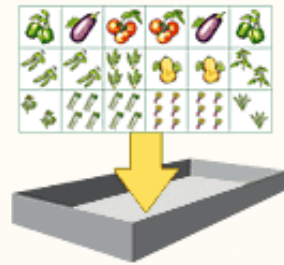








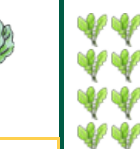
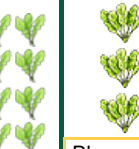




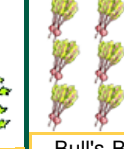










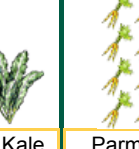
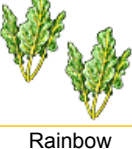





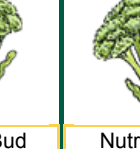
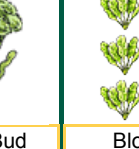
# Gardener's Supply Kitchen Garden Planner



## Planting Map & Guide For: 4x8 High Altitude Garden

Each square in the map below represents a 12"x12" planting area. The numbers next to the plant names indicate how many seeds or plants should be grown in each square. Planting instructions for the crops in this garden are listed below. For more detailed information, please see our [Vegetable Encyclopedia](#) and [Guide to Planting and Care](#).



|   |   |  |  |  |   |  |  |
|---|---|--|--|--|---|--|--|
| <br>Rainbow Chard, (2)   | <br>Arugula, (16)          | <br>Chinese Cabbage, (1)      | <br>Bok Choi, (1)                 | <br>Bok Choi, (1)               | <br>Chinese Cabbage, (1)      | <br>Arugula, (16)             | <br>Bloomsdale Spinach, (9)   |
| <br>Onions, (9)         | <br>Glacier Tomatoes, (1) | <br>Calendula, (2)           | <br>Parsley, (2)                 | <br>Bull's Blood Beets, (9)    | <br>Calendula, (2)           | <br>Glacier Tomatoes, (1)    | <br>Parmex Carrots, (16)     |
| <br>Onions, (9)        | <br>Basil, (2)           | <br>Bull's Blood Beets, (9) | <br>Peppers, (1)                | <br>Peppers, (1)              | <br>Red Russian Kale, (2)   | <br>Lacinato Kale, (2)      | <br>Parmex Carrots, (16)    |
| <br>Rainbow Chard, (2) | <br>Summer Squash, (1)   | <br>Summer Squash, (1)      | <br>Rogue D'Hiver Lettuce, (16) | <br>Deer Tongue Lettuce, (16) | <br>Nutri Bud Broccoli, (1) | <br>Nutri Bud Broccoli, (1) | <br>Bloomsdale Spinach, (9) |



### Swiss Chard

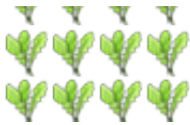
- Plant seeds 1/2" deep indoors six weeks before last frost, or in garden two weeks before last frost
- Transplant: Around the time of last frost
- Plant a second crop to ensure a plentiful supply of tender leaves.
- Spacing: two plants per sq. ft.
- Days to harvest: 30 days from seed for baby; 50 days to full size. Frost-hardy.
- Hint: Good source of summer greens, chard is not bothered by heat.

► [Learn more about Swiss Chard in our vegetable encyclopedia](#)



### Arugula

- Sow seeds directly in garden, 1" apart and 1/4" deep, starting four weeks before



last frost.

- Spacing: Broadcast seed then thin to 16 per sq. ft.
- Plant a new crop every two to three weeks until midsummer; sow again in late summer for fall harvest.
- Days to harvest: 30 days to full-size leaves; small leaves are ready in 21 days. frost-hardy.
- Hint: Fall crops are less bothered by flea beetles; cover spring crops with fabric to minimize damage

▶ [Learn more about Arugula in our vegetable encyclopedia](#)



## Bok Choi

- Sow seeds indoors a month before the last frost.
- Transplant into garden once nights stay above 50 degrees F. Cold will cause bolting.
- Sow a fall crop in late summer, 10 to 12 weeks before first fall frost date.
- Spacing: One plant per sq. ft. for full-size bok choy; two per sq. ft. for pak choy.
- Days to harvest: 40 to 50 days, depending on variety.
- Hint: Harvest 1" above soil level with a sharp knife, then fertilize with liquid fish emulsion to stimulate regrowth.

▶ [Learn more about Bok Choi in our vegetable encyclopedia](#)



## Spinach

- Plant seeds 1/2" deep directly in garden up to six weeks before last frost.
- Sow spinach every two weeks in spring and again in late summer for fall crops.
- Spacing: sow 18 seeds per sq. ft.; thin to nine plants per sq. ft.
- Days to harvest: 30 to 40 days from germination. Very frost-hardy.
- Hint: Spinach bolts in hot weather, so harvest early. Keep soil cool and moist with mulch or shade netting.

▶ [Learn more about Spinach in our vegetable encyclopedia](#)



## Onions

- Start seeds 1/4" deep indoors 12 weeks before last frost
- Transplant plants into garden a month before last frost. If planting sets, plant them 1" deep.
- Spacing: nine plants per sq. ft., or plant more densely and then thin and eat small onions
- Days to harvest: 100 to 120 days. Frost-hardy.
- Hint: Onions will not tolerate weeds and require consistent moisture.

▶ [Learn more about Onions in our vegetable encyclopedia](#)



## Tomatoes

- Plant seeds 1/4" deep indoors, six to eight weeks before last frost
- Transplant into garden one to two weeks after last frost or when soil reaches 65 degrees F.
- Spacing: one plant per sq. ft. Grow early season crops nearby to allow more room later.
- Days to harvest: 55 to 100 days from transplanting, depending on variety. Not frost-hardy
- Hint: Remove lower leaves before planting and bury extra stem.

▶ [Learn more about Tomatoes in our vegetable encyclopedia](#)



## Calendula

- Sow seeds directly in the ground in early spring.
- Spacing: two plants per sq. ft.
- Replant any time you have a little space in the garden. Fast-growing.
- Days to bloom: 55 days from planting seeds
- Hint: Pick off spent flowers to keep plant blooming.

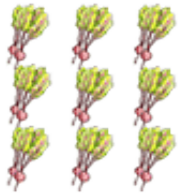
▶ [Learn more about Calendula in our vegetable encyclopedia](#)



## Parsley

- Start seeds 1/4" deep indoors 10 to 12 weeks before last frost.
- Transplant seedlings into garden up to a month before last frost.
- Spacing: two plants per sq. ft.
- Edible all summer and into winter.
- Biennial: plants will go to seed second year.
- Days to harvest: 75. Begin harvesting foliage at any time. Very frost-hardy.
- Hint: Parsley takes up to 21 days to germinate. Treat seeds with hot water before planting.

▶ [Learn more about Parsley in our vegetable encyclopedia](#)



## Beets

- Sow seeds 1/2" deep directly in garden five to six weeks before last frost.
- Spacing: Plant seeds 18 per sq. ft., thin to nine plants
- Plant more in midsummer for a fall harvest
- Days to harvest: 45 to 60. Frost-hardy.
- Hint: The longer you wait to harvest, the bigger the beets. Tops and thinnings are flavorful.

▶ [Learn more about Beets in our vegetable encyclopedia](#)



## Carrots

- Sow seeds in garden 1/4" deep three weeks before last spring frost.
- Spacing: Plant 30 seeds per sq. ft.; thin to 16 plants per sq. ft.
- Replant six to eight weeks before fall frost for late crop.
- Days to harvest: 55 to 70 days from seed. Frost-hardy.
- Hint: Before planting, loosen soil to 12"; remove stones and add compost.

▶ [Learn more about Carrots in our vegetable encyclopedia](#)



## Basil

- Plant seeds 1/4" deep indoors six weeks before last frost; outdoors two weeks after last frost.
- Transplant seedlings two to three weeks after last frost or when soil reaches 70 degrees F.
- Replant if you have space and want more.
- Spacing: two plants per sq. ft.
- Days to harvest: 40-55 days from transplant. Harvest leaves as desired. Not frost-hardy.
- Hint: Pinch stems early and often to stimulate branching and bushy growth.

▶ [Learn more about Basil in our vegetable encyclopedia](#)



## Peppers

- Start seeds indoors 1/4" deep 10 to 12 weeks before last frost.
- Transplant into garden three weeks after last frost or when soil reaches 70 degrees F.
- Fruits are edible from early green to full-color maturity.
- Spacing: one plant per sq. ft.
- Days to harvest: 50 to 65 days green, 80 to 85 days to full color. Not frost-hardy.
- Hint: Do not fertilize peppers. Water sparingly.

▶ [Learn more about Peppers in our vegetable encyclopedia](#)



## Kale

- Sow seeds 1/2" deep indoors eight weeks before last frost or in garden six weeks before last frost.
- Transplant seedlings into garden up to six weeks before last frost. Very frost-hardy.
- Spacing: two plants per sq. ft. Can be planted midsummer wherever early crops are removed.
- Kale continues to grow and produce leaves until late fall.
- Days to harvest: 60 days. Very frost-hardy.
- Hint: Kale can be grown in part shade. It needs plenty of moisture, so mulch well.

▶ [Learn more about Kale in our vegetable encyclopedia](#)



## Summer Squash

- Plant seeds 3/4" deep indoors or outdoors three weeks after last frost, or when soil is 70 degrees F.
- Transplant three weeks after last frost, or when soil is 70 degrees F.
- When picked frequently, plants will produce continuously until frost.
- Spacing: one plant per sq. ft. for bush varieties; two plants per sq. ft. for vining types growing on trellis.
- Days to harvest: 30 to 40 days from transplant; 40 to 50 from seed. Not frost-hardy.
- Hint: Start under garden fabric (row covers) to protect from insects.

▶ [Learn more about Summer Squash in our vegetable encyclopedia](#)



## Leaf Lettuce

- Sow seed indoors 1/4" deep, eight weeks before last frost or directly in garden when soil can be worked.
- Thin seedlings when four weeks old.
- Spacing: 16 plants per sq. ft.
- Plant more lettuce every two to four weeks for a good supply.
- Days to harvest: 28 days for baby lettuce, 45 days to full size. Frost-hardy.
- Hint: Harvest outer leaves anytime, or use scissors to harvest entire plant, leaving an inch of stem to encourage new growth.

▶ [Learn more about Leaf Lettuce in our vegetable encyclopedia](#)



## Broccoli

- Sow seeds 1/4" deep indoors, six weeks before last spring frost.
- Transplant into garden when seedlings have two sets of leaves.
- Spacing: one plant per sq. ft.
- Days to harvest: 50 to 70 days from transplant. Frost-hardy.
- Plant a second broccoli crop eight weeks before first fall frost.
- Hint: Row covers are an effective control for cabbage worms.

▶ [Learn more about Broccoli in our vegetable encyclopedia](#)