



## A Community Gardener's Guidebook

A Month To Month Guide: Covering the Basics in Gardening in Winnipeg

Compiled as a result of requests from the North End Community

For more information, please contact the North End Food Security Network

509 Selkirk Avenue, Winnipeg, MB 927-2342

**JANUARY**

## **Get a Free Seed Catalogue!**

**GREAT learning tool  
for schools and new  
gardeners!**

Seed Catalogues help us to plan, to learn and to get excited. They are FREE, and easy to get. The EASIEST way to get a catalogue is to **phone** or **request a catalogue online** from one of the businesses below. **It will be mailed to your door!** Great learning tool for ALL gardeners!

### **T&T Seeds (MB)**

Website: [www.ttseeds.com](http://www.ttseeds.com) Phone: 895-9962

T&T sells vegetable, herb and flower seeds that are suitable for our Manitoba Climate. Also has a large variety of trees, fruit trees and shrubs. Will mail a catalogue to you!

### **Sage Garden Herbs (MB)**

Website: [www.herbs.mb.ca](http://www.herbs.mb.ca) Phone: 257-2715

Sage Garden sells unique seeds and plants: bedding plants, native plants, herbs, vegetables and house plants. They carry natural fertilizers and pest control products. They also hold workshops at their Greenhouse and in the city for your community. Will mail a catalogue to you!

### **Heritage Harvest (MB)**

Website: [www.heritageharvestseed.com](http://www.heritageharvestseed.com) Phone: 204-745-6723

Rare and endangered vegetable, flower and herb seeds. Will mail a catalogue to you!

### **Prairie Originals (Selkirk, MB)**

Website: [www.prairieoriginals.com](http://www.prairieoriginals.com) Phone: 204-785-9799 OR Toll Free 1-866-296-0928

Prairie Originals grows Native Prairie Flowers, Herbs, Grasses, Shrubs and Trees. Seeds and Plants are available. Will mail a catalogue to you!

### **McFayden Seed (MB)**

Website: [www.mcfayden.com/](http://www.mcfayden.com/)

Vegetable, Herb and Flower Seeds, fruits, trees, seed starting. Offers gardening tips! Will mail a catalogue to you!

### **Lindenberg Seeds (MB)**

Website: [www.lindenbergseeds.ca/](http://www.lindenbergseeds.ca/) (204) 727-0575

Vegetables, Flowers, Perennials, Bulbs, Garden Supplies. Will mail a catalogue to you!

### **Veseys (PEI)**

Website: [www.veseys.com](http://www.veseys.com)

Under the "Learn" tab you will find many useful gardening tips! Will mail a catalogue to you!

### **William Dam Seed (ONT)**

Website: [www.damseeds.ca](http://www.damseeds.ca)

Vegetable, Herb, Flower and Cover Crop Seeds for northern climates and for containers. Will mail a catalogue to you!

### **Stokes**

Website: [www.stokeseeds.com](http://www.stokeseeds.com)

Vegetable, Herb and Flower Seeds. Offers gardening tips, and more. Will mail a catalogue to you!



FEBRUARY

There are many ways to grow plants...

Traditional Garden: Planted directly in the ground.



Container Garden: Planted in a Pot, Bucket, Bin, or whatever you have!

Excellent for small yards, patios and decks.

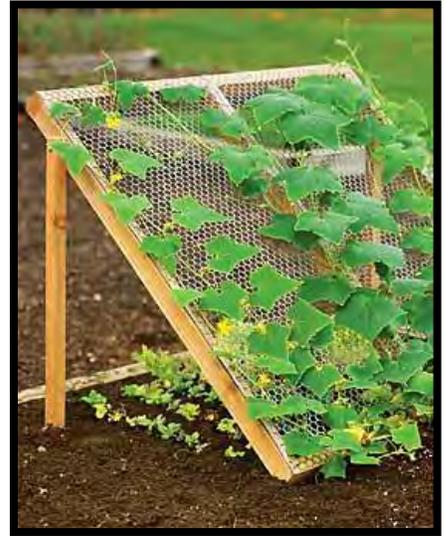


**Raised Bed Garden:** Planted on a mound of soil or in a frame.

Good for a small space and it requires less work!



**Raised beds can be 6 inches to 3 feet deep!**



**Trellis for Cucumbers,  
shading lettuce below!**



**Trellis for Peas and Beans**



**Flowers and Veggies together**

# FEBRUARY

## What To Plant?

Fill your Garden with plants you will use and enjoy. Here are some ideas:

### Vegetable and Herb Garden



-Pizza Garden: Tomatoes, onions, garlic, basil, oregano, spinach, peppers

-Salad Garden: Head Lettuce, leaf lettuce, chives, carrots, tomatoes, onion, mint, dill, cilantro, chard, baby beet leaves, peppers, cucumber, snap peas, beans



-Pickling Garden: Beets, Cucumbers, onions, dill, garlic, zucchini, carrots, beans

-Your Mix: your favorite vegetables and herbs that you will use in your kitchen



### Tea Garden

-Plants you can grow and dry for tea.



-Lemon Balm, Bergamot, Sage, Chamomile, Lemon Verbena, Mint (many kinds), hyssop...

### Healing Garden



-Plants with specific healing properties you would enjoy having close by.

-Sage, Mullein, Sweetgrass, Lavender, Calendula, Mint, Rosehips, Tobacco, Comfrey, Sweet Flag, Garlic, Oregano, Blood Root, Wild Ginger, Sarsaparilla, Yarrow...

### 3 Sister's Garden



-Corn, Pole Beans and Squash: the Corn grows tall, the Squash spreads over the ground and the Beans climb up the corn! Often planted on a mound of soil. Once the corn starts to grow, sow the bean and the squash!

### Herb Garden



-Basil, Dill, Cilantro, Chives, Parsley, Mint, Sage, Lavender, Borage, Lemon Verbena, Tarragon, Bergamot, Rosemary, Thyme, Marjoram, Nasturtium, Rosehips...

### Cut Flowers



-Mix your favorite cut flowers in with your veggies! Zinnias, Cosmos, Calendula, Globe Thistle, Black Eyed Susan and sunflowers are all easy to grow!



### Native Manitoba Plants



-We have beautiful wild flowers, grasses, shrubs and trees that are native to Manitoba. These also attract good insects, butterflies and birds.

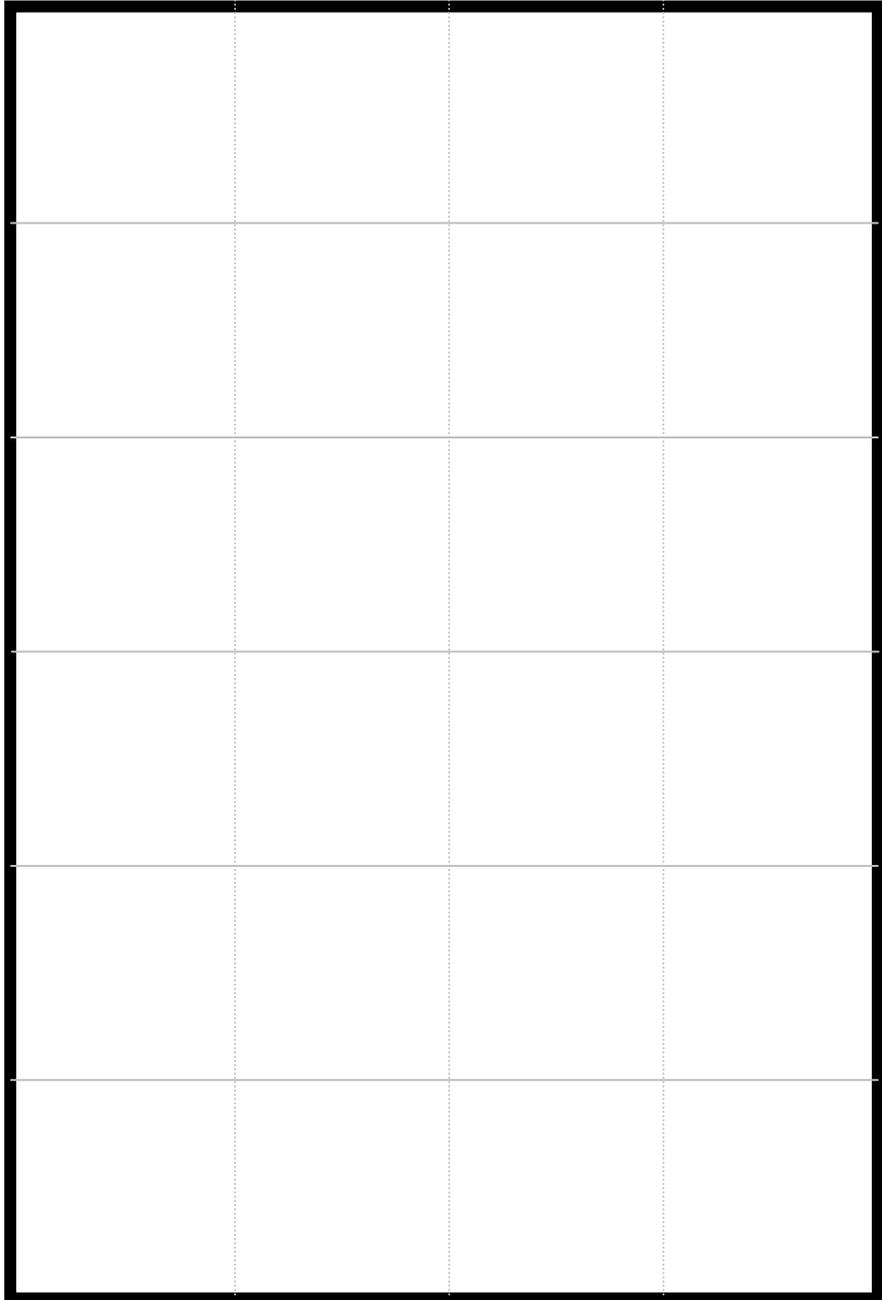
# FEBRUARY

## Draw up a plan of your garden!

Choose your favorites:

- Beans\*\* \_\_\_\_\_
- Beets \_\_\_\_\_
- Broccoli\*\* \_\_\_\_\_
- Brussels Sprout \*\* \_\_\_\_\_
- Cabbage \_\_\_\_\_
- Carrot \_\_\_\_\_
- Cauliflower\*\* \_\_\_\_\_
- Celery \_\_\_\_\_
- Corn \_\_\_\_\_
- Cucumber\* \_\_\_\_\_
- Eggplant\*\* \_\_\_\_\_
- Garlic \_\_\_\_\_
- Gourds\* \_\_\_\_\_
- Kale\*\* \_\_\_\_\_
- Head Lettuce \_\_\_\_\_
- Leaf Lettuce \_\_\_\_\_
- Leeks \_\_\_\_\_
- Melons\* \_\_\_\_\_
- Green Onions \_\_\_\_\_
- Cooking \_\_\_\_\_
- Onions \_\_\_\_\_
- Parsnip \_\_\_\_\_
- Pea\*\* \_\_\_\_\_
- Peppers \_\_\_\_\_
- Potatoes \_\_\_\_\_
- Radish \_\_\_\_\_
- Rutabaga \_\_\_\_\_
- Spinach \_\_\_\_\_
- Swiss Chard \_\_\_\_\_
- Tomatoes\*\* \_\_\_\_\_
- Turnip \_\_\_\_\_
- Pumpkin\* \_\_\_\_\_
- Zucchini \_\_\_\_\_
- Squash\* \_\_\_\_\_
- Herbs: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Here is an empty 4x6 bed. Choose the plants you would like to grow, and draw them into your bed. For spacing, refer to the Seed Starting Guides at the back of this booklet.



\*indicates vine plants, these need space to crawl – give them lots of room

\*\*indicates plants that are tall – put them in the middle, and the short plants around the edges

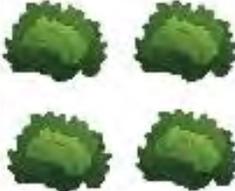
Some Examples of Gardens are on the following pages!



# Vegetable Gardening Online.com

Indoor and Outdoor Vegetable Gardening Solutions

## 4 ft x 4 ft Square Foot Garden

 1 Cabbage	 9 Green Beans	 1 Pepper	 16 Onions
 1 Broccoli	 9 Green Beans	 4 Lettuce	 32 Green Onions
 1 Cauliflower	 16 Beets	 4 Lettuce	 16 Carrots
 1 Cherry Tomato	 9 Spinach	 16 Carrots	 32 Radish

1. Use 2x6 lumber to build a four foot by four foot square frame. Fill the frame with garden or potting soil. Divide into 16 one-foot squares using a small strips of wood or string as dividers.
2. Follow instructions on seed packet or small plant for exact spacing instructions, as this will vary from plant to plant.
3. Plant tallest plants on the north side of the garden, medium height plants in the middle, and shortest plants on the south end of the garden to ensure maximum sun exposure.

Visit [www.vegetable-gardening-online.com](http://www.vegetable-gardening-online.com) for all of your vegetable gardening solutions!

# MARCH

## -A little Garden Lesson-

### Plant Hardiness Zone

Winnipeg is in Zone 3. A Plant Hardiness Zone tells you which plants will thrive where you live based on your climate. You will find Zones mentioned on seed packets, plant labels and in gardening books. Buying seeds and plants for our zone means that will survive the best in our climate!

### Watch out for Frost!

Winnipeg's Average Spring Frost Date (Last Frost): **May 25**

Winnipeg's Average Fall Frost Date (First Frost): **September 22**



When you begin reading seed packets for directions, you will find there is always mention of frost. Sometimes you will be advised to start seeds indoors anywhere from 4-10 weeks *before* the Last Frost (May 25). Other times, you will be advised to sow seeds outdoors *after* the Last Frost (after May 25). So, it is important to keep these dates in mind!

These dates are an *average*. At times we have had frosts *later* than May 25 and *earlier* than September 22.

Most experienced gardeners suggest *waiting until the first week of June* to plant tender plants in the garden. That way, if we get a surprise frost we won't lose our plants. Waiting until June to plant frost sensitive plants is perfectly fine, and they grow just as fast as those that may have been planted earlier.

### What is a Perennial?

Perennials are plants which survive year after year. In the Autumn, they die back as everything else does, however they store their energy in their roots for the winter. In the Spring, the perennial root wakes up and begins to grow again. Zone 3 perennials will survive our Winnipeg Winters.

Examples: Irises, Monkshood, Yarrow, Crocus, Hyssop, Columbine, Bleeding Heart, Aster, Coneflowers.

### What is an Annual?

Annuals are plants which live for one year, or one growing season. They start from seed, grow fast into their mature form, then they flower and set seed. After they set seed the plant will begin to die back. The plant will not grow again the next year. However, you may save the seeds or let the seeds fall naturally into the soil. The seeds will often grow again in the spring! Plants that we call annuals in Winnipeg (Zone 3) are perennials somewhere warmer (Zone 4+). Annuals that re-seed easily will seem like perennials because they reproduce so willingly by seed.

Examples: Petunias, Marigolds, Zinnias, Cosmos, Coleus.

## MARCH



### When To Start Seeds...

When to start seeds is a tricky part of gardening.

At the back of this handbook you will find Seed Starting Charts.

We've attempted to make it simple in this handout. This is a good place to start, but as you gain experience and confidence, you may find you adjust your times. That's good!

The Seed Starting Charts show you which seeds need to be started indoors and which can be started outdoors.

The Seed Starting Charts tell you *when* to start seeds indoors and *when* to plant seeds outdoors.

If ever in doubt, read the back of your seed package, and you will find ALL the information you need is there. Remember, if you read "sow seeds after the danger of frost has passed", that means you will be sowing seeds after May 25<sup>th</sup>, or better yet, around June 1<sup>st</sup>.

There are many ways to start seeds, you may even experiment with sowing some seeds in the Autumn rather than in spring! See "winter sowing".

### At a Glance: When you will need to start your Veggies...

#### March

Start indoors:

Celery, Eggplant and Peppers

#### April

Start indoors:

Herbs, Tomatoes, Leeks, Onions,  
Broccoli, Brussels Sprouts, Cabbage,  
Cauliflower, Kale, Lettuce, Swiss Chard

#### May

Start indoors:

Cucumbers, Melons,  
Pumpkins, Zucchini, Winter  
Squash

#### June-August

Start indoors:

Lettuce to plant out when there is  
room in the garden

**\*See Seed Starting Charts are at the back of this booklet for more details\***

# MARCH

## How to start your seeds indoors

### What you will need:

1. Seed Trays and Seed Starting Soil (Peat and Perlite) OR Peat Pellets and a tray to catch water.



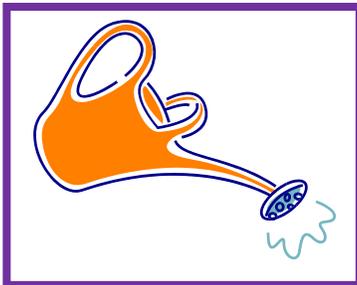
OR



2. Plant Labels



3. Water



4. Seeds



### Where can I get these supplies?

- Pollocks Hardware
- Dollarama
- Walmart
- Home Depot (even in **winter!**)
- Rona
- Canadian Tire
- McDermot Lumber
- Greenhouses and Nurseries

...

Sometimes Grocery stores will sell seeds, peat pellets and trays, potting soil and some simple garden supplies!

# MARCH

## What's Next:

1. Fill the seed trays up with soil. Tap the tray on the table to settle the soil, do not press soil down.

\*RECYCLE AND SAVE! You can use any recycled container in your recycling bin – little yogurt containers work very well, just poke a few holes in the bottoms for drainage! Milk Cartons cut in half are also *fabulous!*

2. If you are using Peat Pellets: Place them in a tray without holes and cover them with water to let them expand. Once they have expanded, drain the extra water.

### TIP!

Seeding trays/containers come in many sizes. The small seeds only need a small space to start, but large seeds, like squash and cucumber, need a larger container. 2-3 squash or cucumber seeds can go into one larger pot (a pot 3 inches deep, 3 inches across)

3. Generally, place **one** vegetable seed in each “pot”, and up to 10 herb seeds in each “pot”. A general rule is if the seeds are very tiny, scatter them over the soil surface. In the Seed Starting Chart, you will find tips on how many seeds to plant per pot.

4. Cover the seed with a little soil, or push them down with the tip of a pencil.

5. Water gently: only make the pot moist, not soggy.

6. Keep pots moist, not wet, and don't let them dry out!!! Place in a bright window. In a week to 10 days you will see sprouts! Rotate pots toward the light!



## MARCH

### Tips for Growing Seeds indoors

Starting seeds indoors is a commitment. Once they are sown into your little pots or trays, they require only **moisture** and **warmth** to “germinate” (sprout).

1. Use potting soil – it is a light soil mixture that allows for good drainage so seed don't rot!
2. Keep the soil moist but NOT soggy!
3. When the seeds sprout, you may find they bend toward the light. Rotate the pots to avoid the plants bending too much.
4. Good air circulation prevents the little sprouting plants from “damping off”. This happens when the soil is very wet and there is little air flow. These conditions allow fungus to grow in the soil, and this fungus rots the base of your seedling – making your seedling topple over. This is “Damping off”. Good air flow and not overwatering can help to dry out the soil surface, and prevent the fungus from attacking your plants.
5. After about 4-6 weeks, when your plants are getting large and the roots are coming out the bottom of the pots you may transplant the plant into a larger pot. Do this very gently, try not to handle the plant by its stem. This way, your plants will continue to grow stronger until it is time to plant them outside.
5. When the weather is as warm outside as it is inside, you can start to take your seedlings outside. Take them out on a calm, sunny day. Place them in a sunny, sheltered location. At first, one hour is long enough for your seeds. They are not used to the bright light or the breeze. Each nice day, take them outside for a little longer each time and this will help them to grow stronger, sturdier and taller. Also, it will help them to be ready to be planted into the garden on the first week of June! You may need to water them after they've been outside!
6. When your plants are tall and strong and the chance of frost has passed, it will probably be late May/Early June. In Early June, you can transplant your plants from their pots to the garden.
  - Choose a nice, calm day.
  - Dig a small hole for your plant, deep enough to just cover the surface of the potting soil.
  - Pour water into the hole.
  - Put your plant in the hole and backfill the hole, pressing lightly around the plant to ensure it is sitting firmly.
  - Water very well. You can water it until the soil has puddles, then let the puddles disappear. Once they have disappeared, water again. This way, we know the water has trickled down deep into the soil.

## APRIL

### TASKS FOR THIS MONTH:

1. Start seeds indoors:

#### April Indoor Seed Starting

Herbs, Tomatoes, Leeks, Onions, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Kale, Lettuce, Swiss Chard

\*See Seed Starting Chart for more details\*

2. Check your garden to see if the soil is workable. If it is, loosen the soil using a garden fork, or double dig, if you are really keen! (See next page)

-If you have annual plants (plants that die each winter) in your garden, they can be composted or buried in the soil.

-If you have perennial plants (plants that come back each year) in your garden, be gentle and dig around them – or, you can dig up your perennials and move them to a different spot, if you like.



The Simple Way:  
Use

A Garden Fork to loosen  
The soil -at least the first foot,  
Two feet if you are keen!



Finish by raking the garden smooth,  
or using your hands to smooth the  
soil.

#### First Planting Outdoors!

When your soil becomes workable – anywhere from April to Mid May depending on the year – you can plant **onion sets (bulbs)**, **multiplier onions (green onions)**, **peas**, **spinach**, **head lettuce**, **kale**, **radish**, **turnip**, **mustard greens (spicy)** and **parsley**. These are “Hardy” and will tolerate a hard frost.

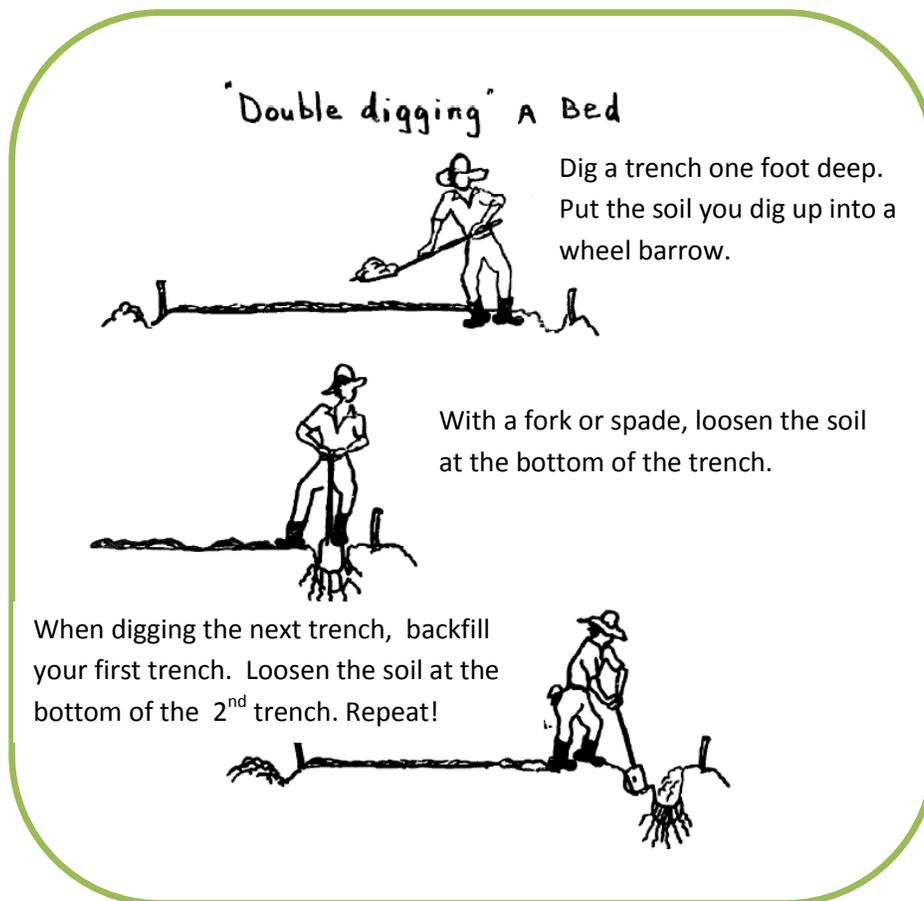
## APRIL

### Double Digging

For the gardener looking for exercise and high yields...

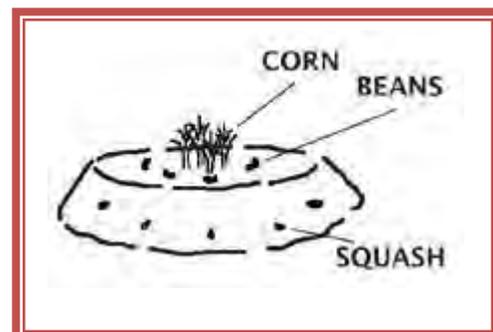
“Double Digging” is often practiced in raised beds once every 2-3 years. It breaks up compacted soil and adds air to the soil – also making it easy to add compost. Air allows water and nutrients to travel more freely. Compost adds nutrients to the soil that are removed when we harvest plants.

It is hard work, but very effective. Double Digging allows plant roots to grow deeper, therefore providing more nutrients for your plants and making plants less vulnerable during dry times because their roots are able to reach deeper for water.



#### 3 Sister's Garden

Usually planted on a mound, this is a traditional way of planting. The corn is planted first. Once it is a few inches tall, plant the pole beans and squash. The beans will climb up the corn and the squash will cover the ground!



## APRIL

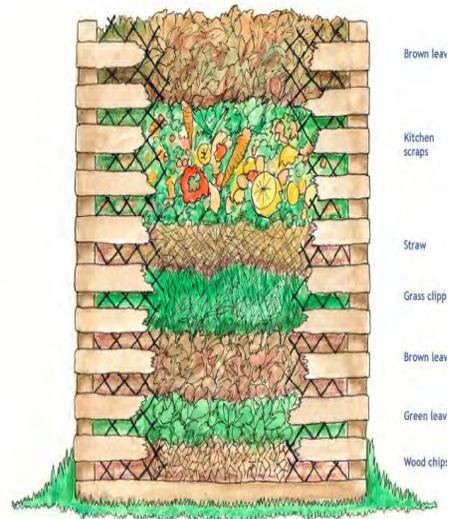
### Composting

3. Check your compost: turn the compost, turn mature compost into your garden, and add new wastes to your compost.

Here is what you can compost, advised by Winnipeg's Green Action Center:

Green	Brown	Other	Do Not Compost
Vegetable and fruit scraps (fresh, cooked, or canned), coffee grounds/filters, tea leaves/bags, garden waste, fresh weeds without seeds, fresh grass clippings	Dry leaves, straw, dry hay, sawdust, woodchips from untreated wood, twigs, dried grass clippings, dried weeds without seeds, shredded paper napkins, tissue paper	Eggshells, wood ash (small amounts), plain rice, plain pasta, bread, hair, wool, cotton	Meat, fish, eggs, dairy products, oily foods, bones, pet waste, weeds with mature seeds, plants infected with disease, plastic/petroleum products, metals, synthetic materials

<http://greenactioncentre.ca/content/composting-at-home/>



#### Tips and Tricks:

Experienced composters suggest layering your compost.

Start with “browns”, then add a shovel of soil.

Add a layer of “greens”, add a shovel of soil.

Add in the “others” now and then.

Keep the compost moist, but not soggy. Turn Compost once/month to mix and add air.

**\*\*Cover kitchen scraps with leaves, grass clippings or soil to avoid attracting flies and smells!\*\***

Visit: [www.greenactioncentre.ca/program/composting/](http://www.greenactioncentre.ca/program/composting/) to find a free composting workshop to learn more – or to arrange one in your neighbourhood!

# May

## May Seed Starting

Start indoors:  
Cucumbers, Melons, Pumpkins, Zucchini, Winter Squash, Continue planting lettuce indoors to fill gaps in the garden!

The Last Frost usually comes around May 25<sup>th</sup>.

For now, on a hot day you can put your seedlings outside for an hour or so to “harden off” the new plants. This means you are teaching the plants to be strong enough to be outside with the wind and brighter light by introducing them to the outdoors little by little. It is best to wait until June 1<sup>st</sup> to plant your seedlings in the garden.



Seedlings outside for a short while on a warm, sunny, calm day! Take care – as they can only handle a little exposure at first!



A Cold Frame is a Mini Greenhouse – easy to make with an old window or plastic and some wood to make a frame. Plants can harden off here, or even get started! Close the window over night!

## Outdoor Job: Plant in your Garden!

There are many seeds you can sow in your garden in MAY!  
Some seeds are not sensitive to the colder temperatures at night and can be planted even if cold temperature and frost are predicted.

The seeds you can sow this month are on the next page!

# The Simple Garden

Requires no indoor seed starting! All seeds can be sown into garden bed!

Vegetable Seed	Best Date to Plant Seed	Hardiness
Garlic	Late September-November	Hardy (Tolerates a Hard Frost)
Onion (Sets)	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Green Onion (Seed)	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Peas	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Spinach	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Head Lettuce	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Kale	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Radish	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Turnip	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Mustard Greens	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Parsley	As Soon As Soil is Workable	Hardy (Tolerates a Hard Frost)
Beets	Mid-May	Semi-Hardy (Tolerates a Light Frost)
Carrots	Mid-May	Semi-Hardy (Tolerates a Light Frost)
Chard	Mid-May	Semi-Hardy (Tolerates a Light Frost)
Leaf Lettuce	Mid-May	Semi-Hardy (Tolerates a Light Frost)
Parsnip	Mid-May	Semi-Hardy (Tolerates a Light Frost)
Potato	Late-May	Semi-Hardy (Tolerates a Light Frost)
Beans	1 <sup>st</sup> Week of June-July	Tender (Damaged by a Light Frost)
Cucumbers	1 <sup>st</sup> Week of June-July	Tender (Damaged by a Light Frost)
Squash	1 <sup>st</sup> Week of J June-July	Tender (Damaged by a Light Frost)
Corn	1 <sup>st</sup> Week of June-July	Tender (Damaged by a Light Frost)
Tomato Plants	1 <sup>st</sup> Week of June-July	Tender (Damaged by a Light Frost)
Herbs(dill, cilantro, mint, thyme, basil, oregano)	1 <sup>st</sup> Week of June-July	Tender (Damaged by a Light Frost)

May

# Everything you need to know is on a Seed Packet!

“Direct seed”: plant the seeds in the garden, there is no need to start them indoors

Space to leave between seeds

How deep to sow seeds

Germination: how long it takes a seed to sprout

Tells you if the plant needs full sun/part sun/shade

Direct seed only.  
*Semer directement au jardin.*

Sow/Semez à 2.5 cm/1" apart/espace

1.3 cm/ 1/2" deep/de profondeur

45 cm/18"

20 cm/8"

GERMINATION GERMINATION	VITAMIN CONTENT CONTENU VITAMINIQUE
7-10 days/jours	A, B2 & C

The best known loose leaf variety. Medium large upright, light green leaves which are frilled and crisp. Mild and flavourful. Earliest to bear and an exceptionally fast grower. Slow to bolt. Plant in moist, well-drained soil as soon as ground can be worked in the spring. Keep soil moist. Thrives in cool weather. Full sun in spring and fall. Partial shade during the hottest part of the summer. Grow with carrots and radish for a complete salad.

La laitue à feuilles la mieux connue. Ses feuilles érigées, moyennement grandes et vert pâle sont frisées et croquantes. Goût doux et savoureux. La plus hâtive. Croissance exceptionnellement rapide. Lente à monter en graine. Semez dans un sol humide et bien drainé aussitôt que la terre peut être travaillée au printemps. Tenez le sol humide. Croît mieux par temps frais. Offrez-lui le plein soleil au printemps et à l'automne; la mi-ombre durant les chaleurs de l'été. Pour une salade complète, cultivez avec des carottes et des radis.

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30 - 9th St., Brandon, MB R7A 6E1  
Printed in Canada by/Imprimé au Canada par Mercury Graphics

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www.mckenzieseed.com  
Canada No. 1

Lot: C9

7 78054 55001 6

Maximum space to leave between seeds and rows – often can be less for small gardens

Nutrition!

Bolt: means “go to seed”. After a vegetable flowers, it goes to seed. Lettuce tastes bitter when it bolts.

May

## How to sow seeds in your Garden

1. IF you like planning out how you will place things in your garden, use a simple drawing on paper to plan your garden. (see Page 7)
2. You can use string to help you to keep your rows straight, or to mark off sections for plants. It is not necessary to have straight lines! Be Creative!



If you like the idea of sectioning your bed into 1 foot squares, you can focus on planting one square at a time. See pages 8-10 for ideas!



If you would like to make straight rows, use a string or wool and sticks to hold a line across your garden. That way, you also know where the seeds are after you plant them!

3. Make a little trench where you would like to sow seeds.



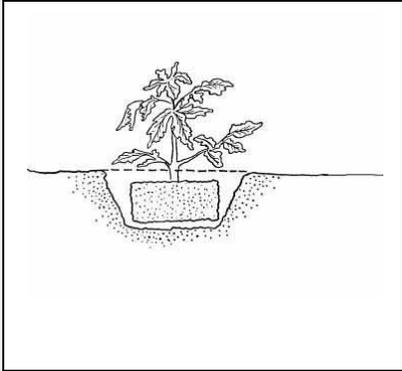
4. Cover seeds with a soil. Label your row, and WATER WELL! Keep especially moist until the seeds sprout.



# June

**June-August**  
Start indoors:  
Lettuce: to plant out when there is room in the garden  
Outdoors:  
Sow Beets, Leaf Lettuce and Radishes every two weeks!

## How to “Transplant”



If you bought some plants from a store, or started them indoors yourself, this is the month to put them into the garden!

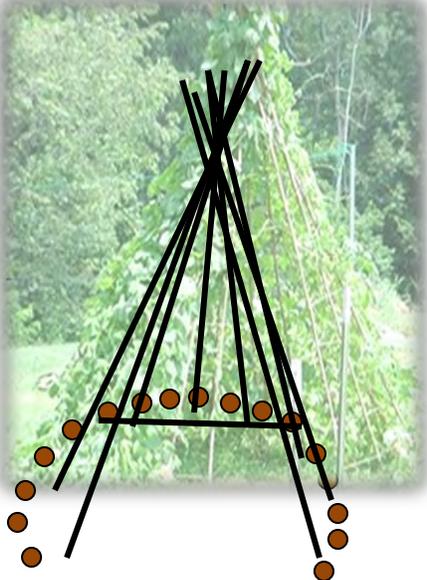
1. Decide where to place your plants in the garden.
2. Gently squeeze the plant pot to loosen the plant. You can hold the plant stem between two knuckles and turn the pot over to get the plant out.
3. Dig a small hole in the garden, wet it well.
4. Place your plant just deep enough to put fresh soil over the pot soil.
5. Water well!



Tips for Strong Tomatoes: Next Page!

**TIP!**  
Plant: corn, herbs, lettuce, radishes, kale, chard, peas or pole beans next to your squash or cucumbers. While the squash/cucumbers are filling out, you can be harvesting food!

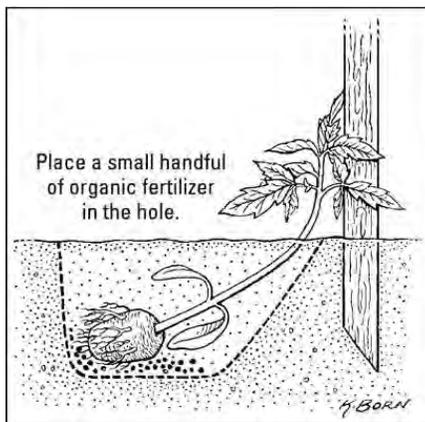
June Planting Fun:  
**Plant Pole beans to create and edible play space!**  
Create a secure structure with stakes (5-7 feet tall), plant beans 2-4 inches apart in a circle around the stakes, leaving a space for a door!



## June

### A Tip for strong tomatoes:

First, pinch the bottom branches off the stem. Then, bury the plant deeply, or on an angle – the tomato will grow stronger and set more roots!!



### Tips on Watering

Keep the soil moist, especially when plants are young.

Water plants more frequently when they are flowering and fruiting.

Water “deeply”, this means that one good watering is better than a few short waterings. Put your finger in the soil, if the soil is wet 2-4 inches down, you are good to go!

June is about getting seedlings transplanted into the garden and sowing your seeds so that everything you want to grow is IN the garden and watered well!

**TIP for Weeding:** take care of weeds while they are small (two leaves). They are easy to hoe out, or scuffle out with your hands. They are harder to pull when they are bigger! Don't let weeds go to seed! Once they flower, they set seeds – so if you see flowering weeds, pull them so they don't scatter seeds all over your garden!

If you planted Leaf Lettuce and radishes at the beginning of the month, you may be ready to eat them at the end of June!! Radishes are ready in 20-30 days! Leaf Lettuce is ready in about one month!

Cut your Leaf Lettuce, leave a 1-2 inch stump so it can grow back! This is called “cut and come again”!

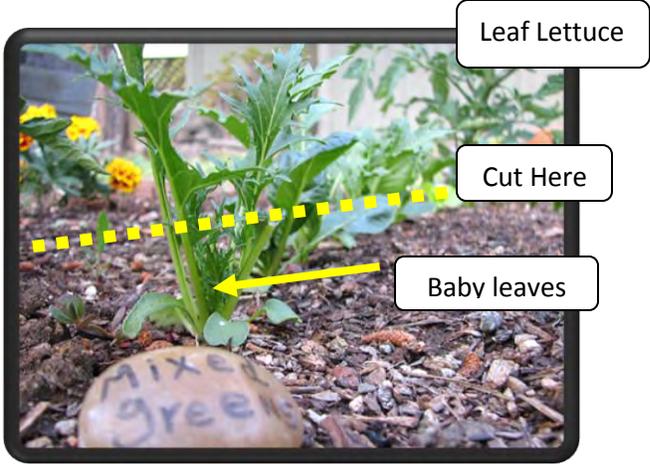
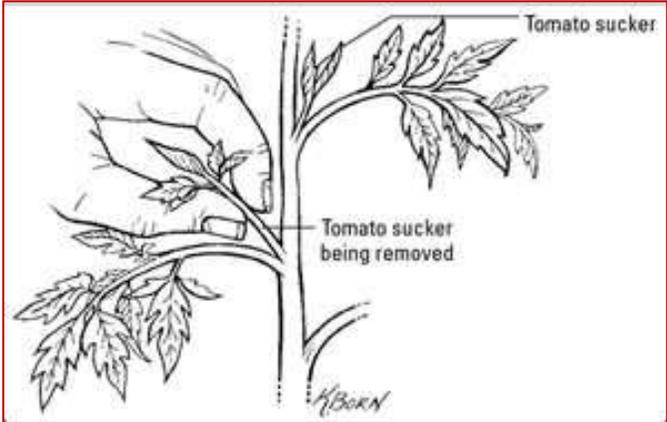
# July

**July**

Start indoors:  
Lettuce (to plant outside when there is a gap in the garden)

Outdoors:  
Sow Beets, Leaf Lettuce and Radishes every two weeks!

- July Tasks:**
- Weed
  - Water
  - Prune out Suckers from Tomatoes
  - Stake Tomatoes
  - Let peas and beans climb – give them a hand if they are sprawling out!
  - Eat your Radishes and Lettuce!



**Food, Food, Food!**

Growing food is a commitment, but the rewards are bountiful!

Have courage and hope. It will take a little practice to begin to understand. It may help to think about the way nature does it, and remember not to fuss too much.

You will be getting good exercise and tasting many fresh and healthy foods!

# August and September

Late Summer Tasks...

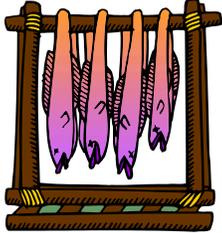
Weed, Water, Stake (tie new braches to stakes), Sow Leaf Lettuce, Sow Spinach, and...

## HARVEST!!!

You will be finding many good things to eat by now!

Remember, if you cannot keep up with the food in your garden, you can preserve it for later.

Preserving means:



- Dehydrating (drying)
- Freezing (blanch food first)
- Canning

Get Garlic seed now to plant in Late October!

These techniques preserve your tasty foods to be eaten later. There are many local resources and workshops available to share with you how to preserve food. Call the North End Food Security Network for a list of workshops in your neighbourhood! 927-2342



Check your Carrots!  
See how big they are and have a taste!

Carrots like consistent moisture, and will crack or taste bitter if the soil dries out between watering.



Check your Beets!  
You can eat the greens (a few from each beet) while you are waiting for the root to be ready to pull.

Beets can be eaten small or large. They can be grated fresh into a salad or can be frozen or canned for later!

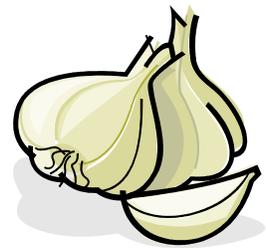
## End of the Season Tasks...

### 1. Save your Leaves! These can be:

- a. added to compost
- b. placed on your garden soil for the winter
- c. mixed into your garden soil (a small amount)
- d. used for winter sowing...see below



### 2. Plant your Garlic! Use “seed Garlic”, not the garlic you buy in a grocery store (it is often grown in a different country). Plant your garlic 4 inches deep, and 5 inches apart. You can then cover the area in leaves – even up to 1 foot of leaves! Garlic will sprout first thing in the spring, and be ready to harvest in August/September next year!



### 3. Winter Sowing and Harvesting: For a workshop in Winter Sowing, please call the North End Food Security Network to connect a local Winter Sowing workshop!

Winter Sowing means that you plant some of your vegetables seeds in the late fall, cover them with leaves, and then let the cold and the snow come through! You can pull carrots and sunroot after the snow falls with the right leaf insulation!

Seeds can be sown in containers or in the garden.

Book a Winter Sowing Workshop by calling 927-2342, there is a local resident skilled in local sowing who would love to share techniques with you!

More info at:

<http://faq.gardenweb.com/faq/wtrsow/>

<http://www.wintersown.org>



### 4. Put the Garden to Rest. Many people believe we have to clean our gardens out for the winter. However, it is better for the soil and the birds to leave some things in your garden. Pull weeds, dig in some plants (to compost them right into the garden bed) and pile your leaves thickly onto your garden soil. IF you are winter sowing, do this before piling the leaves.



## Online Resources

**YOUTUBE!** Type in your gardening task, and learn how to do it! Millions of videos showing us how to garden: from seed starting, seed care, hardening off young plants, transplanting, weeding and watering, building raised beds, staking and trellising plants, creating arches and vine walls, square foot gardening, and harvest information...great way to learn!

**GROWING GUIDES:** Pointer and advice for growing your garden! “How To’s” from seed starting, to recipes, to planting questions and answers!

[www.veseys.com](http://www.veseys.com)

**GARDEN GUIDE:** A website dedicated to the community gardener who often finds themselves growing in interesting locations and conditions! From what to grow on a chain link fence to how to prepare your garden bed, this site has a range of practical garden information!

<http://www.gardenguides.com>

**PRAIRIE ORIGINALS:** A website from Manitoba which explains which plants are native to Manitoba and the Prairies region. This includes grasses, flowers, teas, medicines, shrubs and trees. Plants are available for all locations: Sunny to Shady, Wet to Dry. Butterfly attracting plants are also available.

<http://prairieoriginals.com/>

**SQUARE FOOT GARDENING:** Information on Gardening in Small Spaces using the square foot method!

<http://www.albertahomegardening.com/how-to-make-a-square-foot-garden/>

“Square Foot Gardening”, Author Mel Bartholomew (available at Public Library)

**COMPOSTING AND VERMICOMPOSTING:** Great information for Winnipeggers on Composting outdoors and Composting with Red Wiggler Worms indoors! Free Workshops available, and great information on the website to get you started!

**Green Action Center :** [www.greenactioncenter.ca](http://www.greenactioncenter.ca)

**WINTER SOWING:** Learn the basics of winter sowing, what to sow, how to sow it, how to start seeds in containers for spring, etc. !

Also, call North End Food Security Network for a workshop with a local gardener! 927-2342

<http://faq.gardenweb.com/faq/wtrsow/>

<http://www.wintersown.org>

**COMPANION PLANTING:** Learn about which plants like to be grown next to each other! Fantastic Guide! <http://www.attra.org/attra-pub/complant.html>

