

March Easy Edible Gardening

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Organic Checklist

Build healthy soil
 Work with nature
 Right plant, right place, right time
 Encourage biodiversity
 Use the least toxic approach
 Water wisely
 Conserve resources
 Learn as you grow

It's time to plant!

Sowing seeds in the ground, growing your own starts vs buying starts

Cool Season Vegetables

40°-60° F, 45°-50° F Soil temp.

Sow indoors to transplant in February and March. Transplant kale and lettuce to garden 4 to 6 weeks after sowing. Transplant to the garden: onions mid-March through April and leeks mid-March through mid-May.

Kale Lacinato, black, Tuscan or dinosaur, Giant Walking Stick

Lettuce Breen –romaine, Australian Yellow –leaf, Mottistone -crisphead
 Speckles or Red Cross -butterhead

Onions Rossa di Milano, Ailsa Craig, Pacific Pearl, Heshiko

Leeks King Richard, Giant Musselburgh

Peas Taichung 11, Cascadia, Melting Mammoth, Opal Creek Yellow Podded

Collards & Sprouting Broccoli

Spinach and Cilantro

Cool to Warm Season Vegetables Direct sow April through early June; July through late August

Carrots Dragon, Romeo, French Market, Mini Sweet (Kitazawa)

Beets Bull's Blood, Chioggia, Flat of Egypt

Warm Season Vegetables

60° F or warmer, 55°-60° F Soil temp.

Sow indoors to transplant from late February through late March; transplant under cloche late May to early June.

Tomatoes

Chadwick's Cherry, Peacevine, Gill's All-purpose, Glacier, Debarao, Burbank

Peppers Czech black, Hot Portugal, Jimmy Nardello, King of the North
Cucumbers Suyo Long, Lemon, Mexican Sour Gerkin, Double Yield
Summer Squash Tromboncino, Cocozelle, Costata Romanesco

Indoor growing tricks

Set up an indoor growing area where plants can grow for a few months. Prepare for mess. Water should be close by.

Tips for indoor growing

- Hang lights 2-3" above potting soil or plant starts
- Set lights on a 12-hour timer
- Use fresh potting soil or sterile seed starting mix
- Sanitize recycled pots in a mild bleach solution
- Use a small fan for air circulation
- If seedlings become leggy – start again
- Keep seeds moist until they sprout, then check water daily

Planting seeds

All seeds are planted to a depth of 2-3 times the thickness or diameter of the seed. Germination test for old seeds.

When to start seeds for transplanting

Sow seeds about 4-8 weeks before transplanting.

Soil prep – beds and containers

Test for soil moisture before digging – add compost and cultivate. Add compost to containers and fill with soil if needed.

Cool weather tips

Warm things up with simple season extension – floating row cover, warm microclimates, cloche or hoop house

Favorite Potting Soils

Gardner and Bloome Blue Ribbon Blend Potting Soil
Cedar Grove Potting Soil
Black Gold Potting Soil (too rich for starting seeds)

Supplies

Steuber Distributing Company, Snohomish, WA, (800) 426-8815,
www.steuberdistributing.org
Peaceful Valley Farm Supply, Grass Valley, CA, (888) 784-1722,
www.groworganic.com
A. M. Leonard, Horticulture Tool Supply Co., www.amleo.com

Seed Sources (short list)

Adaptive Seeds www.adaptiveseeds.com

Deep Harvest Seeds www.deepharvestfarm.com

Kitazawa Seeds www.kitazawaseed.com

Territorial Seed Company www.territorialseed.com

Uprising Seeds www.uprisingorganics.com

Resources

The Garden Hotline (206) 633-0224 or <http://gardenhotline.org/question/>

Books

Maritime Northwest Garden Guide, 2nd ed., Lisa Taylor, Seattle Tilth, 2014.

Your Farm in the City, Lisa Taylor, Black Dog and Leventhal, 2011.

Cool Season Gardener, Bill Thorness, Skip Stone, 2013.

Edible Landscaping, Rosalind Creasy, 2010

Growing Vegetables West of the Cascades, Steve Solomon, Sasquatch Books, 2007.

Winter Gardening in the Maritime Northwest, Binda Colebrook, New Society, 2013.