



container gardening

guidebook

COOL-WEATHER VEGGIES



COOL-WEATHER VEGGIES GUIDEBOOK

01 growing kale

02 growing lettuce

03 growing spinach

04 growing swiss chard

05 growing collard greens

01

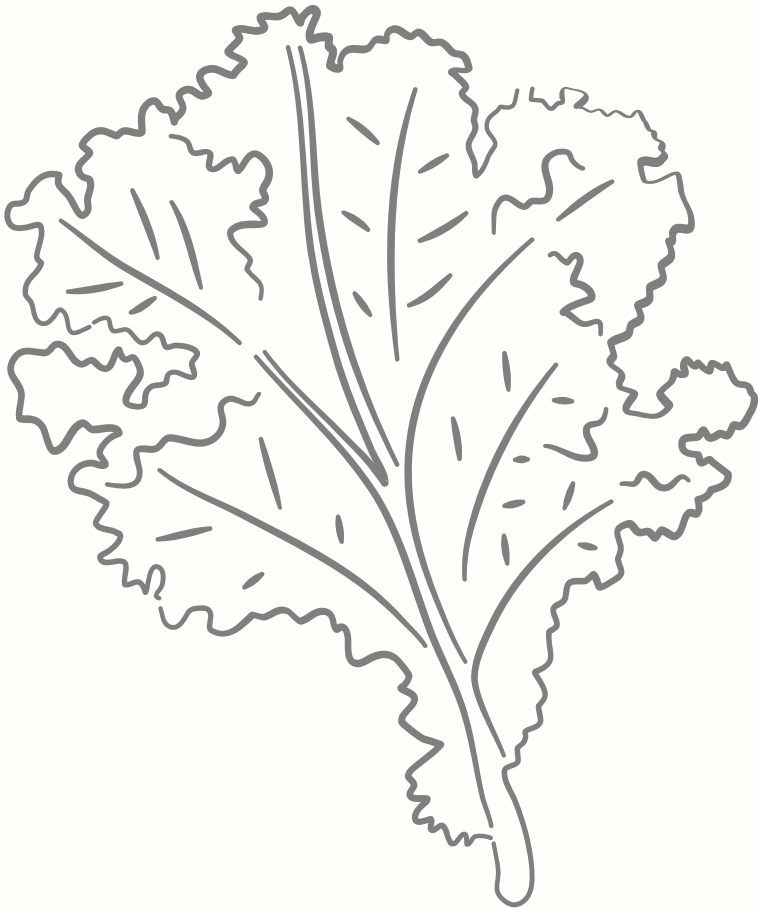
growing kale

Start planting: early spring/autumn

Start harvesting: late spring - winter

Start with: plants

Needs: full sun and partial shade



Step 1 *plan*



- **Plant:** Kale
- **Space & Light:** Place your plant in full sun/partial shade
- **Container:** Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 8in/20cm)
- **Soil:** Choose a well-draining mix for container gardening
- **Fertilizer:** we want good foliage (leaves) so get an organic fish fertilizer or a fertilizer high in nitrogen (N)
- **Watering Can:** Get a 2-3 gal/8-11 liter for containers





SHOPPING

checklist



Plant

Pick up one kale plant. Check the bottom of the pot for healthy roots (not dried out)



Container

Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 8in/20cm)



Soil

Get a large bag of well-draining, organic potting mix for container gardening (30 dry quarts/ 28 liters)



Fertilizer: Get an organic fish emulsion fertilizer or fertilizer high in nitrogen (N) for leaves



Garden Gloves + Trowel



Watering Can

Get a 2-3 gal/8-11 liters

Pro tip: Shop at your local garden center (not big home stores) for quality products and knowledgeable staff; only buy what you don't have

Step 2

plant



- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



Step 3

grow



- Water: Water kale regularly; watch and touch before you water (touch the soil first; if it's moist don't water)
- Fertilize: For the first few weeks, apply an organic fertilizer every week, then every 2 weeks



Step 4

care



- Usually low maintenance
- Pests (slugs/snails in the spring) (aphids in the summer)
- Preventing Pests- companion planting with herbs can prevent pests from chomping on your veggies (ie. cilantro and marigolds-attract beneficial insects like hoverflies that prey on common pests like aphids); catnip is a useful companion plant that can aid a variety of vegetables and flowers by repelling pests and attracting beneficial insect predators
- Plant cilantro in its own container and place it near your kale



Step 5

harvest



- Harvest kale approximately in 40 Days from plants
- Feel free to pick when young
- You can pick from the outer leaves (just enough for tonight's dinner)
- Pro-tip: Pick from the inner leaves of kale and your plant will form new branches
- Grows 12 in /30 cm tall at full maturity



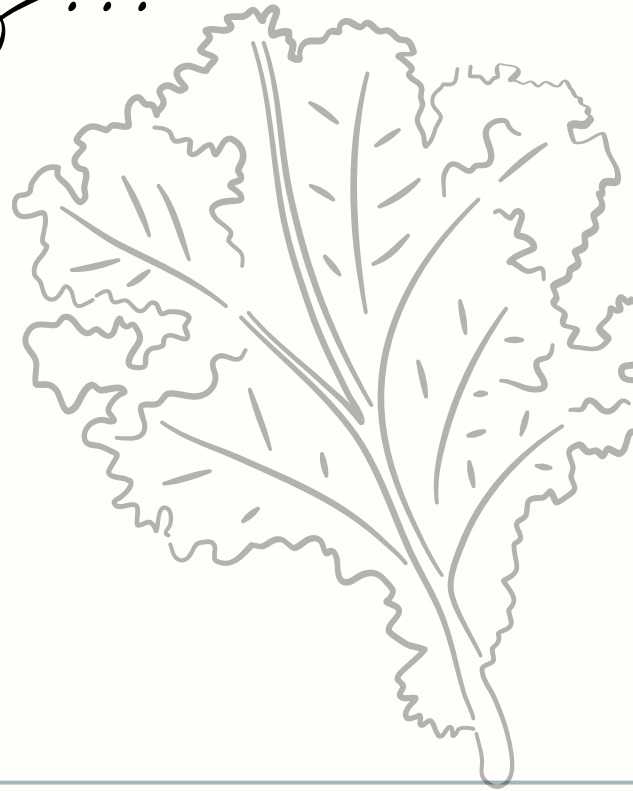
calendar notes...

Plant name:

Planting date:

Days until harvest:

Harvest date:



notes:

02

growing lettuce

Start planting: early spring/autumn

Start harvesting: spring - summer; autumn

Start with: plants

Needs: full sun and partial shade



Step 1

plan



- **Plant:** Looseleaf Lettuce (get a heat tolerant variety; There is less bolting: heating up and turning to seed)
- **Space & Light:** Place your plant in Full sun in cooler temps /partial shade in warmer temps
- **Container:** Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 6in/15cm)
- **Soil:** Get a well-draining mix for container gardening
- **Fertilizer:** we want good foliage (leaves) so get an organic fish fertilizer or a fertilizer high in nitrogen (N)
- **Watering Can:** Get a 2-3 gal/8-11 liter for containers





SHOPPING

checklist



Plant

Pick up one loose leaf lettuce plant (heat tolerant/less bolting variety) Check the bottom of the pot for healthy roots (not dried out)



Container

Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 6in/15cm)



Soil

Get a large bag of well-draining, organic potting mix for container gardening (30 dry quarts/ 28 liters)



Fertilizer: Get an organic fish emulsion fertilizer or fertilizer high in nitrogen (N) for leaves



Garden Gloves + Trowel



Watering Can

Get a 2-3 gal/8-11 liters

Pro tip: Shop at your local garden center (not big home stores) for quality products and knowledgeable staff; only buy what you don't have

Step 2 *plant*



- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



Step 3

grow



- Water: water regularly lettuce loves plenty of moisture
- Fertilize: For the first few weeks, apply an organic fertilizer every week, then every 2 weeks



Step 4

care



- Get a heat tolerant variety for less bolting (heating up & turning to seed)
- Pests (slugs/snails in the spring) (aphids in the summer)
- Preventing Pests- companion planting with herbs can prevent pests from nibbling on your leaves (ie. Plant Cilantro or Chives next to your lettuce to deter aphids (spring/autumn) ; Plant Peppermint nearby in its own pot (likes to takeover) to repel slugs (summer)



Step 5

harvest



- Harvest approximately 45-50 days from plants
- Snip leaves for tonight's salad
- Grows 6-12 in or 15-30 cm tall at full maturity



calendar notes...

Plant name:

Planting date:

Days until harvest:

Harvest date:



notes:

03

growing spinach

Start planting: early spring/autumn

Start harvesting: spring; autumn

Start with: plants

Needs: full sun and partial shade



Step 1 *plan*



- **Plant:** Spinach (loves to bolt: turn to seed in warmer temps; good in early spring; get a mildew resistant variety for autumn planting)
- **Space & Light:** Place your plant in full sun in cooler temps /partial shade in warmer temps
- **Container:** Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 6in/15cm)
- **Soil:** Get a well-draining mix for container gardening
- **Fertilizer:** Get an organic fertilizer higher in nitrogen (N) for leaves
- **Watering Can:** Get a 2-3 gal/8-11 liter for containers





SHOPPING

checklist



Plant

Pick up one spinach plant (heat tolerant/less bolting variety) Check the bottom of the pot for healthy roots (not dried out)



Container

Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 6in/15cm)



Soil

Get a large bag of well-draining, organic potting mix for container gardening (30 dry quarts/ 28 liters)



Fertilizer: Get an organic fertilizer higher in nitrogen (N) for leaves



Garden Gloves + Trowel



Watering Can

Get a 2-3 gal/8-11 liters

Pro tip: Shop at your local garden center (not big home stores) for quality products and knowledgeable staff; only buy what you don't have

Step 2 *plant*



- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



Step 3

grow



- Water: water regularly and thoroughly
- Fertilize: Apply a light application of fertilizer (higher in Nitrogen) a couple of times during the growing season



Step 4

care



- Heat and sun sensitive: plant will bolt in hot weather; move container into the shade for sun protection
- Pests (slugs/snails in the spring) (aphids in the summer)
- Preventing Pests- companion planting with herbs can prevent pests from nibbling on your leaves (ie. Plant Cilantro or Chives next to your spinach to deter aphids)



Step 5

harvest



- Harvest approximately 39-45 days from plants
- Cut the whole plant or pick individual leaves for tonight's dinner
- Grows 6 in or 15 cm tall



calendar notes...

Plant name:

Planting date:

Days until harvest:

Harvest date:



notes:

04

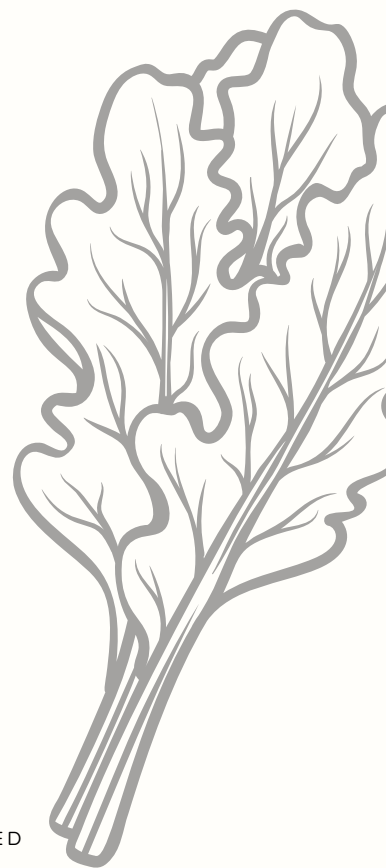
growing swiss chard

Start planting: early spring/autumn

Start harvesting: late spring - winter

Start with: plants

Needs: full sun and partial shade

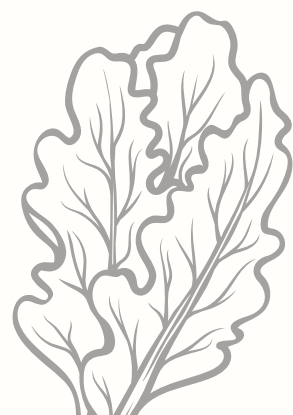


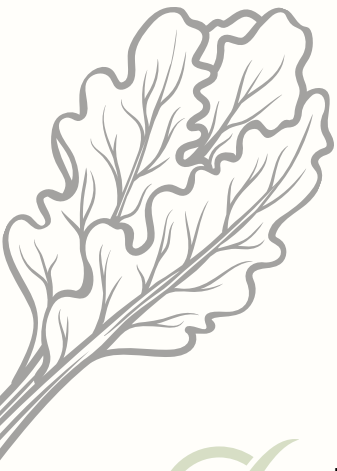
Step 1

plan



- **Plant:** Swiss Chard
- **Space & Light:** Place your plant in full sun (grows quickly in full sun, slows in partial shade)
- **Container:** Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 8 in/20 cm)
- **Soil:** Choose a nutrient-rich, well-draining mix for containers
- **Fertilizer:** grows well without fertilizer; just in case, for foliage (leaves) so get an organic fish fertilizer or a fertilizer higher in nitrogen
- **Watering Can:** Get a 2-3 gal/8-11 liters





SHOPPING *checklist*



Plant

Pick up one swiss chard plant. Check the bottom of the pot for healthy roots (not dried out)



Container

Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 8 in/20 cm)



Soil

Get a large bag of well-draining, organic potting mix for container gardening (30 dry quarts/ 28 liters)



Fertilizer: Grows well without fertilizer; just in case, for foliage (leaves) so get an organic fish fertilizer or a fertilizer higher in nitrogen



Garden Gloves + Trowel



Watering Can

Get a 2-3 gal/8-11 liters

Pro tip: Shop at your local garden center (not big home stores) for quality products and knowledgeable staff; only buy what you don't have

Step 2 *plant*



- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



Step 3

grow



- Water: Before watering, touch the soil to be sure it's not moist. Water regularly: Swiss Chard needs frequent watering
- Fertilize: If needed. Swiss Chard grows well and fast in full sun. If needed, apply an organic fertilizer every week, then every 2 weeks

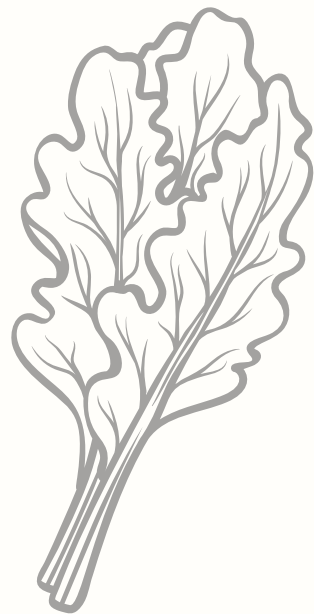


Step 4

care



- Low maintenance
- Pests that might pop in (slugs, beetles, aphids)
- Preventing Pests- companion planting with herbs can prevent pests from chomping on your Swiss Chard (ie. Plant Cilantro next to Swiss Chard or Plant Peppermint nearby in its own pot (likes to takeover)



Step 5

harvest



- Harvest approximately 40-50 Days from plants when plants are 6-8 in or 15-20 cm tall
- Cut outer leaves; just enough for tonight's dinner
- Cut back leaves for new growth (for a big harvest, invite friends over ;)



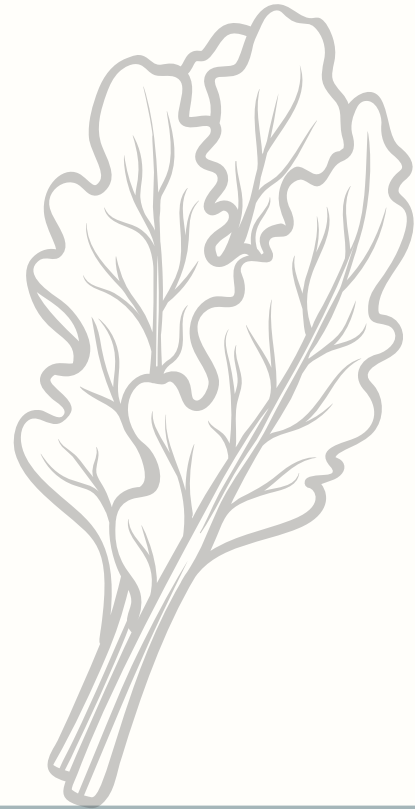
calendar notes...

Plant name:

Planting date:

Days until harvest:

Harvest date:



notes:

05

growing collard greens

Start planting: early spring/autumn

Start harvesting: late spring - winter

Start with: plants

Needs: full sun and partial shade



Step 1

plan



- **Plant:** Collard Greens
- **Space & Light:** Place your plant in Full sun/partial shade
- **Container:** Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 8 in/20 cm)
- **Soil:** Get a well-draining mix for containers
- **Fertilizer:** we want good foliage (leaves) so get an organic fish fertilizer or a fertilizer high in nitrogen (N)
- **Watering Can:** Get a 2-3 gal/8-11 liters





SHOPPING

checklist



Plant

Pick up one collard green plant. Check the bottom of the pot for healthy roots (not dried out)



Container

Get a medium container (12 in/ 30cm wide) with drainage holes at the bottom (min depth 12 in/30 cm for a soil depth of 8 in/20 cm)



Soil

Get a large bag of well-draining, organic potting mix for container gardening (30 dry quarts/ 28 liters)



Fertilizer: Get an organic fertilizer higher in nitrogen (N) for leaves

Garden Gloves + Trowel



Watering Can



Get a 2-3 gal/8-11 liters

Pro tip: Shop at your local garden center (not big home stores) for quality products and knowledgeable staff; only buy what you don't have

Step 2 *plant*



- Fill the container with soil (right below the rim of the container)
- Dig hole deep enough to cover the entire root ball
- Gently remove plant from the pot
- Use both hands to place the plant in the soil
- Use one hand to hold the plant in place, other hand to cover the entire root ball with soil
- Water gently and evenly after planting



Step 3

grow



- Water: Water Collards regularly; watch and touch before you water (touch the soil first; if it's moist don't water)
- Fertilize: For the first few weeks, apply an organic fertilizer every week, then every 2 weeks



Step 4

care



- Fairly low maintenance
- Pests (slugs, snails, aphids, cabbage worms)
- Preventing Pests- companion planting with herbs can prevent pests from chomping on your veggies; plant Dill or Chives in its own container and place it near your Collards



Step 5

harvest



- Harvest Collards 60-80 days from seed; approximately 50-60 days from plants
- You can pick from the outer leaves (just enough for tonight's dinner)



calendar notes...

Plant name:

Planting date:

Days until harvest:

Harvest date:



notes:
