



# GARDENS THAT FEED

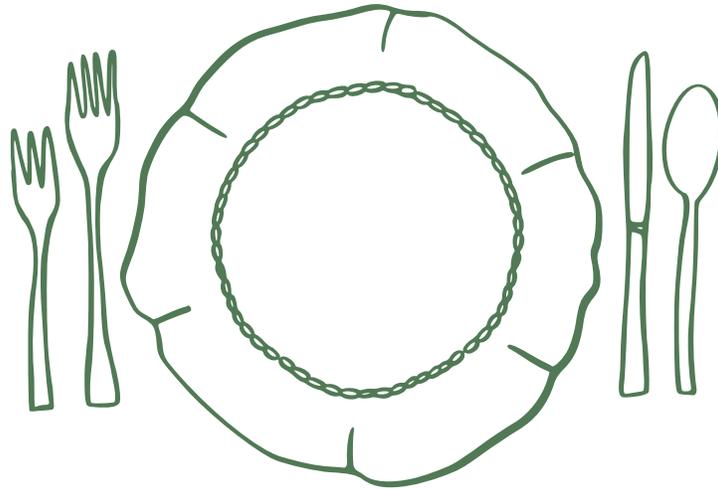
PLANNING FOR SPRING

*Find a place under the sun.  
Set your spring table.  
Watch plants become friends.*

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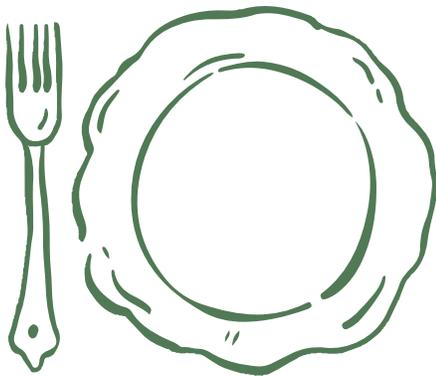
# PLANNING YOUR CHILD'S GARDEN BED

Instead of planting in rows, you 'set the table.'



## LARGE PLATES = Large Plants

Think large plants belong on a "LARGE Dinner Plate",  
allowing for 1 - 3 plants per garden bed.

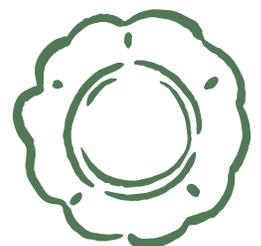


## MEDIUM PLATES = Medium Plants

Think medium plants belong on a "MEDIUM salad plate",  
allowing for 4-6 plants per garden bed.

## SMALL PLATES = Small Plants

Think small plants belong on a "SMALL bread plate",  
allowing many plants to be tucked everywhere.



# EXAMPLES OF WHAT TO GROW

Depending on the size of "plate" and time of Spring.



## SOIL PREP

- Use organic garden soil
- Raised bed mix
- Potting soil for containers
- Mix in compost

	EARLY SPRING	MID-SPRING	LATE SPRING
LARGE PLATE (Large Plants)	Sugar Snap Peas (with trellis)	Cabbage	Cherry tomatoes
MEDIUM PLATE (Medium Plants)	Spinach	Beets	Snow Peas
SMALL PLATE (Small Plants)	Radishes	Carrots	Nasturtiums (edible flowers!)
YOUR GROWING PLAN	<p>Replant radishes every 10-14 days.</p> <p>When spinach bolts → replace with bush beans.</p> <p>After peas finish → plant cucumbers in their place.</p>	<p>Re-seed carrots once more before summer.</p> <p>Replace harvested beets with basil.</p>	<p>Tuck basil anywhere there's open soil.</p>

The term, "bolts" means the plant shifts from "grow food" mode to "make seeds" mode.

# WHAT TO GROW • MORE OPTIONS

## Plant Families, Facts and Plate Size



SMALL PLATES



MEDIUM PLATES



LARGE PLATES

FAMILY TYPE	BEAN FAMILY	SQUASH FAMILY	ONION FAMILY	CARROT FAMILY	CABBAGE FAMILY	TOMATO FAMILY	SUNFLOWER FAMILY
ACTUAL NAMES	Legumes	Cucurbits	Alliums	Umbellifers	Brassicas	Nightshades	Aster Family

### FUN FACTS

Make pods + help feed the soil

Big leaves + vining plants

Smell like onion when crushed

Lacy leaves + umbrella-shaped flowers

Cool-season crops with 4-petal flowers

Love heat + often have star-shaped flowers

Flower heads made of many tiny flowers

Sugar Snap Peas	Cucumbers	Onions	Celery	Broccoli	Jalepenos	Sunflowers
Snow Peas	Butternut Squash	Garlic	Parsley	Cabbage	Bell Peppers	Zinnias
Edamame	Pumpkins	Leeks	Dill	Kohlrabi	Eggplants	Black-eyed Susans
Green Beans	Zucchini	Shallots	Cilantro	Kale	Potatoes	Lettuce
Lima Beans	Spaghetti Squash	Chives	Carrots	Raddish	Cherry Tomatoes	Marigolds

### HOW DO I SAY THAT WORD?

Legumes  
(LEH-goomz)

Cucurbits  
(KYOO-ker-bits)

Alliums  
(AL-ee-umz)

Umbellifers  
(um-BELL-ih-fers)

Brassicas  
(BRASS-ih-kuhs)

# WATCH PLANTS BECOME FRIENDS



## COMPANION PLANTING

Focuses on planting two different types of plants together to form 'friendships'.



## INTERPLANTING

Focuses on planting two different types of plants together by filling empty space so nothing is wasted.

## WHAT THIS MEANS

- Planting different kinds of plants close together so they help each other grow
- Mix tall plants and short plants
- Mix fast-growing and slow-growing plants
- Plants help protect the soil
- Plants attract helpful bugs, or deflect pests.
- Use all the space while plants grow.



## TOMATOES + MARIGOLDS

- Tomatoes love sunshine.
- Marigolds help keep bugs away.
- They protect their tomato friends.

"Marigolds are the bodyguards."



## LETTUCE + TOMATOES

- Lettuce grows low and fast.
- Tomatoes grow tall and slow.
- Lettuce is harvested before tomatoes take over.

"Small first, big later."



## CARROTS + ONIONS

- Carrots grow underground.
- Onions smell strong.
- The onion smell helps confuse carrot bugs.

"They help each other hide."



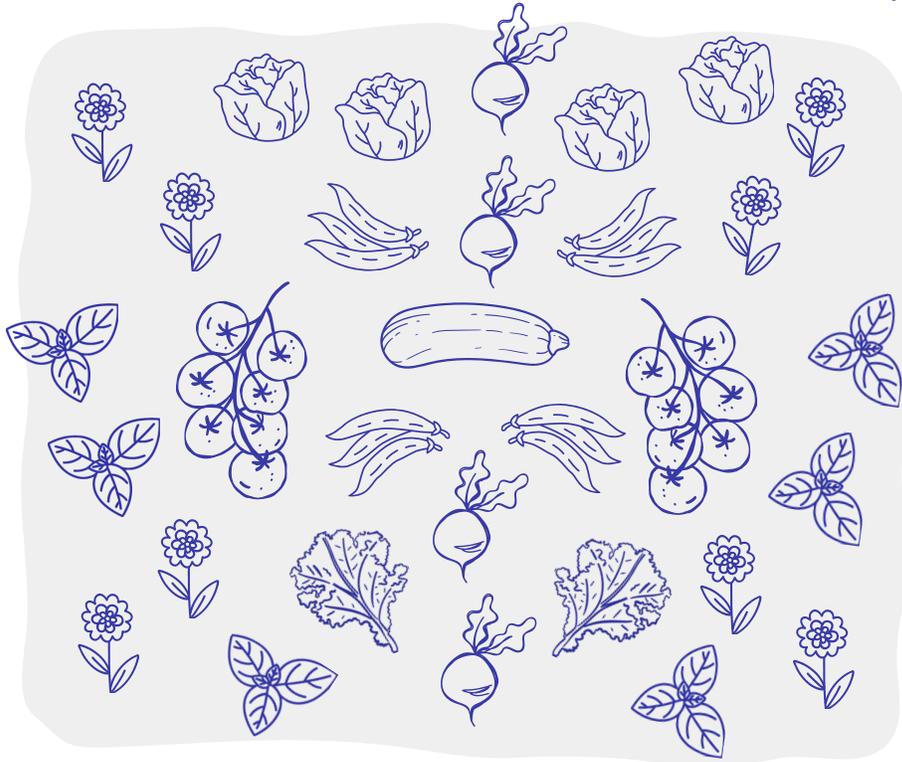
## SPINACH → BUSH BEANS

- Spinach grows in cool weather.
- When it gets hot, spinach is done.
- Then bush beans take its place.

"One plant finishes, another begins."

# SAMPLE GARDEN PLANS

All things considered. Set the table. Make friends.



## LARGE GARDEN BED

- (2) Cherry Tomato plants
- (1) Zucchini
- (4) Bush Green Beans
- (2) Kale plants
- Marigolds (near tomatoes)
- Basil (near tomatoes)
- Radishes (between kale early season)
- Lettuce (front edge)

## MEDIUM RAISED BED

- (1) Cherry Tomato plants
- (3) Kale plants
- (1) Bell Pepper
- Carrots
- Cilantro (edges)
- Basil (edges)
- Merigolds (near tomatoes)



## SMALL CONTAINER

- (1) Cherry Tomato
- (1) Pepper
- (1) Kale
- Cilantro (edges)
- Marigolds