



## PLANTING YOUR SEEDS

Research the region you live in for when to plant your seeds. In general, after the last frost is best.

Loosen soil in the area you plan to plant the seeds — roughly a foot deep.

### RAINBOW CARROTS

Place seeds 2 inches apart and 1/2 inch deep.

### ARUGULA

Place seeds 1 inch apart and 1/4 inch deep.

### COLLARD GREENS

Place seeds 8 inches apart and 1/4-1/2 inch deep.

### TOMATOES

Place seeds 12 inches apart and 1/4 inch deep.

After planting seeds, cover with a light layer of soil and lightly pat down by hand.

Water until the top layer is moist. Continue to keep soil moist during the growth process.

## HARVESTING

### RAINBOW CARROTS

Harvest in 70-80 days. Ready when you see the top of the carrot — this is called 'shouldering.'

### ARUGULA

Harvest in 40-60 days. Harvest outermost leaves first. Avoid center leaves or plants may perish.

### COLLARD GREENS

Harvest around 80 days. Harvest outermost leaves first. Avoid center leaves or plants may perish.

### TOMATOES

Harvest in 60-100 days.

## EXTRA TIPS

When starting in Spring, depending on your region, it may be best to start growing seeds indoors to get an early start. Then move your plants into larger vessels outdoors once the last frost has passed.

Follow your intuition.