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how to eat in the woods a complete guide to foraging

Exploring the wilderness and gathering your own food can be an incredibly rewarding experience, whether you're a seasoned forager or a beginner venturing into the woods for the first time. Knowing how to eat in the woods safely and responsibly requires a good understanding of edible plants, fungi, and other natural resources, as well as awareness of potential hazards. This comprehensive guide will walk you through the essential aspects of foraging, safety tips, and practical advice to help you enjoy the bounty of the woods confidently.

Understanding the Basics of Foraging

Before heading into the woods, it's important to grasp foundational knowledge about foraging, including legal considerations, ethical practices, and basic identification skills.

Legal and Ethical Considerations

- Know the laws: Always check local regulations regarding foraging in public or private lands. Some areas prohibit collecting certain plants or fungi.
- Respect nature: Harvest sustainably by taking only what you need and leaving enough for wildlife and future growth.
- Seek permission: Obtain permission if foraging on private property.
- Avoid protected species: Educate yourself on endangered or protected species and refrain from collecting them.

Basic Foraging Equipment

- Field guides: Carry reliable plant and mushroom identification books or apps.
- Knife or scissors: For harvesting plants without damaging roots.
- Basket or mesh bag: To carry your foraged items while allowing seeds or spores to disperse.
- Notebook and camera: To document unfamiliar finds for later identification.
- Gloves: To protect your hands when handling prickly or potentially toxic plants.

Identifying Edible Plants and Fungi

Correct identification is the cornerstone of safe foraging. Never consume anything unless you're 100% sure of its identity.

Common Edible Wild Plants

- **Dandelion (*Taraxacum officinale*):** Entire plant is edible ? leaves, flowers, and roots. Leaves are best in early spring.
- **Wild garlic (*Allium ursinum*):** Has a strong garlic scent, with broad green leaves and white flowers.
- **Nettle (*Urtica dioica*):** Rich in nutrients; harvest young leaves with gloves to avoid stinging hairs.
- **Lamb'squarters (*Chenopodium album*):** Similar to spinach, high in vitamins.
- **Chickweed (*Stellaria media*):** Tender leaves and stems, good in salads or cooked.

Identifying Edible Mushrooms

- Learn from experts: Join local foraging groups or workshops.
- Use reliable guides: Invest in mushroom identification books specific to your region.
- Key features to observe:
 - Cap shape and color
 - Gills or pores underneath the cap
 - Stalk characteristics
 - Spore print color
- Avoid dangerous look-alikes: Some toxic fungi resemble edible varieties, such as death cap mushrooms.

Common Edible Mushrooms

- **Chanterelles (*Cantharellus cibarius*):** Bright yellow-orange with a trumpet shape.
- **Morels (*Morchella* spp.):** Honeycomb appearance, hollow inside.
- **Hen of the Woods (*Grifola frondosa*):** Clusters of grey-brown fronds growing at the base of trees.
 - Fan-shaped, growing on wood.

Safety Tips for Foraging

Safety is paramount when foraging in the woods. Follow these guidelines:

Never Consume Unknown Plants or Fungi

- If you're unsure about an identification, do not eat it.
- Cross-reference with multiple sources.

Perform a Test Before Full Consumption

- For some plants, try a small amount first to check for adverse reactions.
- Be aware that some toxins can cause severe illness or death.

Be Aware of Poisonous Look-Alikes

- Study distinguishing features thoroughly.
- When in doubt, leave it out.

Mind Allergies and Sensitivities

- Some individuals may react differently to certain foods, even if they are generally considered edible.
- Proceed cautiously and seek medical help if symptoms occur.

Harvesting Tips and Techniques

Proper harvesting ensures the plant's health and sustainability.

Harvest Responsibly

- Use scissors or a knife to cut plants at the base.
- Take only what you need, leaving enough for regrowth and wildlife.
- Avoid damaging the root systems of perennial plants.

Timing Is Key

- Harvest during peak seasons when plants are most nutritious.
- For mushrooms, pick when young and fresh.

Storage and Preparation

- Keep foraged items cool and dry.
- Clean thoroughly to remove dirt, insects, or other debris.
- Prepare and cook fungi and greens properly to eliminate toxins or bacteria.

Cooking and Enjoying Your Foraged Finds

Wild foods can be delicious and nutritious when prepared correctly.

Basic Cooking Tips

- Rinse thoroughly to remove dirt.
- For greens, blanch or sauté with garlic and olive oil.
- Mushrooms can be sautéed, grilled, or added to soups.

Recipe Ideas

- Wild Greens Salad: Mix young leaves with other vegetables and a vinaigrette.
- Mushroom Risotto: Use foraged mushrooms for a rich flavor.
- Herbal Tea: Dried leaves like wild mint or chamomile can be brewed.

Seasonal Foraging Guide

Knowing what to forage depends on the season.

Spring

- Dandelion leaves and flowers
- Wild garlic
- Nettles
- Morel mushrooms (early spring)

Summer

- Berries (blackberries, raspberries)

- Chanterelles
- Lamb'squarters
- Chickweed

Autumn

- Morels (if missed in spring)
- Persimmons and apples (if available)
- Roots like burdock and wild carrots

Winter

- Conifer needles for tea
- Some hardy greens under snow
- Nuts like acorns (requires processing)

Conclusion: Responsible Foraging for a Delicious Wilderness Feast

Learning how to eat in the woods through responsible foraging is a valuable skill that connects you with nature and can supplement your diet with fresh, wild foods. Remember to prioritize safety by accurate identification, harvesting sustainably, and respecting local regulations and ecosystems. With patience and practice, you'll develop an eye for edible treasures hidden in the woods, enhancing your outdoor adventures and culinary experiences alike.

Happy foraging!

How to Eat in the Woods: A Complete Guide to Foraging

Introduction: Embracing the Wilderness through Foraging

Foraging in the woods is more than just a survival skill—it's an age-old practice that reconnects humans with nature, promotes sustainable living, and offers a rewarding way to discover wild foods. In an era of increasing interest in organic, local, and foraged foods, understanding how to safely and effectively forage can transform a simple walk in the woods into an enriching culinary adventure. However, foraging requires knowledge, caution, and respect for the environment. This comprehensive guide aims to equip you with the essential skills, safety protocols, and practical tips to confidently gather and enjoy wild edibles.

Understanding the Basics of Foraging

What Is Foraging?

Foraging involves searching for, identifying, and harvesting wild plants, fungi, fruits, nuts, and other natural resources available in forests, fields, and other natural landscapes. It's a practice rooted in traditional knowledge, often passed down through generations, and increasingly adopted by modern outdoor enthusiasts and sustainability advocates.

The Ethical and Legal Aspects

Before venturing into foraging, it's vital to understand the ethical and legal considerations:

- Respect Nature: Harvest only what you need, avoid overharvesting, and leave enough for wildlife and future growth.
- Private Property & Regulations: Always obtain permission when foraging on private land, and familiarize yourself with local laws and regulations regarding wild plant collection.
- Protected Species: Avoid harvesting endangered or protected species to preserve ecological balance.

Essential Equipment for Foraging

- A foraging guidebook or plant identification app
- A sharp knife or scissors for harvesting
- Containers or baskets for collecting
- Gloves for handling thorny or irritant plants
- A notepad for taking notes or marking locations
- Field PPE such as long sleeves and pants to protect against insects and thorny plants

Identifying Edible and Non-Edible Plants

Key Identification Principles

Correct identification is the cornerstone of safe foraging. Misidentification can lead to poisoning or other health hazards. Always cross-reference multiple sources, and never consume a plant unless you're 100% certain of its identity.

- Focus on distinctive features: leaves, stems, flowers, fruits, and smell
- Note the habitat: some plants grow only in specific environments
- Seasonality: understand when certain plants or fungi are in season

Common Edible Wild Plants

Below are some widely recognized edible plants, with descriptions to aid identification:

- Wild Asparagus (*Asparagus officinalis* var. *officinalis*)

- Thin, spear-like stems emerging in spring
- Bright green, with a slightly fibrous texture

- Ramps or Wild Leeks (*Allium tricoccum*)

- Onion-like aroma
- Broad green leaves with a white bulb

- Nettles (*Urtica dioica*)

- Heart-shaped, serrated leaves
- Stinging hairs?handle with gloves

- Dandelion (*Taraxacum officinale*)

- Bright yellow flowers, deeply lobed leaves
- Entire plant edible, including roots and flowers

- Cattail (*Typha* spp.)

- Tall, reed-like plants
- Young shoots and pollen can be eaten

Recognizing Toxic or Non-Edible Plants

- Hemlock (*Conium maculatum*): deadly, resembles wild parsley but with purple-spotted stems
- Deadly nightshade (*Atropa belladonna*): shiny black berries, highly toxic
- Poison ivy/oak: causes dermatitis, not edible
- Mushrooms: many look similar; proper identification is crucial

Foraging for Edible Fungi

Introduction to Mushrooms

Wild mushrooms can be a delicious addition to your diet but are also among the most dangerous wild foods if misidentified. The key to safe mushroom foraging lies in thorough knowledge and cautious harvesting.

Types of Edible Mushrooms

- Morels (*Morchella* spp.): honeycomb caps, rich flavor
- Chanterelles (*Cantharellus cibarius*): orange-yellow, trumpet-shaped
- Porcini (*Boletus edulis*): thick stem, brown cap, meaty texture

Safety Tips for Mushroom Foraging

- Learn from experts: join guided foraging tours or workshops
- Use reliable guides: field guides with detailed pictures and descriptions
- Avoid lookalikes: many edible mushrooms have toxic counterparts
- Never consume raw: some mushrooms require cooking to eliminate toxins
- Perform spore prints: to assist identification

Harvesting Techniques and Best Practices

How to Harvest Safely and Sustainably

- Use a sharp knife or scissors to cut mushrooms at the stem base, minimizing damage
- Leave roots and mycelium intact to promote regrowth
- For plants, pluck gently or cut at the base
- Collect in breathable containers?preferably baskets or mesh bags?to prevent spoilage
- Be mindful of seasonality and plant maturity; harvest only mature specimens

Timing and Seasonality

- Most wild edibles have specific harvesting windows; learn regional seasonal cycles
- Spring is prime for ramps, wild greens, and morels
- Summer yields berries, chanterelles, and cucumbers
- Fall is abundant with nuts, apples, and certain mushrooms
- Winter may offer hardy greens and conifer needles

Preparing and Cooking Wild Foods

Cleaning and Processing

- Rinse thoroughly to remove dirt, insects, and debris
- For certain plants like nettles, wear gloves and blanch before eating
- Mushrooms should be examined carefully; trim and clean with a soft brush

Cooking Methods

- Boiling or blanching to neutralize toxins or bitterness
- Sautéing with butter or oil to enhance flavor
- Baking or roasting for tougher plants or roots
- Fermentation for preservation and flavor development

Safety Precautions During Preparation

- Always cook wild mushrooms thoroughly
- Avoid cross-contamination with non-edible plants
- Taste-test small amounts initially to check for adverse reactions

Storing and Preserving Wild Edibles

Short-term Storage

- Keep harvested items in a cool, dry place
- Use breathable bags or containers to prevent mold

Preservation Techniques

- Drying: hang herbs or mushrooms in a well-ventilated area
- Freezing: blanch greens or berries before freezing
- Canning: preserve fruits or vegetables in jars
- Fermentation: make wild pickles or kimchi

Risks and Challenges of Foraging

Common Hazards

- Poisoning: from misidentification of toxic plants or fungi
- Environmental hazards: ticks, poisonous insects, or unstable terrain
- Legal issues: trespassing or harvesting protected species
- Allergic reactions: some wild plants can cause dermatitis or other sensitivities

Strategies to Mitigate Risks

- Educate yourself thoroughly before foraging
- Forage with experienced guides
- Use protective clothing and insect repellents
- Always confirm identifications with multiple resources

Conclusion: A Responsible Approach to Wilderness Eating

Foraging in the woods offers a unique opportunity to connect with nature, enjoy fresh flavors, and develop self-sufficiency. However, it demands respect, proper knowledge, and caution. By understanding plant and fungi identification, following sustainable harvesting practices, and preparing foods safely, you can enjoy the bounty of the wilderness responsibly and confidently. Whether it's adding wild greens to your salad, mushrooms to your risotto, or nuts to your trail mix, foraging can enrich your culinary repertoire and deepen your appreciation for the natural world.

Remember: When in doubt, consult experts, use reliable resources, and never consume anything unless you are absolutely certain of its safety. Happy foraging!

Question What are the safest wild foods to start foraging in the woods? Begin with easily recognizable and non-toxic plants like wild berries (e.g., blackberries, blueberries), edible greens (e.g., wild spinach, dandelion leaves), and nuts such as acorns or walnuts. Always ensure proper identification before consuming any wild food to avoid poisonous look-alikes. **Answer** How can I identify edible mushrooms safely in the woods? Learn to identify common edible mushrooms like chanterelles, morels, and shiitake. Use a reliable field guide, join foraging groups, and never

consume wild mushrooms unless you are 100% certain of their identification, as many toxic varieties look similar to edible ones. What tools do I need for successful foraging in the woods? Essential tools include a field guide for identification, a small sharp knife, a basket or mesh bag for collecting, gloves for handling plants, and a notebook to record findings. A GPS device or map can also help navigate and mark foraging spots. How do I harvest wild plants sustainably without damaging the ecosystem? Harvest only what you need, leave enough for wildlife and plant reproduction, and avoid uprooting entire plants. Use selective harvesting techniques, such as clipping leaves or berries without damaging the root system, and stay within established foraging guidelines. Are there any safety tips to avoid poisoning when foraging in the woods? Always positively identify each plant or mushroom before eating, avoid plants with unfamiliar or warning signs, and start by tasting a small amount to check for adverse reactions. Consulting local foraging experts or guides can also enhance safety. How can I prepare wild foods after harvesting them in the woods? Wash all foraged foods thoroughly to remove dirt and insects. Use appropriate cooking methods?such as boiling, sautéing, or drying?depending on the food type. For some items like nuts and seeds, roasting enhances flavor, while greens may be best eaten raw or lightly cooked. What are some common misconceptions about foraging in the woods? A common misconception is that all wild foods are safe to eat; in reality, many are toxic if misidentified. Another myth is that foraging is illegal everywhere; however, regulations vary, so always check local laws and obtain necessary permissions. Lastly, some believe foraging is difficult?proper education makes it accessible. How can I learn more about edible wild plants and mushrooms? Attend foraging workshops, join local nature groups, and study reputable field guides and online resources. Practicing with experienced foragers and starting with well-known edible species can build your confidence and knowledge over time.

Related keywords: foraging, wild edibles, edible plants, wilderness survival, edible mushrooms, forest foraging, plant identification, outdoor cooking, survival skills, nature nutrition

Herb Garden 2020 Calendar

herb garden 2020 calendar: Your Ultimate Guide to Planning and Growing an Herb Garden in 2020

Are you passionate about fresh herbs and looking to cultivate your own herb garden in 2020? Whether you're a seasoned gardener or a beginner, having a well-structured **herb garden 2020 calendar** can make all the difference in planning, planting, and maintaining a thriving herb garden throughout the year. This comprehensive guide offers tips, schedules, and insights to help you maximize your herb gardening experience in 2020.

Understanding the Importance of a Herb Garden Calendar

A herb garden calendar helps gardeners track optimal planting times, watering schedules, harvesting periods, and maintenance tasks. By aligning your gardening activities with seasonal changes and regional climate, you can ensure your herbs grow healthy and robust.

In 2020, planning ahead is vital to adapt to unexpected weather patterns, pest cycles, and soil conditions. An organized calendar can also assist in crop rotation, companion planting, and preventing diseases.

Key Components of a Herb Garden 2020 Calendar

To create an effective herb garden calendar for 2020, consider including the following components:

1. Planting Dates

- Indoor seeding: For herbs started indoors before transplanting
- Outdoor sowing: Direct sowing in garden beds
- Transplanting: Moving seedlings outdoors after frost risk

2. Maintenance Tasks

- Watering schedules
- Fertilization dates
- Pruning and harvesting times
- Pest and disease management

3. Harvesting Periods

- Estimated times for harvesting fresh herbs
- Drying and preserving schedules

4. Seasonal Reminders

- Mulching
- Soil amendments
- Preparing for winter or summer conditions

Herb Garden Calendar by Seasons

Organizing your herb garden calendar according to seasons ensures optimal growth and harvests.

Spring (March - May)

- Early March: Start indoor seeds for herbs like basil, cilantro, and parsley.
- April: Harden off seedlings; prepare garden beds by clearing debris and enriching soil.
- May: Transplant seedlings outdoors once the risk of frost has passed; sow herbs like dill, chives, and thyme directly into soil.
- Maintenance: Regular watering, thinning seedlings, and early pest checks.

Summer (June - August)

- June: Peak growing season; ensure consistent watering and fertilization.
- July: Harvest herbs like basil, mint, and oregano regularly to promote bushier growth.
- August: Prepare for late summer harvests; start drying herbs for storage.
- Maintenance: Watch for pests such as aphids and caterpillars; prune to encourage healthy growth.

Autumn (September - November)

- September: Final harvests of the season; begin drying herbs.
- October: Clean up garden beds; mulch to protect roots from winter.
- November: Bring potted herbs indoors; consider growing herbs indoors for winter.
- Maintenance: Prepare soil for winter, add compost, and protect perennial herbs.

Winter (December - February)

- December - February: Focus on indoor herb gardening; start new seeds indoors.
- Indoor Care: Ensure adequate sunlight, proper watering, and temperature control.

Monthly Breakdown for Herb Garden 2020 Calendar

Here's a month-by-month guide to help you plan your herb garden activities in 2020:

January

- Plan your herb garden layout.
- Order seeds and supplies.
- Start indoor seeds for herbs like basil, oregano, and thyme.

February

- Continue indoor seed starting.
- Prune and divide existing herbs.
- Prepare garden beds for spring.

March

- Sow herbs indoors that prefer warmer temperatures.
- Harden off seedlings.
- Prepare outdoor beds for planting.

April

- Transplant seedlings outdoors after last frost.
- Direct sow herbs like dill and cilantro.
- Mulch garden beds to retain moisture.

May

- Plant warm-season herbs such as basil, basil, and Thai basil.
- Fertilize and water regularly.
- Watch for pests and disease.

June

- Harvest early herbs.
- Pinch back herbs to encourage bushy growth.
- Continue watering and fertilizing.

July

- Dry herbs like lavender and rosemary.
- Continue pest control.
- Mulch to retain soil moisture.

August

- Harvest herbs abundantly.
- Prepare for late season drying.
- Plant fall herbs like cilantro for a second crop.

September

- Final harvests.
- Dry and store herbs.
- Prepare beds for winter.

October

- Clean up garden debris.
- Mulch perennial herbs.
- Bring potted herbs indoors.

November

- Transition herbs indoors.
- Plan for next year's garden.
- Cover tender herbs with frost protection.

December

- Maintain indoor herb care.
- Reflect on the season and plan improvements.
- Celebrate your herb harvests!

Tips for Using Your 2020 Herb Garden Calendar Effectively

- Customize for Your Region: Adjust planting dates based on your local climate and last frost date.
- Record Observations: Keep notes on germination, growth, pests, and harvest yields.
- Stay Flexible: Be prepared to adapt your schedule in response to weather changes.
- Utilize Technology: Set reminders on your phone or use garden planning apps to stay on track.
- Combine with Companion Planting: Use your calendar to plan companion herbs that grow well together.

Benefits of Maintaining a Herb Garden 2020 Calendar

- Ensures timely planting and harvesting.
- Maximizes yield and flavor of herbs.
- Reduces pest and disease issues through timely interventions.
- Saves time and resources by planning maintenance activities.
- Enhances your gardening skills through organized record-keeping.

Conclusion

Creating and following a **herb garden 2020 calendar** is a rewarding way to enjoy fresh, homegrown herbs all year round. By understanding seasonal tasks, adjusting for regional climate, and maintaining an organized schedule, you can cultivate a lush, productive herb garden. Whether you're growing basil, mint, rosemary, or thyme, a well-planned calendar ensures your herbs thrive and provide aromatic bounty for your kitchen and beyond. Start planning now to make 2020 your most successful herb gardening year yet!

Herb Garden 2020 Calendar: Your Ultimate Guide to Planning, Planting, and Harvesting

Every garden enthusiast knows that a well-planned herb garden can be a rewarding addition to any outdoor or indoor space. Staying organized and aware of the optimal planting and harvesting times is key to success, which is why the herb garden 2020 calendar has become an essential resource for gardeners of all levels. This comprehensive guide will walk you through how to utilize the 2020 calendar effectively, offering tips on planting schedules, seasonal considerations, and maintenance strategies to ensure your herb garden thrives throughout the year.

Why a Herb Garden Calendar Matters

A dedicated herb garden 2020 calendar serves as a vital tool for tracking planting, growth, and harvesting cycles. It helps you anticipate the right times to sow seeds, transplant seedlings, prune, and harvest your herbs. With precise timing, you can maximize flavor, ensure healthy plant development, and prevent common mistakes like overwatering or planting at the wrong season.

In 2020, the calendar also aligns with specific lunar phases, weather patterns, and regional climate considerations, making it a tailored approach for gardeners seeking optimal results. Whether you're a beginner or a seasoned green thumb, having a visual schedule simplifies garden management and promotes consistent gardening habits.

Understanding the Seasonal Cycle of Herbs

Before diving into the specifics of the 2020 calendar, it's important to understand the seasonal growth patterns of common herbs. Most herbs fall into two main categories:

- Perennials

Herbs like rosemary, thyme, oregano, and mint fall into this category. They survive winter (in many climates) and can be harvested multiple times a year. Their planting and maintenance schedules are generally less intensive but still benefit from seasonal planning.

- Annuals

Basil, cilantro, and dill are typical annual herbs that complete their life cycle within a year. They require direct sowing or indoor starting at specific times, dependent on the last frost date.

- Biennials

Parsley and some varieties of chervil are biennials, meaning they take two years to complete their growth cycle but often are grown as annuals for convenience.

Understanding these categories helps in aligning your planting schedule with the herb garden 2020 calendar to ensure each herb is given the right conditions at the right time.

Using the 2020 Calendar: Key Dates and Tips

- Last Frost Dates and Regional Adjustments

Your first step is to identify your region's last frost date in spring and first frost date in fall. These dates set the boundaries for outdoor planting. For example, in USDA Zone 7, the last frost typically occurs around April 15, while the first frost happens around October 15.

Tip: Use online frost date calculators or local gardening resources to pinpoint these dates for your specific location.

- Starting Seeds Indoors

Herbs like basil, cilantro, and chives benefit from starting indoors 4-6 weeks before the last frost date.

2020 Schedule Example:

- Start basil indoors: late March (around March 15-20) for transplanting in mid-April.
- Sow cilantro indoors: early March for transplanting in April.

- Transplanting and Outdoor Planting

Once the danger of frost has passed, transplant your seedlings or sow directly into the ground or containers.

2020 Schedule Example:

- Transplant thyme and rosemary: late April.
- Sow mint outdoors: early spring, as mint is cold-hardy.

- Maintenance and Pruning

Regular harvesting encourages growth. Use the calendar to mark ideal pruning times?usually just before flowering?to promote bushier growth and improve flavor.

- Harvesting

Most herbs are ready to harvest once they reach 6-8 inches tall. The best time is just before flowering for maximum flavor. The herb garden 2020 calendar will guide you on when to expect harvest windows based on planting dates.

- Overwintering and Saving Herbs

Certain perennials can be overwintered indoors or protected outside. Use the calendar to plan for protective measures like mulching or bringing herbs indoors in late fall.

Monthly Breakdown of the 2020 Herb Garden Calendar

January and February: Planning and Preparation

- Review last year's successes and failures.
- Order seeds and supplies.
- Plan your herb garden layout.
- Start some herbs indoors, such as basil and parsley, for an early start.

March: Early Indoor Sowing and Site Preparation

- Sow herbs like cilantro and basil indoors.
- Prepare garden beds?clear debris, amend soil with compost.
- Check seed viability and germination conditions.

April: Transplanting and Direct Sowing

- Transplant seedlings outdoors after last frost.
- Direct sow hardy herbs like thyme, chives, and mint.
- Begin regular watering and weed control.

May: Peak Planting Time

- Continue transplanting warm-season herbs.
- Sow herbs like dill and basil directly into the soil.
- Mulch around plants to retain moisture.

June: Growth and Maintenance

- Pinch back herbs to encourage bushier growth.
- Watch for pests and diseases?use organic methods when possible.

- Harvest regularly to promote healthy growth.

July and August: Harvest and Care

- Harvest herbs at their peak flavor.
- Water consistently, especially during dry spells.
- Prune to prevent legginess and promote new growth.

September: Preparing for Fall

- Reduce watering as growth slows.
- Harvest seeds from herbs like dill and fennel.
- Protect perennial herbs with mulch or covers.

October and November: Overwintering and Cleanup

- Cut back perennials after the first frost.
- Bring tender herbs indoors if possible.
- Clean up garden beds and compost spent plants.

December: Reflection and Planning

- Review the year's successes.
- Start planning new varieties for next year.
- Maintain indoor herb containers for winter use.

Tips for Maximizing Your Herb Garden in 2020

- Keep a Garden Journal: Document planting dates, weather patterns, and harvest yields for future reference.
- Companion Planting: Grow herbs like basil and marigold together to deter pests naturally.
- Container Gardening: Use pots to extend your growing season or grow herbs indoors during winter.
- Succession Planting: Stagger sowing dates to ensure continuous harvests.
- Season Extension: Use row covers or cold frames to protect herbs from early frost.

Final Thoughts: Making the Most of Your Herb Garden Calendar

The herb garden 2020 calendar is more than just a schedule—it's a strategic tool that empowers you to grow herbs efficiently, enjoy fresh flavors year-round, and learn from each season's experience. By understanding seasonal cycles, regional climate considerations, and the specific needs of each herb, you can create a thriving, productive garden.

Remember, successful herb gardening combines planning, patience, and a bit of experimentation. Use your 2020 calendar as a guide, stay flexible with weather changes, and don't be afraid to try new herbs or techniques. With dedication and the right timing, your herb garden will be a lush, aromatic oasis that provides fresh herbs for your kitchen and a satisfying gardening experience all year long.

Question What is the significance of the Herb Garden 2020 Calendar for gardening enthusiasts? The Herb Garden 2020 Calendar provides month-by-month planting and harvesting schedules, tips, and reminders, helping enthusiasts plan and maintain their herb gardens effectively throughout the year. Are there specific herbs highlighted in the 2020 calendar that are best suited for indoor gardening? Yes, the 2020 Herb Garden Calendar highlights herbs like basil, mint, and chives, which are ideal for indoor gardening due to their manageable size and ease of growth indoors. How can the 2020 Herb Garden Calendar help beginners start their herb garden? It offers easy-to-follow planting guides, optimal planting times, and care tips tailored for beginners to successfully grow herbs at home. Does the 2020 calendar include tips for sustainable and eco-friendly herb gardening? Yes, it features tips on composting, organic pest control, and water conservation to promote sustainable herb gardening practices. Can the Herb Garden 2020 Calendar assist with understanding the best time to harvest different herbs? Absolutely, it provides specific harvesting timelines for various herbs to ensure maximum flavor and potency. Is the 2020 Herb Garden Calendar suitable for urban gardeners with limited space? Yes, it includes advice on container gardening and vertical planting to help urban gardeners make the most of limited space. Are there any new herbs or gardening techniques introduced in the 2020 calendar compared to previous years? The 2020 calendar features updated techniques such as hydroponic herb gardening and introduces new herbs like lemon balm and Thai basil. Where can I access or download the Herb Garden 2020 Calendar? You can find printable versions and digital downloads of the 2020 Herb Garden Calendar on popular gardening websites, eco-friendly blogs, and online marketplaces.

Related keywords: herb gardening, plant calendar, gardening planner, herb planting schedule, 2020 gardening guide, herb garden tips, seasonal planting, garden calendar printable, herb care tips, planting dates 2020

Read the full article online: [HERB GARDEN 2020 CALENDAR](#)

WAY TO GARDEN A HANDS ON PRIMER FOR EVERY SEASON

Way to garden a hands-on primer for every season offers both novice and seasoned gardeners a comprehensive guide to nurturing their gardens year-round. Gardening is a rewarding activity that connects you with nature, promotes sustainability, and enhances the beauty and productivity of your outdoor space. By understanding the unique tasks and considerations for each season, you can develop a consistent, hands-on approach that ensures your garden thrives throughout the year. This primer explores practical, actionable steps to garden effectively in spring, summer, fall, and winter, empowering you to become a confident and proactive gardener no matter the season.

Spring: Preparing Your Garden for Growth

Spring is the season of renewal and growth. It's the ideal time to prepare your garden beds, start new plants, and set the stage for a productive year.

1. Clean Up and Assess Your Garden

- Remove debris, dead leaves, and any winter-hardened plant material to prevent disease.
- Inspect your garden for pests and damage, addressing issues early.
- Test your soil to determine pH and nutrient levels, planning amendments accordingly.

2. Prepare Soil and Plant Beds

- Loosen soil with a garden fork or tiller to aerate and improve drainage.
- Add organic matter such as compost, aged manure, or peat moss to enrich the soil.
- Apply mulch to suppress weeds and retain moisture.

3. Start Seeds Indoors and Direct Sow

- Begin seedlings of vegetables like tomatoes, peppers, and herbs indoors to get a head start.
- Direct sow hardy crops such as peas, lettuce, radishes, and carrots into prepared beds.
- Use seed-starting trays with quality potting mix, keeping seedlings in a warm, bright location.

4. Plan Your Garden Layout

- Designate areas for vegetables, flowers, and herbs based on sun exposure and accessibility.

- Consider crop rotation and companion planting strategies to improve yields and reduce pests.

Summer: Nurturing Growth and Managing Heat

Summer demands consistent attention to watering, pest control, and plant support to maximize your garden's productivity and health.

1. Regular Watering and Mulching

- Water deeply and consistently, preferably early in the morning or late in the evening.
- Use mulch to conserve moisture, regulate soil temperature, and suppress weeds.

2. Supporting Plants and Managing Pests

- Stake, cage, or trellis vining plants like tomatoes, beans, and cucumbers for support.
- Inspect plants regularly for pests such as aphids, beetles, and caterpillars, removing or treating infestations promptly.
- Introduce beneficial insects like ladybugs and lacewings to naturally control pests.

3. Fertilizing and Weed Control

- Feed plants with a balanced, water-soluble fertilizer every few weeks to promote healthy growth.
- Hand-weed regularly to prevent competition for nutrients and water.

4. Harvesting and Succession Planting

- Harvest ripe vegetables frequently to encourage continued production.
- Plant successive crops of fast-growing vegetables like lettuce and radishes for extended harvests.

Fall: Preparing for Dormancy and Extending the Season

Fall is the time to harvest remaining crops, prepare your garden for winter, and plant cover crops to improve soil health.

1. Harvest and Clean Up

- Gather and store or preserve your harvest?canning, freezing, or drying as appropriate.
- Remove spent plants, weeds, and debris to reduce overwintering pests and diseases.

2. Plant Cover Crops and Mulch

- Plant cover crops such as clover, vetch, or rye to fix nitrogen and prevent soil erosion.
- Apply a thick layer of mulch around perennials and beds to protect roots and suppress weeds.

3. Prepare Beds for Winter

- Add compost or organic amendments to improve soil fertility for spring.
- Protect tender plants and perennials with straw or leaf mulch if they are not hardy.

4. Plan for Next Year

- Reflect on what worked well and what could be improved.
- Order seeds and supplies early to ensure availability for the upcoming season.

Winter: Resting and Planning for Spring

Winter is an active period for gardeners, focusing on planning, maintenance, and protection.

1. Garden Cleanup and Maintenance

- Remove fallen leaves and debris that could harbor pests and diseases.
- Inspect and repair garden tools, trellises, and structures.

2. Protect and Cover

- Use straw, burlap, or frost cloths to insulate vulnerable plants and perennials.
- Wrap young trees and shrubs with protective materials against harsh winter weather.

3. Plan for the Upcoming Growing Season

- Review your garden successes and challenges from the past year.

- Sketch new garden layouts, select new varieties, and create planting schedules.
- Order seeds and supplies ahead of spring to avoid delays.

4. Indoor Gardening and Learning

- Start indoor herb gardens or microgreens to enjoy fresh produce year-round.
- Read gardening books, attend workshops, or join local gardening groups to expand your knowledge.

Conclusion

Mastering the art of gardening through all four seasons requires hands-on effort, planning, and adaptability. From preparing soil in spring to harvesting in summer, covering crops in fall, and protecting plants in winter, each season offers unique opportunities to connect with your garden. By following this season-by-season primer, you can develop a proactive, engaged approach that ensures a vibrant, productive garden year-round. Remember, successful gardening is a continuous cycle of learning, experimenting, and enjoying the beauty and bounty of your outdoor space.

Way to Garden: A Hands-On Primer for Every Season

Gardening is an art, a science, and a restorative activity that connects us with nature and enhances our living spaces. Whether you're a seasoned green thumb or just beginning your gardening journey, understanding the nuances of seasonal gardening is essential for success. Way to garden offers a comprehensive, hands-on approach tailored to each time of year, ensuring your garden thrives year-round. In this article, we'll explore practical tips, seasonal strategies, and expert insights to help you cultivate a vibrant, sustainable garden no matter the season.

Understanding the Foundation: Preparing for All Seasons

Before delving into season-specific gardening techniques, it's crucial to establish a solid foundation. This involves soil preparation, choosing the right plants, and planning your garden layout.

Soil Health and Preparation

- Test your soil to determine pH and nutrient levels.
- Amend the soil with organic matter such as compost or aged manure to improve fertility.
- Ensure proper drainage to prevent waterlogging, especially during rainy seasons.
- Mulch generously to retain moisture and suppress weeds.

Pros:

- Promotes healthy root development.
- Enhances plant resilience against pests and diseases.
- Extends the growing season by stabilizing soil conditions.

Cons:

- Requires initial effort and resource investment.
- Over-mulching can lead to fungal issues if not managed properly.

Plant Selection and Garden Planning

- Choose plants suited to your USDA hardiness zone.
- Incorporate a mix of annuals, perennials, vegetables, and herbs.
- Plan for succession planting to maximize harvests and interest.

Spring Gardening: Awakening the Garden

Spring marks the rebirth of the garden, with longer days and increasing warmth providing an ideal window for planting and soil preparation.

Key Activities in Spring

- Soil prep and fertilization: Incorporate compost and organic fertilizers.
- Starting seedlings indoors: For plants like tomatoes, peppers, and annual flowers.
- Planting cool-season crops: Lettuce, spinach, peas, and broccoli.
- Pruning and cleanup: Remove dead branches and leaf debris to prevent disease.

Hands-On Tips for Spring

- Use cold frames or row covers to protect tender plants from late frosts.
- Mulch early to conserve moisture and regulate soil temperature.
- Stake or support emerging plants to prevent damage from wind.

Pros:

- Extends the growing season.
- Allows for early harvests of cool-weather crops.
- Provides a sense of accomplishment early in the gardening year.

Cons:

- Unpredictable spring frosts can damage tender plants.
- Requires vigilant monitoring for pests emerging after winter.

Summer Gardening: Peak Growth and Productivity

Summer is the pinnacle of gardening activity, characterized by vigorous plant growth and abundant harvests. It demands attentive watering, pest management, and continuous maintenance.

Essential Summer Gardening Tasks

- Regular watering: Deep and consistent to prevent stress.
- Mulching: To retain soil moisture and suppress weeds.
- Deadheading: Removing spent flowers to encourage additional blooms.
- Pest and disease control: Vigilance against aphids, beetles, and fungal issues.

Hands-On Strategies for a Thriving Summer Garden

- Install drip irrigation or soaker hoses for efficient watering.
- Use shade cloths temporarily to protect delicate plants during heatwaves.
- Rotate crops annually to prevent soil depletion and disease buildup.
- Incorporate companion planting to naturally deter pests.

Pros:

- Maximizes yields and flowering potential.
- Keeps plants healthy and vigorous through proper care.
- Provides a rewarding experience with bountiful harvests.

Cons:

- High water demand during hot, dry periods.
- Increased pest and disease pressure requiring constant vigilance.
- Risk of heat stress for both plants and gardeners.

Autumn Gardening: Preparing for Dormancy and Renewal

Autumn is a time of transition, offering opportunities for cleanup, soil enrichment, and planting for the next season.

Autumn Gardening Activities

- Harvest remaining crops and preserve or store them.
- Plant cover crops such as clover or vetch to enrich soil.
- Divide perennials to rejuvenate plants and expand your garden.
- Clean up fallen leaves and debris to prevent disease.

Practical Tips for Autumn Gardening

- Rake and compost leaves to create organic matter.
- Plant garlic and onions for an early next year's harvest.
- Apply a layer of mulch to protect plant roots during winter.
- Cut back dead or diseased stems but leave some seed heads for wildlife.

Pros:

- Enhances soil fertility for spring planting.
- Keeps garden tidy and reduces pest habitats.
- Allows for planting of hardy crops for early spring harvest.

Cons:

- Shorter daylight hours limit gardening time.
- Cold temperatures can damage sensitive plants if not protected.
- Over-mulching improperly can lead to rot or pest issues.

Winter Gardening: Embracing the Off-Season

While winter may seem dormant, it offers unique opportunities for indoor gardening, planning, and protecting perennial roots.

Winter Activities for Gardeners

- Plan next year's garden layout and plant selection.
- Start indoor seedlings for early spring planting.
- Protect outdoor perennials with mulch or burlap.
- Prune dormant trees and shrubs during appropriate dry spells.

Hands-On Winter Tips

- **Use cold frames or greenhouses to extend growing seasons.**
- **Keep bird feeders stocked to support local wildlife.**
- **Maintain garden tools and compost bins during downtime.**
- **Take advantage of winter sales for seeds and supplies.**

Pros:

- Allows for year-round engagement with gardening.
- Reduces workload during peak growing seasons.
- Provides a mental and physical connection to nature.

Cons:

- Limited outdoor work due to cold weather.
- Indoor gardening requires additional equipment and space.
- Planning may be delayed if weather conditions are severe.

Additional Tips for a Successful Year-Round Garden

- Keep a gardening journal: Track planting dates, weather patterns, and successes.
- Stay informed: Read gardening books, attend local workshops, and join community groups.
- Practice sustainable gardening: Use organic methods, conserve water, and support pollinators.
- Embrace patience: Gardens evolve gradually; enjoy each stage of growth.

Tools and Resources

- Quality hand tools: trowels, pruning shears, hoes.
- Soil testing kits.
- Gardening apps or calendars for planting schedules.
- Local extension services for tailored advice.

Conclusion: Cultivating a Year-Round Paradise

Mastering the way to garden through each season involves understanding the unique demands and opportunities presented by spring, summer, autumn, and winter. Hands-on involvement, combined with thoughtful planning and adaptation, transforms gardening from a seasonal chore into a continuous journey of discovery and joy. Whether you're planting early seedlings in spring, nurturing vibrant summer beds, preparing for winter dormancy, or enjoying the quiet of winter, each season offers its own set of rewards and lessons. Embrace the rhythm of the year, stay attentive to your garden's needs, and enjoy the profound satisfaction of nurturing life through every season. Your garden, and your connection to nature, will flourish as a result.

Question What are the essential tools I need for seasonal gardening throughout the year? Key tools include pruning shears, trowels, garden forks, watering cans, gloves, and kneeling pads. Selecting tools suitable for each season ensures efficient gardening and helps maintain healthy plants year-round. How can I prepare my garden for the winter season? To prepare for winter, clean up fallen leaves and debris, mulch garden beds to protect roots, prune dead or diseased branches, and consider covering sensitive plants with burlap or frost cloths. Proper preparation helps plants survive cold temperatures and reduces pest issues. What are some tips for planting in spring to ensure a successful garden? Start by testing your soil and amending it as needed, select season-appropriate plants, and plan for succession planting. It's also beneficial to prepare beds early, start seeds indoors if necessary, and ensure proper watering to promote healthy growth. How do I care for my garden during the hot summer months? Focus on consistent watering early in the morning or late evening, mulching to retain moisture, providing shade for sensitive plants, and monitoring for pests. Regular deadheading and fertilizing can also boost plant vigor during the heat. What are some sustainable gardening practices I can adopt across all seasons? Incorporate composting, use organic fertilizers, plant native species, practice crop rotation, and employ water-saving techniques like drip irrigation. These practices promote a healthy garden ecosystem year-round. How can I extend my growing season and enjoy gardening all year? Use season extension techniques like cold frames, greenhouses, and row covers. Selecting hardy plants and starting early indoors also help maximize your gardening months, allowing you to enjoy fresh produce and vibrant flowers throughout the year.

Related keywords: gardening tips, seasonal gardening, gardening guide, hands-on gardening,

gardening techniques, planting seasons, garden planning, outdoor gardening, vegetable gardening, flower gardening

Read the full article online: [way to garden a hands on primer for every season](#)

ALLOTMENT MONTH BY MONTH GROW YOUR OWN FRUIT AND V

Allotment Month by Month: Grow Your Own Fruit and Vegetables Year-Round

Embarking on a journey to grow your own fruit and vegetables can be both rewarding and fulfilling. Whether you're a seasoned gardener or a beginner, understanding what to plant and when is crucial for a successful harvest. The concept of an allotment month by month grow your own fruit and vegetables provides a practical guide to help you plan your gardening year effectively. By aligning your planting schedule with the seasons, you maximize crop yields, maintain healthy plants, and enjoy fresh produce throughout the year.

In this comprehensive guide, we'll explore what to plant each month, considering typical climate patterns, planting tips, and maintenance advice. From early spring sowings to winter harvests, you'll learn how to make the most of your allotment all year long.

Understanding the Basics of Allotment Gardening

Before diving into month-by-month planting schedules, it's essential to grasp some fundamental principles:

- **Climate and Soil Conditions:** Your local climate influences planting times. Cooler regions may have shorter growing seasons, while milder climates can allow for year-round gardening.
- **Crop Selection:** Choose varieties suited to your region and season. Some crops prefer early sowing, while others thrive with late planting.
- **Soil Preparation:** Ensure your soil is well-draining, fertile, and rich in organic matter. Regularly amend soil with compost and organic fertilizers.
- **Protection Methods:** Use cloches, greenhouses, cold frames, or row covers to extend the growing season and protect plants from pests and weather extremes.

Allotment Month by Month Grow Your Own Fruit and Vegetables

The following schedule offers a month-by-month overview of what to sow, plant, and harvest. Adjust

timings based on your local climate and last frost dates.

January

Activities:

- Planning: Review last year's results and plan your crop rotation.
- Soil Preparation: Add compost or manure to improve soil fertility.
- Indoor Sowing: Start seedlings indoors for crops like tomatoes, peppers, and aubergines.
- Fruit Tree Care: Prune dormant fruit trees and bushes.

Tips:

- Use grow lights for seedlings if natural light is limited.
- Keep an eye on weather forecasts to protect plants from frost.

February

Activities:

- Indoor Sowing: Continue starting seedlings indoors?celery, lettuce, herbs like basil and coriander.
- Pruning: Finish pruning fruit trees and bushes.
- Early Outdoor Sowing: Sow hardy crops like broad beans and early peas under cloches or cold frames.
- Tool Maintenance: Sharpen tools and prepare gardening equipment.

Tips:

- Cover exposed soil with mulch to prevent weeds and retain warmth.
- Start planning for succession planting.

March

Activities:

- Outdoor Sowing: Sow carrots, radishes, and salads directly into the soil.
- Transplanting: Move hardened-off seedlings like tomatoes and peppers into the greenhouse or outdoor beds.
- Planting Fruit: Plant new strawberry plants and rhubarb crowns.
- Soil Cultivation: Prepare beds for planting by breaking up soil and adding organic matter.

Tips:

- Use cloches or fleece to protect young plants from late frosts.
- Keep a garden journal to track planting dates and growth progress.

April

Activities:

- Planting: Sow potatoes and onion sets.
- Outdoor Transplanting: Move seedlings like courgettes, squash, and cucumbers into the garden.
- Herb Planting: Sow herbs such as parsley, chives, and dill.
- Fruit Care: Mulch strawberry beds and check for pests.

Tips:

- Water newly planted crops regularly.
- Consider installing bird netting to protect fruit crops.

May

Activities:

- Main Planting: Sow beans, sweetcorn, and outdoor peas.
- Transplanting: Harden off tender plants such as tomatoes, peppers, and aubergines if not already outdoors.
- Fruit Harvest: Expect early strawberries and prepare for summer fruiting.
- Maintenance: Mulch beds to conserve moisture and suppress weeds.

Tips:

- Stake or support tall plants to prevent damage.
- Keep an eye out for pests like aphids and caterpillars.

June

Activities:

- Harvesting: Pick early strawberries, radishes, and lettuce.
- Planting: Sow successive crops of salads, carrots, and beetroot.
- Fruit Development: Ensure fruit trees and bushes are well-watered.
- Pruning: Remove excess growth from fruiting plants to improve yields.

Tips:

- Use netting to protect fruit from birds.
- Water deeply early in the morning to reduce evaporation.

July

Activities:

- Harvest: Enjoy a bounty of strawberries, courgettes, and new potatoes.
- Planting: Sow late crops such as winter broccoli and kale for autumn harvests.
- Fruit Care: Thin out fruit to promote larger produce.
- Pest Control: Monitor for slugs, snails, and other pests.

Tips:

- Keep weeds under control to reduce competition.
- Regularly water during dry spells.

August

Activities:

- Harvest: Collect beans, courgettes, and early apples.

- Planting: Sow green manures to improve soil for next season.
- Fruit Preservation: Start preserving or freezing surplus fruit.
- Maintenance: Clear spent plants and tidy beds.

Tips:

- Stake tall crops to prevent wind damage.
- Keep an eye out for signs of pests or diseases.

September

Activities:

- Harvest: Apples, plums, and late potatoes are ready.
- Planting: Sow garlic and shallots for next year's harvest.
- Preparation: Cover beds with mulch or compost to protect overwintering crops.
- Canning and Preserving: Make jams, chutneys, and sauces.

Tips:

- Collect seeds from ripe fruits for next season.
- Prepare cold frames for late autumn planting.

October

Activities:

- Harvest: Continue collecting apples, pears, and squash.
- Planting: Sow broad beans for an early spring crop.
- Protection: Cover sensitive crops with fleece to prevent frost damage.
- Cleanup: Clear away spent plants and compost healthy material.

Tips:

- Mulch soil to protect roots during winter.
- Store tools and prepare for winter maintenance.

November

Activities:

- Maintenance: Finish pruning fruit trees and bushes.
- Protection: Cover tender plants or move them indoors.
- Soil Preparation: Add compost to beds in preparation for spring.
- Planning: Review the year's successes and failures; plan for next season.

Tips:

- Protect perennial crops from harsh winter weather.
- Keep pathways clear and free of debris.

December

Activities:

- Rest Period: Minimize garden activity; focus on planning.
- Tool Care: Clean and repair tools.
- Order Seeds: Start ordering seeds early for the upcoming season.
- Decorate: Use garden trimmings for festive decorations or wildlife habitats.

Tips:

- Use this downtime to research new crops or techniques.
- Maintain bird feeders to support wildlife during winter.

Maximizing Your Allotment Year-Round

To successfully grow your own fruit and vegetables all year, consider these additional tips:

- Succession Planting: Stagger sowings to ensure continuous harvests.
- Crop Rotation: Rotate crops annually to prevent soil depletion and reduce pests.
- Season Extension: Use greenhouses, cold frames, and fleece to extend growing seasons.
- Record Keeping: Maintain a gardening journal to track what works best and plan future planting.

Conclusion

Growing your own fruit and vegetables on an allotment month by month is a rewarding endeavor that requires planning, patience, and dedication. By following this month-by-month guide, you can enjoy a steady supply of fresh produce, reduce your carbon footprint, and connect more deeply with nature. Remember, adapt your planting schedule to your local climate, and don't hesitate to experiment with new varieties and techniques. Happy gardening!

Start planning today and enjoy a bountiful harvest all year long!

Allotment month by month: grow your own fruit and vegetables throughout the year

Embarking on the journey of growing your own fruit and vegetables in an allotment can be both rewarding and fulfilling. By understanding what to plant and when, gardeners can maximize their yields, enjoy fresh produce, and cultivate a deeper connection with nature. The concept of allotment month by month provides a structured guide to help both novice and experienced growers plan their planting schedules, ensuring a continuous harvest and efficient use of space and resources. In this comprehensive review, we explore the key activities, planting tips, and seasonal considerations for each month, empowering you to make the most of your allotment all year round.

January: Planning and Preparation

January is the perfect time to plan your allotment for the coming year. With the days lengthening gradually, it's an ideal period for reflection, ordering seeds, and preparing tools and beds.

Key Activities

- Review previous year's successes and failures.
- Order seeds for early crops such as onions, shallots, and hardy herbs.
- Prepare compost and manure for upcoming planting.
- Prune fruit trees and bushes (if weather permits).

Tips for January Gardening

- Start planning your crop rotation to avoid soil fatigue.
- Sharpen tools and check equipment.
- Protect perennial crops and stored produce from pests and frost.

Pros:

- Allows for thoughtful planning and ordering.
- Ensures readiness for the upcoming planting season.

Cons:

- Limited gardening activities due to weather constraints.
- Risk of frost delaying outdoor work.

February: Early Seed Sowing and Pruning

As winter begins to wane, February offers opportunities for sowing hardy seeds indoors and pruning for a healthy growing season.

Key Activities

- Sow seeds indoors for crops like tomatoes, peppers, and aubergines.
- Sow hardy vegetables such as broad beans and early carrots outdoors if weather permits.
- Prune fruit trees, raspberry canes, and grapevines.
- Prepare seedbeds and clear debris.

Tips for February Gardening

- Use cloches or cold frames to protect young plants.
- Keep an eye on weather forecasts to avoid late frosts.
- Provide lighting for indoor seedlings if natural light is limited.

Pros:

- Extends the growing season by starting early indoors.
- Promotes healthy fruit and vegetable development through pruning.

Cons:

- Early sowing can be risky if frosts occur.
- Limited outdoor activity depending on climate.

March: Beginning of the Growing Season

March signals the start of active planting and soil preparation. Longer days and milder weather make it a busy month for allotment gardeners.

Key Activities

- Sow early potatoes outdoors.
- Transplant indoor-sown seedlings into the allotment.
- Prepare beds by adding compost and manure.
- Plant onion sets and garlic.
- Continue pruning dormant fruit trees and bushes.

Tips for March Gardening

- Use fleece or cloches to protect tender plants from cold snaps.
- Focus on soil health by aerating and adding organic matter.
- Keep a gardening journal to track progress.

Pros:

- Early harvests possible, such as new potatoes and salads.
- Good time to prepare for summer crops.

Cons:

- Unpredictable weather can affect planting schedules.
- Risk of pests emerging as temperatures rise.

April: Sowing and Planting

April is a vibrant month for planting, with longer days and increasing warmth encouraging growth.

Key Activities

- Direct sow carrots, radishes, beets, and lettuce outdoors.

- Plant early potatoes if not already done.
- Transplant seedlings like tomatoes, peppers, and courgettes outdoors.
- Plant soft fruit such as strawberries and raspberries.
- Mulch beds to retain moisture and suppress weeds.

Tips for April Gardening

- Water regularly, especially during dry spells.
- Use supports for climbing plants like beans and peas.
- Harvest early crops like radishes and spinach.

Pros:

- Extended variety of crops can be grown outdoors.
- Increased yields due to favorable weather.

Cons:

- Need for vigilant frost protection.
- Weeds begin to emerge, requiring regular maintenance.

May: Peak Planting Period

May is often regarded as the prime month for planting out most vegetables and fruits, thanks to stable weather conditions.

Key Activities

- Plant out tomatoes, courgettes, and squash.
- Sow beans, corn, and cucumbers directly outdoors.
- Continue planting soft fruits and strawberries.
- Mulch and stake plants as needed.
- Start harvesting early crops like lettuce and spinach.

Tips for May Gardening

- Thin out seedlings to prevent overcrowding.
- Water deeply and consistently.
- Use organic fertilizers to boost growth.

Pros:

- Wide range of crops can be planted outdoors.
- Longer growing season for many vegetables.

Cons:

- Increased pest activity, such as aphids and slugs.
- Need for ongoing watering and weed control.

June: Maintenance and Harvesting

June marks the beginning of the main harvest period and the need for ongoing maintenance to keep plants healthy.

Key Activities

- Harvest early crops like lettuce, radishes, and strawberries.
- Continue planting succession crops such as beans and courgettes.
- Regular watering and feeding.
- Prune and stake plants as necessary.
- Control pests and diseases promptly.

Tips for June Gardening

- Keep soil moist and mulch to conserve water.
- Harvest regularly to encourage further production.
- Watch for pests and use organic controls when possible.

Pros:

- Abundant fresh produce for enjoyment.

- Opportunity to preserve surplus via freezing or canning.

Cons:

- Continuous maintenance required.
- Pests and diseases can escalate if not managed.

July: Peak Harvest and Weed Control

July is a busy month with peak harvests, especially for salads, berries, and early fruits.

Key Activities

- Harvest strawberries, raspberries, and currants.
- Pick young vegetables at their peak flavor.
- Water deeply during dry spells.
- Weed and mulch beds thoroughly.
- Plant summer bedding and flowers for aesthetics and beneficial insects.

Tips for July Gardening

- Keep up with watering, especially for container-grown plants.
- Support heavy fruits like tomatoes and cucumbers.
- Regularly check for pests and treat promptly.

Pros:

- Fresh, flavorful produce for immediate consumption.
- Opportunity for preserving and sharing surplus.

Cons:

- High demand on watering and maintenance.
- Pests and diseases may become more prevalent.

August: Preserving and Planning for Autumn

August is the time to enjoy the fruits of your labor and plan for the cooler months ahead.

Key Activities

- Continue harvesting and start preserving via jams, chutneys, and freezing.
- Plant autumn crops like winter cabbage, kale, and winter onions.
- Divide and transplant perennial herbs and plants.
- Prepare the soil for autumn planting.
- Clear spent plants and tidy beds.

Tips for August Gardening

- Keep watering, especially in dry weather.
- Mulch to conserve moisture.
- Start thinking about crop rotation for the next season.

Pros:

- Extended harvest season.
- Preservation ensures food security through winter.

Cons:

- Need to balance ongoing harvests with preparation tasks.
- Pest pressure may still be high.

September: Preparing for Autumn and Winter

September is a transitional month focused on harvesting, clearing, and preparing for the colder months.

Key Activities

- Harvest late crops like potatoes, carrots, and parsnips.
- Plant garlic and broad beans for next year.
- Cover beds with mulch or fleece to protect overwintering crops.

- Compost spent plants and organic waste.
- Prepare storage areas for root vegetables.

Tips for September Gardening

- Keep watering until the weather turns colder.
- Sow hardy salads for late autumn harvest.
- Protect tender plants from early frosts.

Pros:

- Ensures a good start for next year's crops.
- Extends the growing season.

Cons:

- Shorter days reduce gardening time.
- Weather variability can impact plans.

October: Final Harvests and Soil Preparation

October is about completing harvests and preparing your allotment for winter.

Key Activities

- Harvest remaining crops.
- Cover soil with mulch or compost.
- Plant cover crops to fix nitrogen and improve soil health.
- Collect and store seeds from successful plants.
- Clean and store tools.

Tips for October Gardening

- Protect crops from early frosts.
- Prune and tidy up beds.
- Plan for next season's planting.

Pros:

- Improves soil health for future crops.
- Reduces pest and disease carryover.

Cons:

- Limited outdoor activity as weather worsens.
- Risk of damage from early frosts.

November and December: Rest and Reflection

November and December are typically quieter months, focusing on maintenance, reflection, and planning.

Key Activities

- Review the year's successes and failures.

Question What is the best month to start planting fruit in my allotment? The optimal month to begin planting fruit depends on your location, but generally, early spring (March or April) is ideal for many fruit varieties to establish roots before the growing season. How can I extend the fruit-growing season on my allotment throughout the year? You can extend your fruit-growing season by using techniques like mulching, row covers, and hoop houses to protect plants from adverse weather and promote early or late fruiting. Which fruits are best suited for planting in summer on my allotment? Summer-friendly fruits such as strawberries, raspberries, and certain varieties of currants thrive when planted in late spring to early summer, providing a sweet harvest later in the season. What are the key tasks to do in my allotment during autumn to prepare for next year's fruit crop? In autumn, focus on pruning, clearing debris, composting old plants, and planting cover crops to improve soil health for the upcoming growing season. How can I effectively grow my own fruit indoors during winter months? To grow fruit indoors in winter, select container-friendly varieties like dwarf citrus or strawberries, ensure adequate sunlight or grow lights, and maintain stable, warm temperatures with proper watering. What are some common pests and diseases to watch for when growing fruit on my allotment year-round? Common issues include aphids, fruit fly, powdery mildew, and rust. Regular inspection, good sanitation, and using organic pest control methods can help manage these problems. How often should I water my fruit plants throughout the year on my allotment? Watering frequency depends on the season and weather conditions, but generally, fruit plants need consistent moisture, especially during dry spells in summer, while

reducing watering in winter. What are the benefits of growing my own fruit and vegetables on an allotment month by month? Growing your own fruit and vegetables provides fresh, organic produce, enhances your understanding of gardening, reduces food miles, and offers a rewarding, year-round outdoor activity. How can I maximize my fruit yield on my allotment throughout the year? Maximize yield by selecting suitable varieties for each season, practicing crop rotation, providing proper nutrients, and implementing succession planting to ensure continuous harvests.

Related keywords: allotment gardening, monthly fruit planting guide, grow your own fruit, seasonal gardening tips, vegetable and fruit calendar, backyard fruit cultivation, fruit planting schedule, organic gardening month by month, fruit harvest calendar, beginner gardening tips

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the kitchen garden a month by month guide to grow

The kitchen garden a month by month guide to grow is an invaluable resource for both novice and experienced gardeners aiming to cultivate fresh, organic produce throughout the year. Planning your planting schedule according to the seasons ensures optimal growth, higher yields, and a thriving garden that provides ingredients for your kitchen all year round. In this comprehensive guide, we will walk through month-by-month tasks, suitable crops, and tips to maximize your kitchen garden's productivity.

January: Preparing for the New Growing Season

Assess and Plan

- Review last year's garden successes and challenges.
- Plan your crop rotation to prevent soil depletion and disease buildup.
- Make a planting calendar tailored to your climate zone.

Start Indoor Seedlings

- Sow early vegetables such as tomatoes, peppers, and herbs indoors.
- Use seed trays and a grow light setup to ensure healthy germination.

Soil Preparation

- Add compost or organic matter to improve soil fertility.
- Test soil pH and amend as necessary to optimize conditions.

February: Early Preparations and Indoor Gardening

Seed Starting

- Continue starting seeds indoors for crops like eggplants, broccoli, and cabbage.
- Thin out seedlings to promote strong root development.

Garden Planning and Ordering Supplies

- Finalize your planting schedule.
- Order seeds and gardening supplies early to avoid shortages.

Preparing Outdoor Beds

- Clear debris and weeds from garden beds.
- Cover beds with mulch or black plastic to warm the soil for early planting.

March: Transition to Outdoor Planting

Hardening Off Seedlings

- Gradually expose indoor-started seedlings to outdoor conditions over 7-10 days.
- Protect young plants from frost with cloches or row covers.

Plant Early Crops

- Sow hardy vegetables directly into the soil such as peas, carrots, radishes, and lettuce.
- Transplant seedlings like broccoli and cauliflower once the weather permits.

Soil and Fertilization

- Incorporate organic fertilizers to boost soil nutrients.

- Mulch beds to conserve moisture and suppress weeds.

April: Active Growing Season Begins

Planting and Transplanting

- Continue planting cool-season crops like spinach, beets, and Swiss chard.
- Transplant warm-season crops such as tomatoes and peppers into the garden.

Maintenance Tasks

- Water regularly, especially during dry spells.
- Weed diligently to reduce competition for nutrients.

Pest and Disease Monitoring

- Keep an eye out for early pests like aphids and caterpillars.
- Use organic pest control methods when needed.

May: Peak Gardening Month

Plant Warm-Season Crops

- Sow beans, cucumbers, zucchini, and squash directly into the ground.
- Plant herbs like basil, cilantro, and dill outside.

Mulching and Watering

- Apply mulch around plants to retain soil moisture.
- Water deeply and consistently to support rapid growth.

Supporting Plants

- Install stakes, cages, or trellises for climbing plants like tomatoes and peas.
- Thin out overcrowded seedlings to promote airflow.

June: Maximizing Harvest and Maintenance

Harvesting Early Crops

- Pick lettuce, radishes, and herbs for fresh use.
- Regular harvesting encourages plants to produce more.

Plant Succession Crops

- Sow quick-maturing crops like lettuce and radishes for continuous harvest.
- Prepare beds for late-season crops.

Water and Pest Management

- Increase watering during hot, dry spells.
- Use organic pest deterrents and companion planting to protect your crops.

July: Hot Weather and Summer Care

Deep Watering and Shade

- Water early in the morning or late in the evening.
- Provide shade for sensitive plants during peak heat.

Planting Fall Crops

- Start sowing crops like broccoli, kale, and Brussels sprouts for fall harvest.
- Use row covers to protect against pests and frost.

Harvest Abundance

- Harvest zucchini, cucumbers, and herbs regularly.
- Preserve excess produce through freezing, drying, or canning.

August: Preparing for the Fall Season

Plant Fall Crops

- Sow root vegetables such as carrots and turnips.
- Direct seed leafy greens like spinach and arugula.

Soil Enrichment

- Add compost and organic matter to beds to replenish nutrients.
- Consider cover cropping to improve soil health.

Watering and Pest Control

- Maintain consistent watering.
- Watch for fall pests and manage infestations promptly.

September: Harvest and Transition

Peak Harvest Time

- Harvest apples, grapes, and late-season vegetables.
- Preserve surplus produce through canning or freezing.

Planting for Fall and Winter

- Sow cover crops like clover or vetch to protect and enrich soil.
- Plant garlic and shallots for next year's harvest.

Garden Cleanup

- Remove spent plants and debris to prevent disease.
- Mulch beds to insulate roots and suppress weeds.

October: Preparing for Cold Weather

Final Plantings

- Plant hardy greens such as kale, collards, and Brussels sprouts.
- Cover crops can be sown to protect and improve soil.

Protecting the Garden

- Use row covers or cold frames to extend the growing season.
- Harvest remaining crops before first frosts.

Garden Maintenance

- Clean tools and store for winter.
- Compost plant debris to create rich soil for spring.

November: Wrapping Up the Growing Year

Garden Cleanup

- Remove all remaining plant material.
- Mulch beds heavily to insulate roots.

Planning for Next Year

- Reflect on this year's successes and challenges.
- Start planning new layouts and crop varieties.

Indoor Gardening

- Start winter herbs indoors on sunny windowsills.
- Consider indoor seed starting for early spring crops.

December: Rest and Reflection

Maintenance and Repairs

- Repair garden tools and structures.

- Organize seeds and supplies for the upcoming year.

Enjoy the Off-Season

- Read gardening books or blogs to gain new ideas.
- Plan your garden layout and crop rotation for next year.

Indoor Gardening Activities

- Grow microgreens or sprout seeds indoors.
- Keep enjoying fresh herbs indoors to complement winter meals.

Final Tips for a Successful Kitchen Garden Year-Round

- Understand Your Climate: Adjust planting times based on your USDA hardiness zone.
- Start Small: Begin with a manageable plot and expand as you gain confidence.
- Practice Companion Planting: Use beneficial plant combinations to deter pests and improve yields.
- Maintain Soil Health: Regularly add compost and organic matter.
- Stay Consistent: Consistent watering, weeding, and monitoring will yield the best results.
- Keep Learning: Attend local gardening workshops, read books, and connect with local gardening communities.

By following this month-by-month guide, you can enjoy a thriving kitchen garden that supplies fresh vegetables, herbs, and fruits throughout the year. Proper planning, timely planting, and diligent maintenance are key to achieving a productive and sustainable garden that enhances your culinary creations and promotes healthy living.

The Kitchen Garden: A Month-by-Month Guide to Grow

Embarking on a kitchen garden journey can be incredibly rewarding, offering fresh, organic produce right at your doorstep. Whether you're a seasoned gardener or a beginner, understanding what to plant and when to plant it is crucial for a successful harvest. This month-by-month guide to grow helps you plan your garden throughout the year, ensuring you maximize yield, minimize waste, and enjoy a variety of vegetables, herbs, and fruits in every season. From planning and soil preparation to planting and harvesting, this comprehensive guide aims to make your gardening experience enjoyable and fruitful.

January: Planning and Preparing for the Year Ahead

Getting Started

January marks the beginning of your gardening year. This month is ideal for planning your garden layout, selecting suitable crops, and preparing your soil indoors or in sheltered areas.

Tasks:

- Design your garden layout: Decide space allocation for vegetables, herbs, and flowers.
- Order seeds and supplies: Select heirloom varieties, organic seeds, and necessary tools.
- Soil preparation: Work on composting and soil enrichment indoors or in protected beds.

Features:

- Early planning allows for a more organized and productive growing season.
- Indoor seed starting can be initiated with grow lights and trays.

Pros:

- Allows ample time for seed germination.
- Reduces last-minute rush.

Cons:

- Limited outdoor planting due to cold weather.
- Indoor space may be limited.

February: Starting Seeds Indoors

Seed Sowing

February is the prime time to start seeds indoors for crops that need a longer growing period. Common choices include tomatoes, peppers, eggplants, and herbs like basil and parsley.

Tasks:

- Sow seeds in seed trays or pots with quality seed-starting mix.
- Maintain warmth and humidity for optimal germination.
- Keep seedlings under grow lights or near sunny windows.

Features:

- Extends the growing season by getting seedlings ready early.
- Provides control over growing conditions.

Pros:

- Faster growth once transplanted outdoors.
- Greater control over pests and diseases.

Cons:

- Requires equipment and space.
- Seedlings can be delicate; improper watering can cause damping-off.

March: Transition to Outdoor Gardening

Preparing the Garden Bed

As the weather begins to warm, March is the time to prepare your garden beds for planting. Focus on clearing debris, adding compost, and loosening soil.

Tasks:

- Clear weeds and old plant debris.
- Incorporate compost or organic matter.
- Start hardening off seedlings by gradually exposing them to outdoor conditions.

Features:

- Soil preparation is key to healthy plant growth.
- Hardening off seedlings reduces transplant shock.

Pros:

- Improves soil fertility.
- Promotes strong root development.

Cons:

- Unpredictable weather may delay planting.
- Risk of frost still exists in some regions.

April: Planting Early Crops

Direct Sowing and Transplanting

April is ideal for planting cold-tolerant crops directly into the ground and transplanting hardened seedlings.

Tasks:

- Sow peas, carrots, radishes, lettuce, spinach, and kale directly.
- Transplant seedlings of broccoli, cabbage, and cauliflower.
- Mulch to conserve moisture and suppress weeds.

Features:

- Many leafy greens thrive in cool weather.
- Early planting extends harvest duration.

Pros:

- Quick harvests.
- Low-maintenance crops.

Cons:

- Sensitive to late frosts.
- Needs vigilant frost protection.

May: Peak Planting Season

Warm-Season Crops

May marks the beginning of planting warm-weather crops such as tomatoes, peppers, beans, cucumbers, and herbs like basil.

Tasks:

- Transplant seedlings outdoors after the last frost.
- Sow beans, squash, and melons directly into the soil.
- Continue succession planting for continuous harvest.

Features:

- Longer growing days lead to abundant produce.
- Support structures like trellises are useful.

Pros:

- Multiple harvests throughout summer.
- Increased yield potential.

Cons:

- Need for staking and trellising.
- Pest pressure may increase.

June: Harvest Time and Maintenance

Monitoring and Harvesting

June is often the peak of the growing season, with many crops reaching maturity. Regular harvesting encourages further production.

Tasks:

- Harvest leafy greens, radishes, and early fruits.
- Water consistently, especially during dry spells.
- Mulch and weed regularly.

Features:

- Continuous harvesting prevents overripe produce.
- Mulching conserves soil moisture and suppresses weeds.

Pros:

- Fresh, nutritious produce.
- Encourages plants to produce more.

Cons:

- Pest and disease management becomes critical.
- Overharvesting can weaken plants.

July: Managing Heat and Pests

Keeping Plants Healthy

July's hot weather can stress plants, making them vulnerable to pests and diseases. Proper watering, shading, and pest control are vital.

Tasks:

- Water deeply and regularly, preferably early mornings or late evenings.
- Use shade cloths to protect sensitive plants.
- Monitor for pests like aphids, cucumber beetles, and squash bugs.

Features:

- Shade cloths help prevent sunscald and heat stress.
- Companion planting can deter pests.

Pros:

- Maintains plant health.
- Extends productive period.

Cons:

- Increased effort needed for watering.
- Pests can cause significant damage.

August: Preserving the Bounty

Canning, Freezing, and Drying

August often yields large quantities of vegetables and herbs. Preserving the harvest ensures enjoyment beyond the growing season.

Tasks:

- Harvest ripe tomatoes, cucumbers, zucchinis, and herbs.
- Start preserving via canning, freezing, or drying.
- Continue planting fall crops like kale and lettuce.

Features:

- Preservation reduces waste.
- Extends the use of seasonal produce.

Pros:

- Stockpiles healthy food.
- Saves money.

Cons:

- Time-consuming.
- Requires equipment and storage space.

September: Preparing for Fall

Planting for Autumn

September is the time to sow crops suited for cooler weather and prepare the garden for winter.

Tasks:

- Sow cover crops like clover or vetch to improve soil.
- Plant fall crops such as spinach, lettuce, radishes, and broccoli.
- Mulch beds to protect roots from early frosts.

Features:

- Extends the growing season.
- Improves soil health for next year.

Pros:

- Fresh produce in autumn.
- Soil enrichment.

Cons:

- Shorter days.
- Frost risk.

October: Final Harvest and Cleanup

Wrapping Up

October signals the end of the main growing season. Focus on harvesting remaining crops and preparing the garden for winter.

Tasks:

- Harvest root vegetables like carrots and potatoes.
- Remove spent plants and debris.
- Cover beds with mulch or organic matter for winter protection.

Features:

- Prevents pest harboring.
- Prepares soil for spring planting.

Pros:

- Keeps soil healthy.
- Reduces overwintering pests.

Cons:

- Reduced activity.
- Need for winter protection measures.

November and December: Rest and Reflection

Off-Season Planning

While active gardening slows down, these months are perfect for reflecting on the past season and planning for the next.

Tasks:

- Review what worked and what didn't.
- Order seeds for the upcoming year.
- Maintain tools and compost indoors.

Features:

- Rest period for garden beds.
- Opportunity to educate oneself about new varieties.

Pros:

- Better planning leads to improved yields.
- Restores garden resources.

Cons:

- No active gardening.
- Requires patience and planning.

Additional Tips for a Successful Kitchen Garden Year-Round

- Soil health is paramount: Regularly amend with compost and organic matter.
- Crop rotation: Prevent soil depletion and reduce disease buildup.
- Water wisely: Deep, consistent watering encourages strong roots.
- Pest and disease management: Use organic methods like neem oil, companion planting, and manual removal.
- Record-keeping: Maintain a gardening journal to track successes and challenges.

Conclusion

A month-by-month approach to managing your kitchen garden ensures a steady supply of fresh produce, reduces waste, and enhances your gardening skills. By understanding the specific needs and tasks associated with each month, you can create a thriving garden that brings joy and nourishment throughout the year. Whether you're harvesting ripe tomatoes in summer or planning for next year's crop in winter, this guide provides the framework for a productive and sustainable kitchen garden. Happy gardening!

Question What are the key benefits of starting a kitchen garden throughout the year? A kitchen garden provides fresh, organic produce, reduces grocery bills, encourages sustainable living, and offers a rewarding hobby that promotes healthy eating and environmental awareness. **Answer** How do I plan my kitchen garden for different months of the year? Begin by researching seasonal

vegetables and herbs suitable for each month, considering your climate zone. Plan crop rotations, prepare soil in advance, and select appropriate planting dates to ensure year-round productivity. Which vegetables are best to grow in the winter months in a kitchen garden? Root vegetables like carrots and radishes, leafy greens such as spinach and lettuce, and brassicas like broccoli and cabbage thrive in winter, provided they are protected from frost if necessary. How can I extend my growing season in the kitchen garden? Use techniques like row covers, cold frames, and greenhouses to protect plants from harsh weather, allowing you to grow crops earlier in spring and later into fall or winter. What are the essential tools and supplies needed for a month-by-month kitchen garden guide? Basic tools include trowels, pruning shears, watering cans, gloves, and soil amendments. Additionally, seeds or seedlings suited for each season, compost, and protective covers are vital for year-round gardening. How do I manage pests and diseases in my kitchen garden throughout the year? Implement integrated pest management practices such as crop rotation, encouraging beneficial insects, using organic pesticides when necessary, and maintaining garden hygiene to prevent pests and diseases year-round. What are some common mistakes to avoid when growing a kitchen garden month by month? Avoid overwatering, planting out of season, neglecting soil preparation, and not providing adequate protection from extreme weather. Regular monitoring and proper planning are essential for success. How can I make my kitchen garden more sustainable and eco-friendly? Use organic compost, save seeds for future planting, implement water-saving techniques like drip irrigation, and plant native or drought-tolerant species to reduce resource use. How do I harvest and store produce from my kitchen garden throughout the year? Harvest crops at peak ripeness to ensure flavor and nutrition. Store produce in cool, dry places or use methods like freezing, canning, or drying to preserve your harvest for months. What are some creative ideas to maximize space and productivity in a small kitchen garden across the months? Utilize vertical gardening, container planting, and companion planting to optimize space. Rotate crops seasonally and incorporate multi-purpose plants like herbs that can be harvested continuously.

Related keywords: kitchen garden, month-by-month gardening, vegetable gardening, organic gardening, garden planning, seasonal planting, backyard garden, garden tips, sustainable gardening, homegrown vegetables

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