow seeds of early maturing varieties is June 20.

AS YOU GET READY TO PLANT:

- Choose an area facing south or southeast to get the most sun.
- Remove all grass and weeds from the area.
- If possible, have your parents help you get a soil test. That will help you know how much plant food you may need to add. You can get soil tests through your local county extension office.
- Avoid planting in low areas, such as the bottom of a hill.
- Till the soil to get it loose for planting. You should have loose dirt that you can scoop up in your hands. If you grab a handful and it clumps, it's too wet.
- Plant away from trees, buildings and fences that could shade your garden.

Remember: the closer your garden is to your house or school the more you will use it!