

## Vegetable Types

### Cool Season crops

- Cool season crops prefer to germinate and grow when the soil is cold. They will bolt once the weather gets hot. Stagger seedings to get spring and fall crops.

### Beet family includes beets, spinach, Swiss chard

- Light feeder, rotate after other light feeders and before soil builder crops
- Beet and chard seeds are capsules with many small seeds inside so thin out excess plants
- Beets should be spaced 5 cm apart and harvested when young , greens can be harvested lightly without affecting root growth
- Chard should be spaced 20 cm apart, outside leaves can be harvested continually

### Onion family includes garlic, leeks, onions, and shallots

- Light feeders, don't compete well with weeds so keep soil well weeded
- Be careful to not disturb their shallow root systems
- Plant after most heavy feeders and before soil improving crops
- Direct seed in the garden as soon as the soil is workable (March-April). Onions will be larger.
- Are daylight sensitive so choose long daylength types
- Can be planted as transplants or onion sets but harvested bulbs will be smaller
- To harvest bend over tops in mid-August, cease watering, harvest when tops are brown and dry
- Garlic needs to be planted late in the fall to give bulbs time to root

### Pea family (legumes) includes English, dry soup, snow and snap peas, alfalfas, clover and vetches

- Light feeder and soil builder, plant after moderate or heavy feeders
- Requires a legume inoculant (sold in garden centers) at the time of seeding to help with germination
- Can be planted very early or in late fall
- Taller varieties require support
- Susceptible to powdery mildew
- in fall only remove top growth not the roots. Nitrogen fixing bacteria live in the nodes and will remain in the soil. Allowing tops to remain increases the amount of nitrogen in the soil.

**Leafy crops** includes lettuces, arugula, endive, kale, mesclun, mizuna and spinach

- Moderate feeders, likes nitrogen so good with or after legumes
- Especially likes onion family members as companions
- Can be planted very early or in the fall
- Can be combined as cut and come again crops or allowed to grow into mature heads
- Bolts (goes to seed) when temperatures heat up so need to stagger plantings through the season

**Cabbage family** includes broccoli, cabbages, kale, radishes, rutabaga, Brussels sprouts and turnips

- Heavy feeders, follow after a soil building crop, direct seed
- Broccoli and cabbages come in early, mid and late season varieties and should be planted only as transplants. Brussel sprouts should be planted as transplants too.
- Transplant by 6 weeks of age, later causes too much transplant shock and plants fail to thrive

**Grass family** includes sweet corn, wheat, rye and oats

- Heavy feeders especially corn
- Grain crops are useful as cover crops as their deep root systems bring nutrients to the surface
- Corn- transplants can be put in during cool spring weather
  - Choose early maturing varieties, plant in blocks rather than rows to ensure pollination. Pollinated by wind.
  - Plant deeply until just a few centimeters of the leaves are showing
  - seedlings will tolerate some frost
  - Each kernel has a piece of silk attached to it. When silks turn brown is ready to harvest

**Warm Season Crops**

- Are crops that need warm soil temperatures to germinate or seeds rot. Pay close attention to maturity dates and use transplants where possible.

**Bean family** (legumes) includes beans- snap and dried, broad beans and lentils

- Are soil builders, plant after moderate or heavy feeders
- Black or tan seeds are more resistant to rotting than white seeded types
- Require an inoculant at planting to aid in germination and growth
- Bush set beans over a short period, climbing types produce continuously

**Carrot family** includes carrots, parsnips, celery and parsley.

- Light feeders, good after most crops and before soil improving crops
- direct seed carrots and parsnips, use transplants for parsley and celery
- Celery needs to be kept consistently moist throughout the growing season
- Carrot and parsnip seeds can take up to 2-3 weeks to germinate and need to be kept consistently moist during this time
  - Carrots and parsnips can't puncture soil crusts so plant with a few radish seeds or cover with a light sifting of compost.
  - Both need deep loose soil to keep from forking

**Squash family** includes cucumbers, gourds, melons, pumpkins, summer and winter squash

- Heavy feeders, best after soil improving crops
- Require warm soil to germinate/grow so use cloches/row covers/mulches prior to planting
- Dislike being transplanted, early maturing varieties of summer squash can be direct seeded
- Protect until weather is consistently warm and protect from wind
- Winter squash are ready to pick when the skins harden, pick summer squash when small
- Need lots of water once flowering starts
  - Melons need lots of water prior to fruit set then can taper back

**Tomato family** includes eggplants, tomatoes, tomatillos, ground cherries, peppers and potatoes

- Heavy feeders and need lots of water once fruiting starts
- **Potatoes** can be planted earlier (May) than other family members, tubers can be direct planted
  - Are early, mid and late season varieties
  - Larger tubers need to be cut into smaller pieces with at least two eyes/piece
  - Plant in trenches and gradually fill in as plants grow
  - Potatoes should be hilled a couple of times during the season to increase yield. Once plants flower can start to harvest baby potatoes. To harvest in fall wait until vines have died or hit by frost, soil should be dry, wait approximately a week which allows skins to cure before digging.
  - Keep in a dark cool place to avoid tubers turning green

- **Tomatoes** come in: determinate (non-staking, short set) and
  - : indeterminate (staking, continuous set);
  - : cherry, saladette, paste, intermediate, and beefsteak types
- Indeterminate varieties need side shoots pruned out to focus energy into fruit production
- Are heavy feeders and need consistent moisture especially while fruiting
- **Peppers**- come in a variety of sizes, shapes and heats
  - Peppers need temperatures of at least 15C to grow, don't like to be fed as much as other family members
  - Tomatoes, peppers and tomatillos should be planted as transplants.
  - Do well in large containers
  - Protect transplants from frost until temperatures are consistently warm, protect from wind
  - Choose short season varieties to ensure enough time to ripen
  - Come early August all new flowers should be removed so that energy will go into ripening fruit, decreasing watering encourages ripening.

### **Vegetable Varieties I have had success with in the Calgary Area**

Bush Beans: Jade, Blue Lake, Nickel, Tendergreen, Tema, Bountiful, Golden Rocky, Gold Rush, Pisorecka, Royal Burgundy, Dragon Tongue, Borlotti

Pole Beans: Kentucky Blue, Kentucky Wonder Wax (yellow), Purple Peacock, Rattlesnake

Beets: Touchstone Gold, Rodina, Bull's Blood, Chioggia, Early Wonder Tall Top, Kestrel, Blankoma

Broccoli: Pacman, Green Goliath, Signal, Early Dividend, Green Mountain Purple Peacock (sprouting variety, heirloom)

Brussels Sprout: Red Bull, United

Cabbage: Super Red, Jersey Wakefield, Savoy Express

Carrots: Napoli, Purple Dragon, Nantes varieties, Little Finger, Minicor, Purple Haze

Cauliflower: Cheddar, Rosalind, Early Dawn

Corn: Little Indian and Minor Sweet (baby corn), choose extra early varieties

Cucumbers: Salad Bush, Marketmore, Jazzer, National Pickling, Cool Breeze, Homemade Pickles, Chinese blonde

Eggplant: Fairytale, Ichiban, Dusky

Florence Fennel: Selmo Fino

Garlic: Red Russian, Music, Yugoslavian, (CHS garlic exchange for heirloom varieties)

Kale: Winterbor, Westlandse, Improved Siberian, Redbor

Kohlrabi: Kongo, Kolibri (purple), Super Schmeltze

Leeks: Varna (quick growth, can be direct seeded), Giant Musselburgh

Lettuce: **Butterhead**- Continuity, Buttercrunch, Drunken Woman, Sangria  
**Batavian**: Cardinale, Nevada  
**Iceberg**- Summertime  
**Leaf**: Amish Deer Tongue (red or green), Darkness, Red Sails,  
Black-Seeded Simpson, Jester  
**Oakleaf**: - Salad Bowl (red or green), Brunia  
**Romaine**-Plato, Rouge d'Hiver, Parris Island Cos,

Onions: Ailsa Craig, Walla Walla, Kelsae, Copra, Candy, First Edition, Hylander,  
Bastille, Sturon  
**Green/scallions**: Red Baron, Parade, Kincho  
**Shallots**: Ambition, Conserver, French Frogleg

Oriental Greens: Toi Choi, Pac Choi, Giant Red Mustard, Edible Chrysanthemum

Parsnips: Gladiator

Peas: **English**: Green Arrow, Homesteader, Tall Telephone (all are heirloom varieties)  
**Snap**: Cascadia, Super Sugar Snap, Sugar Daddy, Sweet Jade (heirloom)  
**Snow**: Oregon Sugar, Oregon Giant, Mammoth Melting Sugar

Peppers: Sweet Banana, Healthy, Sweet Chocolate, (lots of varieties in many heats )

Potatoes: French Fingerling, Banana, Yukon Gold, Bintje, Mozart, Roko, Warba,  
Alta Blush, Sangrie, Alaskan Sweetheart, Chieftan, German Butterball,  
Russian Blue, Candy Cane,, Amarosa

Radishes: , French Breakfast, Easter Egg, White Icicle, Watermelon, Black Spanish

Spinach: Tyee, Bloomsdale Savoy, Bourdeaux, Good King Henry

Summer Squash: Eight Ball, Papaya Pear, Gold Rush, One Ball, Bennings Green Tint,  
Clarita, Black Beauty, Pattypan

Winter Squash: Early Butternut, Small Wonder Spaghetti, Stripetti, Buttercup, Acorn

Pumpkin: Neon, Lady Godiva (hulless seeds), Baby Pam

Swiss Chard: Bright Lights, Fordhook Giant, Rhubarb, Silverado

Tomatoes: **Cherry type**: Sungold (excellent flavour), Gold Nugget (reliable outside),  
Chocolate Cherry, Sweet 100, Tumbler (good for containers), Golden Cherry,  
Sun Sugar, Sweet Million,  
**Large**: Black Seaman, Purple Prince, Tigerella, Lemon Boy, Early Girl, Stupice,  
Alaskan Fancy, Subarctic, Jaune Flamme, Ailsa Craig, Indian Stripe  
**Roma**: Window Box (good for containers) , Jersey Devil (huge and meaty),  
Juliet, La Roma

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