



6 MOST POPULAR SPRING VEGETABLES

(and how to grow them)



from Kansas City Community Gardens



1 broccoli

plant

- March 20 to April 10 (in Kansas City)

- * **Transplants** (recommended) - Plant outdoors 15"-18" apart in rows 15"-18" apart
- * **Seeds** (not recommended) - Start indoors under lights 5 to 7 weeks before the outdoor planting date



4 ft

12 ft



What is mulching?

Mulching is spreading a material around a plant to insulate the soil

care

- * Water when the top couple inches of soil dry out (every 4-7 days usually)
- * **Mulch** plants with straw or cotton burr compost to keep soil moist and prevent weeds
- * If small green caterpillars (cabbage loopers) are eating your broccoli leaves, shake some organic Dipel Dust on the plants!



harvest

- * Harvest the broccoli when heads are fully expanded (before they flower and go to seed!)
- * Cut off the center head of the broccoli stalk at an angle. After the main stock is cut, broccoli shoots may form on the side of the plant.

2 lettuce

plant

- March 15 to April 20 (in Kansas City)

* **Seeds** - Plant seeds in rows 4-6" apart, then thin seedlings to 2-3" apart.

* **Transplants** - Plant outdoors 10-12" apart in rows 10-12" apart
12 ft



4 ft



care

* **Seeds** - Water the seeds regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate.

* **Young seedlings** - Water when top 1 inch of soil dries out.

* Mulch plants with cotton burr compost or straw.

* Water more deeply once plants grow 1 to 2 inches tall.

harvest

* Harvest individual lettuce leaves after they are 4 inches or longer. Take leaves from the outside of the plant while leaving the inner, smaller leaves so that they continue to grow.

* Harvest heads of lettuce when they are 10-12" in diameter.

* Be sure to harvest your lettuce before it goes to seed, or bolts, during hotter months. After it bolts, the lettuce becomes very bitter and inedible.

* Do not wash lettuce until right before preparing it. Store in the refrigerator for up to a week.

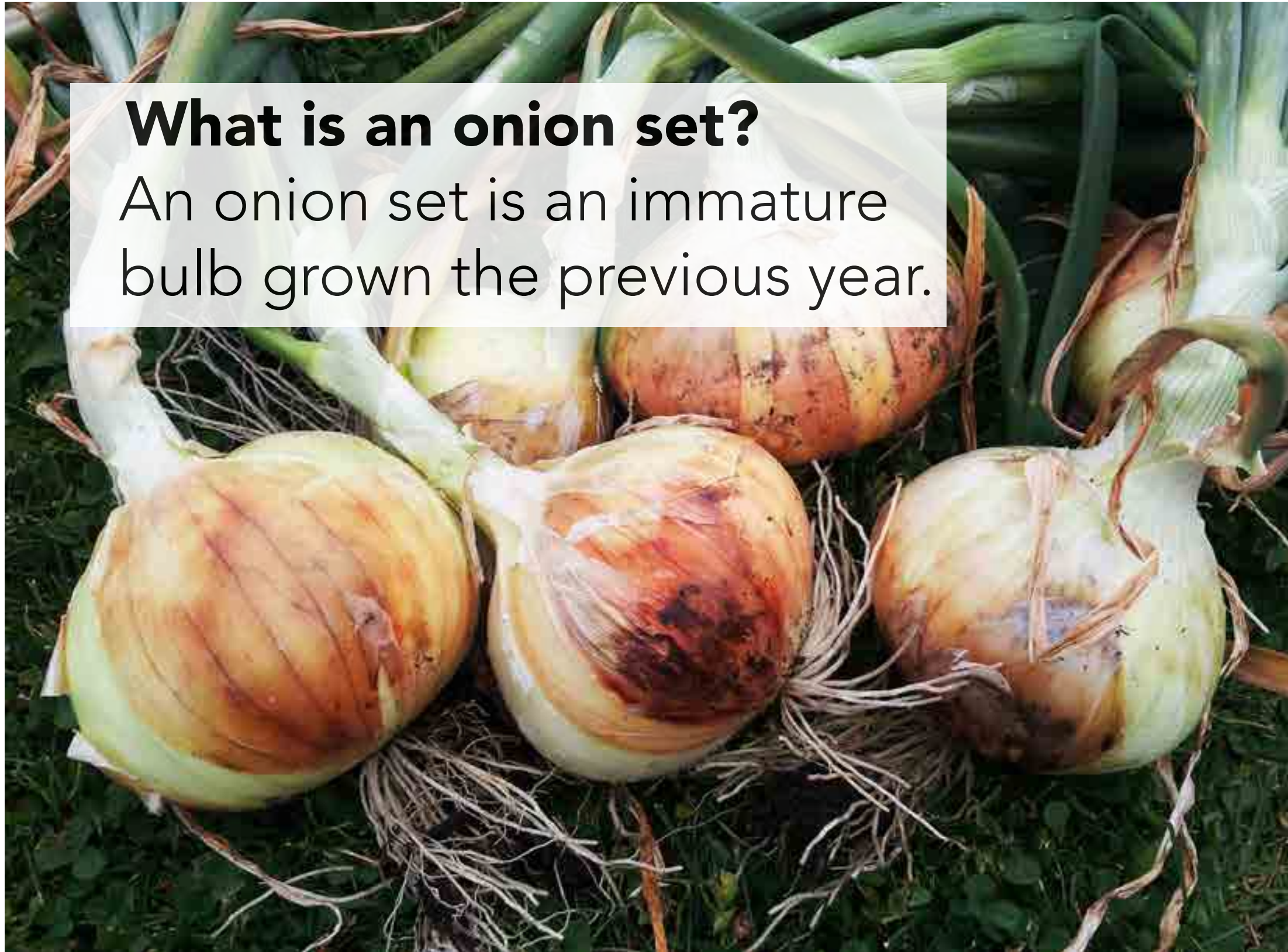


3 onions

plant - March 15 to April 15 (in Kansas City)

What is an onion set?

An onion set is an immature bulb grown the previous year.



* **Sets** (to grow green onions)

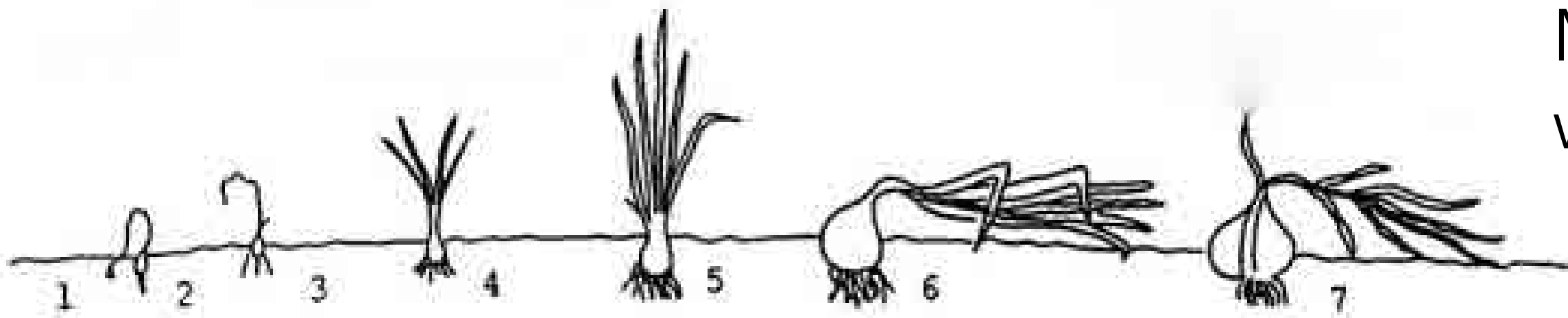
Plant the set with the root end down about half an inch deep with the tip of the set sticking out of the ground. The sets should be planted in rows spaced 2-3" apart.

* **Plants** (to grow onion bulbs)

Plant 1 inch deep with the root end facing down. The plants will stick out of the ground about 4-6" apart. The plants should be planted in rows spaced 4-6" apart.

* **Seeds** (not recommended)

May start indoors under lights 8 to 10 weeks before the outdoor planting date.



care

- * Water at time of planting
- * Continue to water as soil dries out.
- * Mulch plants with cotton burr compost or straw to keep the soil moist!

harvest

* **Green Onions** - Green onions can be harvested at any stage but are best when young and tender. If kept in the ground longer, the onion will continue to grow.

* **Onion Bulbs** - When about half of the plant tops have folded over, leave them in the ground for another 10 days. Then, pull the plant and bulb from the ground. Let them sit in the sun to dry for a day or so; then move them to a warm, dry place to fully cure—usually one or two weeks. Once dried, onions can be stored in a cool, dry place for months. Make sure the skin around the onions stays on, as this prevents rot.



4 potatoes

plant - March 20 to April 10 (in Kansas City)

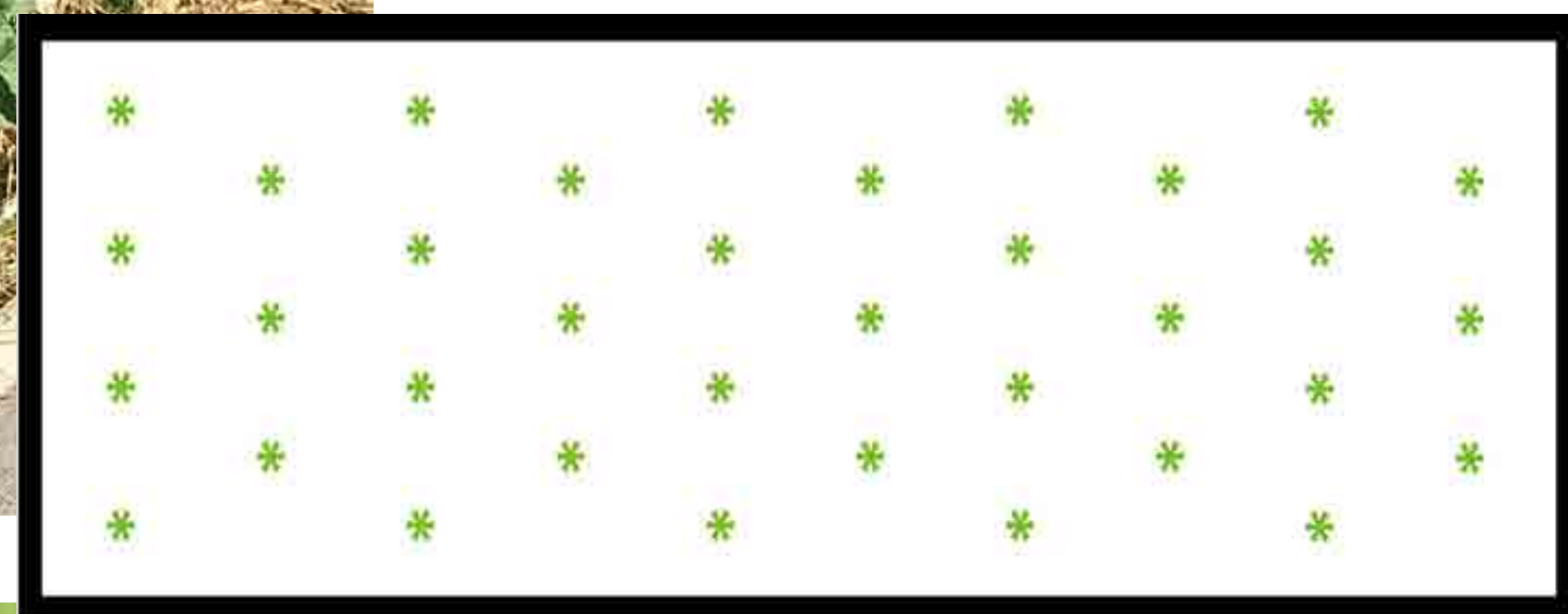
- * Cut a sprouting potato into 4 pieces, making sure each piece has a sprout. Each piece should be about the size of a ping pong ball.
- * Dig holes 12" apart and about 4-5" deep. Place the potato in the hole with the sprout pointing up. Cover the hole with loose soil.



care

- * Water when the top 2 inches of soil dry out.
- * Mulch plants with straw.
- * As the plants sprout and grow, mound the dirt around the stem of the plant by gathering soil around it. Do this 2 or 3 times during the growing season.

12 ft



harvest

- * Potatoes are ready to be harvested when the plants are about 1.5 to 2 feet tall and the top leaves start to turn yellow and brown.
- * When this happens, pull the plant out of the ground and use a trowel or potato fork to dig around for potatoes - there should be about 4-6 potatoes per plant. Make sure to dig deep!
- * Store potatoes in a cool, dry, dark place.



5

sugar snap peas



plant - March 15 to April 5 (in Kansas City)

* Plant seeds 3-4" apart in rows that are 3-6" apart.

care

* Water seeds regularly with a gentle spray to keep the soil moist.

* After germination, thin the seedlings so they are 4" apart.

* Water when the top 1 inch of soil dries out.

* Mulch plants with straw or cotton burr compost to keep the soil moist.

* Some varieties grow higher than 2 ft and need a trellis. KCCG has a snap pea variety that grows about 1.5 ft in height and does not need one.



What is a trellis?

A trellis is a framework of light wooden or metal bars used as a support for climbing plants.



harvest

* Pinch snap peas off just above the pod once they are 1.5-2" in length and you can feel the pea starting to form inside the pod.

* Snap peas planted in the spring will die out as temperatures heat up, around mid- June. Make sure to harvest your snap peas before this point.

* Store snap peas in the refrigerator for up to one week.

6

carrots



plant - March 15 to April 5 (in Kansas City)



- * Sow seeds in shallow rows that are 2-4" apart. Cover the seeds with a half inch of soil.

care

- * It is crucial to water carrots everyday the first two weeks to ensure germination.
- * After germination, thin the plants so they are 2-3" apart.
- * Mulch plants with straw or cotton burr compost to keep the soil moist.



harvest

- * Harvest carrots about 50-65 days after germination and you can see the top of the carrot peaking out of the ground.
- * If you are not sure how big your carrots are, dig one up and take a look. Carrots should be at least 6 inches tall and the thickest part of the carrot should be at least 3/4 inch in diameter.
- * Lightly wash carrots with water and cut off the leaves, leaving about an inch of the stalk.
- * Store in the refrigerator for up to 2 weeks.
- * If you don't want to harvest all the carrots at once, they may also be kept in the ground and pulled up once you are ready to eat them.