

Methow Valley Planting and Growing Guide

Vegetable	Days to Maturity	Planting Dates	Seed Depth & Plant Spacing	Ideal Germination Temperature	Notes
Arugula <i>Erica vesicaria</i>	35-50	Outdoors: April 15-Sept Indoors: April 1	1/2" deep, 1" apart in rows 18" apart	65° (50° minimum)	Plant is frost hardy; bolts to flower and seed in heat. Can use peppery flowers in salad. Frequent watering reduces pungency.
Basil <i>Ocimum basilicum</i>	75-85	Indoors: April 1 Outdoors: June 10	1/4" deep, 10-12" apart in rows 24" apart	70 (65)	Can be started from seed in the garden on June 10 or planted indoors in April. Extremely frost sensitive.
Beans- Bush/Dry <i>Phaseolus vulgaris</i>	50-60 bush 70-100 dry	Outdoors: June 5 Replant: July 1	1" deep, with plants 4-6" apart in rows 24" apart	75 (60)	White seeded beans germinate more slowly than black and brown. Shallow-rooted; be sure soil is moist in hot weather. Keep plants well picked to encourage new blooms and extend season. Treat seed with inoculant for greater production.
Beets <i>Beta vulgaris</i>	45-75	Outdoors: April 1 for early, July 1 for winter beets	Plant seeds 1/2" deep and 1" apart, thin to 4" in rows 18-24" apart	65 (50)	Scab can be prevented by 1) making sure that pH level is near 7.0 (or slightly acidic, 6.5), 2) keep 2 years rotation between beets (or potatoes) in same spot, 3) no wood ashes or fresh manure in soil. One "seed" grows multiple plants—thin to one plant per germination and 3" apart.
Broccoli <i>Brassica oleracea</i>	70-90	Indoors: April 1 Transplant: May 1 Outdoors: April 15	Plant seeds 1/2" deep, space growing plants 24" apart, rows 24"	65 (50)	All of the Brassicas (broccoli, brussel sprouts, cabbage, cauliflower, cabbage, kale) can be direct-seeded in the garden or started indoors.
Brussels Sprouts <i>Brassica oleracea</i>	95-110	Indoors: April 1 Transplant: May 1 Outdoors: April 15	Plant seeds 1/2" deep, space growing plants 24" apart, rows 24"	65 (50)	As sprouts form at the base remove lower leaves (or don't, says Fedco). Pinch out the top, center growing point on about Sept 1 st , which encourages rapid development of upper sprouts. Harvest from bottom as sprouts reach about 1" diameter. Sweeter after a frost.
Cabbage <i>Brassica oleracea</i>	65-100 depending on variety	Indoors: April 1 Outside: May 1 (for storage)	Plant seeds 1/2" deep, space growing plants 24" in rows 24" apart	65 (50)	Space small headed cabbages plant at 12", larger storage cabbages at 24" apart. Keep soil moist. Plants can form small secondary heads after the original is cut.
Carrots <i>Daucus carota</i>	45-75	Outdoors April 15 to July 1	Plant seeds 1/4" deep, at 6" tall thin to 1" apart; rows can be 12" wide.	65 (50)	No fresh manure, which causes hairy roots. Can take 3 weeks to germinate—keep the soil moist. Keep up on the early weeds in carrots.
Cauliflower <i>Brassica oleracea</i>	68-95	Indoors: March 15 Outdoors: April 15	Plant seeds 1/2" deep, space growing plants 24" apart, rows 24"	65 (50)	Transplant at 6 wks. Will mature from seed planted in the garden. Tie inner leaves over the head when it starts to form for white heads.
Cilantro <i>Coriandrum sativum</i>	50-55 leaf 90-100 seed	April 15-Sept 1	Plant seeds 1/2" in rows 4" apart	65 (55)	Flowers are edible. Bolts to flower and seed quickly. Let it go to seed for coriander.
Corn-sweet <i>Zea mays</i>	75-90	Outdoors: June 1, June 15, July 1	Plant seeds 1-2" deep and 4" apart in rows 30" apart, thin rows to 12" apart	70 (60)	Do not plant in isolated single or double rows, always plant corn in at least four rows for adequate wind pollination. Corn is a big plant and will be more productive if side-dressed with organic fertilizer while growing..

Cucumber <i>Cucumis sativus</i>	50-55 pickling 60-70 slicing	Indoors: May 15 Transplant: June 15	Plant seeds 1/2" deep, 4-6 seeds per hill spaced 3' apart	75 (60)	Plant on trellis to save space. If starting indoors plant in peat pots so roots will not be disturbed. A heavy soil, needs fertile, moist soil. Pick regularly.
Eggplant <i>Solanum melongena</i>	60-90	Indoors: March 15 Transplant: June 1	Plant seeds 1/4" deep in planting tray, then 18" apart in rows 2.5' apart	75 (65)	Originated in India. Fruits will be larger if some late-blooming flowers and terminal growth is pinched off. Harvest before fruits lose their glossy shine.
Kale <i>Brassica oleracea</i>	60	Outside: April 15 For fall crop: July 1	Plant seeds 1/2" deep, space growing plants 24" apart, rows 24"	65 (50)	Kale has the best flavor after a light frost. Kale that has matured in late summer and fall will stay edible through heavy frost.
Lettuce <i>Lactuca sativa</i>	25-30 baby 45-60 heads	Indoors: Feb 15, set out in coldframe March 1 Outside: April 15	Plant seeds 1/2" deep and 1" apart in 12" wide rows, or 12" apart for head lettuce	55 (40)	Lettuce requires plenty of moisture. Will germinate as low as 40d, often will not germinate over 75d. Can be planted closely in 12" wide rows, and cut off 2" above ground when 6-8" tall—it will grow back several times.
Onions <i>Allium cepa</i>	95-125 seed 80-105 starts	Start indoors March 15, transplant April 15-May 1. Outside: April 15	Plant 1/2" deep, 2-4 seeds per inch, rows 15" apart	60 (50)	Best production when planted as starts, we get ours from Johnny's Selected Seeds. Can be started indoors in crowded flats and transplanted.
Parsley <i>Petroselinum crispum</i>	70-80	Outside: April 15	Plant seeds 1/2" deep and 1" apart, rows 18"	60 (50)	Germinates best in cool soil, can take up to 30 days to sprout. Soak seed 4-8 hours before planting.
Peas-snap/shell <i>Pisum sativum</i>	55-60	Outside: April 5	Plant seeds 1" deep and 1" apart, in rows 24" apart	55 (48)	Treat seed with bacterial inoculant for greater production. Mulch plants and water frequently to keep roots cool. Can be planted on either side of a support fence. Keep picked.
Peppers <i>Capsicum annuum</i>	65-85	Inside: April 1 Transplant: June 15	Plant seeds 1/2" deep indoors, set out 1 1/2-2" apart in rows 24" apart	75 (68)	Germinates in 14 days at 70 degrees (may need an electric heating pad or wire), grow at 70 d with night temps not falling below 62 d. Fertilize several times when young. Consider using black plastic mulch to raise soil temp.
Potatoes <i>Solanum tuberosum</i>	70-100	Outdoors: May 1	Cut seed potatoes into egg sized pieces with at least two eyes. Plant 12" apart in rows 30" apart	55-60	Mound up soil and/or mulch as plants grow. To avoid scab, 1) make sure that pH level is near 7.0 (or slightly acidic, 6.5), 2) keep 2 years rotation between potatoes (or beets) in same spot, and 3) no wood ashes or fresh manure in soil. Heavy mulch seems to help against potato beetle.
Spinach <i>Spinacia oleracea</i>	35-45	Outdoors- April 20. For a fall crop plant August 15.	Plant seeds 1/2" deep and 1" apart, thin to 3", with rows at least 12" apart	60 (42)	Replant every two weeks for continuing production. Nitrogen supplied during growth greatly increases size of plants.
Squash- Summer, Zucchini <i>Cucurbita pepo</i>	45-60	Indoors: May 15 in peat pot Transplant: June 15	Plant seeds or transplants in hills, 1" deep, 3/hill, 48" apart	70 (60)	Start indoors 3 weeks before last frost, or in garden on June 1. All squash are monoecious (bearing separate male and female flowers on the same plant).
Squash- Winter <i>Cucurbita species</i>	85-100	Indoors: May 15 in peat pot Transplant: June 15	Plant seeds or transplants in hills, 1" deep, 3/hill, 48" apart	75 (60)	Don't harvest till stems are brown and "corky", cure for two weeks at 80° F.
Tomatoes <i>Lycopersicon lycopersicum</i>	60-90	Indoors: March 15 Transplant: June 1	Plant seeds 1/2" deep; plant transplants 24" apart, and rows 30" apart	70 (60)	Indeterminate varieties need to be staked, determinate types do not. Growing seedlings in full light and cooler temps, 60-70° to prevents legginess. Plant starts in ground up just below their first leaves; the buried stems will root.