



Seeds

Some plants grow better when sown directly from seed into the ground. The seed packet will provide the best information for planting instructions.

Vegetables Typically Planted as Seed:

- Beans
- Beets
- Carrots
- Corn
- Lettuce
- Peas
- Radishes
- Rutabagas
- Spinach
- Swiss Chard
- Spinach
- Watermelon



Transplants

When starting transplants indoors, plant seeds 6-8 weeks before the desired planting date; allowing plants to become strong enough to be planted outdoors.

Vegetables Typically Transplanted:

- Broccoli
- Brussel Sprouts
- Cabbage
- Chives
- Cauliflower
- Collards
- Eggplant
- Kale
- Peppers
- Okra
- Squashes
- Tomatoes



Plant Care

When planning your garden, it's important to remember the following tips:

- Ensure your garden has great access to sunlight, 6 - 8 hours preferred
- Provide plants with nutrient rich, well drained soil
- For convenience, ensure your garden is located near a water source
- Water your plants only when needed
- Remember to fertilize your plants to provide proper nutrients

Poe and Grow Garden Website: Example of Spring Planting Season



WEBSITE INCLUDES:

- Interactive garden images with helpful tips and resource links
- Tips for the varying planting seasons
- Curriculum and grant resource links
- Health and Nutrition information




















For More Information, Visit:

www.poehealth.org / 919.231.4006



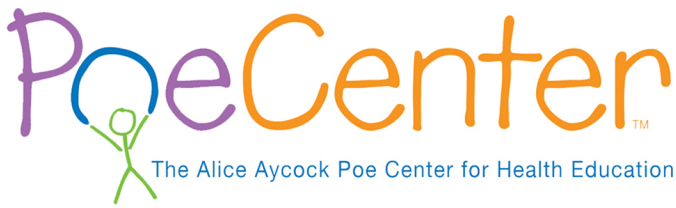
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Cool Season Vegetables

Vegetable	Spring Garden	Fall Garden	Seed/Plant	Days to Maturity	Planting Depth/Space
 Asparagus	2/15 - 3/15		P	2 years	6 in
 Broccoli	2/15 - 4/7	8/1 - 9/7	P	70 -80	
 Brussel Sprouts		7/1 - 8/30	P	90 -100	
 Cabbage	2/1 - 4/7	7/15 - 8/7	S/P	90 -120 (Seed) 63 - 75 (Transplant)	0.5 in
 Cabbage, Chinese	3/15 - 4/1	8/1 - 8/30	S/P	75 - 85 (Seed) 45 - 55 (Transplant)	0.5 in
 Carrots	2/1 - 3/15	6/15 - 9/7	S	75 - 80	0.25 in
 Collards	2/15 - 4/15	8/1 - 8/30	S/P	60 - 100 (Seed) 32 - 72 (Transplant)	0.5 in
 Kale	2/15 - 6/30	8/1 - 9/30	S/P	40 - 50 (Seed) 14 - 22 (Transplant)	0.5 in
 Leeks	2/15 - 6/30	8/1 - 9/15	S/P	120 - 150 (Seed) 50 - 80 (Transplant)	0.5 in
 Lettuce (Head)	2/1 - 4/10	8/15 - 9/15	S/P	70 - 85 (Seed) 45 - 60 (Transplant)	0.25 in
 Lettuce (Leaf)	2/1 - 4/20	8/25 - 10/1	S/P	40 - 50 (Seed) 15 - 25 (Transplant)	0.25 in
 Onion (Seed)	1/1 - 3/31	8/1 - 12/30	S	4 - 5 Months	0.5 in
 Peas (Podded)	2/15 - 4/15	8/1 - 9/30	S	60 - 70	0.5 in
 Potatoes (Irish)	2/15 - 4/1		P	95 - 120	5 in
 Radish	2/1 - 6/15	8/1 - 9/15	S	25 - 30	0.5 in
 Rutabagas	2/1 - 4/15	8/1 - 9/30	S	70 -80	0.5 in
 Spinach	2/15 - 6/30	8/1 - 9/30	S	50 - 60	0.5 in
 Swiss Chard	3/1 - 5/1	8/1 - 9/15	S/P	60 - 70 (Seed) 32 - 42 (Transplant)	0.5 in
 Turnips	2/1 - 6/15	8/1 - 9/15	S	55 - 60	0.5 in

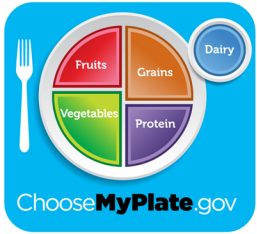
Warm Season Vegetables

Vegetable	Summer Garden	Fall Garden	Seed/Plant	Days to Maturity	Planting Depth/Space
 Beans, Lima (bush)	4/10 - 6/15	7/15-8/1	S	65-80	1.5 in
 Bean, Lima (pole)	4/10 - 6/15	7/15-8/1	S	75-95	1.5 in
 Beans, Snap (bush)	3/20 - 6/15	8/1 - 9/15	S	50-55	1 in
 Beans, Snap (pole)	3/20 - 6/15	8/1 - 9/15	S	65-70	1 in
 Cantaloupe	4/15 - 7/15		S/P	85-120 (Seed) 85- 90 (Transplant)	1 in
 Corn, Sweet	3/15 - 4/30		S	65-70	1.5 in
 Cucumbers (slicing)	4/15 - 8/15		S/P	55-65 (Seed) 28-37 (Transplant)	1 in
 Eggplant	4/15 - 6/15	8/1 - 8/30	S/P	150 - 155 (Seed) 90 - 95 (Transplant)	0.5 in
 Okra	5/1 - 5/31	8/1 - 8/30	S/P	60 - 70 (Seed)	1 in
 Peas, Southern	3/15 - 6/31	8/1 - 8/30	S	55-65	1 in
 Peppers, Hot	4/15 - 6/15		S/P	145 - 150 (Seed) 75 - 80 (Transplant)	0.5 in
 Peppers, Sweet	4/15 - 6/15		S/P	145 - 150 (Seed) 75 - 80 (Transplant)	0.5 in
 Peppers, Bell	4/15 - 6/15		S/P	145 - 150 (Seed) 75 - 80 (Transplant)	0.5 in
 Pumpkins	5/1 - 7/15		S	115 -120	1.5 in
 Squash, Summer	4/15 - 8/15		S/P	50 -60 (Seed) 30 - 40 (Transplant)	1.5 in
 Squash, Winter	4/15 - 8/15		S/P	70 -95 (Seed) 42 - 67 (Transplant)	1.5 in
 Sweet Potatoes	5/1 - 6/15		P	95 -125	
 Tomatoes	4/15 - 8/15		S/P	125 -135 (Seed) 75 - 85 (Transplant)	0.5 in
Watermelons	4/15 - 6/30		S	90 -100	1.5 in



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MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:



- Focus on variety, amount, and nutrition
- Choose foods and beverages with less saturated fat, sodium, and added sugars
- Start with small changes to build healthier eating styles
- Support healthy eating for everyone

Resources:

NC Cooperative Extension Master Gardener - Vegetable Gardening: A Beginner's Guide
<https://content.ces.ncsu.edu/home-vegetable-gardening-a-quick-reference-guide>

NC Cooperative Extension Central North Carolina Planting Calendar for Annual Vegetables, Fruits, and Herbs
<https://content.ces.ncsu.edu/central-north-carolina-planting-calendar-for-annual-vegetables-fruits-and-herbs>

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. The institution is an equal opportunity provider.