

# Garden Plan for A Family of Five

Extension Service

State College of Washington

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The value of a home garden is often underestimated by the farmer. When looked at from a dollar and cents standpoint the garden area, acre for acre, is the most valuable spot on the farm. Aside from the economic value, the garden plays an important part in keeping the family in good health. All vegetables are rich in mineral salts and vitamins, which are essential to the growth and normal development of the body. Especially is this true in the case of children. It is often claimed that vegetables can be purchased cheaper than they are grown, but such is not the case if suitable land is available. A variety and an ample supply of vegetables are necessary to a well balanced and healthful diet.

Because of prevailing conditions it is especially desirable this year to plant a family garden of at least  $\frac{1}{4}$  to  $\frac{1}{2}$  acre to provide vegetables for fresh table use, for canning, drying, and storing. This acreage will grow enough vegetables to supply the needs for an average family of five. The accompanying chart will aid you in knowing what, when, and how to plant the various crops.

## PLAN THE GARDEN

With the information provided as to what, when, how much, and how far apart to plant, the gardener is ready to draw up on paper a plan of his prospective garden. This should be done well in advance of the planting season and before the seed is ordered, so that nothing is omitted.

When planning the garden one must keep in mind the fact that not all the vegetables suggested can be grown under all conditions. Therefore, include only those vegetables in your garden that you know will grow and mature. Likewise in districts lacking rainfall it will be necessary to exclude all late vegetables from your garden plan. In such cases it will be necessary to plant very early in order to have sufficient moisture available to receive the greatest value from the seed planted.

The ideal farm garden should include the following kinds of vegetables: rhubarb, asparagus, spinach, onions, lettuce, peas, beets, carrots, parsnips, turnips, rutabagas, chard, cabbage, beans, tomatoes, corn, cucumbers, squash, pumpkin, early and late potatoes, and radishes. A few pepper plants will prove valuable as seasonings for soups, salads, and for baking. Muskmelons and watermelons may be planted in districts having suitable growing conditions.

## TIME TO PLANT SEEDS

All vegetables cannot be planted at the same time if the greatest yields are to be obtained. Some vegetables are hardy and will endure ordinary frosts without injury, while others are tender and will be killed when subjected to the same temperatures.

The following suggestions may assist the gardener in determining the proper time to plant the various vegetables:

1. Plant onion, both seed and sets, head lettuce and spinach, as soon as the ground can be prepared in the spring. If the ground is spaded in the fall, a very light surface cultivation is all that is needed before planting these seeds. As soon as the soil can be well prepared plant smooth peas, turnips, radishes, kale, early potatoes, and early cabbage. This group of vegetables should be planted even though the nights are still cold and frosty.

## GARDEN CHART FOR FAM

Vegetable	Suggested Varieties	Feet of Row	Amount Seed or Plants Required for space stated	Depth of Planting seed (Inches)
Rhubarb (Per.)	Victoria, Linnaeus, Mammoth Red	25	10 plants	3-4
Asparagus (Per.)	Martha Washington, Mary Washington	100	80 plants	8-10
Spinach	Round Thick Leaf, Savoy	100	1 oz.	½
Radish	Scarlet White-Tipped, Scarlet Globe, White Icicle	150	1½ oz.	½
Lettuce (Head)	New York	100	¼ oz.	½
(Leaf)	Black Seeded Simpson	50	⅛ oz.	½
Onions (Sets)	Any variety; any color	100	3 qts.	1-1 ½
(Seed)	Danvers, Weathersfield	100	1 oz.	1
Peas (Early)	Gradus, Alaska, Little Marvel	100	1 lb.	½
(Late)	Alderman, Impr. Telephone, Stratagem	250	2 ½ lbs.	1-1 ½
Beets (Early)	Early Wonder, Eclipse, Crosby Egyptian	50	½ oz.	1
(Late)	Detroit Dark Red	100	1 oz.	1
Carrots (Early)	Early Scarlet Horn, Early Gem	50	⅛ oz.	½
(Late)	Chantenay, Danvers Half Long	100	¼ oz.	½
Chard	Lucullus	25	½ oz.	½
Parsnips	Hollow Crown	50	¼ oz.	½
Salsify	Mammoth Sandwich Island	50	½ oz.	½
Turnips	Purple Top, Wh. Globe Milan	50	¼ oz.	½
Brussels Sprouts	Dwarf Improved	50	40 plants	½
Kohlrabi	White Vienna	75	½ pt.	½
Rutabaga	Golden Heart, Yellow Globe	100	½ oz.	½
Cabbage (Early)	Copenhagen Market, Ey. Jersey Wakefield	100	60 plants	½
(Late)	Danish Ballhead	150	90 plants	½
Cauliflower (Early)	Snowball	50	35 plants	½
(Late)	Snowball, Dry Weather	50	40 plants	½
Chinese Cabbage	Wong Bok	50	25 plants	½
Kale (Edible)	Dwarf Curled Scotch	50	¼ oz.	½
Celery	Golden Self Blanching	50	100 plants	¼
Broccoli	St. Valentine	50	25 plants	½
Beans, Bush	Stringless Green Pod; Black Wax	200	2 qts.	1-1 ½
Beans, Pole	Kentucky Wonder	100	1 qt.	1-1 ½
Beans, Lima	Bush Lima, Holmes Butter	100	1 lb.	1-1 ½
Sweet Corn (Early)	Golden Sunshine			
(Late)	Early Market, Golden Bantam	300	1 ¼ lb.	1
Cucumber (Pickling)	Country Gentlemen, Evergreen	150	1 lb.	1
(For slicing)	Boston or Chicago Pickling			
	White Spine			
Squash, Summer	Long Green, Davis Perfect	100	1 oz.	½-1
Squash, Winter	Yellow Crookneck, White Scallop	25	¼ oz.	1-1 ½
	Table Queen, Delicious, Banana			
	Hubbard	50	½ oz.	1-1 ½
Pumpkin	Small Sugar, Winter Luxury	50	½ oz.	½
Tomato	Earliana, Bonny Best, John Baer	150	50 plants	½
Egg Plant	Black Beauty	30	15 plants	½
Pepper	Ruby King, Large Bell, Chinese Giant	25	15 plants	½
Watermelon	Hungarian Honey, Kleckley Sweet	50	½ oz.	½
Muskmelon	Hearts of Gold, Emerald Gem	50	½ oz.	1
Potato (Early)	Irish Cobbler	300	½ bu.	4
(Late)	Netted Gem	1200	2 bu.	4

\*Time from setting of plants to harvest.

# FOR FAMILY OF FIVE

Plant or Seed	Depth of Planting seed (Inches)	Distance		Distance Between Plants (Thinned or planted) (Inches)	Time of Planting	Average days required to reach edible maturity
		Rows	Apart			
		Hand Culti. (Inches)	Horse Culti. (Inches)			
ants	3-4	30	36	30	Ey. Spr. or Fall	1 year
ants	8-10	30	36-48	16	Ey. Spr. or Fall	2 years
	1/2	24	30	2	Ey. Spr. or L. Sum.	50-70 days
oz.	1/2	12-18	24-30	1	Ey. Spring, Spr., Fall	30-40 days
oz.	1/2	18	30	10-18	Ey. Spr. & Sum.	60-85 days
oz.	1/2	18	30	5-10	Ey. Spr.	60-80 days
s.	1-1 1/2	12-18	24-30	1-2	Ey. Spr.	40-90 days
	1	12-18	24-30	2-3	Ey. Spr.	50-150 days
	1/2	24	36	1-2	Ey. Spr.	50-65 days
bs.	1-1 1/2	36	48-72	1-2	Spring	75-85 days
oz.	1	24	30-36	2-4	Ey. Spr.	40-65 days
	1	24	30-36	2-4	Late Spr.	40-65 days
oz.	1/2	24	30-36	1-3	Ey. Spr.	55-65 days
oz.	1/2	24	30-36	1-3	Ey. Summer	65-70 days
oz.	1/2	24	30	6	Ey. Spr.	60 days
oz.	1/2	24	30	3-5	Ey. Spr.	150-160 days
oz.	1/2	18	30	1-2	Ey. Spr.	120-150 days
oz.	1/2	18	30	3-5	Ey. Spr. & Sum.	50-70 days
ants	1/2	24	36	18	Late Spr.	125-150 days
pt.	1/2	18-24	30	3-4	Spr.	60-75 days
oz.	1/2	18	30	2	L. Spr. & Summer	75-85 days
ants	1/2	24	36	18-24	Ey. Spr.	90-125* days
ants	1/2	24	36	18-24	Ey. Sum.	125-150* days
ants	1/2	24	30	20	Ey. Spr.	100-135* days
ants	1/2	24	30	18	Ey. Sum.	100-135* days
ants	1/2	18	30	6-10	Sum. to L. Sum.	60 days
oz.	1/2	24	30	18	Sum. to L. Sum.	90-150 days
ants	1/4	24	36	6	L. Spr.	120-150 days
ants	1/2	30	36	30	July	210-240* days
s.	1-1 1/2	24	30	3-5	L. Spr.	55-70 days
	1-1 1/2	30	36-48	10-36	L. Spr.	70-90 days
	1-1 1/2	30	36	10-36	L. Spr.	80-100 days
lb.	1	30	36	24	L. Spr.	60-75 days
	1	30	36	30	Ey. Summer	75-90 days
	1/2-1	36	48-60	18 (Drill)	L. Spring	60-75 days
oz.	1-1 1/2	24	36	24 (Hills)	L. Spring	60-70 days
oz.	1-1 1/2	60	72	48 (Hills)	L. Spring	120-140 days
oz.	1/2	60	72	48 (Hills)	L. Spring	100-140 days
unts	1/2	36	48	36-48	L. Spring	80-100* days
unts	1/2	18-24	30	24	L. Spring	70-110* days
unts	1/2	18-24	30	18	L. Spring	70-100* days
oz.	1/2	60	72	18 (Drill)	L. Spring	100-130 days
oz.	1	36	48-60	18 (Drill)	L. Spring	90-110 days
bu.	4	30	30-36	12	E. Spr.	90-100 days
	4	30	30-36	12	May 15-June 15	120-150 days

2. Two weeks after planting the above crops, chard, leaf lettuce, parsnips, beets, carrots, salsify, early cauliflower, celery and wrinkled peas can be planted. At this time the nights are still cool and somewhat frosty.

3. Ten days before the average date of the last spring frost for your district is over, plant such vegetable seed as sweet corn, beans, cucumbers, muskmelons, watermelons, squash and pumpkins. Late potatoes may usually be planted from May 15 to June 15. The soil is warm enough to permit the seed to germinate even though the nights are still slightly frosty. By the time the seedlings are through the soil the frost free period has arrived.

4. Do not transplant tomatoes, peppers and eggplants from the seed bed into the garden until all danger of frost has passed.

### GROW PLANTS AT HOME

The seeds of most garden crops are sown in the garden where the plants are to grow and mature. With a few crops like tomato, cabbage, cauliflowers, celery, peppers and eggplant, the seeds are sown in hotbeds or in seed-boxes indoors for the early crop and in an outdoor seed-bed for the late crop.

For indoor seeding, select a flat box, 4 to 5 inches deep, or a deep pan will do. After providing for drainage, fill the container with rich garden soil to within an inch of the top. To kill the "damp-off" fungi in soils, which causes young plants to rot off at the surface of the ground, thoroughly bake the soil for a time in the oven or scald the soil with boiling water.

The age of plants wanted for field transplanting varies with the climatic conditions. Cabbage and cauliflower seed is sown 6-8 weeks before field setting; peppers, eggplants, celery, and tomatoes 10-12 weeks. The seed of Brussels sprouts, late cabbage, late cauliflower, broccoli, and late celery are started in outdoor seed beds.

Transplant the seedlings to other boxes at least once before field planting. Space them so that they will be 1 to 2 inches apart. Transplant when the first true or rough leaves appear. A week or ten days before field planting, place the box of seedlings outdoors to "harden-off" to reduce frost damage.

### SUCCESSION CROPPING

Keep the garden area "busy" this summer by growing two or more crops on the same land. The number of crops that can be grown depends largely on the kind of crops and the length of the growing season. Certain examples of succession cropping are as follows: (1) early lettuce or radishes followed by beans and these by fall turnips or spinach; (2) early cabbage followed by late potatoes. The potatoes would have to be planted between the cabbage rows before the cabbage is completely matured. (3) early potatoes can be followed by late cabbage. In this case it may be necessary to plant the cabbage between the potato rows. (4) Follow early carrots or beets with beans; lettuce followed by late celery. A companion crop such as pumpkin and squash can be planted with corn to conserve space. Plant these seeds together in the same hill. Another form of succession cropping is to plant radishes, leaf lettuce, carrots, beets and similar short season vegetables to follow themselves in order to have a continuous supply of fresh vegetables throughout the season.

### SOIL PREPARATION

Careful preparation of the seed bed is the most important single item in gardening. Time enough must be spent on this part of the work to insure a deep, mellow, rich soil. Work spent in soil preparation before seed is planted eliminates much hard work later on.

To succeed in gardening preferably plow the garden in the fall or in the very early spring, plan the garden in advance, get an **early start**, grow only profitable crops, control the common insects and diseases, grow or secure strong plants for transplanting, provide adequate soil moisture, and conserve garden space. For further information on gardening see your county agent or write the Extension Service, State College of Washington.