

GARDEN RESOURCE PROGRAM

2019 Cold Crop

Varieties and Planting Instructions

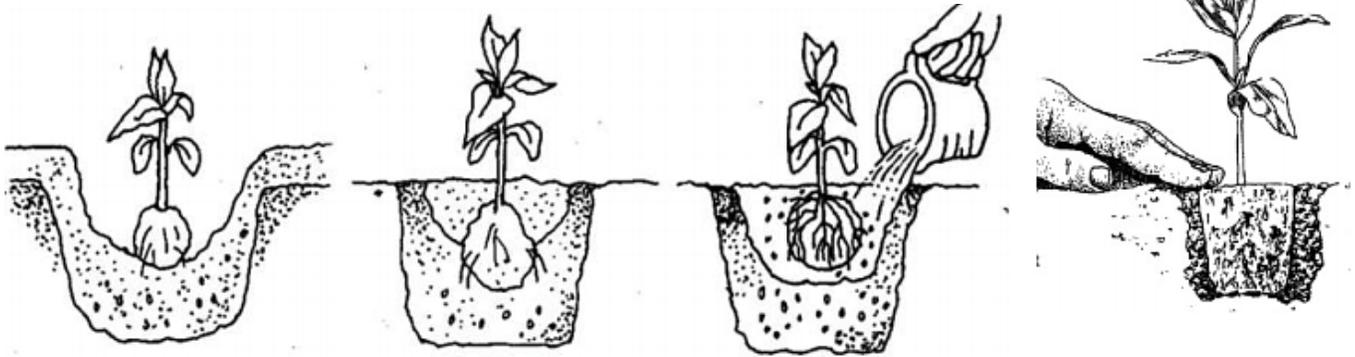
WHAT ARE COLD WEATHER CROPS?

A **cold weather crop** is a plant that is cold hardy and frost-tolerant. They are planted in early spring because they can tolerate these conditions, and because they need time to mature before the weather becomes too warm. Too much heat can cause some cold crops, such as lettuce, to go to seed and become bitter. Many cold weather crops can also be planted in late summer if there is a long enough period for them to reach maturity before winter.

TRANSPLANTS NEED TO BE HARDENED OFF!

Hardening off is the process of letting your plants slowly get accustomed to outdoor conditions after being gently cared for since they were first planted in the greenhouse. To harden off, slowly expose your plants to the outdoor conditions. Set them outside for a few hours on the first day and then bring them back inside. On the second day and third day, leave them out for an entire afternoon. After that, leave them out all day long for a few days, bringing them back inside, or covering them with row cover, each evening. Because the weather in spring is so variable, there is no exact schedule you need to follow, but we highly recommend you gradually expose them to outdoor conditions before you plant them. They should be ready to plant after 5-7 days.

A FEW NOTES ON TRANSPLANTING



PLANTING:

It's best to choose an overcast day for planting because too much . Keep in mind most vegetables need 8-10 hours of sunlight a day. Before planting loosen the soil of the area you are planting with a shovel. Then, make a small hole about the same size and shape as the soil bottom of the transplant. Place the plant in the hole and gently firm in the soil around it. Do not plant deeper than the existing soil level of the transplant.

WATERING:

Water immediately after transplanting. Apply a generous amount of water to the soil just around the base of the plant. To ensure that you have watered enough, follow these steps: 1. Water the plant until you see the water glisten at the top of the soil. 2. Water the next plant the same way. 3. Go back to the first plant and re-water, then repeat for the second, etc.

SPACING:

Pay attention to the plant spacing in the attached directions. Plants that are placed too closely together will tend to be stunted and prone to problems with pests and diseases.



The Garden Resource Program supports over 1,600 gardens and farms across our community and is made possible through the collaboration of hundreds of community-based organizations and residents. The 2019 Garden Resource Program is coordinated by Keep Growing Detroit (KGD). For more information, please contact 313-656-GROW (4769), email info@keepgrowingdetroit.org, or visit keepgrowingdetroit.org.

LETTUCE MIXED PACK

VARIETIES: *Parris Island* (56 days to harvest) thick tender dark green leaves; *Red Salad Bowl* (51 days to harvest) burgundy-red, deeply-lobed, delicate oak-like leaves; *Magenta* (48 days to harvest) Shiny, slightly puckered, red-tinged leaves.

SPACING: 8 inches between plants. One pack contains 6 transplants which will plant approximately a 2 foot by 2 foot area.

GROWING TIPS: You can harvest whole heads (head lettuce) or pick larger outside leaves as the plant grows. It is best to harvest leaves early in the morning to avoid bitter-tasting lettuce. Pay attention to the plants as they get larger- if you see the center of the head begin to extend upwards, this is the beginning of the seed stalk and the lettuce should be harvested right away. The formation of the seed stalk is called "bolting" and is a natural part of the lettuce's life cycle. Hot weather encourages earlier bolting. Leaves will turn bitter once bolting begins.



BROCCOLI

VARIETY: *Gypsy* (F1 hybrid) (58 days to harvest) heads are domed, medium-sized and medium green in color. These strong, stress-tolerant plants also have good side shoot production.

SPACING: 15-18 inches between plants. One pack contains 4 transplants which will plant approximately a 3.5 foot by 3.5 foot area.

GROWING TIPS: Broccoli is ready to harvest when a large, tight head has formed, before buds have begun to stretch and separate. After the center head is harvested, smaller side shoots will continue to form and can be harvested the same way. Using row cover early in the season will help keep plants free from flea beetles. In order to minimize the chances of black rot on broccoli heads, avoid watering the crown or leaves, instead water at the base of the plant.



GREEN CABBAGE AND RED CABBAGE

VARIETIES: *Golden Acre* (64 days to harvest) attractive, deep green heads have short, dense cores filled with tender, thin, crisp, peppery-sweet leaves. *Red Express* (63 days to harvest) extra-early red cabbage with compact plants and solid, round 2-4 pound heads.

SPACING: 15-18 inches between plants. One pack contains 4 transplants which will plant approximately a 3.5 foot by 3.5 foot area.

GROWING TIPS: Plants are ready to harvest when heads feel very firm and solid, with little to no space between leaves. Give them a squeeze to test if they are ready. Loose outer leaves can be used for boiling or braising. To harvest twist off central head and leave outer leaves and base of plant. After central head has been harvested, smaller mini cabbage heads will often form that can be harvested as well. To prevent flea beetles and cabbage loopers, place row cover over plants at planting until they grow a few inches.

CURLY AND LACINATO KALE

VARIETY: *Siberian* (curly- 50 days to harvest) fast growing plants with narrow, tightly curled leaves that are easy to de-rib. Vigorous plants will continue growing to produce leaves for successive harvests as the lower leaves are harvested. *Black Magic* (dinosaur/lacinato - 65 days to harvest) dark green leaves, known for its high quality flavor.

SPACING: 12-18 inches between plants. One pack contains 6 transplants which will plant approximately a 3 foot by 3 foot area.

GROWING TIPS: Kale and collards are among the hardiest of garden vegetables. Harvests can be extended through the whole season by harvesting the bottom older leaves and leaving younger top leaves to grow. Remove all yellow and dying leaves from the plant. Putting row cover over the plants early in the season will help keep your crops free from flea beetles.



COLLARDS

VARIETY: *Georgia* (35 days for baby, 70 days for mature leaves) is a larger collard plant with dark green, very smooth leaves and stark white midribs; heat tolerant.

SPACING: 12-18 inches between plants. One pack contains 6 transplants which will plant approximately a 3 foot by 3 foot area.

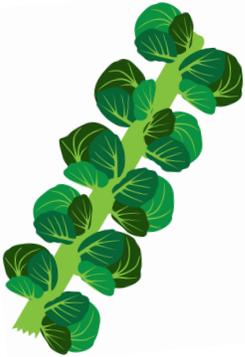
GROWING TIPS: Putting row cover over the plants early in the season will help keep your crops free from flea beetles. See tips for kale.

BRUSSELS SPROUTS

VARIETY: *Gustus* (F1) (99 days to harvest) produces medium-sized, slightly oval, remarkably uniform sprouts that are dense and sweet. Sprouts grow along the stalk of the plant at the base of the leaves.

SPACING: 18 inches between plants. One pack contains 6 transplants which will plant approximately a 4 foot by 3 foot area.

GROWING TIPS: Top brussels sprouts plants by removing its leaves around September 1st. This will allow the plant to put more energy into sprout production. Brussel sprouts are extremely hardy, harvest after the frost for extra sweet sprouts!



LEEKS

VARIETY: *King Richard* (75 days to harvest) beautiful leeks that can grow up to a foot or more. Wrap leeks gently in damp paper towel and store in the refrigerator until you are ready to plant. You do not need to harden off this plant.

SPACING: 6 inches between plants. 10 transplants will plant approximately a 3 by 3 foot area. Leeks can be planted half the length of the entire plant.

GROWING TIPS: Plant these leeks carefully, ensuring all roots are well buried. Leeks like to be transplanted at a fairly deep level - just leave at least 2 inches of leaves above ground. Plant in a well-weeded spot, and keep clean of weeds throughout the season. Leeks and onions will not need to be watered as frequently as most other vegetable crops. Leeks can be harvested as soon as they are the thickness of a quarter. However, leeks can also be left in the ground until late fall or even next January.

BOC CHOI

VARIETY: *Joi Choi* (50 days to harvest) tall, broad, heavy plant with dark green leaves and thick, flattened white stalks. Tolerant to heat and cold.

SPACING: 10-12 inches between plants. One pack contains 6 transplants which will plant approximately a 2 foot by 2 foot area.

GROWING TIPS: Harvest the entire head when plants get 10-12 inches tall. If you leave the roots in ground after you harvest you may get multiple heads in one season.

CELERY

VARIETY: *Tango* (80 days to harvest) early, widely-adapted celery that produces full, upright heads packed with crisp stalks that have great flavor and are super tender. Performs well under heat and moisture stress and in soils of average fertility.

SPACING: 6-8 inches between plants. One pack contains 4 transplants which will plant approximately a 2 foot by 2 foot area.

GROWING TIPS: This crop needs a consistent supply of moisture throughout the season for optimum flavor and yield. Cut stalks when they are of edible size (at least 8 inches).

Blanching celery is optional. Blanching is done to get sweeter celery, but plants may be less nutritious at harvest. blanching should beginning two to three weeks before harvest. Simple use card board or paper to block light from reaching the stock of the plant. Don't cover the leaves.

NOTE: Sorrel plants originally scheduled to be distributed at Cold Crop distribution will now be available at the Hot Crop Distro.