

# LexFarm Garden Guide 2017

\*\*\*: A great vegetable for beginning growers!  
All days to harvest are from the day of transplanting.

## Broccoli

Transplant: For Early Summer harvest, mid-May.

Spacing: 18" apart for full-sized broccoli, 12" apart for broccolini.

Culture: Likes sun, well-drained fertile soil, with regular watering. Cover with a light-spun fabric to prevent aphid, flea beetle, caterpillar, and four-legged pests. Rotate annually from last broccoli, cauliflower, cabbage, or Brussel sprout planting.

Harvest: When buds on florets are full, but not yet opened.

Varieties:

*Bay Meadows:* 60 days to harvest, an early season blue-green broccoli.

*Apollo:* a broccolini variety, 58 days to harvest, harvest main floret as soon as it appears to encourage vigorous side-shoot production.

## Cucumbers

Transplant: For Early Summer harvest, early June. Do not transplant before Memorial Day! For a continuous harvest throughout the summer, transplant 4-week-old seedlings every 3 weeks.

Spacing: 12" apart

Culture: Likes sun, well-drained fertile soil, with regular watering. Cover with a light-spun fabric to prevent cucumber beetle and four-legged pests. Transplanting into black plastic or landscape fabric will help by warming the soil. Vines will sprawl; a trellis can help save space! Rotate planting from where squash, melons, or cucumbers were last year.

Harvest: Pickling cucumbers at 3-5" long. Salad cucumbers at 8-9". Harvest daily for prolonged production.

Varieties:

\*\*\* *Pickling, Adam Gherkin:* 37 days to harvest, bumpy, high-yielding, pick at 3".

\*\*\* *Pickling, Jackson Supreme:* 39 days to harvest, blocky, classic pickle.

\*\*\* *Salad, Olympian:* 42 days to harvest, a classic high-yielder.

\*\*\* *Salad, SV7419CS:* 46 days to harvest and worth the wait! A LexFarm favorite.

*Specialty, Mexican Sour Gherkin:* 57 days to harvest, produces dozens of 1" long gherkins resembling tiny watermelon, delicious pickled, trellising is a must!

*Specialty, Striped Armenian:* 52 days to harvest, harvest at 8-18", striped green cucumbers, trellis for straighter fruits.

*Specialty, Suyo Long:* 51 days to harvest, a Chinese sweet, thin-skinned cucumber, trellis for straighter fruits.

## Eggplant

Transplant: Early June. Do not transplant before Memorial Day!

Spacing: 24” apart

Culture: Likes sun, well-drained fertile soil. Cover loosely with a light-spun fabric to prevent flea beetles, Colorado Potato Beetles, and four-legged pests. Transplanting into black plastic or landscape fabric will help by warming the soil. Once plant begins producing, feed with fish emulsion every week to keep plants healthy during the harvest. Rotate plants from where eggplant or potatoes were last year.

Harvest: At desired size, when fruit is still bright. Eggplant will turn dull, and eventually orange when it is past its prime.

Varieties:

\*\*\* *Italian classic, Nadia:* 67 days to harvest, traditional black variety, a LexFarm favorite.

*Italian heirloom, Rosa Bianca:* 73 days to harvest, pink with a white blush, somewhat low-yielding.

*Specialty: Jiló:* ready for harvest in late July, a Busa Farm classic from Brazil, plant 4’ apart, long and light-green at its prime, commonly sautéed with onions.

\*\*\* *Specialty, Orient Express:* 58 days to harvest, long skinny dark purple fruits, high-yielding, sweet, a Lexfarm favorite.

*Specialty: Ping-Tung Long:* 65 days, long pink fruits from Taiwan, high-yielding, never bitter.

## Herbs

*Basil:* Transplant after Memorial Day 6” apart in a sunny spot with fertile soil. Water frequently, but keep leaves dry when watering. Harvest by pinching off branch above a new shoot of leaves to encourage continued growth. Harvest entire plant just before flowering by cutting plant down to 6” tall to encourage a second flush of growth. Rotate plants from where basil was last year.

\*\*\* *Genovese:* 61 days to harvest. Classic Italian variety.

*Sweet Thai:* 57 days to harvest. Green leaves with purple stems, commonly used in Thai stir-fry.

\*\*\* *Mrs. Burns’ Lemon:* 53 days to harvest. An heirloom! Green leaves, strong lemon flavor, best used for fish, fresh salad, or tea.

*Kapoor Tulsi:* 53 days to harvest. Also known as “Holy Basil.” Spicy and sweet, very aromatic with purple flowers. Originally from India, this basil is commonly used in Ayurvedic medicine for its beneficial properties.

\*\*\* *Parsley:* 70 days to harvest fully. Transplant in mid-May 8” apart in a sunny spot in fertile, well-drained soil. Water regularly. Harvest leaves as need once plant is established. Cut back in the fall and mulch heavily. Plants will return for another harvest in spring, before going to seed.

\*\*\* *Chamomile:* 60-65 days to harvest, transplant 8” apart in mid-May in full or partial sun. Harvest when flowers are in bloom. Dry flowers for tea on mesh in a well-ventilated room. Chamomile will self-seed the following year if you don’t harvest all the flowers!

*Lavender:* Tender perennial. 100 days to harvest purple flowers. Transplant in mid-May 18” apart in a sunny spot in very well-drained soil. From Johnny’s Selected Seed: “In late fall, clip plants back to below the flower stems and mulch heavily. During the second year, cuttings can be taken from August-November, when the stems are semihardened, but before they have been subjected to a hard freeze.”

\*\*\* *Lemonbalm:* Perennial. 70 days to harvest. Transplant in mid-May 12” apart in full or partial sun. For use in tea: clip individual leaves and stalks before flowers bloom. Mulch below 0°F.

\*\*\* *Mint, Peppermint:* Perennial. 70 days to harvest. Transplant in mid-May to a spot with full or partial sun. Mint is notorious for invading gardens and lawns, so make sure you really want it where you transplant it. Space 12” apart from other plants, but know that eventually this plant will spread. This

perennial should come back every year in late spring. Harvest branches as needed once plant becomes established.

*Mint, Peppermint, Chocolate*: Perennial. See above.

\*\*\* *Oregano*: Tender perennial. 80 days to harvest. Transplant in mid-May to a spot with full or partial sun. Oregano will spread, but not as fast as mint. Harvest branches as needed once plant becomes established. Cut the plant back in the fall and dry branches. Mulch below 0°F.

*Rosemary*: 100 days for full harvest. A tender perennial, LexFarm only sells the most hardy, organic variety available. Transplant after Memorial Day. Likes sun and 18" spacing. Mulch to bring through the winter, or keep in pots and bring inside over the winter.

\*\*\* *Sage*: Tender perennial. 80 days to harvest. Transplant in mid-May, 12" apart, to a spot with full or partial sun. Harvest branches as needed once plant becomes established. Cut back in the fall and mulch for overwintering. Produces small purple edible flowers.

*Summer Savory*: 60 days to harvest. Transplant in mid-May, 8" apart, to a sunny spot. Harvest its sprawling braches as needed once plant becomes established.

*Thyme*: 90 days to harvest. A very tender perennial. Transplant in mid-May, 6" apart, to a spot with full or partial sun. Harvest branches as needed once plant becomes established. Cut back in the fall and mulch heavily to overwinter.

### **Husk Cherry, also known as Ground Cherry**

Transplant: Early June. Do not transplant before Memorial Day!

Spacing: 24" apart

Culture: Likes sun, well-drained somewhat fertile soil. Transplanting into black plastic or landscape fabric will help when harvesting. Water regularly.

Harvest: When golden husked fruits drop to the ground. Peel back the fruit and eat the orange fruit inside. Husk cherries self-sow easily, so try to collect them all or they'll come back next year!

Varieties:

\*\*\* *Goldie*: 75 days to harvest. This small orange fruit grows all over the world and is popular with children and several different cultures. The fruits are sweet, tangy, and abundant.

### **Peppers**

Transplant: Early June. Do not transplant before Memorial Day!

Spacing: 18" apart

Culture: Likes sun, well-drained fertile soil. Transplanting into black plastic or landscape fabric will help warm the soil and speed growth. Water regularly. Rotate from where peppers were planted last year.

Harvest: When peppers are desired size and firm when squeezed.

Varieties:

*Hot, Anaheim, Highlander*: 65 days to harvest green. Produces 7" fruits with mildly hot flesh.

\*\*\* *Hot, Cayenne Chile, Bangkok*: 95 days to harvest red. Produces an abundance of 3" very spicy fruits. Red fruit dries easily for hot pepper flakes to be used all winter.

*Hot, Cayenne Chile, Red Flame*: 80 days to harvest red. Produces an abundance of 6" fairly spicy, slightly sweet fruits.

*Hot, Habañero, Hot Paper Lantern*: 90 days to harvest red. Our hottest pepper! A big producer of 3” long lantern-shaped fruit.

\*\*\* *Hot, Jalapeño, Jalafuego*: 70 days to harvest green. A high yielder of 3-1/2” long fruit.

*Hot, Poblano, Ancho*: 68 days to harvest green. Produces an abundance of 5” mildly spicy fruits traditionally used for stuffing as chile rellenos.

*Specialty, Cubanelle, Biscayne*: 60 days to harvest light green. Produces 6” sweet fruits typically fried.

*Specialty, Shishito, Mellow Star*: 80 days to harvest red. This Japanese pepper has gained popularity lately in farm-to-table restaurants and cooking blogs. Slightly sweet when red. More traditionally used for tempura, these now often appeared blistered in olive oil and salted.

\*\*\* *Sweet, Bell, Ace*: 50 days to harvest green, 70 days red. This tried and true variety is an early, high yielder of medium-sized bell peppers.

*Sweet, Colored, Flavorburst*: 87 days to harvest yellow/orange. A large, very sweet variety with thick, juicy walls proven repeatedly as a favorite in Eastern Mass.

\*\*\* *Sweet, Colored, Islander*: 56 days to harvest purple, 81 days to harvest red. This Eastern Mass favorite produces many medium-sized, thin-walled bell peppers with a fascinating color progression. Watch them ripen from purple, to yellow, to orange, to deep red over the course of the season.

### **Summer Squash and Zucchini**

Transplant: Early June. Do not transplant before Memorial Day! For a continuous harvest throughout the summer, transplant 4-week-old seedlings every 3 weeks.

Spacing: 24” apart

Culture: Likes sun, well-drained, fertile soil. Water regularly. Rotate from where cucumbers, squash, and melons were planted last year.

Harvest: At desired size. Harvest every 2 days for continuous harvest, and to avoid gigantic squash!

Varieties:

*Summer Squash, Yellow Crookneck*: 44 days to harvest. Relatively long harvest period of fat, yellow, slightly bumpy squash with distinctive crook at yellow neck. Best tasting at 5” long.

\*\*\* *Summer Squash, Zephyr*: 40 days to harvest. High yielder of light yellow, rather skinny, smooth yellow summer squash with green stem and green tip. Best tasting at 5” long.

\*\*\* *Zucchini, Magda*: 34 days to harvest. “Cousa” type Mid-Eastern variety with delicious, nutty flavor. A blocky light green squash, best picked at 4”. Often used for stuffing.

\*\*\* *Zucchini, Noche*: 34 days to harvest. High yielder of classic, dark green fruit, best flavor when picked at 6” long.

### **Tomatillo**

Transplant: Early June. Do not transplant before Memorial Day!

Spacing: 24” apart

Culture: Likes sun, well-drained somewhat fertile soil. Transplanting into black plastic or landscape fabric will help when harvesting. Trellis for ease when harvesting

Harvest: When green/purple fruit splits its husk.

Varieties:

\*\*\* *Green, Toma Verde*: 60 days to harvest. The classic tomatillo. Excellent roasted and in green salsas.

*Purple, De Milpa*: 70 days to harvest. A Mexican heirloom. These store better than Toma Verde, and will continue to blush purple after harvest.

## **Tomatoes**

Transplant: Early June. Do not transplant before Memorial Day!

Spacing: 24" apart

Culture: Likes sun, well-drained somewhat fertile soil, high in calcium and potassium, and without too much nitrogen. Transplanting into black plastic, landscape fabric, or mulch will help prevent disease by keeping soil from splashing up onto leaves during rain. Feed weekly after fruit set with fish emulsion and water regularly. Rotate from where tomatoes and potatoes were last year.

Determinate vs Indeterminate growth: Determinate tomatoes set their fruit heavily over a short period of time and then the plants die. This can be very useful when making a large batch of tomato sauce.

Determinate plants are smaller, do not need to be pruned, but do benefit from staking and trellising.

Indeterminate plants set their fruit slightly later, and continuously until plants die from a frost or disease. The plants sprawl, require pruning for optimum yield, and need staking and trellising to keep fruits off the ground.

Harvest: When fruit has almost reached its full color. Harvesting slightly early will help prevent tomatoes from cracking.

### Varieties:

*Cherry, Black Cherry*: Indeterminate. 64 days to harvest.

\*\*\* *Cherry, Orange, Sungold*: Indeterminate. 57 days to harvest. Phenomenal, sweet flavor. Do tend to split.

\*\*\* *Cherry, Red, Supersweet 100*: Indeterminate. 60 days to harvest. Classic cherry tomato.

*Heirloom, Black Krim*: 80 days to harvest. Russian heirloom. Fairly hefty, good yielder of dark purple fruits.

*Heirloom, Brandywine*: 78 days to harvest. Indeterminate. Large, deep pink meaty fruits. One of our most popular.

*Heirloom, Cherokee Purple*: 72 days to harvest. Indeterminate. Fantastic flavor, deep purple, hefty fruits.

*Heirloom, Green Zebra*: 72 days to harvest. Indeterminate. Small, yellow/green striped fruit. Juicy and prolific. Harvest when stripes begin to show and eat when flesh gives a little when squeezed.

*Heirloom, Japanese Black Trifele*: 74 days to harvest. Indeterminate. Slightly small, pear-shaped brown fruits. Harvest when tomato shoulders are still green. This variety has gained popularity over the years and we always offer it in our CSA.

\*\*\* *Heirloom, Matt's Wild Cherry*: 60 days to harvest. Indeterminate. An early, small-fruited cherry tomato, with excellent flavor and soft fruit. Harvest entire fruit clusters by the stem to reduce splitting fruit. Somewhat late blight resistant.

*Heirloom, Rutgers*: 70 days to harvest. Determinate. A good-sized classic, red fruit. A New Jersey heirloom bred at Rutgers between WWI and WWII. Often selected by New Jersey farmers when the "Jersey tomato" was gaining popularity on the Eastern seaboard.

*Heirloom, Striped German*: 78 days to harvest. Indeterminate. Produces heavy fruits striped yellow and red throughout. Far less acidic than traditional red tomatoes.

*Heirloom, Yellow Pear*: 70 days to harvest. Indeterminate. Mild cherry tomato-sized yellow fruits in the shape of a pear.

*Plum, Plum Regal*: 75 days to harvest. Determinate. Blocky ¼ lb plum tomatoes great for sauce due to their meatiness and flavor. Somewhat late blight resistant.

*Plum, San Marzano-type, Tiren*: 75 days to harvest. Indeterminate. Classic Italian plum tomato with a great flavor for sauce.

**\*\*\*** *Round, Orange, BHN 871*: 74 days to harvest. Determinate. A productive, good-sized orange variety whose reliability makes up for its uninspired name. Sweet, and less acidic than red varieties.

*Round, Red, Big Beef*: 70 days to harvest. Indeterminate. Great flavor and size. Always a favorite.

**\*\*\*** *Round, Red, Charger*: 78 days to harvest. Determinate. Quite large and high-yielding. A LexFarm favorite for consistency and yield.

*Round, Red, Jetstar*: 72 days to harvest. Large, perfect red fruits, with great flavor.

*Round, Red, New Girl*: 62 days to harvest. Replaces the classic Early Girl. Small, classically flavored red fruits.