

# TOMATOES

## Growing Instructions:

Start tomato seeds inside about 6-8 weeks before the last frost date. Transplant to a prepared garden bed or container after the danger of frost has passed. Tomatoes get bushy and need support from cages or a trellis. Harvest when the tomato is red from bottom to top.

## Seed Information:

- Lifecycle: annual
- Harvest: 2.5 months
- Sun Requirement: full sun
- Spacing: 18"
- Depth: 1/4"
- Sowing Method: Transplant



# CUCUMBERS

## Growing Instructions:

**After the danger of frost has passed, plant seeds 6 inches apart. Can be planted in rows, hills, or pots.**

**Give the vines space to spread out or provide a trellis for them to grow on. Be sure to pick regularly to encourage the most production from your plant.**

## Seed Information:

- **Lifecycle: annual**
- **Time to Maturity: about 2 months**
- **Sun Requirement: full sun**
- **Spacing: 6" apart**
- **Depth: 3/4 inch**
- **Sowing Method: Direct**



# PEAS

## Growing Instructions:

**As soon as the soil can be prepared, plant seeds 1 inch deep and 2 inches apart.**

**Prefers a trellis, fence, or stake to grow on.**

**Plant in early spring and again in fall, 2 months before frost is due.**

**Great for containers.**

## Seed Information:

- **Lifecycle: Annual (vining vegetable)**
- **Time to Maturity/Harvest: About 1.5 months**
- **Sun Requirement: full sun**
- **Spacing: 2"**
- **Depth: 1"**
- **Sowing Method: Direct**



# SWEET CORN

## Growing Instructions:

**After the danger of frost has passed, plant seeds 3 per foot, 1.5 inches deep in the soil.**

**Thin seedlings to 8 inches apart, in rows 1.5 feet apart.**

**Roots are shallow, so use care when controlling weeds.**

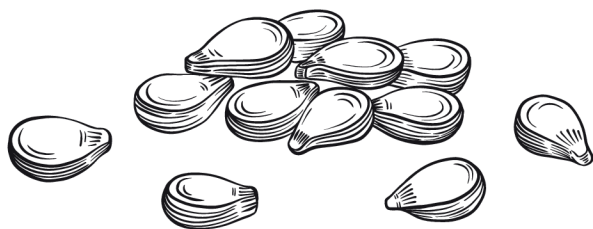
**Grows to about 8-10 feet tall.**

**Harvest in about 3 months.**

**Non-GMO.**

## Seed Information:

- **Lifecycle: annual (vegetable)**
- **Time to Maturity: about 3 months**
- **Sun Requirement: full sun**
- **Spacing: 8" apart**
- **Depth: 1.5 inches**
- **Sowing Method: Direct**



# BUSH BEAN & PINTO BEAN

## Growing Instructions:

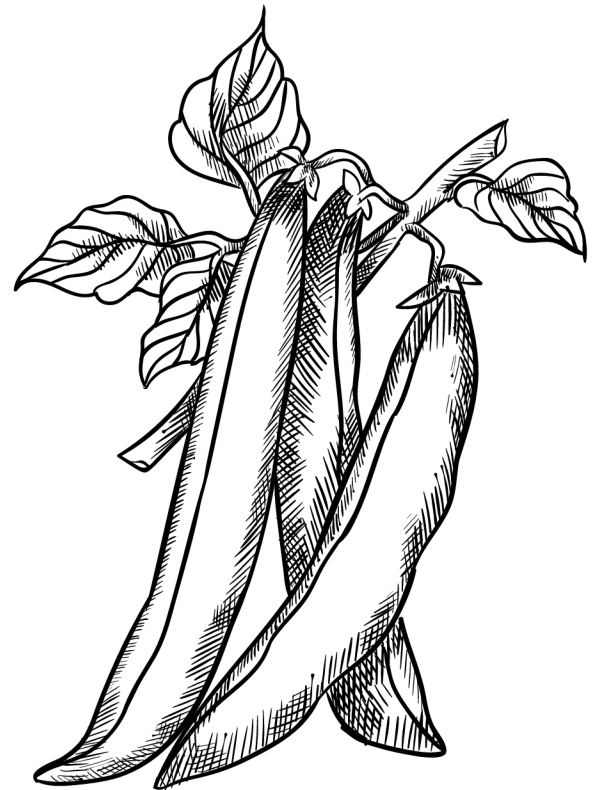
**Plant bean seeds about 1 inch deep and 2 inches apart, after the danger of frost has passed.**

**They can be planted in rows or sections 3 feet apart.**

**No trellis is needed for Bush Beans as they grow low to the ground in a compact bush. A trellis is needed for Pinto Beans.**

## Seed Information:

- **Lifecycle: Annual (vegetable)**
- **Time to Maturity: About 1.5 months**
- **Sun Requirement: full sun**
- **Spacing: 2" apart**
- **Planting Depth: 1 inch**
- **Sowing Method: Direct sow**



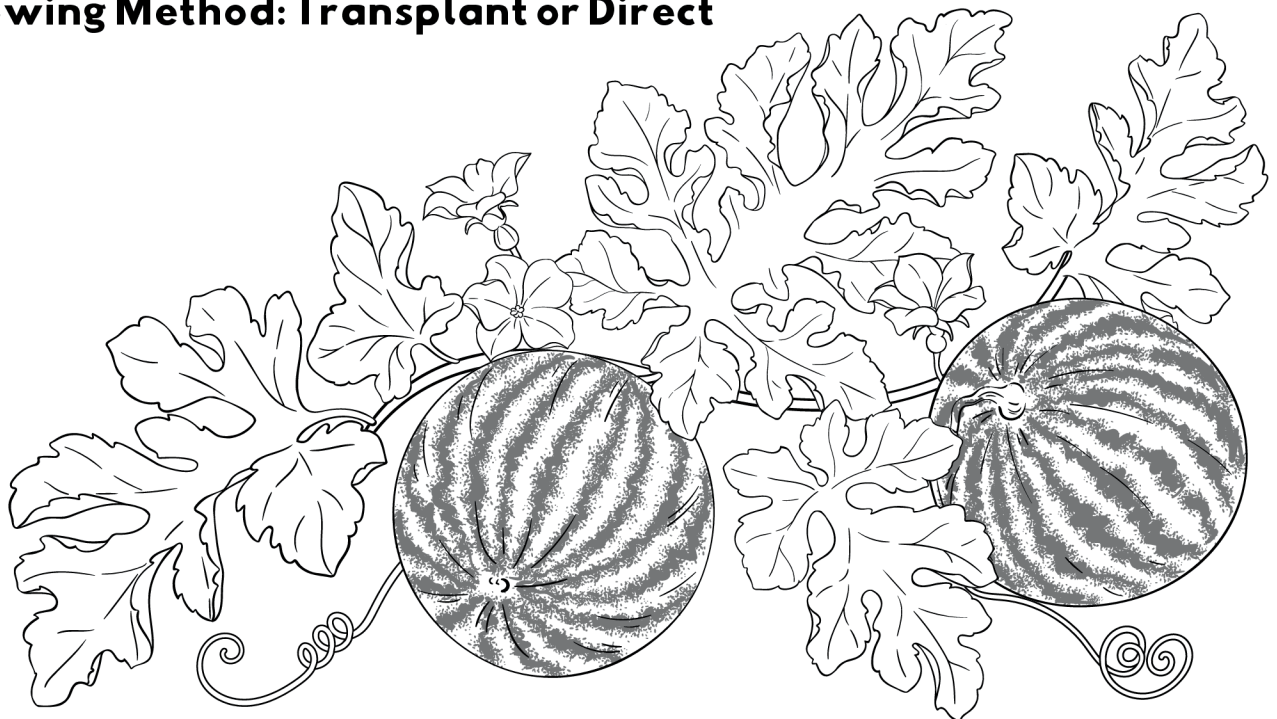
# **WATERMELON**

## **Growing Instructions:**

**Seeds can be started indoors about 4 weeks before the last frost. When spring weather has been consistently warm, transplant to rows or hills. Alternatively, plant seeds 36" apart outside, 2 weeks after the last frost in rows or hills. If possible, water during extended dry periods.**

## **Seed Information:**

- **Lifecycle: Annual (vegetable)**
- **Time to Maturity: About 3 months**
- **Sun Requirement: full sun**
- **Spacing: 36" apart**
- **Depth: 1 inch**
- **Sowing Method: Transplant or Direct**







# THESE GARDENS ARE BLUEPRINTS

by Naima Penniman

Every patch of earth  
unencumbered by concrete  
where soil and atmosphere meet  
    a portal to presence  
    a terrain of remembrance  
    a vote for survival  
in an unpromised future

These gardens are blueprints  
of interdependent destiny  
    intergenerational memory  
        saving seeds for food  
        as remedy

See, my people know what it's like  
    to eat and still be  
        starving

So we turning hardship into harvest  
lawns and school yards into gardens  
homegrown bounty in our palms  
we come from soil and stardust

and so we conjure

Giving props to the magicians  
who grow provisions for our kitchens  
we smuggle spinach into prisons  
transform the places that we live in

trade what broke us  
for symbiosis  
and stay focused

We sprout sunflowers that tower  
    on neighborhood blocks  
harvest raindrops on rooftops  
    to water our crops  
propagate plant medicine  
    for the metropolis

guarding our plots  
cause our gardens are not for profit  
or loss

Cross pollinate the promise  
Fam, we got this!

Take a deep breath  
restore calmness

with lemon balm bounty in our palms  
hot peppers in our pockets  
black-eyes peas spiraling up  
Lenape blue-corn stalks  
with buttercup squash carpets

Three sisters symbiotic  
talking stories of solidarity  
on native territory

migratory monarchs transcend borders  
morning glories ascend fences  
pay attention to the lessons  
mother nature keeps expressing  
how to multiply our blessings

for justice and sustenance  
amid glaring-disparity  
every seed saved will set us free

in an age of opulence and scarcity  
every seed saved will set us free

in a time of intensifying violence  
and climate calamity  
every seed saved will set us free

Hold on tight  
to the source  
we have all that we need

