



# Sola Gratia Farm

A ministry of St. Matthew Lutheran Church

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## VEGGIE GROWING GUIDES: GROW MORE GOOD WORKSHOP SERIES

Saturday, April 4th 1 - 2:30PM

🍅 Tomatoes! 🍅

Categories:	<b>Cherry</b>	<b>Slicing</b>	<b>Paste</b>
Known for:	Fresh eating	Fresh eating	Cooking and canning

### Growth Habits:

- **Determinate** tomatoes have a determined growth potential and will usually set all its fruit around the same time.
- **Indeterminate** tomatoes will continue growing until the first frost and will set fruit regularly over a longer harvest period.

### Planting & Maintenance:

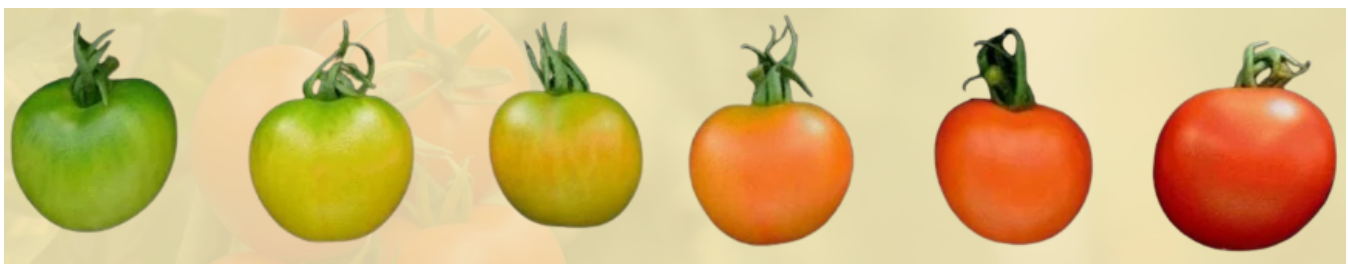
Start seeds indoors ~ 6 weeks before planting out or purchase seedlings. Direct sowing is not recommended.

Plant after danger of frost, grows best in warm weather. Support required.

Harvest when tomatoes are red ripe, but before pests have a chance to get to them.

Dry polish or gently rinse after harvest.

Best stored at room temperature.



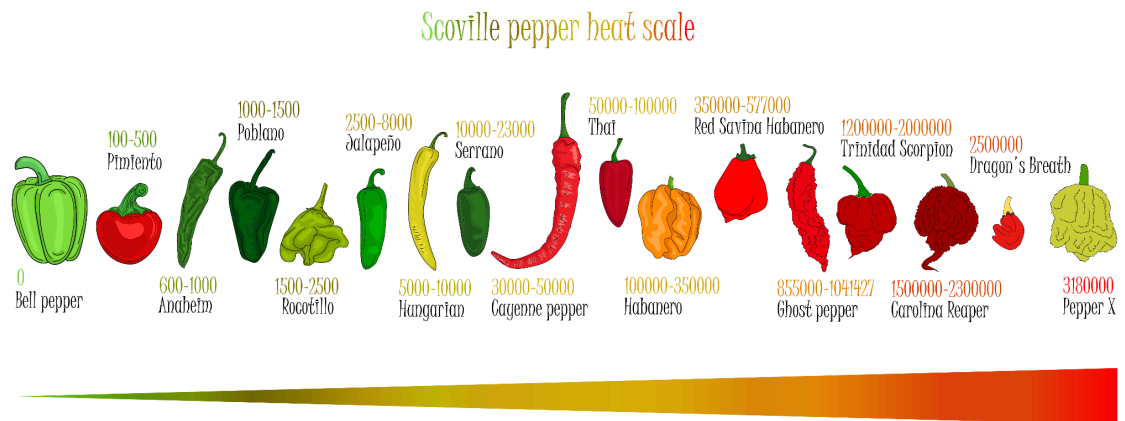
## Supporting Tomatoes:

- All tomatoes require support! Tomato fruits are heavy, and can weigh the plant down causing stems to snap if not supported properly.



## 🌶️ Peppers! 🌶️

- Main categories include sweet & hot peppers. All peppers are good for fresh eating, cooking, and/or preserving.



## Planting & Maintenance:

Start seeds indoors ~8 weeks before planting out or purchase seedlings. Direct sowing is not recommended.

Transplant after danger of frost, prefers warm weather. Support recommended.

Harvest when peppers are the desired color and size. All peppers start out green, then mature to red, orange, yellow, etc.

Dry polish or gently rinse after harvest.

Best stored at room temperatures.

## 🌿 Salad Greens! 🌿

Baby greens	Arugula	Spinach	Head lettuce
Seeds of head lettuce are planted at high density and are cut at baby, or immature, leaf stage in about half the time it takes to grow full heads. Harvest about 1" above the growing point to encourage regrowth.	Slightly lobed leaves with a bold, nutty and peppery flavor best eaten fresh. Harvest about 1" above the growing point to encourage regrowth.	Mild, tender, and versatile for raw, cooked, or blended dishes. Harvest individual leaves around the center growth point to encourage continuous harvests.	Traditional, full-size heads of lettuce have larger frames and require more space to grow. Greater number of days to maturity. One-time harvest, cut at the base of the plant.

### Planting & Maintenance:

Start seeds indoors ~3 weeks before planting out or purchase seedlings.

Also a great candidate for direct sowing.

Transplant/direct sow when temperatures are cooler, like in spring and fall.

Harvest baby greens at desired size, 1" above center growth point.

Harvest head lettuce at the base.

To clean, submerge lettuce in cool water and gently agitate, rinse away soil or debris, and spin or pat dry.

Best stored in an air tight container in the fridge.



## 🍲 Beans! 🍲

### Growth Habits:

Bush Beans	Pole Beans
Mounding types that are low-growing, with a compact growth habit, usually growing 1-2 feet tall. Ideal for quick, simultaneous harvests.	Runner or vining types that can grow very tall, typically requiring some form of trellising. Provide a more continuous harvest throughout the growing season.

### Planting & Maintenance:

Direct sow seeds after danger of frost, grows best in warm weather.


Support required for pole beans.

For a continuous supply, make successive sowings every 2-3 weeks through midsummer.

Pick regularly to encourage new pod set.

Rinse, pat dry, and store in the fridge for 7-10 days in an airtight container.

**Grow pole beans on:**

		
Bamboo tipi	Cattle panel	Fence

🥒 Cucumbers! 🥒

**Growth Habits:**

- Pickling: high yielding, excellent flavor, remain crisp when pickled, typically mature at a smaller size to fit in the pickling jar.
- Slicing: produce the largest fruits with the thickest skins, which gives them a longer shelf life.

**Planting & Maintenance:**

Start seeds indoors 2-3 weeks before planting out or direct sow after the danger of frost has passed.

Prefers warm weather.

Support required (see pole bean trellising ideas).

Harvest at the desired length: 2-4” for picklers and 7-9” for slicers.

Harvest often - cucumber fruits grow quickly and don’t taste as good when they are too big.

Store cucumbers in a cool, humid location for up to 2 weeks.



## 🍷 Onions! 🍷

**Day Length:** Onion bulbing is triggered by day length.

Short-day onions are grown at lower latitudes in the South, best planted in fall.

Intermediate- and long-day onions are grown at higher latitudes, best planted in early spring.

### Planting & Maintenance:

Seeds	Starts	Sets
<p>Purchase a seed packet from an online or in store retailer, start seeds in February.</p> <p>~170 seeds for \$2.70 from Botanical Interests</p> <p><b>Pros:</b> can grow hundreds of onions for just a few dollars &amp; seed companies offer a wider variety than what is available as starts or sets.</p> <p><b>Cons:</b> requires a gardener to already have seed starting supplies. May not need to grow 250 onions in one season, and the shelf life of onion seeds is only 1-2 years</p>	<p>Purchase a tray of seedlings that someone has already started for you and transplant them into your garden.</p> <p>50 starts for \$25 from Johnny's</p> <p>15-20 starts for \$5 at our plant sale</p> <p><b>Pros:</b> The seeding work is already done for you. You can grow several onions for a few dollars.</p> 	<p>Purchase onion sets from an online or in store retailer, they are immature onion bulbs that you finish growing in your garden.</p> <p>100 sets for \$30 from Johnny's</p> <p>For sale at Prairie Gardens by the pound.</p> <p><b>Pros:</b> easy to plant and need less attention.</p> <p><b>Cons:</b> may not grow as large.</p> 

Start seeds indoors ~8 weeks before planting out or purchase starts/sets. Direct sowing is not recommended.

Transplant in early spring, once the soil is workable.

Harvest after the tops have flopped and turned yellow.

Cure for 1-2 weeks or until the tops are completely dried.

When dried, clip off tops and roots and store in a cool, dark location.

 **Roots!** 

Common root crops include: beets, carrots, parsnips, radishes, rutabagas, turnips

### **Planting & Maintenance:**

Direct sow seeds in early spring for an early summer harvest and again in late summer for a fall harvest.

Keep seeds well watered until germination.

Prefers cool weather.

Harvest at desired size, do not let the crop become overgrown in the garden.

See seed packet for days to maturity.

Gently rinse soil off of root crops after harvest, cut off the greens (& eat them if you want!), and store in the fridge crisper.

Root crops tend to have long storage potential.

### **Acknowledgements:**

- Thank you Urbana-Champaign Friends Meeting for sponsoring this workshop!
- This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under agreement number 2024-38640-42989 through the North Central Region SARE program under project number ONC25-171. USDA is an equal opportunity employer and service provider. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.
- We hope you'll consider using the skills you've learned here to grow more food to feed your community! The **Solidarity Gardens network** can help! Solidarity Gardens is a collaborative project to build a resilient, community-based food system through gardening. It connects volunteers with community gardens and offers donation sites for garden produce. Solidarity Gardens is a project of Cunningham Township Supervisor's Office, Sola Gratia Farm, and Urbana and Champaign Park Districts. To learn more and get involved, visit [www.solidarity-gardens-cu.org](http://www.solidarity-gardens-cu.org).

### **Sources:**

- [Macedon Ranges Sustainability Group](#)
- [Homestead & Chill](#)
- [Small Axe Peppers Hot Sauce](#)



# Grow More Good

## Garden Workshop Series

Presented by Sola Gratia Farm!

This workshop series aims to help beginner and intermediate gardeners gain growing skills to help feed themselves, their neighbors, and our community.



**Registration required:** [www.solagratiacsa.com/events](http://www.solagratiacsa.com/events)

Our mission at **Sola Gratia Farm** is to make healthy food accessible for all by nurturing productive land and cultivating diverse, inclusive communities.



Saturday, March 14th 2 & 3:30PM  
**Seed Starting**

Learn best practices and materials required to successfully start your own herb, veggie, and flower seeds at home.

Saturday, April 4<sup>th</sup> 1 - 2:30PM  
**Veggie Growing Guides**

Hear about common garden vegetables' preferred growing seasons, planting methods, maintenance, harvest, and post-harvest care tips.



Tuesday, June 2<sup>nd</sup> 4:30 - 6PM  
**Vertical & Container Gardening**

Maximize your growing space. Ideal for balcony gardeners, though demos in this workshop can be applied to any space!

Tuesday, July 7<sup>th</sup> 4:30 - 6PM  
**Garden Maintenance**

Understand how to prevent, identify, manage, and/or treat common garden pests, diseases, and weeds using natural methods.



Saturday, August 29<sup>th</sup> 1 - 2:30PM  
**Soil Health**

Growing good food starts with caring for good soil. Learn about maintaining healthy soil, soil amendments, cover cropping, and more.

Saturday, October 10<sup>th</sup> 1 - 2:30PM  
**Seed Saving**

Make your garden more self-sufficient by discovering how to save your own seeds for the next season.



Go farther with gardening by joining the **Solidarity Gardens Network!** This network is a collaborative project of Cunningham Township Supervisor's Office, Sola Gratia Farm, and the C-U Park Districts to build a resilient, community-based food system through gardening.



**Urbana-Champaign Friends Meeting**



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