

# Growing and Harvesting Vegetables

## Carrots

- Prefer light, sandy soil, best grown in full sun.
- Water crops in when planting with a solution of beneficial Nematodes (available at Greenland) to prevent Carrot Fly investigations.
- Sow early.
- Can be sown 2-3x per season: late April, 3rd week May and 2nd week of June.
- If you prefer “baby carrots” sow thickly and don’t thin out as much as pack indicates.
- Harvest carrots as you need them; complete harvest before ground freezes.
- Wash immediately after pulling and store in a cool, dark area.



## Cucumbers

- Tender and warm season vegetable that requires full sun.
- Plant only after risk of frost has passed and soil is warm.
- Two types of cucumbers: canning and eating.
- 2-3 plants of larger eating cucumbers are enough for an average family - an average plant produces 10 cucumbers. Pickling cukes can be planted in multiples.
- Newer mini varieties such as Muncher are great for container gardens.
- Require a lot of garden space and consistent water (not wet).
- Harvest before they get too big or they may have a bitter flavour.
- Always pick in late morning or early afternoon.
- Don’t wash before storage, wrap tightly in saran wrap and refrigerate. Use within two weeks.
- Subject to Powdery Mildew; do not water foliage - water root zone.



## Green Beans

- Easy to grow and very prolific.
- Plant after danger of frost has passed.
- Bush types do not require staking.
- Pole beans require support or a trellis.
- Harvest when beans are firm and can be snapped - thick as a pencil.



**780-467-7557**



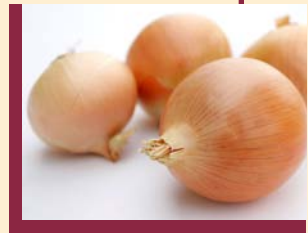
## Peas

- One of the earliest producers.
- Sow seeds as soon as soil is workable. For consistent germination use a soil inoculant (a powder you mix with seeds prior to planting).
- Great for small gardens; a 10' row will yield approx. 10lbs of peas. Peas should be trellised, this makes harvesting a lot easier.
- Plants must be consistently watered from the time they blossom to harvest, this ensures sweeter peas.
- Powdery mildew is common; ensure consistent watering at soil level; never water foliage. Ensure rows are spaced apart well.
- Store peas in plastic bags in fridge, freeze raw shelled peas



## Onions

- Onions are often planted as small bulbs called sets, but can be direct seeded.
- Require well drained soil with consistent moisture.
- Water crops in when planting with a solution of beneficial Nematodes (available at Greenland) to prevent Onion Root Maggot investigations.
- When planting out onion sets or seeding, cover with floating row cover to prevent adult moths from laying eggs at base of plants. This is the only way to prevent damage.
- To harvest, allow onion tops to fall over on their own.
- Pull out onions and lay on soil, leave outside to dry in the sun for up to a week.



## Peppers

- Must be started indoors. They love heat so plant in full sun.
- Require adequate supply of water especially during flowering. Inadequate watering may cause blossom end rot.
- 3-4 plants yields 6-12 bell peppers, 12-18 banana peppers, or 30-40 hot peppers per plant.
- Peppers are best grown in containers (soil can take a while to warm in spring).
- Store peppers inside plastic bags in fridge.
- To dry hot peppers, string them with a needle and thread, and hang the hot pepper necklace in a cool, well vented area.



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