

SPIRIT OF GARDENING

Vegetable Information

BASSICA FAMILY:

BROCCOLI, BRUSSEL SPROUTS, CABBAGE, CAULIFLOWER, KALE AND KOHLRABI.

All these vegetables belong to the same family so have the same cultural requirements:

full sun

rich, moist well-drained soil

amend soil with compost or well-rotted manure annually

keep well watered especially when fruit development begins

keep weed free

plant outdoors when chance of frost has past

use a transplant fertilizer (10-52-10) for 3 weeks after planting then

use an all purpose (20-20-20) or a vegetable fertilizer (15-15-30)

BROCCOLI

- cut off central head along with 5-6" of stem when it is fully developed but before it begins to loosen or flower
- side shoots will develop enabling you to harvest over a longer period

harvest during the coolest parts of the day

40 days to harvest

BRUSSEL SPROUTS

- slow growing, long season vegetable
- matures in the fall during cooler days
- pick or cut sprouts from the stem when they are firm and round
- a light frost will improve flavour

90-100 days to harvest

CABBAGE

- many different varieties
- harvest at any stage - before heads split or become damaged
- sometimes during exceptional seasons a second crop will be produced

80-100 days to harvest

CAULIFLOWER

- cool weather crop, a little more difficult than other vegetable crops
- heads will be compact, very firm and white when ready to harvest
- harvest when slightly immature by cutting the main stem
- very important to keep well watered throughout the season

55-60 days to harvest

KALE

- adaptable crop that will tolerate a range of temperature and poor soils
- harvest when leaves are 15cm high
- young leaves have the best flavour
- better flavour after a couple of frosts

55 days to harvest

KOHLRABI

- similar to a turnip
- harvest when they are midway between the size of a golf ball and a tennis ball (2" in diameter)

40-60 days to harvest

Vegetable Information

CELERY

- a lot of work involved with this crop, need a long growing season
- sunny location
- rich, moist, well-drained soil, amend soil with compost or manure annually
- water and fertilize regularly throughout the growing season
- keep area weed free
- transplant outdoors once chance of frost has past
 - will tolerate a light frost

Planting:

dig a trench 5cm deep and space plants 20cm apart

Harvesting:

can harvest outer stalks and leaves throughout the season, just don't take more than a quarter of the growth

when ready to harvest, cut entire plant just above the base of the roots

90-120 days to harvest

ZUCCHINI

- full sun, moist, well-drained soil in a sheltered location
- amend soil with compost or manure annually
- keep well watered and fertilized

Planting:

plant outdoors when danger of frost has passed

Harvesting:

regular harvesting encourages continued production harvest when fruit is young and small (10-20cm) for best flavour.

50-55 days to harvest

ASPARAGUS

- requires more care than most vegetables in your garden
- full sun
- rich, moist, well-drained soil
- amend soil with compost or manure
- add a handful of bone meal per plant when planting

Planting:

- dig a trench 15-25cm deep in rows 60-90cm apart
- add a handful of bone meal per plant
- spread roots out and space plants 30cm apart
- cover roots with no more than 10cm of soil
- gradually fill trench as plant grows
- apply a starter fertilizer (10-52-10) after planting and repeat application at 1 week intervals for 3-4 weeks using half the recommended rate
- water regularly

Harvesting:

pick as required

minimum 3 yr old before harvesting begins

cut spears 15-20cm long and about the thickness of your finger

cut with a sharp knife below the soil level - do not damage immature spears

avoid over harvesting as this reduces next year's yields

1st yr harvest only 2-3 wks, 2nd yr harvest no more than 3-4wks and after that 4-6wks

ARTICHOKE (JERUSALEM)

- different from a common artichoke, but its consistency and flavour of the cooked tubers resemble the flavour of an artichoke --easy to grow
- require a sunny location
average well-drained soil
harvest in the fall

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PEPPERS

- two types sweet and hot
- full sun and in a sheltered site - at least 6 hours of sun a day
- amend soil with compost or manure annually
- water and fertilize plants on a regular basis

Planting:

plant outdoors after danger of frost has passed
start seed indoor in March. Plant slightly deeper than plant was in the containers
plant 35cm apart

Harvesting:

pick fruit when they appear to be ripe
green peppers are usually harvested when they reach 6-9cm long or left to ripen to red or yellow
hot peppers can be picked any time.
60-80 days to harvest

LETTUCE

- one of the easier vegetables to grow
- full sun to part shade, moist, well-drained soil
- amend soil with compost or manure annually

Planting:

plant from early spring to the beginning of July
avoid watering late in the day

Harvesting:

ready to be harvested as soon as a firm heart has formed
simply cut head off
harvest in the morning when leaves are crisp
pick only as much as you can use or need
in containers - cut to about 2.5cm from soil level and a second crop will be produced
50-90 days to harvest

LEEKS

- full sun, rich, moist well-drained soil
- amend soil with compost or manure on annually

Planting:

dig a shallow trench (1cm) and place plants 5-10cm apart as plants grow, fill in the trench

Harvesting:

gently lift plants in the fall being careful not to wrench plant out of the soil
harvest leeks when they are on the small side for best flavour
OR
dig up leeks soil and all and place in a cardboard box (soil, root and all)
keep them in a cold room or garage and harvest them as needed
105 days to harvest

CUCUMBERS

- full sun, sheltered area with climbing support
- rich, moist, well-drained soil
- amend soil with compost or manure annually
- plant outdoors when chance of frost has passed
- mulch around the base of the plants

Planting:

plant and maintain cucumber crops late in the day when soil is warm and leaves are dry, plant in hills 30cm apart
feed every two weeks with a vegetable fertilizer (15-15-30)

Harvesting:

pick off the first fruit when it reaches 6cm in length this encourages a better yield
harvest fruit it reaches a reasonable size and sides are parallel
harvest on a regular bases so production continues, it will cease if the fruit is allowed to mature and turn yellow on the vines
70 days to harvest