

# Welcome to Greenwich Community Gardens



You are about to embark on an adventure! If you are new to growing your own food or even an experienced grower, no two plots are alike. And no two growing seasons are alike either. You can start for success by planning a bit ahead of time.

Make a list of your ten favorite vegetables. That is always a good place to begin. Why put in the work to grow things you or your family don't like? Now eliminate corn, potatoes and soybeans. Leave those for the big farmers because you don't have the space to grow those foods in a 4x8 plot.

Your plot will be available to you mid-April. The soil is still quite cold then and only certain vegetables will grow in cool temperatures. You're in luck because there are many tasty plants that do! **Peas** are a great cool weather crop. They like to grow up a trellis and depending on how many rows you plant can take up a full third of your plot.

**Lettuces** like cool weather to grow as well and you can grow 4-6 heads in a row, depending on the mature size of the head. Little gem lettuces like their name suggests yield small, compact heads. You can plan on a row of lettuces and reserve a second row to sow in two weeks' time so that you get a succession of heads.



**Onions** are a nice spring crop and these you can plant 6 inches apart for a row of a dozen onions.

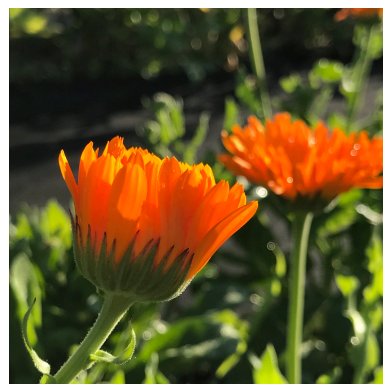
**Kale**, mustard greens and spinach thrive in cold weather, and in the case of kale, can often be wintered over for a late fall or very early spring harvest. These vegetables have a high mineral content and are very nutritious and you may want two rows of them.

Because root vegetables take up little space you can plant 8-10 **beets** in a row. Better yet, alternate with **turnips** or **daikon radish** for another nutritious alternative.



Start your seeds now to get a head start when you get your plot. Alternatively, many of our local nurseries have seedling that will jumpstart your plot. Generally speaking peas and lettuces are sown directly in the soil.

Remember to tuck some parsley herb into cover and maybe sow some **calendula**, zinnia or nasturtium flower to brighter up your plot later on.



Once you have your garden planted and growing, you can start dreaming about what to plant as your summer crop. **Tomatoes** are everyone's favorites, but beginning gardeners, and many experienced ones too, get over-excited and plant too many. Unless you want to give over your entire plot to tomatoes, plan on two plants that can have enough room to grow big and healthy. One **squash** plant is more than enough and would benefit from a sturdy trellis.

A good garden grows...BIG.

We'll have more tips about planning and planting your garden as the season advances. Stay tuned. And welcome to Community Gardening!

