

Starting a veggie garden from seeds can be easy if you know a few simple things:

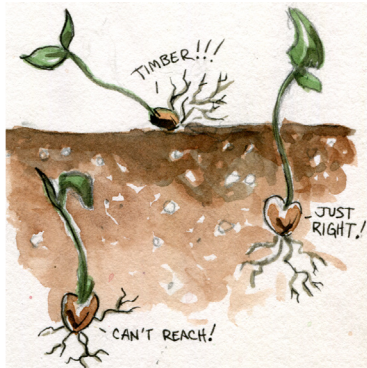
Plant at the right time. All seeds can be divided into two categories: **Cool Weather Crops** can handle cool temps and even frosty nights of Spring.

Warm Weather Crops will not survive temps much below 55. Wait until after May 20th to plant these out.



Plant at the right depth.

Too deep and that little seed can't reach the surface, too shallow and that seed won't root deeply enough to stand steadily. Luckily the seed tells you. Just plant it **three times deeper** than it is big.



Water seeds a lot, water plants less.

Once you get seeds wet they will start growing. If they dry out, even for one day, the process stops and the seed dies, so keep it moist. Once the seed has grown enough to have roots and leaves it stops being so sensitive and you should let the soil surface get a little dry between watering.



Bright light is vital.

Growing most veggies requires **6+ hours of full direct sun** or 16+ hours of artificial light each day, otherwise your seedlings will grow long and spindly trying to reach for the light. Veggies where you only eat the leaves (salad & cooking greens) can handle less sun.



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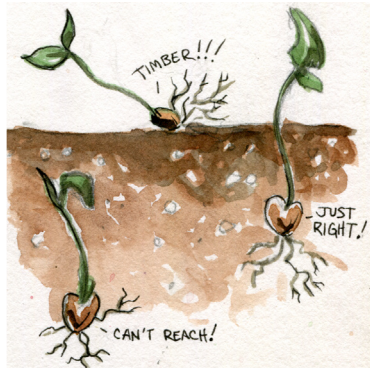
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This set of seeds includes 5 of these cool weather crops that can handle cool nights and all but the hottest weeks of the summer.

If you have any questions at all, email the Master Gardeners at growline1@gmail.com or visit www.ccetompkins.org/gardening for help.



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Beets – Harvest early as microgreen. Harvest about 1/3 of the leaves when 6” or taller for cooking greens. Wait about 8 weeks and harvest beautiful golden beet and more cooking greens.
Chinese Broccoli – This does not form broccoli heads but makes stems and greens with a broccoli-like flavor. Harvest early as microgreen. Harvest the outermost ring of leaves every few weeks to have young cooking or salad greens. Harvest mature 8” shoots that are starting to form flowers and use like broccoli. Side shoots will continue to grow so you can keep harvesting over weeks.
Choi, Pak Choi or Vivid Choi – This mild Asian green is great in stir-fry or can be harvested as a microgreen or baby green for eating as salad.
Kale – Harvest early as a microgreen, harvest outer leaves at 3” as a baby green or grow to full size. Use in smoothies. Mature leaves make great oven-baked chips.
Lettuce or Arugula – Harvest early as microgreen. Wait 4 weeks and harvest the outermost leaves regularly for “cut-and-come-again” style salad harvesting. Wait 8 weeks and harvest a full head. Pick before a central spike starts to form.
Mustard – amazing leaf that adds a sweet-spicy snap to salad. Harvest early as microgreen. Wait 4 weeks and harvest the outermost leaves regularly for “cut-and-come-again” style salad.
Radish – One of the easiest veggies to grow! Harvest the early as microgreens or wait a few weeks for the radish to grow to 1” then harvest for salads, stir-fry, or pickles.
Spinach - Harvest early as microgreen. Harvest the outermost leaves regularly for “cut-and-come-again” style harvesting. Or wait and harvest a full head. Does not like heat.

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