

1959

EC1274 Revised 1959 Garden Vegetables

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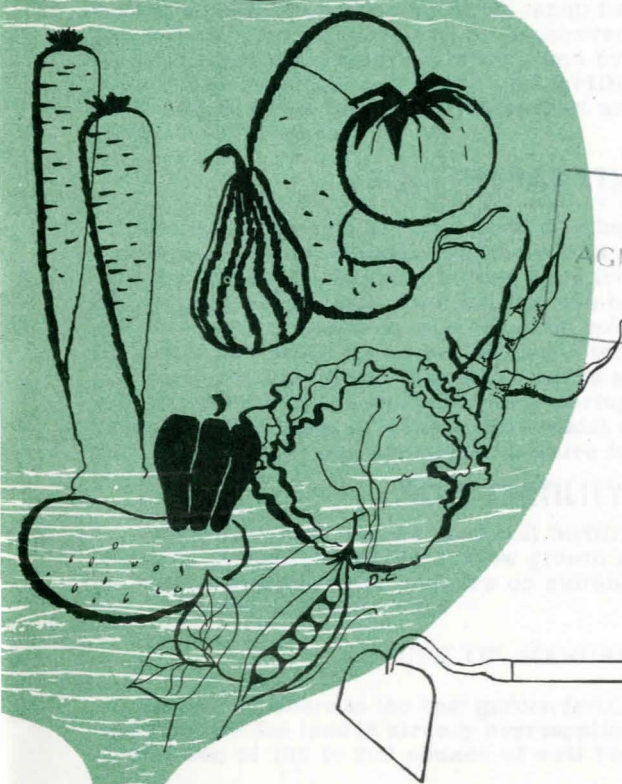
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garden vegetables



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GARDEN VEGETABLES

Wayne Whitney, Clinton Hoover, Bob Roselle and John Weihing ^{1/}

A good garden is the result of careful planning and much work. The garden should be of a size that can be cared for properly. You can have more vegetables from 100 square feet of garden that is given good care, than from several hundred square feet of garden that is neglected. A well planned garden of adequate size results in benefits that can be enjoyed throughout the year. It is desirable to locate a small garden near the house, where spare time can be used in its care. If the garden is near the house it is also easier for the housewife to procure fresh vegetables for each meal.

In planning the garden, include only those vegetables the family will use, and plant only enough of a given kind to satisfy the family needs. Where the space is very limited you should grow those vegetables that produce the greatest nutritional value for the space used. These include carrots, potatoes, onions, beets, broccoli, cabbage, winter squash, turnips, spinach, snap beans, tomatoes, radishes and lettuce. Some space can be conserved by trellising vine crops, by pruning and staking tomatoes, and by planting rows closer together where additional water and fertilizer can be applied. It is desirable to grow those vegetables that are usually more expensive on the local market.

SOIL PREPARATION

The garden should be plowed 6 to 8 inches deep if the soil is heavy; a depth of 5 to 6 inches will do if the soil is sandy. The plowing should be done late in the fall just before hard freezes generally occur. In this way cutworms and other insects are brought to the surface, exposed to natural enemies, and killed by cold weather. The surface of the soil is left rough to catch snow and to increase the mellowing effect of freezing and thawing. Where the soil is sandy and likely to blow the plowing should be delayed until early spring unless steps are taken to prevent wind erosion. These might consist of a windbreak on the north and east or a light top-dressing of manure following plowing.

SOIL FERTILITY

Vegetable crops require good soil fertility as well as good tilth. A low state of fertility results in slow growth and stunted plants. Unless the soil is quite fertile, manure or suitable commercial fertilizers should be applied each year.

USE OF MANURE

Barnyard manure is the best garden fertilizer for use on most soils, except where the land is already oversupplied with organic matter. An application of 100 to 200 pounds of well rotted barnyard manure per

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square rod (8 to 16 tons per acre) per year is recommended, or about half this amount of chicken manure or sheep manure. The time of applying the manure will vary, but as a rule it should be spread in fall or winter. The manure will increase the supply of available nitrogen, phosphorus, and other necessary elements in the soil, add to the water-holding capacity, and improve the physical condition of the soil. Excessive use of manure should be avoided.

USE OF COMMERCIAL FERTILIZERS

On gardens where no manure has been used or where the manure is of low quality, commercial fertilizers are recommended.

Phosphate fertilizers. Where manure has been used regularly there will be adequate phosphate in most soils for the garden crops. Where no manure has been used, the soil may be low in phosphate. On phosphate-deficient soils the following rates of phosphate are suggested.

Phosphate fertilizer	Per cent of available phosphate	Lbs. per sq. rod
Superphosphate	20	4 - 6
Double or treble superphosphate	45	2 - 3

Nitrogen fertilizers. Nitrogen fertilizer should be applied each year on gardens where little or no manure is used and in addition to the manure on tomatoes, cabbage, onions, sweet corn and lettuce. The amount of a particular nitrogen fertilizer to apply will depend upon the percentage of nitrogen in the fertilizer.

<u>Nitrogen fertilizer</u>	Pounds recommended per square rod	
	In addition to the manure	Where no manure has been applied
30% to 40% nitrogen		
Urea (Uramon, Nugreen)		
Ammonium nitrate	1	1 to 2
20% to 30% nitrogen		
Ammonium sulfate		
Calnitro, ammonium sulfate-nitrate	1 to 2	2 to 3
10% to 20% nitrogen		
Sodium nitrate	2 to 3	3 to 4

Mixed fertilizers. Where both nitrogen and phosphate are needed, a mixed fertilizer may be used instead of the straight materials. The first number in the fertilizer formula indicates the percentage of nitrogen, the second the percentage of available phosphate, and the third the percentage of water-soluble potash. For example, a 10-20-10 mixed fertilizer would contain 10 per cent nitrogen, 20 per cent available phosphate, and 10 per cent water-soluble potash.

Rate of application for some of the more common mixed fertilizers:

Mixed fertilizer formula	Lbs. per square rod
16-20-0	2 - 3
10-20-0, 10-10-5, 9-7-4	4 - 6
6- 2-0, 6-10-0, 6-9-7	6 - 8
4-16-0, 5-10-5	8 - 10
4- 4-4	10 - 12

Method of application. The nitrogen and phosphate fertilizers are best applied in the spring just prior to planting the garden. The fertilizer should be broadcast evenly on the surface and worked into the soil. If manure is used, the nitrogen on tomatoes, cabbage, and sweet corn may be applied as a side-dressing after these plants are up. In this case the nitrogen should be placed in a band about 4 to 8 inches away from the plants and 2 inches deep. If no manure is used, some of the nitrogen fertilizer may be applied before planting the vegetable crop, and the remainder after the plants are up. Too much nitrogen at planting will result in excessive top growth of potatoes and tomatoes.

ACID SOILS

Gardens, particularly in eastern Nebraska, may be acid in reaction and need lime for the most successful growth of vegetable crops. The only way to find out whether lime is needed is to have your soil tested. Some soils already contain an excess of lime and the application of more lime would be harmful. Send soil samples to the Soil Testing Service at the College of Agriculture. There is a charge of \$1.50 per sample for testing. More information on soil testing and soil cartons may be obtained at your county agent's office.

Limy or alkaline soils are usually very deficient in available phosphate. A commercial fertilizer should be used each year on these soils. Iron deficiency may also occur on alkaline soils, resulting in yellow chlorotic plants, particularly in strawberries and tomatoes. Chlorosis can be corrected by spraying the plants with a dilute solution (1 level teaspoon in a gallon of water) of ferrous sulfate (copperas).

RECOMMENDED VARIETIES FOR NEBRASKA

Following is a list of the varieties of vegetables found to be the most satisfactory over the state.

Other varieties have done well in some localities, so if you have one that has been satisfactory, continue to use it. Perhaps some of the suggested varieties would be superior to your local varieties, and hence should be included for trial in future plantings.

ASPARAGUS

- *Mary Washington
- *Paradise
- *Washington 500

BEANS

(Bush-green)

- *Contender
- **Top Crop
- *Logan
- *Wade

(Bush-wax)

- *Pencil Pod Blackwax
- *Cherokee
- *Top Notch

(Pole-green)

- *Improved Kentucky Wonder
- *Blue Lake

(Horticultural Shell)

- Red Shellout
- Shelleasy

LIMA BEANS

- *Peerless Bush Lima
- *Henderson Bush Lima
- *Jackson Wonder

BEETS

- *Detroit Dark Red
- *Baby Canning

BROCCOLI

- *Green Mountain
- *Waltham 29
- *Jealousy

CABBAGE

- Viking - early
- Marion Market (yellows-resistant)
- Golden Acre - early
- Copenhagen Market
- Flat Dutch
- Chieftain Savoy

CHINESE CABBAGE

- Chihili
- Michihili

CARROTS

- French Forcing (early)
- Chantenay
- Nantes
- Golden Pak

CAULIFLOWER

- *Snow Ball
- *Snow Cap

CHARD

- *Lucullus

CUCUMBERS

(Pickling)

- Mosaic Resist #17
- Chicago Pickling
- National Pickling

(Slicing)

- Burpee's Hybrid
- Sure Crop Hybrid
- Marketeer

EGGPLANT

- *Ft. Meyers Market
- *Black Beauty
- *New Hampshire

KOHLRABI

- White Vienna
- Purple Vienna

LETTUCE

(Leaf)

- Early Curled Simpson
- Prizehead
- Bibb
- Salad Bowl

(Head)

- Penn Lake
- Premier Great Lakes
- Cosberg

MUSKMELONS

- Honey Rock
- Iroquois
- Early Sunrise
- Hearts of Gold
- Granite State
- Delicious 51

SQUASH & PUMPKINS

(Winter)

- *Table Queen
- *Buttercup
- *Butternut
- *Hubbard
- *Sweetmeat
- *Delicata

(Summer)

- Carsetta
- Yankee Hybrid
- Black Zucchini Hybrid
- Early Prolific Straightneck

SWEET CORN (arranged by season)

- *Golden Cross Bantam
- *Golden Bantam
- *Golden Bounty
- *Tendermost
- *IoChief
- *Ioana

POPCORN

K4

- Purdue 31
- Purdue 32

SWEET POTATOES

- Kandee
- Ranger
- Orange Little Stem
- Nancy Gold
- Nema Gold
- Lakan

TOMATOES

- Early Wonder
- Red Cloud (early)
- Sioux (midseason)
- Hybrids (X)
- Rutgers (very late)

WATERMELONS

- Early Kansas
- Black Diamond
- Hybrids (X)
- Dixie Queen
- Winter Queen
- Charleston Grey (wilt resistant)
- (Midget Type)
- Sugar Baby
- New Hampshire Midget

ONIONS

- Utah Sweet Spanish
- Early Grano
- Pilot Hybrid
- Autumn Glory Hybrid

PARSNIPS

- Hollow Crown

PEAS

- Alaska
- *Little Marvel
- *Thomas Laxton
- *Laxton's Progress
- *Frezonia

PEPPERS

- Merrimack Wonder
- Ruby King
- Yolo Wonder
- Morgold

POTATOES

(Eastern Nebraska)

- White
- White Cloud
- Irish Cobbler
- Red
- Red Warba
- Dazoc

(Western Nebraska)

- White
- Haig (scab resistant)
- Red
- Progress
- Redbake
- Red Lasoda
- Excel

RADISHES

- Cherry Belle
- French Breakfast

RUTABAGAS

- American Purple Top

SPINACH

- *New Zealand
- America
- Viking
- Northband

(X) Some hybrids may be very well adapted for Nebraska conditions. Because of the lack of adequate tests, it is not possible to recommend hybrid varieties for your specific locality.

* Varieties that freeze well

CONTROLLING GARDEN DISEASES

Plant diseases are caused by many different micro-organisms. Therefore, no one measure will control all plant diseases. Following are practices which will help minimize disease losses in the garden.

Cultural Practices. Our best method for combating garden diseases is through good cultural practices.

1. Plant disease-free seed. Obtain the seed from reliable seed concerns.
2. Plant those varieties known to be resistant to some of the common diseases, as for example, wilt-resistant tomatoes and watermelons and mosaic-resistant beans.
3. Rotate the different vegetables by groups - (carrots, beets, radishes, etc.) (Cauliflower, cabbage, lettuce, etc.) (Cucumbers, watermelons, muskmelons, etc.) - within the garden area each year. If possible rotate the garden area itself. This will aid in controlling those diseases carried over winter in the decaying plant parts.
4. Garden soil should be well drained. This will help control root rot diseases.
5. Thin seedlings to proper spacing while they are small. This allows proper airing and will help reduce leaf-spot diseases.
6. Destroy weeds. Weeds sometimes may be overwintering hosts of the common garden diseases.
7. Keep the vegetables well watered and fertilized so that they grow vigorously. A weak plant is more susceptible to disease than a healthy one.

Seed Treatment. Treat all vegetable seed. This practice will materially assist in giving a better stand and more vigorous seedlings.

Dusting or Spraying. Spraying is much superior over dusting for the control of plant diseases. The chemicals used for disease control (called fungicides) are protective agents and are not curative. It is necessary that the plants have a complete surface coating of the fungicide. If the coating is incomplete the microscopic disease organisms will be able to produce infection in the unprotected areas.

A wetting agent such as household detergent should always be added to the spray solution. Otherwise the solution tends to run off the plants as droplets and surface coverage is not obtained. Add enough detergent so that when the solution hits the plant it spreads instead of stands in droplets.

Several good garden fungicides are Captan, Zineb, Maneb, and Copper containing materials. Sulfur is good for control of rust and mildew diseases.

Control the insects. Some insects are disease carriers. For example, cucumber wilt is carried by the cucumber beetle and the control of this disease is the control of the beetle. Most of the virus diseases are spread by various aphids, leafhoppers, and thrips. Therefore, insect control is an integral part of general disease control of the garden.

Soil Fumigation. Some garden soils become infested with a parasitic nematode which is capable of attacking a large number of different kinds of plants. If this occurs it will be necessary to fumigate with a nematicide such as methyl bromide, D-D, or nemagon in order to restore the soil for immediate general garden use. Growing a non-susceptible crop for a number of years would perhaps alleviate the nematode problem, but this practice is not particularly appreciated since garden sites are not always movable, especially in the city.

INSECT CONTROL

EQUIPMENT

Many insects and mites live and feed mainly on the underside of leaves. To be most effective, insecticides must be applied with equipment that will cover the under as well as the upper surface of the foliage. Dusting is increasingly popular because it is much quicker and easier than spraying and about as effective.

Dusters. The best duster for the average home garden is an all-metal, plunger type of hand duster of 1- or, preferably, 2-quart capacity.

If a duster is not available, a cloth bag serves fairly well as a substitute in small gardens. A small bag or a foot-square piece of old sugar-or flour-sack cloth or some similar material is suitable. A double thickness of cheesecloth is also satisfactory. The bag duster is shaken over the plant for uppersurface dusting and is swished back and forth through the foliage of plants such as beans to coat the under surface. Shaker-top cans are inefficient and wasteful.

Sprayers. The best type of sprayer for the average-sized garden is a compressed air sprayer, equipped with an extension rod and angle nozzle for spraying the undersurface of the foliage. Sprayers of 2- to 3-gallon capacity are the most practical. Fair results in small gardens can be obtained with the type of hand sprayer that gives a continuous spray and that has a two-way, or adjustable, nozzle to direct the spray upward. This requires working in a stooped position. These sprayers hold from 1 to 3 quarts. The small, single-action atomizer type of hand sprayers, such as those used for fly sprays, are unsatisfactory.

VEGETABLE INSECTS

INSECT	: INSECTICIDE & FORMULATION	: AMOUNT PER 1 GALLON OF WATER	: REMARKS
BEANS & PEAS	:	:	:
Aphids	: Malathion, 50% EC	: 2 teaspoons	: Do not eat green beans for 7 days.
	: Malathion, 4% dust	: Apply as dust	: " " " " " " " "
	: Rotenone, 0.75% dust	: Apply as dust	:
	: Nicotine sulfate, 40%	: 2 teaspoons + small handful of soap (not detergent) powder.	:
Bean leaf beetles	: Methoxychlor, 5% dust	: Apply as dust	: Do not use snap beans for 7 days.
	: Methoxychlor, 50% WP	: 3 tablespoons	: " " " " " " " "
	: Rotenone, 0.75% dust	: Apply as dust	:
Leafhoppers	: DDT, 10% dust	: Apply as dust	: Do not use DDT after pods form.
	: Rotenone, 0.75% dust	: Apply as dust	: Use rotenone after pods form.
Grasshoppers	: Chlordane, 45% EC	: 2 tablespoons	: Treat only the margins, do not
	: Methoxychlor, 50% WP	: 3 tablespoons	: apply to edible plants.
	: Prepared poisoned baits	:	:
10 Mexican bean beetle	: Same as for bean leaf beetles.	:	:
Ped spider mites	: Malathion, 50% EC	: 3 teaspoons	: Spray undersides of leaves.
	: Armate, Dimite & Ovatron	: Follow package directions.	: Spray undersides of leaves.
Thrips	: DDT, 10% dust	:	:
	: Rotenone, 0.75% dust	:	:
	: Malathion, 4% dust.	:	:
CABBAGE CAULI-:	:	:	:
FLOWER Aphids:	Same as for beans and peas	:	:
Flea Beetles	: Methoxychlor, 5% dust	: Apply as dust	:
	: Rotenone, 0.75% dust	: Apply as dust	: Use rotenone after heads form.
Cabbage worms	: Same as for flea beetles	:	:
Cutworms	: Chlordane 5% dust	: Apply to soil around plants	: Use cardboard collars to protect
	: DDT, 5% dust	: " " " " " "	: young plants.
Harlequin bug	: Methoxychlor, 5% dust.	: Apply as dust	:
	: Methoxychlor, 25% EC	: 2 tablespoons.	:

INSECTS	INSECTICIDE & FORMULATION	AMOUNT PER 1 GALLON OF WATER	REMARKS
CUCURBITS			
Aphids	Malathion, 50% EC	2 teaspoons	Apply to undersides of leaves.
	Malathion, 4% dust	Apply as dust	Do not apply malathion dust when vines are wet.
	Rotenone, 0.75% dust	Apply as dust	Add soap powder to nicotine sulfate.
	Nicotine, 40%	2 teaspoons	
Cucumber beetles	Methoxychlor, 5% dust	Apply as dust	Begin treatment when plants first come through soil, repeat every week.
	Methoxychlor, 50% WP	2 tablespoons	
	Rotenone, 0.75% dust	Apply as dust	
Squashvine borer	Same as for cucumber beetles.	Treat weekly at base of plants during July.	Burn all dying vines.
Squash bug	Methoxychlor, 5% dust	Apply as dust	Cover plants thoroughly with dust.
	Methoxychlor, 50% WP	4 tablespoons	Trap adult bugs under boards. Pick eggs from leaves.
	Malathion, 4% dust	Apply as dust	
POTATOES (Garden)			
Colorado potato beetle	DDT, 5% dust	Apply as dust	
	DDT, 50% WP	3 tablespoons	
	Methoxychlor, 5% dust	Apply as dust	
	Methoxychlor, 50% WP	3 tablespoons	
Blister beetles	Same as Colorado potato beetle.		
Aphids, flea beetles	DDT, 5% dust	Apply as dust	Malathion sprays or dusts may be used for aphids in home gardens.
leafhoppers, plant bugs & psyllids.	DDT, 50% WP	3 tablespoons	
Sow bugs, wire-worms, cutworms.	Chlordane, 5% dust	5 - 10 pounds per 1000 square feet of garden area.	Apply before planting and rake or spade into soil.
SPINACH & BEETS			
Aphids	Malathion 4% dust	Apply as dust	Do not dust or spray within 10 days of harvest
	Malathion 50% EC	2 teaspoons	
	Rotenone, 0.75% dust.	Apply as dust	
Flea beetles	Rotenone, 0.75% dust.	Apply as dust	
Webworms	Same as for Aphids.		

INSECTS	: INSECTICIDE & FORMULATION	: AMOUNT PER 1 GALLON OF WATER	: REMARKS
TOMATOES	: Same as cucurbits	:	:
Aphids	:	:	:
Blister beetles	: Methoxychlor, 5% dust	: Use as dust	: Do not apply within 7 days of
	: Methoxychlor, 50% WP	: 3 tablespoons	: harvest or wash fruit before
	:	:	: using.
Cutworms	: Chlordane, 5% dust	:	: Apply to soil surface around plants.
	: DDT, 5% dust	:	: Use cardboard collar for small
	:	:	: plants.
Flea beetles	: DDT, 5% dust	:	: Wash fruit before using.
	: Methoxychlor, 5% dust	:	:
Fruit worms	: Methoxychlor, 50% WP	: 3 tablespoons	: Apply weekly, wash fruit before using.
(corn earworms)	: Methoxychlor, 5% dust	:	: Apply early in morning.
Tomato hornworms	: Same as for fruit worms	:	:
Thrips & psyllids	: DDT, 5% dust	:	:
	: Methoxychlor, 5% dust	:	:
	: Rotenone, 0.75% dust	:	:
CARROTS	:	:	:
Carrot weevil	: DDT, 5% dust or 10% dust	: 1 lb. to 100 feet of row.	: First application when carrots are
Caterpillars	: Methoxychlor, 5% dust	: Apply as dust	: about 1" tall. Repeat every 10 days
	:	:	: for 3 applications.

PLANTING TABLE FOR THE VEGETABLE GARDEN

Kind of vegetable	Feet of row	Distance apart in row	Depth of planting	Amount of seed *
Asparagus	150	2 ft.	5-6 in.	75 roots
Beans—greenpod	100	3 in.	1-3 in.	1 lb.
Beans—wax	150	3 in.	1-3 in.	1½ lb.
Beets	150	4-5 in.	½-1½ in.	1½ oz.
Cabbage early	50	18 in.	½ in.	1 pkt.
Cabbage midseason	50	18 in.	½ in.	1 pkt.
Cabbage late	150	2 ft.	½ in.	1 pkt.
Carrots early	75	3-4 in.	½-¾ in.	¼ oz.
Carrots late	75	4-6 in.	½-¾ in.	¼ oz.
Cauliflower	50	18 in.	¾ in.	1 pkt.
Celery	150	6 in.	¼ in.	½ oz.
Cucumbers	38	5 ft.	1-2 in.	1 pkt.
Eggplant	75	18 in.	½ in.	1 pkt.
Horse radish	19	18 in.	4-6 in.	10 roots
Kohlrabi	150	4-6 in.	½-1 in.	½ oz.
Lettuce	75	6 in.	½-¾ in.	½ oz.
Muskmelon	50	5-7 ft.	½ in.	1 pkt.
Onions early (seed)	150	3 in.	2-3 in.	3 lbs. sets
Onions late	150	3 in.	½ in.	1½ oz.
Parsley	10	3-6 in.	¼ in.	1 pkt.
Parsnips	75	6 in.	½-1 in.	½ oz.
Peas, early	75	1-2 in.	1-3 in.	¼ lb.
Peas, medium	75	1-2 in.	1-3 in.	¾ lb.
Peas, late	150	1-2 in.	1-3 in.	1½ lb.
Peppers	38	18 in.	½ in.	1 pkt.
Potatoes, early	150	8-15 in.	3-4 in.	15 lbs.
Radishes	75	2-3 in.	½-1 in.	¾ oz.
Rhubarb	102	2 ft.	5-6 in.	50 roots
Salsify	65	4-6 in.	½-1 in.	¾ oz.
Spinach	150	6 in.	1-1½ in.	1½ oz.
Squash, summer	50	10 ft.	1-2 in.	½ oz.
Squash, winter	50	10 ft.	1-2 in.	½ oz.
Sweet corn (drilled)	900	8-12 in.	1-2 in.	2 lbs.
Swiss chard	50	6-12 in.	½-1½ in.	2 pkt.
Tomatoes	150	4-5 ft.	¼ in.	1 pkt.
Turnips	200	4-6 in.	½-¾ in.	2¼ oz.

* These seed quantities, except with potatoes, onion sets and perennial crops, are somewhat excessive when soil conditions are ideal and the seed germinates well.

PLAN FOR VEGETABLE GARDEN—100x150 Ft.

Permanent vegetables		Asparagus			
	Herbs	Rhubarb	Horse radish	Winter onions	
	Parsley	Salsify	Parsnips		
			Spinach		
Plant April 1-15	Lettuce		Radishes		Follow
	Carrots		Beets		with
	Turnips		Kohlrabi		beans
	Early cauliflower	Early cabbage		Swiss Chard	
	Early peas		Late peas		
		Early potatoes			
		Onions (field-sown or sets)			
		Onions			
		Late cabbage			
		Peas			
Plant May 1-15	Beets		Carrots	Kohlrabi	
		Sweet corn			
		Sweet corn			
		Wax beans			
		Green beans	Midseason cabbage		
		Tomatoes			
Transplant May 15-31	Eggplant	Sweet peppers	Cucumber		
	Kohlrabi		Rutabagas		
		Turnips			
Plant July 15-Aug. 1	Carrots		Beets		
		Celery			
		Sweet corn			
Plant June 15		Sweet corn	Watermelons in corn		
		Sweet corn			
		Sweet corn			
	Summer squash	Winter squash	Muskmelons		



GARDEN VEGETABLES