

Seeds and Soil Home Food Garden Project

A project of Just Food and the City of Ottawa's Human Needs Task Force

It's important to get planting right away!

You will be getting some of the vegetables on the list - not all of them.

Choose a spot with sun!

Full sun = 6 hours/ day or more

Partial sun = 3-6 hours/day

Prepare your growing space before you plant:

- Use a shovel to loosen up the soil
- Take out the undesired plants (grass, thistle, etc.) by removing them from the soil, shaking off the dirt and putting the roots in your green bin
- Add in your new soil on top of the newly prepared area

Planting guides:

- Identify your seeds by looking at the colour on each packet
- To plant each seed: (Keep some seeds to replant in case the first ones don't work out)
 - Poke a hole in the soil at the proper seed depth
 - Water the soil until it's soaked into the soil
 - Put the seed into the soil at the depth below and cover with a bit of soil
 - Water the soil again (but not too much)

During the summer:

Watch for squirrels - they like to eat your seeds! If you can, put mesh or netting over them while they start to grow to protect from squirrels.

Keep plants watered but not over-watered. More tips in the free Garden Guides - see links below.


Please note: Some of you will be getting your Swiss Chard seeds together with Peas in a Paper Envelope

If you have a paper envelope, your packet has this variety of peas:

<input type="checkbox"/> Swiss Chard + Little Sweetie Peas	<input type="checkbox"/> Swiss Chard + Sabre Peas	<input type="checkbox"/> Swiss Chard + Tall Telephone Peas
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Colour Legend

-  = Green Pike Beans
 -  = Gold Mine Beans
 -  = Seychelles Beans
 -  = Swiss Chard (or in paper envelopes with Peas)
 -  = Zucchini
 -  = Honeynut Squash (winter squash)
 -  = Cabbage
 -  = Turnip (no mark)
 -  = Beets (small seeds)
 -  = Kale
- Peas will be in an envelope with Swiss Chard

Plant type:	Plant Species:	Plant seed down into soil:	Seed Spacing between plants:	jours to when you can eat it (maturity):	Full sun or partial sun needed?
Beans 	Green Pike Beans, Gold Mine Beans, Seychelles Beans	1 inch	3-4 inches	60 days	Full sun
Cabbage	Golden Acre	½ inch	18 inches	64 days	Partial sun
Turnip	Purple Top White Globe (no mark on plastic envelope)	½ inch	1 inch	30-60 days	Partial sun
Swiss Chard	Lucullus or in a paper envelope	½ inch	2-6 inches	55-60 days	Full sun or partial sun
Squash	Zucchini (Spineless Perfection) OR Honeynut (similar to Butternut)	1 inch	10 inches	50-65 days	Full sun
Peas	Please see checkboxes above	1 inch	3 inches	21-30 days	Full sun
Beets	Chioggia (small seeds)	½ inch	2-4 inches	45-65 days	Full sun
Kale	ALE Kale and Westlandse	½ inch	3 inches	55-75 days	Full sun or partial sun

Gardening Resources

- For kids: <https://justfood.ca/ottawa-farm-school/>
- Free Just Food Garden Guide available in 5 languages: French, Arabic, Mandarin, Spanish, English: <https://justfood.ca/garden-guide/>
- Kids can ask questions by emailing farmschool@justfood.ca or by calling and leaving a message at 613-824-7771.
- Adults can ask questions to a Master Gardener by emailing mgoc_helpline@yahoo.ca