

COLD WEATHER VEGGIES

As winter slowly transforms into early spring, there are many fantastic vegetables that can be planted. Some vegetables prefer warm or hot weather, but there are many that perform best in cool temperatures. To get a jump on your vegetable garden, try growing a few cooler season vegetables in early spring.



A so-called "super food" because it's packed with nutrients, spinach is a cinch to grow. Like other leafy greens, plant some in a shaded spot to keep harvests going into the summer months.

Here's a hint: In mild-winter areas, you can sow spinach in late fall for early spring harvests.

Radishes win the prize for being one of the fastest vegetables; it's often ready for harvest less than a month after you plant the seeds.

Here's a hint: Because of their fast growth and small size, round-root radish varieties are good picks for growing in containers. After you harvest the radishes, grow summer vegetables or flowers in their place.



There's nothing like fresh peas from the garden!

Peas are perfect to grow on a little fence or tepee to give structure to the cool-season garden. They're pretty, too: The plants often bear variegated foliage and white flowers.

One of the vegetable garden's most versatile plants, lettuce comes in an amazing array of colors, shapes, and tastes. Plant a few seeds every week and you'll have a constant crop for fresh salads.

Here's a hint: Planting lettuce in a shady spot in the summer months keeps the plant cool, so you can harvest into the hot months of summer.



While you won't have big, long roots in spring, smaller selections such as 'Parmex' or 'Mignon' are perfect for early planting. Harvest carrots as soon as the roots are large enough to eat.



Cabbages can be as ornamental as they are edible. There are many different types; pick varieties called early cabbage such as 'Early Market Copenhagen' for spring harvests.

Famous for being packed with nutrients, broccoli is tasty, easy to grow and very frost tolerant. Plant it about a month before your area's average last spring frost date.

Because broccoli loves cool weather, you can also plant it in late summer for fall harvests.



PLANTING TIPS

- Start with great soil. If planting into containers use a quality mix such as Soil Booster or Sea Soil Container mix. If planting into the veggie garden, ensure your existing soil is topped up annually with 2-4" of compost. At this time, you can also till in a granular, slow release fertilizer such as Kelp Meal or Off the Vine fertilizer.
- Read your seed package for specific planting depths and row widths. Before planting, space out your rows to determine what you have room for.
- Once your vegetables are sown, water the rows in with a watering can with a fine spout, so as not to 'drown' seeds.

For more information on growing vegetables visit the Garden Tips section of greenlandgarden.com

