

## Fast Growing Vegetable Varieties

Thanks you for taking the time to get and read this, the first bulletin of gardening tips from Scotty Bones (@scotty\_bones), Plumfat Garden (@plumfat), and El Fuerco (@elfuerco).

We will be putting together gardening information throughout the season, in a quick, easy to read format, for no charge, to the entire world, to help everyone become more secure with their food needs during this unfolding Coronavirus/COVID-19 crisis and beyond.

Now is a crucial time to support all of the small, regionally adapted seed companies if you can. But we realize that in this crisis, if you can't get organic, regional seeds, just go out and buy some vegetable seeds and use these bulletins and resources such as **SiskiyouSeeds** to help you along...Now get gardening!

### General Seed Knowledge



## **Organic Seeds**

Seeds obtained from plants grown without the use of chemicals and pesticides

## **Conventional Seeds**

Seeds obtained from plants possibly grown with the use of chemicals and fertilizers. There is no way to know how they were grown unless the grower divulges the information.

## **Open Pollinated Seeds**

These seeds can be saved and grown again and the vegetables will be the same. These can be organic or conventional.

## **F-1 Hybrid Seeds**

These seeds can be saved but will not grow the same vegetables the next year, sometimes none at all. They display hybrid vigor the first year, meaning they can be very productive, but only one year. You have to buy new seeds every year to get the same vegetables. These can be organic or conventional

## **Plant Variety Protection (PVP) Seeds**

Some seeds are patented by companies and it is illegal to grow new plants from the seeds, even though it is physically possible. Farmers must purchase new seed every year from the patent holder.

## **Genetically Modified Organism (GMO) Seeds**

These seeds have genetic sequences from distinct plant and animal families inserted into the seeds. They are usually PVP as well.

I believe that the best seeds are organic, open-pollinated seeds. They are chemical free and can be saved to grow again for generations.

## **And Now The Growing Tips**

These are some general guidelines to help you start growing your first round of early vegetables. Except for the radish, these are fast-growing greens. The following growing tips can be applied to all of the greens.

## **Cut and Come Again Style**

- You can begin direct seeding in mid-March, or when daytime temperatures get above 50 F.
- Plant rows 8 to 10 inches apart, 10 to 15 seeds per foot, about 1/2-inch deep. Tamp the soil down with your hand or the back of a rake to create a firm seed bed.
- When they are about 6 to 8 inches tall you can begin harvest.
- Cut the plants about 1 to 2 inches above the ground and they will come again.

## **Growing Full Sized Plants**

- All of the these varieties can be planted in 6 pack type containers in a greenhouse or a warm, sunny spot indoors.
- Transplant them out end-March to early-April, or when daytime temperatures get above 50 F.
- Give them more space to grow to full size, 12 to 18 inches between plants.
- Mache can be grown closer.
- Don't worry about planting too close. If you do, you can harvest by carefully cutting outer leaves, close to the base of the plant, and they will continue to grow happily.

## **Growing Radishes**

- There are many colors, shapes and sizes of radishes. The little red cuties are the most well-known.
- If you grown larger varieties, space the seeds further apart when you are planting.
- You can begin direct seeding radishes from early-March.
- Plant at the rate of 20 to 30 seeds per foot.
- Thin and eat the small ones as they grow, until they are 1 to 2 inches apart.
- Unless you really love radishes, don't plant too many at once.
- You can't pick radishes too early, but you can pick them too late!
- Hot weather and drying out can cause radishes to become quite spicy.
- They can also get too big and become woody. Once they bolt, they're not much fun.
- They are perfect to plant in small rows where there are open space between other veggies.
- Radishes are good additions to lacto-fermented recipes, even the tops.

**Tip:** Leave a bit of the top of the radish on when you cut the greens off and they will be easier to handle when making fermented goods!



## And Now For The Fast Growing Veggies!

**Arugula** (30 days) *Eruca vesicaria*

It has a mild flavor when grown in cool weather. It can become quite spicy in warmer weather.

Plant seeds 1 inch apart, then thin to 6 inches apart.



**Cress** (35 days) *Lepidium sativum*  
Plant cress beginning mid-March. It enjoys cool weather.





**Komatsuna** (35-55 days) *Brassica rapa*  
A fast-growing variety of mustard, plant beginning in mid-March.



**Mache**, or corn salad (30-50 days) *Valerianella locusta*

Very cold resistant

It is nothing like corn, but rather a small, rosette shaped plant with tasty leaves

It prefers cool weather to germinate, can be grown year round, but is best in spring and early summer, then again in the fall and winter.





**Mustard** (30-50 days) Brassica spp.

Mustard varieties vary in their spiciness, but when grown in cooler weather, they tend to be more mild.





Mesclun (Mix 30-50 days) A blend of Persian cress, green wave & Osaka mustard, komatsuna, mizuna, purple orach, purple tatsoi, red kale, arugula  
Each of these varieties produce tasty little greens when grown in a cut and come again style.



**Radish** (30 days) *Raphanus sativus*

Plant small quantities, two weeks apart, until they begin to bolt in warm weather.





If you have received this bulletin from someone but don't have the Start Your Own Organic Garden growing guide, you can get the it and sign up for the gardening bulletins:

<https://elfuerco.com/2020/03/28/free-organic-gardening-guide-download-here/>

Scott Wilson's (aka Scotty Bones) Organic Garden growing guide is also available at [SiskiyouSeeds.com](http://SiskiyouSeeds.com).

This information has been gathered and edited from the following:

Siskiyou Seeds 2020 Catalog-

Rodale's All-New Encyclopedia of Organic Gardening, Rodale Press, 1992

The New Seed-Starters Handbook, Bubel, Nancy, Rodale Press, 1988

The New Organic Grower's Four-Season Harvest, Coleman, Elliot, Chelsea Green Publishing Company, 1992