



# SAMPLE

## Four Seasons of Gardening with Maple Heights Farm

Designed to help you get the most out of the 2010 vegetable

These fine books have guided our way and we think they will prove useful to you. You will want to plan your own methods of composting, seed starting, planting and fertilizing, but these books will give you some good approaches. We use organic methods and, therefore, don't follow any of the following books exactly. Still, they are more useful than any others I have read.

*The New Victory Garden* by Bob Thomson (out of print)

This is a great treasure. It is laid out in a month by month format that is easy to follow and inspiring as we take this large task of gardening in smaller doses. Though the book seems to attempt to follow an organic approach to gardening, I don't think it goes far enough. No matter. It is a simple process to make those substitutions. As Bob Thomson takes you through the gardening year, he provides enough tips to help you on your way to a successful garden without overwhelming you. I will never garden again without this book beside me. Mine is highlighted and filled with notes.

*The New England Vegetable Garden* Don Kerr (out of print)

This is one of my favorite books to read each winter. Don's garden is based in Old Saybrook Connecticut so I adjust his timetables a bit, but he has some great tips for "Wonder Water" which I use for my seedlings, Pest deterrents made with hot peppers, oils, horseradish and other ingredients you may eat on regular basis, and Eggshell tea to give your plants a boost.

*Square Foot Gardening* by Mel Bartholomew

This book is a great resource that will guide you through getting the most of a smaller vegetable garden, and suggest reasons for having a small garden (less work and more vegetables per square foot).

*Seed Starters Handbook* by Nancy Bubel

Read about seed starting and fertilizing to develop your own plan. There are many reasons to start your seeds yourself. I start mine using a simple grow light table that my mother gave me when she moved to Florida. I put it in a sunny window, check seedlings every day and water when needed. The grow lights hang above the table and the height can be adjusted easily as plants grow. This year I will modify this setup to also hang some shop light type fluorescents underneath the table on chains. This will double my seed starting real estate. I also watch for any sign of fungus and sprinkle with ash from the fireplace (with this method, I never lose a seedling to damping-off, even when I have used my own unsterilized potting soil – but I'm not recommending you start your seeds in garden soil – too risky!). My father-in-law starts his seeds in his south facing greenhouse made of some type of plastic. This gives him vegetables throughout most of the year – and bragging rights as the vegetable grower extraordinaire in the family!

*Gardening When It Counts: Growing Food in Hard Times* by Steve Solomon

This book is worth a read and can be obtained from the library. I mention it here because I really like his recipe for organic fertilizer.

*The Complete Book of Edible Landscaping* by Rosalind Creasy and Marcia Kier-Hawthorne

I get this book from the library every winter. It is loaded with ideas on landscaping with vegetable plants, fruit trees, vines and more.

### Obtaining Seed:

I try to stay away from any seed company that has strong ties to Monsanto or other such conglomerates, mostly because I don't like the way they do business and they don't have the integrity that I would like to see in a company. I'd like to keep my dollars as far away from them as possible. Last year, I called one of the really big seed houses (one that is practically synonymous with garden seeds) and asked if they had any affiliation to Monsanto. The representative's response seemed odd to me. She said "no" and asked "what is Monsanto?" I didn't order and decided to research further. Turns out that seed company practically IS Monsanto. Glad I didn't order. Know where your seed comes from and order from a reputable business.

This year, I plan to order from Fedco, Veseys Seeds, Baker Creek and/or Seed Savers Exchange. These can easily be looked up online.

### Your Zone Doesn't Tell the Whole Story:

In my case, I am gardening in Zone 5. This does not give me all the information I need for my garden dates. The dates for this calendar serve the Boston area climate and also work well for me on my protected, southern exposure garden that is at 1000' elevation near Mt. Wachusett. Spend some time researching your first and last frost dates for both a light frost and a hard freeze. You may want to adjust the dates accordingly, but, in several instances I give you soil temperatures that will help you along. Soil thermometers are inexpensive and work quickly and are well worth the investment. For more information on obtaining information on your frost free dates and length of your growing season, visit us at [www.MapleHeightsFarm.com/CalendarInfo](http://www.MapleHeightsFarm.com/CalendarInfo) where I will list resources for such things.

**Very Early Spring Garden.** Vegetables that you can plant outside very early in the season:

Beets, broccoli, Brussels sprouts, cabbage, carrots, celery, kale, kohlrabi, lettuce, onions, parsley, peas, radishes, rutabaga, Swiss chard, spinach, turnip

**Late Spring Garden.** Vegetables that can go in before last frost dates, but do need warmer temperatures:

Asparagus, cauliflower, corn, Jerusalem artichoke, potato, tomatoes

**Early Summer Garden.** Vegetables that must wait until warm weather has set in:

Bean, cucumber, eggplant, melon, okra, peppers, squash

**Fall and Winter Garden:** Vegetables you can eat out of your garden well into the fall season and some into early winter. These are the vegetables that help you get the most out of your garden:

Beets, broccoli, Brussels sprouts, cabbage, carrots, kale, kohlrabi, lettuce, parsley, peas, radishes, rutabaga, Swiss chard, spinach, turnip.

### Some terms you may want to research to improve your garden yield:

**Companion planting:** the planting of different crops in close proximity in the garden, based on the idea that they are beneficial to each other, producing stronger crops and better yield.

**Double cropping:** Growing two or more crops in the same space over a single growing season in order save space and extend a harvest.

**Winter Gardening:** Growing hardy plants that will survive into the winter, also mulching crops directly in the garden that will not continue to grow but will continue to be available throughout the winter.

**Carryover gardening:** Starting crops in the fall that will remain dormant in your garden until spring. This is a good way to get very early produce in the spring.

Kerrie Hertel

To order more calendars, or for questions and feedback about this calendar visit [www.MapleHeightsFarm.com/contact](http://www.MapleHeightsFarm.com/contact) and send an email.



SAMPLE



# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMPLE						
					1 New Year's Day	2
3	4	5	6	7	8	9
Obtain seed catalogs and start planning your garden. Start globe artichokes seeds indoors.						
10	11	12	13	14	15	16
17	18 Martin Luther King Day	19	20	21	22	23
Put together a supply of pots, peat strips, lime, fertilizer, and sterile potting medium and labels.						
24	25	26	27	28	29	30
31						

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# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12	13
		Start celery and onion, and early tomato seeds indoors.				
14 Valentine's Day	15 President's Day	16	17	18	19	20
21	22	23	24	25	26	27
		Start leek seeds indoors.				
28						



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# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
When soil is dry enough to work, plant onion sets and shallots in the garden. When soil temperature is 45 degrees F, soak peas overnight and plant in the garden. Start leek seeds indoors.						
14	15	16	17 St. Patrick's Day	18	19	20
Start broccoli, Chinese cabbage and lettuce seeds indoors. Move globe artichoke seedlings to cold frame.						
21	22	23	24	25	26	27
Plant spinach seeds directly in the garden. Watch for flea beetles.						
28	29	30	31			

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# April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>S</b> 4 Easter Sunday	<b>A</b> 5	<b>M</b> 6	<b>P</b> 7	<b>L</b> 8 1 April Fool's Day	<b>E</b> 9 2 Good Friday	<b>E</b> 3 10
Move lettuce seedlings to the cold frame, start more lettuce. Start a few corn seeds inside in peat pots. Start eggplant, okra, pepper, chard, parsnips and tomato seeds indoors. Plat radish and scallion seeds in the						
11	12	13	14	15	16	17
Move broccoli and Chinese cabbage, and cabbage seedlings to the cold frame. Transplant early tomatoes deeply into 1 gallon containers. Plant asparagus crowns and seed potatoes in the garden. Soak beet seeds overnight and plant in the garden. Plant kohlrabi and turnip seeds in the garden. Start cucumber seeds indoors. Thin spinach leaves when they touch.						
18	19	20	21	22 Earth Day	23	24
Move lettuce, cauliflower and onion seedlings to the cold frame, move lettuce to the cold frame and start more. On warm, sunny, still days, put early tomato seedlings outside. Bring them in at night and if the weather turns. Transplant broccoli, cabbage, and Chinese cabbage into the garden. Move cabbage into the cold frame. When soil temperature is 55 F, plant carrots. Start melon and summer squash seeds indoors.						
25	26	27	28	29	30	
Transplant onion seedlings and cauliflower to garden.						