

# SEED & PLANTING INFORMATION

## BEANS

Plant seeds about 1" deep about 4" apart in late spring. Leave about 28-24" between the rows so you have room to pick beans. Water thoroughly after sowing, but wait for germination before watering again. Otherwise seeds may rot. Good idea to mulch near the plants to help keep weeds out. Maturity is about 2 months. Bush beans usually produce for about 3-4 weeks. Pole beans can produce up to 8 weeks. Pick pods when they are ready (3-5") to keep plants producing.

**Blue Lake** is an old favorite. This is a bush bean. Single harvest.

**Royal Burgundy** - heirloom bush bean. Grows as green bean but turns purple when cooked. Single harvest.

**Strike** - bush bean, grows in low mound. Harvest in 50 days. Keeps producing.

**Tenderette** - heirloom bush green bean. Can be used as a dry bean. Keeps producing.

**Bird Egg** - heirloom bush bean. Green shelling bean or can be a dry bean. Three months to maturity.

**Lima Bean Jackson Wonder** - heirloom bush bean. Bush lima beans mature in about 80 days.

**Kentucky Wonder** is a pole green bean. Consider planting to grow up corn stalks.

## BEETS

Seeds - Each one is a compound consisting of two or three seeds jointed together. Soak seeds overnight before sowing into damp ground about 4" apart. Once the seeds germinate, separate and replant the two extra seedlings in another row. Beets can push themselves out of the ground so hill up around the base if necessary. For continuous supply, sow seeds again in a month. Beets mature in about 2 months in warm weather and 3-4 months in cool weather. Beets can be left in the ground during the winter as long as they are well mulched. Do not leave in ground too long in warm weather.

**Detroit Dark Red** beets are about 3" round. Very flavorful. Top is sturdy and short to medium. An extremely sweet beet.

## **CORN**

Sow seeds directly in rich, fertile soil that has been prepared with compost. Sow in late spring. Sow three seeds together about 2" deep and about 12" apart in a block of at least 20 plants to get good pollination. Once the seeds have germinated and the seedlings are about 8" high, remove the two smaller seedlings leaving just one seedling to grow to maturity. At full height (5-6 ft), it will flower, with the tassel on top (male flower) shedding its pollen over the silk (female flower) below.

**Argent** - Hybrid white sweet corn has excellent eating quality. Somewhat resistant to wilt and blight.

**Bodacious** - Hybrid has 18 rows of kernels. Color is light yellow. Retains sweetness up to 1 week after picking.

**Illini** - Hybrid. Extra sweet yellow corn. Requires warmer soil than other varieties.

**Silver Queen** is an old respected hybrid. The kernels are white. Average ear is 8".

**CUCUMBERS** - Plant seed directly into rich, fertile soil in spring. Plant seeds 1" deep and 12" apart in rows that are 3-4 feet apart. Water seeds after planting. Fruiting will start within 2-3 months. Mulch plants to help retain water. Harvest regularly to encourage continued flowering and production up to two months.

**Tendergreen Burpless** - Grows to about 8-10" long. Resistant to downy mildew & powdery mildew.

## **LETTUCE**

One of the easiest vegetables to grow. Many varieties. Sow lettuce in clumps 8-12" apart. When seedlings are about 1-½" high, thin all but the strongest seedlings. Leave seedlings about 4-6" apart.

**Bibb** lettuce forms loose softer heads than crisphead lettuce. Bibb lettuce is more heat-tolerant.

**Buttercrunch** is an All-American Selections winner that has a buttery texture and tolerates high temperatures. Looseleaf lettuces matures in about in 4-6 weeks.

**Black-Seeded Simpson** Heirloom lettuce was introduced by Burpee in 1879 and is still popular today. It has light green, frilly leaves.

## **ZUCCINI**

**Black Beauty** - Heirloom. Dark green, glossy fruits are long, straight and slender. Good flavor. Matures in about 2 months and will continue throughout the summer. Attracts more squash bugs than other varieties.

## **SWISS CHARD**

Will cross pollinate with beets. Sow about 6" apart and ½ inch deep. Thin plants so that they are about a foot apart. Can grow up to 24" tall.

**Fordhook Swiss Chard** - Dark green crumbled leaves with thick white stems. Matures in 60 days.

**Ruby Red** - Heirloom - Green leaf on red stalks. Will produce all summer long. More frost tolerant than other varieties.

### *Sources:*

*WV University Master Gardening Manual*

*Carrots Love Tomatoes - Louise Riotte - 1998*

*Southern Exposure Seed Exchange - 2019 Catalog & Garden Guide*

*This information compiled by Wilma Myers, Berkeley-Jefferson Extension Master Gardener, March 2019.*