

BANFF COMMUNITY GREENHOUSE



GROWER'S GUIDE 2015

Arugula

ASTRO ORGANIC

CERTIFIED ORGANIC! Astro arugula has leaves that are less lobed and more strap-like, with a milder flavour than regular arugula. Astro is perfect for baby greens –they are ready to cut in only 21 days.

Matures in 40 days.



Sow no more than 5mm (1/4") deep in well drained soil in full sun. Thin seedlings to 10-15cm (4-6") apart in rows 45-60cm (18-24") apart. Overcrowded plants will bolt earlier. Seeds germinate in 4-8 days.

Use as a cut & come again crop, harvesting with scissors. Baby leaves are mild and tender.

Diseases & Pests

Flea beetles will cause numerous tiny holes in the leaves. If these appear, try planting a couple of weeks later next year, to avoid their laying cycle.

Basil

Nufar Cert Organic

CERTIFIED ORGANIC! Nufar is a large-leafed Genovese type basil, with some tolerance of fusarium wilt (a soil fungus that makes the whole plant wilt and die).

Seeds germinate slowly, a bit faster when heated from below, and basil enjoys hot weather and full sun.

Basil grows well in containers indoors at any time of year provided you can supply enough light.

Basil requires warm soil and full sun. Optimal temperature for germination: 21°C (70°F). Seeds should sprout in 5-10 days.

Sow seeds 1cm (½") deep in and keep under very bright light. Thin to 20-25cm (8-10") apart.

Once plants are 15cm (6") tall, pinch out the growing tips to encourage really bushy growth prior to harvest. Watch for signs of flower buds forming in mid-summer, and pinch these off to promote more foliage.

Frequent harvesting will prolong the life of the plant. Basil leaves have the best flavour just before the plant flowers, and if you plan to preserve some of your basil or make a big batch of pesto, this is the best time to harvest. Flowering can be delayed by pinching or clipping off new flower buds.

Tear basil rather than chop with a knife because when you chop you will notice the basil going dark. The oil stays in the leaf and does not properly flavour your food. Try to add just before serving so as to get the full aroma and effect. Cooking for any length tends to make the minty side of basil come to the forefront.

Basil is best fresh, but can be preserved by drying or by freezing. To do this, tear the leaves into small pieces and freeze small batches of them, with water, in ice cube trays. Once frozen, the cubes can be saved in zip-lock type bags and labeled for later use. This will preserve the fresh flavour of basil for up to four months.

For a large harvest, you can cut off as much as a half the plant at once.

Companion Planting

Will improve vigour and flavour of tomatoes, planted side-by-side. Also good with asparagus, oregano, and peppers. Basil helps repel flies, mosquitoes, and thrips.

Beans

Tricolour Blend-Bush Bean

Tricolor Bean Blend bush bean seeds are a blend of green, gold, and purple bush beans on productive plants. We combined the seeds of 3 varieties so that one package will give a rainbow of colors.

Matures in 52-60 days. (*Open-pollinated seeds*)



Direct sow from mid-May to the beginning of July. Soil must be warm – if it is not warm enough, seeds will rot, especially our untreated seeds. Optimal soil temperature: 21-32°C (70-90°F). Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. For a continuous harvest, plant at 3 week intervals. Seeds will sprout in 8-16 days, depending on conditions. Well drained, warm soil in full sun is best. Raised beds help with both drainage and warmth. Wet leaves on crowded plants are subject to diseases. Thin plants to increase air circulation and avoid touching the leaves while they are wet.

Pick beans regularly to keep the plant producing (if pods get fat with seed, the plant will stop flowering). The smaller the bean, the more tender they are.

Diseases & Pests

Aphids – A hard stream of water can be used to remove aphids from plants. Wash off with water early in the day. Check for natural enemies such as gray-brown or bloated parasitized aphids and the presence of larvae of lady beetles and lacewings. **Spider mites (two-spotted)** – Wash off with water early in the day. A hard stream of water can be used to remove mites. **Leafhoppers** – Small, light green to gray insects that feed on the plant juices, causing stunted growth, and transferring viruses.

Companion Planting

Beans fix nitrogen in the soil. Plant with beets, Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions.

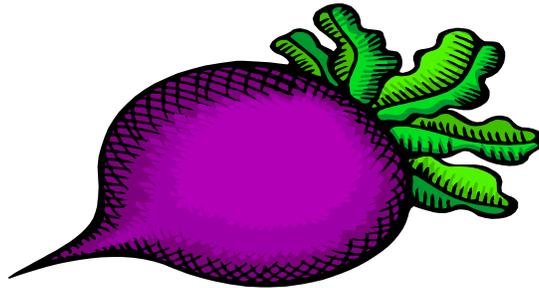
Beets

Merlin Organic

Merlin *CERTIFIED ORGANIC* beets are very dark red, flavourful beets that keep their shape well when planted densely. Hybrid disease resistant leafy tops green throughout the season while many other varieties become mottled or tired-looking.

Matures in 55 days.

Beets will not produce roots if planted when the soil is too cold. Seeds will germinate in 5-12 days, depending on soil temperature. Optimal soil temperature: 10-26°C (50-80°F).



Sow 1cm ($\frac{1}{2}$ ") deep, 5-10cm (2-4") apart in rows 30-45cm (12-18") apart.

For uniformly sized beets, thin carefully to 7-15cm (3-6") apart when seedlings are 5cm (2") tall. Eat thinned plants, roots and all. Root size is controlled by spacing and variety.

Harvest at any size, but for the best flavour, pull the beets as soon as they have reached full-size. Eat the greens too.

Diseases & Pests

Leaf miner maggots cause blistered grey tunnels in leaves. Just squish them inside the leaf.

Companion Planting

Beets add minerals to the soil. The greens are very good for the compost. Plant with bush beans, Brassicas, corn, garlic, kohlrabi, leeks, lettuce, and mint. Add cut mint leaves as a mulch for beets. Avoid planting beets near pole beans.

Bok Choy

(Pac Choi)

Joi Choi

Dark-green leaves are supported by glowing, thick, sweet, white stalks that are mild and juicy with hardly a hint of mustard. Plant grows to 45cm (18"). Space 60cm (12") and harvest promptly in summer before it bolts.

Matures in 50 days.



Sow 3-4 seeds 5m-1cm ($\frac{1}{4}$ - $\frac{1}{2}$ ") deep in each spot you want a plant to grow. Thin to the strongest plant at a spacing of 15-20cm (6-6") between plants in rows 30-45cm (12-18") apart.

Use a sharp knife to cut the plants at ground level when they are ready to harvest. They will not grow back like some other crops, so plant several short rows every couple of weeks for a longer harvest.

Diseases & Pests

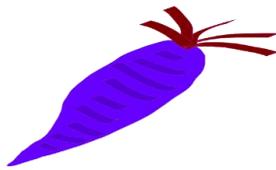
Slugs and woodlice (sow bugs) may nibble young seedlings. Keep the garden free from debris and excess water, where both of these pests like to go during the day. Protect plants from flea beetles and cabbage moths with lightweight row cover.

Carrots

Cosmic Purple Organic

Cosmic Purple Organic carrot seeds produce distinctive, smooth, purple skin carrots over coreless orange flesh in 18cm (7") roots. Particularly sweet flavour and a colour that stays purple after cooking, making for a novel side dish. Tops to 38cm (16") tall with strong stems.

Matures in 58 days. (*Open-pollinated seeds*)



Direct sow April to mid-July for harvests from July to November. Sow at 3 week intervals for a continuous harvest. Optimal soil temperature: 7-30°C (45-85°F). Seeds take as long as 14-21 days to germinate.

Because carrot seeds are tiny, they need to be sown shallowly. The trick is to keep the top-most layer of soil damp during the long germination period. Water deeply prior to planting. Direct sow the tiny seeds 5mm (¼") deep, 4 seeds per 2cm (1"), and form soil lightly after seeding. Make sure the seeds are only just buried. Water the area with the gentlest stream you can provide, and keep it constantly moist until the seeds sprout.

All carrots can be harvested immature as baby roots, which tend to be crunchy but tender, and quite sweet. They can also be left to reach their full size, shape, and colour. Because of the relatively vertical nature of the plant's form, carrots can be grown fairly densely, and are therefore useful in a smaller growing area. The seeds can be sown from early spring right through late August for a harvest that will last nearly year round, so they form an essential part of nearly every vegetable garden.

Carrots will become misshapen, but still edible if they hit anything hard as they grow down into the soil. Keep weeded and watered. It is very important to thin carrots in order to allow them room to grow, and so they don't compete for available nutrients, moisture, and light. Thin to 4-10cm (1½-4") when the young plants are 2cm (1") tall. Use wider spacing to get larger roots. As they grow, carrots push up, out of the soil, so hill soil up to prevent getting a green shoulder.

Companion Planting

Plant with bean seeds, Brassicas, chives, leeks, lettuce, onions, peas, peppers, pole beans, radish, rosemary, sage, and tomatoes. Avoid planting with dill, parsnips, and potatoes. Carrots planted near tomatoes may have stunted roots, but will have exceptional flavour. Chives also benefit carrots.

Carrots

Scarlet Nantes

Scarlet Nantes are hand-harvested seeds grown in the Northwest with care and attention. The Heirloom variety has been grown and selected for North American conditions for at least 50 years and is a workhorse that is widely adapted; it often outperforms some of the more finicky Nantes hybrids. Strong tops and great flavour.

Matures in 65 to 70 days. (open pollinated seeds)



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Cilantro

Santo Long Standing Organic

CERTIFIED ORGANIC! Direct-sow these frost-tolerant, slow-bolting plants every other week from spring to late summer for continuous harvest. The parsley-like leaves are used in Latin American and Asian cooking. The mature seeds, known as coriander, are also used in many dishes. Best direct-seeded.



Optimal soil temperature for germination: 15°C (60°F). Seeds should sprout in 5-10 days.

Sow 2cm (1") deep in short rows. Thin seedlings to stand 5-10cm (2-4") apart if harvesting leaves. If growing for seed, allow 23cm (9") between plants.

Companion Planting

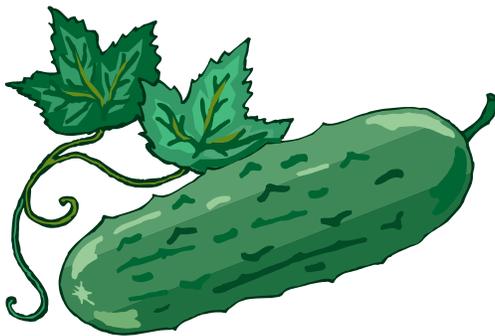
Cilantro repels aphids, potato beetles, and spider mites.

Cucumbers

Patio Snacker

Compact little plants that grow to only 60-75cm (24-30"), but produce masses of full-sized slicing cucumbers from mid-summer on. Trellis the little plants, or try them in a hanging basket.

Matures in 50-55 days. (hybrid seeds)



Cucumbers need very warm soil to germinate. Optimal soil temperature for germination (and transplanting): 15-30°C (60-85°F).

Sow 3-4 seeds 2cm (1") deep in each spot you want a plant to grow. Thin to the strongest seedling. Space plants 23cm (9") apart in rows 90cm (36") apart.

Cucumbers are vigorous and need lots of nutrition and water. Try to water the soil only, keeping the leaves as dry as possible.

Almost all cucumbers benefit from being trained onto a trellis of some kind. Some vines can reach 7 or 8 feet in length, so growing them upward onto a trellis makes good use of garden space. Fruits that grow hanging into space tend to be straighter than those that form on the ground.

Diseases & Pests

Several diseases attack cucumbers, but problems with this plant are mostly caused by cultural practices that stress the plants; you must also avoid overwatering and directly spraying water on to the leaves. Plant in a well-drained site. If plants get off to a good start, few pests will bother them. If pests are present, young plants are best protected with floating row covers that are removed when flowering starts. Aphids, cutworms and thrips can be a problem. The cucumber beetle causes problems only east of the Rockies.

Powdery Mildew – An airborne fungal disease that causes white spots on the leaves at the end of the season. Several home-sprays are said to be somewhat effective. Spray any of the following at 7-10 day intervals. 1tsp baking soda and 1 quart of water with a squirt of dish soap, or 1 part milk to 9 parts of water.

Companion Planting

Plant cucumbers beside asparagus, beans, Brassicas, celery, corn, dill, kohlrabi, lettuce, onion, peas, radish, and tomatoes. Avoid planting near potatoes and sage. Both corn and sunflowers can act as a trellis for cucumbers to good effect. Dill will help cucumbers by attracting predatory insects, and nasturtiums will improve the flavour and growth of cucumbers.

Kale

Red Russian-Organic

Red Russian Organic Kale Seeds grow leaves that are flat, toothed, grey-green leaves with bright purple stems and veins that really brighten and sweeten after frosts. Tender for salads and good for bunching, the red and purple hues turn a rich, dark green colour when cooked. Red Russian kale may be richer in vitamins and minerals than other greens and is very disease resistant. Heirloom seeds.

Tender kale leaves are a popular ingredient in baby leaf salad mixes or as full size bunches. This organic strain has very smooth gently lobed baby leaves. Highly cold tolerant, this kale can overwinter in moderate climates.

Days to maturity: 21 days for baby leaves, 50 days to full size



Direct sow March to mid-July for summer to winter harvests. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Sow 3-4 seeds 5mm (1/4") deep in each spot you want a plant to grow.. Thin to the strongest plant. Space 45-60cm (18-24") apart in rows 75-90cm (30-36") apart.

Kale and collards can both be grown as a cut and come again crop for salad mixes by direct-seeding and cutting when plants are 5-8cm (2-3") tall. They will re-grow. Or pick leaves from the bottom up on mature plants as you need them.

All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes. Plant collards near tomatoes, which repel the flea beetles that so often look for collard leaves to eat.

Lettuce

Fast and Furious Baby Leaf Blend

Enjoy the contrast in colour, flavour, and texture from freshly cut salad greens.

Market gardeners will love the uniform, fast growth rate, along with the impressive disease resistance of each component. Ready to cut and pack in only 35 to 40 days! Perfect for hydroponics, aquaponics, or conventional tray growing - and excellent in patio containers.

Babyleaf lettuce in 35 days. (open pollinated seeds)



Sow seeds 5mm-1cm (1/4-1/2") deep. Space or thin heading lettuce to 30cm (12") apart. Space or thin looseleaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart.

Lettuce grows best in cool weather in the spring and fall. Sow in April every 2-3 weeks for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late August plantings can extend the harvest period right into winter.

Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. In hot weather lettuce goes to seed rapidly, so have new plantings ready to go.

Companion Planting

Lettuce plants make good companions for beets, Brassicas, carrot, celery, chervil, cucumbers, dill, garlic, onions, radish, spinach, squash, and strawberries.

Onions

Ramrod

Ramrod bunching onions are a white-bulbing Lisbon-type scallion with stiff, erect leaves. Sow successively through spring, summer and autumn. September-sown seedlings are very cold-hardy and overwinter well for early spring harvests.

Matures in 65 days.



Scallions can be direct sown every 3 weeks from April to late August. Optimal soil temperature for germination: 21-25°C (70-75°F). Seeds will emerge in 6-12 days, depending on conditions.

Sow 3 seeds 5mm-1cm (¼-½") deep, spaced at 2-5cm (1-2") apart in rows 15cm (6") apart. Fertile and well-drained soil in full sun is essential. Keep moisture high in the top 20-30cm (8-12") of soil. Most of the bulb should form on the surface of the soil. Bulb size is dependent on the size of the tops: the bigger the tops, the bigger the bulb

Avoid overhead watering and plant in open sunny locations. The pungent odour of onions repels many pests and also protects nearby garden vegetables.

Companion Planting

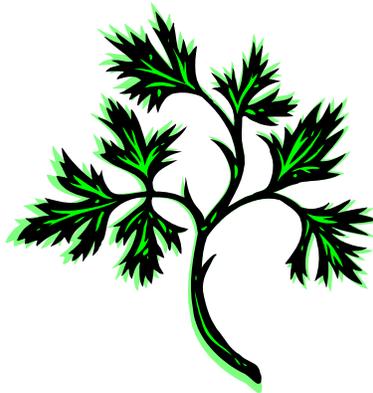
Plant chamomile and summer savory near onions to improve their flavour. Onions also work well alongside beets, Brassicas, carrots, dill, kohlrabi, leeks, lettuce, strawberries and tomatoes. Don't plant onions near asparagus, or peas of any kind.

Parsley

Dark Green Italian Organic

CERTIFIED ORGANIC! Flat, dark-green leaves are deeply cut and have a rich parsley flavour that is great for cooking or in salads. Easy to grow, plants are sturdy with stiff, upright stems. This variety holds flavour better than the curly kind when dried.

Matures in 80 days



Sow seeds 1cm (½") deep. Like its cousins dill and cilantro, parsley develops a taproot that does better if left undisturbed. Thin final plants to 15cm (6") apart.

Grow parsley in a deeply dug bed. For summer crops, aim to grow plants in a place where they will receive some shade during the day.

Cut individual sprigs from the outside of the plant or the whole plant as needed.

Sprigs can be dried in the food dehydrator. Chop sprigs into the portions that your favourite recipes call for, place into an ice cube tray and add water to cover.

When frozen, bag and store until needed. This keeps the parsley fresh for months.

Companion Planting

Parsley likes asparagus, carrots, chives, corn, onions, and tomatoes. The leaves can be sprinkled on asparagus to repel asparagus beetles, and around roses, to improve their scent. Parsley allowed to bloom will attract hoverflies and predatory wasps. Don't plant it near mint.

Peas

Sugar Ann Snap

Extra early, incredibly sweet snap peas on short, 60cm (2') vines that don't require trellising. Sugar Ann snap pea seeds are an excellent choice for smaller garden spaces. The bushy plants produce crisp, tasty, 6cm (2") pods, and have excellent resistance to pea enation virus and powdery mildew.

Matures in 56 days. (*Open-pollinated seeds*)



Peas prefer cool weather. Plant as early in spring as the soil can be worked, from mid-February to the end of May. Sow again from July to mid-August for a fall crop. The success of a fall crop will depend on the weather. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7-14 days.

Soaking seeds is not advised for damp soils. Sow seeds 2cm (1") deep. After April 15th, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Use well-drained soil. Plant most varieties along a trellis or fence for support as they climb.

Pick when pods fill out and peas are bright green. Make multiple sowings or grow several varieties to extend the harvest season.

Diseases & Pests

If plants turn yellow and wither from the ground up just after flowering, you have pea root rot from a soil fungus. It infects the plant in early spring when the soil is very wet. Prevent it by delaying planting until the soil is drier.

Companion Planting

Superb companions for beans, carrots, celery, corn, cucumber, eggplant, parsley, peppers, potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.

Peppers

California Wonder Organic

California Wonder Organic Pepper Seeds are one of the standards for growing bell peppers. Loved by market growers and home gardens across the country CERTIFIED ORGANIC California Wonder 300 bears heavy, smooth-skinned, thick-walled, blocky peppers on vigorous 45-60cm (18-24") tall plants. Peppers are 4-lobed and start out light green, turning dark green, but with enough heat they'll turn a lovely red.

Matures in 65-75 days. *Open-pollinated seeds*



Peppers need plenty of time to mature before they will bloom and set fruit. Start indoors in early March to the first week of April under bright lights. Night time lows should be consistently above 12°C (55°F). Soil temperature for germination: 25-29°C (78-85°F). Seeds should sprout in 10 – 21 days.

Sow 5mm-1cm (1/4-1/2") deep. Try to keep seedlings at 18-24°C (64-75°F) in the day, and 16-18°C (61-64°F) at night.

When fruit is firm it is ready to pick. But if you wait the fruit will ripen further turning red, yellow, brown or purple. The sweetness and vitamin C content go up dramatically when the fruit changes colour. If you pick green the total numbers of peppers harvested will increase. Fruit that sets after late August will not usually develop or ripen. Expect 5-10 large bell peppers per well-grown plant.

Diseases & Pests

To prevent rot and wilt, plant in well-drained soils.

Companion Planting

Pepper plants make good neighbours for asparagus, basil, carrots, cucumbers, eggplant, endive, oregano, parsley, rosemary, squash, Swiss chard, and tomatoes. Never plant them next to beans, Brassicas, or fennel.

Radishes

Altaglobe

The large, deep cherry-red, smooth, and perfectly round roots are a visual and taste treat. Dark-green tops are short and tidy for neat bunching. It has good disease resistance and holds in the garden without becoming woody. Matures in 28 days.

Optimal soil temperature: 18-24°C (65-75°F). Seeds should sprout in 5-7 days.



Sow seeds 5mm ($\frac{1}{4}$ ") deep, 25 seeds per 30cm (12") in rows spaced 30-45cm (12-18") apart, and thin to 6-12 plants per 30cm (12").

The real secret to growing this little vegetable is speed. Sow a short row frequently, thin them quickly, keep them watered, eat them quickly, and sow some more.

Harvest promptly when radishes are the size of large marbles. Leaves and developing seedpods are also tasty.

Time your radish plantings a week apart for a longer harvest period. The secret to growing a great radish is to plant when the weather is cool, to not plant too close together and to harvest promptly before the roots get woody and bitter. Every part of the radish is edible.

Companion Planting

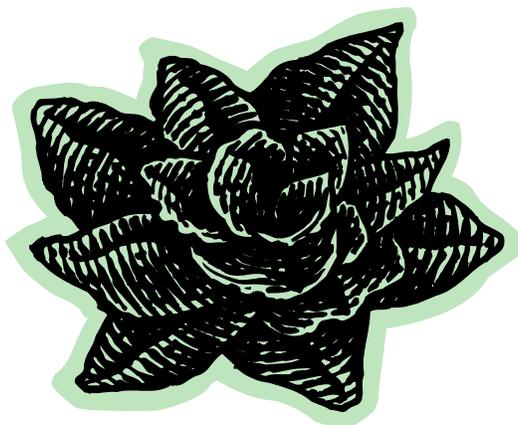
Plant radishes near beans, beets, celeriac, chervil, cucumber, lettuce, mint, parsnip, peas, spinach, squash, and tomatoes. Avoid planting near agastache or potatoes. It is said that planting 3 or 4 icicle radishes around the mound where you plant squash, and allowing them to grow and bloom, will prevent most pests of squash and cucumber.

Spinach

Renegade Organic

Renegade Organic spinach seeds are CERTIFIED ORGANIC! Renegade spinach is a bolt resistant hybrid with smooth, oval, dark green leaves on short stems. Renegade Organic's has an excellent resistance to downy mildew.

Matures in 43 days.



Spinach does best in cool weather. Direct sow March 1 to April 15. For late spring and early summer plantings use Tye, and for quick harvest use Space and Olympia. Spinach will bolt once days get long and hot. Some varieties grow enough to harvest before they bolt. For continuous supply, plant every 3 weeks.

Sow again in the middle two weeks of August for a fall crop that, if cut at the soil level, will come back early the following spring. Shade summer-sown seed beds, keep very well watered, and sow more seeds than you need, as warm soil will reduce germination rates marginally. Thin seedlings, and use cloche protection as cold weather approaches. Late sowings like this can be harvested into December – in mild winters if cloche protection is provided.

Optimal soil temperature: 5-20°C (45-70°F). Seeds should sprout in 7-14 days.

Sow seeds 2cm (1") deep, 10 seeds per 30cm (12"), in rows 30-45cm (12-18") apart. Thin to at least 5-8cm (2-3") between plants, or further if you want larger leaves.

For baby greens, pick when the leaves are 7-10cm (3-4") long. Individual leaves can be picked at anytime, until the plant has started to bolt. Cut the whole spinach plant just above soil level.

Diseases & Pests

Downy mildew is a fungal disease that causes grayish mould on the leaves. To avoid it, provide ample ventilation and avoid overhead watering.

Summer Savory

(Herb)

This delicate, aromatic little plant grows quickly in rich soil. Used in bean, pea and lentil recipes, summer savory has a more delicate flavour than winter savory. Sow in the spring. After flowering, pull it up and hang to dry. Let a few go to seed. Plant height: 25cm (10").



Sow the very tiny seeds indoors about 4-6 weeks before the last frost. They should sprout in 10-15 days.

Sow seeds on the surface of prepared starting mix. Do not bury them as they need light to germinate. Savories prefer full sun and well-drained, rather poor soil. Summer savory wants a warm, protected spot in the herb garden, while winter savory is less fussy. Do not feed with liquid fertilizer. Pick leaves as needed, and cut back if the plants begin to appear leggy.

This herb attracts honeybees, and repels cabbage moths. Planting it near beans and onions will improve the flavour of both.

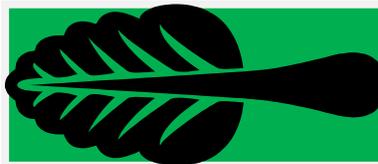
Swiss Chard

Bright Lights

Bright Lights Swiss Chard produces thick red, yellow, rose, gold and white stems bear slightly savoyed leaves of burgundy and green. It can be planted in large containers and always makes vivid colour on your table!

Matures in 60 days.

Optimal soil temperature: 10-30°C (50-85°F). Seeds should sprout in 7-14 days.



Sow seeds 1cm (1/2") deep, spaced 10-30cm (4-12") apart in rows 45cm (18") apart.

Swiss chard prefers loose, deep, and fertile soil rich in organic matter. Plenty of consistent moisture is required, especially as plants grow larger. It grows best in full sun, but will tolerate light shade in summer.

For salad mix, seed more densely and cut as baby leaves. Cut individual mature stalks using the large outer ones first.

Companion Planting

Beans, Brassicas, and onions make the best companions for chard.

Tomatoes

Gold Nugget Organic

CERTIFIED ORGANIC! Gold Nugget Organic Tomato seeds produce compact determinate plants 61 cm (24") tall. Gold Nugget's compact size makes it an ideal choice for containers and small garden spaces. Golden Nugget Organic tomato plants set easily in cool weather and are usually the first of any tomato variety to ripen. Enjoy prolific early yields of lovely golden yellow globes 2.5-3 cm (approximately 1") in diameter. The majority of Gold Nugget organic cherry tomatoes are seedless until the end of the season. Fruits have a sweet, flavourful and balanced taste.

Matures in 60 days (*Open-pollinated seeds*)



Start indoors mid-March to early April with bottom heat. Then grow seedlings on for 6-8 weeks at around 10°C (50°F). Early season tomatoes can be planted out when night time temperatures are reliably above 7°C (45°F). Days to maturity are from transplant date. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days.

Space bush (determinate) transplants 45-60cm (18-24") apart and vine (indeterminate) types 50-75cm (20-30") apart in rows 1m (3') apart.

Tomatoes like fertile, well drained soil that is high in organic matter. Regular watering is vital, but don't let the plants sit in water. Tomatoes are tropical plants so they require full sun and lots of heat. Vine varieties will require some kind of support such as a wire to grow up, or a trellis to be tied to as the plant grows. Bush types benefit from the support of a tomato cage in order to prevent sprawling. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrient uptake and the plants' ability to stand up to dry conditions.

Stop watering around the end of July to encourage the fruit to ripen. If your plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time. Tomatoes do not rely on insects for pollination. Vibrating the plant shakes pollen loose within the flowers, which then self-pollinate. Indeterminate tomatoes continue to grow and produce fruit until they are killed by frost.

Harvest when the fruit is the desired colour. Green tomatoes can be ripened indoors at a cool temperature when they are blemish free. Very dark green tomatoes are unlikely to ripen fully.

Companion Planting

Another sensitive plant when it comes to companions, tomatoes benefit from asparagus, basil, beans, borage, carrots, celery, chives, collards, cucumber, garlic, lettuce, marigold, mint, nasturtium, onion, parsley, and peppers. Avoid planting alongside Brassicas and dill. Corn will attract tomato pests, and kohlrabi will stunt tomatoes' growth. Potatoes may spread blight to tomatoes, so keep them apart.

Tomatoes

Manitoba Heirloom

This non-staking *HEIRLOOM* plant bears medium-large, smooth, firm red fruits. This slicer was developed in Manitoba to ripen during the short summer season. Very productive, with excellent disease resistance.

Bush Matures in 58-80 days.

Early season tomatoes can be planted out when night time temperatures are *reliably* above 7°C (45°F). Other types should be transplanted out when night time lows are 10°C (50°F) *or warmer*. Days to maturity are from transplant date. Optimal soil temperature for germination: 25-35°C (68-95°F). Seeds should germinate in 7-14 days.



Sow seeds 5mm-1cm (¼-½") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space bush (determinate) transplants 45-60cm (18-24") apart and vine (indeterminate) types 50-75cm (20-30") apart in rows 1m (3') apart.

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Tomatoes

Tiny Tim

Miniature cherry tomatoes on miniature cherry tomato plants! Fruits about 2cm (1") in diameter are sweet, red, and borne abundantly on plants that rarely grow taller than 30cm (12"). Tiny Tim does very well in hanging baskets.

Bush Matures in 60 days.

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Sow seeds 5mm-1cm ($\frac{1}{4}$ - $\frac{1}{2}$ ") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space bush (determinate) transplants 45-60cm (18-24") apart and vine (indeterminate) types 50-75cm (20-30") apart in rows 1m (3') apart.

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**Grower's Guide Prepared By
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**Information Sourced From West
Coast Seeds.com**



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