

10 Easy Wins for Beginning Gardeners with SEEDS vs. SEEDLINGS Tips

- 1 Lettuce and Salad greens—variety SEEDS** Lettuce is great because it grows quickly, and you can harvest the outside leaves while it's growing. It does best with cooler temperatures, and can tolerate shade. They can even be grown in containers, perhaps accompanied by flowers or tucked under taller plants. Unlike some vegetables, everyone knows how to eat lettuce.
- 2 Tomatoes—heirloom varieties SEEDLING** Ok, maybe not the easiest to grow, but they are great in your garden because the flavor is best right off the vine. Choose a variety based on how you want to eat them—cherry, slicing, salad, paste. Your success is greater if you try growing cherry varieties. Be careful not to use too much fertilizer, or you'll have large, leafy plants and no tomatoes. They must be caged and pruned—see our guide!
- 3 Green Beans—Bush variety SEEDS** Green beans are delicious and nutritious raw or steamed. Plant seeds in well-drained soil where they'll receive full sun. Sow seeds every few weeks to enjoy a continual harvest through the summer.
- 4 Basil SEEDLING** Basil grows quickly and easily, and harvesting leaves and pinching off the flowers promotes more growth! It is the easiest herb to grow. No other herb epitomizes the taste of summer like basil. Whirl up a batch of pesto or add to your favorite pasta dish. Plant basil in rich, moist soil where it can enjoy full sun.
- 5 Snap or Snow Peas SEEDS** Fresh peas are amazing! The snap and snow varieties allow you to eat the shell, so you get more bang for your buck. Plant these early, as soon as you can work the soil. They need a trellis for support.
- 6 Zucchini or Summer Squash SEEDLING** Let's face it, zucchini grows like a weed. We think 1–2 plants are more than enough for a family of four. The problem with zucchini is not growing it—it is the most fool-proof of all vegetables. The real challenge is finding enough recipes to eat it all! Try zucchini quiche or Ratatouille in addition to the standard bread.
- 7 Cucumbers SEEDS or SEEDLING** Cucumbers are relatively easy to grow, but they take up a lot of space. You can let them sprawl, and then hunt for your harvest, or trellis them. The secret to cukes is to keep them in full sun, but give the roots some shade. Harvest and use them on sandwiches, salads, or plain with salt or rice vinegar.
- 8 Beets SEEDS** They are a great and healthy addition to any salad and lightly steamed with salt they are an earthy, sweet treat. And don't forget to eat the beet greens too—baby ones are delicious raw in a salad; cook more mature ones as you would chard or kale.
- 9 Peppers—lunchbox varieties SEEDLING** Small sweet peppers are easier to grow than the larger varieties. Grow in full sun. They are great for snacking on raw with hummus.
- 10 Carrots/Radishes SEEDS** Ok, we cheated. These are two things but they are great fast growing root vegetables that are fun to grow in well-tilled soil. Go for short carrot varieties and plant both throughout the summer in empty spaces in the garden so you are harvesting all summer. Be sure to thin seedlings so that each plant has a few inches.

Other garden basics Start with soil that has been amended with organic material like compost. | Fertilize with VermiGold worm castings! | It's ok to crowd things a little, but be sure to thin and make room for plants to grow.