



## What Not To Grow & Seeds of Success

### Getting ready for spring planting

- 1. Plan out your garden.** Create your own design - raised beds, short rows, long rows, squares? Draw it, decide what to grow and where. Keep crop rotation in mind, as well as height of plants (not to shade for other plants), distance needed between rows, angle of the light, aesthetics, shade, sheltered or not. Different vegetables have different "needs", i.e. some need more nitrogen than others, some tolerate shade. Think about how much (or little) space you have and what varieties you prefer, and how much salad can you really eat? Consider planting for maximum yield. What experiments do you want to do this year?
- 2. What not to grow:** anything that is not hardy to zone 0a. Unless you have a greenhouse, you will not have much success with cucumbers, tomatoes, basil, peppers, melons, pumpkins, squash, lima beans or any other vegetable or herb that requires hot temperatures and a longer season to mature. Parsnips and corn are possible but don't give a high yield.
- 3. Seeds of success:** Pick seed with the least amount of days to maturity. Average frost free days: Some sources say May 27 through September 15 (110 days), though other sources say only around 70 frost free days. On average the frost-free period is somewhere in between. Less in lower lying areas (such as the new Old Town site). See success seeds list provided for the tried and true.
- 4. Where to buy:** Save yourself some money and wasted time, by ensuring you buy good quality seed. Planning ahead is a good idea, as we are not always assured the best by buying last minute seeds. See attached list for suggestions.
- 5. Helpful hints:** Consider ordering some garden blankets/floating row covers with your seed order. The blankets put over top of the freshly seeded ground provide shelter, raised temperature and some protection against a spring frost. Planting time can be pushed forward by 8 to 14 days by using this method.
- 6. TEST & NURTURE the soil** before planting: test and turn soil and add what is missing, remove weeds including roots.

## Seeds of Success Resource List

### Lone Sorensen

- Potatoes:** Yukon Gold, consistently grows large, some scab.  
Superior, a good early potato.  
Pontiac Red (tends to have some scab and not grow very big). Red Norland grows bigger.  
Red fingerling (Arctic Farmer) is reported to be excellent.  
Banana, small, but beautifully tasting, closer to original potato than others.  
Blue, tends to have lots of scab, and “floury” when boiled, not recommended.  
Good place to order: Eagle Creek Seeds or T&T Seeds.
- Carrots:** Healthmaster, high in beta carotene, grows consistently well, large and crisp  
Atomic Red, red colour, good tasting and grows to good size. Sweetness does not do as well. Do you want good storage or just summer carrots?
- Lettuce:** Mesclun Mix from Vesey’s, any Romaine will do well, from seed or seedling.
- Beets:** Any regular round beet will do ok. Beets like well-fed soil, lots of space.
- Peas:** Regular peas: an early pea such as Spring (with the least amount of days to maturity). Green Arrow is a bit later and grows really well.  
The only one that has not done well for me is a Laxton. Tall telephone is good, keeps producing, as is any snap pea and snow pea.
- Broccoli:** Plant seedling in late May or early June. I just buy seedlings. Big feeder, will tolerate liquid fish fertilizer.
- Beans:** Provider. It’s simply the best, but it needs to be babied with floating row cover until the temperature gets hot.
- Swiss Chard:** Best grown from seedling. Can be seeded directly, but takes a while.
- Dill:** Seed directly and thickly, cut when 3 to 4 inches for baby dill.
- Cabbage:** Grows well, but big feeder. Plant as seedlings.
- Turnips:** Do well, but need good soil and space. Rutabaga is better for storing.

**Seeds of Diversity** <http://www.seeds.ca/en.php> is a Canadian charitable organization dedicated to the conservation, documentation and use of public-domain non-hybrid plants of Canadian significance as well as plant biodiversity, heritage gardening, organic gardening, and seeds. The Seeds of Diversity website is a fantastic site full of wonderful information. Click on “looking for seeds” and you can pick any vegetable, then specific variety and it will take you to the seed company that sells it; for instance Healthmaster carrots are sold only by T&T Seeds and Lindenburg Seeds.

Most of the seed companies have online catalogues. Here are some:

Veseys Seeds: [www.veseys.com](http://www.veseys.com)

West Coast Seeds: [www.westcoastseeds.com](http://www.westcoastseeds.com)

Stokes Seeds: [www.stokesseeds.com](http://www.stokesseeds.com)

Dominion Seed House: [www.dominion-seed-house.com](http://www.dominion-seed-house.com)

T & T Seeds: [www.ttseeds.com](http://www.ttseeds.com)

Eagle Creek Seed Potatoes: [www.seedpotatoes.ca](http://www.seedpotatoes.ca)

McFayden: [www.mcfayden.com](http://www.mcfayden.com)

## Seed Selection & Gardening Tips (Joyce Gilchrist)

- Mesclun salad greens
- Spinach: Tye spinach; find a variety that says 'resists bolting'
- Zucchini: Find the least number of days to maturity
- Peas: most do well
- Beans: Gold rush, Provider, Royal burgundy
- Broccoli: Choose an early variety
- Beets: Most kinds do well
- Carrots: Most kinds do well (Be sure to thin early!)
- Tomatoes (for your patio or greenhouse): Red Alert ripens much faster than the others

It's fun to try new things... but they don't always work out! Look for early varieties.