

School Garden Planting Guide



Alicia Dickerson/Life Lab

Key to Planting Guide Headings

Crop. This guide provides detailed information about crops commonly planted by seed in school gardens. We encourage you to experiment with additional plants that grow well in your area. Check with local gardeners, your Cooperative Extension Service office, and garden center employees for suggestions.

Plant Seeds Indoors. Many seeds can be started indoors and then transplanted to outdoor gardens. This column provides you with the weeks to plant your seeds indoors relative to your first or last frost date. Your Cooperative Extension Service office can tell you the frost dates in your area.

Plant Seeds or Transplants Outdoors. Some seeds can be planted indoors or outdoors. Other seeds will not transplant well and should be sown directly into outdoor gardens. This column provides you with the weeks to plant your seeds in outdoor gardens and also the approximate time to plant seedlings started indoors in outdoor

gardens relative to your first or last frost date. Your Cooperative Extension Service office can tell you the frost dates in your area.

Planting Depth. Generally, seeds should be planted at a depth that is two to three times their width. This column lists specific planting depths in inches. Some of the crops listed either require light to germinate or are too tiny to be buried under soil. A "0" appearing in this column indicates that the seeds should be planted on top of the soil and pressed down lightly with a smooth surface, but not buried.

Spacing of Plants. Plants should be grown a certain distance apart to ensure they do not crowd each other and inhibit healthy growth. This column gives the recommended spacing for mature plants in inches. Since not all seeds will germinate, seeds should be planted closer than the distance needed by mature plants. Follow the spacing recommended on the seed packet when planting seeds outdoors. If more seeds germinate than expected, you may need to thin the crop.

Days to Germination. This column tells you approximately when seeds will sprout given reasonable conditions. Temperature and moisture can greatly affect this rate.

Days to Harvest. This column tells you approximately when plants will be ready to harvest. Temperature, water, and a number of other environmental factors can affect this rate.

Good Source Of. This column gives information on vitamins and minerals provided in substantial amounts for fruit and vegetable plants.



Western Growers Charitable Foundation

SPRING FRUIT AND VEGETABLE PLANTING GUIDE

Crop	Plant Seeds Indoors (weeks before or after last frost)	Plant Seeds or Transplants Outdoors (weeks before or after last frost)	Planting Depth (inches)	Spacing of Plants (inches)	Days to Germination	Days to Harvest	Good Source Of
Beans	3-4 weeks before	1-2 weeks after	1	6-8	4-10	60-80	Vit. C, fiber
Beets	*	2-4 weeks before	1/2	2-4	7-10	50-75	Greens high in Vit. A, C, iron, calcium
Broccoli	5-8 weeks before	5-8 weeks before	1/4	15-18	5-10	60-75	Vit. A, C, folate, calcium, magnesium, fiber
Cabbage	4-6 weeks before	5 weeks before	1/4	18	4-10	60+	Vit. C, fiber
Carrots	*	2-4 weeks before	1/4	2	10-17	60-80	Vit. A, fiber
Cauliflower	5-8 weeks before	1-2 weeks before	1/4	15-18	5-10	60-72	Vit. C, folate, potassium
Celery	8-10 weeks before	2-3 weeks before	1/4	6	7-12	75-100	Fiber
Corn	3-4 weeks before	1-2 weeks after	1	12-15	3-10	50-95	Thiamine, folate, potassium
Cucumbers	2-3 weeks before	1-2 weeks after	1	12-24	3-8	60-80	-
Garlic	*	6 weeks before	1/2	4-6	10-15	90-120	Vit. A, C, folate
Lettuce	3-4 weeks before	2-4 weeks before through 3 weeks after	1/4	10-12	4-10	45-60	Vit. A, K, calcium
Onions	*	3 weeks before through 2 weeks after	1/4	4	4-12	60-85	Vit. C
Peas	4-6 weeks before	4-6 weeks before through 2-3 weeks after	1	4	6-15	55-75	Protein, Vit. B ₁
Peppers	6-8 weeks before	1-3 weeks after	1/2	10-12	8-20	70+	Vit. C
Potatoes	*	4-6 weeks before	6	10-12	10-15	70+	Vit. C, B ₆ , niacin, copper, potassium, fiber
Pumpkins	*	After last chance of frost	1	36	7-10	90+	-
Radishes	*	4-6 weeks before	1/4	1	3-10	25-40	-
Spinach	3-4 weeks before	3-6 weeks before	1/4	4-8	6-14	40-60	Vit. A, C, K, iron
Squash, Summer	*	1-4 weeks after	1	15-24	3-12	60-85	Vit. A, C, fiber
Squash, Winter	*	2 weeks after	1/2-1	24-36	4-10	80+	Vit. A, C, potassium, fiber
Tomatoes	6-8 weeks before	2-4 weeks after	1/4-1/2	18-24	6-14	65-85	Vit. A, C, potassium, fiber
Cantaloupe	2 weeks before	2 weeks after	1	24-36	7-14	60-90	Vit. A, C, thiamine, potassium
Strawberries (Alpine)	3-5 weeks before	*	1/8	6-8	20	85+	Vit. C, fiber
Watermelon	2 weeks before	2 weeks after	1/2-3/4	24-36	5-10	70-90	Vit. A, B ₆ , C, thiamine

*Not recommended

Photos: 5 A Day



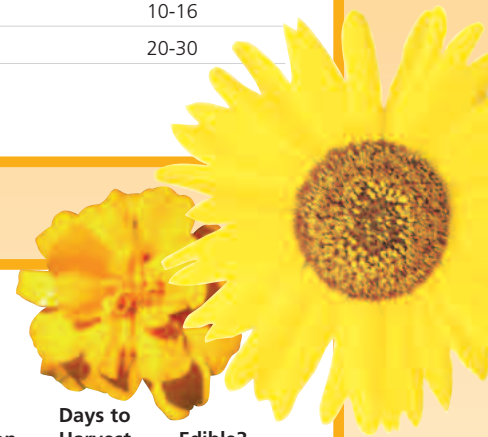
SPRING HERB PLANTING GUIDE

Herbs may be harvested at any time once they reach a decent size, as long as you leave enough foliage to keep the plant alive.

Crop	Plant Seeds Indoors (weeks before or after last frost)	Plant Seeds or Transplants Outdoors (weeks before or after last frost)	Planting Depth (inches)	Spacing of Plants (inches)	Days to Germination
Basil	4-6 weeks before	1-2 weeks after	1/8	6-12	7-10
Catnip	6 weeks before	2-4 weeks before	1/8	12-18	5-14
Chives	6 weeks before	After last chance of frost	1/4	8-12	5-14
Cilantro	*	After last chance of frost	1/2	12-18	10-15
Dill	*	1-2 weeks before	1/4	3-12	20-25
Oregano	6-8 weeks before	2-4 weeks after	1/8	8-12	8-14
Parsley	4-6 weeks before	1-2 weeks after	1/4	6	11-27
Sage	4 weeks before	After last chance of frost	1/4	12	14-21
Spearmint	6 weeks before	After last chance of frost	1/8	18	10-16
Thyme	8 weeks before	2 weeks after	1/8	6-12	20-30

*Not recommended

Photos: Western Growers Charitable Foundation



SPRING FLOWER PLANTING GUIDE

Crop	Plant Seeds Indoors (weeks before or after last frost)	Plant Seeds or Transplants Outdoors (weeks before or after last frost)	Planting Depth (inches)	Spacing of Plants (inches)	Days to Germination	Days to Harvest	Edible?
Bachelor's Buttons	4-5 weeks before	1-2 weeks before	1/4	12-14	7-14	50-60	Yes, petals
Borage	*	After last chance of frost	1/4-1/2	12	5-10	45-50	Yes
Calendula	6-8 weeks before	After last chance of frost	1/4-1/2	10-12	5-15	40-50	Yes
Cosmos	4 weeks before	After last chance of frost	1/4	8-24	5-7	90-100	No
Hollyhocks	6-8 weeks before	Early summer	0 (press into soil)	24	10	120-150	Yes
Love-in-a-Mist	4-6 weeks before	2-4 weeks before	1/8	6-12	10-15	60	Yes
Marigolds	4-6 weeks before	1-2 weeks after	1/8	10-12	5-10	70-80	Yes
Nasturtiums	*	After last chance of frost	1/2	6-12	7-14	40-60	Yes
Sunflowers	3-4 weeks before	2 weeks before	1-2	12-24	7-14	80-120	Yes, seeds
Tithonia	6-8 weeks before	After last chance of frost	0 (press into soil)	24	10-15	75-105	No
Zinnias	6 weeks before	1-2 weeks after	1/8	6-12	5-10	70	No

*Not recommended



FALL FRUIT AND VEGETABLE PLANTING GUIDE



Crop	Plant Seeds Outdoors (weeks before first frost)	Planting Depth (inches)	Spacing of Plants (inches)	Days to Germination	Days to Harvest*	Good Source Of
Beets	8-10 weeks before	1/2	2-4	7-10	50-75+	Greens high in Vit. A, C, iron, calcium
Broccoli	14-17 weeks before	1/4	15-18	5-10	60+	Vit. A, C, folate, calcium, magnesium, fiber
Cabbage	13-14 weeks before	1/4	18	4-10	60+	Vit. C, fiber
Carrots	13 weeks before	1/4	2	10-17	60+	Vit. A, fiber
Cauliflower	14 weeks before	1/4	15-18	5-10	60+	Vit. C, folate, potassium
Garlic	Sept.-Nov. with mulch	depth of clove	4-6		160-200	Vit. A, C, folate
Lettuce	6-8 weeks before	1/4	10-12	4-10	45-65	Vit. A, K, calcium
Onions	Depends on variety	1/4	4	4-12	60-120	Vit. C
Peas	12 weeks before	1	4	6-15	55+	Protein, Vit. B ₁
Radishes	7 weeks before	1/4	1	3-10	25+	-
Spinach	6-8 weeks before	1/4	4-8	6-14	40-75	Vit. A, C, K, iron
Strawberries, Alpine	5-8 weeks before	1/8	4	20	Next spring	Vit. C, fiber

*Maturity rates of overwintering vegetables vary depending on temperature and available sunlight.

Planting Guides adapted from:

Jaffe, Roberta, and Gary Appel. 1990. *The Growing Classroom*. Menlo Park, CA: Addison-Wesley Publishing Company.

Pranis, Eve, and Jack Hale. 1988. *GrowLab: A Complete Guide to Gardening in the Classroom*. South Burlington, VT: National Gardening Association.

NC State Herb Fact Sheets:
www.ces.ncsu.edu/depts/hort/consumer/factsheets/herbs/herbindex.html

NC State Annual Fact Sheets:
www.ces.ncsu.edu/depts/hort/consumer/factsheets/annuals/annual_index.html



Western Growers Charitable Foundation

Gardens for Learning: Planting Your School Garden