



## Planning Your Food Garden

### Garden Planning Basics

Plants need five things to be able to thrive—light, air, soil, water and love. Loving your plant includes observing it for damage or diseases, fertilizing it and tending to other needs throughout its life. When planning your garden, be sure to understand which plants need more light than others, which like warm weather and which like cool weather, and identify the amount of water and type of soil each plant likes.

After you have planned your garden for several seasons, you will know the specific needs for different crops. Until then, be sure to research the plants you want to grow so you can be as successful as possible.



### STEP ONE: WHAT TO PLANT?

Gardeners in North Texas have a lot of options when it comes to vegetable gardening. Start by listing all of the crops you want to grow. Some crops may eventually need to be removed from the list due to space or light restrictions, but begin by listing everything.

Since we have such unpredictable weather in North Texas, most gardeners categorize plants as either “warm season” or “cool season” crops rather than by month or traditional season. Check your list of plants against the chart on the back to see which category they belong in.

### STEP TWO: WHEN TO PLANT?

Once your crop list is divided into warm and cool seasons, check to see if you might have missed your window for planting certain crops. Cool season crops are typically grown between September and April. Warm season crops grow between March and November. For more detailed information on when to plant each type of crop see TAFB’s *North Texas Planting Calendar* or AgriLife Extension’s *Recommended Planting Dates*.

Use the recommended planting date, the “days to harvest” for each crop and the current date to decide if the plant has enough time to grow and produce. For example, I want to plant radishes that need 25 days to mature and I want to plant them on March 1. The North Texas Planting Calendar says that I can plant radishes from January through May, depending on the weather. March 1st should be an excellent time to grow radishes.

### STEP THREE: WHERE TO PLANT?

Assess your growing space to see how much sun it gets. Many plants need “full sun” which is defined as 6-8 hours of sun. Plants grown for their fruits or roots typically need full sun and those grown for the leaves or stems can tolerate partial shade. Keep in mind that Texas summers provide us with at least 12 hours of hot sun each day. Some spotted shade can be helpful for growing happy plants.

(continued on reverse)

## Planning Your Food Garden, continued

### STEP FOUR: HOW MUCH SPACE IS NEEDED?

It is important to allow each plant enough space in the garden to flourish. Use the *Square Foot Gardening Planner* to give you an estimate of how many plants can fit. To get the most from your growing space, use both the vertical and horizontal space in your garden efficiently. This can be done by considering the width and the height of each crop selected.

To use the vertical space efficiently, consider using trellises or supports to encourage vining plants to grow upward rather than sprawl on the ground. You can also choose to pair tall plants with shorter plants so they are not competing for vertical space. For example, plant bush beans with tomatoes or Swiss chard with radishes.

### STEP FIVE: HOW TO PLANT

The two main ways to get plants in your garden are by planting the seeds directly in the garden or transplanting small plants that have been started inside. Some plants do well as transplants and others need to be planted by seed. In general, all root crops and plants with larger seeds—like squash and beans—should be started as seeds in the garden. Consult the *North Texas Planting Calendar* or other plant-specific resources for guidance.

Using transplants, rather than seeds, allows plants a head start and extends the length of the growing season. Many local nurseries sell seasonal vegetable seedlings. If you have a very large garden, you may try starting your own transplants from seed. Most seedlings should be 4-6 weeks old before transplanting into the garden. To calculate when you need to start your seeds inside, identify your planting date and count back at least four weeks. See TAFB's *Seed Propagation* handout for more detailed information.

### STEP SIX: COMPLETE YOUR GARDEN PLAN

Drawing an outline of your garden space is a great way to organize your garden plan for both warm and cool season crops. Include the name of the plants, how many of each plant you need, when the crop will be planted in the garden and if it will be planted by seed or transplant.

Once your plan is set, prepare your garden beds by weeding and adding compost. See TAFB's *Understanding Healthy Soils & Organic Gardening* handout for more information on soil preparation for a healthy garden.



## North Texas Food Crops By Season

### Cool Season

Artichoke  
Asparagus  
Beets  
Broccoli, Cabbage & Cauliflower  
Brussels Sprouts  
Carrots  
Cilantro & Parsley  
Collards, Kale & Mustard  
Dill & Fennel  
Garlic & Onion  
Kohlrabi  
Lettuce & Spinach  
Oregano & Thyme  
Peas  
Potatoes  
Radish, Turnip & Rutabaga  
Swiss Chard

### Warm Season

Basil  
Beans  
Blackberries & Strawberries  
Corn  
Cucumbers  
Eggplant  
Figs  
Ginger  
Grapes  
Horseradish  
Melons  
Okra  
Peanut  
Peppers  
Pumpkin & Squash  
Tomatoes



*This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP).*

*For assistance applying for SNAP benefits, call our Social Services Specialists at 1-866-430-6143.*



# North Texas Planting Calendar

Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Onion Slips								Onion	Onion Sets		
Brassicas (Broccoli, Cauliflower, Kale, Cabbage, Brussels Sprouts, Kohlrabi, Collards)					Brassicas (Broccoli, Cauliflower, Kale, Cabbage, Brussels Sprouts, Kohlrabi, Collards)			Brassicas (Broccoli, Cauliflower, Kale, Cabbage, Brussels Sprouts, Kohlrabi, Collards)			
Radish								Radish			
		Perennial Herbs						Perennial Herbs			
	Beet, Carrot, Peas							Beet, Carrot, Peas			
	Lettuce, Spinach, Greens (Swiss Chard, Mustard)							Lettuce, Spinach, Greens (Swiss Chard, Mustard)			
	Potato										
		Beans					Beans				
		Corn, Cucumber					Corn, Cucumber				
		Tomato			Tomato						
		Squash, Melon				Squash, Melon					
			Basil	Basil				Cilantro, Parsley, Dill			
			Pumpkin		Pumpkin						
			Peppers, Eggplant								
			Southern Peas			Southern Peas					
			Okra								
				Sweet Potato							
	Turnip, Rutabaga						Turnip, Rutabaga				
		Artichoke							Artichoke		
								Garlic			
Strawberry									Strawberry		
									Cover Crop		

**\*Plant from seed \*Plant from transplant**

## Calendario de Sembrar

enero	feb.	marzo	abr.	mayo	jun.	jul.	agosto	sept.	oct.	nov.	dic.
Cebolla								Cebolla	Cebolla		
Brassicas (Brécol, Coliflor, Col Rizada, Col, Col de Bruselas, Colirrábano)					Brassicas (Brécol, Coliflor, Col Rizada, Col, Col de Bruselas, Colirrábano)			Brassicas (Brécol, Coliflor, Col Rizada, Col, Col de Bruselas, Colirrábano)			
Rábano								Rábano			
		Hierbas Perennes						Hierbas Perennes			
	Remolacha, Zanahoria, Chícharos							Remolacha, Zanahoria, Chícharos			
	Lechuga, Espinacas, Verdes (Acelga, Mostaza)							Lechuga, Espinacas, Verdes (Acelga, Mostaza)			
	Papas										
		Ejotes					Ejotes				
		Maíz, Pepino					Maíz, Pepino				
		Tomate			Tomate						
		Calabacín, Melón				Calabacín, Melón					
			Albahaca	Albahaca				Cilantro, Perejil, Eneldo			
			Calabaza		Calabaza						
			Chiles, Berenjena								
			Guisantes del sur			Guisantes del sur					
			Okra								
				Camotes							
	Nabo, Naba						Nabo, Naba				
		Alcachofa							Alcachofa		
								Ajo			
Fresa									Fresa		
									Cover Crop		

\*Semillas \*Transplantes


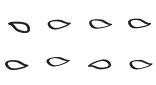
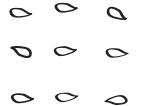
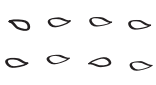










































# Square foot garden planner















Download and print at [plantandplate.com](http://plantandplate.com)

plant & plate

PHOTOGRAPHY + NOTES FROM  
THE GARDEN AND THE KITCHEN

	 8 peas	 9 bush beans	 8 pole beans	 2 cucumbers	 1 tomato	 1 pepper	 1 eggplant
	 16 carrots	 9 beets	 16 radishes	 9 turnips	 1 potato	 2 sweet potatoes	 4 corn
	 4 lettuce	 9 spinach	 1 kale	 4 swiss chard	 1 cabbage	 1 broccoli	 1 cauliflower
	 4 basil	 1 parsley	 1 cilantro	 1 dill	 1 mint	 1 celery	 1 rosemary
	 9 chives	 9 scallions	 9 onions	 4 garlic	 4 leeks	 4 thyme	 1 oregano
	 1 sunflower	 4 marigolds	 4 quinoa	 1 asparagus	 4 strawberry		
	 zucchini, summer squash 2 sqf / plant		 pumpkins, winter squash 2 sqf / plant		 melons 2 sqf / plant		

Example 3'x5' square foot garden bed

 1 tomato	 1 tomato	 1 pepper	 zucchini, summer squash 2 sqf / plant	
 4 basil	 4 marigolds	 1 celery	 9 beets	 1 kale
 4 lettuce	 16 carrots	 4 swiss chard	 16 radishes	 9 spinach

1. Print out this page
2. Cut out the squares for each kind of vegetable, fruit, herb, and flower you want to grow
3. Arrange them in a grid to match your garden beds (I like 3'x5' or 4'x4')
4. Go plant your garden!

# Square foot gardening plant spacing cheat sheet

Download and print at [plantandplate.com](http://plantandplate.com)

## SFG basics:

Divide your garden into 1' x 1' squares.

Plant a different kind of vegetable, fruit, herb, or flower in each square.

Use the "recommended space after thinning."  
Space plants evenly by subdividing each square into 4, 9, or 16 smaller squares.

Plant one seedling or 2-4 seeds (in case some don't sprout) in the middle of each small square.

Remember to write down what's planted in each square and the date you planted it.

After you harvest a square, dig in a little compost, and plant something else!

## Tips:

Plant the tallest plants on the north side of the bed (south in the southern hemisphere) so they don't shade the shorter plants.

Make your garden beds narrow enough that you can reach the plants in the middle, or leave a pathway every 4 feet or so.  
I prefer raised beds that are 3'x5' or 4'x4'.

Plant in waves! Plant a half square of carrots every two weeks, and you'll have tender baby carrots all season long.

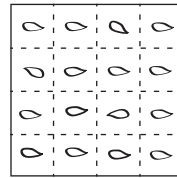
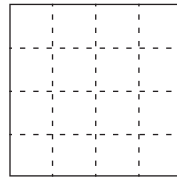
Put the plants that you harvest often — like salad greens for dinner — around the edges of the bed, where they're easy to reach.

Train summer squash, winter squash, and melons up trellises, or plant them at the edge of the bed so they can sprawl over the side without crushing other plants.

Questions? email [claire@plantandplate.com](mailto:claire@plantandplate.com)

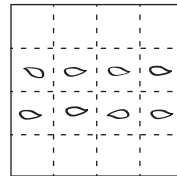
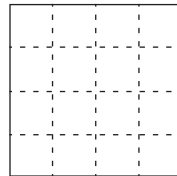
For more info on SFG, read Mel Bartholomew's excellent Square Foot Gardening books, available at your local independent bookstore or library.

## 3" spacing = 16 plants / square foot



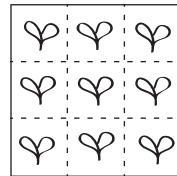
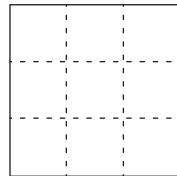
carrots  
radishes  
parsnips

## 3"(on trellis) = 8 plants / square foot



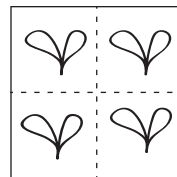
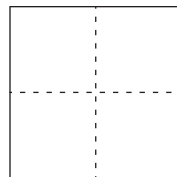
peas  
pole beans

## 4" spacing = 9 plants / square foot



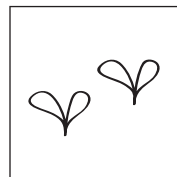
bush beans  
spinach  
beets, turnips  
leeks, onions,  
garlic, scallions

## 6" spacing = 4 plants / square foot



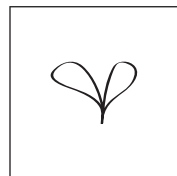
lettuce  
swiss chard  
corn  
basil, thyme  
quinoa

## 8" spacing = 2 plants / sq ft



cucumbers (on trellis)  
sweet potatoes  
kale

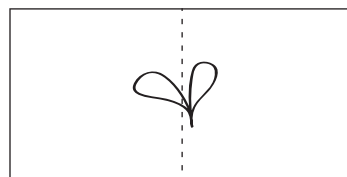
## 12" spacing = 1 plant / sq ft



tomatoes  
eggplant  
peppers  
celery  
cauliflower  
sunflowers

potatoes  
broccoli  
cabbage  
most herbs  
asparagus  
okra

## 18" - 24" spacing = 2 sq ft / plant



summer squash  
(zucchini, etc.)  
winter squash  
(pumpkins etc.)  
melons