

Growing Vegetables

Growing a vegetable garden is fun, easy and rewarding. Fresh-picked, home-grown vegetables and fruits simply taste better and are more nutritious than what is available in grocery stores. When starting your vegetable garden, choose a sunny location where the soil is well drained. If the soil is heavy, add organic matter such as planting compost, organic fertilizers and lime if needed to adjust the pH. There are cool-season vegetables that can be planted outdoors beginning in late March through early May, and warm-season vegetables that can be planted anytime after the first week of May. Cool season vegetables will be harvested late June through July and if you want a fall harvest these plants can be planted again in June through mid-August for harvest in October and November.

Soil Prep: Prepping the soil is crucial to the success of the garden and will pay off with a great harvest. Check the pH of the soil, veggies prefer an average of 6.5. If your soil tests below 6.0 add lime to bring the pH up. Add organic matter such as EB Stone compost and work it into the soil, in a ratio of one 1.5 cu. ft. bag for every 50 square feet. We recommend also using a starter fertilizer such as EB Stone Sure Start or Dr. Earth Starter Fertilizer. Plant vegetables, spacing them according to the seed label or plant tag.

Caring for the garden: Use a high quality fertilizer, we recommend Dr. Earth LIFE, or any of the Dr. Earth hand-blended specific veggie foods. Keep the weeds down so the fertilizer benefits the garden not the pesky weeds. Water veggie gardens only when soil gets dry or as needed. Excess water may cause pest and disease problems. Some plants such as tomatoes, beans, cucumber or peas may need additional support such as a cage, twine or netting.

Pest problems: Before using any pesticide on your vegetable garden, first identify (or let us help) what type of pest you have and then choose the least toxic option to resolve the issue. Watson's carries a full line of organic and non-toxic solutions to help rid the garden of pests. Before using any product always be sure it is formulated to be used on crops that you will eat.

Cool season vegetables include:

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Onions
- Parsnips
- Peas
- Potatoes
- Radish
- Shallots
- Spinach
- Swiss Chard

Warm Season Vegetables include:

- Beans
- Cantaloupe
- Cucumbers
- Eggplant
- Herbs
- Peppers
- Pumpkins
- Squash
- Sweet Corn
- Tomatoes
- Watermelon