

Vegetable Seed Planting Guide

Organic Arugula (*Eruca sativa*)

Time to Germinate: 7-14 days
Germination Temperature: 45-65°F
Row Spacing: 15"
Seed Planting Depth: 1/2"
Light Requirement: Full Sun
Cold Hardiness Zone: 3-11
Time to Maturity: 40 days
Full Grown Height: 12"-14"
Full Grown Width: 4"

Sow in average soil in a sunny to partially shady area as soon as the ground can be worked. In rows 15" apart, sow seeds evenly and cover with 1/4" of fine soil. Firm and water gently. Seedlings emerge in 7-14 days depending on soil and weather conditions. Arugula also grows well in containers. Use a commercial potting mix rather than garden soil. Thin gradually to stand 6" apart starting when seedlings are about 3" high. Sow again in late summer in a protected area when the temperature is below 75°F.

Organic Broccoli Green Calabrese (*Brassica oleracea*)

Time to Germinate: 10-15 days
Germination Temperature: 50-80°F
Row Spacing: 3 feet
Seed Planting Depth: 1/2"
Light Requirement: Full Sun
Cold Hardiness Zone: 2-11
Time to Maturity: 58-90 days
Full Grown Height: 2 feet
Full Grown Width: 2 feet

Broccoli is a cool-season crop. Start seed indoors 7-9 weeks before the last spring frost. Sow in peat pots filled with seed starting mix. Keep warm and moist. Grow in a sunny spot. Transplant outdoors 2 weeks before the last spring frost. Plant in rich, well-drained soil. Water regularly and fertilize every 4 weeks with an all-purpose vegetable fertilizer. Harvest broccoli heads when they are tight and dark green, before the flower buds. Cut the stem with a clean, sharp knife. Allow side shoots to grow and develop for later harvest. In warm areas, plant in the fall.

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Organic Carrot Nantes 2 (*Daucus carota*)

Time to Germinate: 14-21 days
Germination Temperature: 50-70°F
Row Spacing: 12"
Seed Planting Depth: 1/2"
Light Requirement: Full Sun
Cold Hardiness Zone: 2-8
Time to Maturity: 70-80 days
Full Grown Height: 12"-18"
Full Grown Width: 2"

Sow directly outdoors in early spring as soon as the soil can be worked. Plant in an area with full sun and rich, well-drained, sandy soil. Before planting, loosen soil by cultivating at least 12" deep. Sow 3-4 seeds per inch in the row. Keep soil moist until seeds germinate. After seedlings emerge, thin to 1 plant every 2". Keep soil evenly moist. Fertilize with an all-purpose vegetable fertilizer after planting and when carrot tops are 6-8" tall. Before harvesting, wet the soil for easier pulling. Dig or pull carrots when they are full size, and their tops break the soil.

Organic Cucumber Marketmore (*Cucumis sativus*)

Time to Germinate: 7-10 days
Germination Temperature: 70-80°F
Row Spacing: 3 feet
Seed Planting Depth: 1/2"
Light Requirement: Full Sun
Cold Hardiness Zone: 3-9
Time to Maturity: 60-75 days
Full Grown Height: 8'
Full Grown Width: 12"

Cucumbers are a warm-season crop. Sow directly outdoors in late spring after nighttime temperatures stay above 50°F. Plant in rich, well-drained soil. For best results, grow in 12-inch diameter mounds of soil or hills. Space hills 4' apart. Sow 5-6 seeds around each hill. When seedlings have 3-5 leaves, thin to 4 plants per hill. To plant in rows, sow 2-3 seeds every 12" in rows spaced 3' apart. Thin to 1 plant every 12". Keep soil moist. Fertilize with a vegetable fertilizer every 4 weeks until harvest. Pick often using clean shears to cut fruit from the vine.

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Organic Lettuce May King (*Lactuca sativa*-Butterhead)

Time to Germinate: 7-10 days

Germination Temperature: 70°F

Row Spacing: 18"

Seed Planting Depth: Surface - do not cover

Light Requirement: Full Sun

Cold Hardiness Zone: 2-11

Time to Maturity: 60 days

Full Grown Height: 10"

Full Grown Width: 12"

Lettuce is a cool-season crop. Sow directly outdoors in early spring as soon as the soil can be worked. Plant in full sun and rich, loose well-drained soil. Sow 2-3 seeds every inch in the row. Press seed into the soil. Do not cover as light aids germination. When seedlings have 3-4 leaves, thin to their final spacing. Keep soil evenly moist. Fertilize every 3 weeks with an all-purpose vegetable fertilizer. Make successive plantings every week until mid-spring and again in late summer. Harvest the entire head when the center is tight and firm. In warm climates plant in the fall and winter.

Organic Onion White Lisbon (*Allium cepa*)

Time to Germinate: 12-14 days

Germination Temperature: 60-80°F

Row Spacing: 18"

Seed Planting Depth: 1/4"

Light Requirement: Full Sun

Cold Hardiness Zone: 2-9

Time to Maturity: 120 days

Full Grown Height: 12"

Full Grown Width: 2"

Sow onions directly outdoors in early spring as soon as the soil can be worked. Plant in full sun and rich, deeply cultivated, well-drained soil. Sow 1-2 seeds every inch. When seedlings are 2" tall, thin to 1 plant every inch. Using scissors, cut weaker seedlings off at the soil surface. Keep soil evenly moist and weed-free. Fertilize lightly every 6 weeks with an all-purpose vegetable fertilizer. Harvest bunching onions when the stalks are less than 1/2" in diameter.

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Organic Pepper Cayenne Long Red Slim (*Capsicum annuum*)

Time to Germinate: 10-21 days
Germination Temperature: 70-90°F
Row Spacing: 3 feet
Seed Planting Depth: 1/4"
Light Requirement: Full Sun
Cold Hardiness Zone: 4-10
Time to Maturity: 70-80 days
Full Grown Height: 2 feet
Full Grown Width: 2 feet

Peppers are a warm-season crop. For best results, start indoors 6-8 weeks before the last spring frost. Sow in seed starting mix. Keep warm and moist. Grow in a sunny window or under lights. Transplant into pots when seedlings have 4-6 leaves. A week before planting outdoors, harden off plants by placing them outside in a shady spot for 8-10 hours a day, increasing the amount of sun they receive each day. Plant outdoors in rich, well-drained soil when temperatures stay above 55°F. Water regularly. Fertilize when flowers appear. Pick often using clean shears to cut peppers stems.

Organic Pepper Cress (*Lepidium sativum*)

Time to Germinate: 2-3 weeks
Germination Temperature: 55-75°F
Row Spacing: 1/4"
Seed Planting Depth: 1/8"
Light Requirement: Partial Shade
Cold Hardiness Zone: 3-12
Time to Maturity: 10-15 days – will grow again after cutting
Full Grown Height: 2"-8"
Full Grown Width: 1/8"

Recommended for indoor growing in a tray or greenhouse. Sow seeds thickly on the soil with seeds 1/8" apart, press seeds firmly into soil for maximum soil contact, and cover lightly with soil. Maintain even moisture and do not allow soil to dry out. Ideal soil temperature is 75°F. This variety is particularly popular as both the germ shoot (micro leaves) and the young leaves (baby leaves) can be eaten. For use of micro leaf, it can be harvested after just 5-7 days. After 12-15 days the pepper cress can be used in your salad as baby leaf.

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Organic Radish French Breakfast (*Raphanus sativus*)

Time to Germinate: 4-6 weeks
Germination Temperature: 55-75°F
Row Spacing: 10"
Seed Planting Depth: 1/2"
Light Requirement: Full Sun
Cold Hardiness Zone: 3-10
Time to Maturity: 45-50 days
Full Grown Height: 6"
Full Grown Width: 1"

Radishes are a cool-season crop. Sow directly outdoors in early spring as soon as the soil can be worked. Plant in full sun and rich, loose, well-drained soil. Sow 2-3 seeds every inch. When seedlings have 2-3 leaves, thin to 1 plant every inch. Keep soil evenly moist and fertilize every 2 weeks with an all-purpose vegetable fertilizer. The best way to tell if radishes are ready to harvest is to pull a few and taste them. They should be crisp and mild flavored. Make successive plantings every week until mid-spring and again in late summer. In warm climates plant in the winter.

Organic Zucchini Black Beauty (*Cucurbita pepo*)

Time to Germinate: 8-10 days
Germination Temperature: 70°F
Row Spacing: 4 feet
Seed Planting Depth: 1"
Light Requirement: Full Sun
Cold Hardiness Zone: 3-12
Time to Maturity: 45 days
Full Grown Height: 2 feet
Full Grown Width: 2 feet

Zucchini is a warm-season crop. Sow directly outdoors in late spring after nighttime temperatures stay above 50°F and the soil has warmed. Plant in rich, sandy well-drained soil. For best results, grow in 12" diameter mounds of soil or hills. Space hills 4' apart. Sow 5-6 seeds around each hill. When seedlings have 3-5 leaves, thin to 3 plants per hill. To plant in rows, sow 2-3 seeds every 2' in rows spaced 4' apart. Thin to 1 plant every 2'. Keep soil moist. Fertilize with a vegetable fertilizer every 4 weeks until harvest. Pick often, when squash are 4-5" long.

USDA PLANT HARDINESS ZONE MAP

