School Garden Guide: 2021

Cornell University Cornell Cooperative Extension of Cortland County
(607)391-2660
cortland.cce.cornell.edu

Building Strong and Vibrant New York Communities
“Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities”. 
Project Narrative

Creating a garden is an enjoyable learning experience for your physical and mental health. It is a wonderful way to get outdoors and even get some exercise. Gardening teaches beneficial skills and life lessons that allow the people involved to grow an understanding of where their food comes from and appreciate the value of food. While the creation and maintenance of a garden is a wonderful experience, it also takes a lot of time, commitment, and resources to create and keep a successful garden. The following is a project narrative to guide you through the creation of a successful garden.

Step 1: Create a Garden Project Team:

The following recommended stakeholders to include on your garden team were designed for the point of view of a school garden. Feel free to translate these examples to stakeholders that are relevant to your organization or personal garden. The important thing is you have a support team to lean on and learn how to garden together.

- **The Principal of the school:** For a school garden to be a success, the school’s Principal must be on board. The Principal can be involved as much or as little as their schedule allows. The important aspect is that they give their support and are willing to collaborate and approve decisions made by the team.

- **Building and Grounds Keeper/Maintenance and Janitorial Staff:** The groundskeeper should at minimum be aware of the garden and its location. Their level of involvement with garden maintenance can be worked out between them and the garden maintenance team.

- **Garden Maintenance Team:** This team is key to the project. They are the teachers and staff that are going to put in the time to ensure the garden is taken care of. They will be responsible for planting, watering, harvesting, and managing the garden in the spring and summer months. They will also be responsible for cleaning up the garden before the first frost in the fall and getting the area ready to face winter.

- **Garden Club:** To assist the garden maintenance team, it is recommended to create a garden club that encourages students to become involved with the garden after school. It is also advised to keep this club going throughout the summer months.

Step 2: Create a Funding Plan:

- **Community Sponsorships:** To keep costs at a minimum, it is advised to look to your community for collaboration with local non-profits and businesses that would be interested in sponsoring the garden by donating supplies like soil, seeds, gardening tools, plastic, and cardboard, compost bin and other materials that may be identified as useful throughout the project. Before approaching the organizations in a request for sponsorship, we recommend the garden maintenance team create an elevator pitch describing the statement of need and purpose for the garden as well as who it benefits.
and why having a garden is important to them and their students. Below is a list of potential organizations who may be interested in sponsoring the garden:

a. Local highway departments may be able to donate soil & peastone.
b. For potting mix and other supplies check with local garden, home, and farm centers for sponsorships and donations.

- **Grant Opportunities:** Every year there are state grants awarded to aid schools in the development of school gardens. It is important that you identify a member of the garden maintenance team who can collaborate with CCE-Cortland and other community organizations who will be aware of these grants and can assist your team in writing and applying for them. Some potential school garden grant opportunities include
  - Annie’s Garden Grants
  - Robert Blatchley Foundation (or your local 4-H foundation)
  - Rotary Club
  - Community grants (such as Walmart, Lowes, and local organizations)

**Step 3: Conduct a site assessment and determine site location.**

- **Storage, Sunlight, and Watering:** When picking a location for the garden, make sure the location has access to a water source and good sunlight. It is also important that there is a storage shed on-site to keep the garden supplies in.

- If opting for an in-ground garden (instead of raised beds) - make sure to test the soil of the area first and ensure proper drainage. The Cornell Cooperative Extensions Horticulture Educator is a great resource for this.

**Step 4: Create an Implementation Plan:**

1) Plan to create the garden-bed in the early/late fall. This will allow the soil to settle and absorb nutrients over winter.
2) Acquire or construct the raised garden bed(s) – (note – layout in this document are based on garden beds sized 9ft. x 3ft.)
3) Schedule delivery for soil and set up the beds no later than 2 hours before soil delivery. The amount of time may vary depending on how many beds are going in and how many people are involved in the process. For example: if including students, allow for more time. If building the beds from scratch do this before soil delivery day and come with assembled beds.
4) Place the beds in the ground:
   - Place the plastic sheet on the ground so it is a few inches longer and wider than the raised bed on each side.
   - Pin the plastics down with the landscaping pins.
   - Place the bed on the plastic.
○ Cut out the plastic on the inside of the beds, leave about 2 inches of plastic by the inside of each bed wall. This will help keep the weeds out while allowing the soil in the bed to mix with the earth's soil underneath to promote healthy soil.
○ Place the soil in the bed (soil deliver truck or by shovel).
○ Put one bag of potting mix on top of the native soil.
○ Place the pea stone on top of the plastic around the bed for additional weed control and aesthetic appeal.
  ■ Supplies needed: Plastic sheet, landscape pins, scissors, assembled raised beds, pea stone, native soil, and 1 bag of potting mix per bed.

5) Once beds are in the ground, the garden project team should begin thinking of what types of seeds they want to plant in the spring.
6) Purchase seeds in January/February
7) The garden team can begin loosening the soil and planting once it’s warm enough, usually around May.

Materials

(27 cubic foot bed):

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Quantity</th>
<th>Est. Total ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raised beds</td>
<td></td>
<td>1 – 27 cubic ft</td>
<td></td>
</tr>
<tr>
<td>native soil</td>
<td></td>
<td>1 cubic yard</td>
<td></td>
</tr>
<tr>
<td>potting mix</td>
<td></td>
<td>2 cubic feet</td>
<td></td>
</tr>
<tr>
<td>mulch</td>
<td></td>
<td>6 cubic feet</td>
<td></td>
</tr>
<tr>
<td>pea stone</td>
<td>7 gallon-sized buckets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>plastic sheet</td>
<td>4 mil – 6’ x 12’</td>
<td></td>
<td></td>
</tr>
<tr>
<td>landscape pins</td>
<td></td>
<td>20 pins</td>
<td></td>
</tr>
<tr>
<td>shovel</td>
<td></td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>trowels</td>
<td></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>cultivating rake</td>
<td></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>gloves</td>
<td></td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>seeds</td>
<td></td>
<td>according to your plan</td>
<td></td>
</tr>
<tr>
<td>5-gallon buckets</td>
<td></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Beginning your Garden:

**Fall** - If you are going to start a new in-ground or raised garden bed next Spring, fall is a good time to determine the area. Covering the area with black plastic, cardboard, wooden boards or metal will stunt the growth or kill the plants that are there now and soften the soil for turning in the spring. Raised beds can be set on plastic larger than the frame for weed control, the plastic inside can be cut away. This is a great time to fill the bed with soil. Take a sample of the soil and have the pH tested at your local Cornell Cooperative Extension office. A quarter of a
cup taken from 3-6 inches deep is a good amount for testing for gardens. Decide what you will plant and start drawing a map of it (see Garden Layout Section). Decide on seeds or seedlings.

**December – February:** Decide what you want to eat and grow. Browse and look in catalogs or stores for the seeds you want. Read plant descriptions. Map your Garden, use Companion Planting information to help decide where plants will grow. Remember to think vertical. Order early from catalogs or seeds will be gone! Pick your compost site.

**March through April or early May.** If not already done - Prepare the garden site. Place bed on site. Mulch around the bed. Fill the bed with soil. Use native soil in the bottom. Cortland County native soils have clay – clay will hold water, which is vital in raised beds. The top 3 inches should have a mature composed and/or potting mix. Mix the top layer 3 – 4 inches. Cover with plastic or cardboard till planting time.

**May – June** – Plant, mulch, water as needed. Fertilize every 2-3 weeks.

**June, July, August, September** – Harvest, weed, water, succession planting. Eat from the garden.

**September – November** – Harvest, clean up the garden, compost plant debris, weed, cover the bed for winter with plastic or cardboard. Be sure to weight cover material to hold in place till spring.

**Important Note:** Flower or vegetable seeds should be purchased early in the year for best selection. Many seed companies send out the garden catalogs in January. Check the catalog description or the back of the seed packet for information on planting depth, germination days, plant height, bloom time, and days to harvest. Flowers should be planted with the tallest in the back and shortest in front. When the flower is in bloom is very important, by choosing flowers with different bloom time you will guarantee yourself color all year. A tip! - Some white flowers in your garden will enhance the other colors you may have. Don’t be afraid to mix and match flowers and vegetables and remember to consider companion planting and edible flowers when planning.

**Companion Planting** means that some plants like each other and some do not. For instance, roses love garlic and tomatoes love carrots. Edible flowers are nutritious to eat, beautiful to grow in your gardens and containers, and just plain fun. Some easily grown from seeds are Johnny Jump-ups, Calendula, and Nasturtium. Not all flowers are edible. You can call the your local Cornell Cooperative Extension office for more information.
General Timeline

**January** – Start discussing with your garden team what plants they’d like to grow.

**February** – Purchase seeds, seeding beds, and potting soil.

**March** – Plan seeding and transplant schedule (use optional calendar in appendix).

**April** – Prepare the garden site.

**May** – May 31st is the last frost. Depending on the year, this could be earlier. Begin planting after last frost.

**June - September** – Harvest and take care of the garden.

**October-November** – FIRST FROST, harvest all plants before first frost. Winterize before snow.

*Important Note: Before you begin planting, make sure you wait until the soil has had the chance to warm up, don’t just begin planting on the first warm day of spring. Some cold weather crops such as lettuce, radish and peas can be planted early. For other seeds, wait for the soil to reach at least 55 degrees F to begin planting (optimal germination may occur at 68-80 degrees F.)*
Garden Layout
(of a 3’ x 9’ bed)

The following plans are a growing guide to help determine what crops to plant together, when to plant them, and tips to harvest them. Companion planting and seasonal weather conditions have been taken into consideration in this guide to ensure the best quality and yield that can be achieved. Happy Planting!

Option A:

- **Early Spring Planting**: lettuce, radish,
  - **First Harvest**: lettuce, radish,
- **May 31 Planting**: pumpkin, carrots, broccoli, cabbage, tomato, basil
  - **Second Harvest**: broccoli, tomato, basil, cabbage, lettuce, radish
- **Fall Harvest**: carrots, gourds, cabbage, basil, tomato, broccoli, pumpkin, lettuce

In this plan tomatoes are planted toward the north so that the shade they produce will not affect other plants. To get the best results stake them. Tie the plant up to the stake loosely as the plant grows. Strips of cloth or hemp work well as these do not damage the stems of the growing plant. The companion planting of carrots and basil close to the tomatoes is purposeful as these plants do very well together.

Harvest the leaves of basil throughout the year. Always leave the roots and 3-4 inches of stems so the plant can regrow. Basil will flourish till frost.

As the pumpkins grow plan to let them spill out and over the edge of the bed. Let them spread and grow out into the lawn, being careful to avoid cutting the ends when mowing. After harvesting in the fall, the plants can be cleaned up and the grass mowed and trimmed as usual. Allow 2 or 3 of the radish to remain, to flower and to go to seed. These are trap crops for the flea beetle. The beetles will eat the radish leaves and leave other plants alone. The young seed pods of radish are edible and a nice crispy treat.

Cut lettuce rather than pulling. This way you will get multiple harvests from one plant.
Cut broccoli heads and side shoots with knife all year before they go to flower.
Cut cabbage when heads are dense and seem hard. Cut low just above roots.
Option B:

- **Early Spring Planting**: peas, mixed greens
  - *First Harvest*: peas, mixed greens
- **May 31 Planting**: beets, carrots, beans, tomato, winter squash, oregano
  - *Second Harvest*: beans, tomato, oregano, greens, beet greens
- **Fall Harvest**: beets, carrot, tomato, winter squash, oregano, dried beans, greens

---

In this plan tomatoes are planted toward the north so that the shade they produce will not affect other plants. To get the best results stake them. Tie the plant up to the stake loosely as the plant grows. Strips of cloth or hemp work well as these do not damage the stems of the growing plant. The companion planting of carrots and oregano close to the tomatoes is purposeful as these plants do very well together.

Oregano leaves can be harvested throughout the year. A larger harvest of the stems can be done in late August or early September. Tie 3 or 4 stems together in bundles and hang to dry. Oregano is perennial and will come back next year. Leave 3 to 4 inches of plant stems growing in October so the plant will survive the winter.

Give bush beans and short peas a 12 – 24-inch fence support per row and train them to grow on it. Tall beans and peas will need taller fencing or even teepee structured supports.

Edible pod peas can be eaten when the pods are 2 or more inches long. Non-edible pods need to be filled or nice and fat to be harvested. Test one to determine when they are ready.

As the winter squash grow plan to let them spill out and over the edge of the bed. Let them spread and grow out into the lawn, being careful to avoid cutting the ends when mowing. After harvesting in the fall, the plants can be cleaned up and the grass mowed and trimmed as usual. Plant a few radish seeds along with the squash and allow them to remain, flower and go to seed. These are trap crops for the flea beetle. The beetles will eat the radish leaves and leave other plants alone. The young seed pods of radish are edible and a nice crispy treat.

Cut greens rather than pulling. This way you will get multiple harvests from one plant. Pull beets and carrots in September or October. You may need a shovel or trowel to get them.
Option C

- **Early Spring Planting:** peas, radish, lettuce
  - **First Harvest:** peas, radish, lettuce
- **May 31 Planting:** summer squash, zucchini, tomato, cucumber, peppers, gourds
  - **Second Harvest:** peas, tomato, cucumber, summer squash, peppers
- **Fall Harvest:** gourds, tomato, lettuce, peppers, summer squash

---

In this plan tomatoes are planted toward the north so that the shade they produce will not affect other plants. To get the best results stake them. Tie the plant up to the stake loosely as the plants grow. Strips of cloth or hemp work well as these do not damage the stems of the growing plants. The companion planting of peppers close to the tomatoes is purposeful as these plants are ok with one another.

Summer squash and zucchini should be harvested when the fruits are 6 – 10 inches long. Older large zucchini can be used for making bread and other dishes. Large summer squash are often hard skinned and should go to the compost pile.

In this plan a trellis support can be used to support the peas. A shorter trellis for short peas and taller one for taller varieties. Edible pod peas can be eaten when the pods are 2 or more inches long. Non-edible pods need to be filled or nice and fat to be harvested. Test one or more to determine when they are ready.

As the gourds grow plan to let them spill out and over the edge of the bed. Let them spread and grow out into the lawn, being careful to avoid cutting the ends when mowing. After harvesting in the fall, the plants can be cleaned up and the grass mowed and trimmed as usual. Allow a few of the radishes to remain, flower and go to seed. These are trap crops for the flea beetle. The beetles will eat the leaves and leave other plants alone. The young seed pods of radish are edible and a nice crispy treat.

Cut lettuce rather than pulling. This way you will get multiple harvests from one plant. Cut peppers from the plant with scissors or sharp knife.

***For all of these plans allow the pumpkin, winter squash and gourd stems to turn brown and harden before harvesting!!!***
Companion Planting

Companion planting is the concept that some plants like to grow near each other, and some do not. Plants that do like to grow near each other are often beneficial to one another. Squash and most all cucurbits (squash, pumpkins, gourds, etc.) love nasturtium flowers and radishes planted with them, right in the same row or hill. The nasturtiums are edible and help the squash grow strong and healthy. The radish that we do not pull or harvest and allow to go to seed are a trap crop for flea beetles. The beetles eat the radish leaves and leave the squash and other plants alone.

There are many combinations of plants like this and there are a many books and websites available to find out more details for companion planting. A search on-line or at the local library will help you find this information.

Use a companion planting guide when planning the garden. This will help you determine where to put your crops so that they will do well, and you will be a successful gardener.
Seeds, Transplants and Planting Schedule

In Cortland County, the last average frost date is May 31, and the first average fall frost is October 1. However – be sure to watch the weather as these dates are not fool proof. Nature will determine the actual dates! The chart below shows dates when various popular garden vegetables can be planted as seeds, sets or transplants.

First Seeding & Transplanting Dates for Vegetables in Cortland County NY area

* Indicates variety is transplanted
(x) Indicates variety may be transplant or seed. If transplanted use later date.
(t) Indicates variety may be transplants, sets or seed.

<table>
<thead>
<tr>
<th>As early as garden may be worked in spring or about April 15 – May 31 succession planting into June</th>
<th>May 15 – May 31</th>
<th>After the soil has become warm in spring- May 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rutabagas</td>
<td>Beans</td>
<td>Basil (x)</td>
</tr>
<tr>
<td>Broccoli (x)</td>
<td>Beets</td>
<td>Cucumber (x)</td>
</tr>
<tr>
<td>Brussels Sprouts (x)</td>
<td>Popcorn</td>
<td>Muskemelon*</td>
</tr>
<tr>
<td>Cabbage (x)</td>
<td>Potatoes</td>
<td>Okra*</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>Sweet Corn</td>
<td>Tomatoes*</td>
</tr>
<tr>
<td>Cauliflower (x)</td>
<td>Carrots</td>
<td>Squashes, Summer(x)</td>
</tr>
<tr>
<td>Celery (x)</td>
<td></td>
<td>Squashes, Winter(x)</td>
</tr>
<tr>
<td>Endive</td>
<td></td>
<td>Watermelon(x)</td>
</tr>
<tr>
<td>Kale</td>
<td></td>
<td>Eggplant*</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td></td>
<td>Pepper*</td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
<td>Pumpkins (x)</td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mustard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions (t)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Starting seeds for Transplants

1) Check the chart above to find the planting date.
2) On the seed packet find the number of days to germination.
3) Add that number plus 2 weeks – 14 days – together.
4) Subtract this number from the planting date in the chart above to find when to start seeds.

Example – tomato packet says 15 days to germination, add 14 to 15 for total of 29 days. Above chart shows that tomato transplants can be planted on May 31
May 31 - 29 days = start seeds on May 2
How to Plant

Plant seeds 2x the thickness of the seed. Peas, for example should be $\frac{1}{2} - \frac{3}{4}$ inches deep, while radish and lettuce should be $\frac{1}{4}$ inch or even less. Use a string as a guide to create straight rows. Draw a shallow row or trough, lay in seeds according to seed packet suggested spacing, cover with soil only 2x the thickness of the seed. Press the soil down very firmly.

The first leaves of seeds planted too deep will not be able to reach the sun. Without sun the plant will not live.

Transplant should be planted the same depth as they are growing. Only tomatoes can be planted deeper. Their stems will grow roots and it does not harm them to be deeper.

Sets for onions and garlic (clove) should be planted 2 or 3x the height of the bulb or clove deep.

NOTE – Garlic is planted in the fall.
Garden Maintenance

Tools needed for the garden: shovels, weeding tools, trowels, rakes, gloves, etc.

Spring
- Remove any old plant debris and weeds. Churn up soil as needed.
- Add compost, composted manures, other soil amendments.
- Use garden plan to make pathways and mulch them.
- Put up plant supports where needed.

Summer
- Pull Weeds!!!

Fall
- Weed, clean up plants that are done producing, add amendments and compost.
- Remove garden support, trellises, fences, stakes, etc.

Winter
- Be sure mulches and amendments are in place.
Harvesting

Note that there are tips for harvesting included with each of the Garden Layout option plans.

**Tomatoes** – or the best flavor, allow them to ripen on the vine and snip the larger varieties. Smaller varieties such as cherry and grape types can be pulled easily if they are ripe. Tomatoes can be harvested when they are green and placed indoors where they can ripen.

**Carrots** – carefully pull or dig them in early fall.

Harvest the leaves of **basil** throughout the year. Always leave the roots and 3-4 inches of stems so the plant can regrow. Basil will flourish till frost.

Cut **broccoli** heads with knife before they go to flower. When the center head is cut, many little side ‘heads’ will grow. These are small but just as tasty and as good to eat as the center head. Harvest all year. The heads are the blossom.

Cut **cabbage** when heads are dense and seem hard. Cut low just above roots.

Cut **lettuce** or greens rather than pulling. This way you will get multiple harvests from one plant.

**Radish** – look for the shape of the radish just where the leaves grow from. This may be just below the soil level. When you see the size described on the seed packet, pull up what you will use. Pulling a few is another way to tell if they are mature enough to use.

**Oregano** - fresh leaves can be harvest throughout the year. A larger harvest of the stems can be done in late August or early September. Tie 3 or 4 stems together in bundles and hang to dry. Oregano is perennial and will come back next year. Leave 3 to 4 inches of plant stems growing in October so the plant will survive the winter.

**Green beans** can be harvested when the pods are 3-5 inches long and ¼ inch thick. Be sure to look on the seed packet for information. Some varieties grow much longer pods. Beans may need to be harvested every 3-4 days. Keeping the pods picked encourages more blossoms which means more beans!

Edible **pod peas** can be eaten when the pods are 2 or more inches long. Non-edible pods need to be filled or nice and fat to be harvested. Test one or more to determine when they are ready. The seed packet should have the mature pod size listed.

**Beets** – harvest the beet greens when thinning to use in salads or as cooked greens. The actual beets can be harvested in the fall. Dig or pull them when they are the size listed on the seed packet.
Allow the pumpkin, winter squash and gourd stems to turn brown and harden before harvesting. Once they are harvested, allow them to cure in a shady well-ventilated place like the garage or porch for a week or two. Store winter squash in a cool dark place with low humidity. Pumpkins can be stored for a short time then canned. Gourds can be stored indoors or out. They will cure over the winter. They often look bad – moldy and discolored, some might say rotten, but they should be fine and ready for use in the spring. Store them where animals and critters cannot get them.

Cut peppers from the plant with scissors or sharp knife when they are the size you can use. In fall even the little ones can be harvested. Peppers can be put in the freezer chopped, sliced or cut in half.

Summer squash and zucchini should be harvested when the fruits are 6 – 10 inches long. Carefully cut the stems with a sharp knife to harvest without damaging the rest of the plant. Older large zucchini can be used for making bread and other dishes. Large summer squash are often hard skinned and should go to the compost pile.
Uses

**Tomatoes** – can be canned, frozen or dried. Use them in sauces, sandwiches, soups, or a snack.

**Carrots** – cook or eat raw.

**Basil** – use fresh or dried. Make pesto, use the leaves in sauces, sandwiches, soups and so much more.

**Broccoli** – raw or cooked, in salads, or as a side dish, in casseroles. Freeze extra.

**Cabbage** - raw or cooked, in salads, as a side dish, as a wrap. It can be frozen.

**Lettuce or greens** – use fresh in salads and sandwiches, some greens can be blanched and frozen.

**Radish** – use as a garnish or to add zest to salads. Use fresh.

**Oregano** – use fresh or dried in sauces, meat and poultry seasoning, as a garnish, or put a small amount fresh in salads.

**Green beans** - can be cooked or eaten raw. They can be used in bean salad, as a side dish or casserole, etc. They can be canned or frozen.

**Peas** - can be eaten raw or cooked. Extras can be frozen or canned.

**Beets** – can be eaten raw or cooked. They can be canned.

**Pumpkins** - can be stored for a short time then canned. Use for pies, cookies, bread, etc.

**Gourds** - are not food but were historically grown for use as dishes and kitchen tools. Use the cured ones to make bowls, pitchers, dippers, masks, lamps, and other crafts.

**Winter squash** - can be cooked and used as a side dish, in soup, pies, and frozen.

**Peppers** - can be eaten raw or cooked. They can be frozen for winter use.

**Summer squash and zucchini** - can be eaten raw or cooked. They can be used as a side dish, in salad, soups, stews, rice dishes, bread, cookies, pie, casserole, etc. They can be frozen.
## Appendix

### Optional Garden Planning Calendar

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>